

Preventing Childhood Obesity

A Healthy Imperative for Connecticut's Next Generation

A forum sponsored by the Connecticut Childhood Obesity Council,
the Connecticut Department of Public Health, & the Connecticut Commission on Children

9 a.m. to 3 p.m., Friday, November 7, 2008
Room 2-C, Legislative Office Building, 300 Capitol Avenue, Hartford

Speaker Biographies – Morning Response Panel

Mayor Richard A. Moccia

Richard Moccia was elected mayor of Norwalk in 2005 and re-elected in 2007. Before becoming mayor, he served on the city's Common Council, Fire Commission, Fair Rent Commission, and Redistricting Committee. He is also a former constable, city sheriff, and state marshal.

Mayor Moccia currently serves on the Board of Trustees of the Maritime Aquarium at Norwalk, on the Advisory Board of the Courage to Speak Foundation, as chairman of the Land Use Subcommittee of the Connecticut Conference of Mayors, on the Transportation and Water Quality Committee of U.S. Conference of Mayors, and on the Governor's Early Childhood Research and Policy Council. In addition, he belongs to the Norwalk Republican Town Committee, the Pietro Micca Lodge of the Sons of Italy, the American Legion, and the Norwalk Exchange Club.

He received his degree in business administration from Marywood College in Scranton, Pennsylvania.

Jennifer McTiernan

Jennifer McTiernan is the founding executive director of CitySeed, a community-based nonprofit organization dedicated to increasing access to local, healthy food and promoting farm viability. What began with a single farmers' market in New Haven has grown into an organization that works statewide to build a local, equitable food system through innovative, responsive programs and policy work. In New Haven, CitySeed coordinates a network of four neighborhood farmers' markets, all of which accept food stamps and WIC. Nationally recognized by both USA Today and the U.S. Department of Agriculture for bringing local food to those who need it most, City Farmers' Markets support farmers who sell what they grow. In 2008, market sales contributed at least \$1.75 million to job creation and the local economy, with farmers redeeming over \$78,500 in WIC and food stamps from families in need.

Building on the farmers' markets, CitySeed works collaboratively to make local, healthy food available to everyone. Its Community-Supported Market, for example, delivers fresh produce from the farms at CitySeed's Thursday market directly to community members while supporting the viability of a farmers' market in a low-income neighborhood. In 2008, it delivered 1,105 subsidized bags of produce to Food Stamp and WIC recipients. Moreover, CitySeed partnered with the Connecticut Children's Museum to create an educational curriculum designed to grow healthy eaters and readers. It has reached more than 1,200 New Haven preschoolers and their families in the past two years. In addition, in June 2008, CitySeed and the Buy CT Grown Advisory Team launched www.BuyCTGrown.com, a comprehensive, online directory of local food and farms.

CitySeed's advocacy also led to the establishment of the New Haven Food Policy Council and the Working Group on School Food, which are currently focused on increasing healthy, fresh food in New Haven's public schools, promoting school gardens, and advocating for policy change at the federal level to support these objectives.

Charles Chatterton, Ph.D.

Charlie Chatterton, Ph.D., is an associate professor in the Health and Physical Education Department at Eastern Connecticut State University.

He received his B.S. and M.S. from the University of Delaware and his Ph.D. from the University of Connecticut. He is past president of the New England Chapter of the American College of Sports Medicine, chairperson of the Connecticut Governor's Committee on Physical Fitness, co-chair of the Action for Healthy Kids Connecticut State Team, and a member of the Vernon School District's School Wellness Committee.

Charlie promotes physical activity on the national, regional, and local levels, calling attention to how physical activity brings better health and enjoyment to children and adults of all ages. He advocates the development of "pedestrian-friendly" environments that enable people of all ages to be physically active in their neighborhoods and towns, whether through sidewalks, accessible trails and greenways, or bike lanes.

Charlie received a Special Achievement Award from the Connecticut Greenways Council in 2003 and the Connecticut Association for Health, Physical Education, Recreation, and Dance's Professional Honor Award in 2005. He is a certified health fitness instructor through the American College of Sports Medicine and a certified strength and conditioning specialist through the National Strength and Conditioning Association.

Lucy Nolan

Lucy Nolan is the executive director of End Hunger Connecticut!, a nonprofit organization dedicated to ending hunger in Connecticut. EHC! seeks to raise awareness of hunger in Connecticut, promote funding for and access to nutrition assistance programs, and speak out to help eliminate the root causes of hunger. EHC! works with the goal of helping low-income families move "beyond the food pantry" and toward self-sufficiency.

Lucy's expertise on food security, hunger, and poverty as it relates to hunger have brought her before the Connecticut legislature to testify on issues ranging from food stamps to school

nutrition to farmer's markets. Successful legislative initiatives include increasing funding for school breakfasts, increasing food stamp accessibility, and – as lead advocate – passage of the country's toughest school nutrition legislation.

Lucy is a legislatively appointed member of the Connecticut Food Policy Council, the Farmland Preservation Board, and the WIC Advisory Board. She is also a member of the board for the 4-H Education Center at Auer Farm in Bloomfield and the Working Lands Alliance.

Under Lucy's tenure, EHC! began a very successful outreach program for the Food Stamp Program and the Summer Food Service Program. EHC! has been awarded the Congressional Hunger Center's "Victory Against Hunger" award three times and has been honored by the University of Connecticut School of Allied Health as well.

Lucy received her BA from Ohio Wesleyan University, and her JD from the University of Connecticut School of Law. She is the mother of a 19-year-old and 14-year-old twins – all sons who have big appetites and always eat their breakfast.

Kevin Washington

Kevin Washington is a graduate of Temple University in Philadelphia. He began his work with the YMCA in 1978, as youth program director for the Christian Street YMCA in Philadelphia. From 1983 until 1992, he held executive director positions in and around Philadelphia. In 1992, Kevin moved to the YMCA of Metropolitan Chicago as senior executive director and was promoted to chief operating officer in 1995. In 2000, he became president and CEO of the YMCA of Greater Hartford.

Under Kevin's leadership, the YMCA of Greater Hartford became one of 20 YMCAs in the country to participate in the Gulick Project, a forerunner of Activate America, which is concerned with the overall health of America. He has formed collaborations with other organizations to foster healthier living and believes strongly in building coalitions to resolve this issue.

Nationally, Kevin sits on the Board of Directors for the YMCA of the USA and the Association of YMCA Professionals, and he is past chair of the North American Metro 30 YMCAs. Locally, Kevin is on the boards of Hartford Hospital and The Amistad Center for Art & Culture.

In the past five years, the YMCA of Metropolitan Hartford has invested more than \$30 million in building facilities in Granby, Plainville, East Hartford, downtown Hartford, and the Clay Arsenal neighborhood to ensure YMCA programs and services are available to everyone.