

CHILD HEALTH ADVISORY COMMITTEE
MEETING MINUTES
October 14, 2010
Freeway Medical Building
Room 901

Attendees: Elton Cleveland, Charlotte Davis, Carole Garner, Margaret Harris, Michelle Justus, Kathy McFetridge, Andrea Martin, Patsy Smith, Brett Stone, Tony Thurman, Bob West, Connie Whitfield

Absentees: Laura Bednar, Jennifer Dillaha, Pam Jones, Barbara Kumpe, Karen Young, Paula K. Smith

Substitutes: Joyce Hardy (Elisabeth Burak), Lori Otis (Barbara Kumpe), Heather Johnston (Jada Walker)

Staff: Mary Wells

Next Meeting: December 9, 2010

Business

- Elton Cleveland motioned to approve the September minutes, and the motion passed.

Public School Overview

- An overview of the Arkansas Department of Education's school day requirements was provided by Harold Jeffcoat, K – 6 Curriculum Director, Cabot School District. Pam Waymack, Principal, Stagecoach Elementary, Cabot School District provided K – 4th grade school day schedules, and Kelly Spencer, Physical Educator, Middle School North, Cabot School District explained how she meets the physical activity requirement as well as how she provides opportunities for physical activity outside of the school day. The school year in Arkansas is 178 days, each day is required to have at least 360 minutes of instruction time, and time requirements are to be met for science, art, music, physical education, health, and safety; social studies, Arkansas history, tools for learning (technology), practical living skills/career exploration; math, and literacy. Math and literacy proficiency is expected to be 100% by the 2013 – 2014 school year by grade categories K – 5, 6 – 8, and 9 – 12. Grades K – 4 are required to have 150 minutes a week of physical activity with 60 of those minutes in P.E. Grades 5 – 8 are required to have 60 minutes a week of P.E. Grades 9 – 12 are required to have one semester of P.E. while in high school. Ms. Waymack has physical activity incorporated into traditional classroom learning and also offers a daily physical activity opportunity on the school's track 20 minutes before school starts. Ms. Spencer focuses on lifetime physical activity and developed at P.E. mission statement, "Preparing our students for a lifetime of physical activity...every child, every class, every day!" She regularly provides Brain Breaks training to faculty to incorporate into their classrooms. Brain Breaks are five minute physical activity breaks that provide students the opportunity to be led in movement by their teachers. Ms. Spencer led the committee through two Brain Break exercises. A copy of Arkansas Annotated Code 6-16-132 concerning physical education curriculum requirements was distributed. Tony Thurman reported that a school can be put on the school improvement list due to one class not meeting the proficiency requirements. He requested that time constraints be kept in mind when making nutrition and/or physical activity recommendations decisions. Cabot School District has been challenged to meet all school day requirements, including physical activity. They have used a combination of stimulus and state funds, as well as grants and community support to provide physical education and physical activity equipment. Elton Cleveland asked if the committee's current recommendation for 30 minutes of seated time at lunch was too long, and Tony responded that he thought it was too long for K – 4.

Child Nutrition Reauthorization Discussion

- Dan Christenson, professional staff of the U.S. Senate Committee on Agriculture, Nutrition, and Forestry spoke to the committee on the components and the importance of the Child Nutrition Reauthorization bill. It has passed out of the Senate, and it is currently in the House of Representatives. The bill has provisions to create nutrition standards for food sold outside of school meals, improve school wellness policies, improve school meals, and make it easier for students to receive free and reduced meals. With the limited time left in the current Congressional Session it is important to bring the Healthy, Hunger-Free Kids Act to the House floor for a vote.

Trans-Fat Work Group Update and Discussion

- Hydrogenated oil has been shown to be more detrimental to cardiovascular health than saturated fat because it contains trans-fat. Charlotte Davis explained how liquid oil becomes hydrogenated to become a solid fat. It is appealing to manufacturers for its cost effectiveness and shelf stability, and it is prevalent in many processed foods. The workgroup was formed to review trans-fat containing foods and ways their limitation can be addressed on the Maximum Portion Size List which applies to foods sold outside of the school meal program. Food options that are trans-fat free and available within the state have been identified. The Maximum Portion Size List is annually approved by the committee by April for the upcoming school year. The Commodity Advisory Board makes recommendations on which USDA commodities are available for school food service directors. Working with the Board will be another way to affect trans-fat content. Barbara Kumpe will be providing education on trans-fat and cardiovascular health to producers. Charlotte stated that it is unlikely that processed foods will go away but maybe the amount of additives can be lessened. Barbara is researching the actions other states have taken to limit trans-fat in their schools. Education articles in the Community Health Nurse Specialists/Community Health Promotion Specialists newsletter as well as school-based newsletters are an opportunity to educate parents and students on trans-fat and cardiovascular health.

Child Health Advisory Committee Member Presentations – Importance of Organization to CHAC

- Bob West provided an overview of the Arkansas Department of Health. He began with the agency's mission and vision and provided an overview of the organizational chart, highlighting the responsibilities, activities, and programs of each Center and their Branches. He narrowed his focus to ADH's role under Act 1220 including, but not limited to, ADH Director appoints half of the committee members, ADH provides staffing and space for CHAC meetings, and employment of community health promotion specialists, Act 1220 Coordinator, and Children in Schools Section Chief. Examples of ADH's efforts to support Act 1220 include, but are not limited to, training school personnel on BMI assessment and data entry; School Nurse Childhood Obesity Prevention and Education (SCOPE), facilitation of Hometown Health Initiative obesity subcommittees, and Coordinated School Health.

Agency and Program Updates

CHAC Staff

- Karen Young has submitted her resignation. The Arkansas Chapter of the American Academy of Pediatrics has been contacted for a replacement. CHAC will have administrative support from Brittany Johnson.

Arkansas Department of Health

- Bob West reported that the school based flu clinics have begun. He also reported that the flu vaccination has the exact antigens of diagnosed flu cases.

Child Nutrition Unit

- Sheila Brown reported that Alicia Casteel will begin administrating the Fresh Fruit and Vegetable Program. Shelia will be administrating the Healthier U.S. Schools Challenge recognition, and she is currently working with Lavaca School District and Rison School District. Lavaca sells only bottled water in their vending machines, does not have snack vending machines, does not have an a la carte program, and provides 100% juice. They are also reducing their use of processed foods in their meal program. Prior to these changes the district had to subsidize the food service but last year after the changes, the food service was in the black.

Hometown Health Improvement

- Mary Wells reported on behalf of CHNS/CHPS Supervisors Nancy Green and Cheryl Lindly that CHNS and CHPS are busy with facilitating and implementing school and community flu clinics around the state.

Act 1220

- Michelle Justus reported that the BMI Review Committee has examined the current height and weight assessment protocol. CHNS and CHPS will train school staff after the flu clinics have ended. ACHI is also working with schools on how to include their BMI data in their Arkansas Consolidated School Improvement Plan (ACSIP). She also reported that ACHI has submitted round three of paperwork for the Harvard Innovations Award. ACHI has applied for this award on behalf of all state partners who implement the BMI project.

Coordinated School Health

- Michelle Justus reported that the Child Wellness Intervention Project (CWIP) grant applications are available until October 29th. She also reported that the second round of ADE's joint use agreement applications have been funded, and that the third application should be released by the end of December. Marisha DiCarlo reported that the request for applications for coordinated school health funding by Tobacco Prevention, Cessation, and Control is open.

Discussion - Announcements

Family and Consumer Sciences Listserv

Margaret Harris reported that some teaching techniques and fundraising ideas that were unsupportive of healthy nutrition had been suggested on a family and consumer sciences listserv for Arkansas teachers. Andrea Martin recommended that the most effective way to address this would be to send the comments to building level administrators for curriculum review and Wellness Committee input.

The meeting adjourned at 2:00 p.m.