



CHILD HEALTH ADVISORY COMMITTEE—Minutes

March 15, 2018

9:00 a.m. – 12:00 p.m.

Attendance: Donna Adkins, Tamara Baker, Jerri Clark, Garole Garner, Lucas Harder, Rob Lindley, Cheria Lindsey, Marquita Little, Lisa Washburn,

Online: Michele Brown, Dolores Sutterfield

Absent: Trina Kuklaw, Alan Mease, Matthew Nix, Dave Oberembt, Martha Phillips, Paula Rawls, Brett Stone

Staff: Anna Haver

CHAC Subcommittees met from 9:00 am – 10:00 am

Meeting called to order: Jerri Clark, Chair: 10:04 am

Approval of February, 2018 Minutes:

Motion to accept made by: Tamara Baker; seconded: Cheria Lindsey; motion passed

1220 Update:

Anna Haver:

- Email reminders have been sent to districts/schools who have not completed the reports or still have revisions to be made. Revisions should be completed and reports submitted (saved) in Indistar by June 30, 2018.
- The Extended Recess Pilot (Act 1062 of 2003) application deadline is March 16, 2018. ADE School Health Services is contracting with Dr. Blair Dean to provide active recess training in May and June for the pilot schools. 9 applications received to date.
- Anna Haver is scheduling summer workshops with education cooperatives to provide training on School Health Index completion and setting health/wellness goals.
- Shannon Borchert and Anna Haver working with HAA SSB to review *Rethink Your Drink: Drink Water!* water station funding applications.
- Shannon is continuing to promote breastfeeding and the Healthy Active Arkansas breastfeeding policy with various partners.
- Shannon is assisting HAA/ArCOP Access to Healthy Foods group to compile all nutrition education programs information from across the state.
- Shannon working on partnership opportunities with WIC.

Jerri Clark inquired about available funding for the water filling station grants. Carole Garner stated that Healthy Active Arkansas may have more funds available next year, and the committee will be looking at necessary revisions to the application as well as providing schools not funded with information on other funding sources.

Tamara Baker reported that \$14,000 from ADH Act 1220 funds is available to CSH schools as \$1000 sponsorships. The application deadline is March 28, 2018. The sponsorship could be used for a water filling station.

CSH Update:

Lisa Mundy:

- Coordinated School Health Workshop was held 2/21/18
 - 23 school districts had a representative attend with a combined student enrollment of 100,124
- School Health Services staff are currently promoting active recess by lending playground activity stencils to schools to paint onto the hard-surfaced areas of their playgrounds
 - Districts scheduled to paint stencils
 - Springdale (March)- 19 elementary campuses
 - El Dorado (April)- 4 elementary campuses
- CDC 1801 grant was submitted 3/5/18 which will fund CSH and WSCC activities for the next 5 years, beginning Fiscal Year 2019 (July 1, 2018)

Tamara Baker reported that ADH is working with the 1305 grant project officer to develop impact statements for the final 1305 report. She will share with CHAC once they are approved.

Old Business

Subcommittee Recommendations:

Leaders taking ownership: – Jerri Clark reported that the subcommittee has 3 recommendations.

1. CHAC recommends ADE study possibility and feasibility of integration of school required committees to encourage collaboration in districts. Need to develop a rationale for this recommendation.
2. CHAC recommends that schools and districts incorporate wellness activities into family nights. Two parent nights already required for family involvement. No fiscal impact is expected. The subcommittee is working on a list of free resources to provide to schools for accessing various services and programs.
3. CHAC recommends wellness activities to be incorporated into teacher in-service days. Group members are developing list of resources such as Catapult, ADH Tobacco Cessation, Blue & You, University of Arkansas Cooperative Extension CDC resources, etc. No fiscal impact as all are free resources. Need to develop rationale statement.

Subcommittee will meet on March 28, 2018 and expect to have recommendations finalized by the April CHAC meeting.

Physical Education/Nutrition Education: Michele Brown reported that there are 4 recommendations. They are still finalizing rationale and fiscal impact.

1. We recommend a scientifically sound, evidence based, sequential curriculum be used for K-12 physical education.
2. We recommend a scientifically sound, evidence based, sequential curriculum be used for K-12 nutrition education.
3. We recommend health education and nutrition education. Professional development of no less than 6 hours to be a combination of health education and nutrition education for elementary educators (3 hours of physical education) while allowing for no less than 12 hours physical education and nutrition education for secondary educators to allow for an emphasis (up to 6 hours) be on the content area in which they predominately teach.
4. We recommend all schools provide to all students a health education course focused on basic nutrition or be allowed to take college courses Basic Nutrition or Sports Nutrition as concurrent credit fulfilling their ½ credit for health education.

The committee thinks the recommendations should be finalized by the April CHAC meeting. Rob Lindley suggested adding rationale for meeting the digital learning requirement.

Access to health food and access to physical activity: Carole Garner reported that the committee has 8 recommendations:

1. CHAC recommends at minimum, schools shall provide students with 20 minutes of seated time for lunch consumption in a pleasant and healthy environment.
2. CHAC recommends that breakfast serving time within the cafeteria be a minimum of 30 minutes, or alternative meal options be considered, i.e. Breakfast in the Classroom, Grab n' Go Breakfast, Second Change Breakfast.
3. CHAC recommends that the ADE Child Nutrition Unit encourages and promotes the use of locally-grown produce in all Child Nutrition Programs. Training and technical assistance to be provided on an ongoing basis.
4. CHAC recommends state funding be secured to support the expansion of the Fresh Fruit and Vegetable Program.
5. CHAC recommends vending machines in faculty-staff areas include at least 50% healthy choices.
6. CHAC recommends that 5 of the 9 approved and scheduled event days for schools be limited to after lunch.
7. CHAC recommends that changes to the 9 scheduled event days must include a minimum 2 week notice to school personnel, to include the district child nutrition department.
8. CHAC recommends that districts and schools encourage the inclusion of healthy food options and physical activity opportunities during the 9 scheduled event days.

The subcommittee has decided to hold on recommendations related to physical activity until the conclusion of the extended recess pilot when there will be more data available.

The staff wellness recommendations that were being considered dove tail on the staff in-service recommendation being considered.

Jerri Clark suggested combining recommendations 6-8 into one recommendation with procedures.

Subcommittee will attempt to have all recommendations finalized by April CHAC meeting.

Decision Makers: – Tamara Baker reported that the group has 3 recommendations:

1. Early intervention support – including DHS on CHAC as a Key Resource Member.
2. Charge an entity (Natural Wonders, AR Advocates, etc.) with a listening tour/town hall to learn how to create impactful messages.
3. Health impact and cost study of the impact of obesity in Arkansas.

Jerri Clark suggested working with Family and Community Engagement at ADE. They are currently hosting stakeholder meetings across the state. Donna Adkins suggested that the recommendation for a listening tour could possibly be included with the staff in-service recommendation from their subcommittee. The subcommittee expects to be able to have all recommendations finalized by April CHAC meeting.

New Business

None

Member Updates and Announcements

Jerri Clark reported Joint Use Application grants are due by Friday, March 16th. 12 applications have been received for the School Based Health Center Grants. They will be able to fund 3-5 centers.

Tamara Baker reported the School Based Health Spring Symposium will be held May 2, 2018. It is open to anyone. Register at: www.sbhaar.org CNE will be offered. There will be a pre-conference workshop on May 1 with CNE.

Carole Garner reminded members that March is National Nutrition Month. The Arkansas Academy of Nutrition and Dietetics has promotional resources on their Facebook page. A proclamation was signed at the Capitol on March 14th.

Meeting adjourned by Jerri Clark at 10:55 am

Non-member attendance: Kim Hooks, Lynette Slaughter, Lisa Mundy

NEXT MEETING DATE!!!

Thursday, April 19, 2018, 9:00 am Freeway Medical, 9th floor, Board Room 906