



## **CHILD HEALTH ADVISORY COMMITTEE**

### **Minutes**

January 17, 2019 9:00 a.m. – 12:00 p.m. Freeway Medical Tower, 5800 W 10<sup>th</sup> St, Board Room 906

Meeting Called to order: 10:00 a.m.

**Attendee(s):** Carole Garner, Cheria Lindsey, Debra Stewart, Jerri Clark, Rob Lindley, Tamara Baker, Mike Motely **Zoom:** Rosa Hatch, Melinda Kinnison, Michele Brown, Matthew Nix, Elaine Prewitt, Dan Breshears, Charles Hervey **Absent:** Alan Mease, Dave Oberembt, Debra Head, Lucas Harder, Loretta Alexander, Paula Rawls **Staff:** Shannon Borchert

**Guest(s):** Ariel Schaufler, Lisa Mundy, Brittany Rogers, Kim Hooks, Shae McGillvray, Ellie Wheeler

**Review & Approval of November 2018 Minutes:** Motion to accept minutes as amended by Cheria Lindsey; second by Tamara Baker. Motion carried.

### **Act 1220 & Coordinated School Health Reports**

#### **Act 1220**

- Student Wellness Advisory Groups (SWAG) met via webinars 11/28/18, 12/04/18, and 01/08/19. The November webinar provided SWAG advisors with information on expectations and requirements. The December webinar provided information on proper hydration and sugar in beverages. The January meeting covered basic nutrition. The next webinar will be February 5, 2019 and will cover JUUL and tobacco related information presented by Danna Shaffer, School Based Health Center Advisor. An early assessment of students participating in SWAG indicated a minimum of 108 student participants.
- Healthy Active Arkansas –Sugar –Sweetened Beverage Reduction team has updated the “Rethink Your Drink! Choose Water!” grant application. The grant will replace an existing water fountain with a water-bottle filling station that includes a fountain and a “Green Ticker” that tracks the number of 20 oz. water bottles saved from being wasted.
- The 2017-2018 BMI direct link: <https://achi.net/wp-content/uploads/2018/01/Arkansas-Assessment-of-Childhood-and-Adolescent-Obesity-2017-2018.pdf>

#### **Coordinated School Health**

- The second Quarterly Coordinated School Health Meeting of the 2018-2019 school year will be February 6, 2019 at Heifer International.
- The second Quarterly Priority School (schools funded by CDC 1801 grant) meeting of the 2018-2019 school year will be the morning of February 7, 2019 at Heifer International. The topic will be social-emotional health.
- The second State School Health Coalition Meeting will be the afternoon of February 7, 2019 at Heifer International.

#### **Old Business:**

December meeting canceled

**Nutrition and Physical Activity Rules:** The Arkansas State Board of Education voted to open the Rules 12/13/18. The public meeting was held 12/27/18. The rules will be open for public comment until January 18, 2019. Available CHAC members are scheduled to meet January 18, 2019 from 1:00-2:00 to provide feedback. The summary of changes: “Outdated references to ACSIP have been removed from the Rule. At Section 6.06.1, two new modules were added concerning Family Engagement and Community Involvement. Section 7.07 was struck to resolve a conflict with former Section 7.11 (now



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Section 7.10) concerning personnel licensed in physical education. Section 11.01 was amended to clarify that food and beverages may not be used as reward or punishment.”

**2018 Recommendations status:** On 12/13/18 The Arkansas State Board of Education adopted the recommendations as part of its consent agenda and will promote and support these recommendations. Tamara Baker will present the recommendations to the Arkansas Board of Health on January 24, 2019. The recommendations will be presented to the schools in a Commissioner’s Memo and directly presented to schools participating in Coordinated School Health quarterly meetings. The School Health Services teams will work to promote these regionally as well. CHAC members are also encouraged to promote these recommendations.

#### **Subcommittees for 2019 Report**

##### **Parent Engagement:**

**Lead:** *Mike Motley*

**Note Taker:** *Dan Breshears*

**Notes:** *Strategies for Involving Parents in School Health*, CDC document to be used as a resource by subcommittee to guide the direction of recommendations. The subcommittee will assess and address if needed the extent to which student health reports are provided to students; how social media is currently used by schools to provide parents with relevant, parent-friendly resources; what equally economical health screening options are available if districts, parents, health care providers do not adequately understand the BMI method or results; what language on the current BMI letter could be improved.

**Key Resource:** *AAA (Lance Taylor)*

##### **Mental Health:**

**Lead:** *Cheria Lindsey*

**Note Taker:** *Tamara Baker*

**Notes:** Exploring the health education standards to assess where and when the relationships between obesity and mental health and obesity and traumatic life experiences could be included in health class. Using student lead organizations to provide direct outreach may be an additional option.

**Key Resources:** *Dr. Betsy Kindall and a CHNS*

##### **Physical Activity and Physical Education:**

**Lead:** *Charles Hervey*

**Note Taker:** *Michele Brown*

**Notes:** The subcommittee will assess and address if needed what requirements and options aides have to receive PD in their content area; option of including more information in the School Report Card to include credit for best practices modeling of physical education program; what current opportunities exist for professional development that increases the use of adaptive physical activity curriculum.

##### **Nutrition:**

**Lead:** *Debie Head*

**Note Taker:** *Jerri Clark*

**Notes:** The group will explore what options are available to ensure registered dietitians are available to schools in a sustainable and streamlined manner to help engage parents in the Student Health Report Card in a more meaningful way. Current resources available are Cooking Matters (Arkansas Hunger Relief Alliance) and Farm to School (Arkansas Hunger Relief Alliance and Arkansas Cooperative Extension). The group would also like to assess the limits of providing nutrition education in one (1) semester health class.



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*Key Resources: Child Nutrition Unit (ADE), Stephanie Alsbrook, Hometown Health Improvement (CHPS/CHNS), School Health Services Unit, AHRA, Act 1220 Coordinators*

Presentation: Assessment of Childhood and Adolescent Obesity in Arkansas: Year 15 (Fall 2017-Spring 2018), Mike Motley, ACHI

- <http://bmi.achi.net/Docs/535/>
- <http://bmi.achi.net/Pages/SchoolPersonnel/BMIProgram.aspx>

#### New Business:

**Maximum Portion Size:** Members were provided the 2019 Maximum Portion Size Draft for comment to be voted on in February meeting. No changes were made from the 2018 Maximum Portion Size document.

**Travel Authorization:** Michele Brown motioned to authorize travel; Carole Garner second motion; motion carried.

#### Member Updates:

**Jerri Clark:** The School-Based Health Center (SBHC) Commissioner's Memo (LS-19-049) was posted 1/15/19. In order to be eligible for the review process, potential applicants must attend the School-Based Health Center Grant Writing Technical Assistance Training in person at CHI St. Vincent Infirmary in Little Rock on Wednesday, January 30, from 10:00 a.m. until 12:00 p.m. Attendance at this event will act as the district's intent to apply and deem the district eligible to continue the application process. The memo includes the SBHC Grant Proposal Packet.

**Rob Lindley:** Arkansas Association of Educational Administrators (AAEA) would like input to better advocate on the behalf of schools during this legislative session.

**Cheria Lindsey:** The Arkansas Department of Education-School Health Services is among 11 projects that Arkansas Children's Hospital will fund for transformative community initiatives proposed through its Natural Wonders Partnership Council Workgroups. There will be two forums on :

1. Date: February 20, 2018, Time: 8:30 am to 3:30 pm at Arkansas River Education Cooperative, 912 W 6<sup>th</sup> Ave, Pine Bluff, AR. Registration link: [https://www.escweb.net/ar\\_esc/catalog/session.aspx?session\\_id=369812](https://www.escweb.net/ar_esc/catalog/session.aspx?session_id=369812)
2. Date: July 17, 2018, Time: 8:30 am to 3:30 pm, Dunbar Auditorium-Mountain Home School District, 500 Bomber Blvd, Mountain Home, AR. Registration link: [https://www.escweb.net/ar\\_esc/catalog/session.aspx?session\\_id=369961](https://www.escweb.net/ar_esc/catalog/session.aspx?session_id=369961)

**Melinda Kinnison:** National PTA Resource on Obesity Prevention:

<http://npta.informz.net/z/cjUucD9taT0yNTA3MDE3InA9MSZ1PTM2NjgzNzc5NSZsaT0xNjg4Njg0Mg/index.html>

#### Guest Announcements:



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Brittany Rogers: Joint Use Agreement application window is closed.

Adjourn: 12:00

**Next Meeting:** Thursday, February 21, 2019 from 9:00 a.m. – 12:00 p.m.  
Freeway Medical Building, 5800 W. 10<sup>th</sup>, Boardroom 906, Little Rock, AR 72205.