



Child Health Advisory Committee

Minutes

July 20, 2023 · 9:02 a.m. – 10:45 a.m. · Zoom Only

**Call to order:** 9:02 am

**Zoom:** Lucas Harder, Shannon Borchert, Loretta Alexander, Mitch Mathis, Carole Garner, Dave Oberembt, Jennifer Wessel, Jerri Clark, Cheria McDonald, Carmel Perry, Bala Simon, Elaine Prewitt, Paula Rawls **Absent:** Linda Morgan, Ray Samaniego, Ashten Black, Patrick Casey, Josh Phelps, Gary Williams, Tammie Works,

**Staff:** Shanetta Agnew **Absent:** Shy Whitley-Smith

**Guests:** Lisa Mundy, Ariel Rogers, Amy Davidson, Meggie Augustosky-Burson, Sarah Brisco, Sheila Chastain

**Review of June minutes:** J. Clark moved to accept the minutes as corrected; B. Simon seconded. Motion passed.

**Act 1220 & Coordinated School Health Reports:** reports are unchanged from June meeting. No motion was made to accept the (unchanged) reports.

*Act 1220 Coordinator Report:*

Summer wellness committee trainings are in the process of being scheduled for August with schools and educational cooperatives for the summer.

*Coordinated School Health Advisor Report*

Summer trainings are being scheduled with schools and educational cooperatives for the summer.

**Old Business**

Recommendations:

Year	Number
2010	Recommendations appropriate for the rules process: <ul style="list-style-type: none"> <li>• The Child Health Advisory Committee recommends that institutions of higher education reinstate separate degreed programs for health education and physical education.</li> <li>• The Child Health Advisory Committee recommends all public schools built after 2023* (2015) with a capacity of 350 or more students shall have a cafeteria (kitchen and dining facilities) specifically for that building.</li> <li>• The Child Health Advisory Committee recommends at minimum, schools shall provide students with 20 minutes of seated time for lunch consumption in a pleasant and healthy environment.</li> <li>• The Child Health Advisory Committee recommends schools experiment with</li> </ul>



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	<p>schedules to improve access to physical activity such as recess before lunch.</p> <ul style="list-style-type: none"> <li>● The Child Health Advisory Committee recommends all public schools built after 2023* (2015) shall have a designated physical education facility.</li> <li>● The Child Health Advisory Committee recommends playgrounds, fields, gymnasiums, and other designated areas for physical activities shall conform to ADE regulations and recommendations by NASPE.</li> <li>● The Child Health Advisory Committee recommends all school a la carte lines offering entree items must also provide all necessary components to meet the requirements of a reimbursable meal. <i>(Is this still applicable to today's lunch service?)</i></li> <li>● The Child Health Advisory Committee recommends that teachers guide students in movement/physical activities for at least two minutes after every one hour of seated time.</li> <li>● The Child Health Advisory Committee recommends signage with positive health messages in prominent or high traffic locations (such as bathroom, vending machines in faculty area and faculty/staff lounge). <i>This is a recommendation only.</i></li> <li>● The Child Health Advisory Committee recommends vending machines in faculty-staff area include at least 50% healthy choices.</li> <li>● The Child Health Advisory Committee recommends faculty/staff be given access to school facility opportunities to engage in physical activity during or immediately before or after the declared school day.</li> </ul>
2018*	<ul style="list-style-type: none"> <li>● The Child Health Advisory Committee recommends at minimum, schools shall provide students with 20 minutes of seated time for lunch consumption in a pleasant and healthy environment.             <ul style="list-style-type: none"> <li>○ Edit to state: The standard recommended practice is there is 20 minutes of seated lunch time for students.                 <ul style="list-style-type: none"> <li>▪ This edit is due to schools taking on recommended practices more readily.</li> <li>▪ Allows for schools that are unable to meet this recommendation without additional costs.</li> </ul> </li> </ul> </li> <li>● The Child Health Advisory Committee recommends that breakfast serving time within the cafeteria be a minimum of 30 minutes, or alternative meal service options be considered i.e. Breakfast –in-the-Classroom, Grab n' Go, Breakfast, Second Chance Breakfast. <i>Will discuss further with additional data gathered by the Child Nutrition Unit.</i></li> <li>● The Child Health Advisory Committee recommends vending machines in school faculty-staff area include at least 50% healthy choices. <i>Will discuss</i></li> </ul>



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	<p><i>further with additional data regarding current practices and expectations.</i></p> <ul style="list-style-type: none"> <li>• The Child Health Advisory Committee recommends a scientifically sound, evidence and assessment based, sequential curriculum be used for K-12 physical education <i>pending the availability of free options.</i></li> <li>• The Child Health Advisory Committee recommends a scientifically sound, evidence and assessment based, sequential curriculum be used for K-12 nutrition education <i>pending the availability of free options.</i></li> <li>• The Child Health Advisory Committee recommends professional development be required as follows for:             <ul style="list-style-type: none"> <li>○ a. Elementary classroom teachers certified in physical education should receive professional development of 6 hours for physical education and nutrition education with no less than 3 hours in nutrition education;</li> <li>○ b. Licensed elementary classroom teachers who are not content certified in physical education but teach physical education are to take an additional 3 hours of physical education content; and</li> <li>○ c. Secondary physical education and nutrition education teachers should receive no less than 6 hours of professional development in physical education and nutrition education with no less than 3 hours in nutrition education.</li> </ul> </li> </ul>
2019	(August meeting)
2020	(September meeting)

**New Business**

*Meeting Schedule Results:* Based on survey results (provided following minutes), the committee collectively chose to change the scheduled meeting date and time to be: the 2<sup>nd</sup> Thursday of each month from 9:00-10:00 am unless additional time is deemed necessary to conduct business.

*Officer Elections:* Dave Oberembt volunteered to serve as Chair-D. Oberembt accepted the nomination; J. Clark nominated Mitch Mathis as Vice-Chair-M. Mathis accepted the nomination. S. Borchert moved for D. Oberembt and M. Mathis to serve as Chair and Vice-Chair respectively. C. Garner seconded motion. The motion passed.

*Review 2018 Recommendations* (see chart). P. Rawls moved to come to the August meeting with the 2019 Recommendations reviewed for discussion. S. Borchert seconded motion; the motion passed. The committee will review the 2019 Recommendations prior to the August meeting to discuss more efficiently which, if any, of the recommendations should be further developed for the rules process.



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#### **Member & Non-Member Updates/Announcements**

Carole Garner (AR Academy of Nutrition and Dietetics): The Academy is watching for [HR 1147](#) and [S 1957](#) which are federal legislation regarding milk standards that ignore nutrition science and do not align with the currently required standards:

“(D) SATURATED FAT. —Milk fat included in any fluid milk provided under subparagraph (A) shall not be considered saturated fat for purposes of measuring compliance with the allowable average saturated fat content of a meal under section 210.10 of title 7, Code of Federal Regulations (or successor regulations).”

Also of concern is the recently passed House Agriculture Appropriations Bill that cut funding to school meal technical assistance, kitchen equipment, farm to school, school breakfast expansion, and Head Start.

Shannon Borchert (Arkansas Department of Health): Act 1220 Coordinator position filled by Shanetta Agnew.

**Adjourn:** 10:45 am.

Join Zoom Meeting: <https://zoom.us/j/96682665672> Meeting ID: [966 8266 5672](#) One tap mobile  
+13126266799,,96682665672# US (Chicago)

Next Meeting: Thursday, August 10, 2023 from 9:00 – 10:00 am.



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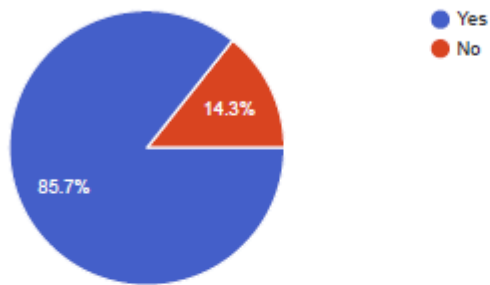
## CHAC meeting

14 responses

Is the 3rd Thursday of the month a good meeting day?

[Copy](#)

14 responses

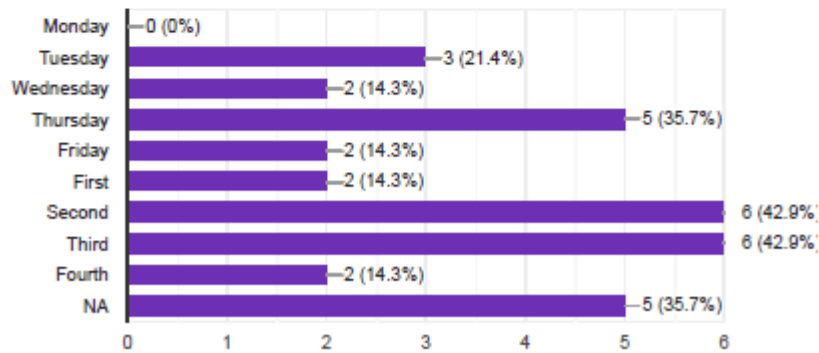


Which week and day would you prefer if the current day does not work?

[Copy](#)

(You should have a day of the week and number week checked)

14 responses





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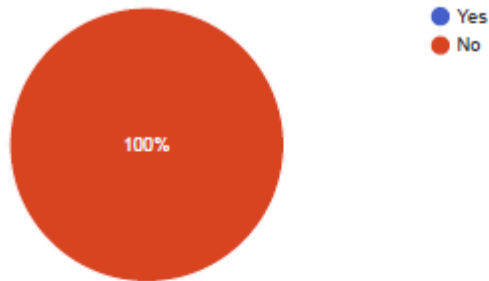
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Do you want to change the meeting time

Copy

14 responses



If you want to change the time, what time do you want to start the meeting?

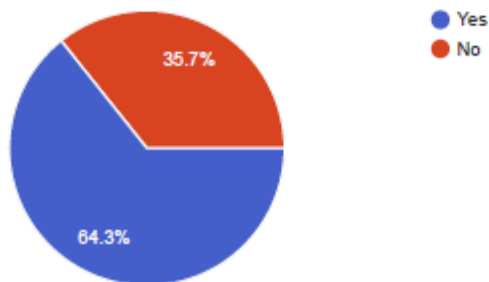
14 responses

12 :	AM	12:00 AM
08 :	AM	8:30 AM
09 :	AM	9:00 AM 10
10 :	AM	10:00 AM
11 :	AM	11:00 AM

Do you want to change the length of the meeting?

Copy

14 responses





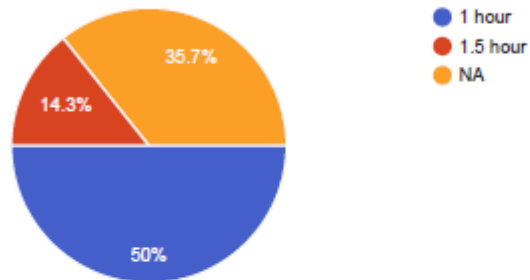
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If you would like to change the general length of the meeting, what would you prefer? [Copy](#)

14 responses



Would you like the in-person option for attending CHAC meetings resumed? [Copy](#)

14 responses

