



Child Health Advisory Committee

Minutes

November 12, 2023 · 9:00 a.m. – 10:00 a.m. · Zoom Only

Call to order: 9:00 a.m.

Zoom: Ashten Black, Patrick Casey, Carole Garner, Lucas Harder, Gabriella Hicks, Nathan Morris, Dave Oberembt, Carmel Perry, Elaine Prewitt, Camille Richoux, Ray Samaniego, Bala Simon, Jennifer Wessel, Tammie Works, **Absent:** Shannon Borchert, Jerri Clark, Mitch Mathis, Cheria McDonald, Josh Phelps, Paula Rawls

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

Guests: Bailey Culley, Taylor James, Lisa Mundy, Ariel Rogers

Review of September minutes: C. Garner moved to accept the minutes as presented; T. Works seconded. Motion passed.

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

Act 1220 Coordinator Report:

As of 10/4/23, 802 schools have submitted their health and wellness plans.

Coordinated School Health Advisor Report:

September 5, 2023, was the first coalition meeting of the year, it was a hybrid platform. Arkansas Children's Hospital, Hunger Relief Alliance, Arkansas Game and Fish Commission, The Arkansas Youth Leadership Initiative, and the ADH Office of Oral Health were represented. These organizations provide additional technical support, resources, and trainings for school personnel. Updates were shared on the new grant cycle and a review of becoming a professional development provider for the ADE. A brief overview was given on the new community service requirement for graduation. Several of the coalition organizations are eligible providers for the service hours.

The AR Coordinated School Health meeting was held on September 6, 2023. There was a record number of participants registered for the meeting at over 300, with over 271 in attendance at the peak of the meeting. At the meeting, the following topics were covered:

- 2021-2022 School Health Services Survey Report
- School Wellness Mandates
- Health and Wellness School Improvement Planning
- ARMAC: Funding to Support Wellness Improvement Plan Activities

A follow-up email with important links and notes was sent to participants. The next meeting is scheduled for November 1, 2023, virtual: 8:30 am-12 pm. The topic will be addressing the importance of staff wellness.

CSH Team met with the priority school district to discuss the 2302 grant activities, approved expenditures, and site visit to their campuses.



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Old Business

Recommendations:

Year	Number
2010	<p>Recommendations appropriate for the rules process:</p> <ul style="list-style-type: none"> • The Child Health Advisory Committee recommends that institutions of higher education reinstate separate degreed programs for health education and physical education. • 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. • 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. • The Child Health Advisory Committee recommends schools experiment with schedules to improve access to physical activity such as recess before lunch. • The Child Health Advisory Committee recommends all public schools built after 2023* (2015) shall have a designated physical education facility. • 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. • 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> • 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. • 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> • The Child Health Advisory Committee recommends vending machines in faculty-staff area include at least 50% healthy choices. • The Child Health Advisory Committee recommends faculty/staff be given access to school facility opportunities to engage in physical activity during or



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	<p>immediately before or after the declared school day.</p>
<p>2018*</p>	<ul style="list-style-type: none"> ● 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"> ○ Edit to state: The standard recommended practice is there is 20 minutes of seated lunch time for students. <ul style="list-style-type: none"> ▪ This edit is due to schools taking on recommended practices more readily. ▪ Allows for schools that are unable to meet this recommendation without additional costs. ● 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> ● The Child Health Advisory Committee recommends vending machines in school faculty-staff area include at least 50% healthy choices. <i>Will discuss further with additional data regarding current practices and expectations.</i> ● 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> ● 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> ● The Child Health Advisory Committee recommends professional development be required as follows for: <ul style="list-style-type: none"> ○ 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; ○ 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 ○ 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



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	<p>in nutrition education.</p>
<p>2019</p>	<ul style="list-style-type: none"> ● The Child Health Advisory Committee recommends schools provide resources and education that connect chronic disease, including obesity, to adverse childhood experiences (ACEs) for students and staff. ● The Child Health Advisory Committee recommends the Division of Elementary and Secondary Education of the Arkansas Department of Education (ADE) provide professional development on ACEs for school staff to include, but not limited to, how to teach students and how to identify individuals with signs and symptoms of ACEs. ● The Child Health Advisory Committee recommends school districts employ, contract, or partner with provider organizations to enable access to services of a Registered Dietitian/Licensed Dietitian (RD/LD) to provide Intensive behavioral therapy (IBT) for students and staff experiencing obesity. Arkansas public schools should be deemed as a Medicaid provider of nutrition counseling services necessary to prevent and treat obesity and be eligible to seek reimbursement. <i>Will discuss further with larger pilot additional data regarding current practices and expectations.</i> ● The Child Health Advisory Committee recommends Out of School Time (OST) programs on school campuses align with the nutrition and physical activity standards set forth for public school students during the school day and school personnel engage their community OST organizations to promote the adoption of similar standards as a part of their daily program. <i>Will discuss further with additional data regarding current practices and expectations.</i> ● The Child Health Advisory Committee recommends that the Division of Elementary and Secondary Education of the Arkansas Department of Education facilitates the development and fielding of a parent engagement survey to gather information from schools and parents as to how to best communicate and engage with parents regarding child health and wellness, inclusive of nutrition, physical activity, and mental health. <i>This is a recommendation only.</i> ● The Child Health Advisory Committee recommends that the Division of Elementary and Secondary Education of the Arkansas Department of Education provides standard guidance and resources for schools, parent teacher organizations, and community groups to facilitate parent engagement through social media and targeted in-person events. The guidance should be developed in collaboration with the Arkansas Department of Health to also include ways in which schools have/could



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	<p>partner with state and local medical and mental health professionals to engage with student/parents/teachers in an event/presentation about child and family wellness. Logistical considerations include staffing, funding, and timing in context of school year calendar and other communications and events. <i>This is a recommendation only.</i></p> <ul style="list-style-type: none"> • The Child Health Advisory Committee recommends collecting information regarding the following of physical education (PE) best practices at each school with the results included in My School Info. School administrators will be given a list of PE best practices and would check off their school’s participation, or lack of participation, for each specified best practice at the individual building level; this information would be collected for reporting purposes only. The list should include the following questions at a minimum: a. Is there a content certified teacher for PE? b. Is there a written sequential curriculum? c. Are there continuing education hours in content area yearly for PE (6 hours)? d. Are there opportunities for inclusion during PE and physical activities for children with disabilities. <i>Will discuss further with additional data regarding current practices and expectations.</i>
2020	<ul style="list-style-type: none"> • The Child Health Advisory Committee (CHAC) recommends that the Division of Elementary and Secondary Education of the Arkansas Department of Education request that the Department of Human Services Division of Medical Services indefinitely extend COVID-19 era waiver policies related to telemedicine for mental and behavioral health services. More specifically, this recommendation is for the continued suspension of rules for originating site requirements to allow provision of behavioral health services to patients in their homes via telemedicine (including via telephone), to allow telemedicine services for beneficiaries under age 21, to allow family therapy via telemedicine, and to allow licensed behavioral health professionals to provide crisis intervention via telemedicine. These rule suspensions are documented in Arkansas Medicaid emergency rule suspensions and guidance, and in the outpatient behavioral health services provider manual. • The Child Health Advisory Committee recommends schools provide students access to water through water-bottle filling stations, water stations, and other methods that ensure students have access to drinking water throughout the school day in an efficient manner. • The Child Health Advisory Committee recommends school district superintendents, food service directors, nursing directors, other relevant district staff, and school principals annually review the USDA and ADE-DESE rules related to wellness requirements and encourage school district



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	<p>personnel responsible for compliance with these rules to 1) access technical assistance from the Child Nutrition Unit (CNU), ADE-DESE & ADH Act 1220 Coordinators, and ADH Community Health Nurse Specialists (CHNS) and Community Health Promotion Specialists (CHPS) to fulfill Administrative Review findings' corrective action steps; and 2) use these individuals' expertise to provide ongoing enhancement to policy development and implementation.</p> <ul style="list-style-type: none">● The Child Health Advisory Committee recommends that schools provide resources and education for students and staff regarding the short and long-term health consequences of e-cigarette use.● The Child Health Advisory Committee recommends that schools include a pathway to cessation as an option within the district's tobacco use policy.
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New Business

The committee will vote on the FY23 recommendations during the December meeting.

P. Casey, inquired about the status of the committee drafting recommendations for tobacco prevention and cessation programming. D. Oberembt suggested to the group that the committee will need to develop a four-five-person subcommittee to develop those proposals. P. Casey suggested the membership represents different disciplines. D. Oberembt will follow up with S. Agnew for next steps.

C. Garner shared with the group Smart Snacks in Schools. Food insecurity is associated with obesity and Community Education Programs (CEP) are reimbursing schools that provide reduced lunch. [CSPI competitiveFoodsReport_2023_5.pdf \(cspinet.org\)](#)
['Smart Snacks' in schools should meet federal Dietary Guidelines | Center for Science in the Public Interest \(cspinet.org\)](#)

C. Garner also presented to the committee the suggested revisions of Maximum_Portion_Size_List_2024_2025. Flavored milk references were discussed, because it might be a useful resource to support the Maximum Portion Size change, if approved. Beginning with the 2025-2026 school year, school milk processors commit to providing school milk options with no more than 10 grams of added sugar per 8 fluid ounce serving. When the Commitment was announced in April 2023, flavored milk products offered in schools contained an average of 8.2 grams of added sugar per serving. By July 2023, the average had fallen to 7.6 grams of added sugar per serving.

The committee will discuss the action item during the December meeting. T. Works will collect information from school districts. Since the project is an internal initiative, it will not require



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approval through the legislature or State Board of Education.

<https://www.idfa.org/news/idfa-announces-healthy-school-milk-commitment-to-provide-nutritious-milk-with-less-added-sugar-for-students-in-public-schools-surpassing-usda-standards>
<https://www.idfa.org/healthyschoolmilk>

J. Wessel proposed that the committee would consider requiring schools to offer unsweetened flavored water. C. Garner responded that they could converse following the meeting.

T. Works mentioned there are vegetable juices containing the equivalent of ½ serving of vegetables.

J. Wessel shared the commissioner's memo regarding reimbursement for schools and the community eligibility provision final summary.

<https://adecm.ade.arkansas.gov/ViewApprovedMemo.aspx?Id=5506>
<https://www.fns.usda.gov/cn/cep-final-rule-summary>

T. Works informed the committee, 9 states have passed legislation for free meals to all students.
[States that Have Passed Universal Free School Meals \(So Far\) \(nycfoodpolicy.org\)](https://www.nycfoodpolicy.org/states-that-have-passed-universal-free-school-meals-so-far)

Member & Non-Member Updates/Announcements

Member updates/announcements are unchanged from the October meeting. No new notices were shared during the meeting.

Arkansas School Nutrition Association, Annual Conference was held October 27th-28th in Hot Springs, AR. [Events \(arsna.org\)](https://www.arsna.org/events)

SHAPE Arkansas 2023 Fall Conference was held November 2nd-3rd in Jonesboro, AR [Summer | ShapeAR \(shapearkansas.com\)](https://www.shapearkansas.com/summer)

Adults & Children with Learning & Developmental Disabilities, Inc. (ACLD) summer programs will be held June 10th-11th, 2024 in Bryant, AR.

Adjourn: 9:54 am.

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

Next Meeting: Thursday, December 14, 2023 from 9:00 – 10:00 am.



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State Board of Health meetings are held quarterly on the 4th Thursday of each month. Next meeting is January 25, 2024.