



CHILD HEALTH ADVISORY COMMITTEE—Minutes

April 19, 2018

9:00 a.m. – 12:00 p.m.

Attendance: Trina Kuklaw, Alan Mease, Tamara Baker, Lucas Harder, Jerri Clark, Rob Lindley, Carole Garner, Dave Oberembt, Paula Rawls, Cheria Lindsey, Lisa Washburn, Marquita Little

Online: Donna Adkins, Michele Brown, Dolores Sutterfield

Absent: Matthew Nix, Martha Phillips, Shakia Jackson, Brett Stone,

Staff: Anna Haver

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

Meeting called to order: Jerri Clark, Chair: 10:05 am

Jerri reminded members that this is the last month subcommittees would meet at 9:00 am. The regular committee meeting will be at 9:00 am on May 17, 2018.

Approval of March, 2018 Minutes:

Motion to accept made by: Paula Rawls; seconded: Dave Oberembt; motion passed

1220 Update:

Anna Haver:

- Working to update *Health is Academic* presentation to link health surveillance to student outcomes and the importance of physical activity and nutrition. The presentation will be presented at wellness trainings across the state and at coops over the summer.
- Created *Say Yes to Recess: Planning and Providing Recess* presentation to review national recommendations regarding recess.
- Thirty applications received for Act 1062 Extended Recess Pilot. A list of schools selected to participate is attached. Dr. Blair Dean will provide an active recess webinar for pilot schools on May 15, 2018 and a half day interactive training on June 12, 2018. The North Little Rock School District has provided space for the training.
- Continuing to review District and School Health & Wellness Improvement Priority forms as they are sent. Submission deadline is June 30, 2018.
- Commissioner's Memo LS-18-080 with information on revised School Health Index modules for schools to complete was released on March 27, 2018. The memo contains a link to an informational video for completing the SHI.
- Regional trainings for CHNS and CHPS on School Health Index completion and developing health and wellness goals were provided during February and March.

CSH Update:

Lisa Mundy:

1801

- Award Letters have been sent to the selected target districts (LEAs), as well as letters to the schools that applied.
- Notification of CDC's decision will be hopefully be by the end of May
- Based on the work of 1305 core team of stakeholders, building that group into a larger coalition to broaden the network, communication, and engagement of the existing individuals/organizations to the state's school districts.

1305

- Playground stencils were delivered to El Dorado School District on April 9 to paint onto elementary sidewalks and hard surfaced areas of playgrounds
- Quarterly Coordinated School Health Workshop was held April 18

Jerri asked how a school could obtain the playground stencils. Lisa said to contact Ariel Schaufler at ADH to make arrangements for check-out.

Old Business

Jerri instructed subcommittees to finalize recommendations and send to Anna or Shannon by April 27, 2018. Anna and Shannon will compile a report of all recommendations, rationale, fiscal impact, and resources. The report will be emailed to members for review prior to the May meeting. Members will discuss, make necessary revisions, and vote on recommendations in May.

Subcommittee Recommendations:

Decision Makers: – Tamara Baker reported that the group has 4 recommendations:

1. Add DHS early childhood representative to CHAC.
2. Use Natural Wonders research on messaging. Integrate introduction of obesity and early childhood topics to candidates and policy makers.
3. Cost of obesity study or review.
4. Use ACEs resilience workgroup to inform stakeholders about the impact of ACEs on childhood obesity.

Jerri asked about fiscal impact. Per Tamara, the cost of obesity study, recommendation #3 would show the fiscal impact. Tamara emailed the subcommittee's recommendations to Anna and Shannon.

Physical Education/Nutrition Education: Michele Brown reported that there are 5 recommendations.

Rationale for each is complete. They are still finalizing 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 within K-12 health education.
3. We recommend elementary classroom educators receive professional development of no less than 2 hours of health/nutrition education. Content-area licensed elementary physical education educators and licensed elementary classroom educators that are responsible for physical education instruction but do not have content certification teaching elementary

- physical education receive no less than 6 hours of professional development yearly. Encourage licensed elementary classroom educators that are responsible for physical education instruction but do not have content certification to take additional hours if available. For secondary educators, allowing no less than 6 hours of professional development in physical education or health/nutrition education based on their majority of instruction occurs.
4. We recommend districts provide students the option for a health education course that focuses on basic nutrition or allow a Basic Nutrition/Sports Nutrition course as concurrent credit fulfilling their ½ credit for health education if the educator offering the course is an approved concurrent credit instructor.
 5. A tiered health education approach for secondary (7th-12th) health classes. Emphasis areas will be addressed in addition to the health curriculum. The youngest grade would have substance abuse as the focus area. The second class, sexual health as the emphasis area. For the required half credit health class, the focus would be nutrition.

Leaders taking ownership: – Jerri Clark reported that the subcommittee has 3 recommendations. The subcommittee worked on finalizing their rationale and resources for each of the 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.

Tamara stated that the Decision Makers subcommittee also discussed family and community engagement in regards to advocacy, so there may be a link between the recommendations from the two subcommittees. This can be discussed in May.

Access to healthy food and access to physical activity: Carole Garner reported that the committee is focusing on healthy food and will hold on physical activity recommendations until ADE recess pilot is completed. There are 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. The Child Health Advisory Committee recommends the following procedures for scheduling of the nine special event days for schools;
 - A. At least 5 of the 9 days be limited to after lunch.
 - B. A change in schedule to any of the 9 days must include a minimum two week notice to school personnel, to include the child nutrition department.
 - C. Districts and schools should encourage the inclusion of healthy options and physical activity opportunities for students during events.

Trina stated that schools are required to provide breakfast even for late arrivals, due to late buses, practices, etc. so the subcommittee should look at enforcement of that. Dolores said her understanding is that breakfast must be offered, but there is not requirement to serve late. The serving times in schools are unknown.

Trina also commented that Michele talked about educating students on making healthy choices but CHAC needs to make sure decision makers know that those choices aren't always available and/or affordable to all families.

New Business

Arkansas Freedom of Information Act

Lucas Harder reviewed with committee. CHAC business should only be conducted in a lawfully convened meeting. This includes email communication. A minimum two hour notice must be provided for a lawfully convened meeting. Any communication regarding CHAC is subject to FOIA. Members emailing each other regarding CHAC business can be considered a meeting. There were several questions regarding work of the subcommittees, questions about meetings, etc. Members are encouraged to review the handbook (particularly pages 14 and 29), email any questions to Anna Haver. Anna will provide those questions to Lucas for more discussion at the May meeting.

Member Updates and Announcements

Trina Kuklaw reported that April is National Child Abuse Prevention month. Every 2 seconds a child is abused. 5 of 6 cases go unreported.

Alan Mease reported that the AR ACEs Resilience Workgroup is planning their second annual ACEs summit for September 26-27, 2018.

Tamara Baker reported that school based health center site visits are being conducted. ADH School Health will offer Food Service Director training in June for 1305 priority schools. This will be done in partnership with Pulaski Tech.

Marquita Little reported that AR Advocates is hosting a Children's Policy Summit. Visit www.aradvocates.org for more information.

Dave Oberembt reported that the American Heart Association is forming a coalition to work on a Tobacco 21 initiative during the next general assembly. Anyone interested in participating can contact him for more information.

Paula Rawls reported that AR ASCD summer conference will be June 10-13 in Hot Springs. Theme is Rise and Shine: Personalized Learning for All. A Commissioner's Memo regarding the conference was released 04/19/18.

Cheria Lindsey reported that the second school nurse academy was completed. 45 applicants have been selected to participate in the School Nurse Residency program at ACH this summer. They represent 44 school districts.

Carole Garner reported that April is National Garden Month. She also reported on BMI data collection. 72% of schools have entered 95% or more of their data to date. Approximately 150 schools have not begun to enter data yet. CHNS and CHPS receive weekly emails with updates on data entry. 20 schools were selected to receive water filling stations through Healthy Active Arkansas. A press release with the selected schools should go out next week. If additional funds are available, a second tier of schools was also selected. The Rethink Your Drink Toolkit is available online. Jerri requested the link to include as a resource for her subcommittee's recommendations.

Trina Kuklaw added that Whole Foods offers a school garden grant. She will send the link to the funding opportunity.

Lynette Slaughter reported that the new school nurse conference will be August 1-3 at Pulaski Technical College in North Little Rock. The Arkansas Mission of Mercy (ARMoM) will be held next weekend in Conway. The event provides donated dental care for those in need. She will email the flyer to Anna to share with members.

Jerri Clark encouraged all members to make an effort to attend the May meeting in person so recommendations can be discussed and finalized to be presented to the Board of Education. Anna and Shannon will send the recommendations document to CHAC members prior to the next meeting.

Meeting adjourned by Jerri Clark at 11:13 am

Non-member attendance: Brittany Rogers, Lynette Slaughter, Lisa Mundy

NEXT MEETING DATE!!!
Thursday, May 17, 2018 9:00 am Freeway Medical, 9th floor, Board Room 906