



CHILD HEALTH ADVISORY COMMITTEE

Minutes

February 21, 2019 9:00 a.m. – 11:34 p.m. · Freeway Medical Tower, 5800 W 10th St, Board Room 906

Meeting Called to order: 9:17 a.m.

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

Guest(s): Patty Barker, Ariel Schaufler, Lisa Mundy, Betsy Kindall

Review & Approval of January 2019 Minutes: Dan Breshears motioned to accept minutes as amended; Rob Lindley seconded motion; motion carried.

Old Business

2018 Recommendations status:

- Jerri Clark reported the upcoming Commissioner's Memo LS-19-063 in support of the recommendations. Any legislative changes would be during the legislative session.
- Tamara Baker reported that the Arkansas Board of Health approved the recommendations.

Maximum Portion Size: Carole Garner motioned to adopt for the 2019-2020 school year; Dave Oberembt seconded motion; motion carried. Clarification was requested and given on the time-line of Smart Snacks standards: "The Smart Snacks standards are applicable during the school day, which is defined as the midnight before to 30 minutes after the end of the instructional day."

Act 1220 & Coordinated School Health Reports

Act 1220

- The monthly SWAG meeting was on February 5, 2019. Danna Shaffer presented JUUL: The 411. The March 5, 2019 training will focus on physical activity and physical education.
- On February 20, 2019, Grant Writing for Schools and Communities was held at Arkansas Department of Health Auditorium and had 129 participants from schools and communities. The recording for this training will be made available. In addition to this training, there will be a live recorded webinar series to accompany Grant Writing for Schools and Communities.
- On Friday, February 15, 2019, Hamburg High School science classes received information on health concerns related to the use of JUULs and other e-cigarettes.
 - Charles Hervey requested information on CBD use in student population. Tamara Baker will request additional information from Tobacco Prevention and Cessation Program (TPCP). Lucas Harder will follow-up to provide additional information.

Coordinated School Health

- The quarterly CSH statewide meeting was held February 6, 2019 at Heifer Village. The meeting had 127 school personnel in attendance. The focus of the meeting was social and emotional climate and mental health in schools. Many attendees have asked for additional training for their districts.
- The quarterly CSH priority schools meeting was held on February 7, 2019 at Heifer Village. The 6 priority districts discussed their mental health needs, barriers, and potential next steps. The districts reviewed their work-plans, budgets, and reviewed their responsibilities for the Statewide School Health Coalition.



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- The Statewide School Health Coalition was held after the priority meeting on February 7, 2019 and had 38 partner organizations/programs in attendance. Blytheville, Malvern, and Magazine School Districts provided brief overviews of their districts and communities. The partners then organized themselves into panels focusing on nutrition education, physical activity/physical education, mental health, and health services. Each of the 6 priority districts met with each panel to discuss how the partner could aid in addressing needs that fell within their expertise.
- The 1801 School Health Services staff attended the Healthy Schools Academy in Atlanta, GA from February 13-15, 2019. The training provided guidance regarding best practices to focus on during targeted trainings held for schools regarding physical activity, nutrition, out of school time, school wellness policies, and chronic disease management.

Subcommittees break-out (9:30 a.m. – 11:00 a.m.): Recommendations will need to be completed by May to have them presented to the Arkansas State Board of Health and Arkansas State Board of Education by September 2019.

Subcommittee Report:

Nutrition: (C. Garner, D. Stewart, E. Prewitt-absent, D. Head, J. Clark, P. Barker)

Recommendations will focus on:

1. Encouraging school districts to employ a registered and licensed dietitian to provide:
 - a. medical nutrition therapy (MNT) to students experiencing chronic disease or other health conditions such as renal failure, PKU, food allergies, and others including those requiring tube-feedings.
 - b. consultations to food service personnel for students with dietary restrictions
 - c. consultations to school nurses and food service personnel for diabetes education
 - d. support for student nutrition education that aligns with educational standards
 - e. consultations for nutrition directors and school nurses aiding students managing chronic disease(s)
 - f. provide nutrition education programming.
 - i. When applicable, these services would need to be Medicaid reimbursable and schools would therefore need to be deemed a provider of services
2. Ensuring high school students have access to nutrition education within the Family and Consumer Science (FACS) programs.
 - a. Additional focus was nutrition education through family and consumer science courses being provided to high school students.
3. Addressing out of school time nutrition standards to fall in alignment with Center for Disease Control's (CDC) recommendations.

Parent Engagement: (M. Motley, R. Hatch, D. Breshears)

Recommendations will focus on:

1. Assessing how information is getting to parents and how it could be improved through a uniform assessment process done by county as a statewide effort.
(<https://www.cdc.gov/healthyschools/parentengagement/pdf/guide.pdf>)
2. Reviewing and updating the BMI letter.

Mental Health: (C. Lindsey, L. Harder, M. Nix, T. Baker, P. Rawls)



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Recommendations will focus on:

1. Requiring the relationship between obesity and trauma be taught in health class
2. Requiring professional development on the relationship between obesity and trauma for school staff

Physical Activity and Physical Education: (M. Brown, C. Hervey, D. Oberembt, M. Kinnison, R. Lindley)

Recommendations will focus on:

1. Developing a list of professional development requirements for:
 - a. assessing student development in physical education class
 - b. assessing student development during recess activity
2. Requiring professional development on Adaptive Physical Education.
3. Requiring My School Grade to include an assessment of the physical education programming.

Member Updates

Michele Brown: Next meeting scheduled during Spring Break.

Rob Lindley: SB 349 to address National School Lunch Act funding being tied to standardized test reading scores; HB 1409 addressing increased recess and shift of instructional time definition has not been presented to the House Committee.

Charles Hervey: HB 1519 to address legal age to purchase tobacco products and e-cig to 21 years; HB 341 to address vapor products tax-proceeds going towards UAMS.

Dave Oberembt: You're The Cure network link is where individuals can go for opportunities to contact legislators to take action as the legislative session progresses. <https://act.yourethecure.org/uGAfEc7Q>

Cheria Lindsey: School Based Mental Health Forum at Pine Bluff had 82 participants. Shawna Burns provided training on Seed Digging which focuses on recognizing signs of trauma. The next training will be in Mountain Home. Dr. Betsy Kindall with AWARE will be working with to provide additional trainings in additional regions.

Melinda Kinnison: ARPTA is updating legislative agenda to include vaping; National PTA is offering Parents for Healthy Kids grant. <http://npta.informz.net/z/cjUucD9taT0yNTA3MDE3JnA9MSZlPTM2NjgzNzc5NSZsaT0xNjg4Njg0Mg/index.html>

Carole Garner: The Arkansas Academy of Nutrition and Dietetics has interest in: US HR 832; case study Public Health Goal Became a Law; AR SB 304

Lucas Harder: SB 304 will have amendments to address the development of standards rather than curriculum; HB 1518 is concerning hemp-derived cannabidiol; HB1409 has not been presented before committee.

Guest Updates:

Patty Barker: HB 1356 plans to amend the bill with best practices and language to allow the offering of a lower cost alternative meal; SB 349 plans to link National School Lunch categorical funding to reading readiness “and for other purposes.”



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Next Meeting is Thursday, March 21, 2019 from 9:00 a.m. – 12:00 p.m. at Freeway Medical Building, 5800 W. 10th, Boardroom 906, Little Rock, AR 72205.

Adjourn: 11:43 a.m.

Attachments:

AR House Bill 1409: <http://www.arkleg.state.ar.us/assembly/2019/2019R/Bills/HB1409.pdf>

AR House Bill 1519: <http://www.arkleg.state.ar.us/assembly/2019/2019R/Bills/HB1519.pdf>

AR House Bill 1356: <http://www.arkleg.state.ar.us/assembly/2019/2019R/Bills/HB1356.pdf>

AR House Bill 1518: <http://www.arkleg.state.ar.us/assembly/2019/2019R/Bills/HB1518.pdf>

AR House Bill 1003: <https://legiscan.com/AR/text/HB1003/2019>

AR Senate Bill 304: <http://www.arkleg.state.ar.us/assembly/2019/2019R/Bills/SB304.pdf>

AR Senate Bill 347: <http://www.arkleg.state.ar.us/assembly/2019/2019R/Bills/SB347.pdf>

AR Senate Bill 349: <http://www.arkleg.state.ar.us/assembly/2019/2019R/Bills/SB349.pdf>

Maximum Portion Size List 2019-2020: <https://www.healthy.arkansas.gov/images/uploads/pdf/CNU-18-043--Maximum Portion Size List 2019-20.pdf>

US House Bill 832: <https://www.congress.gov/bill/116th-congress/house-bill/832/cosponsors?q=%7B%22search%22%3A%5B%22hr832%22%5D%7D&r=1&s=1>

Nutrition Today, How a Public Health Goal Became a National Law: Healthy Hunger Free Kids Act of 2010:

<https://cspinet.org/sites/default/files/attachment/How a Public Health Goal Became a National Law Nutrition Today.pdf>

American Academy of Pediatrics:

- Sports drinks vs. energy drinks vs. plain water: What's best for thirsty kids?

<http://www.aappublications.org/content/32/6/32.2>

- Adolescent Consumption of Sports Drinks:

<http://pediatrics.aappublications.org/content/141/6/e20172784>

American Journal of Preventive Medicine, Implementing School-Based Policies to Prevent Obesity: Cluster Randomized Trial: <http://uconnruddcenter.org/files/School%20Nutrition%20Policy%20Study.pdf>

AETN: the Arkansas Citizens Access Network: <https://www.aetn.org/engage/blog/ark-can-the-arkansas-citizens-access-network>

CDC: Parent Engagement: Strategies for Involving Parents in School Health:

<https://www.cdc.gov/healthyschools/parent-engagement/pdf/parent-engagement-strategies.pdf>