

CHILD HEALTH ADVISORY COMMITTEE

MEETING MINUTES

February 8, 2007

Attendees: Committee Members
Rhonda Sanders, Joe Don Parris, Richard Nugent, Sue Chambers, Kathy McFetridge, Carole Garner, Paula Smith, Charlotte Davis, James Fasules, Suzanne McCarthy, Jan Richter, and Hollie Huckabee by tele-conference

Absentees: Dee Cox (Joy Rockenbach)
Steve Strode (Carla Coleman)

Staff
JoAnn Bolick and Devon Thompson

Next Meeting: March 8, 2007
Room 906, Freeway Medical Building
5800 W. 10th St., Little Rock

Rhonda called the meeting to order. Minutes of the January 11, 2007 meeting were approved as read with the following changes made: On paragraph three, “Jack Grincher” changed to “Jack Critcher” and “Dr. Zincky” changed to “Dr. Raczynski.” Also in paragraph six, “Dr. Carolyn Dressler” was changed to “Dr. Carolyn Dresler.”

There were introductions of the Committee members and the public in attendance.

Staff Update- None at this time.

Health Division- Dr. Richard Nugent announced that Dr. Carolyn Dresler is the Chief of the Tobacco Control Branch.

Educational Update- None at this time.

Child Nutrition-None at this time.

Hometown Health- None at this time.

Coordinated School Health Program (CSHP) - Laura McDowell introduced Debbie Woods as the new PANT Coordinator. The CSHP conducted an Action Team Orientation on January 31, 2007. Over 40 people were in attendance. They will be developing a statewide plan. The local CSHP Coordinators for the Nine Model

School Districts will be meeting on February 13, 2007, and they will present an update on CSHP activities between 9:00-11:30. The CSHP Summer Institute will be held on July 16-17, 2007. This Institute will target new schools that are interested in Coordinated School Health for the next school year. The CSHP staff provided technical assistance for the School-based Coordinated School Health & Tobacco Prevention Grants. There was a four-part presentation provided with Coordinated School Health being one of the four.

Legislative Update- Rhonda talked about HB1173 to remove the BMI mandate for ACT 1220. The Committee discussed why some parents may not want their children screened for BMI and that some may lack information about BMI or that their children may feel embarrassed. It was suggested that the Committee continue to push for the BMI and to ask the school nurses as well as teachers that do approve of the BMI to go to the Legislative to let them know how helpful the BMI is. Another suggestion was to ask parents to write letters to their legislator to get the message across. It was discussed that the BMI data has been reviewed by the University of Arkansas at Fayetteville, University of Michigan, Harvard, MAT, and CDC.

Rhonda reported on possible Amendments to the Bill, and these included:

- 1) BMI Screening to be done every other grade starting with kindergarten, and using the same grades as vision and hearing screenings**
- 2) Allowing parents to opt out of the BMI Screening**
- 3) Requiring the Arkansas Department of Education to write clear protocols for performing BMI**
- 4) Requiring the Arkansas Department of Health and Human Services, Division of Health to develop a quality assurance program**
- 5) Ensuring the confidentiality of records.**

Rhonda discussed HB 1039 that pertains to the 150 minutes of physical activity for secondary grades. This Bill removes the physical activity requirement; however leaves the physical education requirement. HB 1039 affects K-6th graders.

Rhonda asked Dennis Farmer to discuss National Vending Guidelines and the vending issues dealing with junior and senior high schools. He discussed a bill that will be drafted that would guarantee 3rd party vendors. The whole purpose is to have eight choices of beverages to choose from. It will be up to the local school districts to make policy on the availability for the vending machine usage within the schools. Elementary is allowed bottled water, 8 oz milk, and 100% juice; middle schools is allowed bottled water, 10 oz milk, and 10 oz 100% juice; and high school is allowed bottled water, no or low calories drinks, 12 oz milk, and 100% juice, lite-juice or sports drinks.

Rhonda also discussed a bill that will be sponsored by Senator Pritcher that will allow offering the 16oz.-bottled milk.

Bay School Physical Activity Program- M.C. Taylor, Family & Consumer Science Teacher presented on the Bay High School- School Health Index. Bay High School has 615 students with 42 graduating seniors, 3 married students, and 2 student parents. The average ACT score at the school is 19, and only 35 % of graduating seniors continue to work on their post secondary education in their first year of college. A two-year assessment has been done at Bay High School, measuring BMI on K-11th grade. A handout was given on the strengths and weaknesses of the Bay High School Health Index. (Refer to handout) The BMI Report in 2004-2005 showed that 246 males were assessed with 58.9% being underweight/healthy weight and 41% being at risk/overweight and 258 females were assessed with 63% being underweight/healthy weight and 38% being at risk/overweight. In 2005-2006, 234 males were assessed with 57.3% being underweight/healthy weight and 42.5% being at risk/overweight and 246 females were assessed with 58.9% being underweight/healthy weight and 41.1% being at risk/overweight. With the strengths and weaknesses of the program, the school applied for a USDA Health Action Team (HAT) Grant. The HAT Grant provided \$1,000 for the 2005-2006 School Year. This funding was used to conduct a 2-day training, and the school also had to conduct one physical activity. Physical activities implemented in the program included four square, hop scotch and walking the track. M.C. Taylor used a power point presentation and will allow us to send a copy to each Committee member.

Other - The Subcommittee on Nutrition met for 30 minutes. After the Subcommittee meeting, the Committee reconvened. Rosemary Rodibaugh, Chairman of the Subcommittee on Nutrition made this motion:

Due to research showing that US adolescents do not consume recommended amounts of calcium, the Child Health Advisory Committee recommends that the Arkansas Department of Education Rules Governing Nutrition and Physical Activity Standards in Public Schools section 6.02.3 be amended as follows:

“All FMNV or competitive food beverages sold to students will be restricted to no more than 12 ounces per vended container. The only exceptions are a maximum of 16 ounces for fat free (skim) and low fat (1%) milk and unlimited portion size for unsweetened, unflavored water.”

Additionally, under section 5.05, add: “See exceptions in 6.02.3” to the end of the paragraph.

The list of maximum portion sizes, referred to in 6.02 and 6.02.1, will be updated to reflect the change as follows:

- 1) Delete: Whole Milk, flavored or unflavored - 8 ounces
- 2) Change: “Reduced Fat Milk (2% or less fat) flavored or unflavored” to “Fat free or Low fat Milk (1% or less), flavored or unflavored - 16 ounces”.

Rosemary gave the following as a reference to support the motion above:

Reference:

Moshfegh, A., J. Goldman, and L. Cleveland. What We Eat In America, NHANES 2001-2002: Usual Nutrient Intakes from Food Compared to Dietary Reference Intakes. U.S. Department of Agriculture, Agricultural Research Service, September 2005. www.ars.usda.gov/foodsurvey

The Committee approved this motion. The following Committee Members were present for the motion: (Joe Don Parris, Richard Nugent, Sue Chambers, Carole Garner, Kathy McFetridge, Paula Smith, Charlotte Davis, and Jan Richter). Then a motion was made to approve today's minutes by email to allow this recommendation to be forwarded to the Arkansas Department of Education. After discussion, the Committee approved this motion.

The meeting was adjourned at 1:30pm.