

CHILD HEALTH ADVISORY COMMITTEE
MEETING MINUTES
March 12, 2009

Attendees: Elton Cleveland, Charlotte Davis, Carole Garner, Margaret Harris, Michelle Justus, Kathy McFetridge, Joe Don Parris, Christine Patterson, Paula Smith, Patsy Smith, Jada Walker, Bob West, Karen Young

Absentees: Elisabeth Burak, Dee Cox, Tyrone Harris, Hollie Huckabee, Barbara Kumpe, Sherry Ratliff, Diane Vibhakar

Substitutes: Kara Wilkins (Elisabeth Burak), Connie Whitfield (Diane Vibhakar)

Staff: Joy Rockenbach, JoAnn Bolick, Mary Wells, Vallee Phillips

Next Meeting: April 9, 2009

- ❖ Kathy McFetridge called the meeting to order. Minutes of the January 8, 2009 meeting were read with the following correction:

Carole Garner was added to the “Attendees”. This correction was moved by Joe Don Parris and seconded by Jada Walker.

- ❖ Minutes of the February 12, 2009 meeting were read with the following corrections:

Diane Vibhakar was added to the “Absentees” on the February minutes, a “Substitutes” section was added with Ms. Connie Whitfield who attended for Diane Vibhakar, and an “I” was added to Michelle Justus’ name on page 2. These corrections were moved by Joe Don Parris and seconded by Elton Cleveland.

- ❖ Joy Rockenbach reported what might become a concern regarding the physical education requirement of a 500:1 student/teacher ratio. This ratio could mean that school districts might need to hire more certified staff members for physical education; however, school districts have known of this requirement since 2003. Many schools have already met the requirement. There is no legislation at present regarding this issue. The Child Health Advisory Committee was asked to make a decision to support or revise this requirement. The Committee approved the following statement with no opposition:

“As a committee, we oppose any legislation or rule that weakens or rescinds any of the rules enacted from recommendations of the Child Health Advisory Committee or ACT 1220.”

The statement was moved by Christine Patterson and seconded by Karen Young.

- ❖ Also, Joy Rockenbach reported that a Wellness Center in Schools bill has been filed that may give Coordinated School Health an opportunity to obtain more federal resources.

Maximum Portion Size Discussion and vote by Charlotte Davis

- ❖ Charlotte Davis reported a concern about the number of schools serving energy drinks that contain excessive amounts of caffeine. The Committee was asked to vote on the following statement that limits and restricts the amount of caffeine in caffeinated/non-caffeinated beverages schools can serve based on the highest level of caffeine found in a diet soda:

“Caffeine in a beverage, carbonated or non-carbonated, should be less than or equal to 55mg in a 12oz portion.”

This motion was moved by Charlotte Davis and seconded by Carole Garner with no opposition.

Small group work-time

- ❖ Groups were asked to prioritize objectives and recommendations. Each group was given charts that included their components, guiding principles, objectives and recommendations to use as a work aid.

Reports

Staff Update – Joy Rockenbach

- ❖ Joy reported that in the future CHAC meetings will be primarily based on guiding principles and will include various speakers and schools that are directly related to CHAC’s objectives and goals.
- ❖ Mary will represent CHAC at the School Health Conference.

Health Department Update – Bob West

- ❖ Bob West reported that the Health Department is closely following all legislative bills and is very pleased with the outcomes related to child safety, especially the trauma system and graduated driving bills.

Child Nutrition Update – Sheila Brown

- ❖ Sheila Brown reported that Child Nutrition received several statewide entries for the poster contest.
- ❖ Child Nutrition will have over \$1 million to distribute to schools.
- ❖ There will be equipment grants available for Arkansas through the stimulus plan. The process and awards will be competitive.

Hometown Health Update – Nancy Green

- ❖ CHPS from the NW, NE, and SW Regions and a health educator from the NE Region are in the process of implementing the NAP SACC (Nutrition and Physical Activity Self-Assessment in Child Care) in 15 child care centers. They were recently trained by Philip Cook with the Early Child Health Initiative, DHS, in the NAP SACC modules. They will be training the child care staff. Modules include 1) Childhood Obesity, 2) Nutrition for Young Children, 3) Physical Activity for Young Children, 4) Personal Health and Wellness for Staff, and, 5) Working with Families to Promote Healthy Weight Behaviors. They were also trained in a “Fit Kids” module. They are in the process of selecting the child care centers. The child care centers will complete the NAP SACC self-assessment and then develop an action plan to improve the nutrition and physical activity environment of the child care center. The CHPS and health educator will provide TA to the centers for one year.
- ❖ The CHNS and CHPS in the NW, NE, and SW regions are collaborating with other HHI Staff in providing workshops by Jean Blades Madigan (Action Based Learning) in Education Cooperatives and communities. Ms Madigan will be presenting workshops to school personnel, child care staff, and community members. Action Based Learning is based upon brain research that supports the importance of movement in the learning process. Examples of workshops that will be presented include: “Know” Brainers: Easy Academic Activities that Move KIDS to Learn and Teaching the Teenage Brain. The following workshops by Jean Blades Madigan are scheduled:

Northeast: April 7 – 10 (Community locations)
 April 7 – Searcy
 April 8 – Melbourne
 April 9 – Jonesboro
 April 10 - Paragould
 Northwest: June 2 – 5 (Education Cooperative locations)
 June 2 – Farmington
 June 3 – Branch
 June 4 – Plummerville
 June 5 – Harrison
 Southwest: (Education Cooperative locations)

- ❖ The CHNS continue to be involved in flu surveillance in the schools. They continue to have reports of flu-type symptoms in the schools. Data from the schools is reported weekly to the Communicable Disease Program, ADH.
- ❖ The CHNS and CHPS were trained in the new BMI Data Entry System in December. They have provided this training to school nurses in January and February.

- ❖ Many CHNS and CHPS have held Teen Pregnancy Prevention and STD Education workshops. They have attended a training on “Children of Military Deployed Parents”, the National Chronic Disease Conference, and the Adolescent and Childhood Weight Management Certificate Training.
- ❖ The CHNS position in the Western Arkansas Education Service Cooperative in Branch, AR, and the CHPS position in the Central Region should be filled soon.

Act 1220 Evaluation Report – Jada Walker

- ❖ Jada Walker reported there are approximately 115 schools that have been randomly selected for site visits and evaluations. West Virginia and Mississippi will also be collecting similar evaluation data from various sites to compare with Arkansas’ data.

Documents Distributed:

- ❖ **AED Guidelines for Childhood Obesity Prevention**
- ❖ **Arkansas Act 1220 of 2003 5 yr Evaluation to Combat Childhood Obesity**
- ❖ **Eating Disorders Rising In Arkansas**
- ❖ **SY2008-2009 Middle/Junior High/High School Allowable Competitive Food/Beverages – Maximum Portion Size List**
- ❖ **Weight Management Matters**

Action(s) Required:

None

No public comment

The meeting adjourned at 2:00 p.m.