

Governor's Council on Physical Fitness
Tuesday February 19, 2008
10:00 am – 2:30 pm
Shands-Jacksonville Medical Center, Jacksonville, FL
Meeting Minutes

Council Members Present

Shannon Miller, Co-Chair
Dave Andreychuck
Joshua Butler
Charles Castevens
Carlos Castresana
Karen Dowd
Thomas Epsky
Javier Garcia-Bengochea
Nancy Hogshead-Makar
Robert Keiser
Kezarrick McCorvey
William Montford
Don Rapp
Mary Rumberger
Julie Ryczek
Sheila Sheridan
Ana Viamonte Ros

Council Members Absent

Derrick Brooks, Chair
Rocco Baldelli
Jennifer Capriati
Bob Griese
Ken Griffey, Jr.
Shaquille O'Neal
Dorothy Richardson
Judith Schaechter
Corey Simon
Kelly Slater
Amy Young

Call to Order

The meeting was called to order at 10:20 am by Shannon Miller, Council Co-chair. Mrs. Miller welcomed everyone and thanked them for coming. She also thanked Shands- Jacksonville Medical Center for providing the meeting space.

Roll Call and Housekeeping

Roll was taken by Ali Jaglowski, Executive Director. Ms. Jaglowski addressed housekeeping issues. She asked everyone to place their phones on silent. She noted there was a sign-in sheet in the back for anyone interested in providing public comment. She informed the group that the meeting complies with Government in the Sunshine and all meeting materials will be available at www.healthyfloridians.com.

Opening Remarks

Speaker: *Dr. Robert Harmon, Director, Duval County Health Department*

Dr. Harmon said the Duval County Health Department (DCHD) has been following the Council activities closely. He commended Governor Crist and the members of the Council for their work in developing the recommendations for a state plan of action to support healthy lifestyles. Dr. Harmon shared that he was personally committed to physical fitness. He stated that the DCHD is very active in promoting and providing wellness. The department strives to "practice what they preach" at work, home and in the community. Members of the DCHD participated in site visits at schools with Council members as well as providing input and suggestions to Council members. The DCHD also has an active research unit involved in healthy lifestyles. In 2006, the DCHD, in partnership with Healthy Jacksonville Coalition on Childhood Obesity, published

recommendations and best practices. Some of these recommendations were reflected in the Council's Recommendations for a State Plan of Action. The DCHD supports the recommendations of the Council and looks forward to the Council's support as DCHD begins implementing the recommendations at the local level. The DCHD looks forward to the results of meeting and to partnering with the Council.

Welcome

Speaker: *Dr. Gina Stein, World Skin Cancer Foundation*

Dr. Stein announced she was speaking on behalf of Kelly Slater and his family who founded the World Skin Cancer Foundation (WSCF). Dr. Stein reviewed facts on skin cancer and informed the Council members that the vast majority of cases are preventable. To prevent skin cancer, one must avoid exposure to ultraviolet (UV) light in the form of sunlight. UV is a known carcinogen.

The majority of the WSCF efforts are based on educating the public with children as a priority audience. The SunSmart curriculum teaches children how to enjoy sun safely. The curriculum is currently offered in six counties in Florida.

The mission of the WSCF is to promote safe enjoyment of the outdoors and to make protection from ultraviolet light from the sun a health priority. Dr. Stein had four recommendations for the Council to support their efforts.

- Provide protection/shade in school systems where outdoor activities occur.
- Promote the staggering of PE times to optimize off-peak sun hours (before 10am and after 2pm.)
- Promote alternate indoor activities that could be available on high UV index days.
- Require sun protective clothing or agents when there will be exposure to high UV rays.

Promotion of Florida Produce in Schools

Speaker: *Sheila Sheridan, Director, Department of Nutrition Service, Collier County Schools; Member, Governor's Council on Physical Fitness*

Ms. Sheridan addressed two of the recommendations of the Council.

- Higher nutrition standards in schools
- Expand and encourage the use of fresh produce in schools and support community gardens

Ms. Sheridan informed the Council of concerns food services directors are facing. First, Florida has strict purchasing requirements. Any purchase greater than \$25,000 must be put out for bid and the schools cannot use the vendor after the \$25,000 limit is reached.. These requirements make it difficult to provide produce. Ms. Sheridan recommends Florida increase the purchase limit on produce to the federal limit of \$100,000.

In addition to bid limitations, districts face three other obstacles to purchasing produce from local farmers. The first is that many farmers have established and profitable contracts with large manufacturers. These farmers may not be looking to provide to the less-profitable school districts. Secondly, all produce is not always available year round. This requires more planning on the part of menu planners. Thirdly, large produce

vendors carry liability insurance but many small farmers do not, which can raise liability issues for food safety.

To be successful Florida needs to:

1. Increase or eliminate the cap on produce purchases.
2. Find a way to help small farmers distribute produce within counties and to other counties.
3. Meet with large growers to determine how they can get involved.
4. Work with school menu planners to plan for seasonal purchases
5. Add information to the school curricula so students understand why they should consume more fruits and vegetables.
6. Require site inspections of small growers.
7. Help small farmers obtain access to liability insurance
8. Start more Farm-to-School projects.
9. Hold an annual summit for key stakeholders to resolve problems.

Ms. Sheridan also discussed what is happening with the Child Nutrition Programs at the national level. She discussed the pending National Farm Bill, the Fresh Fruit and Vegetable Program, and the Institute of Medicine Recommendations for the Child Nutrition Programs.

Council Member Questions and Answers

There were no questions.

Department of Education Update on Physical Education

Speaker: *Nichole Wilder, Physical Education Coordinator, Florida Department of Education and Adrienne Peters, Project Manager for the Sunshine State Standards, Florida Department of Education*

Adrienne Peters told the Council members that the Department of Education (DOE) is in the process of a major revision of the Sunshine State Standards. Physical education is one of the standards currently being revised. The revision process began last month with a meeting of an expert panel and the framers. The framers included university level professors, community college representatives, district representatives, and teachers. They met in Miami for three days to develop the framework for the physical education standards. The framers reviewed national standards as well as the council recommendations.

Currently, the standards are in the writing process. The writers are responsible for creating the wording for the standards and benchmarks. The writing team will meet every two weeks over the next two to three months. The writers are addressing many issues such as diversity among districts and making students competitive nationally and internationally.

When the writers are finished, the standards will be available for public input through public hearings. Dates for public hearings will be available on the DOE website. Then, the framers will come back together to re-evaluate based on the input. Finally, the standards will be presented to the state board.

Nichole Wilder discussed the content of the standards. The standards will be divided in three groups based on grade level K-5, 6-8, 9-12. The new standards raise the bar for

teachers by going above and beyond the national standards. The National Association for Sport and Physical Education (NASPE) has six national standards and will be using those to develop Florida-specific standards. Standards for K-8 will be grade specific while grades 9-12 standards will be grouped together. K-5 standards will focus on motor skills, cognitive ability, and affective skills. Standards for grades 8-12 will look at content areas such as fitness, wellness, gymnastics, dance, outdoor pursuits, and sports. The standards will also address lifetime skills and looking to the future the possibility of requiring daily physical education.

Council Member Questions and Answers

Question: Nancy Hogshead-Makar asked if the Healthy Florida Foundation document provided by Bill McCollum that outlined recommendations for standards for physical education was used by the framers.

Answer: Adrienne Peters answered that data from a variety of sources was shared with the framers. Nichole Wilder added that numerous international standards and other states' standards were used.

Question: Nancy Hogshead-Makar asked how gender played into the standards because girls and boys may have different opportunities or interests.

Answer: Nichole Wilder answered that for grades 6-12 there will be content areas. The students will be able to pick what they want to participate in. They will want to come to class because they have a choice. Adrienne Peters added that this was an area of concern in a district in Miami that had girls in grades 6-12 backing away from PE. The district is now going back to courses that encourage male/female participation and give students the choice.

Question: Carlos Castresana commented that this is one of the most important mandates. The Council members have gone to schools and seen challenges as well as creative ways to meet the requirements. He wanted to know what is happening with respect to the budgetary challenges.

Answer: Adrienne Peters answered that one of the main issues was budget. The standards document will be a powerful tool. The content is voted on by the State Board of Education. There are sources out there for funding, but the standards need to be written as if money was not an issue. This will help schools apply for grants and other sources of funding to meet the standards. Teacher training is another budget issue and there were ideas for professional development plans with universities, community colleges, and districts for implementing this.

Question: Carlos Castresana mentioned that during his school visit he saw a middle school next to a high school. The middle school could not use the high school's facilities because they were separate schools.

Answer: Adrienne Peters responded that this does happen. DOE is learning what is happening at districts and hopes to bring together resources and strategies for schools on how to make sharing resources work. For example, in Leon County there is a mobile bike program. This requires a dedicated PE coordinator at the district level and creative strategies.

Question: Robert Keiser asked what was being done with respect to urban schools where land is not an available resource. He also asked if it is possible to have an academic standard for the PE requirement.

Answer: Adrienne Peters replied that the standards are being written for the entire state. There are representatives from urban and rural counties which helps address issues that are faced.

With respect to academic standards, the Department of Curriculum [what is this?] will promote reading in all content areas including physical education.

Nichole Wilder added that movement vocabulary is also being incorporated.

Karen Dowd gave the Council members an overview of her experience serving as a member of the framers. She said the dialogue and interaction has been phenomenal and on target. She mentioned many programs will have to generate some of their own funding but there are successful examples of counties bringing in grant money.

Karen Dowd also mentioned the importance of training for the standards and the teacher preparation programs in the states. The numbers of PE preparation programs in the state are declining. These programs need to come back and those currently in place need to continue to teach the standards.

Karen Dowd announced that the Florida Alliance for Physical Education, Recreation, and Dance (FAPHERD), is willing to work with district areas to provide workshops to train or retrain teachers on the new standards as well as teach how to integrate curriculum in the classroom.

Karen Dowd informed the members that gender issues were a major topic of discussion in the high school group. They recognized young people have different needs, but worked to not to limit options.

Finally, she commended Nichole Wilder and Adrienne Peters on an excellent job.

Question: Dr. Ana Viamonte Ros asked if DOE has been able to gauge how many schools are meeting the PE requirements.

Answer: Nichole Wilder said the second round of data collection is in process and should be available in middle of March in process. They are looking to see who is satisfying the 150 minutes as well as looking at middle schools to see who is getting daily PE.

Public Comment

No members of the public wished to comment.

Lunch

The council broke for lunch at 11:30 am. The council reconvened at 12:35 pm.

Legislative Activities

Speaker: Kimberly Berfield, Deputy Secretary, Legislative Planning, Florida Department of Health

The Governor's Council recommendations have been presented to the Speaker of the House and the President of the Senate. Senator Mandy Dawson is chair of the Health Policy Committee and has had lengthy discussions regarding the obesity epidemic in Florida. Committee members have discussed the Governor's Council recommendations.

At this point in time, the legislature is holding committee meetings. Some interim projects can lead into issues the council has addressed in the recommendations. Legislation will then be brought forward. Representatives in the House are limited to six bills, Senators are not.

Question: Dr. Ana Viamonte Ros asked if the recommendations have been made available to legislators.

Answer: Kim Berfield responded that letters were sent to all legislators that directed them to the report published on the Healthy Floridians website.

She stated that Senator Dawson's committee is interested in supporting obesity prevention treatments and efforts. Governor Crist has announced \$100 million as incentive funds to encourage physical education for middle schools.

Filed 2008 Legislation

- **Senate Bill 610** (Sponsor: Constantine) and companion **House Bill 757** (Co-Sponsors: Davis and Homan). Physical Education in the Public Schools; Requires district school boards to provide physical education for students in grades 6 through 8; specifies weekly hour requirements. It deletes the word encourages and mandates. This bill ties to the Governor's priority.
- **Senate Bill 104** (Sponsor: Wilson). At this time, no house companion. School Wellness and Physical Education Policies [SPCC]; Requires that each school district shall set school wellness and physical education policies in an effort to enable students to establish good health and nutrition habits. Provides policy guidelines regarding nutrition education, physical activity, school-based activities, and nutritional guidelines for food and beverages sold or served on campuses or in the school district, etc.
- **Senate Bill 1708** (Sponsor: Margolis). At this time, no house companion. Child Nutrition; Cites this act as the "Florida Healthier Child Care and School Nutrition Act." Provides requirements for foods served in child care facilities and school food service programs. Requires a school district's health education curriculum to include nutrition education. Requires a study by the Department of Agriculture and Consumer Services and the Department of Education of the fiscal impact of establishing a statewide Farm-to-School Program.

Council Member Questions and Answers

Question: Julie Ryczek asked what members of the Governor's Council can do to encourage companion bills.

Answer: Kim Berfield answered that the Governor's Office will direct Council activities regarding this matter. Possible activities include providing testimony at committee

meetings and attending press events. According to Florida statute, lobbying is considered educating. The council can be utilized to help educate committee members.

Question: Robert Keiser mentioned that he was asked to testify last year regarding the K-5 physical education bill. He felt that it was very influential.

Answer: Kim Berfield agreed.

Question: Karen Dowd has heard the \$100 million designated within the Governor's budget for 6-8 physical activity is "dead on arrival" because of funding sources.

Answer: Kim Berfield answered that there is a desire on behalf of the Governor and the legislature to find resources. The Sunset Committee was created to fully evaluate what state agencies and various departments are doing. The intent was to find greater efficiency and cost savings that would in turn benefit programs like this.

Question: Monty Castevens asked if the Governor's Council report provided an analysis of recommendations that could be completed quickly and with little resources.

Answer: Kim Berfield explained that the legislature was encouraged to look for recommendations that were easy and low-cost..

Question: Don Rapp asked if the Governor has a plan to boldly and dramatically announce the Governor's Council recommendations.

Answer: Kim Berfield answered that Carolyn Timmann will be providing more detail.

Question: Mary Rumberger asked if a handout regarding Kim's presentation would be provided to the Council.

Answer: Ali Jaglowski answered that a synopsis will be sent out.

Question: Julie Ryczek asked the name of Senator Dawson's committee.

Answer: An answer was not known. Kim Berfield will provide at a later date.

Updates

Speaker: *Carolyn Timmann, Assistant Deputy Chief of Staff, Executive Office of Governor Charlie Crist*

Carolyn explained the \$100 million allocated within the Governor's budget for physical education in middle schools is primarily for incentives to create PE programs where students can engage in 45 minutes of meaningful activity per day. Currently, the plan is to expand to grades K-6. Extending the mandate to 6th grade will include another 19,000 students. This is beginning of the process regarding budget, but is one to the top 10 priorities of the Governor. The Governor is eager to find ways to create incentives and rewards to schools.

Carolyn explained encouraging public and private partnerships, particularly for children, regarding healthy lifestyles will be a reoccurring theme throughout the Governor's messages.

Council Member Questions and Answers

Question: Carlos Castresana asked if there was a need for an education process of the legislature. He attended the Obesity Summit at the University of South Florida last year and was shown very powerful slides regarding the economic crisis of obesity. Economists have economically equated the obesity crisis to the smoking crisis. Could this type of literature be provided to legislators?

Answer: Carolyn Timmann explained the Governor announced his health care priorities today. Obesity is a tremendous cost. She suggested that this may be something the Council could work on and distribute to the legislature. Kim Berfield agreed to work with the council members to draft a proposal.

Council Roundtable on Future Activities

Current Activities

Karen Dowd announced on May 2, 2008 the Florida Alliance for Physical Education, Recreation, and Dance (FAPHERD) will have the "Fit to Learn Day" at the Capitol (courtyard and rotunda) in Tallahassee. She explained it would be a great time to promote the legislation discussed. She invited members of the council to come to the booth between 9:00 am and 3:00 pm.

Shannon Miller announced that she will be representing the Council at the Women's Health Day at the Capitol on Wednesday, February 20th. She will also be representing the Council at the Governor's Women's Health Conference in May 27-28, 2008 in Orlando.

Future Activities

Carlos Castresana encouraged Department of Health to plan an event in Tallahassee. This could be a time to let the people of Florida know about the Governor's Council and their recommendations.

Shannon Miller commented that many athletes have mentioned how active the Council is. They should be proud of the work they are doing.

Karen Dowd announced April 12, 2008 is "Healthy Kids Day" sponsored by the YMCA. She recommended Council members forward local upcoming events to Ali and she forward to the Council.

Ali Jaglowski answered that events can be emailed to her and she will forward to the Council and Governors office.

March 20, 2008 is the Presidents Fitness Challenge.

Monty Castevens announced May 16-17, 2008 is the Special Olympics Healthy Athletes Competition at Disney's Wide World of Sports in Orlando. Council members are invited to participate.

Dr. Ana Viamonte Ros commented that all counties in Florida are participating in Step Up, Florida events throughout February and March. She asked the Department of Health to send a list of what each county is doing.

Karen Dowd mentioned May 1-7, 2008 is National Physical Education Week. She asked the dates be confirmed before an announcement is made.

Carlos Castresana asked if there was anyway to split the counties among the council members to find gaps. He encouraged each council member to get involved at the local level.

Shelia Sheridan announced that she was involved in a local health collation in Collier County. She encouraged council members to get involved in local health collations. She asked the Department of Health to identify counties that currently have collations in place, compile and distribute.

Nancy Hogshead-Makar asked if there was a better way to integrate physical education programs with sports programs. She commented that they are not separate issues.

The Legislative Planning Office at the Department of Health will generate a calendar of events at the Capitol.

Next Meeting

The next meeting is tentatively scheduled for mid to late May (after legislative session). The Governor's Conference on Women's Health is scheduled for May 27-28, 2008. It was asked the next meeting coincide with this one. Ali Jaglowski will send an email to Council members to determine availability on these dates.

Final Comments

Carlos Castresana suggested the next meeting be held in Dade County.

Time Adjourned

The 5th meeting of the Governor's Council on Physical Fitness was adjourned at 1:35 pm.