

Governor's Council on Physical Fitness
November 18, 2009
Miami, Florida

The meeting of the Governor's Council on Physical Fitness was held on the 18th day of November, 2009, at Landshark Stadium in Miami, Florida commencing at 9:00 a.m.

Call to Order:

Dave Andreychuk called the meeting to order at 9:10 a.m. and noted there were 9 members present and others planned to participate via conference call. Andreychuk added other members would be joining us throughout the day by phone.

Attendance:

<u>Name of Member</u>	<u>Attendance</u>
Dave Andreychuk	Present
Amy Young	Present
Dr. Frank Diamond	Present
Dr. Karen Dowd	Present
Dr. Jayne Greenberg	Present
Dr. Dorothy "Dot" Richardson	Via Conference Call
Mary Rumberger	Present
Julie Ryczek	Present
Dr. Judith Schaechter	Present
Sheila Sheridan	Present
 <u>Staff</u>	
Kim Berfield	Present
Katie Hammond	Present
Jenna Lockwood	Present
Nichole Wilder	Present
Carolyn Timmann	Via Conference Call

Order of Business:

Andreychuk announced that Warrick Dunn has stepped down from his honorary membership. He then announced the Council's new member, Annika Sorenstam. Don Ochsenreiter, president of the Annika Foundation, provided an introduction on behalf of Sorenstam.

Topic: School Nutrition

- Schaechter expressed concern regarding ice cream being served daily at her child's elementary school. Schaechter asked Wilder if she knew the prevalence of this throughout the state. Wilder replied that the decision is made at the district level.

- Andreychuk urged Council members to reach out to schools in their community and provide information on the Fresh Fruit and Vegetable Program.
- Diamond requested the deadline for applying for the Fresh Fruit and Vegetables grant. The grant application will be posted on the Department of Education Web site in January 2010 and applications will be due by April 1, 2010.
- Young asked to see if the Council and staff can create a list of what kind of information the members should present to the schools. She said that the individual council member's should be charged with reaching out to the rural schools in their area. Young inquired if the Council could vote on a list of information to present to schools without a quorum.

Topic: Physical Education

- Diamond asked what the instructors have learned through the SPARK (evidence based program call Sport, Play, and Active Recreation for Kids) program. Wilder replied that classroom management is a big part of the program, in addition to the content on physical activity, since physical education is not part of the class size reduction amendment.
- Wilder requested the Council sign a letter of support for the SPARK grant. The Council agreed.
- Greenberg commented that her district is currently putting the SPARK program in place and that it is a great program.
- Rumberger stated that there are private entities providing after-school care that would be interested in this information. Dowd commented that many of the after-school programs are already involved in the SPARK program, specifically the YMCA.
- The physical education requirement for elementary students is 150 minutes total per week, with at least 30 consecutive minutes anytime physical education instruction is given. Middle school students are now required to have one semester each year for students in grades 6-8, and the High school requirement is one credit of physical education to include the integration of health.
- Diamond said that the current requirement is not enough.
- Florida is one of the few states that have a requirement at the high school level.
- Districts have multiple options to meet the one credit high school requirement. They can choose to require the HOPE course (a one credit full year class) or they can continue with requiring Personal Fitness (1/2 credit course) and a physical education activity elective (1/2 credit course).
- The benchmarks are provided.
- Greenberg stated that Florida has access points to allow students with disabilities to participate in physical activity.
- Wilder stated that there has never been a state-wide requirement for physical education at every grade level until now.

- Andreychuk said that this should be part of what we should be talking to schools about. Some schools are counting students walking to the next class and to the bus.
- The waiver offered to parents allows students to only take physical education up to the 5th grade, but then never have to take it again if their parents provide the signed waiver annually to the school.
- Nichole will have more information in a couple weeks on how many students are waiving out of physical education classes. This data will be available by January 2010.
- Under the waiver, K-8 schools can waive the student; Parents can submit in writing at the beginning of school that the student meets the 150 total minute requirements outside of the school day or choose to place them in another class.
- Ryczek was concerned that there is no documentation provided for the 150 outside school minutes.

Topic: Walkability, Joanna Lombard

- Greenburg mentioned that she has worked for seven years with the University of Miami and the Walk Safe program. These programs have provided sidewalks for schools.
- Lombard said that the Walkability program expands the Walk Safe initiative to include mixed use criteria.
- Ryczek asked if there is any money attached to the program as an incentive. Lombard replied that the idea was that it did not cost anything to the state.
- Ryczek inquired into the incentives and whether bike lanes are included. Lombard replied that the hope is that this would be a developer's incentive, people would see the impact of bike lines on their lives, and that bike lanes could be used as the 9th criteria.
- Ryczek asked about the Community Development Block Grant and its relation to Walkability.

Topic: Florida Dairy Council, Courtney Corbett

- Ryczek said that what she loves the National Football League's collaboration with the Florida Dairy Council. She went further to say that the focus is the staff and needs administration and physical education teachers to get the information out but there is not a lot of time in the school day to implement the program. Also, not all students have the internet. What are the incentives?
- Corbett stated this is a new program and she is sure there will be more incentives in the future. There is also a paper tracker for those without internet access.
- Ryczek asked whether someone from the Dairy Council or a National Football League member can introduce this program to the schools. Corbett replied that there are possibilities and provided her contact information to the Council. Corbett also noted that Hop's Sports is an

- interactive activity center with video that contains public service announcements, sports, and activity.
- Andreychuk asked Corbett whether she tracked the number of students that are participating. Corbett responded that there are 1,800 schools currently participating. She did not have the student data with her.
 - Ryczek asked if data is collected and compared to test scores. Corbett said that she would take that suggestion back to her team.

Topic: School Health Advisory Council

- Young mentioned the Read and Run Marathon. Dowd asked if the run/walk is done during the school day. Young stated that the run/walk is held on a Saturday. December 5th is when the event will be held this year, and Young encouraged any one in the area to come out and see the children.
- Sheridan asked if there is partnership with Department of Health and the School Health Advisory Council's. That partnership has been dissolved due to the funding not being available.
- Ryczek asked if the health requirement for high school students could be reinstated any time soon. Wilder responded that there is legislation that has been filed, but there are also some districts that have chosen to keep the requirement on a district level.
- Sheridan asked if anyone brought the legislation that was required on the School Health Advisory Council's.
- These reports are sent to the Department of Health.

The Council took a brief recess for a lunch break.

Committee Discussion

Topic: Subcommittee on Governor's Fitness Challenge

- Young announced to the Council that middle schools began registration for the Governor's Fitness Challenge today.
- Hammond informed the Council that there is no hard deadline for registration except for April 30th for post tests. This allows time for the Council members to visit the winning schools before the end of the school year which falls at the end of May to the second week of June.
- Young announced that there are 272 elementary schools currently registered which is a big increase from last year. Young asked the Council members to please look at the website and asked to link the fueluptoplay60.com to both of the websites (healthyfloridans.com and governorsfitnesschallenge.com).
- Andreychuk encouraged the Council to spread awareness through the schools that are on the list of participating schools. Young pointed out that there may be schools in Council Member's areas that are not signed up and members should reach out to these schools as well.
- Greenberg mentioned that she has heard that there are many teachers having trouble with registering online.

- Greenberg considered collaboration between the Council and the Fuel-up to Play 60 Program and possibly have the Governor's Fitness Challenge announced on their public service announcements.
- Young mentioned that staff is working on Public Service Announcements for the Council's athletes. Andreychuk offered to have the taping done with Jennifer Capriati through the Tampa Bay Lightning as an in-kind sponsor.
- Berfield stated that Kay Kammel with the Florida Foundation is reaching out to Comcast, and other outlets to have two announcements aired utilizing their public service requirements.
- Ryczek, Young and Andreychuk reminded the Council that there is a protocol to visit schools. Rumberger asked if the protocol to visit schools could be reviewed and how many schools should each member visit.
- Young said at the last meeting the charge was a minimum of one school. She encouraged the members to eat in the cafeteria to gain a better appreciation of the situation. She then recommended the members become acquainted with the physical education program. The Council discussed accomplishing this assignment by March of 2010.
- Staff to send out protocol forms, questionnaire, and photo release.
- Diamond asked Young if she addressed any of the students. Young said yes and that the press may be involved during a visit. The protocol forms will let you know who will contact the press, but the meeting is supposed to be a public meeting.
- Young said we did take some photos, and the photo release form may be a problem. Wilder recommended that you use your own release instead of counting on the school's photo release. Young said that it may be helpful to send a photo release form prior to your visit.
- Greenberg recommended Council members get a list of the students with out a release and put a red dot on their shirt so that they are not included and there are many reasons that a child should not be in public photographs.
- Hammond presented on the website regarding the interactive calendar. Andreychuk asked what determines an event to put on the calendar. Department of Health is the administrator of the calendar, so we must review and place the entry on the calendar. There is about a week lag time to place it on the calendar unless you call us directly. The calendar is located on healthyfloridians.com and all entries are informational only and not an endorsement by the Council.
- Rumberger asked if the Council can the EBT cards be placed on the website? Hammond replied yes and said that the website has many tabs to add this type of information.
- Schaechter asked how much traffic the website receives. Real hits that are not the Council accessing the site. She also asked that the title be changed from Governor's Council to Governor's Council on Physical Fitness.
- Young mentioned that Greenberg had wanted to pursue recognition of physical education teachers. We would need a template for that certificate and a process.

- Young announced that there will be a “Fitness Day at the Capitol” on Wednesday April 28th; we are trying to navigate the logistics.
- Young mentioned that a major health insurance company may be available to pay for patches for participating students.
- Young mentioned trying to get legislators to wear t-shirts and do a run up the stairs of the Capitol that would end at the 22nd floor with a reception, but she was unsure of the ability to put sponsors on the t-shirts. The Senate President has already agreed to wear the t-shirt. We are hoping to get as many of our stars there as possible. Please send your suggestions to Jenna Lockwood or Katie Hammond.
- Diamond asked if there would be a formal meeting as well. Young replied that the Council could meet the day before if a quorum could be met.
- Rumberger mentioned that one of the recommendations was a dedicated month for fitness to make everyone aware of the Council and all of the efforts that are being. Instead of the sponsors on the t-shirts can we put the website link be put on the t-shirts and have sponsors on the website.
- What we have to do is to figure out how to maneuver healthyfloridians.com since it is a government website. Berfield said she will have to get back with the Council with that information.
- Young mentioned that the Council has had a great contribution from SunTrust Bank for \$100,000 for the past few years. We are however looking for more private funding for the patches and to expand the Council’s activities in the community. Last year we had a hospital give us pedometers so we are looking for several levels of sponsorship.
- Rumberger asked if the patches are to be in lieu of t-shirts. Andreychuk said that they are for participants similar to what is done for the Presidential Fitness Challenge.
- Diamond asked if the Council would be interested in a visit from All Children’s Hospital in St. Petersburg from the Fit for all Kids program. Andreychuk said that they have been contacted in the past but were unable to attend. Hammond said she will contact them for the next meeting.

Topic: Committee on Health and Nutrition

- Schaechter welcomed Diamond to the committee.
- In the conference call on October 20, 2009 House Bill 1471 was discussed for most of the call. Statute 381.0056 regarding shot regulations is provided as Sheridan had requested. The final issue discussed was BMI data collection. Karen Wiggins is bringing more information on this issue, but the bottom line is we are not funded. There has been a legal interpretation from Florida Department of Education that FERPA (Family Educational Rights and Privacy Act) will not be releasing the information because they do not allow this information to be used as surveillance data. There is room for interpretation and Florida is interpreting this in a very conservative manner. Next time we will discuss putting this on the back burner.

- School Health Advisory Councils were also discussed, and we were informed that the Department of Health's role has been removed due to lack of funding.
- Diamond said that school aggregate body mass index (BMI) by school could be useful as a motivator for the community. He continued by saying that while there would be some statistical challenges, might it not be interesting to rate them based on BMI.
- Schaechter said she would pull back from using it for the reasons that there is probably a correlation between poor academic performance and high BMI.
- Diamond understood her concern but said that there seems to be a hypothesis that providing the information may help performance. If you could identify where the schools with BMI that would allow you to focus resources and attention in there area.
- Schaechter replied that she is not confident that resources would be utilized in that manner. In addition, she is not sure that we can do that much more unless we extend the school day.
- Greenberg mentioned that it took a minimum of fifteen weeks to make a change in body mass index. She also expressed concerns over the danger of using such data since there are some studies in impoverished areas that children are underweight due to malnutrition.
- Kate Wiggins is working with us to get us more data, but in the Morbidity Mortality Weekly Report is an article regarding body mass index. It is also important to realize that H1N1 is an important priority for the Department of Health at this time.
- Dowd in relation to Diamond's concern said that reviewing the data would be useful to the Council. However, she would be wary of using a grading system due to negative descriptors that may be used for schools.
- Schaechter recommended expanding Florida Shots to collect body mass index in addition to vaccination. She felt this would be done more regularly than current standards and possibly more accurate.
- Sheridan recommended going back to original recommendations to adopt the Institute of Medicine's recommendations of foods that are sold outside of school meals. She looked at the Proposed Healthy People of 2020 and inquired about the status of getting nutrition information out to the school districts?
- Berfield recognized that it was a recommendation and that the information has been shared with a number of organizations that tie into the efforts. We have tried to identify ways to work with other stakeholders to accomplish this recommendation. For example, the Women Infants and Children Program have moved to a position to allow mothers to get fresh fruits and vegetables.

Topic: Committee on Education

- Dowd mentioned changing the language of one of the recommendations from "Require 225 minutes per week of physical fitness education for students in middle and high school" to "Require 225 minutes per week of

physical education to include physical fitness education in middle and high school.” Dowd pointed to the National Association of Sports and Physical Education definition outlining the difference in physical education and physical activity. This will be brought back up at a time when there is a quorum.

- Dowd mentioned that higher education institutions are cutting their physical education teacher programs. Currently there are non-certified physical education teachers able to teach physical education after passing the appropriate test. Greenberg was interested in pursuing legislation to ensure that physical education be taught by a certified physical education.
- Teachers that are certified and have taken a year long teacher preparation coursework that makes a difference in class room management.
- Dowd mentioned that in physical education as opposed to most other curriculum you have children and objects in motion. This makes a great deal of difference in class room management and the class size amendment does not apply so these classes can be very large.
- Young asked Wilder if there would be any statutory problems with implementing a requirement for certified physical education teachers with a waiver. Wilder replied that she did not think there would be a problem with the exception of the fact that it is an unfunded mandate.
- Wilder mentioned that this is the last year that there is a high school health education requirement for graduation and therefore there will not be additional funding for physical education.

Topic: Subcommittee on Community Outreach

- Ryczek mentioned WELCOA for worksite wellness and possibly the creation and implementation of a Florida workplace wellness award.
- Sheridan further discussed the criteria for worksite wellness and partnership with WELCOA. She asked about the possibility of putting link to WELCOA model on the healthyfloridians.com website. As well as including a Governor’s Council “seal” on some kind of program such as this.
- Berfield spoke on the Health Innovation, Prevention, and Management Award. She said that this may be a good venue to incorporate the State Seal of Walkability and suggested the Council speak with the Surgeon General about one or two Council members to sit on the panel that judges the applicants in order to bring the council together in aligning these efforts.
- Andreychuk mentioned a Fit Families program that the Tampa Bay Lighting worked through. The program allowed us to educate families and we took them to the grocery store, we got the Kid’s sneakers, and a whole lifestyle change was discussed. Diamond said that this kind of program is what the Council should try to clone.
- Berfield mentioned that being able to replicate a program is a criterion for judging the Health Innovation, Prevention, and Management Award.

- Rumberger mentioned that award winners should mentor underserved communities. A resource list of programs available to the public was a recommended addition to the website.
- Young mentioned the Healthy Lifestyle rebate, for example Capital Health plan in Tallahassee.
- Hammond to send email on National School Board webcast to address childhood obesity. Hammond mentioned that this would be a good item for the interactive calendar.
- Schaechter said our state is very large as is the physical fitness problem so the time and money invested in this Council ought to be put to good use. Let us not spend much time going program to program but on a state impact. The Council should concentrate on items that would make the people of Florida healthier. Schaechter recommended the Council focus on one or two priorities for the upcoming year.
- Rumberger asked what Schaechter suggested for the group.
- Schaechter suggested at the next meeting the Council look at the state plan of action and pick two issues from each committee and vote to narrow those down as a Council.
- Andreychuk agrees that the council may be branching out a bit too far. He believes that the Council has an obligation to focus.
- Berfield recognized Katie Hammond from the Department of Health for all of her hard work with the Council and that she will be graduating from nursing school on December 15th and leaving the Department. The Council extended their appreciation for her efforts.
- Dates for conference calls will be requested from the Council members soon.

Next Meeting Date and Location:

To be determined

Meeting Adjournment:

Meeting adjourned at 2:20 p.m. by Andreychuk

Submitted by:

Jenna Lockwood, Florida Department of Health Staff