

**Minutes of the Governor’s Council on Physical Fitness
Committee on Health and Nutrition**

The meeting of the Committee on Health and Nutrition was held on the 20th day of August, 2009 at the St. Pete Times Forum in Tampa, Florida, commencing at 2:00 pm.

Call to Order:

The Chairwoman called the meeting to order at 2:05 pm and noted there were six members in attendance.

Attendance:

<u>Name of Member</u>	<u>Attendance</u>
Sheila Sheridan (Chair)	Present
Josh Butler	Present
Amy Young	Present
Jonathan Vredenburg	Present
Dr. Frank Diamond	Present
Carlos Castresana	Present
 <u>Staff</u>	
Kimberly Berfield	Present
Jacqui Sosa	Present

Order of Business:

Topic: High Fructose Corn Syrup and Nutrition

- The Committee discussed the option to create a workgroup to reduce high fructose corn syrup in nutrition, but they decided not to move forward for the Council’s consideration.
- The addition of more general nutrition concepts other than high fructose corn syrup was recommended. Sheridan suggested a workgroup that incorporated important topics such as trans fat, portion control, etc.
- Castresana drew attention to where we get the biggest “bang for the buck,” and this would come from fruits and vegetables in schools.

Topic: Worksite Wellness

- Dr. Diamond then focused the committee’s discussion on the topic of worksite wellness.

- Castresana said that the organization WELCOA (Wellness Councils of America), a national organization is focused on worksite wellness. Dr. Diamond suggested that perhaps we should invite the group to present before the Council.
- WELCOA has a great worksite wellness program that is seen as the gold standard, Young mentioned.
- Vredenburg suggested engaging WELCOA since they have already created a framework of worksite wellness and perhaps we can follow their structure.

Topic: Obesity

- Castresana mentioned that he learned that just because a person is obese does not necessarily mean they have a chronic disease. Castresana went over some of the process of what it would take to get the diagnosis necessary to receive care.
- Young understood the goal was to get obesity covered by insurance, even though it is not necessarily considered a disease. Duke University says that the combination of both a healthy diet and exercise are key to a healthy lifestyle. Young mentioned a program that Palm Beach County is involved in, which helps measure the amount of steps a person takes with an expectation to reach about 10,000 steps per day.
- Perhaps obesity can be called something else to get insurance coverage. Dr. Diamond said that the treatment and correction of obesity is a great challenge, and suggested shifting to a prevention model. Currently the mentality of insurance companies is that corporations have to identify the 5% that will spike their claims by 50%. The steps program was recognized as a possible solution.
- Deputy Secretary Berfield gave the committee some direction to review the recommendations made last year and pick three that they like, or conclude that perhaps those recommendations are no longer in the best interest for the council.
- Castresana said that we should prioritize last year's recommendations, considering that there are so many.

Topic: Data Collection

- Young agrees that data collection/monitoring is vital and that the program needs to be fixed, so that it is standardized among all the counties.
- Sheridan and Dr. Diamond say we should call for standardized determination on height and weight for Body Mass Index (BMI), as well as standardized reporting. Children grow 2 inches a year between ages 5-15, therefore data should be collected on changes per grade level, suggested Vredenburg.

- Dr. Diamond said that calculating the average takes into account height and weight and the collection of the data should be done in the beginning of the school year.
- The Committee agreed to make data collection and monitoring the top recommendation for the council. The Committee also wanted to incorporate a starting line as well as suggested that funding from the excise tax to be used for this recommendation.

Topic: Nutrition

- Dr. Diamond emphasized the 10,000 steps programs as well as a reduced calorie intake for children. Sheridan recommended the calorie intake to breakdown as follows; 25 percent for breakfast, one third for lunch and the remainder for dinner. This is how the pattern is set up, based on the age group of the child, an example for 2,000. Castresana said that may work with adults, but there are many studies out there with children's calorie intake being altered that are controversial and may not work. With children you want to keep them focused on staying active, Dr. Diamond pointed out that sometimes there are children that are obese and do need to go on a diet. Dr. Diamond said that there is a great deal of literature indicating that families also need to approach nutrition and healthy eating at the home.
- The Committee would like the Department of Education to show them how many school districts show their nutritional values for their meals. Sheridan wanted to see what was placed online. The district wellness plans were placed online about 3 years ago, Sheridan believes. Nutrition education in Florida should be taught at an early age, not in high school. Sheridan said that there is no standard for nutritional education across school districts. Young suggested the committee pick the top three items to focus on. School Health Advisory Councils would be a good vehicle to educate the public.

Outcomes/ Report Back:

The Committee chose the following recommendations as their priorities:

1. Data collection and Monitoring
 - a. BMI- mean BMI for each school
 - i. With one person from the school being responsible for collecting height and weight data.
 - b. Develop standardized guidelines in reporting and measuring
 - i. Children should have their height and weight measured with bare feet.
 - ii. Accurate measurements should be taken in the beginning of the school year, as part of the back to school program.

- c. Require a central clearing house for data to be collected and stored at DOH, which should be available in an annual report to DOE for dispersal.
 - d. Funds from the excise tax can be earmarked specifically for nutrition education.
2. Identify Wellness Policy
- a. WELCOA to present to the Council as it pertains to worksite wellness
 - b. Steps Program (or any walk for wellness programs) presentation to council
 - c. Presentation: Identify the role of the School Health Advisory Council (SHAC) in the development of health education for schools (along with Legislation to establish the SHAC), which would help tie the Governor's Council to the Local School Wellness Programs.
3. Possible Opportunities to Improve School and Worksite Wellness
- a. Collect the current standards the schools have for nutrition information provided
 - b. Collect the information from each county Wellness Coalition regarding how many counties have active Wellness Coalitions and who is the contact person. Send this information to the Council.
4. Review HB 1471, from the 2009 Legislative Session, for possible improvements and modifications to the language for the upcoming session

Next Meeting Date & Time:

To be announced.

Meeting Adjournment:

Meeting adjourned at 3:30pm by S. Sheridan

Submitted by:

Submitted by Jacqui Sosa, Florida Department of Health Staff