

**Governor's Council on Physical Fitness
Health and Nutrition Subcommittee Meeting
Friday, October 12, 2007
2:00 – 6:00 pm**

Members Present

Dr. Judy Schaechter
Dr. Ana Viamonte-Ros
Ms. Amy Young
Mr. Carlos Castresana
Ms. Sheila Sheridan

Members Absent

Dr. Javier Garcia-Bengochea

Others Present

Kimberly Berfield
Catherine Howard
Lucille Beseler
Ali Jaglowski
Carolyn Timmann

Dr. Schaechter called the meeting to order at 2:10 and turned it over to Ms. Howard for roll call and housekeeping.

After the roll was taken she reminded the group that the call was in compliance with Government in the Sunshine laws and was being recorded. She also informed the public attending that there would not be a time for public comment during the call.

Dr. Schaechter introduced an invited speaker, Fergus Lowe of the Food Dudes Program, to provide the subcommittee with an overview of their program.

According to Dr. Lowe, the Food Dudes Program is based on the “3R’s”: Role-modeling, Rewards, and Repetition in the schools. The results of the program included more parents and children eating fruits and vegetables.

The subcommittee asked Dr. Lowe about the costs of the program, sustainability, cultural appropriateness, classroom time requirements, and the development of the materials.

Dr. Lowe agreed to send Ms. Howard a DVD with an example of the program. The subcommittee felt that they could not recommend or endorse the program until they had a chance to review the DVD.

Dr. Schaechter thanked Dr. Lowe and moved the discussion to the tasks assigned to the subcommittee.

Task J:

Review the nutritional value of school meals (breakfast and lunches) lunches and address any barriers to providing nutritionally sound and attractive lunches at child care centers, elementary, middle and high schools across the state.

Activities for Task J:

- 1) *Awareness campaign: Make schools aware that 1) USDA standards can be exceeded and 2) National recommendations for child nutrition exceed current USDA standards, & 3) provide schools with examples of healthier menu choices that represent no increase in cost.*
- 2) *Improve monitoring systems that will not only review but have the ability to enforce school wellness policies and nutrition standards.*
- 3) *Establish a standardized school reporting system that will produce nutrition “report cards.” These cards will be posted in cafeterias and be sent to parents.*
- 4) *Endorse/ support US Healthier Schools challenge and Alliance for a Healthier Generation*
- 5) *Review nutritional standards that are already in place for school.*
- 6) *Encourage the implementation of the National Star Program*

Dr. Schaechter introduced the National Academies Institute of Medicine (IOM) Nutrition Standards for Schools. After much discussion, the subcommittee decided to recommend the implementation of the IOM standards.

The subcommittee discussed how aggressive they wanted to be in their recommendations and consulted with Ms. Berfield on how to balance the bold recommendations that they wanted to make with the acceptability of the recommendations. Dr. Schaechter mentioned that perhaps a phase-in would make the plan more palatable. The subcommittee requested that Ms. Berfield draft a recommendation that would strongly recommend that the Governor and Florida Legislature adopt the IOM standards for Nutrition in Schools.

Since the IOM recommendations include a la carte and vending items sold in schools, the subcommittee decided to merge tasks J and K.

Task K:

Review all competitive vending options located in child care centers, public schools, private schools and workplaces.

Activities for Task K:

- 1) *Create nutrition standards for a la carte and competitive foods in schools.*
- 2) *Recommend that DOE survey schools on their standards for a la carte menus.*
- 3) *Create a vendor reward or incentive program that will encourage vendors to offer healthier choices or comply with nutrition standards (See activity K1)*
- 4) *Consider another model for the state’s vending machine program.*
- 5) *Develop or implement nutrition guidelines and recommendations in the workplace.*
- 6) *Post nutrition information in workplace cafeterias.*

Dr. Garcia-Bengochea brought up the issue of trans fats in foods. The subcommittee discussed the feasibility of completely banning trans fat (0.0 grams equaling zero rather than <0.5 grams equaling zero) with the exception of naturally occurring trans fats. With some debate, the committee was in favor of supporting a recommendation that would address this.

The inclusion of corn syrups, hormones and pesticides in foods was also addressed. The subcommittee decided to take up the issue of corn syrups as well, but not hormones and pesticides for fear that the resulting recommendations would be too heavy-handed.

Ms. Sheridan cautioned the subcommittee on the need for a comprehensive approach to nutrition in schools that includes after-school activities, parties, and sports events. Her caution was well-received by the other members.

Ms. Beseler, an invited representative from the Florida Dietetic Association, described the problem with caloric minimums in the USDA standards; once fats and sugars are reduced from the school meals (the source of the majority of the calories) schools face the problem of not having enough calories to meet the required minimums.

Some discussion followed this. Dr. Schaechter tuned the subcommittee's attention to Task L.

Task L:

Investigate the promotion and use of Florida produce in schools and workplaces.

Activities for Task L:

- 1) *Workplaces provide facilities that allow for produce preparation. (e.g., provide cutting boards, etc.).*
- 2) *Work with local Chambers of Commerce to provide farmers markets during the work day in close proximity to worksites.*
- 3) *Look at Farm to School programs.*
- 4) *Cooperate with local agriculture to have produce stands.*
- 5) *Encourage schools to have their own community fruit and veggie garden.*
- 6) *Use increased state funding as incentive for schools who achieve successes.*

The expense of using fresh local produce in schools and worksites was addressed. Suggestions about modifying the bid system for Florida schools were made. The subcommittee agreed to support the expansion of Farm to School programs in the State and the development of school and community gardens.

Dr. Schaechter moved on to Task K:

Task K:

Investigate the success of state employee wellness programs to identify models for publication.

Activities for Task K:

- 1) *Revise current insurance rebate legislation.*
- 2) *Repeal tax on private health clubs.*

The subcommittee debated whether or not repealing the tax on private health clubs would actually be an incentive for them to join. There was also discussion on whether or not this issue fell under the purview of the committee. The subcommittee decided not to pursue this issue any further.

Mr. Castresana requested an update on the Department of Management Services (DMS) Wellness Council. At that time, there was no update to provide so the members continued to review the Healthy Lifestyles Rebate. Members expressed their desire to recommend making the legislation mandatory instead of optional, but decided to wait until they learned more about the DMS Wellness Council activities.

Dr. Schaechter moved on to Task N:

Task N:

Review implementation of the 2004 Governor's Task Force on the Obesity Epidemic recommendations.

Ms. Howard provided the subcommittee with a review of the Task Force recommendations and their implementation. The subcommittee had many questions about this task for the Department of Health. Ms. Jaglowski was present on the call and answered them satisfactorily.

Dr. Schaechter moved on to Task O:

Task O:

Investigate the development of a Governor's Recognition Program to reward healthy schools, communities, worksites, and health care settings.

Activities for Task O:

- 1) Promote/endorse recognition programs that are being developed by the School Health and Education Consortium for the district level as well as the program developed by the Alliance for a Healthier Generation that operates on the school level.*

Ms. Young provided a report on her research of other recognition programs. Ms. Timmann joined the called to inform the subcommittee members that the Governor's Office is working on this task as well and is in the process of reviewing programs with the input of subcommittee members. She solicited ideas from the group.

Suggestions included emulating California's challenge, and using non-competitive sports as a measure of participation.

The committee decided to schedule a conference for either October 25th or 26th in the afternoon.

The meeting was adjourned at 6:01 pm.

Written By: Catherine Howard
Approved By: Judy Schaechter