

**Governor's Council on Physical Fitness
Health and Nutrition Subcommittee Meeting
Tuesday, October 23, 2007
1:40pm – 3:10pm**

Committee Members Present

Judy Schaechter, Co-chair
Ana Viamonte-Ros, Co-chair
Michelle Brantley
Shelia Sheridan
Amy Young
Carlos Castresana

Council Members Absent

Javier Garcia-Bengochea

Others Present

Lisa Ard
Kimberly Berfield
Catherine Howard
Antoinette Meeks

The meeting was called to order late by Dr. Viamonte-Ros at 2:30pm

Catherine Howard reviewed the minutes from the meeting held the day before, and introduced the individuals present that were available for technical assistance: Kimberly Berfield, Lisa Ard, & Antoinette Meeks

Dr. Viamonte-Ros opened the meeting for discussion.

Dr. Garcia-Bengochea requested more information about how to increase the availability of breakfast in schools. Lisa Ard was called on for technical assistance. She explained the mission of Got Breakfast? and presented the council with draft legislation that would help increase access to breakfast in Florida schools while minimizing financial impacts.

There was discussion about unfunded mandates and if the proposed legislation would impose one if adopted.

The committee agreed to include the legislation as written in their recommendations to the Governor with the exception of "In these schools, at least 50% of breakfast meals shall be served in as an alternative site location which may include, but are not limited to "breakfast in the classroom", "grab and go" and breakfast on the bus". This will not be included in the final recommendations.

The discussion moved to the multifaceted nature of obesity and the creation of an interagency collaboration to assess and monitor the problem. The committee agreed to include this type of collaboration with the designation of a lead agency in the final recommendations.

The committee touched briefly on the incorporation of health education into other curriculum, and the preparedness of teachers to teach health education. The committee decided to table this conversation since the issue is being addressed by the Education subcommittee.

The committee members continued to add to the list of general areas that they would like to formulate recommendations for. They included 1) access to breakfast, 2) parental involvement in increasing physical activity and prevention obesity.

The meeting was adjourned by Dr. Schaechter at 3:10pm.

Taken by: Catherine Howard
Approved by: Judy Schaechter