

**Governor's Council on Physical Fitness
Health and Nutrition Subcommittee Meeting
Friday, October 26, 2007
1:00 – 3:00 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

Meeting was called to order at 1:05 pm by Dr. Schaechter.

Roll call and House Keeping

Roll was called by Ms. Howard. She then commented on some housekeeping tasks addressing the call being recorded and no public comment section at the end.

Health and Nutrition Conference Call

The committee proceeded with reviewing the current draft of their recommendations.

Ms. Howard read through the introduction and the first bullet listing changes and opening up the topic for further changes.

The committee decided to change the first bullet to make current nutrition policies for middle and high schools align with federal nutrition standards.

A discussion followed asking if what was being done was strong enough. This discussion included addressing a document on page 92 that talked about the status of IOM recommendations and its fallacies. The document's date was kept in mind for using it to help structure any recommendations.

Mr. Castresana emphasized the need to follow through with decisions as a lot of people would challenge the science of what was being done.

There was some concern in adopting the IOM for the second recommendation.

The question, "Is there a way to start with a recommendation of competitive foods and then suggest changes?" began the next topic of discussion. Another pertinent question covered the issue of which foods were included.

In light of the discussion, the committee decided to adopt the IOM standards for their recommendations. There was some confusion about the ability of IOM to be used to refer to Child Care centers. Competitive food is served in Child Care centers, so it may be used.

Mr. Castresana began a discussion about a document made available to the Council by Nadine Pazdor, who was unable to speak during the public comments section.

Mr. Castresana listed two major points that Nadine made in her document. He then tied those points into her recommendations for action. He asked how the subcommittee felt about licensed nutrition therapy.

The issue of reimbursement and obesity related problems was brought up and discussed. The major question was why reimbursement was a problem. The conclusion was there is a link between obesity and other health problems, therefore a statement or recommendation should be made suggesting reimbursement for obesity problems.

Dr. Schaechter suggested that obesity and overweight be expanded to include other areas such as primary care.

The subcommittee discussed the need to do more for the family and not just focus on schools. The reasoning was without the family the schools' efforts would fall apart. The conclusion was the family is being focused on through interventions, some after school activities, and physicians.

Dr. Viamonte-Ros brought up budget cut concerns, and that it would not be easy to do what is recommended. Comparisons were made between the fight for autism and obesity as well as between the funding for the smoking campaign and the obesity campaign.

Ms. Berfield recommended finding a way to define obesity as a disease. Future fights and arguments would be about where obesity was defined as a disease; further suggestion included obesity and risk for obesity. A discussion ensued about where to find a definition, which definitions were desirable, and where to tie in the definition. The definition of obesity was further decided to be stated in such a way to help the cause for reimbursement.

The reimbursement discussion continued to comparing diabetes treatment and pre-treating diabetes and what should be reimbursed for similar practices in obesity. The subcommittee spent some time discussing prevention vs. chronic disease.

The discussion returned to the IOM standards. The committee discussed their belief that improved nutrition standards should also include school fairs and snacks in addition to school lunches.

The discussion shifted to the ability of school districts to utilize local agricultural products. One barrier is the current implementation of federal programs about purchasing

within school programs. Suggestions for increasing local produce in schools included ways of excluding competition, partnerships with schools by local growers, and partnering with the council.

Ideas such as star awards, color-coding/labeling the foods in the cafeteria and encouragement for being able to identify healthy foods were brought up as methods to help kids learn to discern what is healthy.

Color-coding was clarified as generally being done only in elementary schools. This may be a little redundant in some schools since it has already been done, but it needs to be done so that other schools may be on the same page.

Mr. Castresana commented on a New York Times article to the other committee members. The article discussed fast food labeling and getting around certain statutes to continue selling their food. One suggestion in working with this was labeling restaurants by putting hearts next to restaurants that are healthy.

Dr. Viamonte-Ros made the point that independent businesses do not have incentive to promote health in this way unless they are required to.

Suggestions for recording the nutritional values of the food and beverages of the menu should be included in the list of recommendations. Further monitoring of these values in schools could be brought up to Bill Montford to find out what's being done.

The committee discussed setting up a meeting time in November. A date for Nov. 8th in the morning was set-up.

Meeting was adjourned at 3:00 pm.

Taken By: Olivia Sappenfield
Approved By: Judy Schaechter