

**Governor's Council on Physical Fitness  
Health and Nutrition Subcommittee Meeting  
Friday, August 24, 2007**

Committee Members Present

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

Council Members Absent

Javier Garcia-Bengochea

Others Present

Jennie Hefelfinger  
Catherine Howard

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State Surgeon General, Dr. Ana Viamonte Ros, called the meeting to order at 12:30 PM. Nancy Hogshead-Makar informed the committee that the meeting time was reduced from 45 minutes to 15 minutes.

**1. Proposed dates for Subcommittee Conference Call**

Committee members deliberated on two possible dates for a conference call. Their first choice was September 17<sup>th</sup> from 10:30 AM – 12:00 PM, and the second choice was September 14<sup>th</sup> from 10:30 AM – 12:00 PM.

**2. Requests for Additional Information and Suggested Speakers**

Mr. Castresana suggested William Kerr, Chief Medical Officer of Blue Cross Blue Shield. He also commented that companies are starting to include wellness initiatives in their budgets. He would like more information about these corporations regarding implementation of their initiatives.

Dr. Schaechter suggested early childhood/prenatal, and behavior change experts. She will forward names to Dr. Viamonte-Ros for her staff to contact.

Ms. Michelle Brantley suggested Dr. William Sears who created the Lean Kids Curriculum.

Ms. Shelia Sheridan suggested experts in employee wellness and examples of agency-based wellness models. She also requested a copy of all school nutrition standards for the purpose of follow-up to their implementation.

Several committee members expressed a desire for a report on the implementation (if any) of the Obesity Task Force Recommendations.

Mr. Castresana and other committee members requested a briefing on all county health department activities and state-wide initiatives.

### **3. General Deliberations**

Mr. Castresana commented on the vast amounts of information available and inquired of Dr. Viamonte-Ros if the Department of Health (DOH) had a warehouse of information on best-practices and policies and research that is supported by the DOH. Dr. Viamonte-Ros called on Jennie Hefelfinger to answer the question. Ms. Hefelfinger informed the committee about the DOH Official website, the Healthy Floridians Website and the SharePoint site. Dr. Viamonte-Ros also suggested the Florida CHARTS website as a tool to find interactive county-specific health data.

The committee members questioned their role and the final product of their work. Ms. Hefelfinger referred committee members back to Executive Order 07-52.

### **4. Division of Tasks**

The committee members indicated what tasks they were interested in and agreed to come to the next subcommittee conference call with specific ideas and a tentative plan of action to present.

Ms. Young will research task #6

Dr. Schaechter will research #1, #2, & add a seventh task “Improvement of nutritional value of food served in childcare settings.

Ms. Sheridan will research tasks #1, #2, & #4. She would like more information on the following from DOH to help her: “Value of foods served in schools from school meals to snack, fundraisers, athletic events.” She would also like information on school wellness.

Mr. Castresana will research task #4.

Ms. Brantley will research task #1. She also agreed to work on task #3 if another committee member had ideas and could provide guidance. She stated “In order to have nutritional value in school lunches, then the kids/schools need a program that teaches nutrition, e.g., Dr. Sears’ L.E.A.N Program or the Stoplight Program. Just educating the staff isn’t adequate. In rural counties health education isn’t taught due to lack of staff. Nutrition must be taught in elementary-aged children.”

Dr. Viamonte-Ros adjourned the meeting at 12:45 PM.

Submitted By: Catherine Howard

Approved By: Dr. Ana Viamonte-Ros