

**Governor's Council on Physical Fitness
Health and Nutrition Subcommittee Meeting
Wednesday, September 26, 2007
12:00pm – 4:00pm**

Committee Members Present

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

Council Members Absent

Carlos Castresana
Javier Garcia-Bengochea

Others Present

Kim Berfield
Jennie Hefelfinger
Catherine Howard
Antoinette Meeks

The meeting was called to order by Dr. Schaechter at 2:15pm

Welcome and Introductions

Ms. Hefelfinger welcomed everyone and informed the council that minutes were being taken. She announced that there were members of the public in the audience and that technical assistance was available. Ms. Hefelfinger introduced Belinda Keiser, Mr. Keiser's mother, and announced she would be representing him in a non-official capacity.

Technical assistance was available from:

- Kim Berfield – Deputy Secretary at the DOH who is over legislation and communication
- Ms. Hefelfinger – assistance with health promotion, chronic disease, obesity policies, and state level initiatives
- Ali Jaglowksi – knowledgeable in physical activity, active living, smart growth
- Carol Vickers – Program Administrator of the Coordinated School Health Program at the Florida Department of Health (DOH)
- Dr. Antoinette Meeks – Coordinated School Health Program (DOE)

State Plan of Action

Ms. Hefelfinger discussed with the council the state plan of action and the documents that were created to assist the members.

- The state plan of action timeline provides an overview of activities that need to be completed, responsibilities, begin/end dates, and activity status.
- A list of suggested components of the state plan was shared. Members were asked to share ideas and suggestions for the components.
- The council was provided with a state plan of action template followed by an example. Ms. Hefelfinger walked the council through an example to help them understand the components. She reminded the council to think of the plan as a strategic five year plan.

- Ms. Hefelfinger informed the council that their final input is needed by November 1, and they will proof the compiled document at the November meeting to be ready by December 1.

Drafting Implementation Recommendations

Objective J

Dr. Schaechter and Ms. Brantley discussed the following activities for this objective:

- Awareness campaign: Make schools aware that 1) USDA standards can be exceeded and 2) National recommendations for child nutrition exceed current USDA standards, and 3) provide schools with examples of healthier menu choices that represent no increase in cost.
- Improve monitoring systems that will not only review but have the ability to enforce school wellness policies and nutrition standards.
- Establish a standardized school reporting system that will produce nutrition “report cards.” These cards will be posted in cafeterias and be sent to parents.

The group discussed the barrier of weak school wellness legislation.

Objective K

Dr. Schaechter, Ms. Brantley and Ms. Young discussed the following activities for this objective:

- Create nutrition standards for al la carte menus in schools.
- Create a vendor reward or incentive program that will encourage vendors to offer healthier choices or comply with nutrition standards (See activity K1)
- Consider another model for the state’s vending machine program.

Objective L

Dr. Schaechter, Ms. Brantley and Ms. Young discussed the following activities for this objective:

- Workplaces provide facilities that allow for produce preparation. (e.g., provide cutting boards, etc.).
- Work with local Chambers of Commerce to provide farmers’ markets during work day in close proximity to worksites.
- Ms. Sheridan discussed the promotion of a Farm to School program

Objective O:

Ms. Young discussed her work in researching a potential recognition program. Ms. Howard informed her that the Governor’s Office was also working on this task. The group decided to hold on any recommendations for this objective until a report regarding the activities of the Governor’s Office was received.

Dr. Schaechter adjourned the meeting at 4:20pm.

Submitted By: Catherine Howard
Approved By: Dr. Judy Schaechter