

**MEETING MINUTES**

<b>Date/Time</b>	August 24, 2007 4:00 – 6:00 P.M.	<b>Meeting Name</b>	Governor's Council on Physical Fitness: Inaugural Meeting Florida
		<b>Location</b>	Westshore Double Tree, Tampa
<b>Committee Members</b>	Michelle Brantley, Carlos Castresana, Karen J. Dowd, Thomas D. Epsky, Nancy Hogshead-Makar, Robert Keiser, William J. Montford, Kezarrick M. McCorvey, Julie Ryczec, Don Rapp, Dorothy Richardson, Mary M. Rumberger, Judith L. Schaechter, Ana Viamonte Ros, Amy Young.		
<b>Absent</b>	Rocco Baldelli, Derrick Brooks, Jennifer Capriati, Charles M. Castevens, Javier Garcia-Bengochea, Ken Griffey Jr., Bob Griese, Shannon Miller, Shaquille O'Neal, Sheila A. Sheridan, Corey Simon.		
<b>Guests</b>			
<b>DOH Staff Present</b>	Jennie Hefelfinger - Council Executive Director, Ali Jaglowski, Catherine Howard, Katie Rainka, Rachel Duerr		
<b>Submitted by</b>	Claudia Quinones (Gulfcoast North Area Health Education Center)		

<b>AGENDA/TOPIC</b>	<b>DISCUSSION</b>	<b>RECOMMENDATION/ACTIONS</b>	<b>RESPONSIBLE</b>	<b>FOLLOW-UP</b>
<b>Called to order</b>	The meeting was called to order 9:12 a.m. by Nancy Hogshead-Makar, who chaired the meeting in the absence of both the Chair and the Co-Chair.			
<b>Welcome and Roll Call</b> <i>Hogshead-Makar Council Member</i>	Ms. Hogshead did the roll call and proceeded to explain the formal process for public comment and informed the members that the meeting minutes and transcript will be available on the Healthy Floridians' official website: <a href="http://www.healthyfloridians.com">www.healthyfloridians.com</a>			

<p><b>Physical Activity and Unhealthy Nutrition: A State Epidemic.</b></p> <p><i>William Sappenfield, State MCH Epidemiologist, Division of Family Health Services</i></p>	<p>Mr. Sappenfield presented statistical data on the growing trends in obesity &amp; overweight and physical inactivity in the nation and in the State (see Attachment #----). Highlights this presentation included:</p> <ul style="list-style-type: none"> <li>-The increasing trend is clear evidence of a state epidemic –over two-fold increase in overweight/obesity among children. The health consequences for adults include increased mortality from diseases such as diabetes, heart disease, stroke and cancer.</li> <li>-A recent state study revealed that the cost of medical care for weight-related maladies is almost \$3.9 billion each year, over half of which is funded by public sources (Medicaid and Medicare).</li> <li>-The trajectory of the State’s data on obesity shows that the problem starts early, so, if a person is obese as a 12 yr. old, then he/she will likely be obese as an adult.</li> <li>-To effectively address this problem, strategies must look at it from two perspectives: 1) the large amount of physical inactivity that has been increasing over time and 2) the unhealthy nutrition that is taking place.</li> <li>-On average, children are spending three to four hours in front of the screen on a school day, almost half of which is watching television and, very likely many are eating unhealthy snacks while doing this.</li> <li>-In Florida, as of 2005, roughly half of children, less for females, less for Hispanics, are actually in physical education. However, this does not mean necessarily that they are actually active –they may just be sitting around doing homework. Playing sports is another activity that children are getting involved in -55% of females and 63% of males, indicating that sports is becoming one way of having physical activity outside of school.</li> <li>-Less than one in five children is walking to and from school or eating breakfast everyday before school. Much less among blacks, more common among whites. A large portion of children are eating out (fast food) two or more times per week.</li> </ul> <p>Mr. Sappenfield offered to provide additional information to the Council as it becomes necessary. And, based on questions from some members, explained that most of the available solid data nation-wide (no Florida-specific data is available) and it is not broken down by socio-economic background.</p>			
--	--	--	--	--

<p><b>Success story:</b>  <b>Macintosh Middle High School</b>  <i>Robert Hagemann,</i>  <i>Principal</i></p>	<p>Principal Hageman is from the Macintosh Middle School (MMS) in Sarasota, he's been a school administrator since 1971 and the principal of MMS since 1991. In 2001 he was recognized as Healthy School Hero by Action for Healthy Kids and was named Florida Administrator of the year in 2004.</p> <p>Mr. Hageman has been involved in the Coordinated School Health approach for several years. This approach is a combination of eight factors that make an incredible difference in the lives of children, their family and the welfare of staff. Mr. Hageman elaborated that this issue is not negotiable but a compelling need of the youth of Florida. He emphasized that resources are not a barrier; we have the capacity to accomplish what we need to do and take care of our youth. He is concerned about the tendency of some to take the best intensions and dilute them very rapidly by finding loopholes.</p> <p>He also reported that when he has asked educators what it is that they really want to see happen, the consensus is that they want accountability built into their work and they want assessment tools to track their performance.</p> <p>Over the years, Mr. Hageman has learned that success in the communities and in our schools is intimately linked to the health of children. More needs to be done about education and behavior change.</p> <p>MMS has a very effective physical education staff and people who are dedicated to social, physical and emotional wellbeing of the students. All students are required to have physical education despite the fact that not everyone in the public agrees with this –a concerted effort to educate the community on the benefits of physical education continues to be a priority.</p>			
--	--	--	--	--

<p><b>Success story</b>  <b>Winter Park High School</b>  <i>Chris Watson, Registered nurse, Winter park</i></p>	<p>Ms. Chris Watson is a registered nurse and has been and employee with Orange County Public Schools for 12 years. Ms. Watson shared that for five out of the last eight years, Winter Park High School (WPHS) has been awarded Florida High School Athletic Association “All Sports Award” but that as a nurse, she is concerned about the number of kids she sees at the school clinic who are not in the athletic programs (they are not good enough athletes). She pointed out the barriers that these kids have in engaging in physical activities including: there are no intramural teams, the gym facilities are being used at all times from 5:30 in the morning to 10:30 p.m. by the sports teams, the minimum GPA requirements to qualify for a team, the lack of transportation to the very early or late training times, other socio-economic issues such as having to work after school to help support their families, and overweight and/or lack of interest.</p> <p>To address these barriers, five years ago, in collaboration with the Winter Park Health Foundation, a non-for-profit organization, WPHS started a Healthy School Team Program along with two middle and nine elementary schools that feed into WPHS.</p> <p>Referring to a hand-out provided and presented in Power Point form (see Attachment #---) Ms. Watson, explained that there are eight focus for the program including, health education, physical education, health services, community involvement, nutrition services, counseling, and healthy school environment. The WPHS team is composed of many different people, including the school nurse, the assistant principal, the PE teacher, the health educator, the ROTC program, the cafeteria manager and the students. The participation of the students is absolutely crucial to achieve success because of the relevant insight and the creative and practical ideas they bring to the table.</p> <p>Some of the school’s projects include “Biggest Loser” competitions, running and walking clubs, YMCA partnerships, and student health fairs.</p> <p>One of the hardest road blocks over the past five years has been changing the types of food served in the schools’ cafeterias. Also, the problem of overweight/obese students that come to the high school, who can only participate on a restrictive basis.</p> <p>The school also uses the School Health Index, a tool kit from the CDC to get a snap-shot of the school’s strengths and weaknesses related to health. This assessment is done every year to set the following year’s priorities.</p> <p>Ms. Watson concluded her presentation by sharing that, in part because of their success, Orange County Public Schools has mandated that there be a Healthy School team in every single school in the county.</p>			
---	---	--	--	--

<p><b>School Wellness and Nutrition</b>  <i>Diane Santoro  Food and Nutrition Services Program Administrator,  Florida Department of Health.</i></p>	<p>Ms. Santoro is the Food and Nutrition Services Program Administrator from the Florida Department of Education. She has 29 Years in School Food Service, ten of which were as a School Food Service Director.</p> <p>The Council was provided with a handout of Ms. Santoro’s Power Point presentation (see Attachment #----) which includes a glossary of commonly used terms.</p> <p>Ms. Santoro explained that Child Nutrition Programs are Federally assisted programs that serve approximately 36 million children throughout the U.S. and were established to help address the nutritional role that school meals play in the lives of children as well as the barriers to good achieving nutrition standards in the schools.</p> <p>Studies show that kids who eat a healthy breakfast and lunch at school perform academically better and have less visits to the nurse’s office – hunger impairs learning.</p> <p>School lunches have come a long way. Today, kids’ lunch menus are made up of more whole grains, fresh fruit, reduced fat, large variety of salads, and more healthy cooking methods such as baking in lieu of frying. Meals are balanced and healthy with a significant emphasis on moderation. Lunches that are part of the National Lunch Program must meet the nutritional guidelines.</p> <p>Factors to consider when implementing a healthy lunch program include taste, variety, cost, and appearance. Also important are programs and regulations that govern what is available in vending machines, what is sold as part of fundraisers, time allowed for meals, staffing levels and menu planning tools.</p> <p>Ms. Santoro asked the members to write down on their calendars that the week of September 17<sup>th</sup> - 21<sup>st</sup> has been proclaimed by the Governor as Florida School Breakfast week, she invited the members to join her in Tallahassee during one of the many awareness activities the department will have during that week. She also noted that the Council can get more detailed information by visiting <a href="http://www.fldoe.org">http://www.fldoe.org</a></p>			
--	---	--	--	--

<p><b>Physical Education Bill</b>  <i>Representative Will Weatherford, District 61, Pasco County and Senator Lee Constantine, District 22, Orange and Seminole County.</i></p>	<p>Representative Will Weatherford made a brief presentation to the Council to thank them for their participation in taking a look at how to achieve better health of our school children and significantly reduce or eliminate the overweight and obesity epidemic in Florida.</p> <p>Rep. Weatherford is one of the sponsors of the legislature’s bill that was passed last year to require physical education in grades K-5. He shared how physical activity has been a significant part of his family in addition to providing some statistics on the severity of the obesity crisis in Florida such as how the obesity rate in kids six through 12 years of age has tripled since 1980.</p> <p>He further explained that the bill’s intended purpose is to address a crucial part of the State’s overall effort to stall the obesity epidemic by addressing unhealthy eating and activity behaviors at an early age to prevent Florida elementary school kids today, from becoming a statistic in the future. He added that the bill is simple: every school must have 30 minutes a day of physical activity. He is disappointed however, in hearing reports claiming that some schools may be trying to circumvent the intent of the legislature by counting the time it takes walking to and from portables as part of the required 30 minutes.</p> <p>Rep. Weatherford pointed out that the K-5 bill is just a start and that more needs to be done. He also commended the Governor’s decision to make physical fitness and nutrition a priority in his administration.</p> <p>Senator Lee Constantine also addressed the Council and attendees by stating that acting to reduce obesity/overweight and physical inactivity has been a long time coming and that we still have a long way to go. He believes that this requirement should extend to all grades in all schools. He added that because he considers health a priority in our schools, he has also been advocating requiring every school to have a defibrillator – this life saving emergency devise can easily be obtained for about \$1,000/ea. He expressed hope that the members would join him to support this effort.</p> <p>Lastly the Senator Constantine applauded the members for their personal and professional sacrifice to come up with a real and long-term plan for physical fitness for all Floridians.</p>			
--	--	--	--	--

<p><b>Making Healthy Choices</b>  <i>Rebecca Wilhelm, Windy Hill Middle School, Lee County</i></p>	<p>Ms. Wilhem is an Assistant Principal at Windy Hill Middle School (Lake County Public Schools) in Clermont, Florida. She has been leading her school health team for four years teaching students to make healthy eating choices and encouraging students to become more physically fit. The School's program "Making Healthy Choices" has been featured on Connect with Kids: "The Biggest Generation", presented at the 2007 Florida Schools Nutrition Conference and published in the Florida Coordinated School Health Program: Creating a Healthy School Program Guide.</p> <p>Ms. Wilhem told the members about her approach to dealing with the challenge of having kids change their unhealthy behaviors (see Attachment # ----). At her school, incentives are used to motivate kids to pick healthy food items at lunch. Students do not know what the reward will be –it could be a pencil or the recognition of their healthy behaviors in front of their peers and teachers.</p> <p>The incentives have proven effective, prior to their use, between 20-30 salads were prepared each day, now, the kitchen averages between 60 and 70 instead. Ms. Wilhem also shared anecdotal testimonials from kids which illustrated that healthy eating behaviors have been adopted and are even practiced outside of the school.</p>			
--	--	--	--	--

<p><b>Sunshine State Standards</b>  <i>Kate Kemker,                  Florida                  Department of                  Education.</i></p>	<p>Kate Kemker is the Bureau of Innovation and Instruction Chief at the Florida Department of Education.</p> <p>Ms. Kemker provided the members a handout (See Attachment #-----) to show them in detail, what her bureau is doing in terms of revising the existing standards that were developed in 1996. She pointed out that these were pretty much guidelines and were not very rigorous and lacked depth in terms of what needed to be done. Their work to revise the standards resulted from a House bill that was passed in 2006 which required them to have a plan on how each standard in each of the subject areas would be revised.</p> <p>This revision process requires the alignment of all the courses, the instruction and reference materials, and the updating of course descriptions. In other words, this is a comprehensive process involving multiple facets and requiring lots of careful work such as the development of benchmarks and the effort to make sure that the teachers are aware of how each standard has changed.</p> <p>In general, the focus of the Bureau has been to streamline the process and to look across grade levels at the progression of what each standard is going to do. In addition, there has been a lot of discussion about world class education to make sure our kids are ready to compete globally. This process is being done by a team of experts, framers, writers, public impact writers, and many other professionals who act as an advisory group.</p> <p>To date, the revision of the math standards has been completed; they are in the process of writing the standards for science and social studies which will be followed by physical education. Ms. Kemker expects the latter to be completed in October and to be able to work very closely with the Council on these.</p>			
---	--	--	--	--

<p><b>Success Story: Olsen Middle School – Wellness Wheel</b> <i>Brian Kingsley and Frank Angelucci, Olsen Middle School, Dania Beach and Kevin -----, Student, Shaq’s Biggest Challenge.</i></p>	<p>Brian Kingsley has been the principal of Olsen Middle School in Dania Beach for the past three years. He started serving the Olsen community ten years ago as a mathematics teacher, athletic director, and soccer coach. Frank has been teaching for eight years in the Broward County School System. He is board certified in Physical Education and Psychology 6-12.</p> <p>Mr. Kingsley explained his school’s Wellness Wheel program as a holistic approach to education. The wheel is a three-day program which allows all kids to experience and learn about good health through three separate but related classes. On the first day, kids are presented with a home economics curriculum that teaches them how to prepare a healthy and tasty omelet. On the second day, the students attend a health nutrition class that explains the nutritional aspects of the previous day’s lessons. Finally on the third day, students participate in physical education. The exposure to the three different curricula in a way that ties all three together has received positive results. Mr. Kingsley attributed the success to the teachers involved.</p> <p>Mr. Angelucci, was approached by Mr. Shaquille O’Neal to get the show’s kids into shape. He explained how he got the kids through the program, the challenges encountered and the successes achieved. He explained that baseline and midpoint tests were conducted and that these were crucial to the motivation of the children. In addition to the physical improvements achieved, such as lower BMIs, lower weights and increased activity endurance, there were academic improvements documented as well. Mr. Angelucci strongly believes that it is important for Florida to have a standardized fitness test and that every P.E. teacher can achieve what he did in the Shaq Challenge. He added that every teacher should be held accountable.</p> <p>Kevin spoke briefly to the Council on the importance of physical education for kids, pointing out that it gives kids time to get fresh areas and get their heart pumping and blood going. He also expressed concern about what is served for lunch at schools, stating that it is basically fast-food (cheese burgers, hot dogs, pizza, French fries, etc), making matter worse is the availability of desserts such as ice creams which can be purchased very cheaply and of double portions.</p> <p>Kevin also shared about his experience in the Shaq challenge where he learned that obesity is equal death. Kevin lost ----lbs. and gained increased energy, self esteem and motivation, he no longer holds his head down. Council member, He how enjoys doing various outdoor activities, One of his biggest goals is to help other kids to make the right decisions to become healthy.</p>			
---	---	--	--	--

<p><b>Success Story:</b>  <i>Peggy Johns,  Pinellas County  School System</i></p>	<p>Peggy Johns has been the supervisor of pre k-12 health education for Pinellas County Schools for the last twelve years. As a health and physical education teacher, she was recognized by the Florida Alliance for Health Physical Education Recreation Dance and Sport (FAHPERDS) as the Health Educator of the Year.</p> <p>Ms. Johns started by stating that to really address the issue of fitness and wellness for Florida students, one has to do it within a comprehensive and integrated management system approach: the Coordinated School Health Model. Also, to be effective, it is important to get education professionals who specialize in health education –you cannot expect PE teachers to do well without giving them the right tools. Today, many colleges are offering programs specific to this need.</p> <p>Agreeing with previous presenters, Ms. Johns stated that in Pinellas County they have embraced several components that contribute to a successful healthy students program including the importance of providing a good breakfast and the ability to find outside funding through federal grants or local health agencies because the budget from the State does not cover all the program expenses –it is important to build strong linkages and partnerships in the community.</p> <p>Also, unique to Pinellas County as far as elementary education, is that for many years the schools have had 150 minutes of P.E. provided by physical education teachers or assistant teachers for their students. This was put in place to allow teachers planning time to do their classroom teaching.</p> <p>Pinellas schools also use a “Fitness-gram” program to track the kids’ progress on the performance of minimum required skills for lifelong fitness. The uniqueness of this program is that is not just looking at top performers, but at every student.</p> <p>Other special programs involve a health education program that integrates reading and the use of educational dolls (Organ Annie and Organ Danny) for instruction along with a cartoon and video series to educate kids on the effects of healthy choices. The program has also produced several Teen Cousine Books which have received public recognition.</p> <p>Pinellas’ programs have received various awards such as the 2006 Golden Carrot Award for top school district in the nation and the USD Services Award.</p>			
---	---	--	--	--

<p><b>Committee Breakouts</b></p> <p><i>Members</i></p>	<p>Each Council member was assigned to one of three subcommittees as follows:</p> <p><u>Education Subcommittee:</u> Bill Montford (Co-Chair) Karen Dowd (Co-Chair), Robert Keiser, Kez McCorvey, Shannon Miller and Julie Ryczek.</p> <p><u>Health and Nutrition Subcommittee:</u> Ana Viamonte-Ros (Co-Chair), Judy Schaechter (Co-Chair), Michelle Brantley, Carlos Castresana, Javier Garcia-Bengochea, Sheila Sheridan and Amy Young.</p> <p><u>Active Life Styles Subcommittee:</u> Dot Richardson (Co-Chair), Mary Rumberger (Co-Chair), Jennifer Capriati, Charles Castevens, Thomas Epsky and Don Rapp.</p> <p>Each subcommittee met for approximately 20 minutes to discuss their specific goals and activities and to set their meeting times.</p>			
---	--	--	--	--

<p><b>Public Comments</b></p>	<p>Members of the public addressed the Council and shared their thoughts and concerns including the promotion of private products or services geared to physical fitness programs. Issues or concerns presented included:</p> <p>Concern with the limited effectiveness of the school lunch program, due to the impediments placed by the USDA Surplus Program. There are some alternatives that could get local produce into the school economically but are not being used.</p> <p>A representative from the American Heart Association, encouraged collaboration among groups in order to take advantage of a larger pool of resources already available –no need to recreate the wheel. The Council was asked to review and consider in their discussions the Association’s existing recommendations.</p> <p>The need for compensation of the Chair for their time to support their continuing involvement.</p> <p>Though the Healthy Lunch Program is in place, there are schools which are not complying with school lunch standards or physical activity requirements.</p> <p>The need to educate families to address the misconception that eating right is expensive.</p> <p>The Vending industry has implemented voluntary healthy guidelines for example offering water and juices in middle schools. The industry has heard the public’s concerns and is proactively addressing the public concerns and is proactively addressing them.</p> <p>The healthy school teams approach works. Schools that employ multi--disciplined, accountability-based holistic approaches should be rewarded.</p> <p>Nutrition education must be in all schools. Walking to schools is important to health and to the environment -parents should walk with their kids. We are teaching them to drive rather than walk which has serious environmental implications.</p> <p>The Co-Chair assured the public that the members share the public’s goal and that they are committed to making effective changes. She reminded everyone that the Council meetings are public.</p> <p>Next meeting is September 27<sup>th</sup>, 2007 in Jacksonville, Florida.</p>			
<p><b>Closing Remarks</b></p>	<p>The meeting was adjourned at 1:25 p.m.</p>			

