

MDA Childhood Obesity Workgroup

Conference Call 9/7/11 Minutes

8-9:20pm

Attendees on call: Judith, Andrea, Mark, Jennifer, Berit

1. Questions/comments from last MDA conf call 8/8/11
 - a. Examine nutrition education/credits needed to graduate
 - i. Judy Dzimiera RD
 - ii. HHFKA regs to tighten 8 components of wellness policies
 - iii. USDA guidelines, Maryland does better job than gov
 - iv. Superintendant buy-in, Principle to follow
 - v. Montgomery Co Listen and Learn with super Nov 21 7-8:30pm Sherwood High School , Andrea can attend as rep for Let's Move
 - vi. Might be able to get nutrition curriculum, Raise to the Top, No Child Left Behind guidelines—should be public knowledge
 - b. Partner with Maryland School Nutrition Association
 - i. Judith is involved and can get connected to president Sophie Hoover, will invite her to our MDA Workgroup. Judith will call, Berit will email and CC the group
 - c. Partner with every county
 - i. Might be tough right now, waiting for new regs to come out. Best to wait for Dec or Jan, once know meal patterns
2. Questions/comments from last Costa meeting 8/12/11
 - a. Costa asking MDA for flyer; spread to WIC clinics, schools, etc
 - i. Gather dietitians in each county who are appropriate to see people if advertised on flyer. If HCR comes to pass we will be swamped per Mark, don't have enough in private practice/outpatient.
 - ii. Free and reduced and non-free and reduced people
 - iii. Find a dietitian on MDA website might be better than on flyer
 - iv. Be careful what goes home in school backpack, could be internal through principle and eblast for example
 - v. Flyers are already being utilized, great to include healthy tips
 - b. Costa asking MDA to come up with nutrition program
 - i. SNA, schoolnutrition.org
 - ii. School food already follows guidelines
 - iii. Some pediatrician hired part time for free reduced meal schools, update vaccine, etc. Is in Gaithersburg (Andrea will follow-up)—Jennifer suggest could be model for dietitians
 - iv. Meet with state to put in nutrition training per Jennifer, tie into lunch program and come up with curriculum that enhances health program
 - v. Per Judith exceeding guidelines, serving healthy foods that meet regs
 - vi. Judith sees need to enhance curriculum, need a specific certification
 - vii. Mark discussed corporate info that influences curriculum, huge problem

- viii. Perhaps come up with language to a potential bill
 - c. Jennifer update on partnering with culinary schools
 - i. No update yet, want to meet with before Costa meeting
 - ii. Partner with Restaurant Association of Maryland
 - d. Jennifer update on healthy vending machines
 - i. Yes, Travis confirmed coming to meeting with Costa
 - ii. Judith discussed vending contracts, suggest all principles follow. Hard to get states to follow
 - iii. Mark says gov not obligated to support someone's bad habit, school should not need to feel to serve unhealthy foods; can buy "crap" elsewhere
 - iv. Parents feel child should have right to choice even if unhealthy
 - v. Vending items sold follows guidelines just like cafeteria, depends on school
 - vi. Jennifer discussed partner with grocery stores,
 - e. Review Task Force Report, how to include RD such as School Nutrition Specialist position
 - i. MSDE gave the impression is being covered, but not
 - ii. SNS position to mirror #8 of PE Specialist, oversee nutrition
 - iii. Include SNS in curriculum as HHFKA suggest
 - iv. Judith is SNS certified, start in clusters; partner with nurses as key in schools
 - v. Introduce nutrition in science, health, PE; intermingled throughout grades
 - vi. Andrea attends parent meetings, discussed nutrition curriculum
- 3. Needs Assessments that need to be done?
 - a. School food service dept, RD in every district
 - i. Per Judith:
 - Anne Arundel has 4
 - Baltimore County has several
 - Baltimore City 1
 - Frederick 1
 - PG has several
 - Montgomery has several
 - Carroll has 1
 - b. Does HHS include RD
 - c. Educating parents
 - d. Wellness policy and nutrition curriculum are biggest to address
 - i. Go to principle, county level; what content is being taught and in what subjects, what are state guidelines
 - ii. Jennifer propose nutrition be main component of each class
 - iii. Next step? Mark and Andrea could try and call someone (HHS, state) to find out
- 4. Mark update on mileage/parking reimbursement from MDA Finance Committee
 - a. Not heard, could ask at next board meeting Sept 13
- 5. Conclude: Next Costa meeting Sept 15
 - a. Jennifer and Meena attend
 - b. Jennifer will propose dates for future meetings

- c. Jennifer will take notes
- d. Mark will try to go next month
- e. Andrea suggest get the ear of superintendant
- f. Berit will email copy of Task Force from last Costa meeting
- g. Andrea will email Montgomery Co wellness policy again as she sent 8/1/11
- h. Discussed plate waste, offer vs serve in cafeteria
- i. To Costa meeting: See dietitian at each district to tie together food guidelines and nutrition curriculum. Jennifer visions this MDA Workgroup to spearhead other groups that attend Costa Workgroup, bring people together and be on same page.

Post meeting comments from Andrea:

I will also contact the Montgomery County Department of Health and Human Services School Health Services at (240) 777-1550 to find out the following:

- 1) Where can I find the nutrition program/curriculum in MCPS? In what grades is nutrition program/curriculum offered? Can MDA receive a copy?
- 2) Please provide me a list of schools that have a pediatrician and RN as a school resource available ie...in the City of Gaithersburg elementary schools
- 3) Who is the Montgomery County Department of Health and Human Services School Health Services resource?
- 4) Who is the State Department of Health and Human Services School Health Services resource?

Post meeting comments from Meena:

I agree that nutrition education or a nutrition course be taught in schools as well as colleges. As far as I know PG county does not have a nutritionist since early this year. We may want to ask Medical insurance companies to reimburse for weight management to their clients, so more people can consult a RD/nutritionist and get treatment.

Recorded by Berit Christensen RD, LD