

Childhood Obesity Workgroup
Brainstorming Meeting 7/19/11
11am-1pm

Held in Lowe House Office Building, 6 Bladen St, Annapolis, MD

Present: Del. Costa, Del. Luedtke, 3 members of Public Health Dept., 3 members of Board of Ed., 2 members of Maryland Dietetic Association (President-Jennifer Carman, Public Policy Coordinator-Berit Christensen)

Notes:

- Costa Intro:
 - President Obama (childhood obesity) task force report as template, no federal funds
 - Per Costa 67% of MD children are obese
 - Costa has met with Sen. Ben Cardin, fed funds to pilot a program
 - Costa will also meet with restaurant assoc and pediatricians (MedChi)
 - Goal to report to governor in phases, use grants, long term plans little to no funding
 - Maryland is #1 in education, leader in health care, “we can lead the nation” per Costa
 - Need to partner
- Public Health Dept (DHMH)
 - 2009 recs from groups can build on
 - Childhood Obesity Committee
 - Subcommittee meets quarterly
 - Food Deserts-Charles Co pilot-work with Johns Hopkins, corner stores
 - Serve low fat milk rather than whole milk
 - Change grains to whole grain
 - Community Transformation Grant (CDC) \$4.1 million applied
 - Healthy corner stores
 - Montgomery Co, PG Co, Anne Arundel Co, Baltimore Co and City have also submit applications
 - Asking letter of support from Costa—who could ask governor too
 - Local level to implement policies
 - Contact schools to know applied for the grant, local superintendent
 - Wellness, breastfeeding
 - Robert Wood Johnson food trust
 - Group this summer, met with people over year, getting to retailers
 - Dr Purman? Of UMD—Obesity Summit this fall
 - Annual SHIP conference, educate school staff
 - Presented at Board of Ed conference
 - NACO counties in Ocean City—do booth
- State Dept of Ed (MSDE)
 - One participant has a chef background (and wife who is RD?)
 - Wellness policies for school nutrition programs have to meet standards

- Letter to local superintendants-how are they implementing policy? Recs sent to local and higher superintendants (includes nutrition and phys ed)
 - What are already doing? MD likes local control!
 - Tool, model wellness policy, change behavior, what data, in 2009 eval components
 - People don't do (policy) unless monitored-how in place in school systems
 - Tool to use (used by RDs and others)
 - Went to visit every school system—they know we're looking—so they do it. Look at wellness policy
 - Encourage what already doing-no new policy
 - Healthier cooking, work with students and chefs for menu items, applied for grant for more scratch cooking
 - 4 school systems said would commit to scratch cooking
 - Wellness policy-said have to have one-new fed Child Nutrition Reauthorization must implement and report out
 - Reauthorization Bill requires additional fruit and vegetable at lunch, look at national standards for snack foods. Look at the bill, state get support from parts to implement 2013. Costa say "We're Maryland, let's take the lead."
 - Look at total calories, calories from fat, sodium, fiber, trans fat
 - Found disconnect between wellness policy
 - Harford Co-school improvement plan
 - Carroll Co did staff wellness
 - 8 components (CDC)
 - Carroll Co already collects data-started staff wellness
 - How monitor and implement, submit info
 - 2005 require nutrition policy, federal guideline wellness and nutrition policy, coordination important
 - Healthier School Lunches implement 2012-13
 - Walk through each school and see what doing in all 24 school systems, get ready for 2013 implementation
 - Make half grains whole, some already do
- Is there assessment of BMI?
- Push to locals some sort of fitness assessment ?NASBY?
 - "Fitness Gram"? 19 of 24 (school systems) use—not free
 - Collect data very individual set fitness goal (presidential fitness)
 - Cooper Institute started aerobics and do research
 - Connect cardio to BMI-make comparison and do activity
 - Based on height and weight will collect-in what healthy fitness zone?
 - How get ht and wt? School RN? Teacher?
 - Some school local health dept RN is state employee
 - Hesitant to use BMI at elementary level
 - Parent report sent home of BMI
 - All schools do health screening? Where BMI report? Identify by age 2 to see who at increased risk for obesity
 - Is elementary too late to start, pediatricians collect the data

- Suggest check waist circumference and percentile BMI on growth chart
- “Other Health Impaired” is extreme obesity (use IEP, 504 codes)
 - Is not PE job, medical job, to intervene
 - How get info from pediatrician
- Include mental health and family training
- Immunizations are reportable, how difficult to include BMI? Michigan pilot that
- Survey asked pediatricians do they capture BMI, from 2005 to 2010 increased from about 30% to 80%--still not all
- Electronic medical record one place to collect BMI data
- Is BMI easier to obtain at child registration? Required to enter school, Have to provide vaccination record, add BMI. Someone should use and enter data
- Once in school, how train to collect BMI, takes time
- School system has RD on staff
- Childcare
 - Could school/preschool require BMI?
 - Office of Child Care Centers do preschool, follow USDA requirements, about 1300 centers in MD
 - Child Care Center use Nap Sac, wellness
 - QRIS develop PE and nutrition standards along with Nap Sac to promote physical activity and healthy eating in Child Care Centers
 - USDA grant \$400,000 online classes for child care providers to write and implement wellness policy
 - Funding 180 mini grants \$3,000
 - Train staff on wellness policies and parent involvement
- Physical Ed (PE)
 - Every area has different time of PE required
 - Could every school report findings (BMI)? Come up with plan?
 - For state wide report-extract data (BMI?)
 - State briefings-share what in school system for PE
 - State Convention for Health and PE-how set goals and do physical assess
 - Has not been coordinated with local school and state health dept yet
 - School to student and parent report (not as much to dept)
 - Use WIC data in health dept also tobacco survey to report back (BMI)
 - Costa went to WIC clinic in Anne Arundel Co-noticed no brochure, bilingual, or posters to try and educate more on nutrition values
 - Health Dept does have info, Fruits and Veggies More Matters promo
 - Costa ask:
 - Could provide annual report?
 - Do you need legislation to fix it?
 - How be more successful without more burden

- Provide tools and resources
- Carroll Co has certified PE in classroom ed for # minutes x # weeks
- Are not wellness team in every school
- Fund for wellness coordinator at school-after school programs
- State requires ½ credit each for health and PE for graduation, some are whole credit
 - MSD does not say time of mandate for ed-local decision
 - Battle to increase credit requirements for PE
 - Costa ask-what do without legislation?
- Intramural program-usually middle school-principal decide if want to fund, who head it up, local decision
 - What is possibility to use intramural sport to get PE credit?
 - State standards physical activity is not PE
 - Use as elective credit?
 - SSL hours, physical activity for grad, community service
- Fitness and Wellness Equity Act-students disabilities, initiatives in adaptive PE, send out questionnaire and report
- Kids wait after school up to one hour waiting for bus-do something, who supervise, would they be paid
 - Unsure how budget cuts will effect
- Recess is being cut back
 - Cost issues, pay teachers, fed leg for standard tests, maybe will change if No Child Left Behind changes
 - Some wellness policies mandate recess (PG and Harford Cos)
 - Anne Arundel Co has recess before lunch
 - Look at outcome data for standardized tests in these schools (PG and Harford)
 - Time is used to increase reading, writing, math
- Fredrick Co New Market Elementary School—collect fitness data and share with board, change school improvement plan
- Vending
 - What is available to eat/drink while waiting for the bus?
 - Vending available, some available have one ounce bag vs 2 oz bag
 - Vending off during school day
 - Bell rings and line of kids go to vending, per Luedtke, sports or evening events
 - Revenue to school, between company and principal
 - More healthy choices are there now
 - Costa ask why not wait to turn on vending 1-2 hours?
 - Garrett Co study healthy vs unhealthy vending—kids go for unhealthy
 - If post calories-don't know what that means
 - What is “healthy”? some use green, yellow, red signs at vending
 - Kids must be educated
 - Some systems have adopted behavior/reward system for making choices
 - Starts with ed and parents!
- How educate parents?

- Local PTA? Newsletter? Send home recipes and time for breakfast
 - Programs
 - Race to the Top, Blue Ribbon Schools, incentives
 - Healthier US School Challenge, include PE and nutrition and health ed, did training for schools in state, apply for medals
 - Money attached, goes toward school nutrition program
 - Montgomery Co largest one participating
 - Healthier Maryland, started with staff, wellness, employer
 - Have legislative support as Maryland leader in health policy
 - Local “Healthy Howard”
 - Let’s Move
 - Parks and Rec, Farmers Market
 - Use of medical chart to schools to track weight
 - “Chef Move to School” maybe MDA sponsor program for “Dietitian Move to School”
 - Refresh Grant, 6 school systems, cafeteria managers will provide intervention ed throughout the day
 - MD coop extension, usually RD
 - Nutrition taught in classroom by teacher to cafeteria “NUDGE”?
 - Changing how food service staff ask kids if they want apple vs fries
 - Encourage RD, DTR, SNS to provide ed or look at wellness policy as outlined in Child Nutrition Reauthorization
 - School Lunch
 - Schools make more money for healthy choices if only serve healthy
 - Look at summer lunch program, some counties cancelled because of funding
- Other
 - Health care is #1 issue
 - Costa believe calories in, calories out
 - Per Costa prevention is 90% of the battle
 - Once collect data, come up with plan
 - 2 different committees (Costa and Luedtke), jointly heard if there is a bill
 - Two years ago was a bill similar to items discussed, but was killed toward the end
 - Student support services, school health services (for BMI)
 - Use RDs, pediatricians, Costa not afraid to ask fed for money
- Next Steps:
 - Get together a lot more! Will be on email list
 - Plan date for next meeting
 - Will look at restaurants, pediatricians, try to see all sides
 - State level incentives
 - Partner with restaurant?