

Del. Costa Childhood Obesity Workgroup

Meeting Aug 12, 2011

11am-1pm

9 present in meeting (Del. Costa, MSDE, DHMH, MDA members Jennifer Carman-President and Berit Christensen-Public Policy Coordinator)

Notes:

- Costa intro
 - Pediatricians were invited to this meeting but couldn't make it, will come in the future. They support collecting BMI. Parents should be notified.
 - Costa was unaware of School Nutrition Association (SNA) to partner with
 - Costa reached out to four of the biggest insurance companies in Maryland
- BMI topic
 - Berit discussed how Bowie collected BMI and sent report to parents and caused a stir. Maybe get waiver to sign, educate parents, collect waist circumference
- DHMH
 - Submit grant
 - Discussed Weigh Smart program at Mount Washington
- Safeway topic
 - Costa wants to pilot something, has met with Sen. Cardin
 - Tough to start new grant
 - Costa will meet with Safeway
 - In Detroit MTA bus changed to mobile produce bus to low income food desserts, like mobile farmers market
 - Costa vision to start mom and pop franchise
 - DHMH discussed Fresh Food Financing, initiate food trust
 - Costa idea to franchise under Safeway logo
- National Health Education Standards book (discussed by MSDE)
 - Support from American Cancer Society
 - State lead initiative
 - CCSSO and National Governors Association need to give blessing
 - Asking for common core curriculum to align better with national standards
 - Costa asked for draft of language, then he could ask the governor
 - No Child Left Behind didn't include health and PE
- MSDE discussed current status of the Recommendations from the Task Force Report of 2008
 - 7 school systems report elementary students receive 90 minutes of PE per week
 - 12 school systems report that some schools receive 90 min or more PE
 - Some schools have pedometers
 - Suggest build recess into wellness policy/require, but is scheduling issue
 - 3 school systems share fitness measurement data with the Health Dept., no plan for what to do when get the data. Need to create intervention
 - BMI
 - Correlate BMI to fitness to see if in Healthy Zone

- Some collect percent body fat and check body composition, if the school has the technology and budget. Some have hand held Omron used in wrestling programs, some have standing body comp. tester
 - Anne Arundel has ht, wt, % body fat collected for all kids
 - Parents are being informed of BMI, not asked, per Costa it does not violate HIPAA
 - YRBS from DHMH in school every other year to try and measure health, check for eating disorders for example. Use the cigarette restitution fund by CDC
 - Not all pediatricians check BMI percentile, but most are
 - Costa said BMI will be three phases: do without money and legislation, do with legislation if needed, debate data and seek implementation
 - Costa says BMI is not being tracked now, just wrestlers are checked maybe every few years depending on program
 - Costa discussed menu labeling, snack tax, cutting out trans fat in restaurants
- DMHM met with WIC
 - Put up posters, promote Fruits and Veggies More Matters
 - **MDA could help spread brochures in WIC clinics, for example**
- Awareness
 - Get in school newsletter, add recipe
 - Need to get resources, then eventually check BMI annually?
 - Health ed has nutrition counseling when student is under/overweight
 - Teach parents
 - Physician checks BMI then share with school
 - **Get MDA to come up with nutrition program**
 - Jennifer discussed fast food and media, maybe tax
- School nutrition
 - RD Judy Dzimiera from MSDE develops training and standards
 - Discussed is there RD in every school district? Are there guidelines for whom on staff and credential?
 - After training, go months later to check outcome
 - Nutrition branch has review team to check menu
 - Regulation have computer system, use gov commodities, follow fed standards
 - MD Coop extension Team Nutrition Grant program
 - NUDGE marketing, cafeteria trained, also have control group
 - Resources shared throughout the state, on line to download
 - Have farm to school week, work with Dept of Ag
 - **Jennifer ask group for summary and pics to post on MDA website**
 - Student Wellness Action Team grant
 - Posters in cafeteria
 - Wellness messages are in flyers sent home from schools, parents could use website
 - **If MDA did flyer, Costa's idea to include in schools and could contact RD, LDN for education**
 - MSDE said Montgomery Co already have that, send out menu, Calvert Co RD develops resources on monthly basis

- **Jennifer discussed National Nutrition Month and challenged group to partner with MDA**
- MSDE does follow NNM and corresponds with other national organizations
- DHMH and MSDE promote breast cancer awareness, diabetes awareness, and cardiovascular months also
- Education
 - Brian from MSDE says there is already nutrition ed in health ed. Berit ask if HHKFA has money for RD, DTR, SNS to provide nutrition ed; Brian says already have it
 - Health and PE being cut. Are 45 days in grades 6-8. Result of No Child Left Behind
 - Jennifer stress handing out a brochure is not the same as nutrition education, but there is (nutrition) ed in schools. Need to follow through
 - Is DM measured? Search for Diabetes in Youth study. NIDDM for youth registry? Compare BMI? Track system?
 - The Health Info Exchange, in five more years, will make easier to track
- DHMH
 - needs resources, federal grant to support local health dept was eliminated
 - tobacco data is good model, how changed social norm
- MSDE
 - Discussed credits in schools for PE and hours
 - Very tough to get local board of ed to require more PE
- Community
 - Look at summer and after school open gym in community and encourage to utilize. PE teachers usually run
 - Parks and Rec have programs for little kids—things are offered
 - Transportation barrier
 - Utilize walking school bus to elementary schools
 - Budget for building sidewalks, some parent push back
 - Safe Routes to School program/grant to build sidewalks
 - Community Enhancement Grant (DHMH)
 - Jennifer suggest after school gardening, cooking. Some schools do offer—not free. For learning chefs (Cindy Wolfe-chef in Baltimore-has done). Got to culinary schools to partner. **Jennifer will have info on this for next meeting.**
 - Discussed personal trainers not licensed
- Conclude
 - Costa will get schedule for next 2-3 months to plan ahead
 - Costa says to invite people to come to these meetings for more ideas
 - Jennifer was contacted by a healthy vending machine operation who saw MDA website, maybe they could come to next meeting

Recorded by Berit Christensen RD, LD