

DESE School Health and Wellness Advisory Council Meeting
9:00 AM to 3:00 PM
Harry S. Truman Bldg. Room 400
301 W High St., Jefferson City, MO
October 4, 2017

Meeting Minutes

Attendees:

Laura Beckmann (DESE), Paula Ballew (MFH) , Marjorie Cole (DHSS) , Cindy DeBlauw (MO Extension), Britton Johnson (MO Western), Tom Loughrey (MOAHPERD), Deborah Markenson (Children's Mercy - KC), Donna Mehrle (MOCAN), Janice Rehak (DESE), Denise Strehlow (BJC), Pat Simmons (DHSS) , Diana Wilhold (BJC) , Karen Wooten (DESE) , Kelsey Thompson (AAP)

Welcome and Introductions

Grant Review

Laura Beckmann presented on the current Laws & Federal Mandates as it relates to Physical Education, nutrition, physical activity, and the development of state standards. Information regarding her position's roles and responsibilities, grant goals/objectives, data points, and the timeline for which the grant project to be completed was also presented.

Member Sharing: Sharing Our Stuff

Kelsey – MO Chapter, American Academy of Pediatrics

Pediatricians interact with families and children at every level. Engage individual pediatricians. Work with other groups they interact with.

- Marge shared that pediatricians, school nurses and Physical Education teachers collect BMI's. Pediatrician's and school personnel don't know that each other collects that information. The pediatrician encourages families and children to do school activities.
- Kelsey stated that this is a conversation to have with pediatricians about utilizing school activities or other activities available in their community.

Donna – Missouri Council for Activity and Nutrition (MOCAN) shared and provided everyone a copy of MOCAN's Strategic Plan 2016-2020.

Karen – DESE Nutrition Services

Karen shared the Summary of the Final Rule of the USDA's Healthy, Hunger Free Kids Act 2010 on Local School Wellness Policy Implementation. She will be presenting to the Missouri School Board Association with Terry Atterberry from the Alliance for Healthier Generation. They will be co-presenting on the rule and sharing successful wellness policy & practice stories happening in Missouri schools. Local controversy on snacks and bringing foods in to schools. There is a database of champion schools, Resource Guide for Local Wellness Policy, and Snack Calculator.

Diana Wilhold & Denise Strehlow – BJC HealthCare

Diana stated that everything they do is in support of the hospitals in their network. They write/develop curriculum for K-12 based on MO/IL Standards. They provided a folder of information containing BJC School Outreach and Youth Development programs and services and shared their work with the Healthy Schools, Healthy Communities initiative in St. Louis City Schools. They do connect with AHEC and their efforts are aligned with CDC's Six High Risk Health Behaviors.

Tom – Missouri Association of Health, Physical Education, Recreation and Dance (MOAHPERD) Tom emphasized his focus on making changes with teachers and their messaging as Lifestyle Educators.

Britt – Missouri Western State University (MWSU)

Britt shared information about his university's post-secondary programming for Physical Education/Health teachers. Programming focuses on the development of a healthy and lifelong active person. Higher education teachers work with classroom teachers. The Early Education program requires 3 Physical Education classes.

- Tom stressed the importance and connection to a lifestyle development model in schools for students to develop personal movement repertoires.
- Britt stated that it would be nice to have information for communities to easily access health information in their area.
- Cynthia shared <https://www.1degree.org/>

Cindy – University of Missouri Extension

Provides a nutrition and Physical Education curriculum (K-12) based on MO Learning Standards. Focusing more on community engagement. Has nutrition specialists for local. The MU Extension promotes “Eat Smart in Parks” and “Stock Healthy, Shop Healthy” and the WorkWell Missouri Toolkit. In addition they will launch a Sports Nutrition Training to school districts all around Missouri.

- Marge stated that with the state legislation of concussion training and reporting, it may be a good idea to piggy back on the state trainings to coaches on Sports Nutrition.

Deb - Center for Children's Healthy Lifestyles & Nutrition, Children's Mercy Kansas City (CMH)

Deb sees her role as a connector to others as well as play an advocacy role in carrying messaging. She will share advisory council's undertaking with Children's Mercy government relationship staff meeting. Has Community Benefit Meetings. Hospitals looked at data around obesity. Cardinal Glennon has 3 Indicators and Children's she believes has 13 indicators relative to this topic. Can find great policies' on website as well as Surveillance Data on the Medical Registry. Also has a wellness publication soon to be released. CMH also works with other pediatric experts (UMKC and KU Collaboration).

Pat – Department of Health and Senior Services (DHSS)

Pat sees 2 areas that fit the advisory council's future work. Chronic Disease Management and Obesity Prevention. Current wellness efforts regarding Physical Activity and Nutrition include the Culinary Skills Institute in partnership with DESE, Recess Before Lunch Toolkit, Smarter Lunchrooms Movement, and Local Wellness Policy Initiative's. Pat shared that the new School Health Index was just released that incorporates the WSCC model. Five year funding for promoting Physical Activity, Nutrition, and Tobacco-free environments will expire in June of next year. A brand new initiative “Building Communities for Better Health” is developing and Pat will look at School Health as part of this effort.

Paula – Missouri Foundation for Health (MFH) MFH has various grantees (e.g., Healthy Schools, Healthy Communities). Recently they just hired a new evaluator (KU) and will be partnering with PED-Net on well-being activities.

Marge – Department of Health and Senior Services (DHSS)

Marge has school nurse data on the health status of children attending public schools. Sees her involvement through the medical model. Helping manage chronic disease at school (e.g., how to use an inhaler) for students, teachers, and coaches and helping with lifelong planning in physical activity. And Marge shared that approximately 40% of children in MO schools have a chronic health condition which is greater than National rates. Lower than National rates in life threatening allergies.

Janice – Suggests that there may be something in MOSIS where there is a checkbox where schools assure that every elementary student has had 150 minutes of moderate to vigorous activity each week.

Future Meeting Dates

Laura will send out doodle poll surveys' to determine dates for future advisory council meetings.

Other Partners in this Work

Valid and reliable Data Source – Joy Workforce Site
Business & Industry (Economic Development) – Cerner and/or Monsanto
Business Health Coalition
Missouri Public Health Association
Leslie Porth – Missouri Hospital Association
Brian Crouse – Missouri Chamber of Commerce and Industry
Kelli Hopkins – Missouri School Board Association
Amy Sublet – Workforce Development
Michael Schooley – Missouri Association of Elementary School Principals
Phil Lewis – Missouri Association of Secondary School Principals
Missouri Association of School Administrators
Sherry Jones – FCS Financial
Terance Huston - Military

Other Related Efforts

Missouri Convergence Partnership Meeting
Region 7 – Department of Health and Human Services
Missouri, Iowa, Nebraska, and Kansas – Workforce Crisis (M.I.N.K)

Focus of Next Meeting

Data findings – Define strengths and gaps
Determine priorities and begin development of action steps
Discuss common language messaging for marketing and communication campaign to be used with students, parents, schools, and communities.
Identify key roles from counsel members

Communication Plan

MFH utilizes a marketing company now for Healthy Schools, Healthy Communities
Connect Point Marketing Group

Next Steps

Continue to work on data for next meeting
Reach out to other partners in this work
Add DESE School Health and Wellness Advisory Council postings to DESE webpage
Determine future meeting dates