



**Steps to a HealthierNY
School Health Advisory Committee Meeting
May 23, 2006
1:30-3:30 PM
MINUTES**

1. **Welcome and Introductions:** Gae Riddleberger, Joel Wilson, John Allen, Kathleen Gurak, Carole Parga, Murphee Hayes-Falls, Mary McFadden, Molly Morgan, Yvonne Johnston, Sara Delafield, Carol Denz, Ann Lomonaco, Carol Denz, Becky Gelunas

Updates:

- **WBNG Steps Series**, Chenango Forks Wellness Policy/Flag presentation; Chenango Valley Climbing Wall; Susquehanna Valley AM walkers; Windsor-Palmer Elementary Open Airways
 - **BC Walks for the Gold**, Binghamton, Chenango Forks, Chenango Valley, Harpursville, Johnson City, Whitney Point
 - **Safe Routes to School**, Union Endicott-am walkers are completing walk ability check list and beginning to form a committee to align themselves for the fall funding. Please contact me if you are interested in learning more about the Safe Routes to School Funding.
2. **2005 Steps Youth Risk Behavior Survey**
 - Additional resources are being developed for each risk or disease area. They will be posted on the Steps website under the documents tab as they are completed. www.broomesteps.org
 - A second Steps Youth Survey will be administered in the fall of 2006. All BC high schools will be asked to participate again. Randomly selected 2nd period classes or classes from randomly selected core content areas will be asked to participate. A \$500 incentive to will be given to each participating school.
 3. **Wellness Policies-** As a reminder according to the Child Nutrition and WIC Reauthorization Act all districts participating in the federal school lunch program have to establish and implement a local school wellness policy no

latter than the first day of school after June 30, 2006. The policies must include guidelines for physical activity and nutrition. Chenango Forks and Johnson City have BOE approved wellness policies. All other districts in BC are working on them, and several will be bringing them to the board for approval in June.

This year the Steps program has given out many subawards to schools that have done a variety of different sustainable interventions. Including after school programs and clubs, walking paths, climbing walls, interactive exercise bikes, dance revolution mats, bikes for PE classes, nutrition curriculum and equipment such as food prep carts and refrigerators.

4. Successes/Lessons Learned

Thank you for your feedback on the Continuation of Funding, Healthy School Teams Funding and the Wellness Policy incentive. It will be taken into consideration for next year. FitnessGram was also discussed at length and will be looked into for next year's workplan.

4. 2006-2007 Steps to a HealthierNY Workplan directives for the NYSDOH

To help create an effective, sustainable and self-sufficient infrastructure in districts and schools that will lead to systems, policy and environmental changes that will reduce the incidence and prevalence of asthma, diabetes, obesity and other issues that affect student health and learning.

- Establish, develop, and/or enhance district level School Health Advisory Councils (SHACS).
- Establish, develop, and/or enhance building level healthy school teams.
- SHAC and/or HST will establish/enhance policy or environmental interventions based on results of School Health Index (SHI).

Professional Development Ideas:

- Coordinated School Approach/ SHI/ SHAC/SHT Training
- School Nurses/Health Educators professional development:
Healthy Schools Approach Preventing Type 2 Diabetes in Children: Making the Case for Healthy Schools
- Superintendent's conference days? Other days retreats?

Sub awards have been incentives for this in the past. Would funding one physical activity and/or nutrition activity across have more impact and still meet above objective?

Professional Development for Health and PE

- Continue to collaborate with NYS AAHPERD -Association for Health, Physical Education, Recreation and Dance – to provide several professional development opportunities at their annual south central zone mini conference:
 - Physical Best / Fitness Gram
 - Mission Meltaway Train the Trainer
 - Winning with Asthma interactive coach's asthma clipboard program.
 - 3 R's In Motion
 - Project Adventure
 - CATCH

What are the perceived barriers and needs that are foreseen in implementing the local Wellness Policy?

Provide resources and training to enhance Staff Wellness

- Establish, develop and/or enhance health promotion for staff in Broome County School Districts.
- Steps is looking for at least one school district that is willing to assess their school environments for policies; administrative support, staff interest and need related to staff health promotion programs and will utilize this information to formulate a sustainable staff health promotion action for the 2007-2008 school year.
- Survey-Healthy Workforce 2010, schools open, map out indoor walking trails, Mission Meltaway train the trainers and Yoga.

Steps Youth Survey- will be implemented in the fall. All BC high schools will be invited to participate.

Media

Steps to a HealthierNY Series on WBNG TV- how would the schools like to see that utilized? In past it has been utilized to highlight what schools are doing? Is there a common approach that would be more effective? Tip of the Month?

School newsletters? Do you already have a regular health column?

Saratoga Conference, June 7-8th Steps/Diabetes contractors meeting

- **Plenary: Making the Case for the Primary Prevention of Diabetes**
- **Healthy Schools Approach: Strategies that Works**
- This session will increase participants' knowledge of successful and realistic school-based physical fitness and nutrition initiatives that can modify risk factors for type 2 diabetes in children. Presenters will provide hands-on examples of strategies and will share their success in implementing the Healthy Schools Approach. Information will be provided on all aspects of implementation including funding and materials, buy-in and time commitment.

- **YMCA Activate America: Pioneering Healthier Communities**
- Participants will learn about the YMCA's commitment in addressing the public health obesity crisis through a variety of community programming opportunities including the Activate America Initiative. Participants will also learn about opportunities to collaborate with the YMCA at the local level.
- Plenary: **Epidemic Obesity in Youth and the Growing Prevalence of Diabetes**
- Plenary: **Health Literacy: Do our patients understand us?**

6. **Next meeting: July 14th 10 AM Broome County Health Department in conference room B. It will be a working meeting to plan for year 4 of the Steps to a HealthierNY grant.**

***Congratulations on your retirement Gae. Thank you for paving the way for Coordinated School Health. We will do our very best to follow in your footsteps to further the mission. You are the best of the best and will be missed dearly. Good luck in all you do and remember a cocktail by the pool counts toward your five a day as long as it is made with 100% fruit juice. Thank you for your support and dedication to the Steps program.
We will miss you.***