

MINUTES

School District 4J Wellness Advisory Committee
Education Center—Parr Room
200 N. Monroe Street — Eugene, Oregon

November 30, 2006
4:00 pm

PRESENT: Janet Calvert, acting Chair; Dennis Biggerstaff, Terry Brooks, B. Loftis, Beth Gerot, members; Kathy Tagwerker, Sue Ann Hinman, *ex officio* members; Chad Williams, Nicole Lalor, Jim Hart, Nancy Johnson, Hillary Kittleson, Eliza Drummond, Kay Mehas, 4J staff

ABSENT: Bob Coll, Edmund Rivera, Rachel Hecht, members; Charlie Smith, *ex officio* member.

I. Agenda Review

Ms. Calvert convened the meeting at 4:10 p.m. There were no changes to the agenda.

II. Approval of Minutes of October 26, 2006

Ms. Calvert noted that Ms. Brooks intended to rework a portion of the minutes that reflected things she said regarding sports drinks. Ms. Brooks clarified that on page 4 she had not intended to contradict existing School District 4J policy. She underscored that she did not intend to prohibit the sale of sports drinks after the school day at concession stands at athletic events.

Ms. Calvert deemed the minutes of the meeting held on October 26, 2006, without objection, approved as amended.

III. Public Comment Time

There were no members of the public who wished to speak.

IV. Debrief of Tours of School Cafeterias

Ms. Brooks reported that Willagillespie School had made good efforts. She was concerned that the salad bar could have been sited in a better location. She thought the flow in the cafeteria was good. She felt the salad bars were better and more evidently placed in the high school.

Ms. Brooks related her concerns in regarding à la carte items in the high schools as she felt it offered entrée items without the health education message being sent that it was not a complete meal. She thought the schools should embrace what the policy said, which was that there should be a consistent health message.

Ms. Brooks thought the high schools offered the best choices, but the elementary schools seemed to have more traditional, less imaginative school lunches. While she thought the middle school had a lot

of choices she had concerns about how the cafeteria was set up. She perceived it to be set up like a fast food restaurant. She added that she found the people working in the cafeteria to be warm, friendly, and engaging.

Ms. Calvert noticed, when she was at Monroe Middle School, a lot of students with noodle cups that could be micro-waved. She wondered what the sodium content was for those products. Ms. Lalor responded that schools did not offer micro-wave items, but provided hot water for the noodle cups. She did not know the sodium content of those products from memory.

Ms. Gerot noted that when looking at vending machines in different schools there seemed to be different choices offered by region. Ms. Lalor agreed, noting that a higher number of vegetarian students attended South Eugene High School (SEHS) and a greater number of Latino students meant different choices at North Eugene High School (NEHS).

V. Continued Review of Temporary Administrative Rules

A. Update on Audit of Health and Physical Education Programs

Ms. Kittleson asked Ms. Johnson and Mr. Hart to speak on the audit. Ms. Kittleson noted that she had included an article entitled *The School-Lunch Test* for members to peruse. Mr. Hart indicated that Ms. Mehas would first speak.

Ms. Mehas explained that she represented the instructional leadership team, which included the directors of instructional programs for Kindergarten through 12th grade in regard to an audit of health and physical education. She said staff planned to conduct an online audit and hoped to have the results before the committee in February. She felt the audit would provide more specific information.

Ms. Johnson passed out a *Coordinated School Health/Health and Physical Education Focus* test for committee members to complete.

Mr. Hart reviewed the answers to the five questions. The answer to the first question which asked if there were state content standards for health and physical education was yes. He explained that the answer to the second question was also yes, as there was a requirement for a certain amount of health and physical education in order to graduate. The answer to the third question was that there were specific content areas to be taught in those areas and he listed some of them. He noted that the answer to the fourth question, regarding whether these areas were assessed by the State, was no. He explained that there was no standard test provided. He said there was an expectation that the individual districts would initiate the standards but there was no reporting component. He added that the School District 4J had a physical education assessment component.

Ms. Johnson explained that the answers to question (5) were taken from the Oregon Healthy Teen survey given annually to 8th and 12th graders.

Mr. Hart said as part of the PEP grant staff had written a proposal to take a change in direction. He related that they had also conducted a survey at Kelly Middle School and had found it interesting that 7.5 percent of the 8th graders were being treated for Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) and 6.5 percent of them were being medically treated for clinical depression. He noted that these conditions had a direct link to work being done by Nutrition Services and in Health and Physical Education. He felt this pointed to why this work was so important to the entire instructional program of the district.

Ms. Calvert noted that the survey had indicated that only 25 percent of the students drank seven or more soft drinks per week. She questioned the accuracy of that number. Ms. Johnson replied that it was important to remember that the survey was given on one day and really only provided one snapshot in time.

In response to a question from Ms. Brooks, Ms. Johnson affirmed that there was instruction on eating disorders at the middle and high school levels. Mr. Hart added that it was covered in the *Fitness for Life* curriculum and that it was one of the important reasons to do the body/mass index measurements.

Ms. Johnson commented that this pointed to the importance of the coordinated health approach, as all of the services were needed.

In response to a question from Ms. Brooks, Ms. Johnson said the foods being served in the cafeteria and the nutrition message being taught in classrooms had become much more aligned. She felt the school district was making good strides and that the message regarding good health came from the health instruction, the cafeteria, and from the community.

Ms. Brooks related that she had spoken with the health instructor for Roosevelt Middle School and the instructor had expressed frustration that though she taught occasional use of certain foods her students could go through the à la carte line and purchase them daily.

Mr. Hart reiterated that the whole emphasis of the food service had vastly improved from six or seven years ago.

B. Discussion of Proposed Amendments

Ms. Kittleson recalled that the committee had skipped physical education and nutrition education for the time being and had begun with nutrition standards. She said there were three amendments before the committee:

- An amendment to page 4, submitted by Ms. Brooks, to incorporate the “Massachusetts language” regarding beverages.
- An amendment proposed by Mr. Biggerstaff on behalf of the high school principals regarding the beverages section of the healthy snacks guidelines.
- An amendment regarding “sports drinks.”

Mr. Biggerstaff spoke to the second amendment. He explained that the high school principals had discussed the proposed language and there had been some discussion regarding caffeine. He stated that three of the four high schools had coffee carts that were business endeavors run by students. He said there was general agreement that the schools should get out of the caffeine business, but the principals wished to note that the school-based enterprise helped to address graduation requirements.

Ms. Kittleson said the amendment to page 6 included the allowance of electrolyte replacement drinks with a cap on sweetener and size, e.g. 12 ounces.

Mr. Biggerstaff related that the principals wished to review more research on sports drinks. He noted that on the whole there was some assumption that things had changed since the soda machines had been removed. He felt high school students were more aware of healthy habits.

Ms. Kittleson noted that currently there was a three-year phase out of caffeine drinks.

Ms. Calvert asked if the amendment would address the issue of after-hours sales of beverages. Ms. Kittleson replied that the policy allowed all beverages to be sold at after school events.

Ms. Kittleson surmised that there was some consensus for the elimination of caffeinated beverages but that the committee was uncertain whether to move forward with an amendment to policy that would affect sports drinks. She asked the committee if there should be standards for juice drinks, e.g. should they be 100 percent juice?

Ms. Brooks believed there should be a consistent nutrition message in schools. She asserted that water was beneficial and schools were “living labs.” She felt there was no place for sugar water in schools. Additionally, she said there was no indication that a sports drink was beneficial to anyone who had participated in less than an hour of vigorous exercise. She said the simpler the nutrition policy the better.

Mr. Biggerstaff commented that one would not quite know when a student would need a sports drink. He agreed that a lot of the drinks were consumed by people that did not need them, but he also wished to emphasize that high schools were places where there was a high level of activity.

Ms. Kittleson noted that the healthy snacks guidelines covered what was sold in the vending machines during and after school hours and what was sold in school stores.

Ms. Brooks asserted that the dental association opposed sports drinks, especially when they were not consumed with food. She also felt they contributed to the child obesity epidemic.

Ms. Calvert reiterated that the principals had asked for more time to review research on sports drinks.

Ms. Brooks read a written comment from Ingrid ???? who had been listening in the audience. Ms. ???? agreed that students could get by with water and juice, that sports drinks were not necessary, and that the students needed a consistent nutritional message. Ms. ???? suggested that vending machines could be set on a timer.

Ms. Calvert called for a vote on the amendment to the healthy snacks guidelines that would eliminate sports drinks from vending machines and school stores over a three-year phase-out. The amendment failed, 3:2; Ms. Tagwerker, Ms. Hinman, and Ms. Calvert voting in opposition and Ms. Brooks and Ms. Gerot voting in favor.

Ms. Calvert moved on to the amendment on sugar and size for electrolyte replacement drinks. Ms. Kittleson explained that the amendment sought to create a 12 ounce limit on size and a 15 gram limit on sweetener.

Ms. Calvert called for a vote.

Ms. Hinman said it seemed the principals wished to have more time. She wanted to make sure they would have the time they needed. Mr. Biggerstaff responded that they would prefer to have some caps on size and sugar than to have these drinks eliminated altogether.

Ms. Hinman asked if the committee should table this item. Ms. Kittleson noted that the committee could table it until January if it so chose. She added that the committee had until its May meeting to complete the work.

Ms. Calvert asked Ms. Hinman if she wished to table the item and Ms. Hinman affirmed that she did.

Ms. Brooks asked what procedure the principals intended to use to research the beverages and who would do the research. Mr. Biggerstaff replied that they would look within the district and see who was knowledgeable.

Ms. Lalor offered to bring in some information regarding sports drinks. Ms. Kittleson suggested that she and Ms. Lalor could work on something and put a report together. She thought it might also be helpful if she could work with Ms. Brooks and Mr. Biggerstaff to come up with some amendment language that would be acceptable to both of them. She saw three distinctions in the beverage discussion: sports drinks, caffeine drinks, and 100 percent juice.

Ms. Calvert said the committee would carry this discussion over to the January meeting.

Ms. Lalor said she would contact other dieticians across the country and gather information to provide to the principals. Mr. Hart suggested that she ask the University of Oregon nutritionists as well.

Ms. Kittleson noted that there was one more proposal on the table, having to do with trans fat content.

Ms. Calvert read the amendment, which dictated that food sold during the day would not contain trans fats, except for the amounts found naturally in some animal products.

Ms. Lalor commented that some of the foods available in the schools contained trans fats, but most did not. She noted that the products the schools sell for snacks were not approved as per the proposed guidelines, but she assumed that there would be a three-year phase-out for those as well.

Ms. Brooks said she intended this amendment to be put into action as soon as possible. She averred that trans fats were a clear danger and this had been well-researched. She did not believe the school district should wait for three years in the face of current evidence. She felt it was “very easy not to sell that.”

Mr. Williams related that out of 45 different items, five contained trans fats and most of those had 1.5.

Ms. Kittleson reiterated that the vending machines had three years by policy to phase in changes, but the à la carte offerings could be changed by administrative rule.

Ms. Calvert asked if it was the will of the committee to take a vote on this.

Ms. Gerot indicated that she needed more information.

Mr. Williams said the biggest question for him was how this would affect commodities. He agreed that more information was necessary.

Ms. Calvert said there could be a half-way point wherein everything nutrition staff had control over other than commodities should meet a standard for trans fat. Mr. Williams replied that for the most part this was true, with the exception of one or two items.

Ms. Brooks asked if there would be a problem in taking the few items out of the à la carte line that contained trans fats. Mr. Williams replied that he had not considered the à la carte line when he previously responded.

In response to Ms. Brooks, Ms. Kittleson clarified that the document contained more than the healthy snacks guidelines; page 3 contained the administrative rules related to the national school breakfast and lunch program.

Ms. Kittleson commented that in some ways the process was frustrating and some of the questions were hard questions. She said in terms of nutritional education and physical education she had not received any proposed amendments from committee members. She hoped to begin work on those items soon.

Ms. Brooks commented that she and Ms. Gerot had “spent months” on the Wellness Committee and had heard from “experts in the community.” She felt they were addressing some of these things anew and wondered what kind of information would be valuable to the committee.

Ms. Hinman understood the committee to have nearly completed the nutritional segment of its work. She did not think the committee needed much further information.

Ms. Kittleson concurred, adding that the temporary rules were very close to the National Alliance for Nutritional Activity (NANA) guidelines which were what the Wellness Policy Advisory Committee had recommended. She reiterated that the committee was just addressing refinements having to do with sports drinks, caffeine, trans fats, and 100 percent juice and some allowance of non-caloric sweetener. She hoped to get the information requested out ahead of time and in a format that would facilitate discussion.

VI. Items from the Committee

Ms. Calvert stated that the next meeting would be held on January 25. There were no other items from the committee.

Ms. Calvert adjourned the meeting at 5:36 p.m.

(Recorded by Ruth Atcherson)