

Obesity Task Force Meeting Minutes  
Feb 18, 2010  
AL Power Company WaterCourse Building  
Clanton, AL

Mim Gaines welcomed members and visitors to the meeting. Group introductions were completed. The materials for the meeting were reviewed. The packet included the agenda, the minutes from the Board meeting, and an update concerning the Jefferson County Childhood Obesity Task Force.

Nancy Ray from the State Department of Education explained the plans for improving the quality of PE classes in Alabama's public schools. She provides two handouts from the National Association of Sport and Physical Education (NASPE: 1) What Constitutes a Quality Physical Education Program and 2) School Physical Education Program Checklist: How Does Your Program Rate? ([www.naspeinfo.org](http://www.naspeinfo.org)) Nancy stated while it was easy to focus on the problems, they were looking for solutions. She stated Alabama's solutions included certified health teachers in middle schools for quality programs to support PE; more training for the leaders down to the teachers (52 new superintendents could not possibly know all the standards), parental support, a revision of what AL considers quality PE, and new tools for measuring fitness.

She explained the State Department of Education (SDE) is not a regulatory agency; rather, they provide information and training for professional development. In this role, they are providing in-services on the new course of study will be implemented in the fall 2010. The SDE will be convening a task force to review the quality of PE, develop a web based comprehensive curriculum guide for teachers, and select a fitness tool. The current fitness tool, President's Challenge on Physical Fitness uses 1986 data. A School Wellness Task Force, 2004, recommended the Fitness Gram. The cost of the Fitness Gram prevented statewide implementation. The economic cutbacks have resulted in less teachers and larger student to teacher ratios.

The teacher evaluation tool requires principals to make more classroom observations. SDE will provide in-services to teach correct evaluation procedures. This will be an opportunity to explain expectations of a quality PE program.

The current SDE policies allow for very few exceptions for K-8 students to be excused from PE. This includes homebound students and severe cases for the school, for example students were placed in different locations

across town until a school was repaired. A report, LEAP, documents required participation in PE. A Bill in legislation would eliminate any exception, addressing the concern of students not being required to take PE. SDE is reviewing the LEAP report and course of study codes. The review so far indicates an inconsistent reporting method and some duplication of codes.

Nancy complimented Dr. Bice and his desire to implement Coordinated School Health. She thanked Sandra Sims (OTF member) for the work completed on the life course materials. She shared that Bonnie Spear and Michael Jackson of the OTF will be part of the Quality PE policy task force and will keep us informed of the progress.

Tim Hatch represented the Leadership Montgomery, Class XXVI. This leadership class selected childhood obesity as the topic for the required group project. The target group selected was 8<sup>th</sup> grade students. As a result, an awareness campaign, "High 5" was created. The materials will be shared at the Survive and Thrive program at ASU for students statewide. Frisbee's with the High 5 symbol and water bottles have been secured. Montgomery transit buses will use the High 5 posters in the buses. The program received media attention by two local television stations. Billboards in the Montgomery area will be utilized. Plans include offering posters for schools and other interested organizations. Mim encouraged OTF members to use this idea in memberships outside the OTF.

Mim reviewed the Board structure. She introduced members on the ballot for the Board positions. Ballots were distributed. The election results are: Heather Whitley, Chair elect; Janis Smiley, Health Providers; Teresa Smiley, Community; and Verna Gates, Communications.

Heather Whitley led the group discussion on establishing a Student Committee for the OTF. The discussion included:

1. Which students to invite- Students in health care areas including but not limited to pharmacy, nursing, dietetics, health promotion/education were listed. These students may have intern requirements, special projects, and community hours that need to be completed. In addition, students from education, journalism, business, and agriculture studies were listed. Each school will have requirements for graduation that could include projects with the OTF. It was agreed that all would have different skill sets and talents to offer to the OTF. Faculty members at the campus level will be very important as well. SGA needs to be included as well as programmatic areas. High school and middle school student participation was discussed, but it was felt we should start at the college level.

Logistics of reaching the above students included sending a form letter to appropriate faculty and creating an application form students complete on line with well-defined criteria and participation expectations explained.

Students who become involved could form networks across campuses to keep in touch and learn from each other.

2. Model or structure- Existing Ambassador programs, including the Fresh Air Family, Chambers of Commerce, America's Promise, and community interventions in which the OTF is involved, such as Brewton.

There are two possibilities.        A.) We can contact the above type programs and ask that they include projects with an obesity focus  
  B.) Take the models and tailor to our needs.

3. Mentor role- Members of the Board and general OTF membership would serve as mentors for the students, depending on the project and expertise needed.

4. Student activities- The activities will need to be planned to get student volunteers to help. The web site could be updated to include options on activities. The information must be in an interesting, user-friendly format

Follow Up steps:

Heather and Verna will draft a correspondence to share with OTF members who are willing to make contacts. (Heather has sign up list from members.) The same correspondence can be shared with appropriate school faculty. Heather will take comments and have proposed ideas for the next Board meeting. A discussion will continue at the next meeting, with hopefully more students.

New Chair, Bonnie Spear reviewed the Committee Priority and Feasibility Worksheet. This worksheet was developed based on the strategic plan, the minutes, and as a result of the December break out session. Each committee area had potential actions which each member rated by priority and feasibility. Bonnie will take the responses and compile the priorities by top overall area and then by each committee area. This will be used in revising the upcoming years' (3 to 5 years) goals.

The meeting adjourned at 11:30.

**Next meeting dates (tentative, dependent on location): May 12, Aug 18,  
and Nov 16, 2010.**