

**Current Implementation of Governor's Council on Physical Fitness
Recommendations
2007-2008**

Legislative

1. *Breakfast Bill*, HB 623: Requires each district school board, beginning with the 2010-2011 school year, to expand the School Breakfast Program (currently required in elementary schools) to all middle and high schools. Directs each school district, beginning with the 2009-2010 school year, to annually set prices for breakfast meals which cover the costs of the breakfast meals, except if the district school board sets lower prices. Each school district is also required to annually provide students and parents with information about the district's School Breakfast Program. Each school is directed, to the maximum extent practicable, to serve breakfast at alternative sites (e.g., "Grab 'n' Go Breakfast").
2. *Physical Education Bill*, SB 610: Cites this act as the "Don Davis Physical Education Act." Requires physical education for students in grade 6 through grade 8. Students in grade 6 who are enrolled in a school that contains one or more elementary grades so that on any day during which physical education instruction is conducted there are at least 30 consecutive minutes per day. Beginning with the 2009-2010 school year, the equivalent of one class period per day of physical education for one semester of each year is required for students enrolled in grades 6 through 8. Provides for waivers under certain circumstances. Requires school districts to notify parents of the waiver.

Non Legislative

1. *Worksite Wellness Policy Workgroup*: DOH Worksite Wellness Workgroup - Team of DOH employees (CHD administrators, Healthy Communities Healthy People Coordinators, Nurses, HR, legal, facilities) from across the state working towards developing a policy for worksite wellness for DOH. The group is divided into two subcommittees - policy and barriers. The barriers group will look at those barriers found to worksite wellness at the state and work to find solutions. The workgroup hopes to release a draft policy at the Summer Wellness Institute in June.
2. *DMS Wellness Council*: DMS Wellness Council - Last meeting was held January 10, 2008. Dr. Karen Chapman, is the new chair. The next meeting for the SOF Employee Wellness Council is June 10th from 2:30 p.m. - 4:30 p.m. by conference call. The number to call in is (888)808-6959 and the conference code is 1214504.
3. *Reinstatement of Breastfeeding Coalition*: The Florida Breastfeeding Coalition (FBC) is a statewide multidisciplinary group of individuals, businesses, and organizations with the following mission: to improve the health of Floridians by working collaboratively to protect, promote, and support breastfeeding. The inaugural meeting of key individuals supporting the formation of a statewide breastfeeding coalition was held on April 11, 2008. The attendees included three physicians from three teaching hospitals/state universities, International Board Certified Lactation Consultants, Registered Dietitians, WIC Breastfeeding Coordinators, Registered Nurses and a PhD. They traveled to meet together in Maitland, FL from Miami, Pensacola, Tallahassee, Tampa, Cocoa Beach, Jacksonville and other Florida cities. The Florida Breastfeeding Coalition is in the process of developing by-laws, objects and this website as well as incorporating and soliciting donations for financial

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sustainability. The Center for Disease Control is tracking state breastfeeding rates and promotion activities and has encouraged the formation of statewide coalitions. The CDC reports information about coalitions and coalition websites in the [CDC Breastfeeding Report Card](#). The [United States Breastfeeding Committee](#) has also been involved in the interface with the state breastfeeding coalitions. As a statewide coalition, the Florida Breastfeeding Coalition will be registered with the CDC and with the USBC and will be able to participate in national training seminars and meetings to assist our state in legislative advocacy, minimizing barriers to breastfeeding, and supporting breastfeeding for healthy mothers and babies/children.

4. *FIFNC Breakfast Campaign: The Florida Interagency Food and Nutrition Committee (FIFNC)* was founded over 30 years ago to coordinate the delivery of effective nutrition, food security, and food safety programs and services to the public. FIFNC—whose membership consists primarily of representatives of agencies that administer USDA/FNS food and nutrition programs—meets three times a year to share ideas, coordinate resources, and partner on multi-agency food security and nutrition education projects. FIFNC is the catalyst for the State Nutrition Action Plan (SNAP) which is a directive of USDA/FNS for States to identify common nutrition goals and formulate a plan for working together to achieve those goals. The primary purpose of SNAP is to strengthen collaboration on nutrition education and promotion efforts among the FNS programs within the States. Agencies represented on FIFNC include the Florida Department of Agriculture and Consumer Services; Florida Department of Children and Families; Florida Department of Education; Florida Department of Elder Affairs; Florida Department of Health; University of Florida IFAS Extension; U.S. Food and Drug Administration, Florida District; and the Florida Area Health Education Centers (AHEC) Network. One primary focus of FIFNC is to work together to produce and conduct statewide nutrition education campaigns that deliver consistent behavior-focused nutrition messages. The purpose of these campaigns is to foster public awareness regarding the importance of good nutrition and physical activity, and to promote lifestyle behavior changes that lead to positive nutrition status, healthy body weights, and fitness. FIFNC's upcoming campaign promotes eating a healthy breakfast to jump start the day. Many sections will focus on school breakfast and making healthy choices. The manual should be available late 2008/early 2009.

5. *Step Up Florida! Transition to Healthy Floridians:* “Step Up, Florida - On Our Way to Healthy Living!” is a statewide initiative that promotes physical activity and healthy nutrition for all Floridians, highlights local and state level opportunities for people of all abilities to be physically active, and provides an opportunity to create partnerships on a state and local level among healthy lifestyle stakeholders. This initiative started in 2004, reaching over 13,000 participants across 37 counties. Since its inception Step Up, Florida! has seen continued growth and in 2007 reached over 300,000 participants with the message of daily physical activity and healthy nutrition. In keeping with council recommendations, Step Up, Florida! was expanded to include healthy nutrition in 2008 and both February and March have been designated as Healthy Floridians Months. Step Up, Florida! will transition into Healthy Floridians Month(s).

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6. The Body Mass Index (BMI) project was funded by the CDC for 2007-2008. Three states were funded by the CDC with the intention developing BMI surveillance systems in states that already had an infrastructure. The DOH coordinated the project with Coordinated School Health Program, Chronic Disease Prevention and Health Promotion, State Epidemiologists, Department of Education (DOE), School Health, and Collier County Health Department. The initial goal was to look statewide at BMI collection at the school district level. A survey was developed and distributed to all school districts assessing BMI is currently evaluated. The project report will be submitted on June 29th.