

FLORIDA HEALTHY SCHOOLS

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GOVERNOR'S COUNCIL ON PHYSICAL FITNESS PRESENTS STATE PLAN OF ACTION TO GOVERNOR CHARLIE CRIST

On December 1, 2007, Governor Charlie Crist accepted recommendations and a proposed state plan of action from the Governor's Council on Physical Fitness. During the past six months, the Council has worked to develop and finalize its recommendations regarding the nineteen objectives identified in Executive Order 07-52.

The Council has been charged with the task of developing a state plan of action to increase Floridians' level of physical fitness through regular exercise and sound nutrition practices. The goal is to reduce the number of Floridians who suffer from chronic diseases resulting from obesity within the next ten years.

From August through December, the Council heard testimony from best practices programs related to education, health, nutrition, and active lifestyles from faith-based organizations, schools, hospitals, government agencies, non-profit groups, as well as concerned Floridians. Based on the testimonies, the Council developed 39 recommendations that address issues such as school lunches,

physical education in schools, and improving Floridians' ability to walk and bike to work and school.

While many of the proposed recommendations will take time to implement, some will require immediate steps.

The following policy and program recommendations to promote a healthier lifestyle for Florida's citizens have been deemed a priority by the Council:

- Require 225 minutes of physical education per week for grades 6 through 8 by the 2010 school year. Implement and provide adequate funding along with amendments authorizing changes to the curriculum or an increase in the hours of a school day.
- Require 225 minutes of physical education per week for grades 9 through 12 by the 2012 school year. Implement and provide adequate funding along with amendments authorizing changes to the curriculum or an increase in the hours of a school day.



- Align current nutrition policies in elementary, middle, and high schools with the most recent recommendations of the National Academies Institute of Medicine regarding nutrition standards in schools.
- Improve the health of Floridians by creating a Healthier Floridians Challenge Certification and Recognition Program that will acknowledge alterations, enhancements, innovations and improvements that are likely to better the health and fitness of Florida citizens.
- Initiate a "Healthy Lifestyle School" designation for public and private schools and establish standards for obtaining the designation.
- Improve nutrition for those who live, work and

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play in Florida by investigating the practice of posting nutritional information for foods served in restaurants and fast food establishments, and, if posting is feasible, designate a state agency to monitor compliance with the posting requirement and the accuracy of the nutritional information.

- Designate a specific month(s) of each year as "Healthy Floridians Month(s)" to promote physical fitness through increased public awareness of the need for an active lifestyle.

For more information regarding the Governor's Council on Physical Fitness or to review the state plan of action, please visit www.healthyfloridians.org

Broward County - A Success Story in Finding Common Ground

Broward County, Florida, is a unique mix of cultures, mores and socio-economic backgrounds. The county remains in the top three locations in the nation for new AIDS cases and ranks high in pediatric and youth HIV infection rates. HIV prevention education is a critical issue, but the community has been divided as to how this should be accomplished.

Broward County Public Schools (BCPS) serves more than 262,616 students, K-12, representing a diverse, multicultural/multi-ethnic population (students from 163 countries, speaking 55 languages). Additionally, more than 120,000 students are served in adult and community education.

Cultural and political diversity within the county presents complex challenges in meeting the needs for HIV/AIDS education in a public school setting. Conservative and liberal views conflict; policies and procedures are continuously challenged on all fronts. Curriculum, training and student activities are scrutinized by groups seeking to ensure that their concerns are addressed.

In the fall of 2006, an HIV/AIDS Advisory Committee was established to provide a platform for all stakeholders to take part in decision-making processes. The following sectors within the community were invited to take part:

American Red Cross Broward County Chapter	Broward County AIDS Planning Council
Broward County Health Department	Broward County Public Schools/District-based Administration
Broward County Public Schools, Department of Diversity	Broward County Public Schools, Parent-Teacher Organizations
Broward County Public Schools, Safe and Drug Free Schools	Children's Diagnostic and Treatment Center-Connect to Protect
Community Blood Centers of South Florida	Gay & Lesbian Community Center
Jewish AIDS Network	Memorial Health Care
Mount Olive Development Corporation	Parents, Students and Teachers

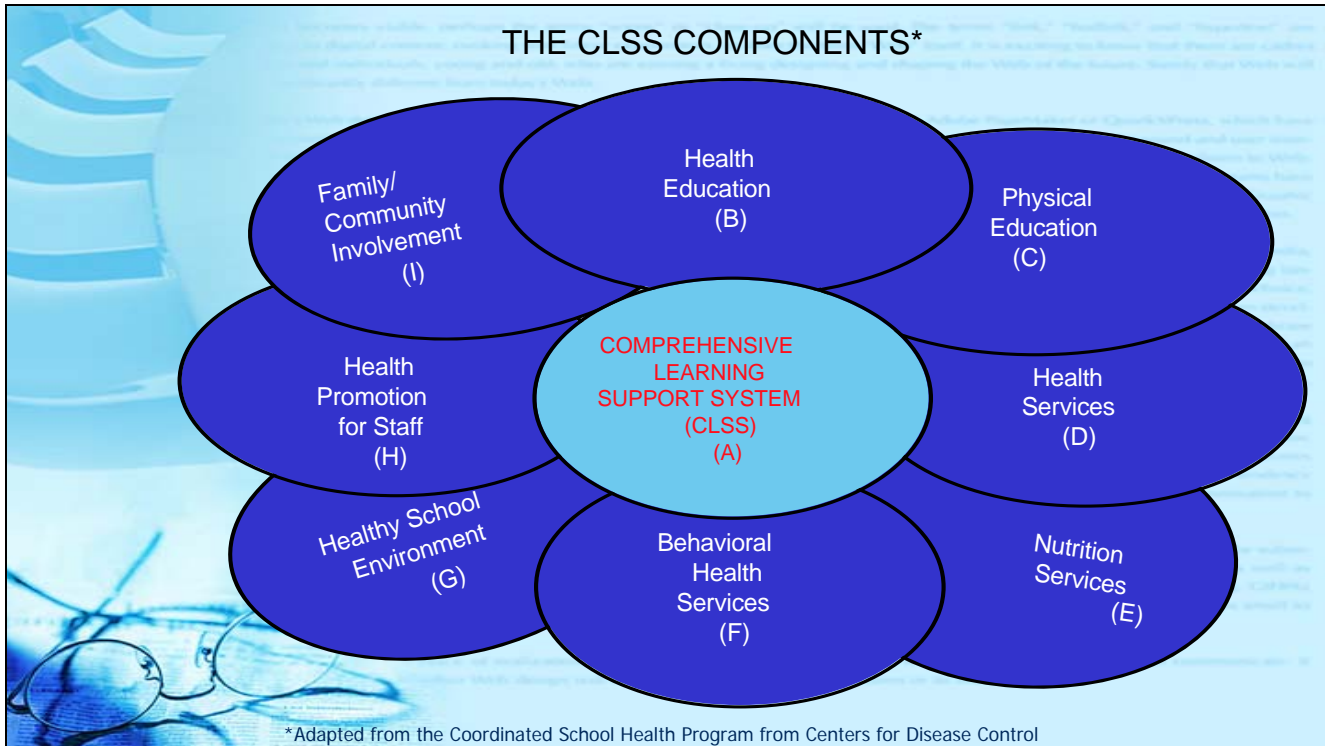
Reception to the concept of a "finding common ground" advisory committee was positive. The first meeting was held in December of 2006 at BCPS offices with 12 participants in attendance. During the first meeting, ground rules were established by the group. It was determined that all participants would respect the opinions and perspectives of others. If differences of opinions were raised, each member would allow the other to have his/her say. It was suggested that a "restating model" would be helpful (i.e.: "Let me restate what I heard you say"). The established and agreed upon rules were posted and revisited prior to and during each meeting to ensure adherence. There were many points of agreement and an equal number of disagreements. The facilitator helped the committee stay focused on the goals and norms, with an understanding that the process of "finding common ground" would take time.

The group decided to hold meetings monthly. Topics for discussion were selected and objectives were quickly established, with particular focus on procedures regarding HIV/AIDS curriculum and content for students. The composition of the committee proved invaluable to the group's effectiveness. Additional members were proposed and inclusion was decided through a democratic process. As additional meetings were held, and minutes were shared among all members (regardless of attendance), attendance increased.

The BCPS HIV/AIDS Advisory Committee has proven to be a powerful resource in assisting the district with HIV curriculum, training, policy and procedural issues. The Committee has guided BCPS Student Support Services in decision-making regarding HIV/AIDS education and relevant health topics. On June 20, 2007, the Advisory Committee assisted BCPS with a presentation to the Broward County School Board, which addressed improved health/HIV education for all students, grades K-12. *(continued on page 3)*

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As a result of successful community collaborations, steering committees, and advisory councils, such as the *BCPS HIV Advisory*, the School Board of Broward County is developing a **Comprehensive Learning Support System (CLSS)**. The **CLSS** will provide a coordinated continuum of services to bolster student achievement by promoting healthy development, preventing problems, intervening early after the onset of problems, and providing special assistance for severe and chronic problems. The intent of the **CLSS** is to align resources, prevent and minimize obstacles to learning and maximize student engagement. Schools and communities will work together to produce safe, healthy, nurturing environments/cultures - characterized by respect, trust, caring, support and high expectations. The **CLSS** will provide a comprehensive, multifaceted approach, incorporating all eight areas identified in CDC Coordinated School Health model, to support all students in achieving their highest potential.



Submitted by: William Sydnor, HIV/AIDS Facilitator Broward County Public Schools

Calendar of Upcoming Events in 2008:

January 15—18, **Effective Strategies Institute *Get Moving Toward Victory Lane – Graduates are Winners*** Daytona Beach

For additional information, please contact Kimberly Davis, Director of Dropout Prevention, at Kimberly.Davis@fldoe.org or by telephone at 850-245-0847.

January 17-18, **Staff Wellness - 17th Annual Health Benefits and Expo Conference** Tampa

Click on the link for specific information: <http://hbce.com/ConferenceProgram2008.pdf>

February 8-9, **Florida Association of School Nurses State Conference *"School Nurses Educate for Life"*** Orlando

For info, go to www.FASN.net

If you would like your upcoming events posted in the summer newsletter, please send the information to carol_vickers@doh.state.fl.us by March 17th, 2008.

Florida's Coordinated School Health Program

Your CSHP Staff Contacts

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FLORIDA DEPARTMENT OF EDUCATION
www.fldoe.org



E-mail your success stories and upcoming events to carol_vickers@doh.state.fl.us



*CSHP Welcomes New Team Members
Nichole Wilder, Physical Education Coordinator
Florida Department of Education
Erica Douglas, Youth Involvement; Physical
Activity, Nutrition and Tobacco (PANT)
Coordinator, Florida Department of Health*

Pinellas Projects Keeping Kids With Asthma and Diabetes in School

The Asthma Project is a partnership between Pinellas County Schools, Pinellas County Health Department, GlaxoSmith Kline and the Asthma & Allergy Foundation of America. The goal of the program is to improve quality of life and reduce absenteeism for students with asthma. During the spring of 2006, baseline data on the absenteeism of 2nd, 3rd and 4th grade students with asthma was collected in eleven (11) schools. School nurses were trained on how to collect student absenteeism data and how to measure students' daily usage of Peak Flow Meters. They also coordinated the student asthma lessons with the Asthma/Allergy Foundation of America (AAFA). In the fall of 2006, lessons on managing asthma were presented to the students by AAFA volunteers. GlaxoSmith Kline donated Peak Flow Meters and provided education for local physicians and office staff on the

importance of peak flow meters for preventing asthma attacks and the purpose of the asthma school project. This asthma education and compliance monitoring project has shown a 33% reduction in student absences, thus providing an improvement in the quality of life and academic success for the asthmatic student.

Family Fun Nights for Diabetes Management is a Pinellas County Schools partnership with the Pinellas County Cooperative Extension Service, Kash-N-Karry Food Stores and Animas Corporation to promote a healthy lifestyle through education, improved eating habits, physical activity and emotional support for the diabetic student and their family members. A series of classes are provided for diabetic students and their family members. These classes are held in the evenings at a middle school and focus on nutrition, cooking, and physical activity. The preparation of the provided dinner is a joint effort between the presenter, stu-

dents, and parents. While all delight in their healthy meals, they also receive education on managing their diabetes. A Pre- & Post- Lifestyle/Behavior questionnaire is used to collect data on behavior changes for the diabetic student and the family members. Follow-up to determine further needs is conducted through phone and e-mail contacts with students and parents. A new family support group has already been created from this project. We are hopeful that a student support/mentoring program will follow the final session.

There are many other wellness activities being implemented by the Steps to a Healthier FL program in Pinellas County Schools. To see more activities go to www.pinellas.k12.fl.us/CI/STEPS.

Submitted by: Lisa Ross, School Coordinator, Pinellas County Schools, Steps to a Healthier FL/Pinellas Grant