

Revised Draft Recommendations

December 29, 2003

NOTE TO REVIEWER: The task force approved all draft recommendations during the conference call on December 29, 2003 as stated or with minor edits. The draft recommendations below incorporate amendments to the original draft recommendation and are shown as underline (for added) or strikethrough (for delete).

The Role of the Family in Promoting Lifelong Healthy Nutrition and Physical Activity

1. The task force recommends that families and other caregivers coordinate with schools, community organizations and policy makers to support and sustain healthy lifestyles among youth. Parents and caregivers should promote family meals with no television or other distractions and should encourage reading instead of television viewing or computer use following the American Academy of Pediatrics' policy of allowing no more than two hours of screen time per day. Parents and caregivers should seek out and provide options other than television viewing or computer use for children after school and provide healthy snack options and parents should be empowered to provide positive role models and opportunities for healthy lifestyles to children.

The Role of the Community in Promoting Lifelong Healthy Nutrition

2. The task force strongly recommends that communities promote lifelong healthy nutrition through opportunities available within each locale and to create, support and maintain new partnerships to assist in this effort. Businesses, governments, associations and organizations all can collaborate and form partnerships to ensure healthy nutrition is more abundant for all residents and should look to available resources to provide exhibits and demonstrations on healthy eating and cooking. Chain restaurants should post nutrition information that is readily accessible by the consumer and are encouraged to partner with local grocers and vendors to promote healthier ingredient usage and should promote the national *5 A Day* campaign to increase fruit and vegetable consumption.
3. The task force strongly recommends that other community organizations including faith-based organizations, civic and service clubs, voluntary health agencies, boards and commissions, and other local projects review programs and determine options for promoting healthful nutrition opportunities into current and future planning.

The Role of the Community in Promoting Lifelong Physical Activity

4. The task force strongly recommends that communities promote access to lifelong physical activity opportunities by working with local governments, planners, land and real estate developers, organizations and associations, clubs, and other policy making agencies within a community. Communities must review local environments and assess where improvements for physical activity opportunities may be implemented and should invest in bicycle and pedestrian infrastructure and review transit-oriented development to promote "walkable" and "bikeable" communities and should review long-term planning efforts to ensure that numerous physical activity options are available to residents for safe areas to exercise and play. Communities should consider investing resources in

efforts to assist family and community members to work with and mentor to youth to promote leadership and positive role models.

5. The task force strongly recommends that state and local agencies responsible for community planning ensure that policies are routinely considered for accommodating pedestrians and bicyclists and others who share the roadways and pathways in each community and ensure that communities have bicycle and pedestrian development plans as part of their planning process for new construction. These agencies must also advocate for improved planning for new construction and determine the possibility of retrofitting current communities to designate safe areas for adults and children to exercise and play. This includes improvements for sidewalks, street lighting, traffic calming, and other environmentally safe constructs that encourage physical activity.
6. The task force strongly recommends that other community organizations, including faith-based organizations, civic and service clubs, voluntary health, boards and commissions, and other local projects review programs and determine options for including increased physical activity opportunities into current and future initiatives.

The Role of Healthcare Providers in Promoting Lifelong Healthy Nutrition and Physical Activity

7. The task force strongly recommends that healthcare providers be empowered to support healthy eating and increased physical activity among their patients and are encouraged to implement national practice standards to assess their patients weight and physical activity status on a routine basis. The use of licensed nutritionists and dieticians is encouraged to provide sound nutritional counseling.
8. The task force strongly recommends promoting health insurance efforts that support science-based eating and physical activity programs and working with the health insurance industry to offer incentives to people who practice healthier lifestyles.
9. The task force strongly recommends promoting weight loss and weight management in programs focused on diabetes, congestive heart failure and hypertension or high blood pressure and supports and endorses using medical practice guidelines for the promotion of healthier lifestyles and disease management.

The Role of Public Health in Promoting Lifelong Healthy Nutrition and Physical Activity

10. The task force strongly recommends that the Department of Health continue to promote lifelong physical activity through current programming and seek to enhance this effort by increasing opportunities, programming, leadership, and funding through local county health departments. The Department should work with the Governor's Office to establish promotional opportunities that reinforce national and state health observances and will work to appoint a Governor's Task Force on Fitness and Health. The Department should also design and implement evidenced-based healthy behavior campaigns and programs that are culturally sensitive and consider all populations in Florida and should ensure an evaluation component to assess success. The Department should continue to assess the current burden of overweight and obesity on the state and promote this information and data to policy makers, should seek out and apply for funding opportunities, work toward strengthening state and local public health

programs on nutrition and physical activity, and should request state funding for promotion of the *5 A Day* program. The Department should develop tools to assist in promoting healthy lifestyles and should develop a state-level clearinghouse for easier resource access.

The Role of Schools in Promoting Lifelong Healthy Nutrition

11. The task force strongly recommends that every school district be required to by state government to maintain an independent nutrition advisory panel. This panel will be charged with meeting at least annually to review and determine strong school district policies surrounding all nutritional offerings at schools and will report annually on compliance to the Department of Education and the local school boards. The panel will ensure that school food services policies are revised when research provides new evidence of practice standards' improvements. School nutrition offerings include daily school breakfasts and lunches, vending selections, a la carte selections, fundraising selections, and other food options that are available on school grounds. This includes incentives (coupons provided to students for positive performance) that are provided by local businesses to promote product familiarity and loyalty. The panel will make recommendations regarding school nutrition assessments using the Centers for Disease Control and Prevention's School Health Index and will determine further recommendations for improving healthful nutrition. The panel will make recommendations on actions to reduce the use of food as a reward and or punishment and provide non-food options to teachers to continue to reinforce positive student performance. The panel will make recommendations on improving the time allocated for school lunches for students and will work to ensure an enjoyable eating experience and will review and approve all non-federally approved food service contracts to assure compliance with nutritional standards. A majority of this panel will be comprised of parents of school children, additional representatives will include a healthcare professional with expertise and knowledge about the prevention of overweight and obesity, a registered dietitian, student representatives, teachers, and school food service personnel.
12. The task force strongly recommends that school districts elect to include formal curriculum on nutrition and dietary instruction in kindergarten through twelfth grades. Teachers will be given education and training on how to model healthy eating behaviors and they will be empowered to facilitate educational opportunities to support and sustain lifelong healthy eating. Nutrition education will be incorporated into various curricula including, but not limited to, math, science, home economics, and language arts and will be linked to the Sunshine State Standards where possible. Nutrition activities will be integrated into other educational opportunities both inside and outside of the classroom. Teachers, administrators, school food service personnel, other school personnel, and parents and students will all collaborate on creating a healthy nutrition environment.
13. The task force strongly recommends that school districts elect to enforce and monitor compliance with the current United States Department of Agriculture and Centers for Disease Control and Prevention dietary guidelines as they relate to school food service offerings. Where possible, federal standards should also be incorporated by schools to manage those items not currently covered under these federal standards such as a la carte offerings, vending selections, before and after school food service, fundraising opportunities, and other school nutrition offerings.

14. The task force strongly recommends that school districts elect to seek partnerships with local businesses, industries, corporations, philanthropies, and other organizations, including state and federal grant opportunities that may assist in providing funding and or resources to schools that have economic needs typically filled by vending sales.
15. The task force strongly recommends that school districts elect to utilize multimedia methods and awareness events to support healthful nutrition throughout the school year targeting not only students and staff but also parents and caregivers utilizing various technologies. Events can include health observances such as *5 A Day Week* or designated weeks to promote different types of nutrition activities, celebrations and assemblies including a healthy nutrition message, implementation of nutrition fairs similar to science and history fairs, and support of speaker's bureaus to expand knowledge, skills and abilities of parents and staff should be provided.

The Role of Schools in Promoting Lifelong Physical Activity

16. The task force strongly recommends that every school district be required by state government to maintain an independent physical activity and physical fitness panel. This panel will be charged with meeting at least annually to review and determine strong school district policies surrounding all physical activity/fitness offerings at schools and will report annually on compliance of these offerings in schools to the Department of Education and the local school boards. School physical activity/fitness offerings include those activities that occur both during and after school that are part of the school environment. The panel will make recommendations upon assessing the school environment using the Centers for Disease Control and Prevention's School Health Index and will determine further recommendations for student fitness testing every year beginning in the first grade. The panel will make recommendations on actions to reduce the use of physical activity as a reward and or punishment in the classroom and provide options to teachers to continue to reinforce positive student performance. The panel will make recommendations on the installation of fitness facilities for all new school construction and will make recommendations for safety issues. A majority of this panel will be comprised of parents of school children, additional representatives will include a healthcare professional with expertise and knowledge about the prevention of overweight and obesity, a certified physical activity expert, student representatives, teachers, and school physical activity/fitness personnel.
17. The task force strongly recommends that school districts elect to include formal curriculum on physical activity and physical education instruction in kindergarten through twelfth grades. Teachers will be given education and training on how to model physical activity behaviors, they will be trained on the importance of building positive physical habits during school and away from school, and they will be empowered to facilitate educational opportunities with other school program offerings to support and sustain lifelong physical activity. Physical activity and physical fitness education will be incorporated into various curricula including, but not limited to, math, science, home economics, and language arts and will be linked to the Sunshine State Standards where possible. Physical activities will be integrated into other education opportunities both inside and outside of the classroom. Teachers, administrators and other school personnel will all collaborate on creating a positive physical activity environment.
18. The task force strongly recommends that school districts elect to enforce and monitor compliance with the current Centers for Disease Control and Prevention physical activity

guidelines as they relate to school offerings. Where possible, standards should also be incorporated by schools to manage those activities not currently covered under these federal guidelines such as before and after school activities, school field trips and programs and other school fitness offerings. School districts should aim for providing numerous and creative physical activity selections such as dance, aerobics and weight training and should be encouraged to seek input from students on the types of offerings that appeal to them. Schools should reinstate regular recess periods (age appropriate) to encourage daily physical activity. Schools should investigate the possibility of using different methodologies and technologies to encourage students to increase their physical activity such as pedometers or interactive physically oriented computer programs and other devices. Schools should address adaptive physical activity issues related to students with disabilities and/or special needs and provide opportunities for individual fitness activities along with organized group sports. Schools should work with local transit and community planning organizations to ensure safe routes to schools so that students and staff can walk or ride bikes to school. School clubs similar to school service clubs should be considered to support physical activity and fitness for those students who do not compete in organized school sporting activities. Schools should review local policies for utilizing school grounds and determine liability issues to support offering school physical fitness facility access to students and staff before and after school hours for activities other than organized sports.

19. The task force strongly recommends that school districts elect to seek partnerships with local businesses, industries, corporations, philanthropies, state and federal grant opportunities, and other organizations that may assist in providing funding and/or resources to schools that have economic needs typically filled by vending sales.
20. The task force strongly recommends that school districts elect to utilize multimedia methods and awareness events to support and promote physical activity/fitness opportunities throughout the school year targeting not only students and staff but parents and caregivers as well. Events can include awareness days such as “Fitness Friday’s” or designated weeks, celebrations and assemblies, implementing exercise fairs similar to science and history fairs, promoting health education programs throughout the school year, and providing incentives to students and staff.

The Role of the Worksite in Promoting Lifelong Physical Activity and Healthful Nutrition

21. The task force strongly recommends that all worksites consider opportunities to improve the overall health of employees to improve job performance, reduce turnover and sick leave and to improve productivity. Employers should encourage and support employees to become more physically active and offer opportunities throughout the workday (via breaks or flexible working hours) for physical activity. Employers should review the work environment to ensure safe facilities for physical activity and should consider providing structured onsite facilities or incentives for promoting physical activities where funding allows or work with local fitness agencies and facilities to promote incentives for membership. Employers should practice physical activity and healthful nutrition and provide leadership as role models for their employees. Employers should review benefit options, especially insurance offerings, and determine where cost savings may be realized by having a healthier workforce and work with benefit companies to determine any cost savings to the employee. Employers should provide workplace policies that promote healthy vending and cafeteria selections and ensure that other healthful nutrition options are available at office meetings and celebrations.