

**ALEXANDRIA CITY PUBLIC SCHOOLS
SCHOOL HEALTH ADVISORY BOARD
MEETING MINUTES**
November 19, 2015
4:00-5:30 pm
Samuel W. Tucker Mini-Auditorium

SHAB Member Attendees: Candace Hill (Chair, parent/ACOAN), Angelica Garcia (AHD/TWC), Michael Humphreys (ACPS), Shelly Morgan (parent/SAPCA), Lisa Perry (parent/Nutritionist), Julie Rocchio (parent)

Other Attendees: Canek Aguirre (community/Anthem), Michele Ballard (ACPS), Julie Crawford (ACPS), Jim Durham (community), Barbara Nowak (ACPS), Dr. Vivek Sinha (Medical Consultant), Olga Wright (ACPS)

Call to Order

Chair Candace Hill opened the meeting with introductions. Barbara Nowak volunteered to be note-taker.

Adoption of Meeting Agenda and Approval of Meeting Minutes

The meeting agenda was reviewed and approved. The minutes of the September 17, 2015 meeting were reviewed and approved.

Old Business and Action Items

Candace Hill welcomed newly confirmed members Angelica Garcia, Michael Humphreys and Lisa Perry. New member Chris Pyke was not in attendance.

Barbara Nowak introduced new ACPS School Health Medical Consultant Dr. Vivek Sinha.

Candace Hill requested updates on the following Scope of Work projects:

- **BMI** – Candace Hill presented Kindergarten BMI data and reported that ACPS is matching national numbers, but is higher than surrounding communities. Members discussed how to continue to observe the data and create longitudinal analysis. Barbara Nowak is identifying a possible graduate student to take on the project. Since height and weight are only collected at school admission, there was consideration about using the PE department to conduct a broader view of BMIs throughout the grades. Collection beyond entrance medical forms will require parent permission. Members discussed that more analysis is required on the BMI data to break it out by race/ethnicity and potentially by school and/or zip code as well. Candace Hill stated that it is ideal to work with a GIS mapper, or someone else from ACPS who can plot the data geographically on a map which can yield valuable feedback for those in obesity prevention programs and for ACPS as well (e.g., are youth with the highest rates of obesity residing in an area with no easy access to a schoolyard or playspace). ”

- *YRBS* – Shelly Morgan reported on alcohol, drug, and tobacco use data gathered in the Youth Behavior Risk Survey and discussed specific data points. In general, ACPS is near or below the national average. There is a change in understanding of risky behaviors after Grade 8. Substance abuse and risky behaviors decreased. Marijuana and inhalant use increased. Jim Durham reviewed the physical activity section which shows Alexandria youth well below national averages yet Alexandria adults twice as active. Dr. Crawford summarized mental health data and suggested Mr. Page can present on long-term trends if useful. Of concern is mental health data which shows almost twice the level of suicidal ideation and a high number of sad or hopeless feelings. Jim Durham commented on the relationship between activity and mental health. Dr. Crawford summarized that students are not getting sufficient sleep and are increasing screen time. Julie Rocchio questioned if excessive homework contributes to the lack of sleep.
- *Movement in classrooms* – Michael Humphreys reported on curriculum to increase activity within classrooms. He spoke about the federal “Let’s Move! Active Schools” initiative where schools go through a diagnostic process and start the program to increase movement which can gain national recognition. Candace Hill asked about an evaluative piece to see if the schools are implementing new programs and strategies. Mike Humphreys explained there is not a monitoring and evaluation component in place yet, but that it is the goal for the future.
- *Health Access Outreach Project* – Julie Rocchio reported that a Health Access Outreach flyer about insurance enrollment and safety net providers went home with all students and SHAB members presented information to PTAC and is starting to visit PTAs to reach parents in targeted schools. Ms. Rocchio requested flyers in Amharic and Arabic and was advised to work with the communications department. Ms. Rocchio requested help sharing information with School Support Teams and was directed to work with Dr. Crawford.
- *JHCH* – Julie Rocchio presented revisions to the JHCH draft on federal “Smart Snacks” regulations. Per School Board request, language concerning lunch times was removed. A memo was prepared to explain to the School Board a waiver was written so that food not meeting new federal requirements can be sold on campus as long as it is not intended to be eaten on campus. Julie Rocchio moved to approve the memo and latest revisions. Candace Hill seconded. Passed unanimously.

New Business and Reports

Scope of Work Assignments – Candace Hill requested that SHAB members review Scope of Work assignments to ensure members are working on assigned tasks. Ms. Hill also requested that members not currently assigned to an assignment should review them to see which one fits with their interests.

School Health Services and WOW Bus Report – Barbara Nowak provided an update on recent Student Health services encounters. Barbara Nowak commented on the success of the WOW Bus which is being utilized to a great extent by ACPS families in the West End schools at Ramsey, Patrick Henry John Adams.

By-Laws – Julie Rocchio asked members to review SHAB By-Laws and suggest edits. Ms. Rocchio will be submitting an updated draft for approval at the January meeting. She pointed out that SHAB has become optional rather than required in Virginia code, but believes state code dictates it still needs to be called an “Advisory Board” not “Advisory Committee” if ACPS opts to have the group.

Communications and Addresses to the Committee

Jim Durham, Chair of the Alexandria Bicycle and Pedestrian Advisory Committee, has worked with SHAB in the past on Complete Streets Initiatives and policy reform, and attended the meeting as a representative from the Steering Committee for the Partnership for a Healthier Alexandria. His goal was to learn more about SHAB's Scope of Work and to see how it fits in with Alexandria's Community Health Improvement Plan (CHIP).

Future Business Dates

1/21, 3/17 & 5/19 4:00-5:30pm; location: Tucker Mini-Auditorium

The meeting was adjourned at 5:35 pm.