



MINUTES TO BE ADOPTED AT NEXT FULL COMMISSION MEETING
AUDIO IS AVAILABLE UPON REQUEST (KYLE.FLOOD@DC.GOV)

UPDATE: MEETING MINUTES ADOPTED JANUARY 24, 2018 BY FULL COMMISSION

Agenda

Healthy Youth and Schools Commission Meeting
Wednesday, Oct. 18, 2017
3:00-5:00 pm

- 3:00-3:05** **Welcome and Introductions**
- 3:05-3:25** **New Healthy Youth and Schools Commissioners**
 - Introductions and Swearing-In
- 3:25-3:35** **Recap the Previous Commission Meeting**
 - Approval of Minutes
- 3:35-3:45** **Update from OSSE**
- 3:45-4:00** **Priorities for the Upcoming Year**
 - Annual Council Report (Due Nov. 30)
 - Review Dates for the 2018 Quarterly Meetings
 - Commissioner Responsibilities
- 4:00-4:10** **Presentation by Dr. Danielle Dooley**
 - Well Child Visits from the Perspective of the Pediatrician's Office
- 4:10-5:00** **Healthy Schools Act Legislation**
 - Fiscal Year 2018 Budget Support Act
 - Healthy Schools Amendments Act of 2017
 - Universal Free Lunch for All Amendment Act of 2017



Healthy Youth and Schools Commission Meeting
Wednesday, Oct. 18, 2017
3:00-5:00 pm

Meeting Summary

This meeting summary serves as a review of the Oct. 18, 2017 Healthy Youth and Schools Commission Meeting held at the Office of the State Superintendent of Education (OSSE, 810 First Street NE, Washington, DC 20002). An audio recording is available upon request (Kyle.Flood@dc.gov). The purpose of the Healthy Youth and Schools Commission is to advise the Mayor and the Council on health, wellness, and nutritional issues concerning youth and schools in the District of Columbia.

Commissioners in attendance: Diana Bruce, William Dietz, Robin Diggs, Danielle Dooley, Taryn Morrissey, Laureen Polite, Charneta Scott, Jeff Travers, Beverley Wheeler, and Audrey Williams.

Welcome/Introductions

- Chairman Jeff Travers opened the meeting by introducing himself and requesting those in attendance introduce themselves to the room.

New Healthy Youth and Schools Commissioners

- Steven Walker, Director of the Mayor's Office of Talent and Appointments (MOTA), conducted an official swearing-in ceremony for new commissioners and commissioners needing reappointment. Commissioners who participated in the swearing-in ceremony included:
 - Diana Bruce (reappointment)
 - Robin Diggs (new appointment)
 - Danielle Dooley (new appointment)
 - Taryn Morrissey (new appointment)
 - Jeff Travers (reappointment)
 - Audrey Williams (reappointment)
- Charneta Scott (reappointment) and Laureen Polite (new appointment) arrived to the meeting after the ceremony and will be sworn-in at a later date. Heidi Schumacher (new appointment) was not in attendance and will be sworn-in at a later date.
- Lauren Biel, whose term expired, was recognized and thanked by Chairman Jeff Travers and OSSE for her service on the Commission.

Recap the Previous Commission Meeting

- Kyle Flood, Policy Analyst with the Office of the State Superintendent (OSSE), provided a brief summary of the May 24, 2017 full Commission meeting and provided both a digital and paper copy of the minutes to all commissioners. Following the summary of the meeting, Chairman Jeff Travers requested a motion to approve the minutes. The motion was accepted and the minutes were approved unanimously.



- Following the approval of the meeting minutes, Chairman Jeff Travers remarked that he had an opportunity to meet with the new OSSE Assistant Superintendent of Education for Health and Wellness, Heidi Schumacher, before she began maternity leave. Heidi Schumacher will serve as a commissioner when she returns from maternity leave.

Update from OSSE

- Kyle Flood, Policy Analyst for the Office of the State Superintendent of Education (OSSE), introduced the 2017 Healthy Schools Act Report to the Commission and provided highlights from the report. The 2017 Healthy Schools Act Report will be published online.
- Aimee McLaughlin, Health Education Specialist for the Office of the State Superintendent of Education (OSSE), provided an update on the 2017 administration of the Health and Physical Education Assessment (HPEA). Aimee also shared information regarding the newly adopted data visualization platform (Qlik) available to schools and local education agencies (LEAs) during and after test administration. Further, Aimee provided an update on the Center for Disease Control and Prevention's (CDC) data analysis of the District of Columbia 2017 Youth Risk Behavior Survey (YRBS). CDC will provide the data to OSSE by November 2017 for analysis and the creation of the 2017 DC YRBS Report. Aimee announced that OSSE will host the YRBS working group meeting on Thursday, October 19, 2017 at 3:00pm at OSSE. That meet will be open to the public.
- Charles Rominiyi, Health Education Specialist for the Office of the State Superintendent of Education (OSSE), provided an update on the Physical Education Leadership Cadre. The Cadre has been selected and will meet on the first Monday of every month.
- Carolina Arango, Nutrition Education Specialist for the Office of the State Superintendent of Education (OSSE), provided an update on the District of Columbia Nutrition Education Plan. The plan is drafted and has finished its work with the stakeholders and working groups. OSSE plans to finalize the plan during the 2017-2018 school year.

Priorities for the Upcoming Year

- Chairman Jeff Travers reminded the room that the Commission is required to produce an annual report for the mayor and DC Council. He will be in touch with Commissioners regarding the creation of the report for the November 30 deadline.
- Kyle Flood, Policy Analyst for the Office of the State Superintendent of Education (OSSE), shared dates recommended by OSSE for the 2018 quarterly full Commission meetings (January 24, April 25, July 25, and October 24). Kyle concluded that he will send the dates to Commissioners via email for confirmation. Once the 2018 dates are confirmed by the Chairman, they will be posted in the District Register.
- Chairman Jeff Travers introduced a "commitments of commissioners" document to commissioners. The document outlines expectations of commissioners for meeting attendance, commission procedures, reporting, subcommittees, and grant review. He also reminded commissioners to please use their official District government email address.
- Commissioner William Dietz requested that the Commission review the meeting minutes from the May 24, 2017 meeting and revisit school mental health and data collection. Chairman Jeff Travers requested that commissioners send recommendations for agenda items to him and OSSE ahead of the next Commission meeting.



Presentation by Dr. Danielle Dooley

- Commissioner Danielle Dooley, Medical Director for Children’s National Health System, presented, “What Really Happens in the Pediatrician’s Office?” The following is an outline of the presentation:
 - What a typical day looks like for pediatricians at Children’s National
 - A lot of information needs to be collected in a short 20 minute appointment
 - Children’s Health Center at Adams Morgan
 - 40 years
 - 85% Latino patient population
 - Mixed immigration status
 - 90% Medicaid patients
 - 10,000 visit a year
 - One of 6 primary care clinics operated by Children’s National Goldberg Center for Community Pediatric Health
 - 40,000 patients
 - 100,000 visits annually
 - Children’s Health Center at Adams Morgan Fast Facts
 - 6 days a week
 - Monday-Thursday, 7:30a.m.-9:00p.m.
 - Friday, 7:30a.m.-5:00p.m.
 - Saturday 8:00a.m.-4:00p.m.
 - School physicals available Saturdays and evenings
 - 20 minute appointment slots
 - Walk-ins welcome
 - Patient-Center Medical Home
 - The PCMH puts patients at the center of the healthcare system and provides primary care that is accessible, continuous, comprehensive, family-centered, coordinated, compassionate, and culturally effective. (AAP)
 - Patient Centered
 - Office hours accommodate families
 - Access
 - 24/7 via telephone/web based patient portal, advanced call center
 - Patient Satisfaction
 - Continuous satisfaction surveys
 - Care Coordination
 - Case management, social work, patient navigators
 - Check-In
 - Visit begins at check-in
 - Screening tools distributed
 - Edinburgh (2 weeks thru 6 months)
 - Ages & Stages (9, 30, 36 months)
 - Strengths & Difficulties (4 – 17 year old)
 - MCHAT (18, 24 months)



- Food Insecurity Screenings
- Nursing
 - Vital signs, including hearing and vision screens
 - Reach Out and Read Books (6 months – 5 years)
 - Fluoride Varnish Kits (9 months – 3 years)
- Provider
 - Well-Child visit templates
 - Medical, Social, Developmental, Academic
 - Academic questions
 - Grade, school, special education, discipline issues, social
 - Confidential time with adolescents
 - Assess results of screening tools
 - Referrals
 - Social work
 - WIC
 - Children’s Law Center
 - Mental health – DC MAP
 - Community agencies
- Fluoride Varnish
 - Tooth decay is the most common childhood chronic illness
 - Dental disease impacts academic performance
 - Oral Health Risk Assessments incorporated into well child visit templates
 - Providers complete training
- DC Mental Health Access in Pediatrics (DC MAP)
 - Free
 - Contact about any issue pertaining to mental health
 - Monday-Friday 9:00a.m.-5:00p.m., call back within 30 minutes
 - Medical providers only
 - www.dcmmap.org
 - Provide basic information about your questions/patient and connect with appropriate team member
 - Psychiatrists, psychologists, social workers
- Our Vision and Approach
 - Our vision is that Children’s National is a school-friendly health care system designed to ensure all children reach optimal health and achieve their fullest academic potential.
 - Education
 - Coordination
 - Collaboration
 - Data-sharing
- <https://childrensnational.org/advocacy-and-outreach/child-health-advocacy-institute/community-affairs>



- Thank you
 - Dr. Danielle Dooley, Medical Director, Community Affairs and Population Health, Children Health Advocacy Institute, Children’s National Health System, dgdooley@childrensnational.org
- During the presentation, Commissioner Danielle Dooley received questions regarding how medical information is collected from families, how students are identified as food insecure, the immediate action steps taken for food insecure families, how children are connected to WIC and SNAP services, which schools feed into the Children’s Health Center at Adams Morgan, what happens when mothers are screened for depression, and absenteeism.

Healthy Schools Act Legislation

- Yair Inspektor, Director of Policy and Planning at the Office of the State Superintendent of Education, and Kyle Flood, Policy Analyst at the Office of the State Superintendent of Education, gave a presentation on the proposed amendments to the Healthy Schools Act. The following is an outline of the presentation.
- Healthy Schools Act Legislation
 - Three pieces of DC Council legislation impact the Healthy Schools Act:
 - Fiscal Year 2018 Budget Support Act of 2017
 - Enacted
 - Healthy Students Amendment Act of 2017
 - Under Council Review
 - Universal Free Lunch for All Amendment Act of 2017
 - Under Council Review
 - The following information provides a section-by-section drill down of significant proposed changes to the Healthy Schools Act.
 - A hearing on the Healthy Students Amendment Act of 2017 is scheduled for Nov. 16, 2017, 11a.m. at the John A. Wilson Building (Hearing Room 412).
- Section 101: Definitions
 - Fiscal Year 2018 Budget Support Act of 2017
 - Added definition for *formula grant process*. --Section 101(1)
 - Healthy Students Amendment Act of 2017
 - Proposes to add definitions for *alternative serving model*, *breakfast after the bell*, *breakfast in the classroom*, *Good Food Purchasing Program (GFPP)*, *health education*, *physical activity*, and *physical education*. Amending the definition of *sustainable agriculture*. –Section 101(1-10)
- Section 102: Establishment of the Healthy Schools Fund
 - Fiscal Year 2018 Budget Support Act of 2017
 - Added \$400,000 one-time funds to be used in FY18 for nutrition education grants and cafeteria grants (kitchen equipment and training sessions for cafeteria workers on cooking skills and nutrition). – Sections 102(c)(9-10) and 102(f)(2)



- Healthy Students Amendment Act of 2017
 - Proposes removing \$.10 per-meal reimbursement for lunch and add \$.10 per-meal reimbursement for breakfast meals that meet HSA requirements (for a total of \$.00 reimbursement for lunch and \$.20 reimbursement for breakfast). – *Section 102(c)(1)*
 - Proposes removing \$7 one-time per-student subsidy for schools offering breakfast in the classroom, adding \$2 annual per-student subsidy for schools offering breakfast in the classroom with 40 percent or more of students qualifying for free and reduced-price meals. – *Section 102(c)(4)*
- Section 201: General Goals and Standards
 - Healthy Students Amendment Act of 2017
 - Proposes to require schools to serve vegetarian food options each week. – *Section 201(a)*
 - Proposes to strongly encourage schools to procure food in a manner consistent with the Good Food Purchasing Program’s core values. – *Section 201(b)*
- Section 202: Nutritional Standards for School Meals
 - Healthy Students Amendment Act of 2017
 - Proposes to amend sodium level requirements for meals *Section 202(b)(1)*
 - Breakfast meals beginning school year 2017-18:
 - Less than 485 milligrams for grades K-5
 - Less than 535 milligrams for grades 6-8
 - Less than 570 milligrams for grades 9-12
 - Lunch meals beginning school year 2017-18:
 - Less than 935 milligrams for grades K-5
 - Less than 1,035 milligrams for grades 6-8
 - Less than 1,080 milligrams for grades 9-12
 - Breakfast meals beginning school year 2022-23:
 - Less than 430 milligrams for grades K-5
 - Less than 470 milligrams for grades 6-8
 - Less than 500 milligrams for grades 9-12
 - Lunch meals beginning school year 2022-23:
 - Less than 640 milligrams for grades K-5
 - Less than 710 milligrams for grades 6-8
 - Less than 740 milligrams for grades 9-12
 - Milk shall not contain added sweeteners or artificial flavorings. – *Section 202(1A)(A)*
 - Grain products shall be 100 percent whole grain-rich. – *Section 202(1A)(B)(i)*
 - “Whole grain-rich” means that the product is 100 percent whole grain or contains a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50 percent is whole grain, and that meets



any other relevant requirements for whole grain-rich products established by the USDA. –*Section 202(1A)(B)(ii)*

- Section 203: Additional Requirement for Public Schools
 - Universal Free Lunch for All Amendment Act of 2017
 - Propose that all schools shall offer free lunch to all students. – *Section 203(a-1)*
 - Healthy Students Amendment Act of 2017
 - Proposes to add requirement that all schools with 40 percent of students who qualify for free and reduced-price meals shall offer breakfast after the bell and maintain that elementary schools shall offer breakfast in the classroom, and middle and high schools shall offer breakfast alternative serving models (excluding schools with 75 percent or more breakfast participation rate). –*Section 203(2)(A-C)*
 - Proposes to add requirement that OSSE grant a waiver to schools required to serve breakfast in the classroom for one semester of one school year if the school submits a written action plan to OSSE showing a strategy to pilot an alternate serving model that will enable the school to reach 75 percent breakfast participation. –*Section 203(3)*
- Section 204: Central Kitchen
 - Healthy Students Amendment Act of 2017
 - Proposes to add requirement that by May 1, 2018, OSSE shall submit a report to the mayor and DC Council describing best practices for developing a central kitchen facility in the District and based on these findings the mayor’s office shall establish the central kitchen facility within three years. –*Section 204(a-d)*
- Section 205: Public Disclosure
 - Healthy Students Amendment Act of 2017
 - Proposes that food service providers shall provide the name of the farm of origin or location where fruits and vegetables, milk and dairy, meat and poultry, seafood, and grains served in schools are grown and processed and whether the growers are engaged in sustainable agriculture practices. –*Section 205(a)(4)*
- Section 208: Free Summer Meals Program Study
 - Healthy Students Amendment Act of 2017
 - Proposes requirement that OSSE and Department of Parks and Recreation shall submit a joint study to the mayor and DC Council on Jan. 1, 2018 regarding strategies for increasing participation in the DC Free Summer Meals Program. –*Section 208*
- Section 301b: Good Food Purchasing Program (GFPP)
 - Healthy Students Amendment Act of 2017



- Proposes requirement that before December 31, 2017, DCPS shall conduct at GFPP baseline assessment to determine how it can better meet the GFPP core values. Before December 31, 2019, DCPS shall use findings from the assessment to increase food procurement consistent with the GFPP and complete a follow up assessment to demonstrate progress toward GFPP core values. –*Section 301b(a-b)*
- Section 401: Physical Activity Goals
 - Healthy Students Amendment Act of 2017
 - Proposes addition of before-school and after-school activities, shared use agreements, physical activity during classroom instructional breaks, and physical activity as a reward for students to the list of ways schools can maximize physical activity. –*Section 401(c)(1-8)*
- Section 402: Physical and Health Education Requirements
 - Healthy Students Amendment Act of 2017
 - Proposes to amend requirement so that schools strive to schedule physical education classes for all students on a weekly basis throughout the full school year as follows:
 - 150 minutes of physical education per week for grades K-5
 - 225 minutes of physical education per week for grades 6-8
 - Proposes that a school shall submit an action plan (detailing efforts to increase the time) to OSSE before the beginning of the following school year if that school offers:
 - less than 100 minutes per week of physical education for grades K-5
 - less than 150 minutes per week of physical education for grades 6-8 –*Section 402(a)(1-2)*
 - Proposes to amend requirement that at least 50 percent of physical education class time shall be devoted to moderate-to-vigorous physical activity. –*Section (402)(a)(3)*
- Section 402b: Physical Activity Requirements for Pre-K3 and Pre-K4
 - Healthy Students Amendment Act of 2017
 - Proposes to add requirement that schools shall provide 60 minutes of moderate-to-vigorous physical activity per day for pre-K3 and pre-K4, with a goal of 90 minutes of physical activity, and provide at least two 20-minute sessions of outdoor physical activity per day, weather and space permitting. –*Section 402b(1-3)*
- Section 601: Local Wellness Policies
 - Healthy Students Amendment Act of 2017
 - Proposes to grant OSSE the authority to deem a school ineligible for HSA grants if the school has a local wellness policy that does not conform to



the standards or is found not to comply with its local wellness policy. –
Section 601(d)

- Section 701: Establishment of the Healthy Youth and Schools Commission
 - Healthy Students Amendment Act of 2017
 - Proposes to add requirement that on a rotating basis, one Commissioner shall participate in OSSE’s grant review process to award grants under the Healthy Schools Fund. –*Section 701(b)(8)*
- Following the presentation by OSSE, Chairman Jeff Travers opened the floor for questions on the proposed legislation and emphasized the importance of testifying or submitting testimony for the DC Council hearing on the legislation. Questions from the group in attendance included:
 - How schools can work with OSSE regarding specific dietary needs for students and the sugar and carb count on school meal menus.
 - Requirements for school meal nutritional information being shared with parents and students. If the menus are shared online, there may be a digital divide for families (schools should ensure it can be accessed on smart phones). How can families and communities be taught to align with healthy meals in schools. How can families be engaged in nutritional content of meals at school and home.
 - Removal of sweeteners and flavors in milk might discourage students from taking any milk and lead to vitamin D deficiencies (no chocolate milk or flavored soy milk option). Whether soy milk is enriched with vitamin D and whether rice and almond milk is served in schools.
 - How a central processing kitchen facility study would work and be self-operating. How a central processing kitchen could be a job creator and cut down costs. How a central processing kitchen can serve beyond schools, including childcare centers and homes that cannot meet meal standards on their own. Whether there are cost estimates for a central processing kitchen facility.
 - Rational behind moving \$.10 from per-lunch meal reimbursement and adding \$.10 to breakfast per-meal reimbursement. Whether there are cost estimates for this change.
 - Whether pre-K is included in meal nutrition standards for schools.
 - Impact of the universal free meals legislation on school costs and meal distribution.
 - Whether any cost estimates have been conducted regarding the potential increased school meal waste for the universal free lunch legislation.
- Commissioners requested two additional public conference calls to continue the conversation on breakfast-in-the-classroom and physical education minutes. The calls will be scheduled and details shared with those in attendance.

Conclusion

- The next Commission meeting will be scheduled and posted to the District Register and on open-dc.gov.

Meeting adjourned at 5:05pm