



MEETING MINUTES

**MINUTES UNANIMOUSLY ADOPTED AT THE COMMISSION MEETING ON
NOV. 20, 2019**

AUDIO IS AVAILABLE UPON REQUEST (CAITLIN.SHAUCK@DC.GOV)

AGENDA

**Healthy Youth and Schools Commission Meeting
Sept. 11, 2019
3-5 p.m.**

Welcome and Introductions

Recap of the Previous Commission Meeting
Approval of Minutes

Legislative Update

Update from OSSE
General Announcements
Early Learning Standards

DC School Breakfast Scorecard

DC Green School Program

Updates from Strategic Plan Working Groups

Comments from Commissioners on Current Work

Final Discussions, Closeout, and Priorities for Next Meeting

Healthy Youth and Schools Commission Meeting

Sept. 11, 2019

3-5 p.m.

Meeting Summary

This meeting summary serves as a review of the Sept. 11, 2019 Healthy Youth and Schools Commission Meeting held at the Office of the State Superintendent of Education (OSSE, 1050 First Street NE, First Floor, Washington, DC 20002). An audio recording is available upon request (Caitlin.Shauck@dc.gov). The purpose of the Healthy Youth and Schools Commission is to advise the Mayor and DC Council on health, wellness, and nutritional issues concerning youth and schools in the District of Columbia.

Commissioners in attendance: William Dietz, Kristy McCarron, Beverley Wheeler, Jeff Travers, Heidi Schumacher, Taryn Morrissey, Audrey Williams, Charneta Scott

Commissioners in attendance via phone: Danielle Dooley

Welcome and Introductions

- Chairman Jeff Travers opened the meeting at 3:10 p.m.
- Each of the commissioners in attendance introduced themselves.

Recap of the Previous Commission Meeting

- Chairman Jeff Travers asked commissioners to review the minutes from the May 22 meeting.
- Commissioner William Dietz noted that he had asked a lot of questions at the last meeting.
- Commissioner William Dietz motioned to approve the minutes, Commissioner Heidi Schumacher seconded, and the minutes were unanimously approved by the commissioners

Legislative Update

- Caitlin Shauck, Policy Analyst at OSSE, gave a legislative update. The Fiscal Year 2020 Local Budget Act of 2019 and the Fiscal Year 2020 Budget Support Act of 2019 have been passed, including funding for the Healthy Students Amendment Act of 2018 and the School Safety Omnibus Amendment Act of 2018.

Update from OSSE

- Commissioner Heidi Schumacher, Assistant Superintendent of Health and Wellness, provided an update from OSSE.
 - Commissioner Schumacher introduced new members of OSSE's Division of Health and Wellness: Jessica Duncan, Early Learning

Health and Wellness Specialist, and Claudia Price, Project AWARE Program Coordinator.

- Growing Healthy Schools Month is in October.
- OSSE is doing deep work in partnering with the Department of Behavioral Health on the mental health expansion project.
- OSSE is doing a lot of work to increase immunization rates of students in early learning settings and in schools.
 - Commissioner William Dietz asked what the immunization rate is currently.
 - Commissioner Schumacher responded that OSSE does not have information on all immunizations currently but does have information as of the end of last school year. 77% of DCPS students and 78% of public charter school students were up-to-date on all immunizations.
 - Chairman Jeff Travers noted that there are a lot of bus ads promoting immunizations.
 - Commissioner Schumacher responded that the Department of Health has done a lot of deep work. Commissioner Robin Diggs is now working on this portfolio.
 - OSSE has been doing recruitment for grants, including the School Garden Grant and Environmental Literacy Grant.
- Tia Brumsted, Deputy Assistant Superintendent of Health and Wellness at OSSE, presented on the updated early learning standards, which the Division of Health and Wellness collaborated on with the Division of Early Learning.
 - Commissioner William Dietz asked what “competent eating behavior” is.
 - Tia Brumsted responded that the Nutrition team gave input and this updated language came from new research.
 - Lindsey Palmer, Director of Nutrition Programs at OSSE, commented that it is similar to intuitive eating.
 - Additional information is available in the slides.
- Chairman Jeff Travers noted that there was going to be a change to the agenda, and the commission would now hear updates from the Healthy Youth and Schools Commission strategic plan working groups.

Updates from Strategic Plan Working Groups

- Commissioner Kristy McCarron presented an update from the nutrition education working group.
 - Additional information is available in the slides.
 - Commissioner William Dietz asked about how to measure outcomes using data.

- Commissioner McCarron responded that at the Nutrition Educator Summit they surveyed for evaluations that are already being done across age groups. They found a lot of common denominators. They are hoping to have a conversation about this more at the November Nutrition Educator meeting to identify three to five indicators.
- Commissioner Dietz asked if there is a mechanism to collect the data.
 - Commissioner McCarron responded that that is something they will need to figure out. They anticipate needing funding to have someone do evaluation, and they are not there yet.
 - Laura Belazis from DC Central Kitchen commented that they would love to start engaging academic or research groups at the early stages to advise them, as they will likely need a third-party evaluator.
- Laura Belazis presented on the Nutrition Educator Summit.
 - Additional information is available in the slides.
 - She noted that there is an enormous number of groups doing nutrition education but not much coordination amongst them.
 - No two organizations were using the same nutrition education curriculum.
 - Organizations were interested in having a forum to network.
 - Chairman Jeff Travers asked how many people attended the summit.
 - Laura Belazis responded that about 135 registered and about 90 attended on the first day. About 75-80 attended on the second day, but they were often different people. Over 60 organizations registered. They made efforts to cross as many sectors as possible.
 - The group was interested in having follow-up meetings as subgroups.
- A community member provided more information on DC Nutrition Education Day.
 - The group has been working with OSSE, which leads Strawberries and Salad Greens Day.
 - The group will focus on one day to promote fruits and vegetables.
 - They will follow-up with participants after to learn if their fruit and vegetable consumption increased.
 - This will be a model to begin the collaboration.
- Commissioner Dietz asked if schools have a curriculum on climate change.

- Commissioner Heidi Schumacher responded that the individual local education agencies (LEAs) select the curriculum. She said she was not sure about the standards
 - Kyle Flood, Manager of Policy and Compliance at OSSE, responded that he does not think it is climate change in particular. It says “sustainability.”
 - Commissioner Dietz responded with data about the greenhouse gases produced by the food and agriculture system and plate waste. Almost one-third of the greenhouse gases associated with climate change come from the food system. DC is part of the American Cities Climate Challenge group, which is looking at plate waste.
 - A representative from DOEE commented that they are interested in how to reduce plate waste while also supporting healthy and intuitive eating.
 - Commissioner Dietz asked to what extent we can move to more plant-based food purchasing for school meals.
 - Kristen Rowe, Manager of Health Service at DC Public Schools, noted that DCPS has started the Good Food Purchasing Program evaluation to determine where they are now so that they can get to a more sustainable process in the future.
 - A representative from DCPS’s Food and Nutrition Services commented that they are looking at the cafeteria environment itself in relation to plate waste. He noted that if students do not have enough time to eat, then there is more plate waste. They would love external help to try to increase awareness for this.
 - Elizabeth Leach, School Programs Manager at OSSE, commented that increasing food quality would contribute to reducing food waste, and this is something that schools are very interested in. Some schools have piloted serving more vegetarian and vegan options, but they have not had the results that they are looking for.
- Commissioner Beverley Wheeler reported that the meals working group has been focusing on nutrition education.
 - Commissioner Heidi Schumacher noted that Commissioner Wheeler spoke at the Maternal and Infant Health Summit about nutrition programs and healthy meals.
- Commissioner William Dietz reported that the data working group has not yet met, but he has been working with Avani Dhamsania, management analyst at OSSE, to look at the current data landscape.
 - The group is looking at the YRBS, School Health Profiles, and HPEA.

- They want to be able to assess increase in physical education and physical activity minutes with the updates from the Healthy Students Amendment Act of 2018.
- They are also interested in using data to identify hotspots, but the data link students to wards, not to schools.
- They want to talk to Miriam Kenyon, Director of Health and Physical Education at DCPS, about fitness measures at schools.
- They plan to help with data measures to support the other working groups.
- Chairman Jeff Travers reported that the ACEs working group had a phone meeting.
 - They plan to look at the existing sources of data and figure out how to layer them on top of each other to understand trends. They want to identify gaps to press for resources for certain parts of the city or certain schools.
 - They started looking at compliance data with mental health training. They are looking for how to get more data from charter schools.
 - They are also looking at the YRBS and the BRFSS and looking at summary data.
 - They want to layer School Health Profiles data with absenteeism and expulsion data.
 - They will also look at the Preschool Development Grant (PDG) data when it is available.
 - They will look at schools that are receiving support now to identify gaps.
 - Commissioner William Dietz commented that his group would be happy to collaborate on the analyses. He noted that the problem with the YRBS data is that they are aggregated by prevalence and the questions on ACEs are by exposure.
 - Commissioner Taryn Morrissey asked what data are in the PDG needs assessment.
 - Commissioner Heidi Schumacher responded that it is a big conglomerate of existing administrative data and family survey data. The educator survey will come after the needs assessment but will be layered eventually. It will inform PDG grant strategy for years 2-5 of the grant and also the broader early learning strategy for the district.
- Chairman Jeff Travers thanked everyone for their work in the working groups and commented that he hopes to hear about continued progress at future meetings.
- Chairman Jeff Travers commented that the former DCPS commissioner is no longer with the agency, so they are working on filling that commission

seat. They are also looking for a student commissioner. Suggestions are welcome.

DC School Breakfast Scorecard

- Commissioner Beverley Wheeler, Director of D.C. Hunger Solutions, presented on the School Breakfast Scorecard for School Year 2017-2018.
 - Additional information is available in the slides.
 - DC has dropped to number four for school breakfast.
 - Commissioner Taryn Morrissey asked how “participation” is defined.
 - Commissioner Wheeler responded that it is what is reported to OSSE for reimbursement.
 - Elizabeth Leach commented that it means that the student received a meal.
 - Commissioner William Dietz asked how some of the top LEAs had percentages over 100.
 - Commissioner Wheeler explained that more students are eating breakfast than are eating lunch.
 - A community member asked if it said why they are eating breakfast but not lunch.
 - Commissioner Wheeler responded that they do not know why.
 - The community member commented that breakfast is normally lower because of late arrivals.
 - Commissioner Wheeler responded that some of the schools are very serious about breakfast after the bell.
 - Commissioner Audrey Williams asked what happens next. She commented that students must be hungry.
 - Commissioner Wheeler responded that some do not eat all day. She commented that we are thinking about low income students, and said that they get used to being hungry and not eating. This is why we want to make sure breakfast is available after the bell and consider how long students have to eat for lunch.
 - Kristen Rowe asked if they collected best practices from the schools with high participation.
 - Commissioner Wheeler responded that they did a bit of that research. They visited some schools. Breakfast was being served in the classroom instead of in the cafeteria. Breakfast was made part of the school day. Plated meals was another big thing instead of grab and go.
 - A community member asked if they analyzed the results by food service provider.
 - Commissioner Wheeler responded that they could but they did not.

- A community member asked about public outreach. He said that maybe parents are not aware that free breakfast is available.
 - Commissioner Wheeler responded that an outreach grant would allow her to figure out ways to do additional outreach.
- Commissioner Heidi Schumacher commented that OSSE's team has been thinking a lot about breakfast participation. One of the five year goals is about increasing breakfast participation. The Nutrition Team are engaging in a collaborative conversations to figure out how OSSE can support on increasing breakfast participation.
 - Chairman Jeff Travers asked if there may be resources available down the road.
 - Commissioner Schumacher responded that as OSSE develops its strategy, they will keep folks in the loop.
- Commissioner Williams asked if this information has been shared with school leaders.
 - Commissioner Wheeler responded that they wanted to share it here with OSSE and DCPS first, when she was originally going to present in May. Then they started focusing on summer meals. They often talk to some of the principals before they release a report, particularly for schools whose participation was less than stellar.

DC Green School Program

- Grace Manubay, Environmental Literacy Coordinator at OSSE, and Rebecca Davis, environmental educational consultant and representative from the DC Environmental Education Consortium (DCEEC), gave an update on the DC healthy, green, and sustainable schools program on behalf of a stakeholder group.
 - Additional information is available in the slides.
 - They are open to suggestions of names for the program.
 - The commissioners expressed unanimous support for establishing the program.
 - There will be a meeting to finish developing the application and to talk about getting schools to field test on September 18 at OSSE.

Comments from Commissioners on Current Work

- Commissioner Beverley Wheeler commented that D.C. Hunger Solutions is going to start looking at lunch, which they use as their baseline. There will not be any national numbers to compare to because FRAC does not do a lunch study. They do breakfast, afterschool, and summer meals.
- Commissioner William Dietz has been researching the relationship between obesity, undernutrition, and climate change. He worked on the report "[The Global Syndemic of Obesity, Undernutrition, and Climate Change: The](#)

[Lancet Commission Report.](#)” His focus has shifted on what can be done in the United States.

- Commissioner Kristy McCarron asked about alternative meat problems and whether there is a comparison of their greenhouse gas emissions or their water usage.
 - Commissioner Dietz responded that he has not seen an independent evaluation.
 - A community member commented that recent nutritional evaluations of alternative meats have shown that their nutritional value is as bad or worse than meat products because they are high in saturated fat.
 - Commissioner McCarron commented that she thinks often about the milk and cheese alternatives and the water waste due to nut production.
- Commissioner Audrey Williams commented that the Public Charter School Board is working with OSSE on a conference on November 5 to help schools increase awareness of HIV and encourage more STI screening.
 - This stemmed from the increased incidents of HIV among young people. They hope to encourage schools to do more health education.
 - Kristen Rowe asked if they will be doing screenings at the conference.
 - Tia Brumsted responded that the event is for staff and the stakeholders who will be providing the service so that schools will be able to walk away and immediately set up for screenings at schools.
 - The event is for DCPS and charter schools.
- Commissioner Heidi Schumacher announced the following events:
 - Growing Healthy Schools Month is in October.
 - *Eat Up* documentary on the Boston Public School System transitioning to a self-prep model screening on September 25 at the Capitol Visitor Center.
 - Symposium on October 23 to celebrate the accomplishments of the Healthy Tots Wellness Grant.

Final Discussions, Closeout, and Priorities for Next Meeting

- Chairman Jeff Travers asked for topics for future meetings if anyone has ideas.
- Chairman Jeff Travers closed the meeting at 4:25.
- Caitlin Shauck commented that the next meeting is November 20.