**MEETING MINUTES**

**MINUTES UNANIMOUSLY ADOPTED AT THE COMMISSION MEETING ON FEB. 20, 2020**

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

**AGENDA**

# Healthy Youth and Schools Commission Meeting

**Nov. 20, 2019**

**3-5 p.m.**

**Welcome and Introductions**

**Recap of the Previous Commission Meeting**

Approval of Minutes

**Legislative Update**

**Update from OSSE**

General Announcements
Capital LEAF Program
Healthy Schools Act Grants and Contract

**Diet and Mental Health**

**Healthy Tots Program**

**Updates from Strategic Plan Working Groups**

**Comments from Commissioners on Current Work**

**Final Discussions, Closeout, and Priorities for 2020**

**Healthy Youth and Schools Commission Meeting**
**Nov. 20, 2019**
**3-5 p.m.**

**Meeting Summary**

This meeting summary serves as a review of the Nov. 20, 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, Akeem Anderson, Danielle Dooley

**Commissioners in attendance via phone:** Robin Diggs

**Welcome and Introductions**

- Chairman Jeff Travers opened the meeting at 3:10 p.m.
- Chairman Travers welcomed new commissioner Akeem Anderson, and Commissioner Anderson introduced himself.
- Each of the other commissioners in attendance introduced themselves.

**Recap of the Previous Commission Meeting**

- Chairman Travers asked commissioners to review the minutes from the September 11 meeting.
- Commissioner William Dietz motioned to approve the minutes, Commissioner Schumacher seconded, and the minutes were unanimously approved by the commissioners.

**Legislative Update**

- Caitlin Shauck, Policy Analyst at OSSE, provided a legislative update.
    - The School Sunscreen Safety Emergency Amendment Act of 2019 and the School Sunscreen Safety Temporary Amendment Act of 2019 were passed by Council and are now in effect. The School Sunscreen Safety Amendment Act of 2019 has been referred to the Committee on Education and the Committee of the Whole.
    - The Student Medical Marijuana Patient Fairness Emergency Amendment Act of 2019 and the Student Medical Marijuana Patient Fairness Temporary Amendment Act of 2019 were passed by Council and are now in effect. The Student Medical Marijuana Patient

Fairness Amendment Act of 2019 has been referred to the Committee on Health and the Committee on Education.

- Commissioner Anderson added additional information.
    - The Committee on Education held a joint hearing with the Committee on Health for the medical marijuana bill. The Committee on Health will mark-up the bill during their meeting the first week of December. The Committee on Education will mark-up the bill during their meeting on December 10. The bill should be on the agenda for the Committee of the Whole the following week. It will hopefully be sent to the Mayor by February.
    - For sunscreen in schools, the two councilmembers need to work out some things. If there is no hearing on this bill, the plan is to add that language to a separate bill. The temporary and emergency versions are in place until then. He would prefer to not have to deal with this as a legislative issue.
        - Commissioner Audrey Williams asked when the temporary law expires.
        - Commissioner Anderson responded that the emergency is in place for 180 days and then the temporary is in place for another 200 days. He would like to deal with this during this council period.

**Update from OSSE**

- Commissioner Schumacher provided updates from OSSE.
    - On December 6, the OSSE Division of Early Learning is hosting an Early Learning Summit, with an anticipated attendance of 4,000 early learning educators and partners.
    - On December 13, the OSSE Division of Teaching and Learning will host a School Climate Summit.
    - On November 5, the OSSE Division of Health and Wellness along with the Public Charter School Board put together an Ahead of the Curve Conference on improving sexual health outcomes for students.
    - Mental health work is underway, with a lot of movement on the mental health expansion. The first community of practice session was earlier today.
    - No Shots, No School will be enforced beginning next school year.
    - Charles Rominiyi has been promoted to Health Education Manager.
    - Elizabeth Groginsky, OSSE Assistant Superintendent of Early Learning, is leaving to join the cabinet of the governor of New Mexico to become the first ever cabinet secretary for early childhood there.
    - There is also a new Assistant Superintendent for Data, Assessment, and Research.

- Chairman Travers asked if the No Shots, No School would be based on the forms that are turned in.
    - Commissioner Schumacher responded that that is correct.
    - Chairman Travers asked what the percentages are this year.
    - Commissioner Schumacher clarified that it is based on the forms that are turned in plus the data in the immunization registry, which is fed directly from DC physicians, not from physicians in surrounding jurisdictions.
    - Chairman Travers asked if it is 100% this year.
    - Commissioner Schumacher responded "no."
    - Commissioner Williams commented that charters are around 75%.

- Grace Manubay, Environmental Literacy Coordinator at OSSE, provided an update on the Green/Healthy/Sustainable School Program, which will be called Capital LEAF.
    - Additional information is available in the slides.
    - Chairman Travers asked if funding had been identified for a vendor.
    - Grace Manubay responded that it has.
- The OSSE Health and Wellness Division grant managers gave an overview of Healthy Schools Act grants.
    - Grace Manubay gave an overview of the Environmental Literacy Advancement Grant.
        - Additional information is available in the slides.
        - A community member asked what was meant by "alumni schools"
        - Grace Manubay responded that they are from the previous cohorts.
    - Charles Rominiyi, Manager of Health Education at OSSE, gave an overview of the Nutrition Education and Physical Activity (NEPA) grant.
        - Additional information is available in the slides.
    - Sam Ullery, School Garden Specialist at OSSE, gave an overview of the School Garden Grant.
        - Additional information is available in the slides.
        - Chairman Travers asked how the grants were geographically spread out.
        - Sam Ullery responded that the grants use competitive preference, which does not look at geographic location, but does look at other components. They have representation from Wards 2, 4, 5, 6, 7, and 8.
        - Commissioner Taryn Morrissey asked if the grants can be used for supplies for the garden.

        - Sam Ullery responded that 80% of the funds must go towards staffing because it is much easier to find funds for materials through other avenues, whereas staffing is much more difficult.
    - Elysia DiCamillo, Program Specialist at OSSE, gave an overview of the National School Lunch Program (NSLP) Equipment Assistance Grant and the Cafeteria Staff Training Grant.
        - Additional information is available in the slides.
        - Chairman Travers asked if the equipment must cost more than $5,000.
        - Elysia DiCamillo responded that they do not. USDA changed, and they now need to be over $1,000 per unit.
        - Chairman Travers asked how much of the $200,000 for the Cafeteria Staff Training Grant was awarded in Fiscal Year 2019.
        - Elysia DiCamillo responded that all of it was awarded. Everyone who applied received funding.
        - Chairman Travers clarified that it will be more competitive this year.
        - Elysia DiCamillo responded in the affirmative.
    - Beth Hanna, Program Specialist at OSSE, gave an overview of the Farm Field Trip Contract.
        - Additional information is available in the slides.
        - Given the small amount of funds that schools received from the grant, the process was very burdensome. Thus, the Farm Field Trip is now a contract with a vendor.
        - Chairman Travers asked who the vendor was last year.
        - Beth Hanna responded that it was Washington Youth Garden.
    - Chairman Travers enquired about the quality of grant applications that are being submitted.
        - Commissioner Schumacher responded that they have been pleased with the quality, and the team has been very thoughtful in places where they have not seen good quality to think about how to restructure grants and provide technical assistance.
        - A community member asked if community based organizations that work with school-aged children can receive the farm field trip contract.
            - Beth Hanna responded that because it is a vendor, a community-based organization could apply.

**Diet and Mental Health**

- Commissioner Danielle Dooley introduced Dr. Michele Mietus-Snyder from Children's National Medical System to present on the connection between

diet and mental health. Dr. Mietus-Snyder is a preventive pediatric cardiologist.

- Cardio-metabolic health is an enormous problem, and it ties to nutrition.
- Food is a little like breathing: it is so important but we forget the downstream effects.
- Data from the American Heart Association shows that heart disease is back on the rise. These are absolute data, and the absolute population is increasing, but the rates are trending up.
- Diabetes is also on the rise.
- Type 2 diabetes is on the rise in children.
- The American Health Association has the "Simple 7" for optimal cardio-metabolic health. These include healthy diet and physical activity.
- Progress has been most substantial for people who were already ahead of the curve.
- Dietary change has flat-lined in the past decade. There has been a drop-off in moderate to vigorous physical activity.
- Healthy fat and fruits and vegetables are often missing from kid's diets.
- Most of the change has been in increasing whole grains and decreasing sugary beverages.
- Nutrition factors that have the most impact on the brain are what are missing from kids' diets.
- Kids are obliged to pick up a tray at school lunch, but then they eat what is in their backpack and throw away the tray.
- Study found that if we fixed the things that are wrong, we could prevent 50% of adult cardio-metabolic diseases.
- Mitochondria do not function well without proper food.
- The brain uses 20-25% of energy proportionate to thought work.
- The gut brain is in close communication with the brain.
- Economists studied what drives optimistic behavior. They found that there was a relationship between positivity and fruit and vegetable intake. There was no carryover to the next day. Therefore, the body needs to be continually fed properly.
- Prison trials have supported a connection between nutrition and violence.
- Another study found that it did not take many vegetables to make a difference. Those in the top quintile had a median intake of 1.3 servings per day. The lowest quintile had a median intake of 0.09 servings per day.
- The Standard American Diet is linked to slower learning and increased depression.
- In an Australian study, kids with depression who followed a Mediterranean diet were able to normalize their depression score after just two weeks of following the diet.
- The Healthy Schools Act is really important to address this.

- Dr. Mietus-Snyder worked with a George Washington University medical student to begin the KiPOW program in DC. Medical students help teach health education, and then they share lunch with students and talk about it. They then play with the students.
    - 65% of the medical students say it was a positive experience.
- Food matters for all health, including mental health. The brain needs energy too.
- Commissioner Heidi asked if any research has been done on the intersection between nutrition access/intake and mental health in DC.
    - Dr. Mietus-Snyder responded that there has not been that she is aware of. There have been a number of different ways that the quality of the diet of kids in the District has been assessed, and it is typical of the American kids' diet. Her impression is that there has been more success with Healthy Schools Act implementation in some of the schools in Northwest. They are adding mental health to their nutrition assessment in the clinical setting.
- Chairman Travers asked if there is any long-term effect if a kid stops eating healthy.
    - Dr. Mietus-Snyder responded that it is a slippery slope, even if someone makes the connection that what they are eating is making them feel better. The limbic brain remembers sugar, cocaine, and caffeine. It is a memory that will never go away. Once it knows that it loves sugar, it never goes away. The effect of the mood on food changes fast, but habits do not change fast.
- Commissioner Morrissey commented that in most school lunch rooms, there is not an adult modeling healthy eating.
    - Dr. Mietus-Snyder responded that they do it at the Harlem Children's Zone. She talked to the faculty there, and they have a rooftop garden. They serve school lunch to everyone, including the faculty.

**Healthy Tots Program**

- Patrilie Hernandez, Management Analyst at OSSE, presented on the Health Tots Wellness Grant.
- Additional information is available in the slides.
- The Healthy Tots Act mandates that centers with a 50% subsidy rate participate in CACFP
    - Chairman Travers asked what "CACFP" stands for.
    - Patrilie Hernandez responded that is stands for "Child and Adult Care Food Program," which is the program that serves child development centers, afterschool programs, and adult daycares.
    - The Healthy Tots Act provides an additional 10 cents per meal reimbursement for centers that participate in CACFP, 5 cents per meal for a lunch or supper than contains a local component, and for

centers that serve breakfast, lunch, and snack, they can get reimbursed for a fourth meal for children who are in childcare for an extended period of time.
    - Grantee Good Karma Enterprises works with the staff at 10 centers on staff wellness. They also do an early child yoga component with the children.
- Dr. Michele Mietus-Snyder commented that she thinks this work is brilliant and asked how teacher wellness can be incorporated for teachers at all grade levels.
    - Commissioner Schumacher responded that one of the Division of Health and Wellness's priorities in the strategic plan is to champion the Whole School, Whole Community, Whole Child model, part of which is employee wellness. We will be leaning more into that space. It is also part of the Preschool Development Grant, really thinking about using early childhood mental health consultation to not only improve the mental health of the children but also for the wellness of the staff too.
- Commissioner Kristy McCarron asked if Good Karma was previously working in schools and what role OSSE played in identifying which centers they worked with.
    - Patrilie Hernandez responded that they originally operate out of Baltimore. They wanted to come into the DC market because DC is where they are from. The director has a doctorate in psychology. On the front end, OSSE created an eligibility list of the types of centers OSSE wanted grantees to target, with equity being a big focus. Good Karma drove all over Wards 7 and 8 and knocked on centers' doors. The other grantees were more well-known in the community.
- Commissioner Morrissey asked if there were resources to compensate teachers for their time.
    - Patrilie Hernandez responded that grantees were able to spend their money on the teacher stipends. That helped build champions much more quickly. Not all grantees did this.
- Commissioner Morrissey asked if there have been connections to teacher turnover.
    - Patrilie Hernandez responded that there are plans to look into this, but it is a new program.

**Updates from Strategic Plan Working Groups**

- Chairman Travers commented that Jeff Hild is doing a lot of work around ACEs and will be joining the group as an advisor. They are still working on getting a meeting scheduled.
- Commissioner Dietz had scheduled a call for the data working group that fell through, so they are working on getting that rescheduled.

- Commissioner Beverley Wheeler commented that she and Commissioner McCarron have been meeting on all sorts of thing but not the nutrition and meals working group. They are working on it.
    - Commissioner McCarron commented that a lot of their work is overlapping with the Food Policy Council working group. More updates to come, including information on funding to do a landscape assessment.

**Comments from Commissioners on Current Work**

- Chairman Travers noted that Commissioner Charneta Scott was not present because she was prepping for an oversight hearing for the Department of Behavioral Health.
- Commissioner Schumacher acknowledged that Commissioner Robin Diggs will be stepping down from the Healthy Youth and Schools Commission, as she is moving to a different role at DC Health.
    - Chairman Travers expressed the Commission's appreciation for Commissioner Diggs.
- Chairman Travers commented that the Commission is also awaiting a new DCPS commissioner, so there will be a couple new faces in 2020.

**Final Discussions, Closeout, and Priorities for 2020**

- Chairman Travers announced the meeting dates for 2020:
    - Feb. 19, 2020
    - May 20, 2020
    - Aug. 19, 2020
    - Nov. 18, 2020
    - Commissioner Morrissey commented that she will not be able to make the February meeting.
- Chairman Travers commented that he will be preparing the annual report and asked for commissioners to look at it.
- Chairman Travers adjourned the meeting at 4:40 p.m.