



# Superintendent's Task Force on Childhood Obesity, Type 2 Diabetes, and Cardiovascular Disease



<http://www.cde.ca.gov/ls/he/cd/>

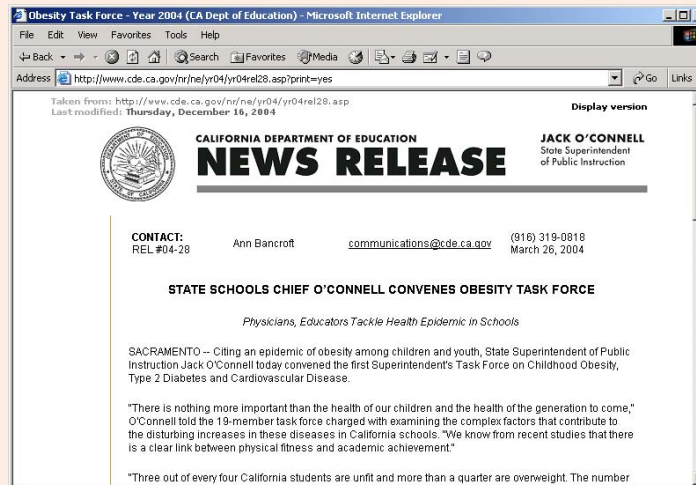
**CALIFORNIA DEPARTMENT OF EDUCATION**  
Jack O'Connell, State Superintendent of Public Instruction



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State Superintendent  
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# Task Force Members...

- **Were appointed by State Superintendent of Public Instruction, Jack O'Connell**
- **Met seven times in 2004, between March – December**





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# Task Force Members...

- Represented parents, students, teachers, health and education organizations, school boards, public health and local education agencies, school food service, advocacy groups, and higher education



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# Task Force Members



**22 members included a student, school nurse, teacher, health advocate, registered dietitians, physical educators, school administrators, parents, public health officer, university faculty, and physicians**



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# Task Force Overview

- All meetings were open to the public, with opportunities for public comment
- 19 guest speakers made formal presentations



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# Task Force Overview

Agendas and minutes were posted  
on the Internet

Public Meetings - Childhood Obesity & Diabetes Task Force (CA Dept of Education) - Microsoft Internet Explorer

Address: <http://www.cde.ca.gov/ls/he/cd/publicmtgs.asp>

Home >> Learning Support >> Health >> Childhood Obesity & Diabetes Task Force

## Public Meetings

Meetings of the Superintendent's Task Force on Childhood Obesity, Type 2 Diabetes, and Cardiovascular Disease.

### 2004 Calendar of Public Meetings

Date	Agenda	Minutes
March 26 (Friday)	<a href="#">Agenda</a>	<a href="#">Minutes</a>
May 7 (Friday)	<a href="#">Agenda</a>	<a href="#">Minutes</a>
July 16 (Friday)	<a href="#">Agenda</a>	<a href="#">Minutes</a>
August 13 (Friday)	<a href="#">Agenda</a>	<a href="#">Minutes</a>
September 10 (Friday)	<a href="#">Agenda</a>	<a href="#">Minutes</a>
October 29 (Friday)	<a href="#">Agenda</a>	
December 10 (Friday)	<a href="#">Agenda</a>	

**Meetings are Open to the Public**

**Unless otherwise noted**, these meetings are held at 10 a.m., California Department of Education, 1430 N Street, Room 1101, Sacramento, California.

**For more information**, contact the California Department of Education, School Health Connections and Healthy Start Office, 1430 N Street, Suite 6408, Sacramento, CA 95814; office phone number is 916-319-0914; fax number is 916-445-7367



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# Task Force Overview

- **Draft recommendations released for public review**
- **Public comment period:  
September 15 –  
October 6**
- **126 individuals submitted comments**





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# Task Force Recommendations

<http://www.cde.ca.gov/ls/he/cd/recommendations.asp>

- **Preamble**
- **Recommendations**
  - **Physical education and physical activity**
  - **Health education**
  - **Nutrition**

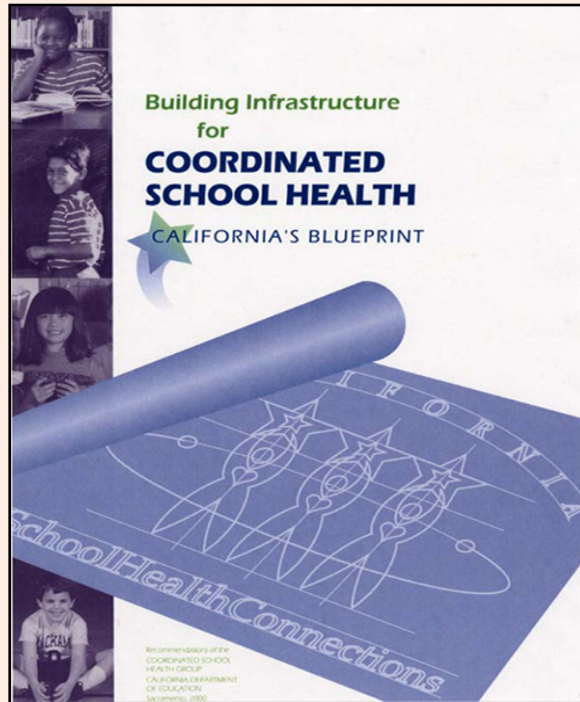






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# Preamble



The members of the task force, recognizing...

Have agreed to build on... *California's Blueprint*, by recommend(ing)...



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# Task Force Recommendations

- 1. Increase the quality and quantity of instruction in physical education to provide more physical activity (PA) and enhance student achievement of California's *Physical Education Model Content Standards*.**





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# Task Force Recommendations



- 2. Increase the quality and quantity of health education to promote healthful eating and physical activity (PA).**



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# Task Force Recommendations

- 3. Ensure the availability and quality of healthy foods and beverages served and sold at and by schools.**





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# Physical Education/Activity Recommendations

**Increase the quality and quantity of instruction in physical education to provide more physical activity (PA) and enhance student achievement of California's *Physical Education Model Content Standards*.**



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# Physical Education/Activity Recommendations

- Include as core curriculum
- Enforce required minutes and recommend additional 100 minutes over ten days
- Limit exemptions





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# Physical Education/Activity Recommendations

- Ensure at least 50% time is spent in vigorous activity; provide funds for reasonable class size
- Encourage evidence-based programs and practices



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# Physical Education/Activity Recommendations

- Strengthen monitoring and enforcement of requirements
- Improve assessment and reporting
- Conduct periodic statewide monitoring based on standards





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# Physical Education/Activity Recommendations

- **Provide funds to encourage use of facilities and resources for PA throughout the school day**
- **Provide funds for supervision and equipment for PA before/after school and at lunch**



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# Physical Education/Activity Recommendations

- **Provide funds for school facilities during non-school hours**
- **Collaborate with other agencies on wellness programs**
- **Fund schools to provide, maintain, and remodel facilities**





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# Physical Education/Activity Recommendations



- **Require recess/activity breaks for students in kindergarten and grades 1-6 at least once every two hours**
- **Build schools for easy and safe access**



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# Health Education Recommendations

**Increase the quality and quantity of health education to promote healthful eating and physical activity (PA).**

- **Build infrastructure**
- **Build program**



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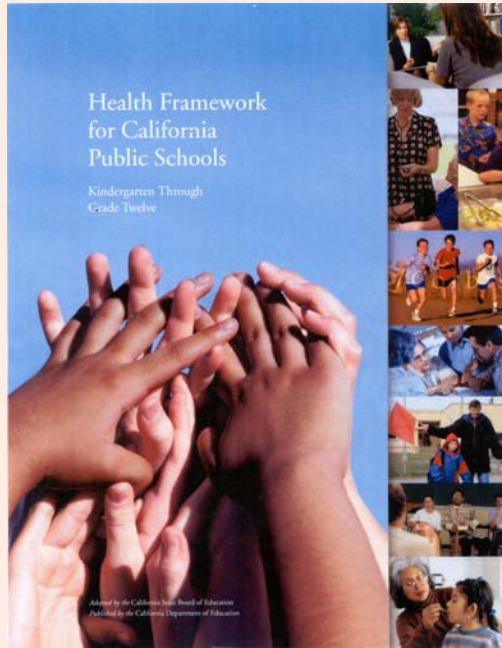
# Health Education Infrastructure Recommendations

- Enact legislation for standards by 2006
- Obtain State Board of Education approval of standards by 2007
- Establish health education (emphasis on nutrition and PA) as core curriculum



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# Health Education Infrastructure Recommendations



- **Ensure health education curriculum follows the *Health Framework***
- **Provide funding for health ed, emphasizing nutrition and PA**



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# Health Education Program Recommendations



- **Provide funding for school nurses**
- **Utilize school nurses, registered dietitians, health education specialists**



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# Health Education Program Recommendations



- **Provide training in health, nutrition, and PA for parents, teachers, administrators, other school staff**
- **Train health ed providers to use strategies that impact behavior**





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# Health Education Program Recommendations

- Foster collaboration
- Ensure consistency between classroom instruction and school environment
- Provide students opportunities to practice learned behaviors in a variety of settings



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# Nutrition Recommendations

**Ensure the availability and quality of healthy foods and beverages served and sold at and by schools.**



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# Nutrition Recommendations

- Provide funding to increase the availability and ensure the quality of school meals
- Require professional education standards for food service directors and managers



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# Nutrition Recommendations

- Provide funding and staffing for CDE to provide training and technical assistance
- Eliminate (over time) marketing of foods and beverages that do not meet standards



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# Nutrition Recommendations



- **Work with the Legislature and State Allocation Board to make funds available for facilities**



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# Nutrition Recommendations

- Prohibit high fat, high sugar foods and beverages from:
  - Being sold/served outside the school meal program
  - Being sold as fundraisers



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# Nutrition Recommendations

- Nutrition standards shall:
  - Be developmentally appropriate and based on review of Senate Bills 19 and 677
  - Be established and enforced by law and/or regulation
  - Not apply to items brought from home for personal consumption



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# Implementation

- Collaboration among health and education agencies and partners will be essential





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# Implementation (cont.)

- Superintendent O'Connell has incorporated many of these recommendations into his priorities for 2005: *Healthy Children, Ready to Learn* (A “white paper” on health, nutrition, and physical education)

<http://www.cde.ca.gov/eo/in/se/yr05healthychildrenwp.asp>



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# *Healthy Children, Ready to Learn*

- Support **high-quality instructional programs** in **health education** and **physical education** that provide students with the skills, knowledge, and confidence to develop and maintain active, healthy lifestyles.



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# *Healthy Children, Ready to Learn*

- Implement **nutrition standards** for all food and beverages sold on campus.
- Increase participation in **school meal** programs so that no child goes hungry.
- Create a school **environment** that supports the health of students.



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# For More Information

Information about the task force, and the  
“white paper”:

<http://www.cde.ca.gov/ls/he/cd/>

Childhood Obesity & Diabetes Task Force - Health (CA Dept of Education) - Microsoft Internet Explorer

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Home » Learning Support » Health » Childhood Obesity & Diabetes Task Force [Printer-friendly version](#)

## Childhood Obesity & Diabetes Task Force

Public notices, agendas, meeting minutes and other related information for the Superintendent's Task Force on Childhood Obesity, Type 2 Diabetes, and Cardiovascular Disease.

This task force is charged with examining the complex factors that contribute to these chronic conditions and making recommendations to the State Superintendent of Public Instruction on actions that schools and their partners can and should take to address the epidemic trends facing us in California.

[Recommendations](#)

On October 29, 2004, the Superintendent's Task Force on Childhood Obesity, Type 2 Diabetes, and Cardiovascular Disease met and approved their recommendations, which were presented to Superintendent Jack O'Connell on December 10.

[Healthy Children Ready to Learn](#): A White Paper on Health, Nutrition, and Physical Education

State Superintendent of Public Instruction Jack O'Connell recently delivered his second annual State of Education Address, which outlined a new initiative that emphasizes health education, physical education, nutrition, and a healthier school environment. This document describes the California Department of Education's perspectives and



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# Thank You!

To all who participated in the task force's process—by speaking, attending meetings, reviewing and commenting on the draft recommendations

