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

http://www.cde.ca.gov/ls/he/cd/
Task Force Members…

- Were appointed by State Superintendent of Public Instruction, Jack O’Connell
- Met seven times in 2004, between March – December
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
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
Task Force Overview

• All meetings were open to the public, with opportunities for public comment
• 19 guest speakers made formal presentations
Task Force Overview

Agendas and minutes were posted on the Internet
Task Force Overview

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

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

• Preamble
• Recommendations
  – Physical education and physical activity
  – Health education
  – Nutrition
Preamble

The members of the task force, recognizing…
Have agreed to build on…California’s Blueprint, by recommend(ing)…
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*. 
Task Force
Recommendations

2. Increase the quality and quantity of health education to promote healthful eating and physical activity (PA).
Task Force Recommendations

3. Ensure the availability and quality of healthy foods and beverages served and sold at and by schools.
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*. 
Physical Education/Activity Recommendations

- Include as core curriculum
- Enforce required minutes and recommend additional 100 minutes over ten days
- Limit exemptions
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
Physical Education/Activity Recommendations

• Strengthen monitoring and enforcement of requirements
• Improve assessment and reporting
• Conduct periodic statewide monitoring based on standards
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
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
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
Health Education Recommendations

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

• Build infrastructure
• Build program
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
Health Education Infrastructure Recommendations

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

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

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

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

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

• Collaboration among health and education agencies and partners will be essential
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
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.
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.
For More Information

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

http://www.cde.ca.gov/ls/he/cd/
Thank You!

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