

Beeville ISD
School Health Advisory Council Meeting
Friday, December 6, 2013
Minutes

The second SHAC meeting for the 2013-14 school year was held Friday, December 6, 2013 from 12:00 pm to 1:00 pm. Those in attendance were Karen Harvey TJIS PE teacher, Denise Fenner BISS RN, Becky Williams community member, Janine Zander and Trish Martin parents, Gina Martinez parent and co-chair, Jerry Dugan of Women's Shelter of South Texas, and Cindy Clendennen Co-chair.

Items on the agenda included:

USDA Updates for Local Wellness Policies- USDA reminds school districts to continue reviewing and assessing local wellness policies and implementing requirements. Additional guidance is forthcoming.

Texas Obesity Prevention Plan- Texas Nutrition, Physical Activity and Obesity Prevention (NPAOP) serves as a leader using Centers for Disease Control and Prevention (CDC) recommended strategies and Healthy People 2020 guidance to encourage implementing evidence-based strategies and interventions. DSHS's response to the high levels of overweight and obesity in Texas is based on this sound evidence and is coordinated across the agency's programs as well as with external partners at the national, state, and community levels. The goal is to improve the health and quality of life for Texas residents through improved nutrition and increased levels of physical activity. Target areas include:

- *Increase physical activity.
- *Increase the consumption of fruits and vegetable.
- *Decrease the consumption of sugar-sweetened beverages.
- *Increase breastfeeding initiation, duration, and exclusivity.
- *Reduce the consumption of high-energy-dense foods.
- *Decrease television viewing.

Cindy Clendennen led a discussion on how this affects school districts and food preparation in schools. Beeville ISD supports this mission.

Jerry Dugan shared information about activities he participates in through his local community to support healthy lifestyles. He participates in the Bridge Walk where members walk the Corpus Christi Bridge periodically during the year. A similar activity may be an option in Beeville with community support. Various ideas were discussed and may be researched in the future.

Future meeting dates are scheduled for February 7th and April 4th.

Without further discussion, the meeting adjourned at approximately 1:00 pm.

Submitted by Cindy Clendennen, Co-chair