



Wood Dale SD7 Wellness Committee Meeting

February 20, 2018

Attendees

David Woods, WDS7 BOE member, Mary Fletcher-Gomez, WDS7 BOE member, Eric Thuneman, PE teacher, Oakbrook, Debbi Parenti, Secretary ECEC, Nikki Bittner, Wood Dale Park District, John Corbett, Superintendent, Steve Wilt, CSBO/Treasurer

Agenda


Introductions (5 minutes)

New Business

1. Review of FORWARD data
2. Review of Nutrition Guidelines and WDS7 food offerings via Arbor Management
 - a. Sample Week Menu
 - b. Lunch Procedures
3. Suggestions for Improving wellness among students
4. Wellness Initiatives for WDS7 Staff
 - a. EBC Incentive and potential programs
5. Develop Action Plan & Responsibilities
6. Determine Next Meeting Date & Time

Notes

After a brief introduction, the committee reviewed the FORWARD Data which contained data regarding the obesity and high blood pressure rates of Wood Dale students in Kindergarten and 6th Grade. While the Kindergarten rates were below the national average (11.1% vs 13.9%), the obesity rates in the 6th grade group was 79% above the national average (33.0% vs 18.4%). Mr. Thuneman and Ms. Parenti speculated that the



decrease in the kindergarten rates could be attributed in part to the changes in the Early Childhood Education Center eating programs, which have been supported by grants from the DuPage County Health Dept. and Northwestern Medical Group. Dr. Corbett and others also recognized there are limitations to the effect the school can have on these numbers. While there has been dramatic improvement with the food offerings from a nutritional perspective (fresh fruit and vegetable carts, adherence to school lunch guidelines), getting students to change habits and eat the offerings is difficult. Mr. Thuneman suggested using visuals of the food waste due to not eating as a way to encourage changes. It was also suggested we consider the possibility of expanding the ECEC program into the other schools as well.

Wellness also extends to the staff at WSD7. With the district joining the Educational Benefit Cooperative (EBC), there are wellness programs that are offered to improve the health of members. There are also financial incentives for the district for certain levels of participation. The first program is a biometric screening which allows members to get a basic lipid profile, glucose levels, blood pressure, weight and waist circumference. Mr. Wilt suggested we investigate offering this screening to employees either this spring or next fall.

The committee will look at the ECEC program expansion with Ms. Parenti contacting Northwestern to explore the possibility of using them at the other schools. Mr. Thuneman will gather the Fitnessgram data to analyze the conditioning trends of students at the schools. Mr. Wilt will contact EBC to look into the biometric screenings for the Spring or next Fall.

The next meeting will be April 4th, where the committee will visit the schools for lunch. Mr. Wilt adjourned the meeting at 5:45 pm, 45 minutes after the start.