



Child Health Advisory Committee

Minutes

February 13, 2025, · 9:00 a.m. – 10:00 a.m. · Zoom

Call to order: 9:00 a.m.

Zoom Meeting

Present: Shannon Borchert, Jerri Clark, Lucas Harder, Teresa Henson (member elect) Nathan Morris, Jennifer Morrow, Carmel Perry, Camille Richoux, Chad Sanders (member elect), Bala Simon, Jennifer Wessel
Absent: Ashten Black, Patrick Casey, Carole Garner, Cheria McDonald, Dave Oberembt, Elaine Prewitt, Ray Samaniego, Tammie Works

Staff: Shanetta Agnew, Shy Whitley-Smith

Guests: Sarah Brisco, Katy Chambers, Amy Davidson, Kenya Eddings, Krista Jackson, Taylor James, Lisa Mundy, Ariel Rogers, Brett Stone

Review of January minutes: No motion was made to accept the minutes due to not having a quorum. They will be postponed until the March meeting.

Act 1220 & Coordinated School Health Reports: reports are changed from the January meeting. No motion was made to accept the minutes due to not having a quorum. They will be postponed until the March meeting.

State School Health and Wellness (Act 1220) Coordinator Report (Shanetta Agnew & Shy Whitley):

Act 1220 Coordinator Report (Shanetta Agnew & Shy Whitley):

Shanetta A. attended the Association of State and Territorial Health Officials (ASTHO) Public Health in K-12 Schools Ad Hoc Call on January 13, 2025. Agenda items included: current initiatives, challenges, partnerships, and resources amongst peers.

Shanetta A. & Ariel R. (CSH) attended the Arkansas Coalition for Obesity Prevention Meeting held on January 21, 2025, at the First Community Bank in Little Rock. There was discussion centered around the following topics.

- Reducing obesity rates
- Increasing awareness and education
- Promoting policy change
- Building capacity for obesity prevention programs
- Addressing health disparities



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Coordinated School Health Advisor Report (Lisa Mundy & Ariel Rogers):

The third quarterly Coordinated School Health meeting was held virtually on Wednesday, February 12, 2025. 176 school district staff were in attendance.

New Business:

Dr. Bala S. inquired if SB59 passed for schools to require free breakfast and if the income eligibility requirement for lunch has changed. Lucas H. informed us the bill did get amended in the house and will have to go back to the senate. There was a discussion that districts would attempt to get students to submit free and reduced meal applications for breakfast and lunch.

Dr. Bala S. wanted to know if there was a specific time students had to eat breakfast and how that processed work if the student was running late, etc. Nathan M., shared from a school standpoint there are 3 different ways that kids eat breakfast in schools.

- Cafeteria before school begins
- Breakfast in the classroom (seen more in the elementary schools)
- Second chance breakfast (seen more in the upper elementary & high schools)

Nathan M. mentioned the federal reimbursement rate is often cheaper than the cost of the meal.

Jennifer W. stated the details of SB59 will have to be figured out and the funding is general.

Shanetta A. presented on the current revisions of the SY 2024-2025 Maximum Portion Size List. The changes are reflected below in the document regarding sugar content in cereal and yogurt. In addition to added sugar for fat-free, low-fat, unflavored, or flavored milk. The committee will vote on the reconsiderations during the March meeting.



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SY 2025-2026

All Schools

Allowable Competitive Foods/Beverages – Maximum Portion Size List

(Approved March 16, 2023)

Competitive Foods/Beverages sold anywhere on the school campus from midnight until 30 minutes after the end of the school day must meet both these Arkansas Nutrition Standards and the USDA Smart Snacks Regulations as well as not exceeding the product specific Maximum Portion Sizes.

From the beginning of school day until 30 minutes after the last lunch period, no competitive food or beverage may be sold on the school campus outside the cafeteria.

Vending machines are not allowed for student access at Elementary Schools.

General Nutrition Standards			
<ul style="list-style-type: none"> • Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or • Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or • Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and • The food must meet the nutrient standards for calories, sodium, sugar, and fats: 			
Calories	200 calories or less	Total Fat	35% of calories or less
Sodium	200 mg. or less	Saturated Fat	< 10% of calories
Added Sugar	35% by weight or less cereals 6 gm or less per dry oz.; yogurt 12 gm or less per 6 oz.	Trans Fat	0 gm
Competitive Beverages			Prepared Ready to Serve Maximum Portion Size
Water – non-carbonated, unsweetened			Unlimited
100% Fruit or Vegetable Juice			8 oz. Elementary School 12 oz. Middle & High School
Fat-free Milk or Low-fat Milk, unflavored or flavored Added sugar - No more than 10 gm per 8 fl oz, and no more than 15 gm per 12 fl oz.			8 oz. Elementary School 12 oz. Middle & High School
High School only			
Low and no-calorie, carbonated and non-carbonated beverages, 15 gm or less sugar/12 oz. AND 55 mg or less caffeine /12 oz.			12 ounces

To verify that food and beverage items meet the nutrient standards, check them using the Smart Snack Calculator at <https://foodplanner.healthiergeneration.org/calculator/>.

Portion Restrictions for French Fries/Fried Potato Products for Competitive Foods

School Level	Maximum Serving Size	Frequency Limitations
Elementary School	Determined by Smart Snack Calculator	One (1) time / week
Middle through High School	Determined by Smart Snack Calculator	Per Meal Pattern Guidelines



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Old Business:

Brett S., PH D. presented on the findings from the Survey Procedures & Research Preliminary Report.

PURPOSE OF THE STUDY

- To compare the perceptions in purpose of physical education programming between public health professionals and physical education professionals in Arkansas
- Examine perceptions of whether current PE teacher education (PETE) and current PE achieve this perceived purpose.

RESEARCH QUESTIONS

- **Primary question:**
 - What is the perceived purpose of physical education, and does it differ between public health and physical education professionals?
- **Secondary questions:**
 - Does current physical education achieve that perceived purpose?
Are PE teachers trained to achieve that perceived purpose?

METHODS

- Survey: 20 questions, 10-15 minutes to complete
- Survey was emailed to all CHAC Members.
- CHAC Members were requested to complete the survey and also forward to their constituents.
- Reminder notices were sent periodically
 - IRB Modification: Allowed us to reach out to organizations.



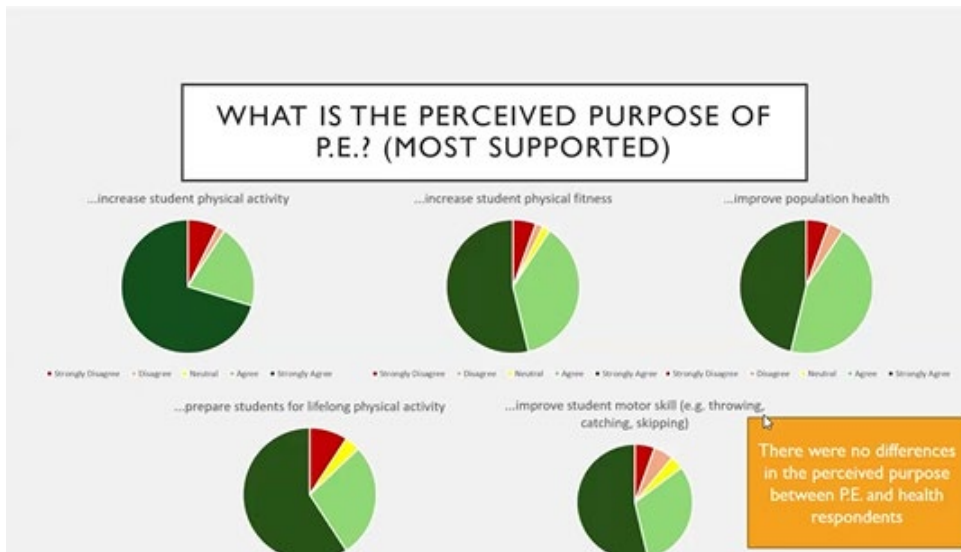
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The largest group of people that participated in the survey were from central Arkansas and their ages ranged from 36-45 years of age. Of those who participated in the survey almost 89% of them had been affiliated with CHAC or knew about the committee.

PARTICIPANTS		Total (n=54)	P.E. (n=24)	Non P.E. (n=30)
Age	Under 23	1 (1.9%)	0 (0%)	1 (3.3%)
	23-35	10 (18.5%)	4 (16.7%)	6 (20.0%)
	36-45	20 (37.0%)	9 (37.5%)	11 (36.7%)
	46-55	13 (24.1%)	8 (33.3%)	5 (16.7%)
	Over 55	10 (18.5%)	3 (12.5%)	7 (23.3%)
Region	Northwest	5 (9.3%)	4 (13.3%)	1 (4.2%)
	Northeast	6 (11.1%)	2 (6.7%)	4 (16.7%)
	Central	32 (59.3%)	20 (66.7%)	12 (50.0%)
	Southwest	1 (4.2%)	1 (3.3%)	2 (3.7%)
	Southeast	3 (12.5%)	1 (3.3%)	4 (7.4%)
CHAC Organization (yes)		48 (88.9%)	21 (87.5%)	27 (90.0%)
CHAC Participation (any)		15 (27.8%)	6 (25.0%)	9 (30.0%)



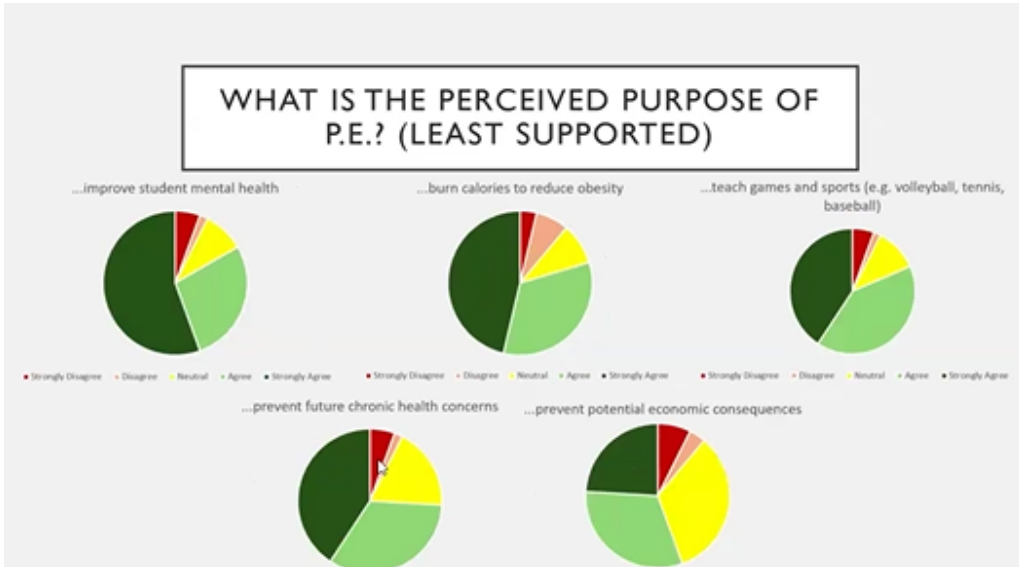
The most supported two reasons for having PE in public schools were to increase student physical activity and prepare students for lifelong student physical activity.



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The least two supported reasons for having PE in public schools were improving student mental health and burning calories to reduce obesity.

DOES P.E. IN ARKANSAS ACHIEVE THAT PURPOSE?

	P.E. (n=24)	Health (n=18)	p-value
P.E. in Arkansas achieves the following purposes:			
Immediate fitness (cardiovascular improvement, muscular strength, flexibility)	3.4 (0.9)	3.1 (1.3)	.275
Burning calories	3.3 (0.9)	2.8 (1.3)	.070
Motor skill learning (i.e. throwing, catching)	2.9 (1.1)	2.3 (1.4)	.184
Long-term activity (lifetime physical activity, gains in sport)	3.7 (1.0)	2.9 (1.2)	.041



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ARE STUDENTS ACHIEVING THE PURPOSE?

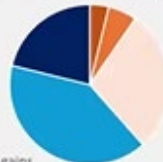
	P.E. (n=24)	Health (n=18)	p-value
Students in Arkansas are achieving the following:			
Students will demonstrate proficiency in motor skills and movement patterns needed to perform a variety of activities.	3.4 (0.9)	2.9 (1.3)	.190
Students will apply the knowledge of concepts, principles, strategies, and tactics related to movement and performance.	3.6 (0.9)	2.6 (1.1)	.003
Students will demonstrate physical literacy needed to achieve and maintain a health-enhancing level of physical activity	3.4 (0.9)	2.9 (1.1)	.110
Students will exhibit responsible personal and social behavior that respects self and others.	3.6 (0.9)	2.8 (1.2)	.031
Students will demonstrate physical literacy through physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	3.7 (0.9)	2.8 (1.1)	.444

ARE PE TEACHERS TRAINED TO ACHIEVE THAT PERCEIVED PURPOSE?

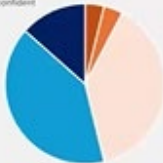
Immediate fitness (cardiovascular improvement, muscular strength, flexibility)



Motor skill learning (i.e. throwing, catching)



Burning calories



Long-term activity (lifetime physical activity, gains in sport)



There were no differences in the perceived purpose between PE and health respondents



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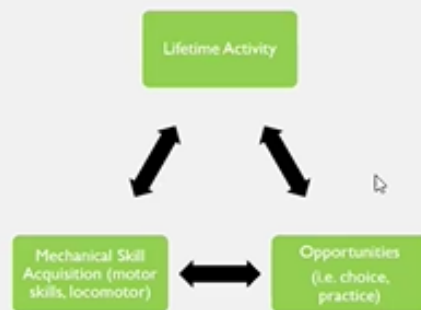
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SUMMARY

- The top supported purposes of P.E. are:
 - Increase physical activity
 - Increase physical fitness
 - Prepare students for lifelong physical activity
 - Improve population health
- There is no difference in the perceived purpose of P.E. between P.E. and Health professionals
- P.E. teachers more strongly support current P.E. achieving long-term physical activity
- P.E. teachers more strongly support students currently achieving:
 - Students will apply the knowledge of concepts, principles, strategies, and tactics related to movement and performance.
 - Students will exhibit responsible personal and social behavior that respects self and others

OVERARCHING GOALS IN PE METHODOLOGY



Shanetta A. inquired if nutrition has been incorporated in the research and Brett S. mentioned that nutrition content has shifted into the health education classes.



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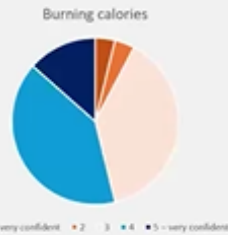
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EFFICIENCY MODEL



LITERATURE

- Trend is to recommend physical activity (in any form)
- With fewer minutes offered for PE and Physical Activity, the interpretation is ANY activity is better than no activity.
 - Preferred is activity in quality PE programs
 - Activity where caloric expenditure is gained is gaining attention





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NEXT STEPS

- Look at expanding the survey to regional bodies
- Examine Physical Activity promotion models in teacher prep programs
- Examine the appropriate public health preparation and content needed in HPE Teacher Prep programs

Jennifer W. re-introduced the proposed CHAC recommendation framework. The past recommendations have been reviewed to determine categorization. The WSCC model was utilized as a categorical approach and the recommendations per year were moved into the new proposed model.

Components:

1. Background
2. Executive Summary
3. Table of Contents
4. Recommendations
 - Recommendation
 - Rationale
 - Fiscal Impact
 - Resources
 - References
 - Related Actions
 - Dates
 - Recommendation status: recommended by CHAC, revised/reviewed by CHAC, and approved by departments.

Shannon B. suggested having Kathy McFetridge with DESE review and provide feedback.



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Member & Non-Member Updates/Announcements:

- Shanetta A. informed the group of the information below:

Cardiopulmonary Resuscitation (CPR) Graduation Training Grant

2025

INCLUDE W9 Tax form for the district

PURPOSE

The purpose of this grant is to assist Arkansas public and charter high schools in psychomotor skills-based CPR training, which is a graduation requirement under Arkansas state law. These grant funds are to support equipment and professional development for CPR training.

These grant funds may only be used to purchase equipment or professional development for the description listed above.

ELIGIBILITY

All Arkansas public and charter schools are eligible to apply for funding up to \$3,000. Application must be received on or before Monday April 1, 2025. Applications will be awarded on a first-come, first-served basis. Grant funds will be disseminated after the application deadline. Preference will be given to title I schools. Grant funds must be utilized by July 30, 2025.

Please Email Applications to: AR.CPR.Grant@gmail.com

- Shannon B. thanked everyone who participated and contributed to the Title V needs assessment, because the feedback and input is beneficial to HRSA federal funding grant.



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Join Zoom Meeting:

<https://us02web.zoom.us/j/83582295337?pwd=Uk1JZGxSUndqYS9YeTF4TXNHdXJVQT09>

Meeting ID: [835 8229 5337](#) Passcode: [229369](#)

One tap mobile: +1 646 931 3860 US, +1 301 715 8592 US (Washington DC)

Next Meeting: Thursday February 13, 2025, from 9:00 am – 10:00 am.

State Board of Education are held monthly on the 2nd Thursday and Friday of each month.

February 13-14, 2025, 9:00 am

March 13-14, 2025, 9:00am

April 10-11, 2025, 9:00 am

May 8-9, 2025, 9:00 am

June 12-13, 9:00 am

State Board of Health meetings are held quarterly on the 4th Thursday of each month.

January 23, 2025, at 10:00 am

April 24, 2025, at 10:00 am

October 23, 2025, at 10:00 am