

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING  
January 28, 2010

*Our Mission: to promote and support a culture of health and fitness in the Lompoc Unified School District*

- I. The meeting was called to order at 3:31 pm. Those present were: Kathy Bertelsen, RD (Manager, Child Nutrition Services); Michelle Mackinnon, RD (Supervisor/Nutrition Specialist, Child Nutrition Services); Elisa Wolfe, RN (District Nurse); Pamela Lee (Mobile Chef, Orfalea Foundation); Angelica Hernandez (Admin. Asst, Director Student Achievement/Curriculum); Sharon Coombs (Admin. Asst., Principal Cabrillo High School); Steve McDowell (Director, Lompoc Valley Community Health Organization).
- II. Minutes of the previous meeting were approved
- III. Angelica Hernandez gave an update on the SPARK (Sports, Play and Active Recreation) program that has been implemented in the district. Angelica expressed the district's gratitude to Steve McDowell and the Lompoc Valley Community Health Organization for their contribution to wellness at LUSD in garnering \$78,000 (\$6,500 for each K-8 site) in categorical funds and grant money from the California Endowment to get the district up and running on SPARK. This money was used for the purchase of PE equipment for SPARK. Another \$200,000 was paid directly by the California Endowment to train LUSD teachers in SPARK. At this point in time most of the district's elementary teachers are trained and there are "train the trainers" in place for the elementary and high school levels. Now the district is working toward getting the middle schools on board. Last summer, one middle school teachers received "train the trainer" training from SPARK in San Diego. This summer, the district plans on sending the high school PE teachers to be trained in SPARK in San Diego. K-8 teachers will have another SPARK training opportunity in the spring. There is a need for monetary resources for training and equipment as there is only \$15,000 in grant money left. Pamela Lee stated that she would express this need to the Orfalea Foundation. Steve McDowell said he will look for resources. Angelica said that LUSD was highly thought of by the SPARK organization. LUSD is one of their largest participating districts and they use the district as a reference for other districts.
- IV. Kathy finished reviewing the Progress Report which was submitted at the last meeting. It is a comparison of data from indicators between 04/05 and 08/09.
  1. California Physical Fitness Test Scores reveals positive results over last 3 years. Aerobic capacity of 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> graders increased 10.7%, 3.3% and 16.4% respectively. Body composition (measured by Body Mass Index – BMI) of 5<sup>th</sup> grades decreased by .5% but increased for 7<sup>th</sup> and 9<sup>th</sup> grade by 1.2% and 6.2% respectively.
  2. California Healthy Kids Survey reveals mixed results between fall 2004 to fall 2006. Unable to acquire fall 2008 data at this time. Regarding the questions "did you eat breakfast" – 7<sup>th</sup> grade decreased by 1%, 9<sup>th</sup> grade increased by 5% and there was no change for 11<sup>th</sup> grade. Regarding the question "did you exercise vigorously for at least 20 minutes for 3 days in the last week" – 7<sup>th</sup> and 11<sup>th</sup> grade decreased by 1% and 4% respectively and 9<sup>th</sup> grade increased 5%. Regarding the

question “did you eat 5 servings of fruit or vegetables” – 7<sup>th</sup> grade decreased by 3% and 9<sup>th</sup> and 11<sup>th</sup> grades increased by 9%.

3. Student participation in school meals were expected to increase with the Wellness Policy due to improvements in the quality of the meals, improved ambience of the serving areas (especially at the comprehensive high schools where food courts were put in), and adding a breakfast program at the remaining 4 schools that did not have one. Student participation rates in school meals showed an overall increase comparing 05/06 to 08/09 (breakfast increased 48% and lunch 16%). Between 07/08 and 08/09 there was a 14% decrease in breakfast which was because of the decision to stop the second breakfast at the elementary schools, a decision based on the crowded scheduling with the addition of 6<sup>th</sup> grade. There was also a 2% drop in lunch participation which could be attributed to declining enrollment.
  4. Child Nutrition Services sales revenue from a la carte sales were expected to decrease – a positive trend – given that school lunch is a complete meal and therefore, more nutritious than snacks. There was an overall 42% decrease in a la carte sales at middle schools from 05/06 – 08/09. This trend is due to an additional lunch line being added at each middle school which improved the efficiency of purchasing a school lunch. And SB12 and SB965 laws going into effect which allow for only healthy snacks and beverage sales that are less appealing to students. There was an overall 93% decrease at the high schools because the snack lines were replaced with school lunch lines.
  5. Other sales revenue from other snack sales were also expected to decrease – a positive trend as well given that fundraising has contributed to the overweight/obesity problem. Due to the difficulty of collecting the data from all the schools, a sample of one school from each grade span was collected. Comparing 06/07 to 08/09 – Los Berros’ fundraising increased by \$13,636. This was because the school had budgeted to fundraise for a Science Camp in which they needed \$13,287. Lompoc Valley Middle school did away with their beverage machines, therefore, fundraising decreased by 100%. Lompoc High School’s revenue was down 58% because of SB12 and SB965 going into effect and the healthier choices being less appealing to the students.
  6. It is expected that the district would meet all 7 nutritional goals mandated by USDA (calories, total fat, saturated fat, vitamins A and C, iron and calcium). At this point – all goals have been met (+ or – 1%).
  7. Comparing 05/06 to 08/09 the number of students with type II diabetes decreased from 18 to 7 (61%).
  8. Kathy reviewed the parent survey that was done at the beginning of the 08/09 school year. Following are highlights of the results. 48.5% knew the district had a wellness policy; 54.6% noticed more lessons or activities related to health, fitness and nutrition; 57.8% said their student talked about health, fitness and nutrition more often; 34.3% were aware of the SPARK program (this is likely because students do not relate their PE program to SPARK); 96% said that they feel PE is an important part of their child’s education; 75% stated that their family engages in activity recreation outside of school; 74.7% said they considered the foods served at school to be healthy; 59.6% believed that there are more healthy choices at school this year compared to last year; 61.1% said they “mostly modeled healthy eating habits in front of their children”.
- V. Kathy attended the Admin Council Meeting on November 19<sup>th</sup> to address the areas of the district Wellness Policy (SB5030 and AR5030) that were not being followed:

- staff soda machine in view of students; bulletin board with Pepsi emblem; non-nutritious foods being used as rewards; many class parties being held during lunch which is in competition with the school lunch program and out of compliance with the County Health Department; schools are not seeking advice from Child Nutrition Services for foods for fundraising and some of the foods being served do not meet nutritional guidelines, Ed code or Health Dept. codes. Kathy also reported that chocolate milk and sugary breakfast foods, such as sweetened cereals would not be serviced anymore in an effort to be a part of solutions and not part of the overweight/obesity problem.
- VI. Kathy attended the PTA Council Meeting on January 20<sup>th</sup> to address the areas of the Wellness Policy not being followed – fundraising and classroom parties.
- VII. Wellness News in the Community – Steve McDowell reported about the Lompoc Valley Community Health Summit which will be on March 25<sup>th</sup>. This summit is designed for decision makers, programs managers, health care providers, healthy community groups, public health representatives, academia, philanthropic groups and anyone with an interest in improving community health. The Lompoc Community Health Assessment Report will be presented. Steve shared some of the research: Lompoc residents do have access to fresh fruit and vegetables. He said that no one lives over a quarter mile away from a place where it can be purchased.
- VIII. New issues/comments – Sharon Coombs shared that the Cabrillo students are not happy about the decision to not serve chocolate milk. Pam Lee explained how the Orfalea Foundation required that the district not serve it as part of the Child Nutrition Department’s relationship with them. Kathy Bertelsen said that she had been interviewing students at elementary schools about what type of milk they drank at home. Most children said they drank white milk at home but chocolate at school. Kathy said after hearing that she made a decision to do away with the chocolate milk because she did not want to be contributing to the overweight/obesity problem.
- IX. The next meeting is Thursday, Thursday, February 25th from 3:30 to 4:30 at the Central Kitchen.
- X. The meeting adjourned at 4:35 pm.