

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING  
March 25, 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 3:32. The following people were present: Kathy Bertelsen, RD (Manager, Food Services); Pamela Lee (Culinary Advisor, Orfalea Foundation); Cathy Farrell (district teacher/Treasurer LFT)
  - II. Minutes of the previous meeting were approved as written
  - III. Wellness News in the Community:
    1. Kathy Bertelsen and Pamela Lee reported on the Lompoc Valley Community Health Summit which they had attended that day. The summit was sponsored by the Lompoc Valley Community Health Organization, the Lompoc Hospital Foundation and the California Endowment. It was a wonderful conference. PowerPoint presentations from the speakers can be obtained at: [www.healthylompop.lvcho.org](http://www.healthylompop.lvcho.org). Following are some highlights from the keynote speaker – James Sallis, PhD, San Diego State University, Active Living Research:
      - Zoning laws are still in place from the 19<sup>th</sup> century designed to protect homes from factory pollutants. Now they separate people from physical activity opportunities because people are unable to walk or bike to shop, work or visit recreational areas.
      - What has been shaping our culture today is availability of food and beverages, portion sizes, ads, cars, entertainment industry and computers.
      - Research shows that the environment can make a difference. People with access to parks and recreation facilities are more likely to be active and have a lower prevalence of obesity. And people with access to healthy food choices are more likely to eat healthy and less likely to be obese.
      - We need to develop policies that make healthy choices easy, i.e., healthy food and activity options.
      - Dr. Sallis was involved in the research for the SPARK program, our district's adopted PE program.
      - He briefed Michelle Obama on evidenced-based approaches.
      - He met with Gov. Schwarzenegger in December and recommended policies for PE, after school, and safe routes to schools based on his research. In February, the governor announced legislation on these topics at his health summit.
- The Lompoc Community Health Improvement Coalition has been addressing environmental barriers that impact healthy lifestyle behaviors. Following is a report that Judy Taggart presented on the assessments that the coalition has been working on in the community:
- They teamed up with the city and consultants to do a walkability and bikability assessment.
  - The walkability study found incomplete sidewalks, missing curbs and ramps, poor cross walks and hidden signs.

- The bikeability study found a lack of connectivity of bike lanes that made it challenging for cyclists to get around town.
- They assessed safe routes to schools and found problems with pick up and drop off areas and problems with parents that created a lot of confusion; some speed limits were excessive or not posted well.
- The community food assessment showed that Lompoc had a wide variety of merchants selling fresh produce and that most homes in Lompoc lived within a ½ mile of them. However, fast food restaurants were also in close proximity.
- Lompoc has 11 square miles of parks and open space, but not all of it is accessible to pedestrians and cyclists.
- A strategic plan will be developed to address these issues.

Kathy Bertelsen was presented with “the Barry J. Coughlin, M.D. Community Health Leadership Award” in recognition of leadership in the development and implementation of policies and programs throughout Lompoc USD and the community that assure children nutritious meals and a healthier environment.

IV. Kathy reported on an interesting article in Time Magazine dated March 15, 2010. The article highlighted some schoolchildren in France at lunchtime which is a far cry from how we Californians feed our schoolchildren. French children are treated to gourmet, multicourse meals and given the time to eat it. Meal time is a priority and considered a sacred time. Here in California our lunchrooms are overcrowded and we rush students through the meal process. France, although in a financial crisis itself, fully funds the child nutrition program, while California does not. The point is: Making nutrition a priority as France does would require a paradigm shift.

V. Examples of “wellness” working in the District:

1. The Wellness Committee had considered having some type of employee health program in the past – turns out we have one: The district insurance provider SISC provides a preventative employee health program for its members. Last year a \$25.00 cash incentive was provided for any member who took part in the Health Assessment that they provided. The assessment looked at health parameters such as BMI, percentage of body fat, waist circumference, blood pressure, and cholesterol level and blood glucose. This year a \$40.00 incentive was given to those who participated in the health assessment and a member can earn another \$30.00 by taking part in their Digital Health Coaching program.

VI. Committee comments or issues that need to be addressed regarding wellness in the district

1. Response to last month issues:
  - Carol Arnerich’s issue regarding providing morning snacks for hungry children: Food Services will apply for the USDA Fresh Fruit and Vegetable Grant – 3 of 7 eligible schools signed up. If the grant is awarded, this program will provide a fruit or vegetable snack to children in schools that have 50% or more students who qualify for free or reduced meals. As part of the requirement of the

grant, students will receive some nutrition education each time the snack is offered.

- There is a need for teachers at the middle schools to be trained in SPARK – Angelica Hernandez reports that this summer Glenda Grover at Lompoc Valley Middle School, 4 teachers at Cabrillo High and 2 teachers at Lompoc High will go to San Diego for SPARK training. The district is working on scheduling K-6 training in the district.

VII. Old Business:

1. Kathy started to review the updated Progress Report – comparison of data from indicators that was updated per Steve McDowell’s suggestions several months ago.

VIII. Meeting dates – usually the 4<sup>th</sup> Thursday of the month from 3:30 to 4:30  
Our next meeting will be on Thursday, April 22<sup>nd</sup> from 3:30 to 4:30 at the Central Kitchen.

IX. The meeting adjourned at 4:31 pm