

School Health Advisory Council Meeting: December 12, 2018

## Meeting Minutes

**Members Present:** Shelly Weber, Veronica Maldonado, Kimberly Brents, Mandy Caudillo, Cristina Baez, Kimberly Gonzales, Mary Perez, Sarah Winkler

### **SHAC Overview**

Shelly Weber gave a brief overview of the purpose of the School Health Advisory Council. The SHAC is a school district created advisory group. Members of the SHAC come from different areas of the community and the school district. Texas Law requires the school district to have a SHAC. The job of the SHAC is to make sure that the school district's school health programs reflect local community values. The SHAC meets 4 times a school year.

### **E-Cigarette Usage**

Shelly Weber discussed the alarming increase of e-cigarette Usage among teens. Teen e-cigarette usage had been decreasing over the past several years. However, per a Special Announcement from the FDA dated November, 15, 2018, new findings from the 2018 National Youth Tobacco Survey showed a dramatic increase in youth use of e-cigarette. From 2017 to 2018, there was a 78% increase in current e-cigarette use among high school students and a 48% increase among middle school students.

The dangers of e-cigarettes were discussed. Concern about the nicotine in e-cigarettes was raised and the thought about a new generation of youth becoming addicted to nicotine. Concern was discussed about the health risks of nicotine, including cardiovascular issues, and this generation of youth that could be affected. The teenage brain is still developing until the mid-20's. Nicotine exposure during this period of brain development can disrupt the growth of brain circuits that control attention, learning and susceptibility to addiction.

Shelly Weber informed the group that the school district used the CATCH program to educate students at the High School about the dangers of e-cigarettes. A curriculum was provided and the 9<sup>th</sup> grade PE classes were taught. Shelly discussed either doing this same program again, or looking for another program. Shelly Weber discussed ways for parent education as well as student education.

### **AED Update**

Shelly Weber reported that the district has just purchased 5 new AEDs. We also added 3 additional AEDs over the summer, 1 in the GOPAC, 1 at Pride High School and 1 at the Central Office just outside the Board Room. The district will be trying to replace several AEDs each year. Our older AEDs are 10+ years old.

### **Flu Update**

The school district has not seen many cases of flu yet. The Lockhart Family Practice clinic reported that they are not seeing flu at this time. They are seeing a lot of patients with strep throat.

### **Health Fair Planning**

The school district will be having another health fair this year. Possible dates—April 12 or 27. Sarah Winkler discussed some of the groups that were at the health faire last year. It was discussed about school groups performing (choirs, band, cheer, dance, etc.). also it was discussed to maybe have basketball activities going on outside. It was mentioned that last year when this was done in the gym, it felt as if those people were really separated from the group. May be better if the basketball activities were right outside the cafeteria.

### **Proposed School Year Meeting Dates**

January 14, 2019

February 11, 2019

March 11, 2019

Meeting adjourned at 6:19