

ADVISORY COUNCIL ON THE STATE PROGRAM FOR FITNESS AND WELLNESS

Nevada Revised Statutes 439.518

**March 27, 2012
Sunset Subcommittee of the Legislative Commission
Meeting Packet**

March 13, 2012

Christopher Roller, Chair
Advisory Council on the State Program
for Fitness and Wellness
4445 S. Jones Blvd., Suite 1
Las Vegas, NV 89103

Dear Mr. Roller:

I am writing to inform you that the Advisory Council on the State Program for Fitness and Wellness has been scheduled for a public hearing concerning its termination, modification, consolidation or continued operation pursuant to *Nevada Revised Statutes* (NRS) 232B.240. The Sunset Subcommittee of the Legislative Commission will meet on Tuesday, March 27, 2012, at 9:30 a.m. to conduct the public hearing. The meeting is in Room 4412 of the Grant Sawyer State Office Building at 555 East Washington Avenue in Las Vegas with a simultaneous videoconference to Room 3138 of the Legislative Building in Carson City.

We have received the materials that you sent concerning your council. In addition, the Sunset Subcommittee will be provided with any other materials submitted by members of the public, as well as copies of applicable laws and regulations. Please present any other materials to the Sunset Subcommittee that you feel would be helpful to this review. Keep in mind that pursuant to NRS 232B.240, “[a] board or commission has the burden of proving that there is a public need for its continued existence.” However, the purpose of the Sunset Subcommittee is not solely to determine whether to “sunset” an entity. The reviews conducted by the Subcommittee must also include:

(a) An evaluation of the major policies and programs of the board or commission, including, without limitation, an examination of other programs or services offered in this State to determine if any other provided programs or services duplicate those offered by the board or commission;

(b) Any recommendations for improvements in the policies and programs offered by the board or commission; and

(c) A determination of whether any statutory tax exemptions, abatements or money set aside to be provided to the board or commission should be terminated, modified or continued.

(subsection 1 of NRS 232B.220)

Christopher Roller, Chairman
Advisory Council on the State Program for
Fitness and Wellness
March 5, 2012
Page 2

Please feel free to contact me if you have any questions concerning the review of your council.

Sincerely,

Lorne J. Malkiewich, Director
Legislative Counsel Bureau

LJM:jp
cc: Monica Morales, Health Program Specialist 2, Department of Health and Human Services
L12-Advisory Council on the State Program for Fitness and Wellness

Sunset Subcommittee Review Form

and

Attachments

***ADVISORY COUNCIL ON THE STATE PROGRAM
FOR FITNESS AND WELLNESS
Nevada Revised Statutes 439.518***



**Information concerning Board or Commission
Subject to Review by the
Sunset Subcommittee of the Legislative Commission**

as required by section 10 of S.B. 251 of the 2011 Legislative Session



Board or Commission Name:	Fitness and Wellness Advisory Council (FWAC).
Members' Names:	Not enough space to write names in. Please see attachments.
Web site Address (if any):	www.fitfirstnevada.com
Web site Developer (if not DoIT, please indicate if DoIT approved the web site):	Bausserman Group is the developer of the website. The website was created in 2009 and was approved by DoIT.
Executive Director's Name and Contact Information:	The committee has a Chair and Vice Chair but not an executive Director. Christopher Roller is the Chair: 4445 S. Jones Blvd., Ste. 1 Las Vegas, NV 89103, 702-367-1975. Barbara Paulsen is Vice Char: 1421 Bronco Road, Boulder City, NV 89005
Staff Members' Names:	According to NRS 439.514(4), staff to the FWAC shall be provided by the State Health Division for purposes of secretarial, research, and other needs. Current staff assigned are: Mónica Morales, MPA, Wellness Programs Manager and Ashley McCrosky, Administrative Assistant.
Created by what Authority:	The Council is authorized under NRS 439.514 – NRS 439.525.
Authority to adopt regulations (NRS) and citation to regulations (NAC):	Not applicable.
Any required regulations that have not been adopted:	Not applicable.
Governing structure of the Board or Commission:	Not enough space for narrative on governing structure. Please see attachment.

**Information concerning Board or Commission
Subject to Review by the
Sunset Subcommittee of the Legislative Commission (Continued)**

Duties of the Board or Commission:

In accordance with NRS 439.517, the Fitness and Wellness Advisory Council is considered advisory in nature and makes recommendations to the Nevada State Health Division and the Nevada Department of Education. Within the limits of available money, the Health Division shall establish the State Program for Fitness and Wellness to increase public knowledge and raise public awareness relating to physical fitness and wellness and to educate the residents of this State on matters relating to physical fitness and wellness, including, without limitation:

1. Programs for physical fitness;
2. Nutrition; and
3. The prevention of obesity, chronic diseases and other diseases.

Dates of the Immediately Preceding Six Meetings:

March 14, 2011; May 9, 2011; July 11, 2011; September 12, 2011; November 14, 2011; January 24, 2012

Statement of the objectives and programs of the Board or Commission:

In accordance with NRS 439.521, the Division shall, within the limits of available money, and with the advice and recommendations of the Advisory Council:

1. Establish a solid scientific database of the most current information on physical fitness, nutrition, and the prevention of obesity, chronic diseases and other diseases, using information obtained through surveillance, epidemiology and research, and use the database in carrying out the Program.
2. Identify and review, in coordination with the Department of Education, existing programs related to nutrition and physical fitness, including, without limitation, programs of state and local governments, educational institutions, businesses and the general public.
3. Encourage local community efforts to increase opportunities for physical fitness.
4. Develop and coordinate a model program for proper nutrition, physical fitness and health for implementation by state employees and agencies.
5. Develop and coordinate, in cooperation with the Department of Education, recommendations for model programs to encourage proper nutrition, physical fitness and health in the schools of this State, including, without limitation, physical fitness testing which can be administered through the schools.
6. Develop and coordinate recommendations for model programs that would encourage proper nutrition, physical fitness and health among the residents of this State, including, without limitation, parents and children, senior citizens and persons with special needs.
7. Assist on projects within this State as requested by, and in coordination with, the President's Council on Physical Fitness.

Statutory tax exemptions, abatements, or money set aside for the Board or Commission:

None. The members of the Advisory Council (FWAC) serve without compensation, except that each member is entitled, while engaged in the business of the FWAC and within the limits of available money, to the per diem allowance and travel expenses provided for state officers and employees.

Conclusion concerning the effectiveness of the objectives and programs of the Board or Commission:

The Fitness and Wellness Advisory Council has carried out its objectives effectively. FWAC address the prevention of chronic disease by embracing a holistic approach to the prevention of obesity. For example, the Advisory Council has promoted awareness of evidence-based practices dealing with obesity risk factors, such as increasing the consumption of fruits and vegetables and increased physical activity among youth, as well as promoting worksite wellness policies at state agencies. Linked to its success, are the strong partnerships established by FWAC. Over the years, FWAC has worked with more than three dozen public and private entities on issues of physical activity, chronic disease prevention, and obesity. Below is a list of some of these entities:

Washoe County Health District Healthy Communities Coalition (HCC); Nevada Public Health Foundation (NPHF) American Cancer Society; University of Nevada Cooperative Extension Early Childhood and Breast-feeding Programs Division of Welfare and Supportive Services (DWSS); Children and Nature Initiative Alliance for a Healthier Generation (AHG); Maternal and Children's Health; Diabetes Prevention and Control Program; American Heart Association; Nevada Tobacco Users Helpline; and Southern Nevada Health District (SNHD) .

**Information concerning Board or Commission
Subject to Review by the
Sunset Subcommittee of the Legislative Commission (Continued)**

Any duplication of services with those offered by another Board or Commission or recommendation for consolidation with another Board or Commission:

We don't believe this council is duplicating services offered by other boards or commissions. From our understanding, FWAC is the only advisory council working on chronic disease and obesity prevention and education. The Fitness and Wellness Advisory Council is taking a proactive role in eliminating redundancy and increasing efficiency across programs. For example, in 2011 the Preventative Health and Health Services Block Grant Advisory Board merged with FWAC. Because both entities were working on the reduction of obesity and chronic disease, it made programmatic sense to merge these entities. In an effort to continue to maximize resources, FWAC is also currently looking at merging with the Chronic Disease Self Management Council. To this end, the FWAC welcomes any potential mergers with entities working on similar goals and objectives.

Any recommendations for statutory changes which are necessary for the Board or Commission to carry out its objectives and programs:

To date, members have not identified any recommendations for statutory changes.

If additional space is necessary, please attach additional pages and refer to the attachments on the form. Please include with this form:

- 1. The operating budget of the Board or Commission.**
- 2. A statement setting forth the income and expenses of the Board or Commission for at least 3 years immediately preceding the date on which the Board or Commission submits this form, including the balances of any fund or account maintained by or on behalf of the Board or Commission.**
- 3. The most recent legislative audit or other audit of the Board or Commission, and any efficiency studies or constituent or staff surveys conducted in the past 3 years.**
- 4. Any reports required to be filed with the Legislative or Executive Branch over the past 3 years. Please indicate if any reports were filed late or have not been filed.**
- 5. The minutes of any meetings of the Board or Commission in the past year, if any.**

Please forward all documents to: jeanne.peyton@lcb.state.nv.us

**Fitness and Wellness Advisory Council
Sunset Subcommittee of the Legislative Commission
Form Question and Answers**

1. Board or Commission Name:

Fitness and Wellness Advisory Council (FWAC).

2. Members' Names:

- **State Health Officer**
Dr. Tracey Green, MD
Nevada State Health Division
tgreen@health.nv.gov
- **Superintendent of Public Instruction**
Donnell Barton, Director
Office of Child Nutrition and School Health
Nevada Department of Education
dbarton@doe.nv.gov
- **Representative of a Health Insurance Industry**
Jack Kim, Vice President, State Government Affairs
United Health Group
jack@sierrahealth.com
- **Health Care Provider**
Dr. E. James Greenwald
Specialty Health
greenie@specialtyhealth.com
- **Nevada Association for Health, Physical Education, Recreation and Dance (NAHPERD) Representative**
Hayden Ross, Program Facilitator
HCRoss@interact.ccsd.net
- **Organization Committed to the Prevention of Chronic Disease Representative**
Christopher Roller
American Heart Association
Christopher.Roller@heart.org
- **Registered Dietitian**
Barbara Paulsen, MS, RD
University of Nevada, Las Vegas Department of Kinesiology and Nutrition Science and LIFESTEPS Weight Management Program
paulsen.barbara@hotmail.com
- **Advisory Committee of the Office of Minority Health**
Gerold Dermid

Washoe County District Health Department
gdermid@washoecounty.us

- **Private Sector Human Resources**
Marci Lynn Schmiede, MBA, CPT
The Willis Group, Health and Wellness Coordinator
Marcischmiede@gmail.com
- **State Senate Representative**
Senator Valerie Wiener
VWiener7@ValerieWiener.com

II. **State Assembly Representative**
Assemblywoman Olivia Diaz
odiaz@asm.state.nv.us

3. **Web site Address** (if any):
www.fitfirstnevada.com
4. **Website Developer** (if not DoIT, please indicate if DoIT approved the web site):
Bausserman Group is the developer of the website. The website was created in 2009 and was approved by DoIT.

5. Executive Director's Name and Contact Information:

The committee has a Chair and Vice Chair but not an executive Director.

Christopher Roller is the Chair and his contact information is:

Christopher Roller
American Heart Association
4445 S. Jones Blvd., Ste. 1
Las Vegas, NV 89103
702-367-1975
C: 702-572-2753
Christopher.Roller@heart.org

The Vice Chair is Barbara Paulsen, her contact information is:

Barbara Paulsen, MS, RD
University of Nevada, Las Vegas Department of Kinesiology and Nutrition Science and
LIFESTEPS Weight Management Program
1421 Bronco Road
Boulder City, NV 89005
702-293-3498
F: 702-294-1578

6. Staff Members' Names:

According to NRS 439.514(4), staff to the FWAC shall be provided by the State Health Division for purposes of secretarial, research, and other needs. Current staff assigned are:

Mónica Morales, MPA, Wellness Programs Manager
Ashley McCrosky, Administrative Assistant

7. Created by what Authority:

The Council is authorized under NRS 439.514 – NRS 439.525.

8. Authority to adopt regulations (NRS) and citation to regulations (NAC):

Not applicable.

9. Any required regulations that have not been adopted:

Not applicable.

10. Governing structure of the Board or Commission:

Within the limits of available money, the Health Division shall establish the Advisory Council on the State Program for Fitness and Wellness to advise and make recommendations to the Health Division concerning the Program.

The Administrator shall appoint to the Advisory Council the following nine voting members:

- (a) The State Health Officer or the designee of the State Health Officer;
- (b) The Superintendent of Public Instruction or the designee of the Superintendent;
- (c) One representative of the health insurance industry;
- (d) One provider of health care;
- (e) One representative of the Nevada Association for Health, Physical Education, Recreation and Dance or its successor organization;
- (f) One representative of an organization committed to the prevention of chronic diseases;
- (g) One registered dietitian;
- (h) One representative who is a member of a racial or ethnic minority group appointed from a list of persons submitted to the Administrator by the Advisory Committee of the Office of Minority Health of the Department; and
- (i) One representative of private employers in this State who has experience in matters relating to employment and human resources.

The Legislative Commission shall appoint to the Advisory Council the following two voting members:

- (a) One member of the Senate; and
- (b) One member of the Assembly.

A majority of the voting members of the Advisory Council may appoint nonvoting members to the Advisory Council.

11. Duties of the Board or Commission:

In accordance with NRS 439.517, the Fitness and Wellness Advisory Council is considered advisory in nature and makes recommendations to the Nevada State Health Division and the Nevada Department of Education. Within the limits of available money, the Health Division shall establish the State Program for Fitness and Wellness to increase public knowledge and raise public awareness relating to physical fitness and wellness and to educate the residents of this State on matters relating to physical fitness and wellness, including, without limitation:

1. Programs for physical fitness;
2. Nutrition; and
3. The prevention of obesity, chronic diseases and other diseases.

12. Dates of the Immediately Preceding Six Meetings:

March 14, 2011
May 9, 2011
July 11, 2011
September 12, 2011
November 14, 2011
January 24, 2012

13. Statement of the objectives and programs of the Board or Commission:

In accordance with NRS 439.521, the Division shall, within the limits of available money, and with the advice and recommendations of the Advisory Council:

1. Establish a solid scientific database of the most current information on physical fitness, nutrition, and the prevention of obesity, chronic diseases and other diseases, using information obtained through surveillance, epidemiology and research, and use the database in carrying out the Program.
2. Identify and review, in coordination with the Department of Education, existing programs related to nutrition and physical fitness, including, without limitation, programs of state and local governments, educational institutions, businesses and the general public.
3. Encourage local community efforts to increase opportunities for physical fitness.
4. Develop and coordinate a model program for proper nutrition, physical fitness and health for implementation by state employees and agencies.
5. Develop and coordinate, in cooperation with the Department of Education, recommendations for model programs to encourage proper nutrition, physical fitness and health in the schools of this State, including, without limitation, physical fitness testing which can be administered through the schools.
6. Develop and coordinate recommendations for model programs that would encourage proper nutrition, physical fitness and health among the residents of this State, including, without limitation, parents and children, senior citizens and persons with special needs.

7. Assist on projects within this State as requested by, and in coordination with, the President's Council on Physical Fitness and Sports.
8. Identify and review methods for reducing health care costs associated with obesity, chronic diseases and other diseases.
9. Identify and review methods for increasing the effectiveness and efficiency of the workforce of this State.
10. Maintain a website to provide information on nutrition, physical fitness and health, wellness, and the prevention of obesity and chronic diseases.
11. Provide educational materials and information on research concerning matters relating to physical fitness, wellness, and the prevention of obesity, chronic diseases and other diseases, including, without limitation, materials and information concerning programs and services available to the public and strategies for achieving and maintaining physical fitness and preventing obesity, chronic diseases and other diseases.
12. Solicit information from, and, to the extent feasible, coordinate its efforts with:
 - a) Other governmental agencies;
 - b) National health organizations and their local and state chapters;
 - c) Community and business leaders;
 - d) Community organizations;
 - e) Providers of health care;
 - f) Private schools; and
 - g) Other persons who provide services relating to physical fitness and wellness and the prevention of obesity, chronic diseases and other diseases.

14. Statutory tax exemptions, abatements, or money set aside for the Board or Commission:

None. The members of the Advisory Council (FWAC) serve without compensation, except that each member is entitled, while engaged in the business of the FWAC and within the limits of available money, to the per diem allowance and travel expenses provided for state officers and employees.

15. Conclusion concerning the effectiveness of the objectives and programs of the Board or Commission:

The Fitness and Wellness Advisory Council has carried out its objectives effectively. FWAC address the prevention of chronic disease by embracing a holistic approach to the prevention of obesity. For example, the Advisory Council has promoted awareness of evidence-based practices dealing with obesity risk factors, such as increasing the consumption of fruits and vegetables and increased physical activity among youth, as well as promoting worksite wellness policies at state agencies. Linked to its success, are the strong partnerships established by FWAC. Over the years, FWAC has worked with more than three dozen public and private entities on issues of physical activity, chronic disease prevention, and obesity. Below is a list of some of these entities:

Washoe County Health District	Healthy Communities Coalition (HCC)
Nevada Public Health Foundation (NPHF)	American Cancer Society
University of Nevada Cooperative Extension Early Childhood and Breastfeeding Programs	Division of Welfare and Supportive Services (DWSS)
Supplemental Nutrition Assistance Program Education (SNAP Ed)	Southern Nevada Health District (SNHD) Tobacco Program
Centennial Health	Health and Wellness, Durango Hills YMCA

University of Nevada Cooperative Extension (UNCE)	Valley Hospital Medical Center
National Foundation on Fitness, Sport and Nutrition	Clark County School District (CCSD)
Children and Nature Initiative	Alliance for a Healthier Generation (AHG)
Maternal and Children's Health	UNLV, Physical Activity Research Projects
Diabetes Prevention and Control Program	Office of Minority Health
American Heart Association	Vegas Public Broadcast System
American Stroke Association	Nevada Tobacco Users Helpline

16. Any duplication of services with those offered by another Board or Commission or recommendation for consolidation with another Board or Commission:

We don't believe this council is duplicating services offered by other boards or commissions. From our understanding, FWAC is the only advisory council working on chronic disease and obesity prevention and education. The Fitness and Wellness Advisory Council is taking a proactive role in eliminating redundancy and increasing efficiency across programs. For example, in 2011 the Preventative Health and Health Services Block Grant Advisory Board merged with FWAC. Because both entities were working on the reduction of obesity and chronic disease, it made programmatic sense to merge these entities. In an effort to continue to maximize resources, FWAC is also currently looking at merging with the Chronic Disease Self Management Council. To this end, the FWAC welcomes any potential mergers with entities working on similar goals and objectives.

17. Any recommendations for statutory changes which are necessary for the Board or Commission to carry out its objectives and programs:

To date, members **have not** identified any recommendations for statutory changes.

If additional space is necessary, please attach additional pages and refer to the attachments on the form. Please include with this form:

1. The operating budget of the Board or Commission.

There is no operating budget for the Fitness and Wellness Advisory Council (FWAC). Members of the FWAC serve without compensation, except that each member is entitled, while engaged in the business of the Advisory Council and within the limits of available money, to the per diem allowance and travel expenses provided for state officers and employees generally. No travel has taken place by any advisory member, in the last three years.

2. A statement setting forth the income and expenses of the Board or Commission for at least 3 years immediately preceding the date on which the Board or Commission submits this form, including the balances of any fund or account maintained by or on behalf of the Board or Commission.

The Fitness and Wellness Advisory Council does not have an operating budget and state general funds are not used to support this advisory council.

- 3. The most recent legislative audit or other audit of the Board or Commission, and any efficiency studies or constituent or staff surveys conducted in the past 3 years.**

Not applicable. According to the Legislative Counsel Bureau Audit Division, the Fitness and Wellness Advisory Council does not qualify for audits under NRS 218.

- 4. Any reports required to be filed with the Legislative or Executive Branch over the past 3 years. Please indicate if any reports were filed late or have not been filed.**

No reports have been submitted because of the lack of available money. In accordance with NRS 439.517, annual reports will be submitted only if funding is available to support these efforts. FWAC does not receive monies from State General Funds or other federal grants that provides the resources necessary to produce annual reports to the Legislative and Executive Branch.

- 5. The minutes of any meetings of the Board or Commission in the past year, if any.**

Attached.

Minutes

January 10, 2011

March 14, 2011

May 9, 2011

July 11, 2011

September 12, 2011

November 14, 2011

***ADVISORY COUNCIL ON THE STATE PROGRAM
FOR FITNESS AND WELLNESS
Nevada Revised Statutes 439.518***

**ADVISORY COUNCIL TO THE STATE PROGRAM ON FITNESS AND WELLNESS
MINUTES**

January 10, 2011

9:00 a.m.

**Nevada State Health Division
4150 Technology Way, Rm. 303
Carson City, Nevada 89706
(775) 684-4285**

**AT&T Conferencing
Dial-In Toll Free Number 1-877-848-7030
Participants Code #2541093**

**Nevada Early Intervention Services-North Site
4528 West Craig Road, Suite 170
N. Las Vegas, NV 89032
(702) 486-5100**

**Nevada Early Intervention Services
2667 Enterprise Road
Reno, NV 89512
(775) 688-1341**

COUNCIL MEMBERS PRESENT:

Barbara Paulsen, University of Nevada-Las Vegas (UNLV) (Virginia Beck as Proxy)
Christopher Roller, Advocacy/State Health Alliances Director, American Heart Association (AHA)
Gerold Dermid, Washoe County Health District (WCHD)
Hayden Ross, Nevada Association for Health, Physical Education, Recreation and Dance (NAHPERD)
Jack Kim, Director of Legislative Programs, Sierra Health Services, Inc. (SHS)
James Greenwald, M.D., Specialty Health Clinic (SHC)
Tracey Green, M.D., State Health Officer, Nevada State Health Division (NSHD)

COUNCIL MEMBERS NOT PRESENT:

Kelley Tucky, ARIA Resort & Casino
Senator Valerie Wiener
Donnell Barton, Nevada Department of Education (NDE)
Assemblywoman April Mastroluca

NEVADA STATE HEALTH DIVISION STAFF PRESENT:

Kandi Qualls, Health Program Specialist, Bureau of Child Family & Community Wellness (BCFCW)
Kimberly Fahey, Chronic Disease Section Manager, BCFCW
Hilary Smith, Health Program Specialist, BCFCW
Gale Thomssen, Wellness Program Manager, BCFCW
Kimberly Mueller, Intern, NSHD
Darren McConville, Administrative Assistant, BCFCW

OTHERS PRESENT:

Jennifer Stoll-Hadayia, WCHD
Christi McGill, Healthy Communities Coalition (HCC)
Tom McCoy, American Cancer Society
Rota Rosaschi, Nevada Public Health Foundation (NPHF)

1. ROLL CALL AND APPROVAL OF NOVEMBER 15, 2010 MINUTES

Christopher Roller called to order the Advisory Council to the State Program on Fitness and Wellness meeting at **9:07 A.M.**, videoconferenced from the Nevada State Health Division (NSHD) in Carson City, Nevada Early Intervention Services (NEIS) in Las Vegas, and NEIS in Reno. This was a public meeting and the public was invited to make comments. In accordance with the Nevada Open Meeting Law (OML), this meeting was posted at the following locations: NSHD, Carson City; Nevada State Library and Archives, Carson City; NEIS, Las Vegas; NEIS, Reno; Elko County Library, Elko; Washoe County Health District (WCHD), Reno; Southern Nevada Health District (SNHD), Las Vegas; and the NSHD website at <http://health.nv.gov>.

Introductions were made

MOTION: VIRGINIA BECK MOVED TO APPROVE THE NOVEMBER 15, 2010 MINUTES

SECOND: HAYDEN ROSS

PASSED: UNANIMOUSLY

2. UPDATE ON FEDERAL CHILD NUTRITION REAUTHORIZATION

Mr. Roller stated he was hoping to have a summary from the American Heart Association (AHA) highlighting a couple of items, but unfortunately he did not receive them in time for this meeting.

3. DISCUSSION OF LEGISLATION AFFECTING COUNCIL PRIORITIES IN 2011 SESSION

Mr. Roller discussed how four of the Bill Draft Requests (BDR) may have to be revised due to Health Care Reform (HCR). Dr. Tracey Green spoke about BDR 112 having the language written but not finalized. Once the draft is released Dr. Green will send out to the Council. Gale Thomssen mentioned the State Wellness Program is currently working with the University of Nevada Reno (UNR) to create six training modules.

Dr. Green stated the Division of Child and Family Services (DCFS) would like to be involved with discussions at the next meeting.

Jennifer Stoll-Hadayia suggested the Council also track the BDR related to increasing the price of tobacco.

4. UPDATE ON WORKSITE WELLNESS BEST PRACTICES

Dr. Kandi Qualls talked about having a working document to bring to the next meeting for the Council to look at and make recommendations. Mr. Roller said he was working with Kelley Tucky in creating a survey for medium sized employers. The survey was completed and circulated to different chambers to disseminate to the community.

Dr. Green suggested having Dr. Qualls or Hilary Smith create a matrix for next meeting, or email prior, to see some wellness standards.

5. PROGRAM TEMPLATE REVIEW, DISCUSSION, AND APPROVAL

There was only one template received for review. Dr. Green mentioned whoever turns in a template for review should actually come to the next meeting where it will be discussed. The Council can ask questions or get some clarifications on anything needed. Mr. Roller proposed anyone who is a prospective grantee come in and do a presentation for the Council.

MOTION: DR. GREEN MOTION TO HAVE PROSPECTIVE GRANTEES PRESENT BEFORE THE COUNCIL MAKES ANY RECOMMENDATIONS
SECOND: DR. JAMES GREENWALD
PASSED: UNANIMOUSLY

6. UPDATE ON 2010 FITNESS AND WELLNESS GOALS REPORT

Dr. Qualls discussed the 2010 Fitness and Wellness Goals Report. For goal number one there was no comment. For goal number two, Jack Kim recommended having some clarification on whether “resources” should be state specific.

7. DISCUSSION, RECOMMENDATION, AND APPROVAL ON 2011 FITNESS AND WELLNESS COUNCIL GOALS

Dr. Qualls mentioned there was no draft put together for the 2011 Fitness and Wellness Council Goals. Dr. Qualls suggested using the 2010 goals document as a template for the 2011 goals. For goal number one Mr. Roller suggested moving the pilot and evaluation text from the “not completed” column to the “objective” column.

For goal number two, Dr. Green suggested having the activities include website support or maintain website. Dr. Green also mentioned having some link between mental health and wellness. Dr. Qualls suggested once they receive input from the different schools using the Fitdecks, they can see the correlation between child behavior and fitness.

For goal number three, Dr. Green recommended using the Healthy People 2020 objectives so they can possibly acquire some funding from the Preventative Health and Human Services (PHHS) program. Ms. Ross asked that some of the projects people are working on be highlighted and include the results.

8. PRESENTATION ON UNIVERSITY OF NEVADA COOPERATIVE EXTENSION (UNCE) EARLY CHILDHOOD AND BREASTFEEDING PROGRAMS

Tabled

9. PUBLIC COMMENT

Christi McGill spoke about the Healthy Communities Coalition. She mentioned they just completed their five year study and will be writing a grant from the National Institutes of Health (NIH) which is due in June.

Meeting adjourned at 10:42 a.m.

**ADVISORY COUNCIL TO THE STATE PROGRAM ON FITNESS AND WELLNESS
MINUTES**

**March 14, 2011
9:00 a.m.**

**Nevada State Health Division
4150 Technology Way, Rm. 303
Carson City, Nevada 89706
(775) 684-4285**

**AT&T Conferencing
Dial-In Toll Free Number 1-877-848-7030
Participants Code #2541093**

**Nevada Early Intervention Services-North Site
4528 West Craig Road, Suite 170
N. Las Vegas, NV 89032
(702) 486-5100**

**Nevada Early Intervention Services
2667 Enterprise Road
Reno, NV 89512
(775) 688-1341**

COUNCIL MEMBERS PRESENT:

Barbara Paulsen, University of Nevada-Las Vegas (UNLV)
Christopher Roller, Advocacy/State Health Alliances Director, American Heart Association (AHA)
Donnell Barton, Nevada Department of Education (NDE) (Karen Vogel as Proxy)
Gerold Dermid, Washoe County Health District (WCHD) (Jennifer Stoll-Hadayia as Proxy)
Hayden Ross, Nevada Association for Health, Physical Education, Recreation and Dance (NAHPERD)
James Greenwald, M.D., Specialty Health Clinic (SHC) (Pamela Rhoades as Proxy)
Tracey Green, M.D., State Health Officer, Nevada State Health Division (NSHD)

COUNCIL MEMBERS NOT PRESENT:

Assemblywoman April Mastroluca
Jack Kim, Director of Legislative Programs, Sierra Health Services, Inc. (SHS)
Senator Valerie Wiener

NEVADA STATE HEALTH DIVISION STAFF PRESENT:

Hilary Smith, Health Program Specialist, Bureau of Child Family & Community Wellness (BCFCW)
Gale Thomssen, Wellness Program Manager, BCFCW
Kimberly Mueller, Intern, NSHD
Darren McConville, Administrative Assistant, BCFCW

OTHERS PRESENT:

Amanda Reichert, Southern Nevada Health District (SNHD)
Maria Azzarelli, SNHD
Nicole Bungum, SNHD

1. ROLL CALL AND APPROVAL OF JANUARY 10, 2011 MINUTES

Christopher Roller called to order the Advisory Council to the State Program on Fitness and Wellness meeting at **9:07 a.m.**, videoconferenced from the Nevada State Health Division (NSHD) in Carson City, Nevada Early Intervention Services (NEIS) in Las Vegas, and NEIS in Reno. This was a public meeting and the public was invited to make comments. In accordance with the Nevada Open Meeting Law (NOML), this meeting was posted at the following locations: NSHD, Carson City; Nevada State Library and Archives, Carson City; NEIS, Las Vegas; NEIS, Reno; Elko County Library, Elko; Washoe County Health

District (WCHD), Reno; Southern Nevada Health District (SNHD), Las Vegas; and the NSHD website at <http://health.nv.gov>.

Introductions were made

MOTION: BARBARA PAULSEN MOVED TO APPROVE THE JANUARY 10, 2011 MINUTES
SECOND: HAYDEN ROSS
PASSED: UNANIMOUSLY

2. UPDATE ON FEDERAL CHILD NUTRITION REAUTHORIZATION

Tabled

3. DISCUSSION AND APPROVAL OF WORKSITE WELLNESS MATRIX BEST PRACTICES

Hilary Smith discussed the Worksite Wellness Best Practices Matrix and is looking for the Council's recommendations. Mr. Roller stated it would depend on the size of the employer to determine how often an evaluation would need to take place. Ms. Paulsen suggested the evaluations should be an ongoing process depending on the level or scope of programming.

MOTION: DR. TRACEY GREEN MOTION TO APPROVE WORKSITE WELLNESS MATRIX
SECOND: MS. PAULSEN
PASSED: UNANIMOUSLY

4. UPDATE ON WORKSITE WELLNESS BEST PRACTICES

Amanda Reichert gave a presentation on Worksite Wellness Best Practices. The information in the presentation can be downloaded at <http://www.getthehealthyclarkcounty.org>. Mr. Roller asked how much of this is specific to Southern Nevada. Ms. Reichert said most of the information is general and some of the resources listed are specific to southern Nevada. There was discussion about having a direct link on the FitFirst web site and to put the toolkit on the agenda as a reoccurring item.

5. DISCUSSION OF LEGISLATION AFFECTING COUNCIL PRIORITIES IN 2011 SESSION

Mr. Roller mentioned Senate Bill (SB) 27 was the furthest along in the legislative process. Dr. Green stated there is support for this bill. There was discussion on Bill Draft Request (BDR) 188, which establishes a statewide school wellness policy. Dr. Green said this is still in draft form and she will let the Council know when it has been finalized and submitted. SB230 was also discussed, advising the bill had been drafted and introduced and is waiting for a Committee. Assembly Bill (AB) 128 had been referred to a work session with the Judiciary Committee. Ms. Paulsen talked about BDR871 and said they are hoping for a bill number this week.

6. PROGRAM TEMPLATE REVIEW, DISCUSSION, AND APPROVAL

Ms. Smith gave an overview of the submitted program templates. There were six templates submitted from Carson Tahoe Regional Healthcare (CTRH). There was discussion on how to place the links for these programs on the website. It was decided to have one main link to <http://www.herestoyourhealth.net> and then people can navigate around from there. It was recommended the Council approve templates one, three, and five.

MOTION: MS. ROSS MOTION TO APPROVE TEMPLATES ONE, THREE, AND FIVE

SECOND: MS. PAULSEN
PASSED: UNANIMOUSLY

The Council discussed the "Look for the Light Bulb" campaign and recommended to add the link to the web site.

MOTION: DR. GREEN MOTION TO APPROVE "LOOK FOR THE LIGHT BULB"
SECOND: MS. ROSS
PASSED: UNANIMOUSLY

7. DISCUSSION, RECOMMENDATION, AND APPROVAL ON 2011 FITNESS AND WELLNESS COUNCIL GOALS

Ms. Smith stated she had updated the 2011 goals by moving items which had not been completed last year onto this year's list of goals. Ms. Ross asked if the wellness rating system had been finalized yet. Ms. Smith said she is still waiting for the surveys to be completed and turned in.

Ms. Paulsen recommended changing the objective on Goal number two from "Create" to "Maintain" a website. Jennifer Stoll-Hadayia suggested "Maintain and support" a website.

On Goal number three the Council discussed changing "Develop" to "Develop and promote" Best Practice Recommendations under the objective column.

MOTION: MS. ROSS MOTION TO APPROVE WITH CHANGES AFOREMENTIONED
SECOND: MS. PAULSEN
PASSED: UNANIMOUSLY

Ms. Ross suggested adding the Mission and Goals of the Fitness and Wellness Advisory Council (FWAC) to the website.

8. PRESENTATION ON COMMUNITIES PUTTING PREVENTION TO WORK (CPPW) EFFORTS

Nicole Bungum and Maria Azzarelli gave a presentation on Communities Putting Prevention to Work (CPPW) and Tobacco Prevention and Education.

Ms. Ross recommended a section of the website to be dedicated to show some of the successes of SNHD.

9. PRESENTATION ON UNIVERSITY OF NEVADA COOPERATIVE EXTENSION (UNCE) EARLY CHILDHOOD AND BREASTFEEDING PROGRAMS

Tabled

10. PUBLIC COMMENT

No public comment.

Meeting adjourned at 10:47 a.m.

**ADVISORY COUNCIL TO THE STATE PROGRAM ON FITNESS AND WELLNESS
MINUTES**

**May 9, 2011
9:00 a.m.**

**Nevada State Health Division
4150 Technology Way, Rm. 204
Carson City, Nevada 89706
(775) 684-4285**

**AT&T Conferencing
Dial-In Toll Free Number 1-877-848-7030
Participants Code #2541093**

**Nevada Early Intervention Services-North Site
4528 West Craig Road, Suite 170
N. Las Vegas, NV 89032
(702) 486-5100**

**Nevada Early Intervention Services
2667 Enterprise Road
Reno, NV 89512
(775) 688-1341**

COUNCIL MEMBERS PRESENT:

Assemblywoman April Mastroluca (Monica Lounsbery as Proxy)
Barbara Paulsen, University of Nevada-Las Vegas (UNLV)
Christopher Roller, Advocacy/State Health Alliances Director, American Heart Association (AHA)
Donnell Barton, Nevada Department of Education (NDE) (Robinette Bacon as Proxy)
Gerold Dermid, Washoe County Health District (WCHD) (Jennifer Stoll-Hadayia as Proxy)
Hayden Ross, Nevada Association for Health, Physical Education, Recreation and Dance (NAHPERD)
James Greenwald, M.D., Specialty Health Clinic (SHC)

COUNCIL MEMBERS NOT PRESENT:

Jack Kim, Director of Legislative Programs, Sierra Health Services, Inc. (SHS)
Senator Valerie Wiener
Tracey Green, M.D., State Health Officer, Nevada State Health Division (NSHD)

NEVADA STATE HEALTH DIVISION STAFF PRESENT:

Doug Banghart, Health Manager, Bureau of Child Family & Community Wellness (BCFCW)
Gale Thomssen, Wellness Program Manager, BCFCW
Jenni Carducci, Office Manager, BCFCW
Muriel Kronowitz, Statewide Coordinator, Perinatal Substance Abuse Prevention (PSAP), BCFCW
Darren McConville, Administrative Assistant, BCFCW

OTHERS PRESENT:

Catrina Peters, Division of Welfare and Supportive Services (DWSS), Supplemental Nutrition Assistance Program Education (SNAP Ed)
Darlene Dougherty, DWSS, SNAP Ed
Colleen Beck, Health and Wellness Director, Durango Hills YMCA
Kim Taylor, Centennial Health
Anna Smith, Valley Hospital Medical Center
Jeff Muehleisen, NAHPERD
Scott McCormick, Clark County School District (CCSD)
Madeleine Sigman-Grant, PhD, RD, University of Nevada Cooperative Extension (UNCE)
Ben Schmauss, M.S. CNWC, Alliance for a Healthier Generation (AHG)

1. ROLL CALL AND APPROVAL OF MARCH 14, 2011 MINUTES

Christopher Roller called to order the Advisory Council to the State Program on Fitness and Wellness meeting at **9:04 a.m.**, videoconferenced from the Nevada State Health Division (NSHD) in Carson City, Nevada Early Intervention Services (NEIS) in Las Vegas, and NEIS in Reno. This was a public meeting and the public was invited to make comments. In accordance with the Nevada Open Meeting Law (NOML), this meeting was posted at the following locations: NSHD, Carson City; Nevada State Library and Archives, Carson City; NEIS, Las Vegas; NEIS, Reno; Elko County Library, Elko; Washoe County Health District (WCHD), Reno; Southern Nevada Health District (SNHD), Las Vegas; and the NSHD website at <http://health.nv.gov>.

Introductions were made

MOTION: BARBARA PAULSEN MOVED TO APPROVE THE MARCH 14, 2011 MINUTES
SECOND: HAYDEN ROSS
PASSED: UNANIMOUSLY

2. DISCUSSION AND RECOMMENDATIONS ON WORKSITE WELLNESS TOOLKIT

Gale Thomssen reviewed the draft worksite wellness toolkit, which was provided by Nevada Rural Public Health Foundation (NRPHF), she said this was just an example of what to expect. Ms. Paulsen said she liked the format and layout but suggested having the table of contents be all action statements. Mr. Roller agreed the layout and format are good.

MOTION: MS. ROSS MOVED TO APPROVE THE FORMAT OF THE TOOLKIT
SECOND: MS. PAULSEN
PASSED: UNANIMOUSLY

3. DISCUSSION AND UPDATES OF LEGISLATION AFFECTING COUNCIL PRIORITIES IN 2011 SESSION

Mr. Roller discussed some of the bills affecting the Councils' priorities. SB27 is moving well and is awaiting vote on the floor of the second house. AB547 has died in committee. AB137 is currently in the Assembly Ways and Means Committee but might not move forward. AB333 and SB386 have died in committee. AB128 might not move forward unless there is an amendment to allow colleges to except gifts or grants to fund this. SB421 is currently waiting for an amendment. AB289 has passed out of Assembly and into Senate Commerce and Labor Committee. SB230 is out of the Senate and is in the Assembly Education Committee. SB225 is out of Committee and awaiting vote on the Assembly floor.

Muriel Kronowitz mentioned AB170 will be heard tomorrow in the Health and Human Services Committee.

4. PROGRAM TEMPLATE REVIEW, DISCUSSION AND APPROVAL

Ms. Thomssen presented the program template for the "Get Real" Campaign from the Diabetes Prevention Program.

MOTION: MS. ROSS MOVED TO APPROVE THE PROGRAM TEMPLATE
SECOND: DR. JAMES GREENWALD
PASSED: UNANIMOUSLY

Ms. Thomssen presented the Case Study: Implementing Food Menus that meet the Gold Standard of the Healthier US School Challenge. Mr. Roller asked if a program template was submitted or

disseminated to the Council. Ms. Thomssen said no. Ms. Paulsen recommended posting this as a report on the Fitness and Wellness Council's website. Dr. Greenwald asked for the State Health Officer to review the Case Study before posting.

MOTION: DR. GREENWALD MOVED TO APPROVE THE POSTING OF THE CASE STUDY AFTER APPROVAL FROM DR. TRACEY GREEN AND NSHD
SECOND: MS. PAULSEN
PASSED: UNANIMOUSLY

5. DISCUSSION, RECOMMENDATIONS, AND APPROVAL ON UPDATES TO WEBSITE

Ms. Thomssen discussed the updates for the website. She mentioned she will be sending out a list of the proposed changes, mostly updated links pending the Council's approval at the next meeting. It was suggested the website be presented over the videoconference for Council to see.

6. PRESENTATION ON UNIVERSITY OF NEVADA COOPERATIVE EXTENSION (UNCE) EARLY CHILDHOOD AND BREASTFEEDING PROGRAMS

Madeleine Sigman-Grant gave a presentation of the UNCE Early Childhood and Breastfeeding Programs. The presentation can be found at <http://www.nevadabreastfeeds.org>.

Mr. Roller asked if Ms. Sigman-Grant could review the Council's website to see if they are including all appropriate links.

7. UPDATE ON THE HEALTHY SCHOOLS PROGRAM

Ben Schmauss gave a presentation on the Healthy Schools Program. He said two years ago, no schools were part of this program and now they have ten schools participating. Some of the schools are doing healthy fundraisers, School Wellness Councils, tutoring with Fitness First, healthy cooking classes, and training on fitness and learning. The program had received \$105,000 in grants. They just received \$15,000 from Sams Club.

Mr. Roller asked what roadblocks or barriers are they experiencing. Mr. Schmauss said access to the schools, budget cuts, limited staff, non-unity of wellness people, and broken resources.

8. PRESENTATION ON POLICY SUMMIT TRAINING

Ms. Thomssen discussed the Wellness Policy Summit which was held in February 1, 2011 where 94 people attended the event. Of those attendees four submitted grants for healthy communities. The training was based off of that Summit.

Ms. Ross asked how were the people invited to the event and who was it open to. Ms. Thomssen said if she had your email then you were invited. Those invited included school districts, health personnel, and after school programs. Ms. Paulsen inquired if this was going to be an ongoing thing. Ms. Thomssen replied the event was funded through the American Recovery and Reinvestment Act (ARRA) funds and will continue as long as the funding continues. The ARRA Wellness Program is pairing up with Washoe County Health District (WCHD) to be partners at the Obesity Forum.

Ms. Paulsen recommended the attendees of the Wellness Policy Summit form groups at a local level and work together. She suggested looking into what Seaside, Oregon had done at their Conferences to get a better idea of how to do this.

Ms. Thomssen will email the Council with an invite to the next Policy Summit.

9. DISCUSSION OF GAP ANALYSIS

Ms. Thomssen presented the Gap Analysis which was prepared by an intern through the NSHD. The analysis compared Nevada with other Western states. Mr. Roller asked whether there are plans to revise the analysis after budget cuts. Ms. Thomssen said everything will change and there will be revisions. She also requested the Council send any questions or comments regarding the Gap Analysis to her through email.

10. PUBLIC COMMENT

Ms. Thomssen announced the next Wellness Policy Summit will be held in Elko, Nevada on August 3, 2011 from 9:00 am – 4:00 pm. The Council will be sent an email with an invitation and information.

September 7, 2011, WCHD will be holding the Childhood Obesity Forum. This will be a full day event at the University of Nevada Reno (UNR) student union. The Council will be sent an invitation and information.

Darlene Dougherty commented on major budget cuts their program will be getting. The cuts will total 28.65% retroactive to November 1st. The SNAP Ed program had always been a reimbursement program however; they are not requiring a match to receive SNAP Ed funding which gives the state more control over who they can fund.

Meeting adjourned at 11:30 a.m.

ADVISORY COUNCIL TO THE STATE PROGRAM ON FITNESS AND WELLNESS
MINUTES
July 11, 2011

Nevada State Health Division
4150 Technology Way, Rm. 303
Carson City, Nevada 89706
(775) 684-4285

AT&T Conferencing
Dial-In Toll Free Number 1-877-848-7030
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COUNCIL MEMBERS PRESENT:

Barbara Paulsen, University of Nevada-Las Vegas (UNLV)
Donnell Barton, Nevada Department of Education (NDE) (Karen Vogel as Proxy)
Gerold Dermid, Office of Minority Health (OMH) Advisory Committee
Hayden Ross, Nevada Association for Health, Physical Education, Recreation and Dance (NAHPERD) (Jeff Muehleisen as Proxy)
Jack Kim, Director of Legislative Programs, Sierra Health Services, Inc. (SHS)
James Greenwald, M.D., Specialty Health Clinic (SHC)
Senator Valerie Wiener
Tracey Green, M.D., State Health Officer, Nevada State Health Division (NSHD)

COUNCIL MEMBERS NOT PRESENT:

Christopher Roller, Advocacy/State Health Alliances Director, American Heart Association (AHA)
Assemblywoman April Mastroluca (Monica Lounsbery as Proxy)

NEVADA STATE HEALTH DIVISION STAFF PRESENT:

Monica Morales, Program Manager, Wellness & Tobacco Programs, Bureau of Child Family and Community Wellness (BCFCW)
Gale Thomssen, Wellness Program Coordinator, BCFCW
Daphne Emm, Tobacco Prevention and Education Program Manager, BCFCW
Ellen Hall, Administrative Assistant II, BCFCW

OTHERS PRESENT:

Catrina Peters, Division of Welfare and Supportive Services (DWSS), Supplemental Nutrition Assistance Program Education (SNAP Ed)
Cheryl Blomstrom, Blomstrom Consulting
Darlene Dougherty, DWSS, SNAP Ed
Janet Serial, Health Resource Analyst II, OMH
Kelli Seals, Health Educator, Washoe County Health District (WCHD)
Erin Dixon, Chronic Disease Prevention Program Coordinator, WCHD
Michele Cowee, Dietitian, Sierra Dietetics
Mindy Meacham, Southern Nevada Health District (SNHD)

1. ROLL CALL AND APPROVAL OF MAY 09, 2011 MINUTES

Barbara Paulsen, Vice-Chair called to order the Advisory Council to the State Program on Fitness and Wellness meeting at **9:00 a.m.** Ms. Paulsen indicated the meeting was properly posted at the locations listed on the agenda in accordance with the Nevada Open Meeting Law (NOML).

Introductions were made.

Ms. Paulsen requested minutes be amended to reflect the update given on Assembly Bill (AB) 289 providing for the licensure of dietitians by the State Board of Health and Madeleine Sigman-Grant's presentation on University of Nevada Cooperative Extension (UNCE) Breast Feeding Program. Ms. Grant recommended breast feeding in the work place and breast feeding location to be included in the Worksite Wellness kit.

MOTION: JEFF MUEHLEISEN MADE A MOTION TO APPROVE THE MAY 9, 2011 MINUTES WITH THE AFOREMENTIONED AMENDMENT
SECOND: JACK KIM
PASSED: UNANIMOUSLY

2. RECAP OF 2011 LEGISLATION SESSION

Ms. Paulsen recapped Chris Roller's 2011 Nevada Legislative Session summary of bills the Fitness and Wellness Advisory Council (FAWAC) were tracking stating the below bills passed and signed into law:

Senate Bill 27 – Requires licensed childcare providers to receive annual continuing education on childhood obesity prevention, physical activity and nutrition

Senate Bill 225 – Requires the Nevada State Health Division to formally recognize Joint Commission Certified stroke centers and provide the updated list annually to all EMS providers in the state. This bill also would prohibit hospitals that are not certified from advertising as stroke centers

Assembly Bill 170 – Requires all tobacco retailers in the state to post large format warning signs regarding the dangers of smoking while pregnant

Assembly Bill 227 – Requires all school districts in the state to allow for the use of non lighted athletic fields to non-profit youth sports leagues and organizations dedicated to mentally and physically disabled youth

Assembly Bill 289 – Creates a subcommittee of the Board of Health to act as a governing body overseeing and licensing Registered Dietitians and other related matters.

Also, she asked if the Governor had signed Assembly Bill (AB) 571 one of the bills we opposed. Tracey Green, M.D. responded yes.

Senator Valerie Wiener noticed SB 419 Establishes provisions' relating to safe injection practices was not listed and that AB 137 the school breakfast program bill was veto by the Governor.

Dr. Green mentioned the Safe Injection Practices bill was signed by the Governor as well and requested at the next meeting the discussion about the Fitness & Wellness website and the posting of information

for SB 27 as part of our commitment for childcare facilities managers would have access to the website and be able to receive credits while we put together some resources and then determine on how to use the website for access.

3. STAFF REPORTS

Monica Morales introduced herself as the new Wellness and Tobacco Programs Manager and advised staff had been working on the submission for two grants: The Community Transformation Grant, (CTG) Category A: Capacity Building with different partners which if awarded is approximately \$ 500, 000 over year 1 funding for project period of 5 years and the Public Prevention Health Fund Coordinated Chronic Disease Prevention and Health Promotion Program Grant in the amount of \$ 630,000 with a strong media campaign component.

Ms. Morales was asked by members they be allowed the opportunity to participate and provide input with regards to potential grants since the role and responsibility of the Council is an advisory to the state program.

Dr. Green asked Ms. Morales to speak on the competitive nature of the first grant. Ms. Morales said communities with 500,000 or more populace were eligible to apply for capacity building. 900 entities submitted letter of intent and only 75 awards will be offered. Also, Clark County is applying for Category B: Implementation. Awards will be announced in September 2011.

Ms. Morales contact information is (775) 684-3205 or email at mmorales@health.nv.gov.

Gale Thomssen reported on the following:

- The Nevada Registry has a listing of all the acceptable trainings going on.
- The Elko Wellness Policy Summit will be held on August 3, 2011 focusing on childhood obesity, nutrition, school nutrition and physical activities in the schools. The Public Health Law and Policy team will present and offer guidance on how to enact change in their communities. Continued Education Units (CEUs) available for childcare providers and teachers. CEU's for nurses are pending. In addition, 7 hours of wellness credits will be offered to childcare providers and ½ wellness credit to teachers for attendance.
- Look for the Light Bulb campaign targeting chain restaurants first television ad was aired in Reno and Clark County.
- 4 modules for the childcare components are in the process with University of Nevada – Reno (UNR), Cooperative Extension.
- Healthy Communities awarded 5 subgrants.
- Wellness Rating System pilot had been completed and is awaiting the Health Division Administration approval projected sometime in August.

Daphne Emm introduced herself as the new Tobacco Prevention and Education Program Manager. Her contact information is (775) 684-5957 or dremm@health.nv.gov.

4. UPDATE TO FITNESS AND WELLNESS WEBSITE

Ms. Morales previewed the website online and addressed the pending update suggestions for the Fit First Nevada website. She said verification of links with the contractor will be done to ensure accuracy.

Ms. Paulsen said on the Program Template, MyPyramid reference needs updated to Choose My Plate and all places where it appears on the website. She also inquired about having a link created for Best Practices category which over time could include the Worksite Wellness Tool kit as an example.

5. UPDATE ON SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP Ed)

Darlene Dougherty gave an update on the various changes to the SNAP Ed program saying funding nationwide is not being used at 100% participation and currently Nevada is at 51% participation for people deemed eligible for benefits. They continue to process 5,000 applications per month from people seeking assistance due to unemployment and the low economy. Handout materials provided.

6. PUBLIC COMMENT

Kelli Seals gave a brief overview and discussed previous Washoe County Childhood Obesity Forums. In 2009, 100 people attended the ½ day event with media attention and an education component done. According to the Body Mass Index (BMI) data collecting from the schools district, Washoe County showed a higher rate of obesity overall. In 2010 the focus was Creating a Plan for Action. She said they are starting to see trends now. Ms. Seals felt the School Wellness Policy needs strengthening; there are still gaps in the policy on implementation.

This year's theme is Community and Clinical Approaches to Preventing Obesity Across the Lifespan. The goal is to inspire individuals and organizations to support efforts to prevent and reduce obesity in Washoe County through education and collaboration across all sectors. The full day event will be held Thursday, September 8, 2011 at the Joe Crowley Student Union, UNR Reno from 8:00 AM to 4:30 PM. Everyone is invited and you can register free at www.getthehealthywashoe.com. Nurses can receive CEU's for attendance.

James Greenwald, M.D., recommended Robert H. Lustig, MD., Professor of Clinical Pediatrics, in the Division of Endocrinology Director of the Weight Assessment for Teen and Child Health (WATCH) Program at the University of California, San Francisco (UCSF) YouTube video Sugar: The Bitter Truth. He explores the damage caused by sugary foods. He argues that fructose (too much) and fiber (not enough) appears to be cornerstone of the obesity epidemic through their efforts on insulin. Dr. Greenwald thought this could be helpful towards your efforts.

Erin Dixon also gave a power point presentation on the Washoe County Action Communities for Health, Innovation & Environment Change (ACHIEVE) grant. ACHIEVE is a partnership between local communities and national organizations joined in a movement to create healthier places to live, work, learn and play. The ultimate goal is to change policy. For more information contact www.achievecommunities.org or www.getthehealthywashoe.com.

Ms. Dixon said they received a \$ 40,000 grant over a three year period to develop a healthy food plan for Washoe County. Community assessments were done at fifteen different locations. Their next step is to have access to healthy foods in their action plan and to create a Food Policy Council. In conclusion, she's very excited to see change and you can contact her if you have any questions.

Janet Serial, Program Manager, Office of Minority Health (OMH) announced they received a three year grant with three priority areas focused on diabetes, obesity, and overweight. She is seeking opportunities to collaborate with various entities in relationship to meet these objectives for the race and ethnicity disparate population. Ms. Serial said she noticed the lack of data in terms of are we

impacting a change on a measurable level and what are the measurable outcomes for the race and ethnicity population.

Ms. Paulsen suggested these agenda items for the next meeting scheduled September 12, 2011:

- Review, discuss and select potential candidate for Kelley Tuckey replacement
- Presentation and update on physical activity, Monica Lounsbery
- Update on the Fitness and Wellness website including SB 27
- Presentation and update on school-based health centers (SBHCs) grant, Dr. Green

Also, she asked Mr. Roller be contacted with any additional items you want to discuss.

Meeting adjourned at **10:25 a.m.**

**ADVISORY COUNCIL TO THE STATE PROGRAM ON FITNESS AND WELLNESS
MINUTES
September 12, 2011**

**Nevada State Health Division
4150 Technology Way, Room 303
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ADVISORY COMMITTEE MEMBERS PRESENT

Assemblywoman April Mastroluca (Monica Lounsbery as Proxy)
Barbara Paulsen, University of Nevada- Las Vegas (UNLV)
Christopher Roller, Advocacy/State Health Alliances Director, American Heart Association (AHA)
Donnell Barton, Nevada Department of Education (NDE) (Karen Vogel as Proxy)
Gerold Dermid, Office of Minority Health (OMH) Advisory Committee
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James Greenwald, M.D., Specialty Health Clinic (SHC)
Senator Valerie Weiner
Tracy Green, M.D., State Health Officer, Nevada State Health Division (NSHD)

ADVISORY COMMITTEE MEMBERS NOT PRESENT

Jack Kim, Director of Legislative Programs, Sierra Health Services, Inc. (SHS)

HEALTH DIVISION STAFF PRESENT

Monica Morales, Program Manager, Wellness & Tobacco Programs, Bureau of Child Family and Community Wellness (BCFCW)
Kimberly Fahey, Chronic Disease Section Manager, BCFCW
Gale Thomssen, Wellness Program Coordinator, BCFCW
Marjorie Franzen-Weiss, Diabetes Prevention and Control Program Coordinator, BCFCW
Ashley McCrosky, Administrative Assistant I, BCFCW
Ellen Hall, Administrative Assistant II, BCFCW

OTHERS PRESENT

Kate Hansen
Melanie Flores, Student Intern, Washoe County Health District (WCHD)
Sky McClain, Southern Nevada Agency Partnership (SNAP)

Christopher Roller called to order the Advisory Council to the State Program on Fitness and Wellness meeting at **9:00 AM**. Mr. Roller indicated the meeting was properly posted at the locations listed on the agenda in accordance with the Nevada Open Meeting Law (NOML).

1. Roll call

Introductions were made.

2. Approval of minutes from the July 11, 2011 meeting.

MOTION: Barbara Paulsen made a motion to approve the minutes.

SECOND: Tracy Green

PASSED: UNANIMOUSLY

3. Reports

A. Tobacco Program Staff Report

Monica Morales reported a few updates on the Tobacco and Wellness programs. She informed the Council members, the Tobacco Program Coordinator position is vacant however; we are anticipating the position being filled by early next month. Ms. Morales said the Chronic Disease Section in the Nevada State Health Division (NSHD) will be hosting a statewide Chronic Disease Forum in Las Vegas, Nevada on January 9-10, 2012. She encouraged everyone to participate and asked for assistance with some of the workshops.

Ms. Morales said the Governor is looking for ways to increase efficiency and reduced redundancy in statewide Committees, Advisory's, and Boards within the programs of Wellness, Diabetes, and Tobacco. She proposed to merge the Fitness and Wellness Advisory Council (FWAC) with the Preventative Health and Health Services (PHHS) Advisory Committee because both programs share similar goals and objectives. The PHHS Block Grant is a flexible grant with the objectives working in the areas of Obesity, Rape Prevention, and Rural Clinics Programs. For more information on the PHHS Block Grant please contact her via email. Ms. Morales asked if the group would consider voting on this proposal of merging the two meetings.

Senator Valerie Weiner said the proposal was very good to hear and asked if there are any other potential programs for the merging process. Ms. Morales was unsure since she had only looked at the programs she works with directly.

Dr. Tracy Green suggested the Stroke and Heart Disease Prevention Program may also go well with the FWAC and PHHS meetings.

Ms. Paulsen agreed the merging of the two groups was good; however felt it would be best if meetings were consolidated under something having legislative standing rather than on a grant basis.

Kimberly Fahey advised the Stroke and Heart Disease Program was not yet complete; it was just undergoing the starting process.

Christopher Roller asked how much longer the meetings would become and how many items would be added to the agenda by merging the two meetings. Ms. Morales said the past PHHS meetings were short and they discuss updates on the three programs, and did not think by merging the PHHS would add much time to the meetings.

In addition, the Council's concerns are if the PHHS Block Grant was merged then they should have input on decisions on how the grant money is spent and in the planning of projects. They also requested information on projects as they are being developed.

Ms. Fahey said the program staff are responsible for distributing the grant funds and thought this would be the last year we would receive funds and the merger would be a trial period for combining these meetings. The PHHS Block Grant was awarded from October 2010 through October 2013 and the federal year 2011 project plan had already been approved. Project plans for federal year 2012 will be in early January and the FWAC will have the opportunity to provide input at that time.

Hayden Ross asked if the recent Community Transformation Grant (CTG) would be added to this merge. Ms. Morales said no.

Dr. Green requested Ms. Morales put together an overview of the budget and objectives of PHHS Block Grant and a brief overview on the Healthy People 20/20 for the Advisory members. She felt this information would better inform the Council of how the PHHS Block Grant works and in return they would have better input on how the block grant funds should be distributed. This information would also help their voting decisions at the next meeting.

B. ARRA Wellness Staff Report

Gale Thomssen reported on the following:

- Food Day event being held October 24-28, 2011. The Public Service Announcement (PSA) will be promoting the themes of "It's Chili Outside" and "Make Winter Hungry Free" at locations statewide; collecting all varieties of canned chili and cash donations.
- The Elko Wellness Policy Summit held in August 2011 had 8 counties and 2 tribes represented with a total of 73 participants. As a result, she is working on 5 mini grants; both tobacco and wellness to be awarded.
- Announced the Health Division is changing their vending machines to 50% healthy items starting January 2012.
- Website updates were hard to find and the website is not user friendly. She asked for suggestions to make the website a more user friendly site. A few new modules are being added to the website which includes the Fit Deck and School modules. Also, she informed the Council of the great turn out of the Fit Decks and large amount of requests for them.

She said it is a very inexpensive way to bring physical activity into class rooms and also childcare facilities.

Dr. Green thanked Senator Weiner for passing Senate Bill 27 and mentioned the Health Division was working with the childcare facilities to make them aware of the new modules available on the website.

Mr. Roller felt the need to create icons for “New” items and items with “events” and requested any suggestions for the website updates to contact Ms. Thomssen via email. Ms. Ross requested the ‘best practices’ link be created on the website home page.

4. CONSENT AGENDA

A. Presentation on the National Foundation on Fitness, Sport and Nutrition

Agenda item tabled to next meeting agenda.

B. Review, discuss and select potential candidate for Kelley Tucky replacement

Mr. Roller discussed the replacement of Kelley Tucky and said at this point they only had one applicant for the position. He wanted to find out the qualifications criteria for this position to see if the person is a qualified candidate. He hoped to get an opinion on these qualifications by the end of the meeting so they could vote.

Dr. Green thought it would not be possible to vote at this meeting due to the need of more information on the regulations and requirements for this position.

Mr. Roller said they would vote on this position at the next meeting after they receive legal opinion. Also, he asked the Council to see if there are other potentials interested in this position. Marjorie Franzen-Weiss mentioned she may know of a few interested candidates once they knew the qualifications. Dr. Green asked if the committee could vote to be able to get the process of this new position moving forward. The group was unsure if they could vote pending clarification. Once the committee receives legal opinion they would send out criteria to all interested parties. Mr. Roller wanted to set a goal to have this position approved at the next meeting.

C. Updates to the Fit First Nevada Website

Ms. Thomssen gave updates earlier in the meeting.

D. Presentation and Update on Physical Activity Research Projects

Dr. Monica Lounsbery presented a brief overview of current projects she is working on. She discussed the “OPEN” project which is observing park environments in Nevada. The study has been in development for one year; using direct observations, surveys, and 10 focus groups. Some of her major findings are most of park users are adults and of those adults most are men; most users were sedentary and do very little vigorous exercise; and the majority of people observed were from lower income budgets. Dr. Lounsbery found most people felt safe in the park environments but felt there was nowhere to report issues. Another major finding was a lot of people go to parks as a secondary behavior; to supervise their children or dogs. She felt by redesigning the park layout, such as having walking paths going around the perimeter of the park so users could supervise while exercising, would generate more physical activity in the secondary park users. She also talked about creating programmatic opportunities. She stated the promotion of park usage had been an issue and wanted to work towards better promotion in the lower income community and was looking for partnerships to help promote. Mr. Roller suggested partnership with the NSHD. The group discussed promoting by holding community events and adding links to the website. Dr. Lounsbery will provide the results of this project to anyone interested.

James Greenwald asked if it was an observational study and if a control group was included. Dr. Lounsbery said she was using mixed methodology, but did not use a control group. She plans on using a control group for the next stage in this study. Dr. Greenwald said it was critical to support studies like this in a scientific way. Dr. Lounsbery would be providing Dr. Greenwald and Dr. Green with her Systems of Observing Activity and Recreation Centers (SOARC) data.

Dr. Lounsbery talked about an evidence-based research translation project. In this study schools adopting this policy had an 18% increase in physical activity. She found very few schools had adopted this policy and the issue with school Principals not knowing much about physical activity programs was a problem. She is in the process of developing a translation video for school Administrators to disseminate positive information and eliminate the barriers of physical activity. She would also like to distribute the video locally and to the council members. Mr. Roller suggested Ms. Thomssen distribute the video to the parties requesting or have requested the Fit Decks.

Dr. Green reported the ‘school wellness policy’ bill did not pass.

The group discussed what would be the best venue to distribute the video Dr. Lounsbery is creating. They suggested a link on the website and announcing by letter to all schools. Adding the data results for Nevada to the website was also suggested. Ms. Morales suggested a Spanish version and also starting the application process.

Dr. Lounsbery said she was teaching a class on physical activity promotion to undergraduate students; focusing on learning about physical activity and chronic disease in Nevada. She asked for any suggestions on program ideas and invited the committee to join. In addition, is preparing a research project with the notion to begin studying activity pattern and policy in schools; however she said there is an issue with the schools resisting against data collection. The study will have a variety of different types of exercise and the schools will be randomly chosen for this study. She will be looking at what types of policies schools have and to be able to edit or change the school activity policies she must collect this data. She is aiming to study children activity patterns, study physical activity programs, and coding school policies. She is submitting the proposal in February 2012 and asked for ideas on getting the schools to support this study. The group was willing to help with trying to eliminate these barriers and suggested going directly to the Superintendents and the school board members.

E. Presentation and Update on School-based Health Centers grant

Dr. Tracy Green reported she had been working on school-based services on improving services for children. She found the best way to reach children to provide these services was in schools. There were 6 clinics providing school-based services in the past and now there are less than 2. She wants to establish an Office of School-Based Health Centers and create standards for these health centers. Nevada is not funded for developing these school-based health centers which she believed was because Nevada has no standards and does not have enough infrastructures. She wants to organize a conference to establish the Office of School-Based Health Centers and the development of standards by an intergovernmental approach; she plans to have this conference by the end of the year. Also, she is planning an additional conference surrounding intergovernmental agencies to try to develop a new office within the NSHD for the Office of School-Based Health Centers.

Dr. Green also discussed the “School within a School Program” which allows children to go to school at night.

Dr. Green made a public comment and advised the concern of unlicensed healthcare workers in Nevada. There will be town hall meetings held in both Northern and Southern Nevada to make the public aware of these doctors and for additional information on this issue to contact Ms. Morales.

Dr. Greenwald asked if the Medical Board was supporting this issue. Dr. Green said they were supporting but had no authority over the problem. She is working with a variety of people in trying to prevent this issue and putting policies in place for the future. Ms. Paulsen felt the public was not educated on the importance of a license being a protection of their well being.

F. Presentation on New Initiative by the Southern Nevada Agency Partnership

Kate Hansen gave a brief overview of the concerns about the sedentary life style being evolved. She said if people become inactive then there is no use for parks and wildlife landmarks.

Sky McClain presented a power point presentation on the Children and Nature Initiative. The Children and Nature Initiative was to get children and their families more involved with nature and to promote health benefits while doing so. She had various partnerships helping with this project. She discovered a few great benefits of this nature project which included therapeutic benefits, increase activity, reduces stress, coping tool for Attention Deficit Disorder (ADD)/Attention Deficit Hyperactivity Disorder (ADHD), as well as developmental benefits. She felt one of the most important things they developed was the Southern Nevada Agency Partnership (SNAP) Prescription Slip and SNAP Office Poster. At the National level the patient brochures and “Get into Nature” card are written both in Spanish and English. She felt the “Get into Nature” card had a great incentive with their prize system but felt it was not cost effective. The featured destinations for this project are as follows: Desert National Wildlife Refuge, Corn Creek, Springs Preserve, Clark County Wetlands Park, and Winchester Cultural Center all located in or around Las Vegas, Nevada. Ms. McClain ended with a quote from Richard Louv on Nature Deficit Disorder, “The term gives us a way to consider the price of children, and all of, pay for our growing alienation from the natural world. That disconnect is, many of us believe, a partial explanation for what pediatricians now call the “millennial morbidities.”

Ms. McClain announced the following upcoming events: Clark County School District (CCSD) School Nurse training on September 19, 2011, National Trails Day in Henderson, Nevada on October 1, 2011, and “Let’s Get Healthy” nature prescription health professionals networking day at Lake Mead, Nevada on November 19, 2011.

G. Updates from the Office of Minority Health (NOMH)

Agenda item tabled to next meeting agenda.

H. Recommendations and approval for next meeting agenda items for possible action

Mr. Roller suggested these agenda items for the next meeting scheduled November 12, 2011:

- Presentation on the National Foundation on Fitness, Sport and Nutrition by Maureen Peckman.
- Voting on Kelley Tucky's position.
- Updates from the Office of Minority Health by Janet Serial
- Guest speakers from Carson City High School and C.T. Sewell Elementary School to discuss the achievement of receiving the Bronze Level Healthy Schools National Recognition Award
- PHHS merger

5. Public comments

Dr. Greenwald informed the group of a presentation on Wednesday, September 14, 2011 on lipid and protein science by William Cromwell, MD, one of the top Lipidologists in the World. He invited everyone to join and said he would update the group on his presentation if they could not attend.

6. Adjournment

The meeting adjourned at **11:45 AM.**

**ADVISORY COUNCIL TO THE STATE PROGRAM ON FITNESS AND WELLNESS
MINUTES
November 14, 2011**

Nevada State Health Division
4150 Technology Way, Room 303
Carson City, NV 89706
(775) 684-4285

AT&T Conferencing
Dial-In Toll Free Number 1-877-848-7030
Participants Code #2541093

Nevada Early Intervention Services-North Site
4528 West Craig Road, Suite 170
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Nevada Early Intervention Services
2667 Enterprise Road
Reno, NV 89512
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ADVISORY COMMITTEE MEMBERS PRESENT

Barbara Paulsen, University of Nevada- Las Vegas (UNLV)
Christopher Roller, Advocacy/State Health Alliances Director, American Heart Association (AHA)
Donnell Barton, Nevada Department of Education (NDOE)
Hayden Ross, Nevada Association for Health, Physical Education, Recreation and Dance (NAHPERD)
Jack Kim, Director of Legislative Programs, Sierra Health Services, Inc. (SHS)
James Greenwald, M.D., Specialty Health Clinic (SHC)
Senator Valerie Weiner
Tracey Green, M.D., State Health Officer, Nevada State Health Division (NSHD)

ADVISORY COMMITTEE MEMBERS NOT PRESENT

Assemblywoman Olivia Diaz

HEALTH DIVISION STAFF PRESENT

Monica Morales, Program Manager, Wellness & Tobacco Programs, Bureau of Child Family and Community Wellness (BCFCW)
Kimberly Fahey, Chronic Disease Section Manager, BCFCW
Gale Thomssen, Wellness Program Coordinator, BCFCW
Marjorie Franzen-Weiss, Diabetes Prevention and Control Program Coordinator, BCFCW
Ashley McCrosky, Administrative Assistant I, BCFCW

OTHERS PRESENT

Annie Lindsay, University of Nevada Reno, Cooperative Extension.
Ben Schmauss, M.ED Certified Nutrition & Wellness Consultant (CNWC), Alliance for a Healthier Generation
Caroline Avalon, Clark County School District
Catrina Peters, Nevada Department of Education (NDOE)
Colleen Beck, YMCA of Southern Nevada
Glenda Switer, Nevada Tobacco Users' Helpline
Holli Ratliff, CT Sewell Elementary School
Janet Serial, Health Resource Analyst II, Nevada Office of Minority Health (NOMH) (proxy for Gerold Dermid)
Jennifer Furman-Born, CT Sewell Elementary School
Maureen Peckman, Chief Emerging Business Officer, Cleveland Clinic – Nevada

Christopher Roller called to order the Advisory Council to the State Program on Fitness and Wellness meeting at **9:05 AM**. Mr. Roller indicated the meeting was properly posted at the locations listed on the agenda in accordance with the Nevada Open Meeting Law (NOML).

1. Roll call

Introductions were made.

2. Approval of minutes from the September 12, 2011 meeting.

Mr. Roller requested Dr. Green's statement 'looking at the wellness policy' bill did not pass be corrected to reflect the School Wellness policy bill did not pass.

MOTION: Barbara Paulsen made a motion to approve the minutes with the aforementioned correction.

SECOND: Hayden Ross

PASSED: UNANIMOUSLY

3. Reports

A. Tobacco & Wellness Program Staff Report

Monica Morales updated the group on the site visit performed by the Centers for Disease and Control and Prevention (CDC). The site visit went well overall and the focus is now on the annual reports and evaluation of the grants under the Wellness and Tobacco programs.

She reminded the council of the upcoming Chronic Disease Forum this coming January 9th and 10th of 2012 in Las Vegas, Nevada and hoped they would play a strong role in getting key community and assembly members to this event. Dr. Green will be speaking one of the days and if possible Senator Valerie Weiner will be the Master of Ceremonies for the event.

Another update was the Integrated Chronic Disease Grant was approved for the amount of approximately \$500,000 with a requirement of creating a strategic plan. The epidemiology department has been collecting chronic disease data in the state of Nevada to begin this process. A special study for children ages 0 to 5 is also in place in hopes someday they can link indicators to chronic disease in general. It had been over 5 years since a strategic plan has been in place. The Nevada State Health Division (NSHD) is working with a consultant from the CDC to help with this process and said she may be contacting some individuals on the council as well. Senator Weiner asked if the council as a whole would be more beneficial for making decisions for the strategic plan. Ms. Morales stated a grant required leadership team is in place for the strategic plan, so the role of the council would be participating in surveys. Mr. Roller asked Ms. Morales to keep the council updated.

B. ARRA Wellness Staff Report

Gale Thomssen reported the following updates:

- ARRA Grant is working on 3 mini grants with the Washoe County Health District, Carson City Health and Human Services and the Statewide Partnership which includes the Nye County Coalition, Partners Allied for Community Excellence (PACE), and Community Services Agency.
- Looking for the Light Bulb is going to kick off again after the holidays and she is working on getting chain restaurants involved. This program requires restaurants to post the calories of the food at the point of purchase. Both McDonalds and Papa Murphy's Pizza are participating.
- Healthy Communities Grant is working on 5 mini grants which include the following: Lyon County Healthy Communities, Las Vegas Public Broadcasting Service (PBS), The Shade Tree, Partnership of Community Resources, and University of Nevada Cooperative Extension (UNCE)
- Food Day went well- collected 4,000 cans of food items, most of which came from Northern Nevada State Offices.
- Worksite wellness at the Health Division – doing Fit Deck breaks at 10AM and 2PM
- Vending machines at the Health Division will be 50% healthy items starting January 1, 2012. She also reported Alabama is looking to move to 30% healthy items in their vending machines and the Southern Nevada Health District is going to 80% healthy items.
- Fit First website has been updated, however, to add color and special buttons it is going to cost more so she is waiting to see if there are funds for those changes.
- She is working with Donnell Barton from the Department of Education on getting salad bars in schools and promoting fresh fruits and vegetables in more schools.
- Lyon County Healthy Communities is working on building hoop houses in the community. A new hoop house went in at Silver Springs High School which is important since this is one of the areas in Nevada suffering the most economically.
- The Shade Tree sub grantee did a nutrition and physical activity component this summer which involved both parents and children doing physical activities such as baseball. This program also let them visit Tonopah Gardens to see how vegetables are grown.
- Cooperative Extension sub grantee in the North is working on building community and school gardens with a master gardener training at the sites.

C. Presentation on the National Foundation on Fitness, Sport and Nutrition

Maureen Peckman presented on the National President's Council on Physical Fitness Foundation, which is a sister, organization to the President's Council on Fitness, Sport and Nutrition. She is one of 9 board members and was appointed via Senator Harry Reid. Some other board members include Scott Blackmun, Rockne Freitas, Cris Collinsworth, Cindy Sisson, Pat Cunnane, and Tom McMillen. She stated the President's Council budget is based off of government funding only and felt the funds may be wiped out. This Foundation was created to focus on support and resources for the primary President's Council. This foundation wants to reorganize the President's Council programs and make schools more understanding of wellness rather than just fitness. One objective is to engage in corporate and foundation organizations and bring their resources, communication and support into the Foundation. Positive wellness and fitness will be the main focus and the Foundation is working with major Corporations such as the National Football League (NFL) and Pepsi in accomplishing this. The agenda of this Foundation will be to bring everyone together on one platform by being a convener between organizations. The focus today is fitness, sports and nutrition for children but in the future she wants this to be an organization for both adults and children.

Senator Weiner asked if the funds for the primary President's Council would just be defunded or if it would disappear all together. Ms. Peckman stated with the strong background it would most likely be defunded and once her board was able to raise funds for the Foundation then they would then begin helping fund the primary President's Council. The members of the Foundation will be soliciting to raise money for the future budgets and have no restrictions on soliciting. All incremental amounts will be accepted. The Foundation members feel most big organizations such as Coke and Pepsi support wellness in some way so they would not be eliminating any organizations when soliciting.

The advisory group agreed education is key and the focus should be on healthy choices, moderation and self-control rather than eliminating groups and organizations selling foods with sugar and fat. With enough education the market will drive healthy changes.

There are no current programs within this Foundation; however Ms. Peckman said they would be developing some next year.

Senator Weiner felt this committee would be stronger if it had a member with a strong nutrition background. Ms. Peckman informed her there is someone with a strong background in nutrition on the committee now and said she hoped to see more staff added to the committee once more funds were available. The group asked for updates on the Foundation in the future.

Annie Lindsay from the University of Nevada Reno Cooperative Extension gave a public comment on the President's Council Demonstration Project. The updates are as follows:

- There are strong nutrition specialist on the primary President's Council
- She was recruited in 2006 by the American College of Sports Medicine (ACSM) to support the Council program as a state coordinator for Nevada.
- In 2007 she started working with Partners for a Healthier Nevada and they helped her develop a program for the Council.
- In the last 5 years over 30 schools in Nevada have applied to be on the National website and 10 schools are currently on the website as President's Council schools.
- The Council is working towards improving physical fitness & wellness in both schools and the community.
- The application to the President's Council has been revised to include nutrition and they added a wellness committee; they are also encouraging schools to have wellness committees.
- The Council is working on coordinating different guidelines outside the President's Council for schools.

D. Presentation on Healthy Schools Program National Recognition Awards

Ben Schmauss updated the group on the Healthy Generations Program having an 88% reduction in beverage calories going into schools since 2006. This was a voluntary action by major corporations such as Snapple and Pepsi. Giving kids healthy choices in schools is influencing a healthy change.

Jennifer Furman-Born, an Assistant Principle at the CT Sewell Elementary School in Las Vegas, one of which was awarded with the Alliance for Healthier Generation Award, stated changing the culture and environment to healthy within schools is not easy. They are making the change by incorporating all the grants and opportunities given to them. She said her school had

been working with the fresh fruits and vegetables program for about 3 years and said it was a great success; however she felt some vendors could not provide fresh produce all the time. With 68% of the students unable to afford lunch each day the fruits and vegetables program has really made a difference. Senator Weiner stated she had a strong passion for this program and liked how it also educated the students on what they were eating. Ms. Furman-Born also spoke about the fun physical activity breaks both the students and teachers were involved in, such as math relays and walks to visit the school gardens.

Mr. Schmauss spoke about how taking away Health programs in school such as P.E. and adding more math classes would benefit children in being more successful was false. He said it is proven physical activity will help children academically. CT Sewell Elementary School provided healthy cooking classes for staff and also put on a Health Food Day for parents and their children. The primary focus is still academic achievement but some schools now are using health and wellness to get to the end goal.

Ms. Furman-Born spoke about the data collected by the Alliance for a Healthier Generation, monitoring the academic growth in students both in mathematics and reading. It started in 2002 and it focuses on students that have been in CT Sewell Elementary School from 2002 until now. This study also included the progress of teachers by looking at how well their student test scores improved over the years. Senator Weiner asked if this data is being used in the 'no child left behind' program and was informed it is and the program had made its objective.

Mr. Schmauss presented for Carson High School located in Carson City, NV since a representative could not join this meeting. This school also received the Alliance for Healthier Generation Award. The updates on accomplishments are as follows:

- School wellness policy in place
- Low fat/sodium cooking classes
- Bike to work program
- After school for girls program- programs around diet, body image and self defense
- Dance classes - zumba and country line dance
- Promoting healthy fund raisers
- Physical activity clubs- hiking club, walking club, and rock climbing club
- 80% of high school seniors did their senior projects on wellness initiatives
- At least one teacher from every subject doing brain breaks during teaching times

Mr. Schmauss said this award was not just about filling out an application but actually documenting and showing how they are developing and implementing wellness into their schools. Schools across Nevada are now focusing on healthy fundraisers and a few schools have raised up to \$20,000 on these fundraisers. The end goal is to reduce childhood obesity by 2015.

Mr. Roller presented a certificate of appreciation to Ms. Furman-Born for the great work her school has done and expressed how important it is on many levels.

Jack Kim asked what grade levels CT Sewell Elementary School is and if Ms. Furman-Born has seen results in children returning to school after the summer progressing or maintain healthy eating habits. She informed him it was grades kindergarten through 5th grade and because of the low economic community in which the school is located it was difficult to determine the results. There has been data on low economic communities having three times more fast food restaurants and liquor stores compared to grocery stores. The children do look forward to coming to school to eat the healthy foods since most of their diets consist of fast food and low cost foods which are usually less nutritious. Before school, after school and summer school programs have been put in place to help keep children involved in a healthy lifestyle. The summer mealtime program and the family, food and fitness nights are some other programs offered outside of school.

Dr. Green is concerned the programs are being marginalized. She wanted to know if data is going to be collected to show what is being provided on all these great programs. She also felt educating the family on health and wellness should be primary rather than secondary. Mr. Schmauss said data is being collected on the programs and almost all schools across Nevada are making changes. He said their focus was making schools a healthy environment; therefore family education on health is secondary. He is working with many other programs outside of schools but for this specific program schools are the focus. He is looking to span this program to more than 30 schools next year.

E. Updates from the Nevada Office of Minority Health (NOMH)

Janet Serial updated the group on the Nevada Office of Minority Health and how it is looking at making both in environmental

cultural changes in health disparities.

A Faith & Leaders breakfast was hosted by the NOMH on October 21, 2011 and she felt it had a great turn out. The attendees included multicultural Faith groups showing an interest in addressing health issues and outcomes in Nevada. Another meeting will be held in late November.

She said the NOMH website was a good source of information and she encouraged the council to use it as a bulletin board to share relevant information with others. A project with social media such as twitter will be started next month.

NMOH is partnering with the Diabetes group and is doing the following projects:

- Profiling on the NOMH website people with color on how they are living and what they are doing about diabetes
- World diabetes day
- Lighting the canopy on Freemont Street in Las Vegas, NV on November 14, 2011 to honor diabetes month

Marjorie Franzen-Weiss said the canopy lighting started at 6PM with Dr. Lawrence Sands as a guest speaker. She said the lighting was to bring people together and make them aware of diabetes and also how to prevent and control the chronic disease.

F. Presentation on the Adventure to Fitness

Ms. Ross spoke about the Adventure to Fitness Program and had the following updates on them:

- It is a web based program
- 22 states in total have embraced this program for classroom teachers
- It is a free, 30 minute weekly program
- Tied to core standards such as reading, writing, math and health
- The entire state of Florida is using this program in all of their elementary classrooms

She said it is a great way to provide physical activity during school hours when kids are sedentary for long amounts of time and helps with academic achievement by getting kids moving around. She felt it has been difficult to get the information about the Fit Decks out to schools. The group thought the approach to the teacher association and a press release to school superintendents would be a good way to get this information out. Posting it on the website is also a great way to try to get the information out. Ms. Barton said she would work with Ms. Ross on this project.

4. Discuss and vote on merger with the Fitness & Wellness Advisory Council (FWAC) and the Preventative Health & Health Services Advisory (PHHS)

Before voting on the merger between the FWAC and PHHS Mr. Kim asked if by law it was able to be done since the FWAC is a statutory council. Ms. Morales said since it was a federal grant it was ok to merge and it would not hinder what the FWAC council is going to accomplish. Both groups have similar agenda items and goals and there would not be any council members merging from the PHHS. James Greenwald made a motion to merge and Ms. Paulsen second the merge. Ms. Morales will be sending out updates to the council members on the PHHS prior to the FWAC meetings via email.

5. Review, discuss and select potential candidate for Kelley Tuckey replacement

Ms. Morales informed the group per the NRS 439.518 the Administrator, Richard Whitley, appoints the council members. She said each member had to fall under a certain criteria by which candidate, Marci L. Schmiede did. She said Mr. Whitley will move forward with the decision; therefore Ms. Schmiede will hopefully be at the next FWAC meeting.

6. Updates and Recommendations to the Fit First Nevada Website

Ms. Thomssen gave updates earlier in the meeting.

7. Discuss Upcoming Leadership Nominations and Elections for 2012

The group discussed when the council member terms were ending and asked Ms. Morales and Ashley McCrosky to verify the exact dates the council members came on board. They said they would vote on both the Chair and Vice Chair positions next meeting. Mr. Roller said he would like to stay the Chair person on this committee; however Ms. Paulsen said she wanted to move off of the council. Any suggestions on potential candidates should be sent to Mr. Whitley as soon as possible to continue with this matter at the next meeting in 2012.

8. Select the Fitness & Wellness Advisory Council 2012 meeting dates

The group decided on changing the meetings to quarterly rather than bi monthly. They felt the meetings functioned just as

as well, but felt more interaction via email between meetings would be beneficial. Mr. Roller thought the meetings would only be about 30 minutes longer by adding the PHHS to the agenda. The group would need to decide on a 9 AM or 3 PM start time for the meetings. The members want the 2012 meetings to start in January; however they did not decide on exact dates. Ms. Morales and Ms. McCrosky will work with the members to set the 2012 meeting dates.

9. Public comments

Mr. Roller suggested these agenda items be added to the agenda for the next meeting in January 2012:

- Review and discuss the bylaws for the FWAC
- Election of new council members leadership
- Updates on School Based Health Centers
- Updates on National Planning in Health Disparities
- Updates on the National Foundation on Fitness, Nutrition, and Sports.

Ms. Thomssen reminded the group of the Statewide Chronic Disease Forum put on by the Nevada State Health Division this January 9th & 10th 2012 in Las Vegas, NV at the University of Las Vegas Nevada (UNLV).

Caroline Avalon wanted to know if there were standards for school based clinics. Dr. Green said the standards were a work in progress and an announcement would be made at the conference December 9, 2011. The conference is open to all parties wanting to attend and will be held in Reno, Nevada at the University of Nevada School of Medicine in the Molecular Science Building. There will be travel scholarships available for those who would like to attend and need assistance with travel funds.

Ms. Avalon also asked about the lighting of the canopy on Freemont street in Las Vegas this evening November 14, 2011. Ms Morales informed her it started at 6PM and thought it would be about two hours long. Information and resources will be given out at this event. She also asked when the next Faith & Leaders meeting would be held; Ms. Serial was unsure of the exact date but informed her it was in November.

10. Adjournment

The meeting adjourned at **11:55 AM.**