



**Texas School Health Advisory Committee**  
Texas Department of State Health Services  
Moreton Building, 1100 West 49th Street, Room M-100  
Austin, TX 78756  
Monday, September 17, 2018  
10:00 a.m.

### **Meeting Minutes**

#### **TSHAC Members Present:**

Nomita Bajwa, Consumer/Parent  
Fancy Flores, Organization/Agency  
Barney Fudge, Texas Education Agency  
Tamara Gilstrap, Physical Education  
Carmela James, Counselor  
Danielle Leon, Health Education  
Scott Moger, School Administrator  
Eduardo Rios, Consumer/Parent  
Josette Saxton, Organization/Agency, Presiding Officer  
Reenie Smith, Governor's Advisory Council on Physical Fitness  
Mandy Tyler, Organization/Agency  
Anita Wheeler-Hill, Texas Department of State Health Services  
Helenka Ostrum, Texas Department of Agriculture

#### **TSHAC Members Absent:**

Julie Gardner, Parent  
Lisa Lauter, Parent  
Alexandra Molina, Nutrition Services  
Carrie Zamora, Parent

#### **Staff Present:**

Laurie Anderson, Texas Department of State Health Services  
Melissa Cammack, Texas Department of State Health Services  
Leanne Raborn, Texas Department of State Health Services  
Jennifer Haussler Garing, Texas Department of State Health Services  
Luke Chalmers, Texas Department of State Health Services  
Carolyn Pittman, Texas Department of State Health Services  
Irina Meza, Texas Department of State Health Services  
Nycia Deal, Texas Department of State Health Services

**Guests Present:**

Alexa Parker, Texas House of Representatives  
Sebastien Laroche, Methodist Healthcare Ministries  
Daniel A Deane, South Texas Asthma Coalition  
Eric Ratliff, Public

**Agenda Item 1**

Agenda item 1 was the calling of the meeting to order; the meeting was called to order by Josette Saxton at 10:08am.

**Agenda Item 2**

Agenda item 2 was the introduction of members and staff by Ms. Saxton, who extended her gratitude to all in attendance.

**Agenda Item 3**

Agenda item 3 was approval of the minutes from the April 23, 2018 TSHAC meeting. A motion was made by Eduardo Rios to approve the minutes as posted. The motion was seconded by Ms. Saxton and passed.

**Agenda Item 4**

Agenda item 4 was the presentation by Jennifer Haussler Garing, DSHS, on the 2017 Youth Risk Behavior Surveillance Data. Data from the randomized survey focused on the leading causes of adolescent morbidity and mortality in the state of Texas. Findings revealed a lack in physical activity due to reports of unsafe facilities and increased screen time from electronic devices. Despite a decrease in tobacco and illicit drug use and extreme binge drinking, there was an increase in marijuana use when compared to the 2015 survey results. Additionally, there was an increase in suicide rate; the rate Texas is currently 66% higher when compared to the United States as a whole. Anita Wheeler-Hill volunteered to send the presentation and data set to the council members for review.

**Agenda Item 5**

Agenda item 5 was the election of the Assistant Presiding Officer to step in for Ms. Saxton as needed and serve in the role for two years before stepping in as the Presiding Officer. Danielle Leon made a motion to nominate Tamara Gilstrap. The motion was seconded by Mrs. Wheeler-Hill and passed.

**Agenda Item 6**

Agenda item 6 was the approval of advisory committee bylaws for the TSHAC. Mrs. Wheeler-Hill stated most of what is in the bylaws reflects what is in the TSHAC rule and asked for comments, language, and input suggestions. There was also discussion regarding the fulfillment of TSHAC vacancies; Mrs. Wheeler-Hill informed the committee that applications are currently being processed and reviewed based on geographic location and demographics. A motion was made by Ms. Smith to approve the bylaws. The motion was seconded by Carmela James and passed.

## **Agenda Item 7**

Agenda item 7 was the discussion of the revisions to Recommendations for Expanding Physical Activity Opportunities Outside of the Classroom document. Ms. Gilstrap is currently working on the document and emphasized the need to focus on what the council wants outside the school day as activities taking place during the school day are regulated. Additionally, she mentioned keeping the link, modernizing definitions, and updating impacts to reflect guidelines. There was a discussion regarding review and revision of the document by the workgroup; the document will be available to the committee members two weeks prior to the next meeting. Ms. Wheeler-Hill made a motion to review the document and bring to the next meeting. The motion was seconded by Scott Moger and passed.

## **Agenda Item 8**

Agenda item 8 was the discussion of the revisions to the Sample Resolution on Recess for Elementary School Students. Ms. Gilstrap added a few additions; she removed bullying, mentioned that recess should not be withheld from students, and suggested adding frequent physical activity breaks after every hour of instruction. To ensure consistency, Mr. Fudge proposed to remove the space near “physical activity withheld” on the document and include the reference of state legislative session or state TEA code 28.004 Subsection L when mentioning Senate Bill 530. Mr. Rios made a motion to accept changes including fixing the code, removing the aforementioned space in the document, and adding “and/or tutorials”. The motion was seconded by Ms. Smith and passed.

## **Agenda Item 9**

Agenda item 9 was the discussion of access to opioids resources and possible action to develop a document. Mrs. Wheeler-Hill stated there has been a lot of discussion regarding the opioid crisis, prompting a need for TSHAC to take a look at what might be needed to help schools get to the best resources. She proposed reaching out to opioid and substance abuse subject matter experts from DSHS to see if a representative from their department would be interested in presenting at the next committee meeting. Nomita Bajwa suggested incorporating trainings for school nurses focusing on drug use stigma, medications, and opioid overdose treatments. Ms. Saxton requested the committee bring their notes to the next meeting to contribute to the guidance document discussion on approaches other districts are currently taking.

## **Agenda Item 10**

Agenda item 10 was the updates from the Texas Education Agency, Texas Department of Agriculture, and Texas Department of State Health Services.

### **Texas Education Agency – Barney Fudge**

- 2016-2017 School Health Survey report information has been routed to TEA and they are waiting for approval to post data.
- Head lice rules process is with TEA leadership.
- Fitnessgram® data analysis has a September 2018 target date.
- Physical activity and health education TEKS review on target to begin this academic year.

- TEA submitted request to legislative budget board on how they intend to spend funding for the Safe and Healthy School initiative; funding can be used to help school districts address mental health needs on campus.

### **Texas Department of Agriculture – Helenka Ostrum**

- Farm Fresh Challenge to promote agriculture had 200 sponsors.
- Jump with Jill collaboration included 16 schools and the state fair.
- Squaremeals.org promotes eating school lunch and features downloadable resources, social media sharing capability, and activity sheets
- TDA conferences: State Directors Collaboration included representation from 30 states nationwide

### **Texas Department of State Health Services – Anita Wheeler-Hill**

- The *Friday Beat* weekly newsletter currently has 5200 subscribers.
- Stock Epinephrine rules were adopted and went live on August 1; DSHS has been working with TASB to make interpretation of the rules simpler.
- The Spinal Screening rules implemented this summer state that girls are to be screened twice and boys are to be screened once in the fall.
- Step Up and Be Counted is moving toward a more Texas-owned and driven focus with heavier marketing in less represented areas without nurses or belonging to a nursing organization.

### **Agenda Item 11**

Agenda item 11 was the discussion on revisions to the Bullying Prevention Toolkit. Ms. Saxton discussed the inclusion of citations and references of the Texas Education Codes pertaining to bullying in schools in addition to a resolution and an updated definition of the statute for bullying. Ms. Wheeler-Hill noted the next step is to run the toolkit information through the DSHS legal department for approval. Ms. Smith made a motion to approve and finalize the document pending changes including the addition of subheadings and removal of the annotated document. The motion was seconded by Mr. Rios and passed.

### **Agenda Item 12**

Agenda item 12 was the discussion of the revisions to the TSHAC resource document revision schedule. Mrs. Wheeler-Hill stated that she wanted to make sure the agency captured everything that is current without taking on too many documents to update. Members volunteered to assist with the following documents:

- SHAC Annual progress report- Eduardo Rios
- Take soda consumption data from YRBS- Josette Saxton
- Revisions bringing forward and open meeting requirement- Anita Wheeler-Hill
- Health Education- Reenie Smith and Danielle Leon
- Recommendations and Research on Physical Education - Reenie Smith and Danielle Leon

### **Agenda Item 13**

Agenda item 13 was the discussion of possible agenda topics for local school health advisory council meetings. Ms. Gilstrap stated that Jump Rope for Heart is now called

Kids Heart Challenge. Mr. Rios suggested listing grant information, and Mrs. Wheeler-Hill mentioned expanding the major grants currently advertised in the *Friday Beat*. Additionally, there was discussion centered around the inclusion of school safety, campus plans, healthy relationships, and school employee wellness. Fancy Flores and Ms. Bajwa volunteered to help verify all general meeting topic links are properly working.

#### **Agenda Item 14**

Agenda item 14 was the scheduling of the next TSHAC meeting in February of 2019. The committee agreed to meet February 4, 2019. Future meeting dates will be decided in spring of 2019.

The next TSHAC meeting date is:

- February 4, 2019

#### **Agenda Item 15**

Agenda item 15 was the discussion of future TSHAC agenda topics and priorities. Ms. Saxton discussed inviting speakers to inform members of substance abuse and suicide prevention efforts in schools. In addition to adding presentations, she suggested building in space on the agenda for discussion following the presentations.

#### **Agenda Item 16**

Agenda item 16 was public comment. There were no public comments presented.

#### **Agenda Item 17**

Agenda item 17 was adjournment. The meeting adjourned at 12:10pm.

Approved at the 2.4.19 TSHAC Meeting

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