

Healthy Lifestyles Subcommittee

Cancer Risk Reduction Committee

Co-Chairs:

Lt. Governor Bethany Hall-Long

Dr. Karyl Rattay, Director of the Delaware Division of Public Health

May 20, 2020 (Virtual Meeting)

Recap & Expectations

Lt. Governor Bethany Hall-Long



Remembering Chris Kochtitzky

Thank you for your valuable contributions to the Healthy Lifestyles Subcommittee and lifelong commitment to reducing health disparities through integrated public health and urban planning.

A [memorial fund](#) has been established by the CDC Foundation in Chris's name.

Agenda

- 1. Welcome**
- 2. Recap & Expectations**
- 3. Approval of Minutes**
- 4. Review of Feedback & Discussion of Policies**
- 5. Developing the Report & Timeline**
- 6. Next Steps**
- 7. Closing**

Review of Policies & Discussion of Feedback

Guiding Questions:

1. Is this a policy or program/initiative recommendation?
2. How can we ensure that this recommendation promotes equity?
3. What changes/additions do we need for this recommendation to achieve parity in the level of detail across all recommendations?

Overall Policy Rankings

Subcommittee Rankings

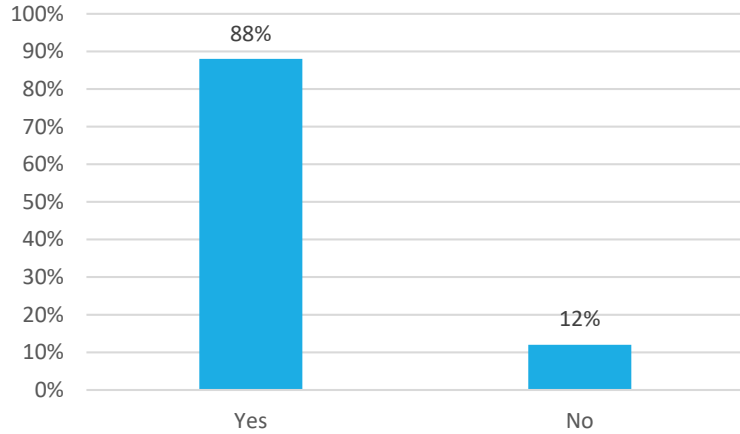
1. **Prohibit SSBs in ECEs**
2. **Preserve 2010 USDA Regs**
3. **Breastfeeding Discrimination Protections**
4. **Enhanced FitnessGram Implementation**
5. **Workplace Breastfeeding Supports & Protections**
6. **Corner Store Supports & Regs**
7. **SNAP & WIC Supports for Corner Stores**
8. Enhanced PE Requirements
9. SSB Tax
10. Workplace Healthy Vending Regs
11. Comprehensive SBO Workplace Wellness
12. Broad SNAP-Ed-like Programming
13. Enhanced Complete Streets Policy Support
14. Enhanced DelaCare Regs
15. Out-of-School Nutrition Regs
16. Financial Mechanism for HCD
17. Culturally-Appropriate Foods in ECEs

Community Rankings

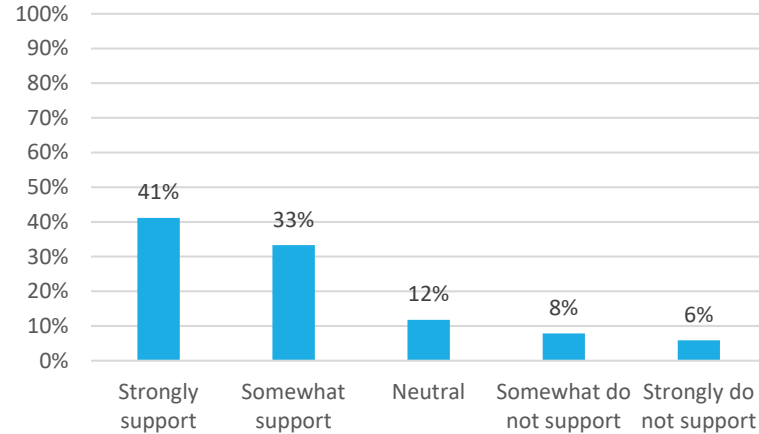
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16. Out-of-School Nutrition Regs
17. Culturally-Appropriate Foods in ECEs

Ages 0-18

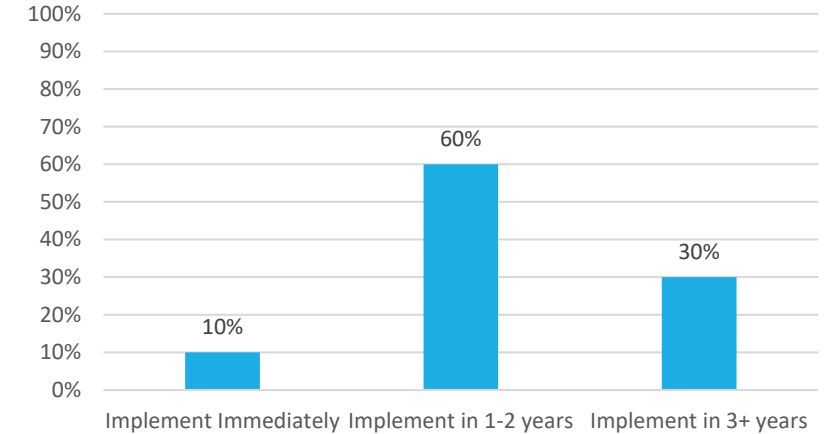
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Expand DelaCare regulations to include family childcare homes and physical activity requirements.

Subcommittee Ranking: 14/17
Community Ranking: 9/17

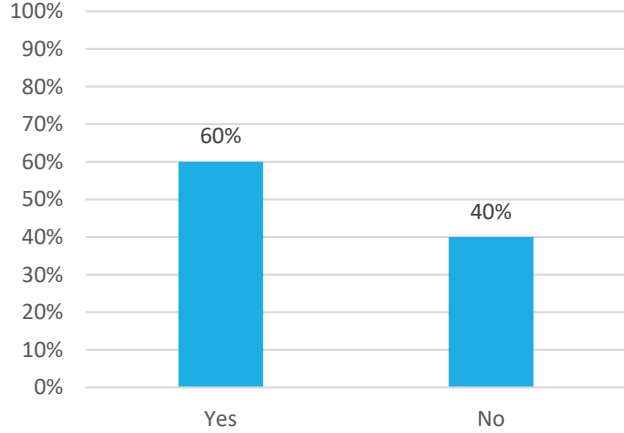
Subcommittee Comments

- Every young Delawarean should be provided same care regardless of the facility's size.
- Some family childcare homes in neighborhoods that may not lend themselves for easy PA requirements.
- Should aim for having all daycares offer some type of PA.
- Training will be integral part for implementation.
- There are DelaCare regs for family childcare homes.

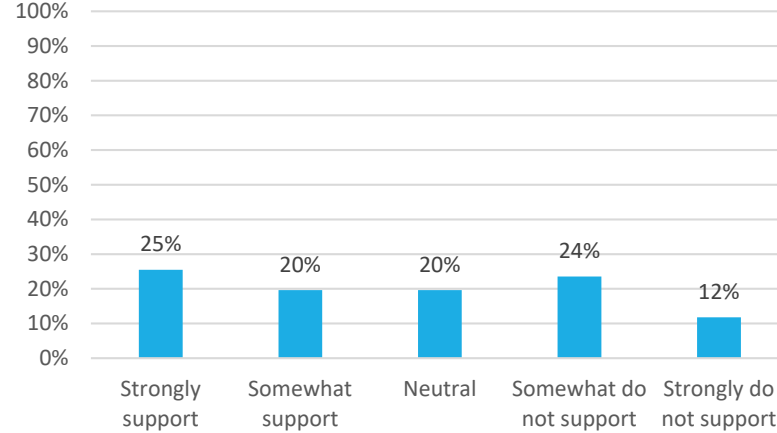
Community Comments

No comments.

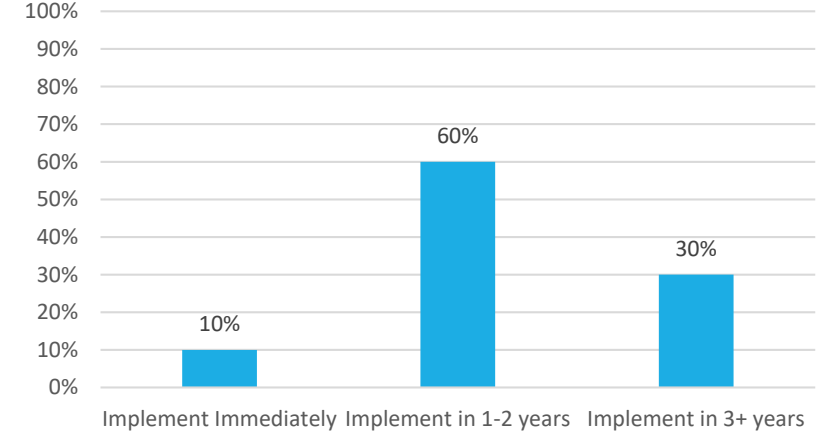
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Require Early Childhood Education programs to provide foods appropriate to children's cultural and religious backgrounds.

Subcommittee Comments

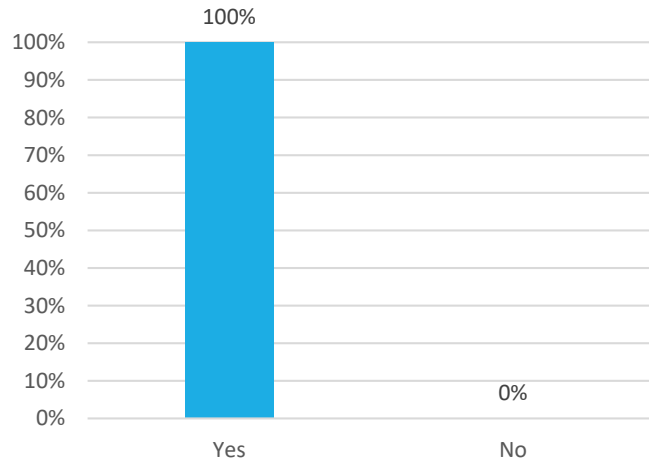
- Need to further explore feasibility.

Community Comments

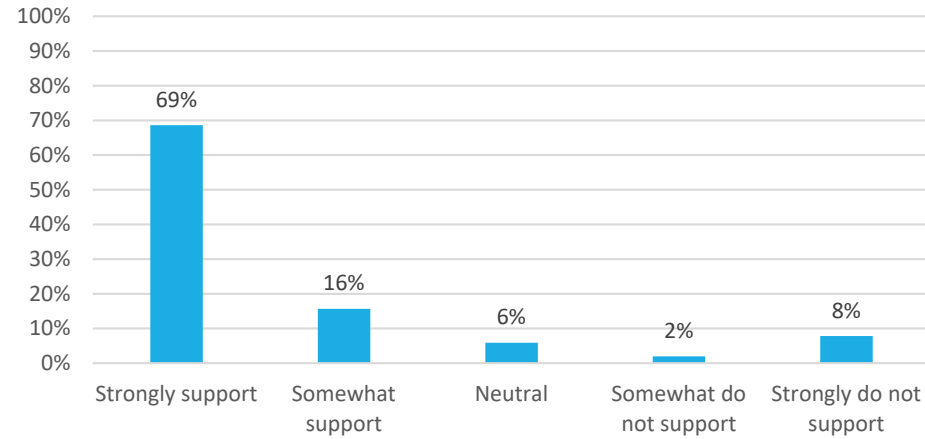
- Cultural foods that are provided at home does not mean they are nutritionally sound. ECEs can support gaps in nutrition.

Subcommittee Ranking: 17/17
Community Ranking: 17/17

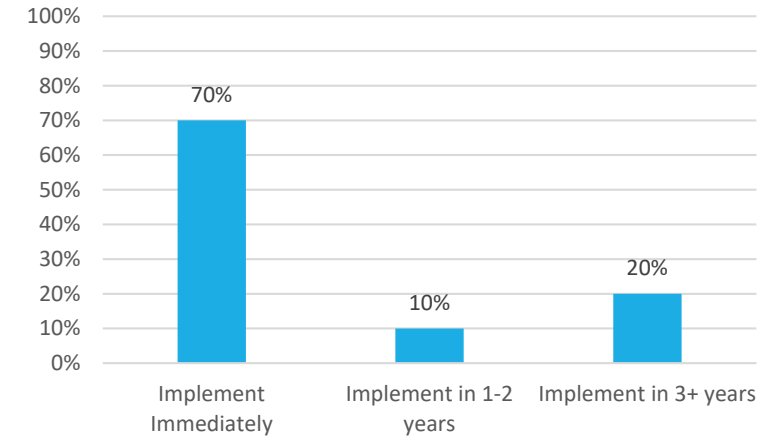
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Prohibit sugar-sweetened beverages (soda, flavored juice drinks) in Early Childhood Education programs.

Subcommittee Ranking: 1/17
Community Ranking: 3/17

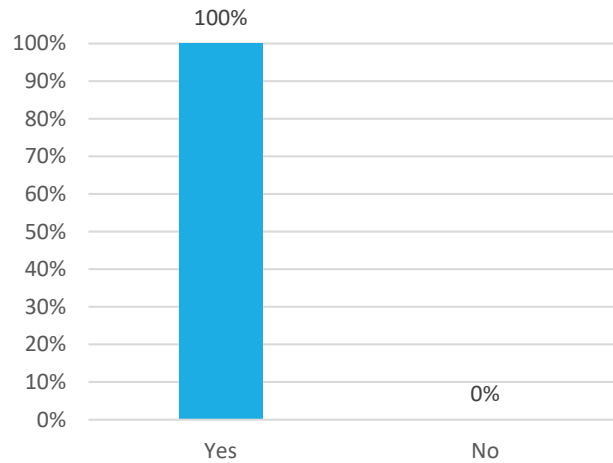
Subcommittee Comments

- Should be a simple and clear policy without exceptions.
- Also prohibit milk products that are flavored with sugars.
- DelaCare already says no SSBs allowed. Liquid meal components are milk, water, or unsweetened juice.

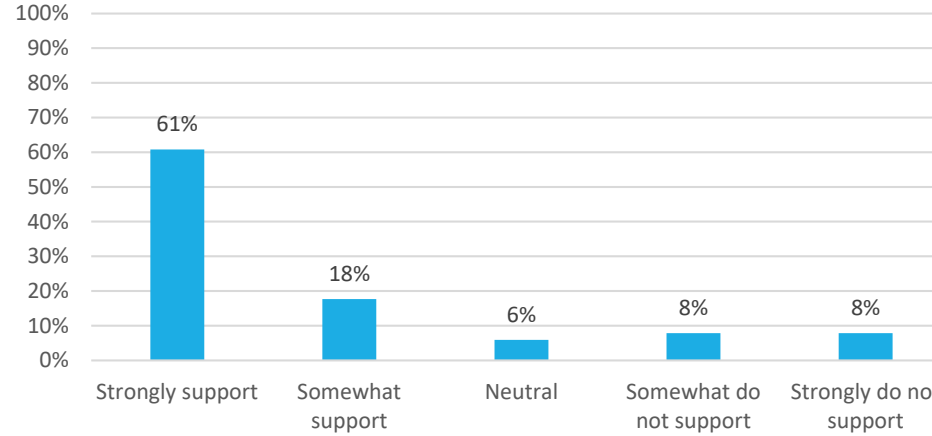
Community Comments

- Recommend to remove milk from ECEs and daycares and replace with water.

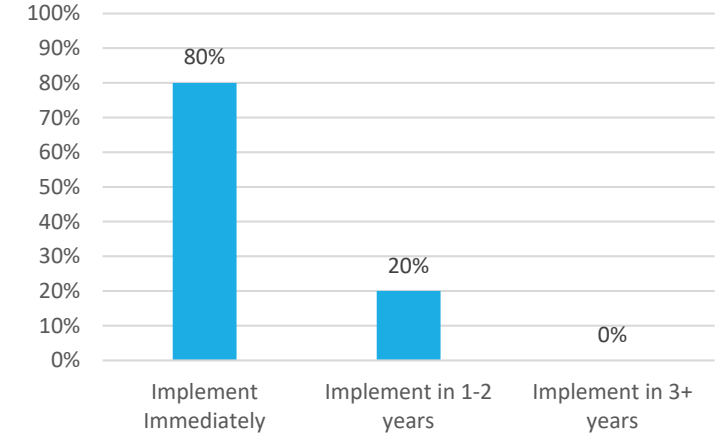
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Preserve updated 2010 USDA nutrition guidelines for school lunches, updated WIC package, and improved SNAP program policies despite federal rollbacks.

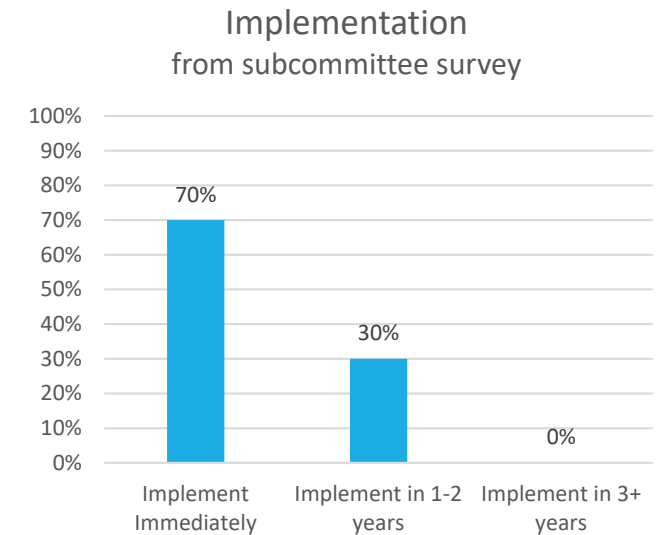
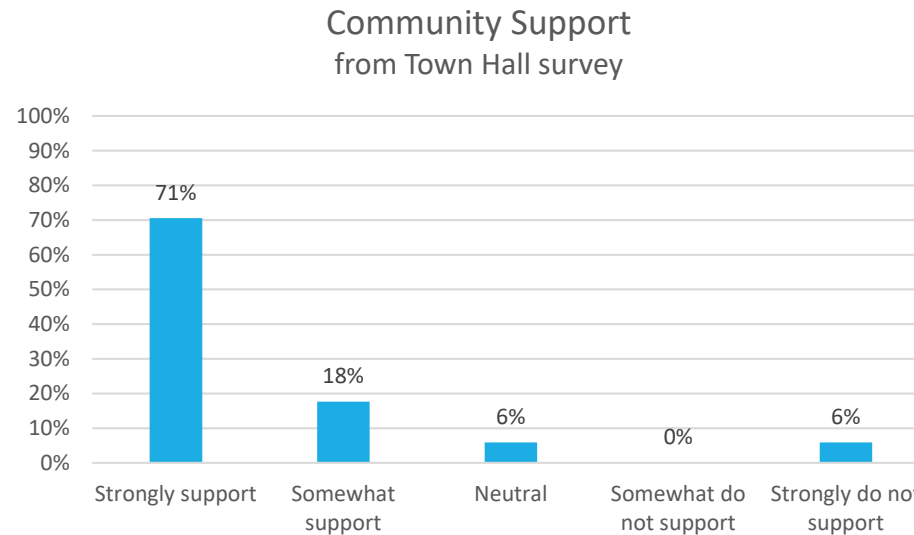
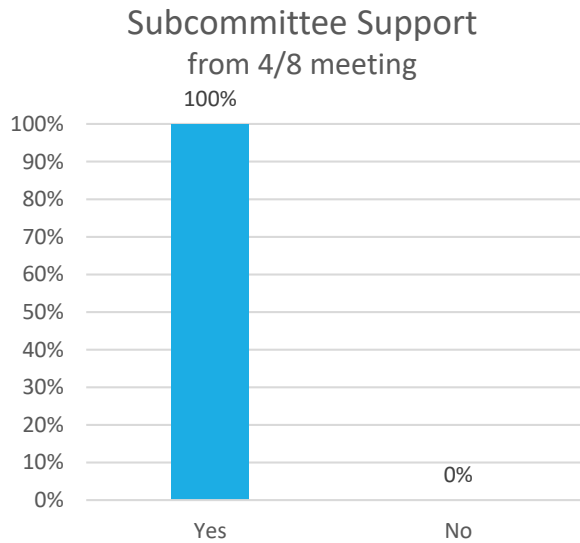
Subcommittee Ranking: 2/17
Community Ranking: 6/17

Subcommittee Comments

- Adopt school nutrition regulation through the state board of education with nutritional standards found in “USDA Final Rule of 2016”.
- “USDA Final Rule of 2012” refers to the USDA Food and Nutrition Service final rule establishing school meal standards.
- Focus specifically on components we want to improve. Codify that into state regs and procurement policies.

Community Comments

No comments.



Protect against discrimination based on breastfeeding status; strengthen breastfeeding protections at hospitals.

Subcommittee Ranking: 3/17
Community Ranking: 2/17

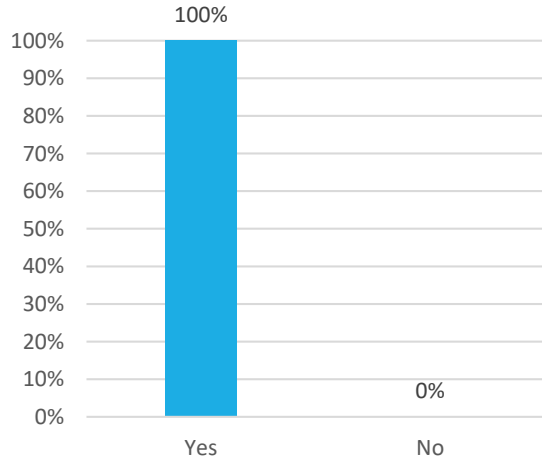
Subcommittee Comments

- Two different items.
- Protection against discrimination should be universal, not just in hospitals.
- Majority of hospitals are “Baby Friendly” (encourage breastfeeding).
- More appropriate wording: "Continue support for programs that encourage initiation and continuation of breastfeeding, including hospital based programs such as the Baby-Friendly Initiative."
- Not sure what this exactly means - need more specificity.
- This could be modeled after other discrimination language and protection language in hospitals.

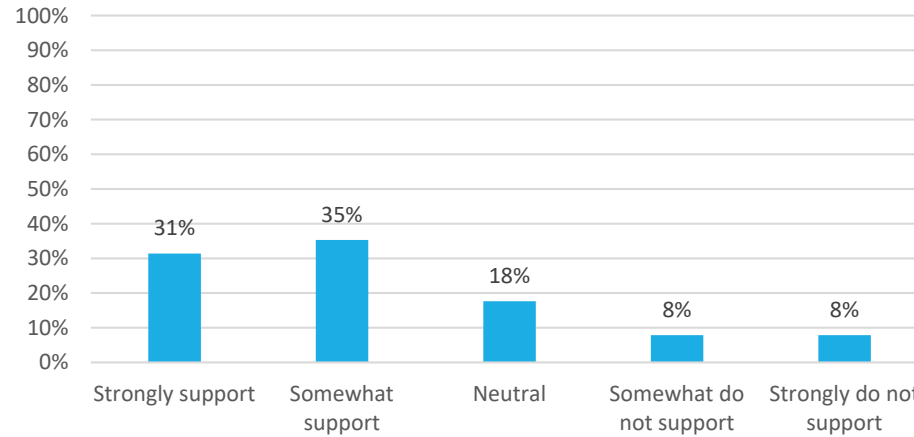
Community Comments

No comments.

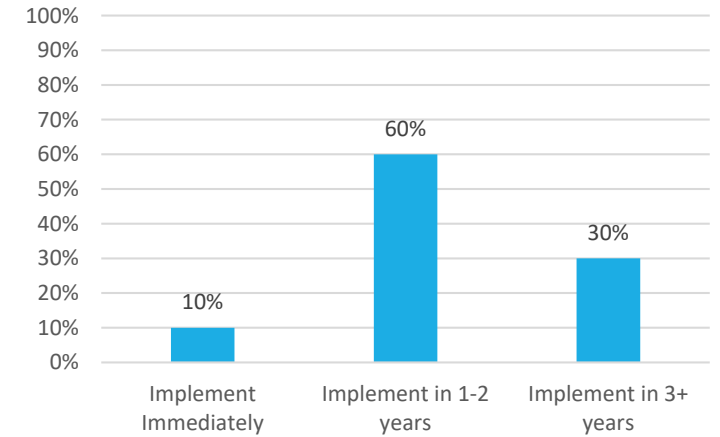
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Tighten FitnessGram to focus on BMI data to target interventions.

Subcommittee Ranking: 4/17
Community Ranking: 15/17

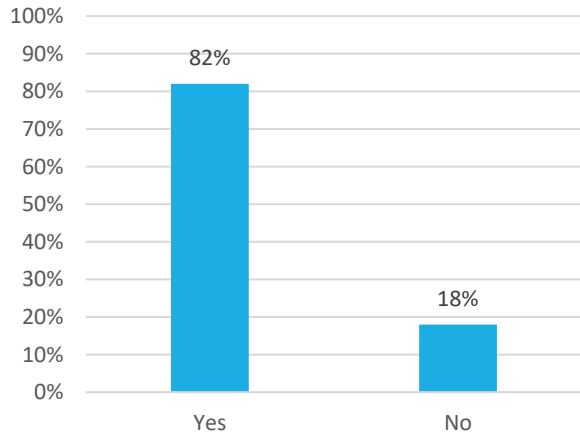
Subcommittee Comments

- Also comprehensively monitor, evaluate, and publicly and transparently report about physical education programs in Delaware schools. Should be incorporated into the reporting to USDOE and fully integrated into accountability frameworks.
- Not sure what "focus on BMI data" means, but may not be most significant data from FitnessGram.
- What interventions will the data inform? What does BMI tell us about policy and implementation?
- Continue to make parents aware of the FitnessGram results and offer family interventions/education.

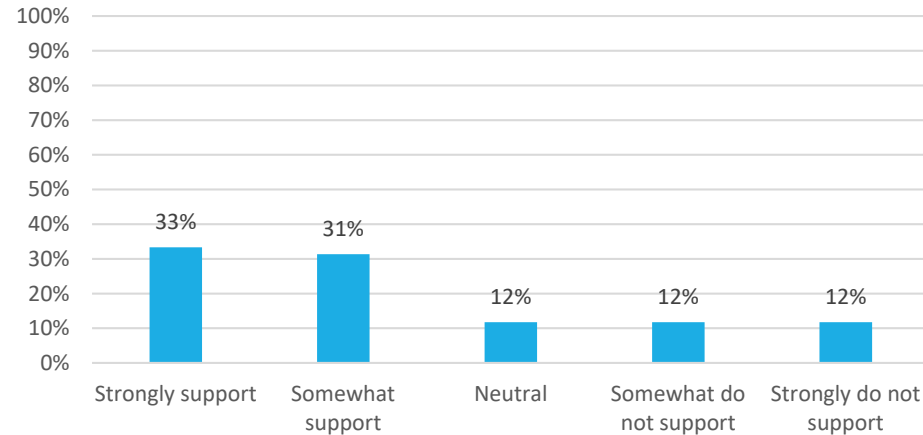
Community Comments

No comments.

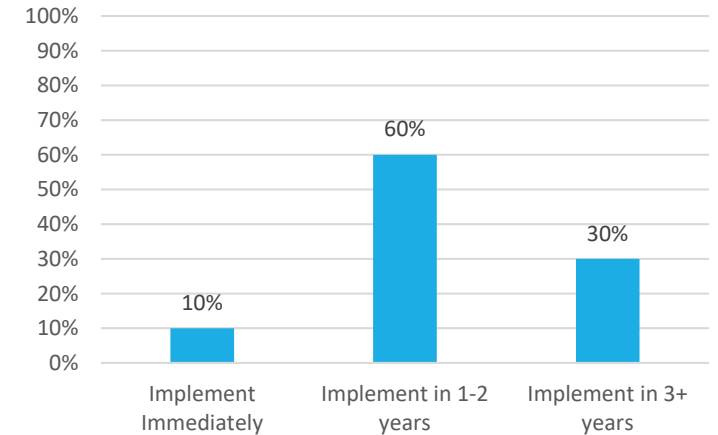
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Subcommittee Comments

- Implement SBOE regs to follow nutritional standards found in “USDA Final Rule of 2016” about “Competitive Foods/Smart Snacks” (foods and beverages sold at school, other than meals served through USDA’s school meal programs, on school campus and at any time during the school day).
- Only for state-funded OST programs?
- Be sensitive to family's ability to purchase and access nutritious foods.

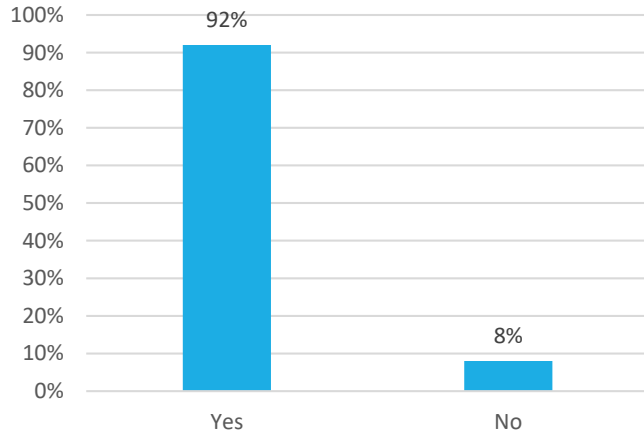
Community Comments

- Need to have some exceptions. HS teams use concessions to raise money.
- Put regulations on after & before school activities that are put on by outside parties (YMCA, Boys & Girls Clubs, 4-H).

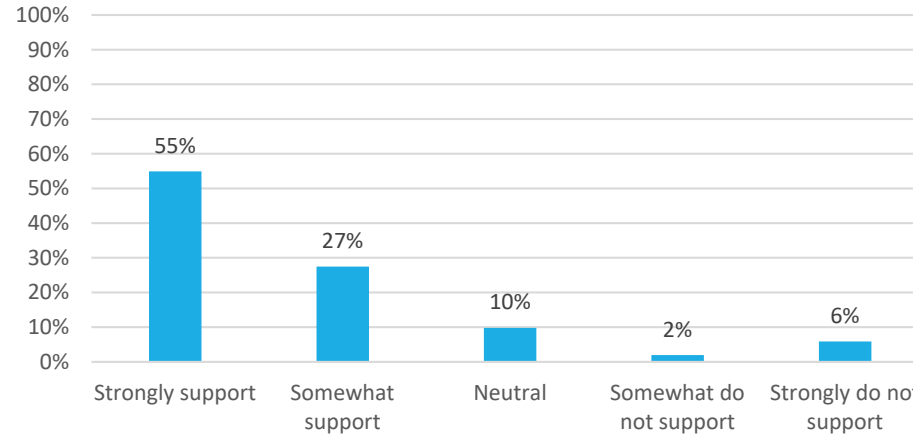
Develop and implement out-of-school (before-school, after-school, sports) nutrition policies.

Subcommittee Ranking: 15/17
Community Ranking: 16/17

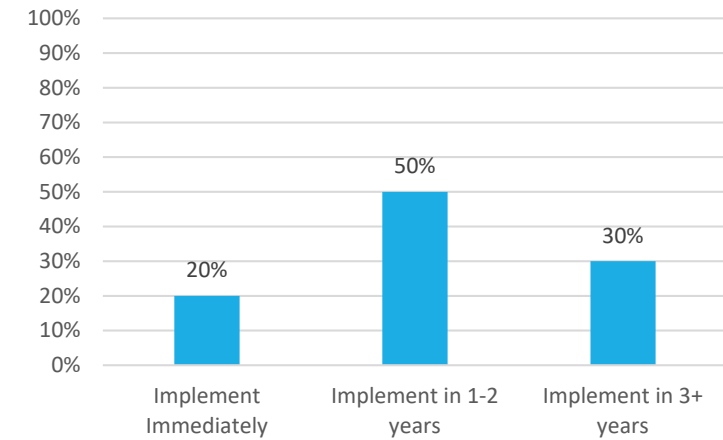
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Create time requirement standards for PE.

Subcommittee Ranking: 8/17
Community Ranking: 5/17

Subcommittee Comments

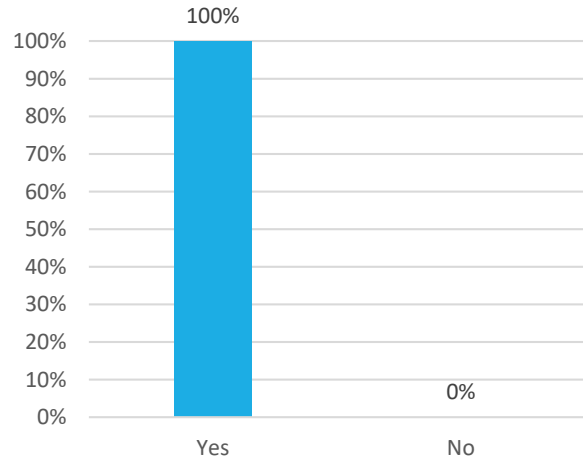
- Minimum of 150 minutes per week of physical education in elementary school.
- Minimum of 225 minutes per week of physical education in middle school.
- Already have time for requirements for PE/PA.
- Need support for improved implementation of high-quality PE using sequential, developmentally appropriate, evidence-based curriculum taught by trained instructors.
- Should standard be just for PE or include PA as well?
- Continue to be concerned with this recommendation due to fiscal/staff/and overall time constraints on schools. Distinction between physical activity and physical education.
- Utilize other states policies as a model.

Community Comments

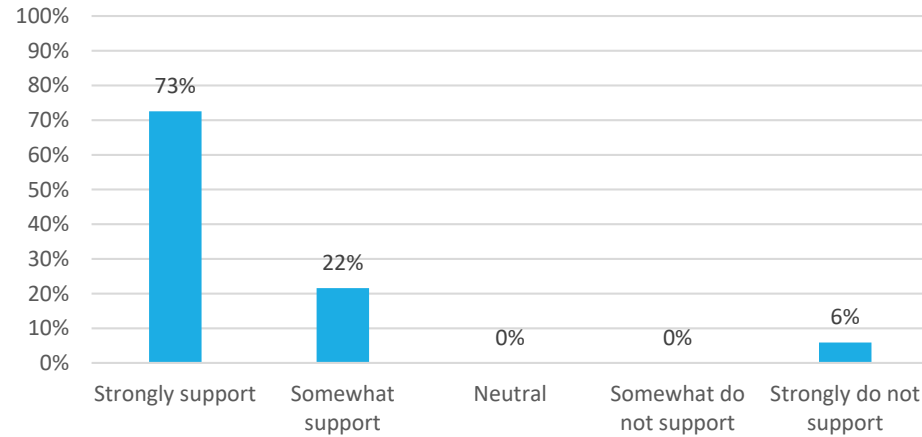
- Should include physical activity throughout the day, and not limited to one 30 minute period.
- All children should have at least minimum recommendation of 120 minutes.

Worksite Wellness

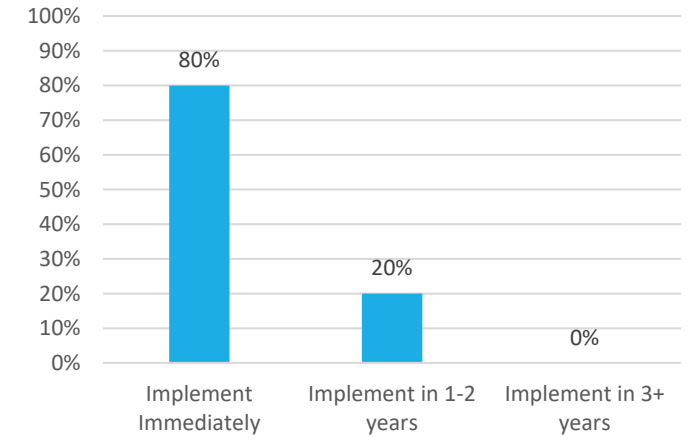
Subcommittee Support
from 4/8 survey



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Establish breastfeeding supports in the workplace, including anti-discrimination.

Subcommittee Ranking: 5/17
Community Ranking: 1/17

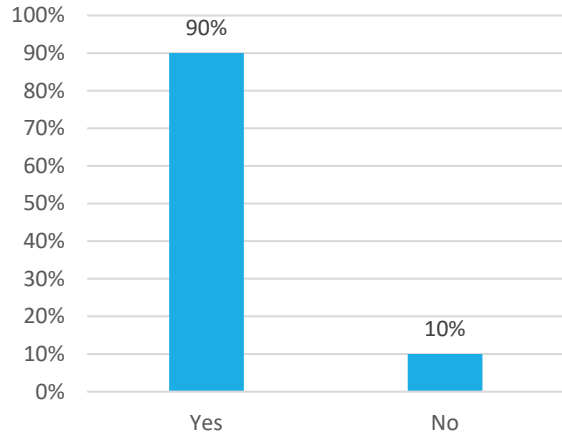
Subcommittee Comments

No comments.

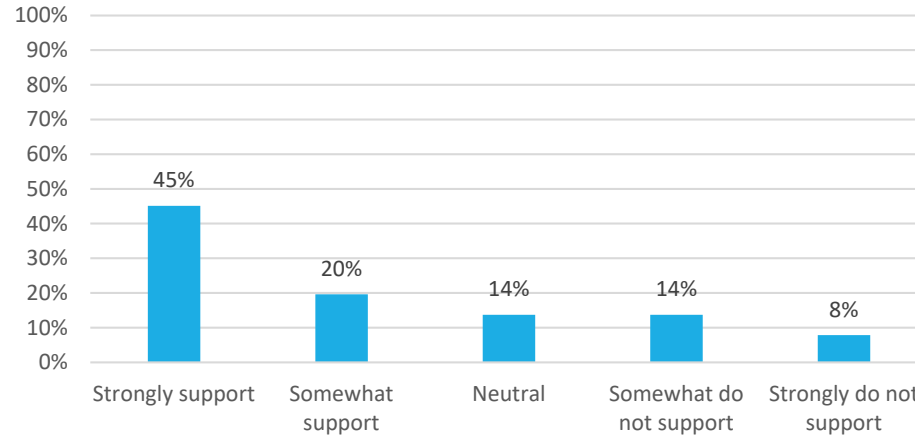
Community Comments

No comments.

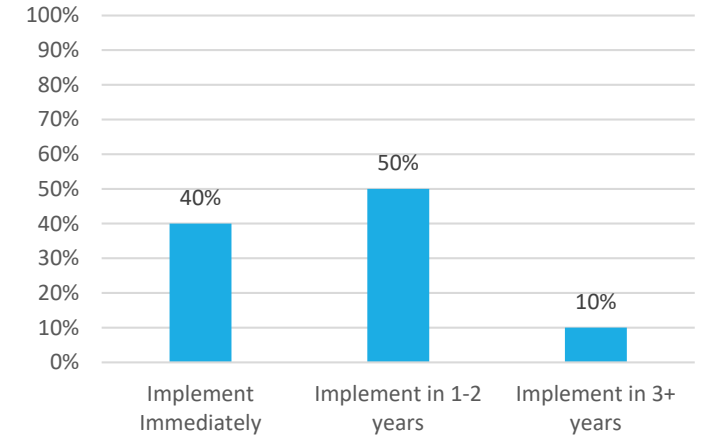
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Memorialize healthy vending policies and healthier food and snack guidelines in the workplace.

Subcommittee Ranking: 10/17
Community Ranking: 14/17

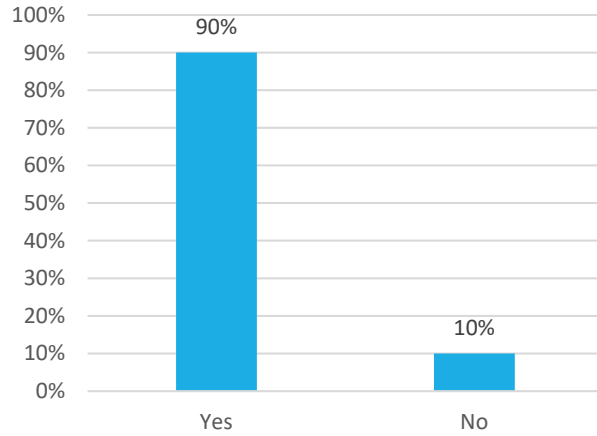
Subcommittee Comments

- Tie this into the State of Delaware's "Workplace Wellness Policy" (next recommendation).

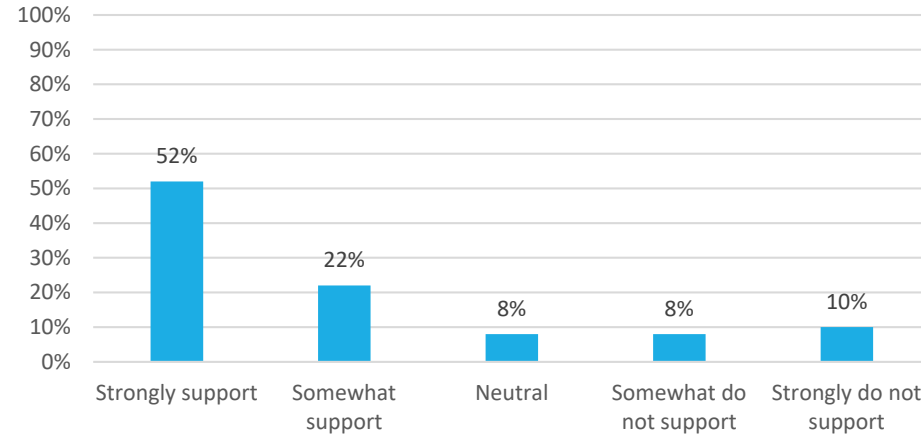
Community Comments

No comments.

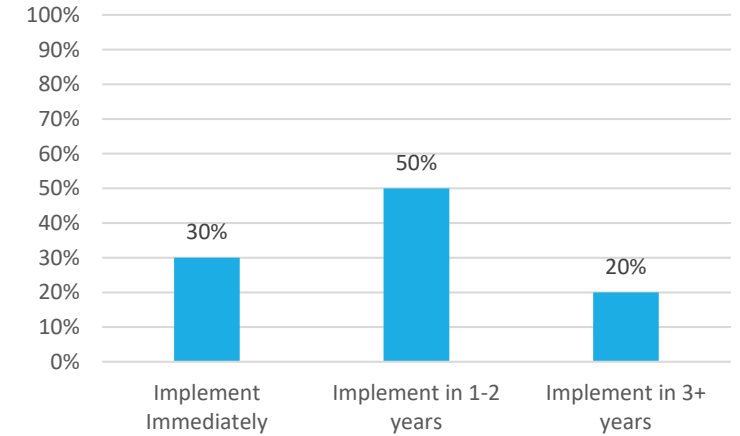
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Create a formal workplace wellness program infrastructure for state employers. Encourage non-state employers to adopt workplace wellness program infrastructure.

Subcommittee Ranking: 11/17
Community Ranking: 8/17

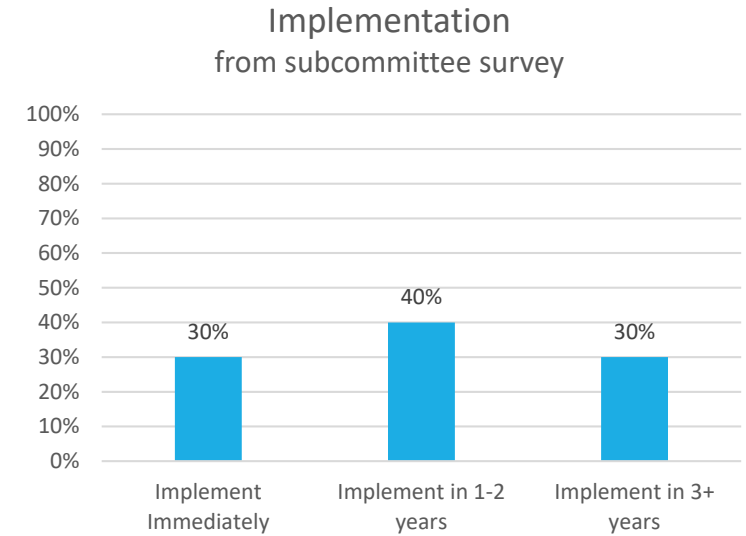
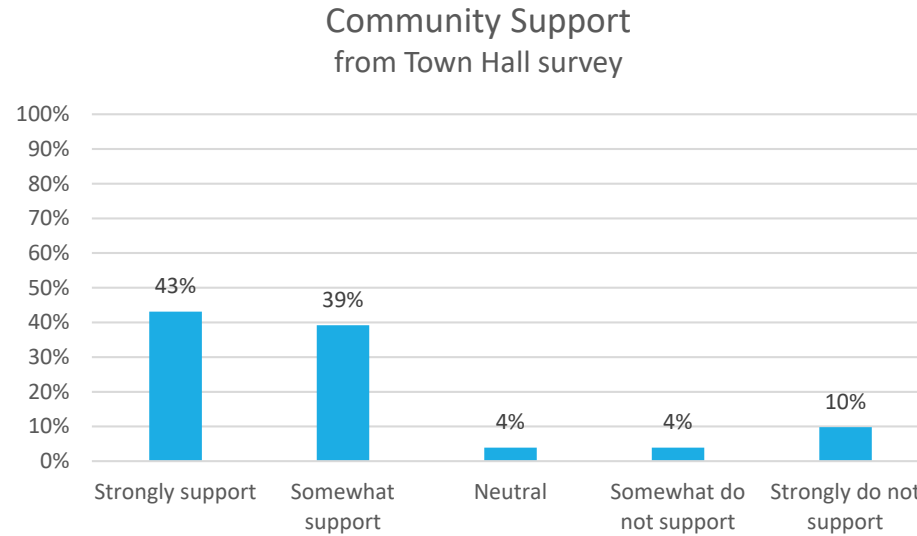
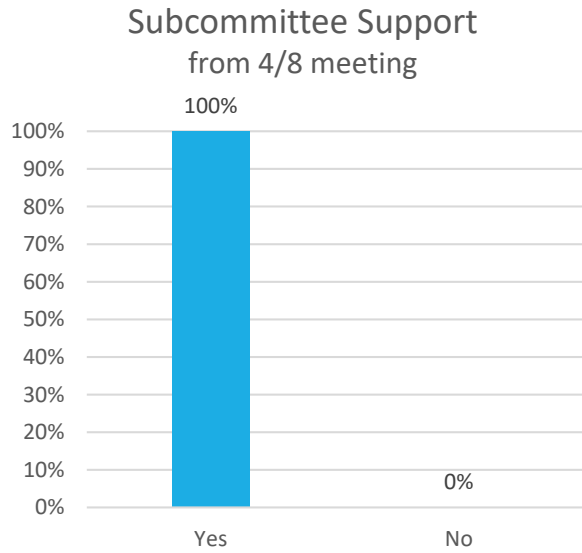
Subcommittee Comments

- Build upon existing draft of "Workplace Wellness Policy" presented at February meeting.
- Get policy for State Agencies first, then expand by working with school districts, charter schools and higher education (DTCC and DSU) to adopt similar policies for their employees.
- State agencies and departments be encouraged to develop and maintain workplace wellness initiatives for employees that focus on: physical activity, healthy eating, weight management, tobacco cessation, stress management, mental health, and preventive care.
- Include support for behavioral health.

Community Comments

- Flexible lunch schedule for employees. Can use lunch break at end of day to exercise.
- Provide employees "free 15-30 min." incentive if they choose to exercise during scheduled lunch break.

Community Wellness



Support infrastructure requirements and establish healthy foods standards for corner stores.

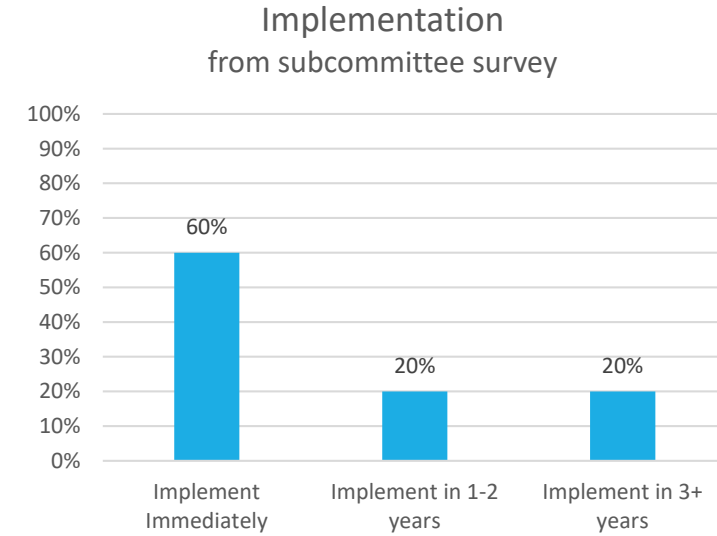
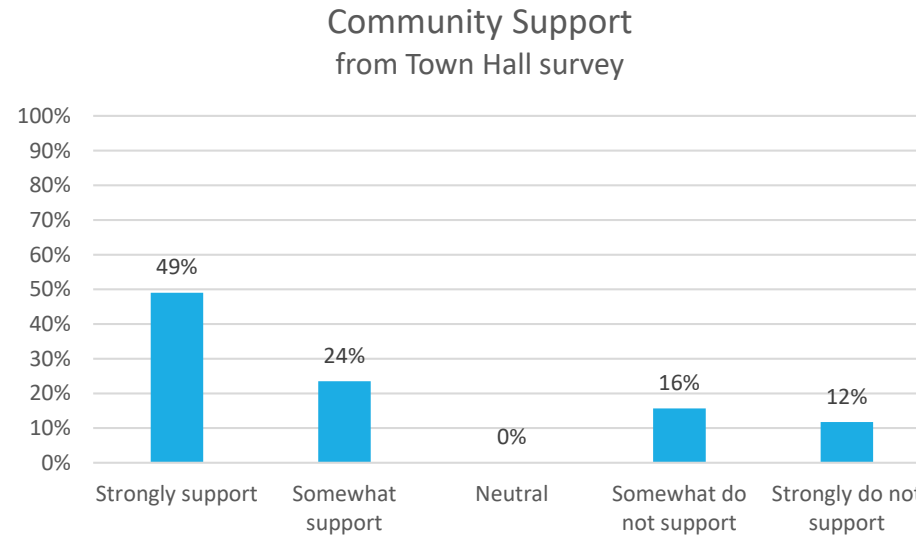
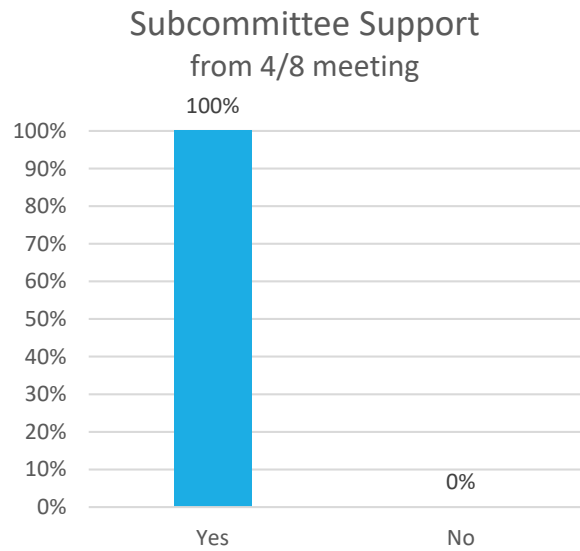
Subcommittee Comments

- Include a strong education component?

Community Comments

- Puts too high of cost burden on corner stores.

Subcommittee Ranking: 6/17
Community Ranking: 7/17



Strengthen the corner store intervention model to make corner stores SNAP and WIC eligible retailers.

Subcommittee Ranking: 7/17
Community Ranking: 13/17

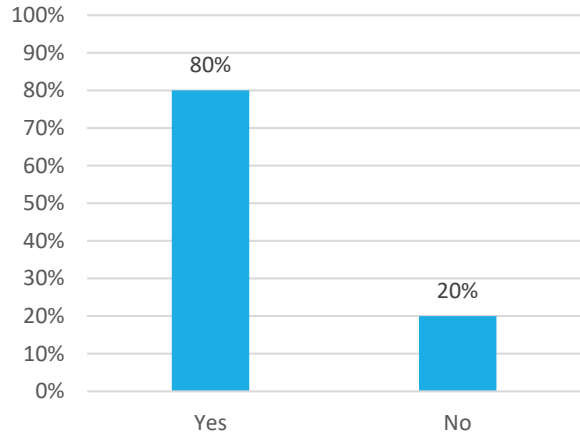
Subcommittee Comments

- Fund the infrastructure development and technical assistance needs of establishing or expanding SNAP incentive programs.
- Fund targeted projects for Supplemental Nutrition Assistance Program (SNAP) authorized-retailer incentive programs for SNAP benefits when used on fruits and vegetables.

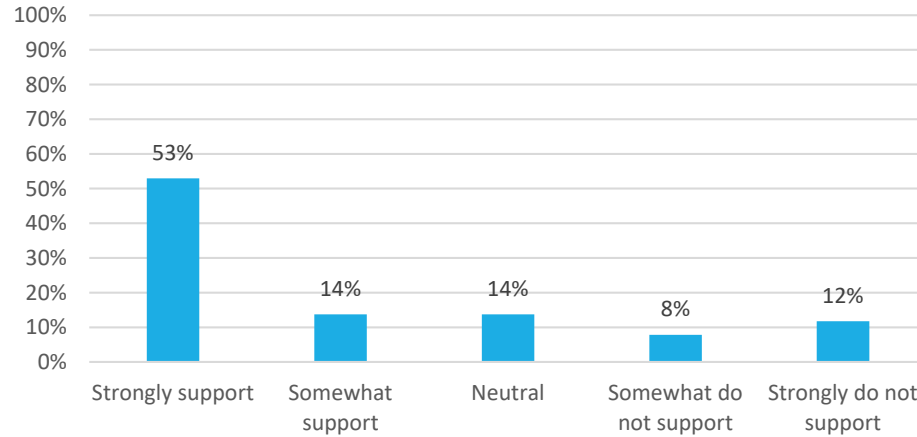
Community Comments

- Obtain waiver so that SNAP funds could not be used to purchase SSBs.
- These stores consistently cannot provide WIC families with full complement of healthy foods.
- Corner stores are not big enough to stock and/or to offer the nutritionally regulated food options for our WIC families.
- Include WIC history and input in planning process.

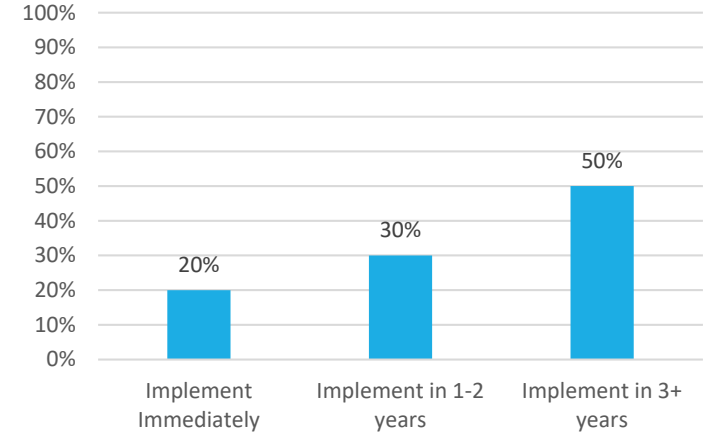
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Create a financing mechanism to support Healthy Communities Delaware.

Subcommittee Ranking: 16/17
Community Ranking: 11/17

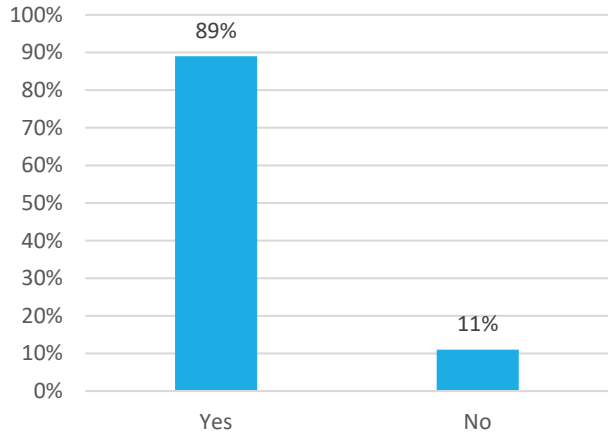
Subcommittee Comments

- Could come from an SSB tax.

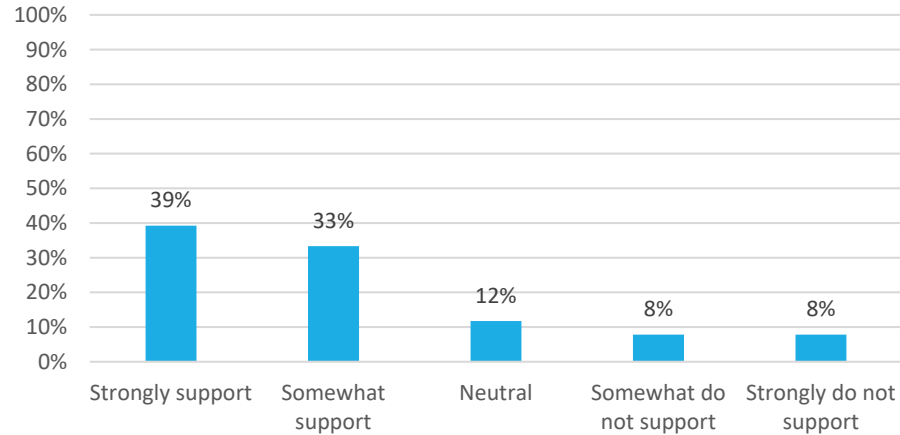
Community Comments

No comments.

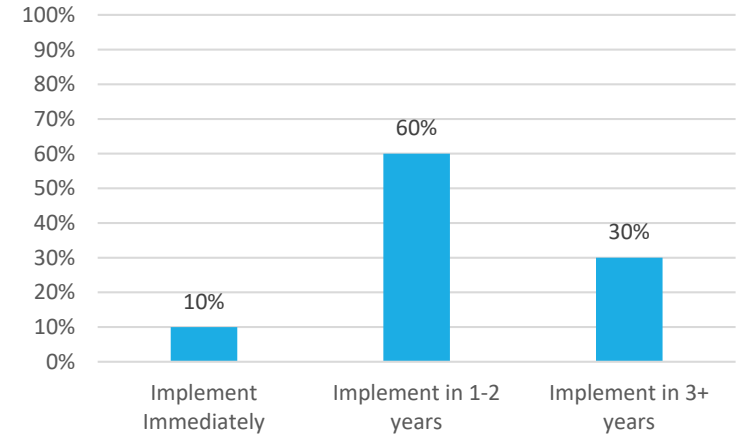
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Expand SNAP-Ed-like programming to all Delawareans.

Subcommittee Ranking: 12/17
Community Ranking: 12/17

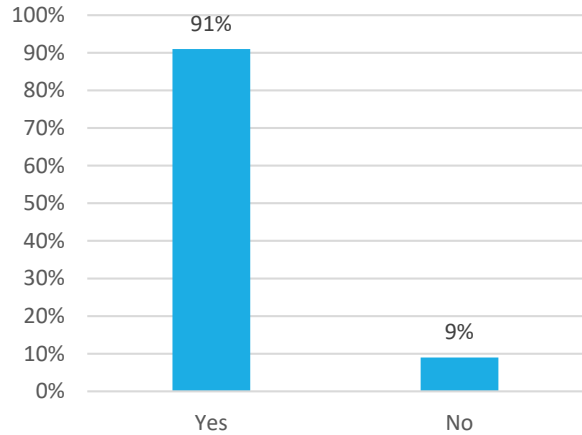
Subcommittee Comments

No comments.

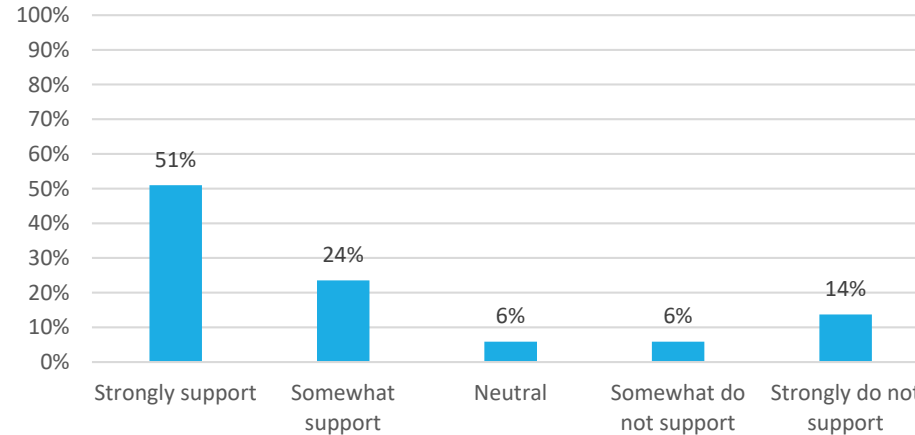
Community Comments

- Require insurers (especially Medicaid) to reimburse nutrition education and obesity intervention efforts.
- Work with organizations like Delaware Center for Horticulture who help create green space and community gardens for people to learn how to grow their own produce.

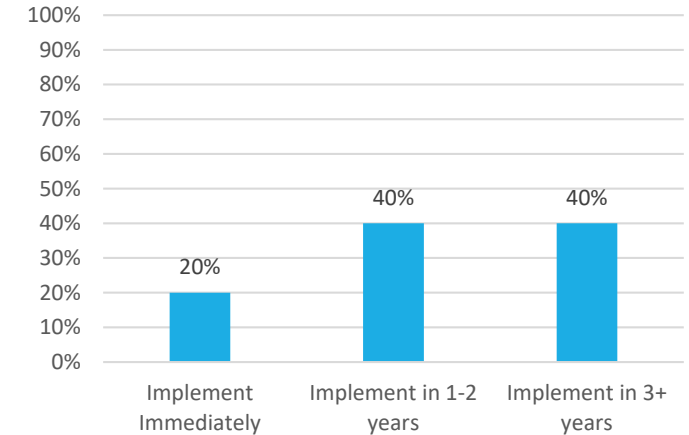
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Explore options for reducing consumption of sugar-sweetened beverages, including warning labels, counter-marketing, SSB tax, ban on SSB marketing on/near schools.

Subcommittee Comments

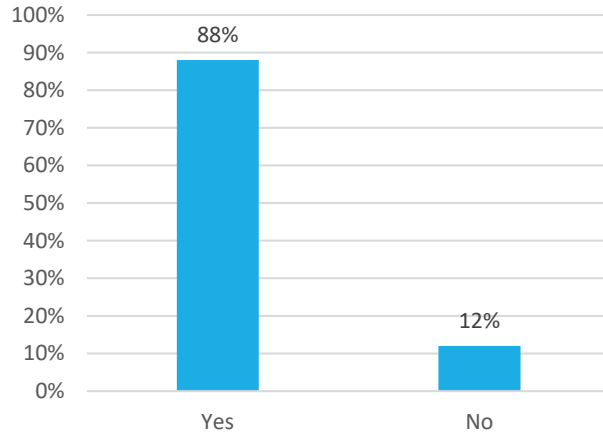
- SSB tax be earmarked for counter-marketing and enforcement?

Community Comments

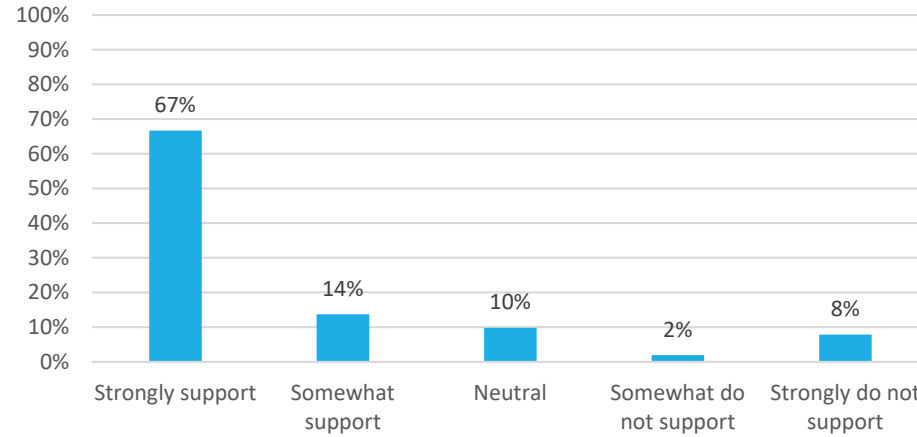
No comments.

Subcommittee Ranking: 9/17
Community Ranking: 10/17

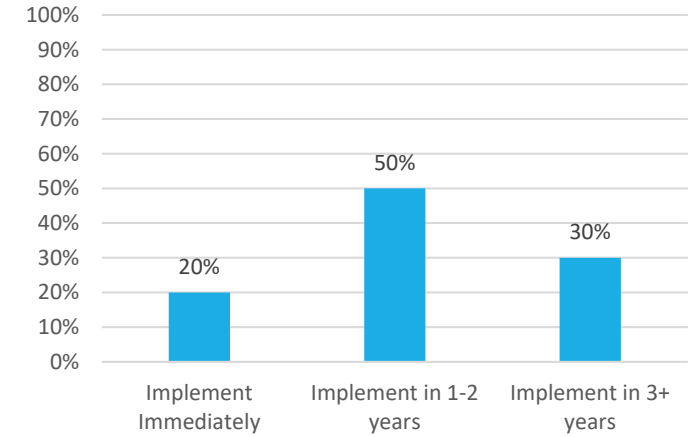
Subcommittee Support
from 4/8 meeting



Community Support
from Town Hall survey



Implementation
from subcommittee survey



Strengthen and enhance Delaware's Complete Streets policy to support DeIDOT's work building active, accessible transportation.

Subcommittee Ranking: 13/17
Community Ranking: 4/17

Subcommittee Comments

- Consider adding "encourage alternative methods of transportation to and from the workplace for state employees".
- Use Smart Growth America's National Complete Streets Coalition "Elements of an Ideal Complete Streets Policy" as example.

Community Comments

No comments.

Other Community Comments

from Town Hall survey

Additional comments included:

- Concerns about funding for these recommendations, especially given COVID-19 budget issues
- Concerns and questions about how feasible it will be to implement and enforce or encourage compliance with policies
- Other comments included:
 - ensuring that tobacco, alcohol and substance use issues are considered
 - considering community use of school facilities
 - considering brain health as part of overall health
 - continuing to highlight the importance of including vulnerable communities in discussions

Report & Roadmap

Roadmap

- Thank you for your survey responses recommending implementation timeframes
- HMA will use these to develop a draft roadmap for phased implementation of recommendations
- What other considerations should we discuss?

Report

- Review and discuss draft outline (HMA will share screen)

Next Steps

1. Share additional feedback informing the development of the report with HMA by **Friday, May 22nd**: drodin@healthmanagement.com
2. Next meeting: **June 16, 9:00 AM – 10:30 AM**
 - Review draft report
 - Comments on draft report due June 23