

Healthy Lifestyles Subcommittee of the Cancer Risk Reduction Committee

Meeting Minutes from Meeting, May 20, 2020

Agenda Item	Discussion	Action Items
Welcome from Chairs & Recap of Process	<ul style="list-style-type: none"> • Lt. Governor Bethany Hall-Long opened the meeting and welcomed the subcommittee members. • Lt. Governor gave a recap of the recommendation development process: three thematic meetings, two expert webinars, one virtual Town Hall, community feedback survey, subcommittee feedback survey. Lt. Governor reminded the subcommittee that this process will result in a report for the Governor in July that will be speedily implemented through further work in the Cancer Risk Reduction Committee. 	
Remembering Chris Kochtitzsky	<ul style="list-style-type: none"> • Lt. Governor let the subcommittee know that one of the experts from the expert webinars, Chris Kochtitzky, passed away recently due to COVID-19. • The subcommittee held a moment of silence. • A CDC memorial fund has been created in Chris's honor. 	
Agenda & Approval of Minutes	<ul style="list-style-type: none"> • Marci Eads (HMA) went through the agenda for the meeting and called for an approval of the minutes from the April 8 subcommittee meeting. <ul style="list-style-type: none"> ○ The April 8 meeting minutes were approved. 	
Review of Feedback and Discussion of Policies	<ul style="list-style-type: none"> • Drew Hawkinson summarized two overall policy recommendation rankings: one based on the subcommittee's input and one based on the community's input. • Diana Rodin summarized data collected for each policy, including: <ul style="list-style-type: none"> ○ Subcommittee support from 4/8 meeting vote ○ Community support from Town Hall survey ○ Implementation prioritization from subcommittee survey ○ Subcommittee comments from subcommittee survey ○ Community feedback from Town Hall survey • Diana Rodin open a discussion for each policy with three guiding questions: <ul style="list-style-type: none"> ○ Is this a policy or program/initiative recommendation? ○ How can we ensure that this recommendation promotes equity? ○ What changes/additions do we need for this recommendation to achieve parity in the level of detail across all recommendations? • Expand DelaCare regulations to family childcare homes and establish physical activity requirements across settings. <ul style="list-style-type: none"> ○ Consensus that yes, this is a policy, not an initiative. ○ Meredith Seitz: The regulations were updated in 2019 and include regulations for family childcare homes. There is a physical activity requirement for both ECEs and childcare homes. ECE licensing is moving to DOE so it will provide an opportunity 	

	<p>to align early childhood education with K-12 requirements. (Note: Meredith subsequently confirmed that there are two sets of child care regulations: one for child care centers and school aged programs and one for family and large family child care homes, and the requirements for both physical activity and nutrition are the same across both sets of regulations.)</p> <ul style="list-style-type: none"> ○ Jonathan Kirch: We need to have increased coaching and support. There are differences in regulations between childcare centers and family childcare homes and try to align these. ○ Dr. Karyl Rattay: We should spend some more time looking into these differences. ● Require ECEs to provide foods appropriate to children's cultural and religious backgrounds. <ul style="list-style-type: none"> ○ Dr. Karyl Rattay: These seems to be more programmatic than a policy. We can include this as a best practice to encourage. ● Prohibit Sugar Sweetened Beverages (SSBs) in ECEs. <ul style="list-style-type: none"> ○ Meredith Seitz: There is already language about this in the DelaCare regs. ○ Jonathan Kirch: There is language saying what is permitted to be served (water, milk, natural fruit juices), but there is no language explicitly stating that SSBs are prohibited from being served. This is important to include. ● Preserve updated 2010 USDA nutrition guidelines for school lunches, updated WIC package, and improved SNAP program policies despite federal rollbacks. <ul style="list-style-type: none"> ○ This is definitely a policy. ○ Aimee Beam: The 2016 USDA recommendations may be better from a feasibility standpoint, but equally as strong. I will look into this. ○ This is an important recommendation to ensure equity. ● Protection against discrimination based on breastfeeding status; strengthen breastfeeding protections at hospitals. <ul style="list-style-type: none"> ○ Dr. Liz Brown: This seems like two different policies. There are already breastfeeding protections at hospitals, so we need more clarification. ● Tighten fitness policy; focus on BMI data to target interventions. <ul style="list-style-type: none"> ○ BMI might not be the best measure to focus on, but instead look at how to better capture overall fitness. ○ May be an implementation question about how to better communicate data to parents and students. ○ Dr. Karyl Rattay: I wonder if the policy opportunity here is for better transparency/evaluation of FitnessGram and its implementation. 	
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- Dana Carr: I agree, and I think we should also use it as an opportunity to report on more population-level fitness data from our schools.
- Jonathan Kirch: This is also a great opportunity to infuse equity into this policy recommendation and work within the whole school/whole child/whole community framework.
- Develop and implement out-of-school nutrition policies (before-school, after-school, sports).
 - Any out-of-school programs that are licensed by OCCL already have nutrition requirements.
- Increase standards for PE hours in schools to align with other states.
 - Dr. Karyl Rattay: We should think about this as overall physical activity rather than just PE. 150 minutes a week per child was the focus before.
 - Jonathan Kirch: I am worried about that approach because it could leave to disparities based on school. We should have a focus on PE and then also encourage PA.
 - Dana Carr: Due to fiscal challenges over the next few years, this could be challenging for schools.
 - Jonathan Kirch: I think this provides an opportunity for innovation in implementing this requirement. School days may look very different.

Due to time, the following recommendations did not have many comments, but comments were encouraged to be sent to HMA (drodin@healthmanagement.com) via email.

- Breastfeeding support policy in the workplace (overarching, including anti-discrimination)
 - This seems like two different policies: anti-discrimination and breastfeeding supports.
- Memorialize healthy vending policies and healthier food and snack guidelines in the workplace.
 - This can be added to the larger workplace wellness policy.
- Create a formal workplace wellness program infrastructure for state employers. Encourage non-state employers to adopt workplace wellness program infrastructure.
- Support infrastructure requirements and establish healthy food standards for corner stores.
 - Allison Karpyn: We should examine how other policies targeting this can be pulled together to ensure feasibility and support for corner stores.

	<ul style="list-style-type: none"> • Strengthen the corner store intervention model to make corner stores SNAP and WIC eligible retailers. • Create a financing mechanism to support Healthy Communities Delaware. • Expand SNAP-Ed-like programming to all Delawareans. • Explore options for reducing consumption of sugar-sweetened beverages. • Strengthen and enhance Delaware’s Complete Streets policy to support DelDOT’s work building active, accessible transportation. 	
Developing the Report/Timeline	<ul style="list-style-type: none"> • Diana Rodin: Please send any comments and supporting thoughts/research to us by Monday, May 25 and we will compile this to assist in developing the draft report. • The draft report will be shared at our June 16 meeting and you will be asked to submit comments by June 23. • DPH will then review the report, and the final report will be submitted to the Governor by mid-July. 	
Next Steps/Closing	<ul style="list-style-type: none"> • Marci Eads closed the meeting. 	<p>Subcommittee Members:</p> <ul style="list-style-type: none"> • Send any additional comments and research to HMA (Diana Rodin at drodin@healthmanagement.com) by May 25.