

Critical Health Problems (CHP)  
&  
Comprehensive Health Education (CHE) Advisory Committee  
Aka  
**School Health Advisory Committee  
(SHAC)**

---

**Wednesday, July 13, 2016  
2:00 – 4:30**

**Illinois State Board of Education  
Alzina Building  
100 N First Street  
3rd Floor (V-Tel)  
Springfield, Illinois**

**Illinois State Board of Education  
James R. Thompson Center  
100 West Randolph Street,  
9<sup>th</sup> Floor, Room 9-036  
Chicago, Illinois**

**Illinois State University Campus  
Instructional Technology and Development Center  
Nelson Smith Building  
718 W. College Avenue, Room 209A  
Normal, Illinois**

**I. Opening Remarks:**

The meeting was called to order by Chair, Dr. Jeffrey Clark at 2:15 p.m. Dr. Clark facilitated and welcomed everyone to the meeting and went over the meeting objectives. Roll call was made and quorum was established. The role of the School Health Advisory Committee is to provide advice to the Illinois State Board of Education for the implementation of the Act and to assist in developing relationships among agencies related to this Act.

**II. Committee Members Present:**

Chair, Dr. Jeffrey Clark, Illinois State University, Normal  
Linda Kimel, Illinois Association of School Nurses, Normal  
Sue Ickes, Member, United Township HS Board of Education, Normal  
Shaan Trotter, Northwestern University, Chicago Office  
Elissa Bassler, Illinois Public Health Institute, Chicago Office  
Victoria Jackson, Illinois Department of Public Health, Springfield Office

**Committee Members Absent/Excused:**

Lise Jankowski, Illinois Department of Human Services  
Tiffany Pryor, Illinois Caucus on Adolescent Health  
Barb Payne, Illinois Department of Human Services

**Illinois State Board of Education (ISBE) Staff Present:**

Jessica Gerdes, Chicago Office, V-Tel Room  
Reginald Patterson, Chicago Office, V-Tel Room  
Jackie Ruenzi, Springfield Office

**Guest(s) in Attendance:**

Lindsay Blough, Principal Consultant, Nutrition and Wellness Programs, ISBE  
Qigi (Vivian) Thang, Student, Northwestern University

### III. **Approval of Agenda**

Elissa Bassler requested an addition be made to the Agenda for discussion under “New Business” regarding “Every Student Succeeds Act” (ESSA). Motion was made for approval of the agenda, all in favor, agenda approved:

- 1<sup>st</sup> Motion-Sue Ickes
- 2<sup>nd</sup> Motion-Linda Kimel

### IV. **Approval of Minutes from January 2016 Meeting**

- 1<sup>st</sup> Motion-Linda Kimel
- 2<sup>nd</sup> Motion-Sue Ickes

Motion was made for the approval of the minutes, all in favor, minutes approved:

### V. **Discussion Items**

- **Wellness Policies-ISBE Best Practices-ISBE Nutrition and Wellness Program Division, Educational Consultant-Lindsay Blough** – I work with various school food programs and I am here to provide information about the local wellness policies that are required of schools in the National School Lunch Program (NSLP). There is a requirement to have a local wellness policy on the NSLP and there is also a state goal for all public schools to have a local wellness policy. For schools in the NSLP they must have a local wellness policy and in 2010 they made some updates to what that local wellness policy must include. Basically, the current policy states the local wellness policy has to include goals for nutrition, physical activity, and school based activities; promote student wellness; as well as nutrition guideline for all foods available on the school campus. In 2010 they added that there needs to be goals for nutrition promotion. Stakeholder involvement, basically who needs to be involved in the development of local wellness policy should include: parents; students; representatives of school food authority; school board and administration; and the public, need to be involved in the development of the local wellness policy and additionally they added in Lead Education Agencies are now required to permit teachers of physical education and school health professionals to participate in the development of the local wellness policy. They also added that stakeholders named above are required to participate in the local wellness policy and must also participate in the implementation and periodic review of local wellness policy. It is at local discretion to determine the specific policies appropriate for the schools under their jurisdiction. There is now a requirement the public must be notified of a school district’s local wellness policy which mostly would appear on the school’s website. The main requirement of this policy is schools are required to periodically measure and make available to the public an assessment of the implementation of their local wellness policy including the extent in which the schools are in compliance and a description of the progress made. They are not required to submit their plan to ISBE. ISBE staff review their local wellness policy in an audit that is completed every three years. We do provide a variety of links on our website for a sample policy that a school could use. We are doing what we can to provide assistance because our local wellness policy consultant has since retired and we have been unable to fill this position.
  - Victoria Jackson: two questions: 1) is this policy reviewed with a regional superintendent’s visit with schools?
  - Lindsay Blough: As far as the NSLP, I don’t believe so, we just complete on our three year review, but we have about twenty reviewers that go out and review just the school meal programs.

- Victoria Jackson: (2<sup>nd</sup> question) Is there a frequency on which they have to review the policy internally?
- Lindsay Blough: The law states periodically, but no timeline.
- Linda Kimel: What is the consequence of not being in compliance with this law?
- Lindsay Blough: Generally, the first time we find that they would be out of compliance, the school would be written up and asked to write a corrective action report. I don't believe there are any fiscal findings. We provide technical assistance after they have written their corrective action report.
- Elissa Bassler: Are you finding most schools are in compliance?
- Lindsay Blough: I don't have a report; I could get this to you if you wish. This is not an area where I hear schools are out of compliance.
- Sue Ickes: I think there is a difference between having a policy and doing something with it. "Press Plus" writes policies to help administrators and school boards, but how it is enacted is another story.
- Lindsay Blough: Correct, there are written policies that go above and beyond the requirements and some that gather dust on the shelf. Then there are others which are well-written and are utilized and reviewed to see what is working and what isn't and then updates are made.
- Jeffrey Clark: If schools are having a service write their policy for them how do they involve all those people who are mandated to be involved in the development?
- Sue Ickes: From my experience, what they obtain from "Press Plus" ensures they are meeting the law and has various legal references attached to each policy and they can go from there. The school board can pass that or do more with it and add their own policies that meet their own needs.
- Linda Kimel: I get really tired of all these requirements that have no meat behind them. Why are we wasting our time auditing if we aren't going to implement the policy? Our districts are only going to do what they are held accountable for because they have so many responsibilities.
- Jeffrey Clark: Referring to two documents sent by Sue Ickes prior to meeting. I'm assuming are sample policies?
- Sue Ickes: Yes, they are two different districts. This would be from "Press Plus".
- Jeffrey Clark: Does the state have a sample on their website? Has the state accomplished the goal of having a policy?
- Lindsay Blough: We have links to several sample policies. I can share the link when I return to my desk. I'm not sure of what division it is that would be checking that.
- Sue Ickes: If I were to venture an opinion, of the three areas that are addressed in the policy food service including nutrition education and physical education, I think the curriculum piece to nutrition education is probably the weakest link because anyone who received federal dollars for nutrition, the food service whether it's within the district or contracted, they have to meet all the guidelines for the various strict requirements for carbohydrates, proteins, fats, etc. Schools must meet that guideline and the state has a requirement for minimum physical education. Getting nutrition into the curriculum is the weakest part on my opinion because teachers are stressed in everything else they have to teach.

- Elissa Bassler: Do we have any recommendations on how to promote the use of model policies that ISBE recommends rather than bare bones policies that some schools are using? Is there anything that can be done on ISBE's level to help increase the quality and use of wellness policies? I had a report that I will send after this meeting on a study done by the University of Illinois that goes over the last eight years of school wellness policies and progress made and how schools can use that data to improve their wellness policies.
- Jeffrey Clark: To summarize my interpretation of Elissa's question: 1) What are recommendations this advisory committee wants to make to ISBE related to nutrition policies? and 2) It may be helpful for schools to see a document that summarizes research on those policies.
- Elissa Bassler: "for work of the State board for ISBE to see where we can evaluate where we are on the policies and how we might work on improving them".
- Jeffrey Clark: to respond to first question, I will go to ISBE staff (Dr. Patterson or Jessica Gerdes) who can give a reaction to what types of resources that may be helpful.
- Jessica Gerdes: On the compliance probe there is a question (#34) about competitive foods policy-if they offer foods that are not meeting guidelines. This is only question on probe that contains the word "wellness".
- Linda Kimel: I think it would be beneficial if we could get a report that shows how many schools have a wellness policy to begin to get a grasp of where we are with it.
- Lindsay Blough: This sounds like a possibility for those in the school lunch program.
- Jessica Gerdes: ISBE Legal staff person, Jeff Aranowski, decides what they will include in the compliance probe.
- Victoria Jackson: I think it would be helpful to know the status of physical education waivers, have they leveled off or still increasing?
- Jessica Gerdes: A number of the districts are at the last of their approvable waivers. They are good for two years and renewable twice at the K-12 level. There is another report (in its first year) where the lead physical education teacher for a district completes a survey on how many days they have physical education, how many minutes they have physical education in a day, and the number of kids in physical education. The Chicago Tribune gathered this data and did a story about how many met the requirements, which was sixty percent. I believe they had a spokeswoman from ISBE stating in the report that we do not have the staff to monitor all districts to enforce compliance. When we hear of an issue, we look into it and follow up. We do not have sufficient staff to monitor compliance within all districts in Illinois.
- Elissa Bassler: Lindsay I know this isn't your area, but when you say there is a state goal is that part of curriculum goals?
- Lindsay Blough: I don't have any specifics, but it is in public act 094-0199.
- Jeffrey Clark: To your knowledge, there is no one that monitors this? Jessica, in terms of staffing levels, what is your position within your office?
- Jessica Gerdes: Besides me, we have Reginald Patterson working with CDC grant. We have a consultant in Nutrition & Wellness handling some physical education and food allergy issues, since I was not here at that time. She does a lot with physical fitness testing, etc. For health services, it is I and Reginald handling the Centers for Disease Control (CDC) grant.
- Victoria Jackson: Regarding the chart on physical education waivers, what do the terms used mean and for what grade levels?

- Jessica Gerdes: Specific information would have to come from ISBE waivers office staff.
  - Jeffrey Clark: I need to ask the group if there are any recommendations you feel are important or necessary to make to ISBE about wellness policies.
  - Elissa Bassler: At a minimum is it possible to reach out to districts to remind them of the requirements and send a link to ISBE website where there are good model policies and make the case that these policies are good for student health, etc. and can improve student academics. Later in the agenda, when we talk about the Elementary & Secondary education Act there may be some opportunities there to tie this wellness to money. Does the superintendent of education share a newsletter to remind schools of requirements and provide a model wellness policy that is favorable and can be implemented?
  - Jeffrey Clark: Does your office do a communication with districts?
  - Jessica Gerdes: Yes, we have the ISBE Superintendent's Weekly Message and we can ask to have this info be included, we can include info on the website or we can send out through "school nurse list serve" as well. We also have an ROE Superintendent's list. Jeffrey, do you wish to make into a motion and enter in minutes?
  - Jeffrey Clark: Would someone like to make a motion to have wellness policy information shared at the district level?
    - Sue Ickes made 1<sup>st</sup> motion: *"encourage ISBE to communicate to the appropriate channels to review wellness policies and include any updated research to support that communication"*.
    - Elissa Bassler: 2<sup>nd</sup> Sue's motion.
    - Victoria Jackson: May I suggest an addition to this motion at this point which would be included in the article? *"if there is some new research that shows the value of good nutrition and physical activity"*.
    - Jeffrey Clark: Yes, that is considered a friendly amendment and approved by Elissa Bassler. Any further discussion? All in favor of motion; motion passed.
  - Jeffrey Clark thanked Lindsay for her report!
- **Revised Draft Medication Administration Guidelines Status Report**—J. Gerdes, ISBE
    - The revision was done per the subcommittee's input including Linda's last compilation of what subcommittee had recommended. This is under review by ISBE editors and a week or two ago the State Board adopted new guidelines on style; editors now need to review new guidelines. This usually takes around a month to six weeks depending on whether Legal (General Counsel) wants to review as well.
    - Feedback I received was that there was too much in there. Therefore, I have re-designed with the four basic principles in the law of medication administration in Illinois schools and broke the rest down into Q & A that picks up the main body that is more reader friendly. I will update according to what editors suggest. Jessica thanks the subcommittee, stated it is very well done!
  - **Review of School Health & Physical Education Legislation**—Jessica Gerdes, ISBE
    - Shared a handout of the current bills in process.
    - Bills passed and sent to the Governor were outlined. As you can see, the bills have been sent but not signed. Some additions were made to epinephrine bill.
    - In conjunction with the HB 4462, use of emergency epinephrine-I don't know if I sent this out, but the administration of undesignated epinephrine report for SY2014-15 was

compiled and sent to the General Assembly last month as required in legislation. I can forward to the committee the report which is also included on our website under school health; legislation you will find is the epinephrine report. I learned at the school nurse conference I attended in Indiana that one large district didn't know the report was required at ISBE. I don't know how many ways we can communicate, but the form is on the website and this person is a supervisor in this district. This report is required within 3 days of the episode. That is one precaution of the report. It likely doesn't contain every instance of epinephrine use. Food allergy advocacy groups including "Food Allergy Research and Education" have a copy of this and they were remarking it seems that the higher numbers with a known food allergy but no epinephrine on them for use. High school students don't want to carry it, don't think they need it. Many uses of epinephrine may be used when not really necessary.

- Jeffrey Clark: HB 6136 for at-risk students, is this bill creating an advisory council?
  - Jessica Gerdes: This is geared toward students that are in high poverty minority population areas who are receiving Medicaid and are wards of the state, in foster care, in group homes served by DCFS and DHS programs.
  - Jeffrey Clark: Do you know if legislation allows schools to double count advisory committees, or is this a separate committee?
  - Jessica Gerdes: This is a separate committee.
- **Report on CDC Adolescent Health Project Surveillance Work - (YRBS, Profiles) – Jessica Gerdes, ISBE-**
    - The Youth Risk Behavior Survey (YRBS) is administered in schools across the country in the spring of odd numbered years. We are preparing for the 2017 YRBS now. Results for 2015 were just released. The YRBS is a set of questions administered to sample districts across the country and also to a sample across the state by the CDC. For our state sample, ISBE needs your help in terms of optional questions asked. We can add up to ten questions to the survey. What I have done in the past was try to align it a little with Chicago on which questions are they going to ask so that we can make some comparisons. I would like in the next 60 days is if this committee could advise ISBE on which of the optional questions you would like us to add then make a tally and fax it to me which questions and then we will do a prevalence number on which ones we include.
    - Jeffrey Clark: I understand you are limiting the optional questions to a total of ten?
    - Jessica Gerdes: Please don't pick just ten questions, choose which questions you want. Then we will take the top ten across the board. I prefer you individually check off questions you want and fax or email to me with the corresponding question number and I'll keep track of how many votes each question received on a spreadsheet to determine which ones to include.
    - Linda Kimel: The optional questions are not numbered.
    - Jessica Gerdes: Go ahead and check them off and fax me the page.
    - Jeffrey Clark: Do we have any gaps in data from the last YRBS administration in 2015 to help us determine what questions we would choose on this one, to possibly close any gaps?
    - Jessica Gerdes: Not sure how you would determine where the gaps are from 2015. I have a flash drive of 2015 results and it is also available on CDC website. I can send each of you the flash drive to review at your leisure, it is extremely long. Or, I could

send the 2015 questions to you to base your choices on questions from that. I have not had ample time to review both 2015 & 2017 questions.

- Jeffrey Clark: Yes, please send additional questions you used in 2015.
  - Shaan Trotter: Does Chicago ask questions that are not listed on other surveys
  - Jessica Gerdes: The reason we have a separate Chicago report is because the YRBS is funded for all state agencies and nineteen large metropolitan areas and they are out of Illinois. When you see Illinois data it will be outside of Chicago. These are two different reports.
  - Jessica Gerdes: I'll send 2015 questions and separately tell you which ones are added from the standard.
  - School Health Profiles are administered to school district principals and lead health education teachers in the spring of even years to selected schools, a sample selected by the CDC. We had a response rate of 76 percent (70 percent is needed to meet weighted data). Slides were shared which were sent out to members prior to meeting. In 2010 we did not meet weighted data. When I came on board in 2012 I made it my mission to meet this requirement and we had weighted data in both 2014 and 2016. Some slides Jessica sent to committee prior to meeting were discussed. The Trend Analysis report slides were discussed regarding physical education. Jessica stated she would share the flash drive with anyone wanting it. If you wish to have the compilation of slides shared please email me and I will get them to you or send through Jackie or Dr. Clark.
  - Jeffrey Clark: Is this found anywhere on website?
  - Jessica Gerdes: no, but it can, I have not had an opportunity yet.
  - Shaan Trotter: overall, take these numbers with a "grain of salt".
  - Jessica Gerdes: looking at trend is more relevant than looking at individual year responses.
- **Health Education Requirements Chart** – Jessica Gerdes - Surveillance work (YRBS and School Health Profiles) were combined. Both are part of CDC project. I have developed some handouts, including "required health training for school district personnel", was shared with group. During "in-service" days teachers are supposed to be instructed on prevalent student chronic health conditions. Jessica shared info from a handout on chronic health conditions during 2014-15 school years from school district nurses who provided data. That data showed of the 5 chronic health conditions, 6 percent of students have asthma, 1.6 percent of students have a life threatening allergy, 0.9 percent have a seizure disorder, and only 0.2 percent have type 1 diabetes and only ½ of that have type 2 diabetes. This is based on one million students in the state (there are around 2 million students total) and this is just the report from those districts where the school nurses submitted data. Rockford was among them (thanks to Linda Kimel). I'm not sure if anyone is aware that teachers are to have instruction on how to handle these five chronic health conditions.
  - **Report from Project Director on CDC Adolescent Health Project (HIV/AIDS)-and role of Project Advisory Committee – Dr. Reginald Patterson**
    - Reggie spoke with Tiffany today prior to the meeting. Tiffany is unable to be here today. Currently, we do not have her report on Sexual Health Education policy report. Shaan Trotter explained that Tiffany sent the report to him, but a computer "firewall" in his building prevented him from accessing it. We will communicate via email with the

committee on the progress of what has been done. We will have to discuss this at our October meeting.

- The Priority districts and our CDC grant is coming along very well. We are fortunate to have contractors moving this grant along. This was really indicated when we had our statewide Priority School District (PSD) training in April. All ten of our PSD's meet to receive professional development and technical assistance. A non-government organization sponsored by CDC, entitled, "Advocates for Youth" provide our PSDs policy development support and information. This went very well. Jessica and I are getting ready to attend a teen pregnancy prevention conference in Baltimore next week and they will emphasize a lot of that info including sexual health services, teen pregnancy prevention and we will have a report prepared for our next meeting. We will also be meeting with our three non-governmental organizations, which are: "Advocates for Youth" - working with Exemplary Sexual Health Education and the "American Psychological Association" - working with Safe and Supportive Environments and "Sexual Health Services" - working with National coalition of Sexually Transmitted Disease directors.
- Jessica Gerdes: ISBE staff was asked to provide to our administration suggestions or changes to any legislation. One of the things that I stated to my administration was that specific point. I stated the SHAC committee had asked us to include this in any kind of legislative initiatives that we might report. This is at our division level currently. What I had suggested is in the Comprehensive Health Problems Education Act, in the area titled "grades 6-12 HIV prevention", I requested adding verbiage "in grades 6-12 the Comprehensive Sexual Health Education Act in accordance with PA 98-0441" and in the lower paragraph "no student shall be required to participate in family life education classes, CPR training" I added "or components of sexual health education". I don't know status yet.
- **Report on HIV Review Panel**-Reginald gave a brief overview in Tiffany's absence. One of the members of that panel has left and they are with the safe schools alliance organization and we are in process of recruiting the new director from safe alliance to replace the director who has left. Jessica and I attended a meeting where they were present, so we are hoping to add 1-2 representatives from the Safe Schools Alliance Organization to the HIV Review panel. We should hear something no later than next week as to who will join the panel.

#### **VI. New Business/Questions/Other Business:**

- Elissa Bassler: "The Every Student Succeeds Act" (ESSA) otherwise known as the Elementary and Secondary Education Act is the new act that congress has developed to replace "No Child Left Behind". One of the features that people nationally are working on is school health with school advocacy groups. They are excited about the way that health & health education opportunities are really embedded much more deeply into ESSA. On one of Jessica's slides it was noted that health education & physical education is a core subject and should help us in promotion of getting funds. Resources can be spent on health and wellness. More specific things are outlined on the handout "*Introduction to ESSA: New Opportunities for Healthy Schools*"...which the "Healthy Schools Campaign" drafted for Elissa to share with the SHAC committee. ISBE is responsible for implementing ESSA and there are some areas where ISBE can make some decisions that will contribute to making health more important in Illinois education. There is an accountability system that the state



board is required to put together and can have a non-academic indicator in that accountability system, so there is a lot of discussion on what that might be. Something that helps to support the connection between health and learning might be good. Other bullets included on sheet were discussed, school wide Title I programs, school improvement plans, and professional development. Is it ok for Jessica to speak on some of these recommendations per the committee?

- Jessica Gerdes: I will be happy to share committee's recommendations to the State Board upon the committee's recommendation.
- Elissa Bassler: there is a statute that hasn't been implemented that requires the Illinois Department of Public Health (IDPH) to write regulations to support ISBE providing data from the school health forms about body mass index (BMI). Schools are not really interested in BMI surveillance by weighing & measuring kids. It might be worth finding out if that is something that could be re-addressed via this committee. I will locate a fact sheet on this and share with committee.
- Victoria Jackson: Several years ago, I was involved with that legislation and the legislation actually allows public health to collect data that is reported to ISBE and currently there is no data from the school physical form related to BMI that is reported. I had suggested seven years ago, maybe more, if they merely collected the number of students with BMIs above the 80<sup>th</sup> percentile which would be a simple count for school nurses to do. I certainly support that the data is there

**VII. Public Comment** – No members of the public were present.

**VIII. Future Meeting Scheduled -**

Wednesday, October 12, 2016

2:00 – 4:30

Chicago, Springfield, and Normal (ISU) via Video Teleconference

**IX. Adjournment**

**1<sup>st</sup> Motion-Elissa Bassler**

**2<sup>nd</sup> Motion-Shaan Trotter**

All in favor - meeting adjourned at 4:15 p.m.