



State of Connecticut
GENERAL ASSEMBLY
STATE CAPITOL
HARTFORD, CONNECTICUT 06106-1591

Task Force on Childhood Obesity

Meeting Minutes

January 23, 2014

Present: Co-Chairs: Senator Dante Bartolomeo & Representative Diana Urban

Rep. Carpino, Rep. Betts, Rep. Fawcett, Dr. Jean Mee, Alecia Andrews, Lucy Nolan, Christine Parker, Marcia Maillard, Roberta Friedman, Dr. Robin Masheb, Susan Maffe, Brittany Lee Silvestrini,

Next meeting: March 27, 2014 1:00 PM

I. Convene Meeting

Meeting convened at 1:14 PM.

II. Remarks by the Chairs

Representative Urban welcomes task force and turns the floor over to Dr. Mee who introduces the presenter, Professor Carol Ciotto, Central Connecticut State University.

III. Presentations

i. PASS (Physically Active School Systems): Creating a Healthier Tomorrow – Professor Carol Ciotto

Professor Ciotto discusses the obesity epidemic facing our children and the physical and emotional toll obesity takes. The negative impact of obesity and inactivity on educational performance are also discussed. Physical inactivity is professed as the leading cause of obesity. Understanding the connection between mind and body is very important, movement increases focus and retention, etc. The recommendation for physical activity for children ages 6-17 is sixty minutes or more of moderate to vigorous activity each day; children ages 2-5 have no specific recommendation. Physical education recommendations are 150 minutes per week for elementary school and 225 minutes per week for middle and high school. School Health and P.E. classes are not enough, we need Physically Active School Systems (P.A.S.S.). PASS embeds activity into the school day itself. In order to do this, collaboration and cooperation between legislators, school administrators, community leaders, parents, and students is necessary. Legislators need to provide grants, policy change, and incentives. Higher Education programs need to prepare future teachers. School districts need to partner with other community organizations. By collaborating on multiple levels, we may begin to see a reversal of obesity, poor health outcomes, and lowered test scores. Full presentation can be found on the website.

Questions / Comments:

- Senator Bartolomeo: How does physical activity affect memory?
Answer: It's the ability to focus and retain information; if I can't focus in class, I cannot retain the information.
- Senator Bartolomeo: the book "Smart Moves" discusses the mind-body connection.

IV. Nutrition and Physical Activity Focus Group Updates / Discussions

Nutrition - Roberta Friedman reports Nutrition group recommendations including: setting standards for all food procured by the state, expanding healthy food access, prohibiting junk food and junk food marketing in schools, collecting BMI data.

Questions:

Rep. Fawcett - Why collect BMI data?

Answer: Data surveillance. Looking at schools or districts will help us see if our efforts make an impact.

Physical Activity - Dr. Mee plans to have recommendations for next meeting.

V. Other Business

None at this time

VI. Adjournment

Meeting is adjourned at 2:13 PM.