

## ***Governor's Council for the Healthiest Next Generation: Meeting Follow-Up***

The *Governor's Council for the Healthiest Next Generation* met for the second time on July 23, 2015 with 37 attendees.

### **Meeting summary**

Members discussed progress made on last year's recommendations and reviewed 19 recommendations from the Community Health Advisory Committee (including two recommendations from the *Governor's Blue Ribbon Task Force on Parks and Outdoor Recreation*) that were either carried over from the previous year, updated or new. Members then identified recommendations of interest (recommendations without Council member's name were dropped; the resulting 17 recommendations are separated by sector below).

### **Next steps**

- Members discussed an expansion of the Healthiest Next Generation initiative to encompass more children's health issues such as immunizations and prevention of adverse childhood experiences (ACES), substance use and suicide. This is reflected in the final legislative report and will be a focus of the coming year.
- Ongoing staffing to continue the collaborative work between the Office of Superintendent of Public Instruction and the departments of Early Learning and Health (DOH was allotted one-time funding for 1 FTE through 2017) is being requested.

## **EARLY LEARNING (EL)**

### **Recommendations**

**EL1.** Provide greater health outreach and support on breastfeeding, nutrition, physical activity, and screen time to providers of informal child care (Family, Friends and Neighbor Care). In addition, using an equity lens, provide outreach to other community based programs, such as libraries, play and learn groups, museums and parent support groups.

**EL2.** Partner with local public health and community health organizations in high need communities to:

- Conduct limited health and developmental screenings in child care and preschool settings.
- Assure that children have medical and dental providers for ongoing preventive care.

**EL3.** *The Department of Early Learning (DEL) supports consultation to child care providers caring for infants and toddlers in order to improve the quality of program practices.* DEL will expand the current Infant/ Toddler Consultations to include activities that support breastfeeding, nutrition, physical activity and screen time.

**EL4.** Work towards integrating national "Caring for Our Children" standards (including those on breastfeeding, nutrition, physical activity and screen time) into DEL's aligned program standards under the alignment work being done as part of the Early Start Act of 2015.

**EL5.** Increase the number and quality of comprehensive health trainings (as well as specific trainings on breastfeeding, nutrition, physical activity and screen time) offered through Early Achievers.

## **SCHOOLS (S)**

### **Recommendation**

**S1.** Sustain and expand the *Healthy Kids – Healthy Schools Grants*; funding to make changes to the school environment so children eat healthier, choose water and have more opportunities for physical activity. Grants can be used for improvements such as school kitchen equipment, kitchen remodeling, garden-related structures, greenhouses, water bottle filling stations, playground and other physical education equipment. Support schools to equitably engage in current grant process.

**S2.** Encourage schools to implement a minimum of 30 minutes of active daily recess. Encourage recess before lunch

**S3.** Feed all children well by increasing voluntary participation in breakfast programs such as *Breakfast After the Bell*, eliminating the co-pay for school lunch in grades 4-12 and supporting the Summer Food Service Programs (expand to include after-school programs).

**S4.** Promote and support school districts to adopt and/or revise health and physical education curriculum aligned to the new K-12 Washington State Health and Physical Education Learning Standards.

**S5.** Support and encourage schools to increase year-round fresh fruit, vegetables, and healthy food by offering more fruits, vegetables, and minimally processed foods, by sustaining and expanding Farm to School at Department of Agriculture, and by expanding Backpacks for Kids.

**S6.** Support the *Governor's Blue Ribbon Task Force on Parks and Outdoor Recreation* by promoting outdoor recreation in schools.

## COMMUNITIES (C)

### Recommendation

**C1.** Increase access to fruits and vegetables and other healthy foods by promoting participation in Washington's Supplemental Nutrition Assistance Program (SNAP/Basic Food/food stamps) and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), while supporting efforts that make high-quality healthy foods more affordable, accessible, and convenient for program clients and all families in Washington.

**C2.** Integrate health equity into the Washington State Department of Transportation's overall agency plan. Particularly focus on health equity when planning, investing in, and implementing comprehensive Safe Routes to School programs and Complete Streets and Active Transportation projects.

**C3.** Encourage breastfeeding by fully implementing *Breastfeeding Friendly Washington* in hospitals, early learning settings, worksites and clinics; funding Medicaid to reimburse for breastfeeding education and lactation counseling; and assuring breastfeeding support is defined and covered by insurance.

**C4.** Implement Healthy Communities programs statewide.

**C5.** Fund the Youth Athletic Facilities grant program which provides grants to nonprofits and local municipalities to support indoor and outdoor youth athletic facilities (including playground equipment and outdoor fitness zones).

**C6.** Invest in local and state parks to help ensure families and children can enjoy the outdoors.