

Recommendations for Creating the Healthiest Next Generation: 2017

Recommendations are provided to the Governor's Council for the Healthiest Next Generation with input from the Community Health Advisory Committee, Department of Health (DOH), Department of Early Learning (DEL), Office of Superintendent of Public Instruction (OSPI) and the Governor's Office.

The Community Health Advisory Committee met on August 1, 2017 to review the top three recommendations in each of the Healthiest Next Generation focus areas (early learning, schools and communities) as prioritized by the Governor's Council for the Healthiest Next Generation during their 2016 meeting. The role of the Community Health Advisory Committee was to review, edit and prioritize existing recommendations and offer new recommendations.

The following tables show the new recommendations in each focus area as well as historical recommendations from past years for consideration at the 2017 Governor's Council meeting.

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EARLY LEARNING (EL 1-4 are new recommendations and are highlighted. The others are historical from previous Council meetings.)

	Early Learning Recommendation	History	Achievements	Gaps
EL1	<p>Support child care providers to meet new licensing requirements. Increase integration, training and ongoing support to help child providers meet health and safety child care licensing requirements.</p> <p><i>Health and safety includes: behavioral health, communicable disease control/prevention, child development, developmental screening, nutrition, physical activity, screen time reduction</i></p>	<ul style="list-style-type: none"> ▪ 10th in priority after the 2016 Council meeting (and #1 early learning recommendation). <p>Updated from 2016 recommendation:</p> <ul style="list-style-type: none"> ▪ Broadened from nutrition, physical activity and screen time to include all health and safety requirements. ▪ Included definition of “health and safety.” 	<ul style="list-style-type: none"> ▪ In 2016, DEL began to align national “Caring for Our Children” best-practice standards on breastfeeding, nutrition, physical activity and screen time for Early Achievers and ECEAP (a Council recommendation from 2014 and 2015). ▪ New licensing requirements are still under development. ▪ Adoption is expected Fall 2018. 	<p>Funding for training and consultation to meet the new requirements.</p>
EL2	<p>Expand Infant Toddler Consultation in early learning. Support DEL’s expansion of the current Infant Toddler Consultation to include all health and safety activities and providers who care for one or more infants (currently it is only for providers who care for four or more infants).</p> <p><i>Health and safety includes: behavioral health, communicable disease control/prevention, child development, developmental screening, nutrition, physical activity, screen time reduction</i></p>	<ul style="list-style-type: none"> ▪ 11th in priority after the 2016 Council meeting (and #2 early learning recommendation). <p>Updated from 2015 and 2016 recommendations:</p> <ul style="list-style-type: none"> ▪ Broadened from breastfeeding, nutrition, physical activity and screen time and environmental health to include all health and safety requirements. ▪ Included definition of “health and safety.” ▪ Expanded inclusion in the Infant Toddler Consultation. 	<p>No known statewide progress.</p>	<p>Funding for a coordinated child care health consultation system (Washington is one of the only states without one).</p>
EL3	<p>Nutrition, physical activity and water access improvements in early learning. Create a <i>Healthy Kids-Healthy Early Learning</i> grant program similar to <i>Healthy Kids-Healthy Schools</i>.</p>	<ul style="list-style-type: none"> ▪ 12th in priority after the 2016 Council meeting (and #3 early learning recommendation). <p>Same as 2016 recommendation</p>	<p>In 2017, DEL and WSDA partnered with Mt Hood Community College Head Start to provide 6 trainings for early learning staff on a curriculum to promote children’s fruit and vegetable consumption.</p>	<p>A new grant program. There are 1,977 licensed child care centers and 3,832 licensed family home child care providers enrolling 157,000 children.</p>

Early Learning Recommendation	History	Achievements	Gaps
EL4	Support training and consultation for Early Achiever’s coaches on nutrition and physical activity as a means of increasing the quality of nutrition and physical activity in early learning programs.	New 2017 recommendation <ul style="list-style-type: none"> ▪ DEL is completing the process of developing additional health related trainings for all licensed child care programs as mandated by the federal Child Care and Development Block Grant. ▪ The UW Center for Public Health Nutrition, with funding from DOH, created a STARS-approved online <i>Mealtime Environments</i> module for early learning providers based on Let’s Move! Child Care. There are now 5 online modules available. 	Funding to provide training and consultation to Early Achievers coaches so that they can work with child care providers to improve healthy eating and physical activity practices.

The recommendations below are from previous Governor Council meetings and are provided here for context.

Early Learning Recommendation	History	Achievements
EL5	Health information outreach program for child care – Family, Friend and Neighbor care (subsidized and non-subsidized), e.g. outreach for best practices on breastfeeding, nutrition immunizations, oral health & physical activity.	<ul style="list-style-type: none"> ▪ 13th in priority after the 2016 Council meeting. ▪ 3rd in priority after the 2015 Council meeting. The Early Start Act requires that DEL Licensors now monitor Family, Friend and Neighbor (FFN) care providers who receive state subsidy which allows DEL staff to better engage with these providers and share health and safety information.
EL6	Partner with local public health and community health organizations in high need communities to: <ul style="list-style-type: none"> ▪ Conduct limited health and developmental screenings in child care and preschool settings. ▪ Assure that children have medical and dental providers for ongoing preventive care. 	<ul style="list-style-type: none"> ▪ 11th in priority after the 2015 Council meeting. No known statewide progress.

SCHOOL (S 1-3 are new recommendations and are highlighted. The others are historical from previous Council meetings.)

School Recommendation		History	Achievements	Gaps
S1	<p>Nutrition, physical activity and water access improvements in schools. Sustain and expand <i>Healthy Kids-Healthy Schools (HK-HS)</i> grants.</p>	<ul style="list-style-type: none"> 1st in priority after the 2016 Council meeting (and #1 school recommendation). <p>Same as 2016 recommendation. Updated from 2014 and 2015 recommendations</p>	<ul style="list-style-type: none"> \$5 million dollars appropriated one-time in the 2015–17 capital budget for <i>HK-HS</i> grants. The <i>HK-HS</i> grant was implemented and awarded in 2016 to 93 school districts for 466 school requests. 	<p>Reinvestment in this grant with increased funding to meet the need (\$17,942,683 of requests were received in 2016).</p>
S2	<p>Encourage schools and all other child and family serving programs and agencies to integrate evidence-based social and emotional health and trauma-informed education to reduce the effect of Adverse Childhood Experiences.</p>	<ul style="list-style-type: none"> 3rd in priority after the 2016 Council meeting (and #2 school recommendation). <p>Updated from 2016 recommendation:</p> <ul style="list-style-type: none"> Broadened beyond schools to all child and family serving programs and agencies. Added “evidence-based” and “trauma-informed education.” 	<ul style="list-style-type: none"> The 2017 Budget directed OSPI to reconvene a work group to build upon the work of the previous SEL group established under section 501(34), chapter 4, Laws of 2015 3rd sp. sess. This work group must: (a) identify and articulate developmental indicators for each grade level for each of the social emotional learning benchmarks, (b) solicit feedback from stakeholders, and (c) develop a model of best practices or guidance for schools on implementing the benchmarks and indicators. The work group must also submit recommendations to the education committees of the legislature and the office of the governor by June 30, 2019. 	<ul style="list-style-type: none"> Increased funding for social emotional learning. Increased teacher training on social emotional learning, trauma-informed practices and linkage to discipline.

School Recommendation		History	Achievements	Gaps
S3	<p>Access to healthy food in schools. Support efforts to improve access and participation for all children in programs that support healthy foods by:</p> <ul style="list-style-type: none"> ▪ Funding statewide implementation of specific effective programs such as Farm to School, school gardens, Smarter Lunchrooms, Universal Breakfast, Breakfast After the Bell, etc. ▪ Encouraging participation in alternative programs such as Community Eligible Provision and Provision 2 for qualifying schools so all students eat free of charge. ▪ Encouraging support and technical assistance in the assessment and promotion of local wellness policies in schools statewide. 	<ul style="list-style-type: none"> ▪ 4th in priority after the 2016 Council meeting (and #3 school recommendation). <p>Updated from 2014, 2015 and 2016 recommendations:</p> <ul style="list-style-type: none"> ▪ Included specific actions on how to support access to healthy foods. 	<ul style="list-style-type: none"> ▪ OSPI developed the <i>Washington Smarter Lunchrooms Toolkit</i> to help students make healthier choices at school. ▪ OSPI, in partnership with Washington State School Directors' Association, developed a state model school wellness policy to support school districts. 	<ul style="list-style-type: none"> ▪ Funding for statewide implementation of specific effective programs such as Farm to School, Smarter Lunchrooms, Universal Breakfast, Breakfast After the Bell, etc. ▪ Additional funding to increase professional development to schools and districts on local wellness policies, smarter lunchrooms, etc.

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School Recommendation		History	Achievements
SL4	<p>Substance use prevention and support in schools. Promote drug and alcohol prevention education and increase chemical dependency support in schools for marijuana, tobacco and vapor product prevention.</p>	<ul style="list-style-type: none"> ▪ 7th in priority after the 2016 Council meeting. 	<p>OSPI formally adopted the revised <i>WA State Health and Physical Education K-12 Learning Standards</i> in March 2016. These standards promote drug and alcohol prevention education to implement in classrooms.</p>

School Recommendation		History	Achievements
SL5	Comprehensive suicide prevention in schools. Ensure resources are available for identification, follow-up and treatment of health and mental health conditions by implementing existing legislation to support comprehensive suicide prevention programs in schools and higher education and improving connections between schools and behavioral healthcare providers.	<ul style="list-style-type: none"> 8th in priority after the 2016 Council meeting. 	No known statewide progress.
SL6	Encourage schools to implement a minimum of 30 minutes of active daily recess. Encourage recess before lunch.	<ul style="list-style-type: none"> 2nd in priority after the 2015 Council meeting. 	<ul style="list-style-type: none"> Bethel School District increased recess time for elementary schools from 25 minutes to 40 minutes. Seattle Public Schools supported implementation of recess in elementary schools.
SL7	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.	<ul style="list-style-type: none"> 7th in priority after the 2015 Council meeting. 3rd in priority after the 2014 Council meeting. 	OSPI formally adopted the revised <i>WA State Health and Physical Education K-12 Learning Standards</i> in March 2016.
SL8	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. Encourage fruit and vegetable purchases through Washington's Basic Food (food stamp) program.	<ul style="list-style-type: none"> 8th in priority after the 2015 Council meeting. 	In 2017, the Food Insecurity Nutrition Incentives program (Complete Eats) was launched in Safeway stores in 27 counties and Farmer's Markets in 18 counties. Fruit and vegetable prescriptions were issued by health systems in 7 counties. Program provides incentives to SNAP participants who buy qualifying vegetables and fruits.
SL9	Implement late start for high schools and add 30 minutes of dedicated physical activity time to the school day.	<ul style="list-style-type: none"> 10th in priority after the 2014 Council meeting. 	No known statewide progress.

COMMUNITY (C 1-4 are new recommendations and are highlighted. The others are historical from previous Council meetings.)

Community Recommendation		History	Achievements	Gaps
C1	Foundational support for Healthiest Next Generation Initiative. Continue funding three Healthiest Next Generation coordinators at the DOH, DEL, DCYF, and OSPI.	<ul style="list-style-type: none"> 2nd in priority after the 2016 Council meeting (and #1 community recommendation). <p>Updated from 2014, 2015 and 2016 recommendation:</p> <ul style="list-style-type: none"> Inclusion of coordinator at DCYF 	We continue to make great strides in our state with improved collaboration between these three agencies around children’s health.	Permanent funding for cross-agency collaboration on children’s health (agencies are currently funding these positions as they are able to).
C2	Support outdoor recreation for youth and families.	<ul style="list-style-type: none"> 5th in priority after the 2016 Council meeting (and #2 community recommendation). <p>Same as 2015 and 2016 recommendation.</p>	Legislature passed a bill in 2015-2017 implementing many of the recommendations of the <i>Governor’s Blue Ribbon Task Force on Parks and Outdoor Recreation.</i>	
C3	Reduce consumption of sugar-sweetened beverages (SSBs).	<ul style="list-style-type: none"> 6th in priority after the 2016 Council meeting (and #3 community recommendation). <p>Same as 2016 recommendation</p>	<ul style="list-style-type: none"> Recent hypothetical cost effectiveness modeling of a \$0.02 per ounce sugar-sweetened beverage excise tax in Washington found it would prevent 8,380 cases of childhood obesity and save \$484 million in health care costs. Modeling was provided by the Harvard TH Chan School of Public Health’s Childhood Obesity Cost Effectiveness Study (CHOICES). Washington was in the inaugural cohort for the CHOICES State Partnership Learning Community. 	A sugar-sweetened beverage (SSB) excise tax, 2 cents per ounce with tax dollars gained used to prevent consumption of sugar-sweetened beverages and invest in communities hardest hit by SSB consumption.
C4	Tobacco 21. Raise the legal minimum age for purchasing cigarettes from 18 to 21.	New 2017 recommendation		Policy change.

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Community Recommendation	History	Achievements
<p>C5 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.</p>	<ul style="list-style-type: none"> ▪ 5th in priority after the 2015 Council meeting. ▪ 8th in priority after the 2014 Council meeting. 	<p>In 2017, the Food Insecurity Nutrition Incentives program (Complete Eats) was launched in Safeway stores in 27 counties and Farmer’s Markets in 18 counties. Fruit and vegetable prescriptions were issued by health systems in 7 counties. Program provides incentives to SNAP participants who buy qualifying vegetables and fruits.</p>
<p>C6 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.</p>	<ul style="list-style-type: none"> ▪ 6th in priority after the 2015 Council meeting. 	<p>No known statewide progress.</p>
<p>C7 Encourage breastfeeding by fully implementing <i>Breastfeeding Friendly Washington</i> 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.</p>	<ul style="list-style-type: none"> ▪ 9th in priority after the 2015 Council meeting. ▪ 6th in priority after the 2014 Council meeting. 	<p>As of October 2017, there are 44 hospitals, birth centers and community health clinics across Washington recognized as Breastfeeding Friendly by the Department of Health.</p>
<p>C8 Implement Healthy Communities programs statewide.</p>	<ul style="list-style-type: none"> ▪ 10th in priority after the 2015 Council meeting. ▪ 5th in priority after the 2014 Council meeting. 	<p>DOH continues to provide federal funding to select counties.</p>

Community Recommendation		History	Related Achievements
C9	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).	<ul style="list-style-type: none"> ▪ 16th in priority after the 2015 Council meeting. ▪ 11th in priority after the 2014 Council meeting. 	In the 2015-2017 budget, \$10M was allocated for new or improved outdoor facilities for youth.
C10	Invest in local and state parks to help ensure families and children can enjoy the outdoors.	<ul style="list-style-type: none"> ▪ 17th in priority after the 2015 Council meeting. ▪ 12th in priority after the 2014 Council meeting. 	In the 2015-2017 budget, \$52.7M was allocated for preservation and enhancement of state parks to promote outdoor activity.
C11	Implement Safe Routes to School programs and require a consistent walking school bus for all schools receiving funds.	<ul style="list-style-type: none"> ▪ 2nd in priority after the 2014 Council meeting. 	In the 2015-2017 budget, \$20M was allocated for <i>Safe Routes to School</i> to promote walking and biking in school.
C12	Implement Complete Streets statewide.	<ul style="list-style-type: none"> ▪ 7th in priority after the 2014 Council meeting. 	In the 2015-2017 budget, \$3.3M was allocated for complete streets to improve walking and biking in communities.