

SAU 73 WELLNESS COMMITTEE MEETING

December 14, 2016

Present – Kirk Beitler, Rae Mello-Andrews, Tim Goggin, Kim Dubuque, Meg Jenkins, Deb Wheeler, and Terry Wilson. Absent – Jen Valentine

Kim Dubuque updated -

HHFKA (Healthy hunger Free Kids Act) – 2015 re authorization

Did not get voted on in the outgoing congress, was put into the continuing resolution which will stay in force until September 30, 2017. If it does not get passed in the new congress by then it will revert to the HHFKA of 2010

Sodium restrictions – the 2015 re authorization would put on hold the target 2 level of restrictions until after 2020 pending further research. The implementation of the target 2 levels was to occur on July 1 2017 in the HHFK of 2010.

The level 2 restrictions could prove extremely challenging to meet should they become implemented.

We are already looking at low sodium condiments, but for now are very cost prohibitive Dubuque updated on the sodium restrictions and what that may mean to the district.

Question was asked if there were any sugar restrictions/guidelines. There aren't at this point. Rae expressed concerns on that whereas sugar is such a big element in kid's lives and juvenile diabetes.

Deb Wheeler stated that the next Biometric Screening will be 4/15/17 at the MS from 8:30 to 3:30. She will start advertising and emailing about it after the first of the year. Gilford School employees and retirees will be eligible for a raffle drawing of gift certificates to such places as Dick's Sporting Goods, etc. if they do the screening.

January 20 is an in-service day, and Health Trust representatives will be presenting on the one sign up to Smart Shopper, Health Assessment and Biometric Screening. They will also give some information on the potential savings to the district if using the Smart Shopper. In the first 3 quarters of this year, the district saved \$47,000, but had the potential of saving \$270,000 if all guidelines had been used. Rae expressed concerns that one needs to look at overall picture, and not just price – what is the surgeons' rate of infection?

There was a suggestion by Kim Dubuque of a student that may be a good addition to the committee.

Meg Jenkins stated that there will be a High School student Wellness Fair again this school year.

Next meeting is set for March 8, 2017.

