

## Discussion with Deb Johnson-Shelton following her lecture on Obesity and Schools

- What is the mission of education? Does that need to modernize to include health?
- Why are schools a place for health intervention?
  - o Lack of access to health care/monitoring at home
  - o Help assess local issues and bring these to attention of schools/communities
  - o Normalize the issue and make healthy lifestyle part of children's daily lives
- Generational impacts and obesity?
  - o Children's BMI highly correlated with that of their parents
  - o Parents don't get training in PE or how to teach activities to their kids
  - o Parents pass on good/bad habits
  - o We need to change children's environment but can be cost prohibitive, school implementation can be a way around generational SES or habits
- Why aren't PE programs supported?
  - o Massive underfunding of schools (esp. in Oregon)
  - o Schools have to prioritize resources, No Child Left Behind penalized for poor academic performance so PE got replaced with more academics
  - o Support for PE is there in school and community, just not resources
  - o Implementation of a Moves program in Bethel and identifying the need for school resources encouraged the district to hire a PE teacher
- Is there a requirement for teachers to present info on nutrition and health?
  - o Not exactly
  - o Lots of latitude in how districts interpret regulation
  - o Lots of obstacles to enforcing bills/legislative initiative (like \$ or resources)
- How do we find solutions for all of this in light of poor resources?
  - o Grass-roots/bottom-up/community-driven movements can be more nimble than large-scale and can get a more long-term/sustainable program in place
  - o Getting around barriers instead of letting them stop you
  - o Classroom-based activities if don't have gym/fields
  - o Support biking or walking to school
  - o Lowell now has a free summer program for any kids, includes breakfast, lunch, and half day of activities
- How does the US compare?
  - o Scandinavia and Europe tend to do really well, have good model systems
  - o US states have a lot of freedom over state-based initiatives so difficult to do anything at federal level
  - o Lots of variation by state
    - Chicago increased length of school day to incorporate PE
    - Longer school days benefit single/working parents and can boost economy
    - Weather conditions might contribute to policies not being enforced
- Does Common Core have a health component?
  - o Not sure

- Lecture presented data on Hispanic populations being more at risk for weight gain, what are underlying factors for that?
  - In Oregon we have a large immigrant population (largely from Mexico), so the transition might be affecting them
  - Diff culture here: less walking, less labor-based tasks, more calories
  - Linguistic and intrinsic cultural barriers
    - Ex don't know what bike lane signs are indicating
    - If don't speak the language, parents might be adverse to kids being further from home/in activities because if they get lost or hurt you are less able to deal with it with language barrier
- Free/universal pre-K?
  - Great idea, we seem to be heading that way