

5.1 Physical Activity/Nutrition Subcommittee Meeting

- Present: John Sarno, Juliet Jones, Eva Mancheno, Meredith Yorkin, Nicole Nazy, Tiffany Neal
- Transformational changes arising from crisis?
 - Pandemic as opportunity to look at all systems
 - When state is up and running, how comfortable will people be going to parks, visiting farmers' markets, etc?
 - Pandemic revealing inadequacies, i.e. Needing a car to get a COVID test
- Picking focus issues
 - Tiffany: **Access to Physical Activity**
 - Knows other people in group have stronger focus on nutrition
 - Would like to frame focus around access and equity
 - Meredith: **Sugar and Sodium**
 - Also interested in access to the fruits and vegetables – not just consumption
 - Eva: **Fruits and Vegetables**
 - Also interested in sugar and sodium
 - Nicole: **Screen Time**
 - Decreasing screen time goes hand-in-hand with increasing other activities
 - Can be a good partnership with Tiffany on Exercise
 - Juliet
 - Contracted to do a statewide fruit and vegetable access plan about 9 months ago
 - Looking at entire state and areas where we can increase access to fruits and vegetables
 - Willing to share some strategies and findings from that
- Information sharing within group
 - Valuable if DOH can share information with group on an ongoing basis
- Objectives
 - Use other, more directly relevant objectives?
 - Underlying themes focused on equity and durability/resilience issues
 - Helpful to assess factors which reduce risk
 - Eva: Should have broader, overarching objectives that capture proposals
 - Refine objectives to make them more broad
 - Thinks each of the focus issues should have their own objectives which tie in with overall objectives
 - Group can refine objectives as each person further researches their focus issues
- Going forward
 - Meet every other week on Fridays at 11:00 a.m.
 - Next meeting: May 15th at 11:00 a.m.
 - Be prepared to share additional information on your focus issue
 - Particular research that you expect to be able to rely on
 - Probably not quite ready to refine objectives – that may take a month or so
 - Share whether issue has expanded, whether you would like to include another focus issue, etc.

- Can be flexible regarding which age groups are focused on
 - Does not have to be just adults
 - Whatever gets the job done for each particular topic
 - I.e. If research shows you cannot be a functioning adult unless you get exercise earlier than life, focus may shift earlier
 - Much of screen time research is on adolescents and kids
 - Screen time information on adults may be harder to find
 - Nicole can report back on what she finds
 - There seems to be emerging writing on adult screen time and depression, isolation, etc.
 - Research will take you where you need to go
 - If not enough evidence on adults and a certain issue, may expand beyond adulthood
- Screen time for adults
 - Can fall as a subfocus under physical activity
 - Screen time can intersect with other areas, i.e. Mindfulness, mindlessly eating while staring at a screen
 - Nicole: May be challenges with the available research, so she will see what is out there and share her insights at the next meeting in two weeks
- Finding research gaps to fill is a legitimate objective
- Another possible focus issue: sugary beverages
 - That can fold in with sugar and sodium
- Tiffany also serves on the self-care subcommittee
 - Meeting for first time next week
 - Can report back to us on what they are doing
- Sharing resources
 - Alison will create Google Doc and share it with the group
 - Can directly post articles and notes on the document *or* email Alison and she will gladly update the document for you