

## **Physical Health and Nutrition**

CWTF Subcommittee Meeting

November 10, 2020

### Physical Health and Nutrition Brief Overview –

\*for those who may not have had an opportunity to review it in advance

The learning loss brief dives into:

- Nutrition and Food Security
- Child Abuse
- Physical Health and Activity
- Health Care

The recommendations included:

- Maintenance of meal service

### Subcommittee Discussion and Feedback –

- Compared to other wellbeing topics, there are fewer studies and recommendations available through national publication regarding physical health making Tennessee anecdotes all the more important.
- Where available, identify more specific Tennessee data which could be presented by county or region. Task force members can surface anecdotes of how meal service was addressed by various districts across the state.
- Switch the order of the briefs: lead with recommendations and offer the research as supplemental information to support the recommendations.

### Subcommittee Recommendations –

- Collaboration
  - o Coordinate efforts across County Health Councils and other local Department of Children’s Services entities who can help to share knowledge with educators.
  - o Ensure local partners such as United Way, Save the Children, etc. are at the table with local committees and councils to connect to locally available resources.
- Communication and Awareness
  - o Ensure there is an efficient communication mechanism from local organizations to districts to schools to teachers to families, ensuring awareness of programs, resources, and opportunities.
- Access to Services
  - o Transportation – determine incentives to supply local transportation to families in need or reduce need for transportation by bringing services closer to families.
  - o Meals and Food – develop new delivery mechanisms to distribute food to families in need when students are not able to access food through schools and ensure there are adequate finances available to continue those services.

- Internet – provide free internet in outdoor spaces such as parks to both increase the amount of time spent outdoors, offer activities, and promote access to online schoolwork or service available via internet.

Full Task Force Meeting  
November 18, 2020

Recommendations -

- Awareness
  - PR campaign to raise awareness for mandatory reporting of suspected child abuse. What to look for, who to call, anonymous
  - PR campaign / anti-stigma to help parents navigate the increased stress, personal warning signs to look for, and how to seek out help proactively
  - Investigate partnership with Walton Family Foundation to bring services (dental, medical, etc) and awareness information to Walmart / Kroger or retail centers
- Meals / Nutrition
  - TANF money for continued meal service. Investigate use for delivery
  - DoorDash partnership like that with United Way in Hamilton County?
- School-based Initiatives
  - TN Titans or UT athletics create motivational physical activity lessons
  - Local chefs produce fun meal planning and healthy cooking activities
- Medical Care
  - Telehealth awareness for well child visits