

**Texas School Health Advisory Committee Meeting Minutes**  
**February 24, 2020**  
**10:00 a.m. – 3:00 p.m.**  
**Moreton Building, M100**  
**1100 West 49<sup>th</sup> Street, Austin, TX 78756**

Texas School Health Advisory Committee member attendance at the February 24, 2020 meeting.

Member Name	Yes	No	Member Name	Yes	No
Nomita Bajwa	x		Scott Moger	x	
Fancy Flores		x	Alexandra Molina	x	
Barney Fudge		x	Neel Naik	x	
Julie Gardner		x	Helenka Ostrum	x	
Tamara Gilstrap	x		Eduardo Rio	x	
Bena Glasscock	x		Josette Saxton	x	
Michael Kelly	x		Mandy Tyler	x	
Danielle Leon	x		Anita Wheeler	x	

**Agenda Item 1: Welcome/Call to Order/Introductions of members and staff.** Presiding Officer, Josette Saxton, called the meeting to order at 10:00 a.m. Ms. Saxton announced that there will be no update from the Texas Education Agency (TEA) due to Mr. Fudge’s absence. Ms. Saxton introduced Mr. John Chacón, HHSC Advisory Committee Coordination Office. Mr. Chacón announced the meeting was being conducted in accordance with the Texas Open Meetings Act. Mr. Chacón provided an overview of the webcasting and public comment protocol. Mr. Chacón conducted the roll call and announced that a quorum of the Committee was present. Mr. Chacón asked the members to make motions in their entirety as listed on the agenda.

**Agenda Item 2: Approval of September 16, 2019 TSHAC Minutes.** Ms. Saxton asked for a motion to approve the minutes of September 16 TSHAC meeting. A motion was made by Mr. Rios to approve the minutes for the September 16, 2019 Texas School Health Advisory Committee meeting as presented. The motion was seconded by Dr. Moger. The motion was approved.

**Agenda Item 3: Presentation to the TSHAC by Dr. Brian Colwell, from Texas A&M University, regarding youth tobacco use and vaping.** Ms. Saxton introduced Dr. Colwell. Mr. Chacón suggested moving to item 4 because Dr. Colwell needed to upload his presentation. Ms. Saxton agreed and moved to item 4.

**Agenda Item 4: Presentation to the TSHAC by Dorothy Garza, from Texas Health and Human Services, regarding youth mental health.**

Ms. Saxton introduced Ms. Garza. Ms. Garza introduced her colleague Holly Filmore. Ms. Garza stated that in 2017, the Texas Health and Human Services Commission released an updated version of the Texas Statewide Behavioral Health Strategic Plan. Ms. Garza stated that the mission of the plan was to develop a coordinated statewide approach to providing appropriate and cost-effective behavioral health services to Texans. Ms. Garza stated that the Children's Mental Health Team serves as a resource to ensure all children and adolescents have access to mental health services. Ms. Garza stated that the Children's Mental Health Team partners with providers and stakeholders in developing policy, assessing need, and researching best practices. Ms. Garza stated that during the 86<sup>th</sup> Legislative Session, Senate Bill (SB) 11 addressed safe and supportive schools and mental health. Ms. Garza stated that SB 11 also created the Texas Child Mental Health Care Consortium. Ms. Garza stated that the Consortium is responsible for increasing access to care through the development of the Child Psychiatry Access Network and the Texas Child Access Through Telemedicine Initiative. Ms. Garza stated that the Texas Education Agency developed a rubric for education service centers to identify student mental health resources. Ms. Garza stated that House Bill (HB) 18, from the 86<sup>th</sup> Legislative Session, requires school districts and local mental health authorities add mental health first aid training as a required training. Ms. Garza stated that HB 18 also requires school districts to add more comprehensive mental health, behavioral health, suicide prevention, and substance abuse evidence-based practices in the school's curriculum. Ms. Garza stated HB 19 established that 20 local mental health authorities will employ a non-physician mental health professional to serve as a mental health and substance use prevention resource. Ms. Garza stated that the Children's Mental Health Team actively coordinates with HHSC's Office of Mental Health Coordination and TEA. Ms. Garza stated that there are four areas that are relevant to the three bills. They include the implementation of comprehensive counseling programs, threat assessment teams and safe and supportive school teams, Education Service Center utilization, and top challenges for rural and frontier school districts. Ms. Glasscock stated that the comprehensive counseling programs should follow the most recent version of the Texas Model from TEA. Ms. Garza stated that the Children's Mental Health Team is committed to having continued conversations with the TSHAC. Ms. Saxton wanted to thank Ms. Garza for the work that she is doing. Ms. Saxton also recommended that a member of the Children's Mental Health Team join the TSHAC or come as a guest to future meetings to provide updates and hear the TSHAC discussions. Ms. Wheeler addressed the need to continue dialogue with the rural part of Texas. Mr. Rios thanked Ms. Garza for her presentation and stated that he will be meeting with his local school health advisory council (SHAC). Ms. Saxton asked if there are

existing TSHAC resources that could help support school districts in the implementation of the bills or if new resources should be created. Ms. Garza stated that mental health and relationship building are components in the threat assessment and safe and supportive school trainings at the Texas School Safety Center at Texas State University. Mr. Rios agreed that a mental health update at the TSHAC meetings will be very helpful. Ms. Wheeler stated that since many things are in motion, she proposed waiting before creating new resources. Ms. Wheeler suggested revising the already existing documents to make sure they are current. Ms. Saxton stated that she would be interested in creating a resource for things SHACs should consider. Ms. Molina suggested having a set of questions to guide SHACs. Ms. Glasscock suggested updating the SHAC Guide.

**Agenda Item 3: Presentation to the TSHAC by Dr. Brian Colwell, from Texas A&M University, regarding youth tobacco use and vaping.** Ms. Saxton introduced Dr. Colwell. Dr. Colwell stated that the Texas Youth Tobacco Awareness Program is seeing a reduction in youth tobacco use, but nicotine consumption is still a concern. Dr. Colwell stated that 90 percent of E-cigarette or Vaping Associated Lung Injury (EVALI) is associated with Tetrahydrocannabinol (THC) vaping. Dr. Colwell stated that it's difficult to keep youth away from tobacco and electronic nicotine delivery systems (ENDS) because youth see things differently. Dr. Colwell stated that it is difficult for teachers and parents to identify ENDS because they look like USB memory sticks. Dr. Colwell noted the importance of telling parents and teachers how to identify these products and what nicotine withdrawal looks like. Dr. Colwell stated that the Food and Drug Administration banned certain flavors in reusable systems. Dr. Colwell stated that disposable products don't have to comply with the flavor ban. Therefore, youth are now using disposable brands. Dr. Colwell stated that when the developing brain is exposed to nicotine, it structurally changes. Dr. Colwell stated that his program's position is to keep youth away from all sources of nicotine, including "clean" nicotine. Dr. Colwell stated that his program used cognitive behavioral therapy intervention with the program's participants. Dr. Colwell stated that his program had about a 30 percent success rate at 6 months. Dr. Colwell noted there is not enough data on ENDS cessation. Dr. Colwell stated that he is seeing young people with a high level of nicotine dependence because of ENDS. Dr. Colwell stated that a new curriculum has been developed for ENDS. Dr. Colwell stated that he is working with DSHS to bring trainings across the state. Dr. Colwell stated that some school districts don't ticket misdemeanors, while other schools handle nicotine use through school discipline. Dr. Colwell stated that possession of a THC vaping device is a felony in the state of Texas, and many young people don't realize this. Dr. Colwell noted the need to add more trainings in rural parts of the state. Mr. Rios asked how dramatic the increase in usage of tobacco or vaping products over the past 6 months.

Dr. Colwell noted that he didn't have the data. Ms. Glasscock asked if the training will be available in the panhandle. Dr. Colwell stated that training will be available in Amarillo. Ms. Leon asked about the training and curriculum. Dr. Colwell noted that the curriculum is not a prevention program for schools. He noted that the program is for those who are already using nicotine products and are trying to quit. Dr. Colwell noted that prevention and cessation are separate messages. Dr. Bajwa asked Dr. Colwell about school nurses taking the training. Dr. Kelly asked Dr. Colwell about the systems that get youth into the program. Dr. Colwell stated that most youth enter through the program because they were given a citation by law enforcement. Dr. Colwell stated that schools would be a great resource to get youth into the program. Dr. Colwell noted that open campuses allow an opportunity to engage in nicotine behavior. Ms. Saxton noted the importance of getting school districts involved. Ms. Wheeler recommended that the TSHAC review and revise Research and Recommendations on Instruction in Public Schools to Prevent the Use of E-Cigarettes and place it on the next agenda. Dr. Colwell stated that the document may be obsolete once it's finalized because of the rapid growth of nicotine use. Ms. Wheeler stated that the TSHAC can review this document on a more frequent basis. Ms. Saxton thanked Dr. Colwell for his presentation.

The meeting recessed at 11:28 a.m. The meeting came back into session at 11:40 a.m.

**Agenda Item 5: Revisions to the guidelines for Student Consumption of Regular and Diet Soda in High School.** Ms. Saxton introduced Ms. Ostrum from the Texas Department of Agriculture (TDA). Ms. Ostrum noted that the document was originally created in 2008. Ms. Ostrum stated there was a revision in 2015. Ms. Ostrum noted that the purpose of the document is to provide recommendations to TDA. Ms. Ostrum stated that it is up to the TSHAC if they should amend the purpose and change the focus of the document. Ms. Ostrum stated that in 2010, Congress enacted the Healthy Hunger Free Kids Act and directed the U.S. Department of Agriculture (USDA) to establish science-based nutrition standards for all food and beverages sold to students in school during the school day. Ms. Ostrum stated that she and Ms. Saxton included Smart Snacks in the document for guidance. Ms. Ostrum stated that TDA follows the USDA Smart Snacks standards. Ms. Ostrum stated that schools have the option, as part of their local wellness policies, to be more restrictive on Smart Snacks offerings, and can specify those restrictions in their local wellness policies. Ms. Ostrum noted the title of the document and stated that the specific Smart Snacks standards vary for beverages based on the age of the student and the school that they are in. Ms. Molina noted that there is currently a proposed rule addressing beverages and the document may no longer be up to date

once the rule is finalized. There was a discussion about the appropriate audience for the document. There was discussion regarding rearranging the order of the paragraphs. Ms. Saxton suggested making the document more relevant for SHACs. Ms. Leon suggested changing "health and physical education curriculum" to "Child Nutrition Department." Ms. Tyler agreed that the audience should be SHACs and not TDA and suggested including language that states "the Texas Department of Agriculture follows the USDA Smart Snack guidelines, which can be found on the USDA website." Ms. Tyler also suggested using generic language in the Texas Policy section to reference the Administrative Review Manual. Ms. Ostrum asked if the title should be changed to say "School" rather than "High School." Ms. Wheeler stated that putting a purpose paragraph at the beginning of every document would be helpful. Ms. Saxton suggested changing the order to purpose, recommendation, and background. Ms. Wheeler noted that all documents must follow the Branding Guide and must be accessible. There was a discussion about tabling the document until the TSHAC rule and the Texas Essential Knowledge and Skills are finalized. Dr. Bajwa stated that water should be the preferred beverage. Ms. Saxton suggested emailing any recommendations to Ms. Wheeler and Ms. Ostrum and addressing the document at the next meeting.

**Agenda Item 6: Revisions to the guidelines for Recess and Physical Activity: Impact on Student Health and Academic, Social and Emotional Development.**

Ms. Saxton introduced Ms. Gilstrap and Ms. Tyler. Ms. Gilstrap stated that she and Ms. Tyler revised most of the document. Ms. Gilstrap stated that she and Ms. Tyler provided quick links for each resource and an excerpt. Ms. Gilstrap stated that they came up with simple recommendations to the SHACs related to parents, schools, and communities. Ms. Tyler that they removed a lot of out-of-date language from the recommendations section. Ms. Saxton recommended rephrasing the recommendations to read more like recommendations, rather than statements. Ms. Wheeler stated that local SHACs should be able to use the document as recommendations to the school board. Ms. Wheeler also stated that SHACs don't have time to do research. Ms. Wheeler stated that the original intent of the document was to provide research to the SHACs. Dr. Naik asked if they found research or curriculum for what to do on bad weather days. Ms. Gilstrap stated that there is information in the resources provided in the document. Ms. Saxton suggested changing the title to what would be most helpful to SHACs. Ms. Gilstrap stated that the original name was Recess and Physical Activity: Impact on Student Health and Academic, Social, and Emotional Development. Ms. Tyler asked if they could approve the document with the changes. She stated the changes include changing the title and changing recommendations to considerations. There was discussion about whether to accept the changes or continue to revise the document and bring to another meeting. Ms. Saxton asked for a motion to

approve the guidelines for Recess and Physical Activity: Impact on Student Health and Academic, Social and Emotional Development as amended as discussed. A motion was made by Ms. Wheeler to approve the document with corrections. The motion was seconded by Ms. Molina. The motion passed.

**Agenda Item 7: Revisions to guidelines for School Bus and Automobile Idling.** Ms. Saxton introduced Ms. Wheeler and Dr. Bajwa. Ms. Wheeler addressed the history of the document and grants from the Environmental Protection Agency. Ms. Wheeler stated that they made minor changes, including updating the links and ensuring the data was still viable. Ms. Saxton suggested moving to adopt the document with minor changes, including changing “Recommendations” to “Considerations” and stating the purpose at the beginning of the document. Ms. Gilstrap noted that some of the references were over 10 years old. Ms. Wheeler stated that she will review the references and eliminate those that are not current. Ms. Leon asked if the percentage of diesel-powered buses was accurate. Ms. Wheeler stated she would check the percentage. Ms. Tyler recommends keeping recommendations in the document. Ms. Saxton asked for a motion. Ms. Glasscock made a motion to adopt the guidelines for School Bus and Automobile Idling with the edits discussed. The motion was seconded by Mr. Rios. The motion passed.

**Agenda Item 8: Discussion related to Senate Bill 435, 86<sup>th</sup> Legislative Session, 2019, which amended Education Code, §28.004(c), relating to recommendations by local school health advisory councils regarding opioid addiction and abuse education in public schools.** Ms. Saxton introduced Ms. Wheeler. Ms. Wheeler stated the bill created a new assignment for local SHACs. Ms. Wheeler suggested creating a TSHAC resource document for SHACs. Ms. Wheeler volunteered to work on the resource. Ms. Saxton also volunteered. Dr. Bajwa also volunteered. Ms. Leon asked if curriculum will be addressed. Ms. Saxton suggested understanding the legislative intent of the bill. This item will be addressed at the next TSHAC meeting.

**Agenda Item 9: Updates from the Texas Education Agency, Texas Department of Agriculture, and Texas Department of State Health Services.** Ms. Saxton noted Mr. Fudge’s absence. Ms. Ostrum from TDA stated that School Breakfast Week is next week, March 2-6, and TDA has resources available for schools. Ms. Ostrum stated that the theme is superheroes. Ms. Ostrum stated that submissions for the You Art What You Eat art contest are due April 3. Winners will be displayed at the Texas Capitol. Ms. Ostrum stated that applications will be available next week for the Health Ambassadors for a Ready Texas (HART) Initiative. Ms. Ostrum stated that the Summer Meals Program will occur this summer. Resources

are available to download and order. Ms. Wheeler stated that the SHAC Guide is currently being updated. Ms. Wheeler proposed sending the updated SHAC Guide to the TSHAC for input once the revision is complete. Ms. Wheeler stated that a request for applications will go out soon for school-based health centers, with a focus on chronic disease management, including oral health, asthma, diabetes, obesity, and mental health. Ms. Wheeler state that the applications for Awards for Excellence program are being revised for simplicity. Ms. Wheeler stated that the asthma rules are being drafted. Ms. Wheeler encouraged all eligible members reapply to the TSHAC. Ms. Wheeler stated that the TSHAC rules are currently slated for the May HHSC Executive Council meeting. Ms. Wheeler encouraged members to submit items for the Friday Beat, if they are appropriate and apply statewide.

**Agenda Item 10: Scheduling of the next TSHAC meeting and future meeting dates, including the next TSHAC meeting on April 27, 2020.**

Ms. Saxton stated that the next meeting will be April 27, 2020. The Fall Semester meeting date will be September 14, 2020 in M100.

**Action Item 11: Future TSHAC agenda topics and priorities.**

Ms. Saxton asked for agenda topics for April. Ms. Leon asked when the documents are due for the April 27, 2020 meeting. Ms. Wheeler stated March 9. Ms. Wheeler suggested having an item to review all of the TSHAC documents to see if each document is still relevant. Ms. Saxton suggested addressing the TSHAC document template. Ms. Gilstrap discussed the 21-day Healthy Family Snack Challenge from Medical City Dallas. Dr. Moger suggested an update on the coronavirus. Ms. Saxton suggested a presentation from Julie Wayman with TEA. Ms. Saxton also suggested hearing from the Texas School Safety Center and the Texas Child Mental Health Care Consortium.

**Action Item 12: General Public Comment**

Ms. Saxton asked for general public comment. There was no general public comment.

**Agenda Item 13: Adjournment**

Ms. Saxton adjourned the meeting at 1:05 p.m.

Approved:

Josette Saxton, Council Chair - 9/14/2020