



July 23, 2004

Honorable Frederick P. Horn  
Presiding Judge of the Superior Court  
700 Civic Center Drive West  
Santa Ana, Ca. 92701

Dear Judge Horn,

I am writing to respond to the recent study conducted by the Orange County Grand Jury titled "Childhood and Adolescent Obesity: Making the Orange County Schools Part of the Solution."

The Grand Jury report requested a response to the following findings and recommendations:

**Finding 1.** State Senate Bill 19, partly amended by the California Childhood Obesity Prevention Act, authorized school districts to establish a Child Nutrition and Physical Activity Committee to help coordinate functions and activities that address students' obesity problems.

**Recommendation 1:** Each Orange County school district establish a Child Nutrition and Physical Activity Committee to help coordinate functions and activities that address students' obesity problems.

**Response 1:** Anaheim Union High School District has implemented the legal requirement of this legislation by adopting board policy. The policy includes the requirement of a board hearing for parents and members of the public to comment on such issues. The nutrition service department will meet with the physical education department chairs at regular scheduled department meetings to develop a district wide plan to address positive activities addressing student obesity.

**Finding 2.** All food and beverages prepared by school food services in Orange County schools, or supplied under contract by outside vendors and served on the school campuses, are regulated by federal and state requirements.

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**Recommendation 2:**

School districts in Orange County continue to ensure that food and beverages served on school campuses meet federal and state requirements.

**Response 2:** Anaheim Union High School District is reviewed by the California State Department of Education Child Nutrition Division administered by the United State Department of Agriculture to ensure all food and beverages prepared or supplied at school comply with regulation. All school sites are visited by nutrition services personnel to make certain that the schools remain in compliance. The school principal and food service director are notified of any area found out of compliance and are responsible for corrective action.

**Finding 3:** A study in Poway has shown that the greatest improvement in the physical fitness of students occurred when the physical education program was on supervised by a Physical Education Specialist.

**Recommendation 3:**

Orange County school districts appoint nutrition and physical education specialists who can train classroom teachers in the essentials of their specialties.

**Response 3:** Anaheim Union High School District employs teachers with the required credential to teach in appropriate subject area as required by the California State Department of Education. Staff development is offered for teacher training by curriculum area. A curriculum specialist assists with the curriculum implementation as well as the staff development. Subject matter associated with nutrition and physical education is reviewed in Science, Health, Home Economics, and Physical Education courses.

**Finding/Recommendation 4:** No response required

**Finding 5:** Various government grants are available to the schools to help finance and improve the schools' nutrition and physical education programs.

**Recommendation 5:**

Orange County school districts apply for state and federal grants available for improving physical education and nutrition programs.

**Response 5:** Anaheim Union High School District utilizes resources funded by Anaheim Athletic/Prep Foundation to offset the cost of athletic programs offered by the district. Grants made available to finance nutrition and physical education programs are considered and will continue to be considered when made available.

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**Finding 6:** Most school districts, faced with budgetary cuts and greater priority on higher academic standards, have gradually decreased their emphasis on physical education.

**Recommendation 6:**

Orange County school districts make available their playgrounds and outdoor facilities before and after school hours for their students under the supervision of interested faculty members and parents.

**Response 6:** Anaheim Union High School District offers after school sports for jr. high students funded by the Anaheim Athletic/Prep Foundation. High school programs are offered and students are encouraged to participate. The facilities at schools in Anaheim Union High School District are used extensively throughout the school year and during summer recess. When our facilities are not in use for school related activities, local cities schedule use of our facilities for community oriented programs.

**Finding 7:** Food items provided by the schools' food service are not labeled with their caloric values and nutritional composition: nor is such information posted in the food serving area.

**Recommendation 7:**

Orange County school districts ensure that either food items sold on their campuses be labeled with the caloric values and nutritional composition or that such information be posted in the food serving area.

**Response 7:** Nutritional composition of food items provided by the schools' food service program are reviewed by the California State Department of Education, Child Nutrition Division for nutritional content and are available at the district office nutrition service department. Nutrition service is working to provide student access for the nutritional information on food items. The nutritional information would be available on the internet either at school or at home.

**Finding 8:** Body mass index (BMI) is not fully utilized as an assessment tool by schools' nutrition and physical education programs, but is used as appropriate by school nurses for clinical purposes.

**Recommendation 8:**

Orange County school districts incorporate instruction on the body mass index (BMI) into the nutrition and physical education programs and encourage students to share this information with their families.

**Response 8:** Body mass index (BMI) has been used when appropriate. Once the nutritional information is available via the internet the body mass index (BMI) will be included for students and families to use. To date BMI is discussed in Health, Science and Physical Education courses.

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**Finding/Recommendation 9:** No response required

We believe these answers reflect the current status at Anaheim Union High School District. Should there be further questions please feel free to contact us.

Yours truly,

A handwritten signature in black ink, appearing to read "JPL", followed by a long horizontal flourish.

John P. Larner  
Assistant Superintendent, Business

cc: Orange County Grand Jury

JPL/df