

**HUNTINGTON BEACH UNION HIGH SCHOOL DISTRICT
MEMORANDUM**

TO: Orange County Grand Jury

FROM: Van Riley
Superintendent

SUBJECT: Responses to "Childhood and Adolescent Obesity" Report

DATE: September 2, 2004

All Orange County school districts have been requested to respond to the Findings and Recommendations 1, 2, 3, 5, and 8 of the Childhood and Adolescent Obesity study conducted by the Orange County Grand Jury. The following are the responses from the Huntington Beach Union High School District.

Findings and Responses

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

Response: The Huntington Beach Union High School District has a Science Curriculum Committee and a Physical Education Curriculum Committee already established to address the issues of nutrition and healthy lifestyles.

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.

Response: The Huntington Beach Union High School District complies with Federal and State requirements for the procurement of food and beverages offered on all campuses.

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 supervised by a Physical Education Specialist.

Response: The Huntington Beach Union High School District provides a district-coordinated Physical Education program. Students receive instruction that is aligned with the California Content Standards in Physical Education. The district's Physical Education curriculum committee, under the direction of the Physical Education Facilitator, oversees the implementation of the physical education curriculum. The committee is comprised of department coordinators and works closely with the Assistant Superintendent of Education Services.

Finding #5: Various government grants are available to the school to help finance and improve the school nutrition and physical education programs.

Response: The Huntington Beach Union High School District actively researches and applies for grant funds that may provide opportunities to enhance the learning environment for students. District funds have been utilized to provide professional development for physical education teachers in developing District content standards aligned with State standards and in integrating a classroom component into the physical education curriculum. New textbook and supportive instructional materials aligned with State standards have been recently adopted and purchased for each school in the district.

Finding #8: Body Mass Index 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.

Response: The Huntington Beach Union High School District has consistently used the Body Composition Test for students in grade 9 as part of the California State Mandated Fitnessgram Test. The results are presented and discussed with students.

Recommendations and Responses

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 (Finding 1).

Response: The district has a Science Curriculum Committee and a Physical Education Curriculum Committee already in place. The purpose of these committees is to coordinate curriculum activities focusing on healthy lifestyles and nutrition that are aligned with State and District Content standards.

Recommendation #2: School districts in Orange County continue to ensure that food and beverages served on school campuses meet federal and state requirements. (Finding 2)

Response: The district complies with the requirement of the California State Meal Program in providing lunches that meet the food-based menu planning options according to federal and State guidelines.

Recommendation #3: Orange County school districts appoint nutrition and physical education specialists who can train classroom teachers in the essentials of their specialties. (Finding 3)

Response: The Huntington Beach Union High School District has a strong physical education curriculum utilizing certificated physical education teacher specialists. Even with budgetary reductions, these teachers continue to develop lessons that are pertinent to nutrition, fitness, and overall healthy lifestyles.

Recommendation #5: Orange County school districts apply for state and federal grants available for improving physical education and nutrition programs. (Finding 5)

Response: The Huntington Beach Union High School District will seek out and apply for additional federal and State grants for the purpose of improving physical education and nutrition programs. The District will request information concerning available grants from the Orange County Department of Education.

Recommendation #8: Orange County school districts incorporate instruction on the Body Mass Index into the nutrition and physical education programs and encourage students to share this information with their families. (Finding 8)

Response: Instruction incorporating the Body Mass Index into the District's health and physical education programs continues to be part of the physical education curriculum that is aligned with State and District Content Standards. Students will be encouraged to share this information with their families.