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
  o Does not have to be just adults
  o 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
  o 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.
  o 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
  o Can fall as a subfocus under physical activity
  o Screen time can intersect with other areas, i.e. Mindfulness, mindlessly eating while staring at a screen
  o 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
  o That can fold in with sugar and sodium
• Tiffany also serves on the self-care subcommittee
  o Meeting for first time next week
  o Can report back to us on what they are doing
• Sharing resources
  o Alison will create Google Doc and share it with the group
  o Can directly post articles and notes on the document or email Alison and she will gladly update the document for you