

School Health Advisory Committee (SHAC)

Community Meeting Minutes

Florida Department of Health in Seminole County

February 22, 2024, • 2:00-3:30 p.m.

Hybrid Live at DOH-Seminole Auditorium, Sanford and via Microsoft Teams



Purpose: SHAC's Mission - To facilitate the partnership between our community partners, schools, parents, health & business leaders and promote the implementation of a comprehensive school health approach.

Attendees: Tara Rao, Mary Lane, Kristin McGaffic, Denisse Dianese, Kelly Welch, Mirna Chamorro, Lisa OMalley, Kari Brown, Dr. Ethan Johnson, Debbie Marhee, Nefretiri Fitzgerald, Patricia Reda, Enid Santiago, Sarah Wright, Alice Gibson, Kaylesha Webster, Erica Vazquez, Leticia DeJesus-Ulate, Luz Gonzalez-Tejada, Gloria Rivadeneyra, Representative from Pregnancy Center, Ethel Smith, Ashley Dikes, Shawn (who we play for), Rachel Lovejoy, Von Nguyen, Gladys Fernando, Kimberli, Megan Weeks, Kelly Welch, Lilia Koenig, Karen Clark.

Topic	Discussion/Speaker	Action Item/Notes
Welcome & Introductions Review of minutes	<p>Sign In/Call to Order</p> <p>Co-Chairs: Gloria 'Gigi' Rivadeneyra, MS – School Health & PYD Program Manager- Florida Department of Health in Seminole County and Michael Weitemann, BSN, RN, CCRN- Health Services Coordinator, Seminole County Public Schools</p> <p>Gigi welcomed SHAC members and called for review of the minutes. Mike was not able to join the meeting due to an unforeseen event.</p> <ul style="list-style-type: none">February is Teen Dating Violence Prevention month.Information was shared about resources. Individuals seeking help may call the 24-Hour Domestic Violence Crisis number 407-330-3933.Additionally, www.joinonelove.org has education and tools for youth to recognize the signs of unhealthy behaviors and what actions to take.	<p>Minutes reviewed. No edits requested. Edits and updates may be shared via e-mail to gloria.rivadeneyra@flhealth.gov</p>
Guest Presenters	<p>Who We Play For - Rachel Lovejoy, Heart Screening Director and Shawn Sima, Impact Director</p> <ul style="list-style-type: none">Shawn shared the mission of Who We Play For (WWPF), to eliminate preventable sudden cardiac death in youth by providing affordable heart screenings.Their goal is to ensure these screenings are available and accessible, specially to student athletes.Sudden cardiac arrest is the #1 cause of death among student athletes, and it affects over 7,000 youth each year.	<p>Shawn Sima (850) 420 5117 shawn.sima@whoweplayfor.org</p> <p>Rachel Lovejoy (240) 743 8771 rachel.lovejoy@whoweplayfor.org</p>

- Sudden cardiac arrests are due to electrical issues in the heart (i.e. abnormal heart rhythm) and there rarely are warning signs. The person may suddenly fall unconscious and/or may be found gasping for air. Sudden cardiac arrest is different from a heart attack, which are caused by blocked blood supply to the heart and are more likely to present warning signs/symptoms (i.e. chest pains, shortness of breath, nausea, sweating, etc.)
- There have been several instances of sudden cardiac arrest this past year in the state of Florida alone.
- Unfortunately, sport physicals don't always include ECG exams. In some school district, such as Seminole County, ECGs are being required as part of the sport physical exam. Over this past year, WWPF has been collaborating with schools in Seminole. So far, they have found 13 youth with high-risk ECGs and 45 others that required follow-up.
- Rachel shared WWPF works with schools and other organizations to make ECG screenings readily available for families. Participants complete registration online, which includes a pre-assessment. The WWPF team provides staff and equipment to conduct the screenings. Results are shared with parents via e-mail or phone calls. They also help families connect with a specialist if needed and provide some assistance for families who are not able to afford the screenings.
- Their minimum is 25 participants registered per screening event and their goal is to screen 50,000 youth each year.
- They can provide screenings to youth ages 8-22.
- Sarah Wright shared she is working with the WWPF team to do a presentation at the monthly Seminole County EMS meeting.
- There was conversation about future efforts to advocate for these screenings to be included with all sports physicals and for non-student athletes as well.
- There is little data on students' incidents who have had a close call and did not need to be assisted by EMS.

Florida Healthy Babies Updates- Denisse Dianese, Health Educator, Florida Healthy Babies DOH-Seminole

- The goal of Florida Healthy Babies (FHB) is to reduce health and racial disparities in infant mortality by addressing social determinants of health. The team is currently working in several areas including:
 - Safe Sleep
 - Quit Smoking
 - Breastfeeding support
 - Never Shake a Baby
 - Reading 4 Health
 - Drowning Prevention
- FHB works closely with local day cares, WIC, and community partners by providing educational presentations, workshops, educational materials and conducting outreach activities to promote healthier pregnancy outcomes and promoting infant health.

Who We Play for Website for more information:
<https://www.whoweplayfor.org/about-us>

Denisse Dianese
 Florida Healthy Babies
denisse.dianese@flhealth.gov

- They also connect families with services through referrals (i.e. WIC, Tobacco, dental, etc.)

Water Safety Updates - Tara Rao, Biological Scientist, Epidemiology DOH-Seminole

- Tara offered an overview of data related to drownings in Seminole county and our region.
- Drowning is the leading cause of injury-related death for children one to four in Florida.
- Most drownings are occurring among youth under the age of 5.
- In school year 2022-2023, 39 non-fatal drownings occurred, most between the ages of 0-5, with the highest proportion occurring in age 2 and younger.
- Most incidence of drowning occurs among Caucasian and about 5% occurred among Black and African American. About 9.2% of drownings occurred among Hispanic or Latinos. Most of the drownings occurred in males (27% males vs 13% females).
- In Seminole County, the highest drowning rates are being reported in Longwood, Sanford, Winter Springs and Oviedo.
- Kelly Welch shared Seminole County Government recently received a Consumer Product Safety Commission grant for pool safety, education, training, and enforcement. The grant will allow for the provision of free door/pool alarms, free survival swim lessons, education for first responders, code enforcement and public safety staff and drowning prevention and education to residents. Pool alarms are available at Sanford and Longwood Libraries. Survival swim lessons for children will be offered through Swim Life for 125 children, and it includes 4 days a week for 5 weeks.
- Kaylesha Webster shared YMC Summer Camps are offering swim lessons.
- Gigi shared Seminole County Florida Healthy Babies has also been providing water safety education to day cares and youth and DOH-Seminole and SCPS have also been sharing education and resources with parents each school year, at the beginning of the school year and before spring break, on water safety tips and swim lessons.

School Health Services Plan - Gigi Rivadeneyra, School Health Program DOH-Seminole

- Every 2 years, the School Health Program is tasked with renewing the School Health Services Plan.
- The Services Plan is a tool that goes over each statutory requirement for the provision of school health services, outlines which agency is responsible and what activities or services are provided to support that task. The plan addresses the areas that impact the delivery of a comprehensive school health approach, including nutrition, basic health services, physical education, school environment, among others.
- Hard copies were shared at the meeting. The plan will be made available to all SHAC members via e-mail. Members are encouraged to review it and provide comments and feedback.
- Mike and Gigi will be connecting with specific SHAC members for feedback and updates on certain areas of the plan.
- Please provide feedback before by the end of the school year.

Tara Rao
Epidemiology, DOH-Seminole
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For more information on Seminole County Water Safety efforts go to:
<https://www.seminolecountyfl.gov/departments-services/fire-department/community-outreach/drowning-prevention.stml>

For feedback on the School Health Services Plan email:
Gloria.rivadeneyra@flhealth.gov

<p>Round Robin & Closing Remarks</p>	<ul style="list-style-type: none"> • Gigi shared flyers: <ul style="list-style-type: none"> ○ Florida School Health Association conference May 8-10 ○ Seminole County Parks & Recs and IFAS are hosting their Garden Expo February 24, 2024 ○ QPR suicide prevention trainings available on multiples dates. Visit www.centralfloridacares.org for more information. ○ Career Source is offering summer youth ages 14 and up paid internship programs for youth to gain experience in the workforce. ○ Seminole County IFAS offering Mediterranean diet workshops. • Kaylesha Webster shared Girls on the Run- Spring Season Registration is open. Also, YMCA Youth Summer Camps are also accepting registrations. Please contact Kaylesha for more information. • Flyers will be shared via e-mail. 	<p>Kaylesha Webster, YMCA kwebster@cfymca.org</p>
<p>Next Meeting</p>	<p>➤ Thursday, April 18, 2024</p>	<p>Please submit suggestions for future SHAC meetings to Gigi at Gloria.Rivadenevra@flhealth.gov</p>
<p>Meeting Adjourned</p>	<p>3:30pm</p>	