

**Lamar Consolidated ISD**  
**School Health Advisory Council (SHAC)**

Agenda – January 9, 2024

- I. Call to Order at 10:11 am by Eveyln Hicks**
  
- II. Approved minutes – November 14, 2023**
  
- III. Old Business**
  - a. Cody Stephens Program Update
    - i. The district will purchase EKG machines starting with 7,9,11<sup>th</sup>; all ULI activities.
    - ii. There will be a fee, need parent approval.
    - iii. Grant money will be used for underprivileged kids.
  - b. Wellness Coordinator Update
    - i. 25 WCs
  - c. Wellness Plan Update
    - i. Subcommittee Meeting via Zoom to be held Tuesday, February 13<sup>th</sup> at 10 am
  - d. SHAC Awards Update
    - i. On hold until next year; utilize new Wellness Plan to select criteria
  
- IV. New Business**
  - a. Guest Speaker – Kaila Williams MPH, MEP, CPH | Director-Health Communications, Education & Engagement | Fort Bend County Health & Human Service
    - i. Mission & Vision: The mission of Fort Bend County Health & Human Services (FBHHS) is to promote and protect the health and well-being of the residents of Fort Bend County through disease prevention and intervention, public health emergency preparedness and response, community engagement, and helping to assure the equitable provision of basic human needs.
    - ii. Top Five Health Priorities for Health Improvement Plan:
      - 1. Prenatal care
        - a. Improve women’s health before, during, and after pregnancy
        - b. Decrease complications and death
        - c. Partnering with Access Health
        - d. Community Baby Shower
      - 2. Ensure Safe and Affordable Housing
        - a. Collaborating with Attack Poverty
      - 3. Improve Cardiovascular Health by Increasing Awareness and Access
        - a. Improve, decrease deaths
        - b. ISD partners, AHA, Access Health, churches
        - c. Healthy Heart Fairs in Feb
      - 4. Improve Mental Health
        - a. Decrease poor mental health days reported by adults
        - b. Mental Health Fellow - Mental Health First Aid for students and staff
        - c. Increase access to resources
        - d. Behavioral Health is hot topic

**5. Improve Health by Decreasing Obesity**

- a.** Decrease rates
- b.** Increase physical activity
- c.** Heavily involved with school districts in Fort Bend, Ft Bend Park & Recreation
- iii.** Community partners: Texas Childrens, Attack Poverty, others
- iv.** Trainings at no cost to community
- v.** What can SHAC do?
  - 1. Review Community Health Improvement Plan
  - 2. Adopting a community improvement goal
  - 3. Promote health issues through all subjects
  - 4. FBHHS can come educate students – healthy eating, snacking, etc.
- b.** Board Appreciation Month – Thank you Zach Lambert!
- c.** SHAC Presentations
  - i.** Are there events or district meetings we can promote SHAC (Ex: Teach ConFuncation in May, Back 2 School Bash, district meetings, etc)
- d.** Executive Committee Election for 2024-2025 school Year

**V. Events & Reminders**

- a.** 8th Annual Taste of Fort Bend (benefiting Lunches of Love) - Thursday, January 11, 2024 at 7:00pm [PURCHASE TICKETS HERE](#)
- b.** Feb 6<sup>th</sup> – Access Health Black History Event
- c.** February: American Heart Month
  - i.** Wear red on February 5<sup>th</sup>
  - ii.** [100 Ways in 100 Days to Better Health | American Heart Association](#)
- d.** February: National Children’s Dental Health Month [Check out Resources Here](#)
- e.** Next Meeting – Tuesday, March 19<sup>th</sup> at 10 am | **NEW LOCATION at LCISD Visitor Fieldhouse, 1000 E Stadium, Rosenberg, TX (Visitor FH is on opposite side of field)**
- f.** Engage on Facebook! [LCISD School Health Advisory Council | Facebook](#)

**VI. Adjournment at 11:04**