CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Health Promotion and Disease Prevention Committee Meeting
Tuesday, September 15, 2026
2:00 p.m. – 3:00 p.m.

TOPIC	DISCUSSION	ACTION NEEDED
Membership Total (39)	**Virtual Via the Microsoft Teams Platform** 1. **Vice Chair:** Robert Hill, American Heart Association 2. Vicki Zou, Florida Department of Health in Miami-Dade County (Committee Liaison) 3. Zadymon Moore, Florida Department of Health in Miami-Dade County 4. Olivia Decastro, Florida Department of Health in Miami-Dade County 5. Simone Cheong, West Kendall Baptist Hospital 6. Natalie Gray, Western Atlantic School of Medicine 7. Jenny Audain, Memorial Healthcare System 8. Michael Mut, Miami-Dade County Solid Waste Management Mosquito Control Division 9. Dayamyra Perez Fernandez, Florida Department of Health in Miami-Dade County 10. Cristina Brito, United Way Miami 11. Lilia Bandrich, United HealthCare 12. Pearl James-Isler, Jessie Trice Community Health System 13. Eunice Mesumbe, Florida Department of Health in Miami-Dade County 14. Michael Fox, Barry University 15. Lina Menendez, Epilepsy Alliance Florida 16. Rose Anderson, Larkin University 17. Alexandra O'Keefe, Girl Scouts of Tropical Florida 18. Julie Katz, Nicklaus Children's Health System 19. Simisola Olowodola, Florida Department of Health in Miami-Dade County 20. Olatokunbo Osibogun, Florida International University 21. Tara Auclair, SSJ Health Foundation 22. Benjamin Eiansky, HCA Aventura Healthcare 23. Dana Klein, Gheorg 24. Sarah Suarez, Miami-Dade County Community Action and Human Services Department 25. Bryan Pardo, Sana Sana Clinic 26. Michelle Espinosa, United Way Miami 27. Louisenie Remy, Roxcy Bolton Rape Treatment Center 28. Natalie Anderson, Nicklaus Children's Health System 29. Nancy Bonise-Charlemond, Planned Parenthood South North East 30. Melody Velez, United Healthcare Community and State 31. Natalia Rodriguez, CREATE Kids Inc 32. Tiffany Albury, University of Miami 33. Lola Kay Riley, University of Miami	

	34. Jennifer DeGruccio, Parkinson's Foundation 35. Lili Portmann, Center for Independent Living of South Florida 36. Christelle Cesare, The Women's Hospital at Jackson Memorial 37. Virginia Munoz, Florida Department of Health in Miami-Dade County 38. Stacey Silver, Mom's Meals 39. Gwendolyn Grace Sutton, University of Miami Miller School of Medicine: Healthier Together	
Welcome and Introductions	The Health Promotion and Disease Prevention Committee of the Consortium for a Healthier Miami-Dade meeting was brought to order at 2:06 p.m. by Zadymon Moore.	
Approval of Minutes	There was a motion to approve the August 2026 Health Promotion and Disease Prevention meeting minutes by Michael Mut, and the motion was seconded by Simone Cheong.	
Executive Board Update	The Executive Board Updates were provided by Robert Hill and Zadymon Moore • The September Executive Board meeting was held in-person on September 14, 2026. • The Board had a presentation by the Jackson Health System Healthier Together (HT) Program presented by Cayla Monae and Maria Allyson Kaufman. HT is a free, group-based, medical student-run educational program that was founded in 2020 that aims to spread evidence-based education about nutrition and exercise to patients across Florida to foster healthy lifestyle changes and mitigate obesity-related health issues among adults. • The Board continues the conversation on optimal health and addressing the drivers of health. • The Board continued to discuss potential impacts of the important legislative updates and proposed solutions. • The Board discussed the upcoming 2027-2029 committee election cycle. Nominations for Chair and Co-Chair will commence on October 1, 2026 and conclude on October 30, 2026. The Board will announce when elections will be held once the information is finalized. • Updates to the Consortium website are still currently on hold due to the transition of the webmaster from the agency.	
Member Spotlight	This month's Member Spotlight was presented on HCA Aventura by Benjamin Eliansky, a trauma educator primarily educating nurses and physicians inside the facility on procedures and medications used in the trauma room as well as educating the community for free. The designated trauma center tracks and provides monthly documentation on mechanisms of injury to figure out what kind of information to provide to the community. Hands-on training for nurses and emergency department staff includes pediatric trauma response and recognition of critical illness and patients who have been through trauma. For research, they are investigating an active study for fall prevention in their remaining elderly population. One program they push throughout the multi-county area is Stop The Bleed, a hands-on bleeding prevention program. HCA Aventura aims to work with other facilities and systems with the same goal in	

	preventing trauma. For more information, please reach out to Benjamin Eliansky at benjamin.eliansky@hcahealthcare.com.	

Previous Action Items	Robert Hill continued to lead the discussion from the last meeting with the committee on the following Work Plan committee activities:
	• By September 30, 2030, the committee will work to identify areas for training opportunities open to the community.
	  ○ Robert Hill reminded the committee about our upcoming November meeting, which will include a highly engaging training opportunity on Tuesday, November 17, 2026 from 2 to 4 p.m. at Beacon Suite 212 Large Conference Room. We will have our regular committee meeting followed by CPR training from Robert Hill from the American Heart Association.
	• By September 30, 2030, the committee will work to support/promote a communications toolkit.
	  ○ Robert Hill shared that Arely Lozano Cantu from Urban Health Partnerships will be coming in to talk about the Food Finder during a committee meeting.	

Recognition of Improved Performance	The HPDP Committee continues to be one of the committees with the highest number of members in attendance. Last meeting, we had 42 members in attendance.	

Performance Measures in Need of Improvement (Work Plan Review)	Robert Hill led the discussion with the committee on the following Work Plan committee activities:
	• By September 30, 2030, the committee will work to support the work of the Healthy Baby Taskforce (HBT) and Children's Issues (CI) committee.
	• By September 30, 2030, the committee will host and/or promote educational trainings related to maternal child health.
	  ○ Robert Hill talked about collaborating with HBT and CI committee as well as other organizations or programs such as Alliance for Infant and Maternal Health, United Way Miami, and Healthy Start Coalition to provide education related to maternal child health on topics such as safe sleep or infant CPR training from the American Heart Association as the organization has allocated funding and resources for putting together content packages related to teaching infant CPR in multiple languages including Haitian Creole for the community.
	  ○ Cristina Brito shared that Natalia Rodriguez's organization CREATE Kids Inc takes a holistic approach to mental health for children through an evidence-based initiative, which may be a good opportunity for the committee to collaborate.
	  ○ Natalia Rodriguez shared that CREATE Kids Inc is developing an initiative around the cyclic sigh, the most effective breathing technique proven by Stanford University. The organization is planning to provide this education to elementary schools in a program focused on both supporting educators and teaching children the preventative skill. Overall,	

	the organization aims to form as much support around reducing stress as possible through training programs	
New Business	• Robert Hill shared with the committee that Consortium HPDP elections for chair and co-chair nominations are upcoming and will be sent out to Consortium members in October. • Robert Hill shared an update on The Food and Nutrition For All Initiative. Currently, there are at least 70 organizations supporting the initiative. There will be larger grants coming out for organizations that want to support the goals and committee structure of FNFA, which will be announced soon. The collaborative FNFA process is looking to fund those that want to build with other organizations. To be a part of FNFA or for more information on the collaboration, please visit the website at https://foodandnutritionforall.org/.	
Partner Updates	• Dayamyra Perez Fernandez shared about the Florida Department of Health in Miami-Dade County's *Journey to Wellness Rx* Prescription pads, a non-pharmaceutical prescription that encourages physical activity and healthy living to help with weight and chronic disease management. For more information about *Journey to Wellness Rx*, please visit the Consortium website at www.healthymiamidade.org/journey-to-wellness-rx or reach out to Dayamyra at Dayamyra.Perezfernandez@flhealth.gov. To order the prescription pads, please fill out the request form at www.healthymiamidade.org/forms/journey-to-wellness-rx-green-prescription-request-form. • Lili Portmann shared that the Center for Independent Living of South Florida empowers people with disabilities to live independently and provide advocacy information and referral support, serving people with disabilities of all ages. They also provide free disability sensitivity training and interpretive services for those who are deaf and hard of hearing. For more information, please reach out to Lili at lili@cilsf.org. • Michelle Espinosa shared that the National Head Start Association is hosting "parent office hours" this week to answer families' questions about the implication of the proposed new rules. More information can be found on the official NHSA website. • Gwendolyn Grace Sutton shared that Healthier Together, a group of University of Miami medical students, will be teaching the community about nutrition for free, either six weeks on Zoom or a one-time session. If anyone is interested, please reach out to Gwendolyn at ggs48@miami.edu. • Eunice Mesumbe shared that if anyone is interested in being a part of the Healthy Baby Taskforce under the Consortium's Children Issues Committee, please reach out to the liaison at eunice.mesumbe@flhealth.gov.	
Adjournment	The meeting was adjourned at 3:05 p.m. The next Health Promotion and Disease Prevention committee meeting will be held virtually via Microsoft Teams on **Tuesday, October 20, 2026, from 2:00 p.m. to 3:00 p.m.**	