**CONSORTIUM FOR A HEALTHIER MIAMI-DADE**
Health Promotion and Disease Prevention Committee Meeting
Tuesday, July 19, 2016
2:00 PM – 4:00 PM

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<th>TOPIC</th>
<th>DISCUSSION</th>
<th>ACTION NEEDED</th>
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| Membership Total (14) | **Chair:** Leyanee Perez, American Healthy Weight Alliance  
Cristina Brito, United Way  
Natouchka Murray, Florida Department of Health in Miami–Dade County  
Lisseth Guerra, Florida Department of Health in Miami-Dade County  
Valerie Turner, Florida Department of Health in Miami-Dade County  
Andrea Sparano, Health Council of South Florida  
Yasmin Dias Guichot, Health Foundation of South Florida  
Lilia Bandrich, Jackson Medical Group  
Angelica Urbina, Florida Department of Health  
Nercy Radcliffe, Providence Healthcare Services  
Teleconference:  
Lucette Talamas, Baptist Health South Florida  
Karina Villalba, American Healthy Weight Alliance Member  
Marily Prol, Local Community  
Rachel Earle, Nova Southeastern University | |
| Welcome and Introductions | The Consortium for a Healthier Miami-Dade Health Promotion and Disease Prevention Committee meeting was brought to order by Leyanee Perez at 2:06 pm. All members were welcomed and introduced themselves. | |
| Approval of Minutes | There was a motion to approve the June 2016 Health Promotion and Disease Prevention minutes by Angelica Urbina; the motion was seconded by Cristina Brito. | |
| Executive Board Updates | Leyanee Perez (American Healthy Weight Alliance) mentioned that during the Executive Board meeting much of the conversation revolved around Collective Impact and their efforts to engage the community.  
- CDC Site Visit: Went to the following restaurants - Sergio’s (fully implemented), Macondo Coffee Roasters (second intervention), La Fresa Francesa (sensory evaluation)  
  - They also went to another restaurant which they selected and did not notified, Siam Rice Thai & Sushi, visit went well.  

Leyanee mentioned that she would like to add on to the Healthy Happens Here Restaurant initiative where the committee can take part in a – “Secret Shopper” where members of the committee visit and check on the restaurants that participated and were fully implemented in the Healthy Happens Here Restaurant Initiative. This will help maintain the sustainability of the restaurants that have been fully implemented.  

Valerie Turner (Florida Department of Health in Miami-Dade County) provided the following updates for the Executive Board meeting:  
- Executive Board members discussed ways in which all of the consortium committees could be engaged in order to have a collective impact on the community.  
- The Community Health Improvement Plan (CHIP) – is a plan that is utilized as a community to target interventions at the community level. The CHIP Annual Summit will be held on October 7, 2016.  
- At the executive level there will be a retreat in the month of August in order to determine how the committees can play a part in the CHIP process.  
- Due to various Chairs and Co-Chairs resignations, members of the executive board are revising by-laws and nomination packages. Nominations for these positions are scheduled to take place in November.  

Leyanee mentioned that she would like the following presentations to be scheduled for the upcoming HPDP committee meetings:  
- Community Health Improvement Plan (CHIP) |
| Workgroup/ PICH Updates | **Healthy Happens Here Restaurant:**  
Update provided by Leyanee Perez (American Healthy Weight Alliance):  
- Goal of 75 restaurants has been met (went beyond 75 but some dropped out) – there are still a few that are non-respondent  
- Restaurants that dropped out:  
  - Brisa De España  
  - Los Ranchos Steakhouse  
  - Shiver’s BBQ  
- Restaurants enrolled in July  
  - El Floridita Fish Restaurant (2 locations)  
  - Aromas del Peru (enrolled in early July and are now ready to be implemented)  
  - Rancho Luna  
  - Café Melao  
  - Doña Paulina  
  - Aromas a la Brasa  
- China Express and Fresh Juice King were fully implemented in June  
- Café Tropical was fully implemented in July  
- The following restaurants are ready to be implemented in the month of July:  
  - La Fresa Francesa  
  - Mi Pueblo  
  - El Rinconcito Latino  
  - Aromas del Peru |
Shorty’s BBQ will be enrolled in the Healthy Happens Here Restaurant Initiative
- Bamboo Café at West Kendall Baptist – Due to their own healthy meals (over 500 calories) it has been agreed that the Healthy Happens Here meals will only take place on Mondays

Valerie Turner (Florida Department of Health in Miami-Dade) announced that all Healthy Happens Here Restaurants that have been fully implemented can be found on the healthymiamidade.org website

Eatright.org – Website provided by Leyanee to get informed on all the different topics and trends in nutrition

**NEMS Report:**
Karina Villalba (American Healthy Weight Alliance) provided the following updates:
- For the month of June, 57 restaurants completed the NEMS Survey, 1 restaurant completed a 6 month follow up, 9 restaurants are waiting to complete a 6 month follow up
- Healthy (19%) vs. Unhealthy (23%) display options
- Low carb promotion was identified in 13 restaurants
- Regular (49%) vs. Baked (19% offered baked and regular) chips
- White (64%) vs. Whole Wheat (45% offered both white and whole wheat) bread
- 100% juice was offered in 58% of restaurants
- 39% offered fruits without added sugar
- 32% offered either low fat or fat free dressing
- 79% offered non-fried vegetables
- 45 restaurants offered at least one healthy entrée and 55 restaurants offered at least one healthy salad (based on dieticians observations)

- **Facilitators/Barriers:**
  - Reduced portion size and healthy eating promotion were identified in less than 20% of restaurants
  - Discourage of special requests and/or a charge for a shared entre was observed
in 13% of the restaurants
- All you can eat was not offered in any of the participating restaurants
- Large portion was observed in less than 20% of restaurants
- Price was not a barrier
- Kids menu – 56% offered a kids menu and out of those only 34% provided healthy options

Health and Wellness Center (Liberty City Clinic):
Natouchka Murray (Florida Department of Health in Miami-Dade) provided the following update on the Health and Wellness Clinic in Liberty City:
- In the month of June: 15 clients and 15 Green Rx were given out
- In July there was one client that return for their 3 month follow up – reported lower cholesterol and blood pressure numbers

Valerie Turner (Florida Department of Health in Miami-Dade) mentioned that currently the Florida Department of Health is trying to find ways to promote the Health and Wellness Center to local community members. (It is a free resource available)

Health Council of South Florida
Andrea Sparano (Health Council of South Florida) provided the following update:
- The PICH team will be meeting to undergo an evaluation plan on certain restaurants that have been enrolled by Leyanee. Will be reviewing certain factors such as geographical location, zip code and ethnicity
- The PICH page has been updated on the Miami Matters website (www.miamidadematters.org)
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<th>Work Plan Review/Discussion</th>
<th>Committee members provided individual updates:</th>
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<td>Valerie Turner (Florida Department of Health in Miami-Dade) introduced the Work Plan:</td>
<td>- Baptist Health South Miami Hospital Annual Health Fair will be taking place on October 23rd</td>
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<td>- Every committee is responsible for creating a work plan. The work plan is based on the Consortium’s strategic plan, the community improvement plan (CHIP) and the state improvement plan (SHIP). The plan should be reviewed quarterly. Committee members should review and see if the current initiatives are still of interest or whether changes need to be made. Additionally, members can include any other ideas or initiatives that align with HPDP and not just PICH.</td>
<td>- An RFP will open on Friday July 22, “Heal Sites” – healthy eating, active living, targeting Pre-K – 8th grade (For more information contact Cristina Brito, United Way)</td>
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<td>Leyanee Perez (American Healthy Weight Alliance) suggested that under the activity “Identify other community initiatives that can leverage HPDP efforts” there needs to be the following:</td>
<td>- South Florida Hispanic Chamber of Commerce – Viva Miami Fair Expo Event (September)</td>
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<td>- Healthy Living City of Miami Gardens</td>
<td>- Kid Care Coalition - Back to School event on July 30th</td>
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<td>- Healthy Living Little Havana</td>
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|---|
| **Old Business**  
Consortium Newsletter Submissions  
- If anyone is interested in submitting any information for the newsletter, please email Lisseth.Guerra@flhealth.gov  
  o Due by the 3rd week of every month, 150-200 words (please include a title, and if available pictures) |
| **New Business**  
Link to Emeril’s Restaurant Site Visit to Sergio’s - La Flaca Menu:  
| **Adjournment**  
The next meeting will be held on **Tuesday, August 16, 2016 at Beacon Center, 8323 NW 12st, Suite 212 Conference Room Miami, FL 33126**. The meeting was adjourned at 3:47 PM. |