# Health Promotion and Disease Prevention

**Tuesday, March 15, 2016**

## TOPIC | DISCUSSION | ACTION NEEDED
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Members Present | 1. Leyanee Perez (LP) - American Healthy Weight Alliance (AHWA)  
2. Cristina Brito (CB) - United Way  
3. Melissa Maytin (MM) - Florida Department of Health in Miami-Dade County (FDOH-MD)  
4. Orlando Rivero (OR) - Scribe Solutions  
5. Andrea Sparano (AS) - Health Council of South Florida  
6. Natouchka Murray (NM) - (FDOH)  
7. Lawren Boykin (LB) - The Miami Times  
8. Angelica Urbina (AU) - FDOH-MD  
9. Maria Bourabishuli (MB) - University of Miami  
10. Thao Tran (Dr. Tran) - Consultant  

Via conference call:  
11. Melvin Taylor (MT) - American Heart Association  
12. Monica Dawkins (MD) - University of Florida  
13. Karina Villalba (KV) - AHWA  
14. Katiana Diaz (JD) - YWCA

Welcome and Introductions | The Consortium for a Healthier Miami-Dade Health Promotion and Disease Prevention Committee meeting was brought to order at 2:00pm by LP.  
- All members introduced themselves.

Review and Approval of Minutes | The minutes from the February’s Health Promotion and Disease Prevention Committee meeting were reviewed.  
- A motion to approve the minutes was initiated by OR and seconded by AU.

Executive Board Updates | LP - provided February’s Executive Board meeting updates:  
- The Florida Department of Health in Miami-Dade County recognized Sergio’s Restaurant for their outstanding support and leadership in the Healthy Happens Here restaurant initiative.  
- The Annual Consortium Event is scheduled to take place on Friday, April 15, 2016. This year each
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<th>Workgroup / PICH Updates</th>
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<td><strong>LP</strong> - provided the restaurant initiative:</td>
<td><strong>Evaluation cards will be given to KD for review.</strong></td>
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<td>o Pinecrest Bakery - has 9 locations that are enrolled, they are still in the process phases.</td>
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<td>o Los Ranchos Steak House - has 4 locations are enrolled. Their recipes have been created and delivered.</td>
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<td>o Siam Rice Thai &amp; Sushi are in the process and have been enrolled. With the assistance of LP and her staff, healthier versions of sushi rolls and rice bowls are being created.</td>
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<td>o Asador 5 Jotas - are in the process and have been enrolled. With the assistance of LP and her staff, healthier versions of tapas, garbanzo soup, and a meal are being created.</td>
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<td>o Jamonikos - is a fast food Spanish food restaurant that has enrolled and with the assistance of LP and her staff, healthier versions of sandwiches are being created.</td>
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<td>o T&amp;W Subs &amp; BBQ - have been enrolled.</td>
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<td>o Total of 38 restaurants enrolled but many of them are not fully implemented and are in the various process stages.</td>
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<td>o English and Spanish evaluation cards have been completed, the Haitian Creole language cards are still being reviewed.</td>
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<td>o Green Apple Juice Lounge and Jam Rock Cuisine’s Healthy Happens Here menus were passed around for committee members to view.</td>
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<td><strong>KV</strong> - provided the NEMS Reviewer Report:</td>
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<td>o 22 restaurants were assessed.</td>
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<td>o Evaluations will be based on four factors:</td>
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<td>➢ The number of meals ordered at participating restaurants.</td>
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committees will have an opportunity to discuss each of their initiatives through table session segments.
HEALTH PROMOTION AND DISEASE PREVENTION  
Tuesday, March 15, 2016

- The number of healthy meals ordered at participating restaurants.
- The NEMS assessment at baseline at 6 and 12 months.
- Evaluations of the healthy meals by consumers through the evaluation cards.
  - 11 restaurants are fully implemented.
  - 30% of healthy promotions were displayed in menus out of the 22 restaurants that were assessed.
  - 30% of the restaurants also show unhealthy menu options.
  - 50% of the restaurants offer fat free milk as an option.
  - 80% of the restaurants only offer white bread and 30% offer whole wheat bread as an additional option.
  - 75% offered non-fried vegetables
  - 40% offer healthy entrees and salads, however menu items that were assessed did not match the current guidelines of the healthy Happens Here program.
  - Barriers included 19% of the restaurants encouraged healthy eating. 60% of the restaurants offered reduced portions but the price was not changed.

- Dr. Tran- provided the Healthy Hub updates on behalf of GP:
  - 270 clients visited in the month of February. Out of the 270 clients 15% were returning clients coming back for their 3 month follow up appointments. Average age was 51 years old, gender was 60% female, 40% male, 89% of the clients are insured, 86% have primary care and have visited their doctor within the past 12 months, 11% referrals were given out for primary care to follow up, 79% have high cholesterol, 25% have high blood pressure, 12 have high blood sugar, and 40% received the Green Rx.

- NM- provided Health & Wellness Center in Liberty City updates:
  - 31 clients were seen, 31 Journey to Wellness RX were
given out, and 4 referral were given out. The wellness center will now be open Monday through Thursday in hopes of screening more clients.

- Dr. Tran- provided the Green Rx updates:
  - The Green Rx is being modified so that there is more uniformity with DOH and West Kendall's Green Rx's.

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<th>Partner Updates and Upcoming Events</th>
<th>LP- Annual Consortium Event scheduled to take place on Friday, April 15, 2016.</th>
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<th>Closing/Adjourn</th>
<th>The meeting was adjourned 4:00p.m. Next meeting will be Tuesday, April 19, 2016</th>
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