



HEALTH PROMOTION AND DISEASE PREVENTION
 Tuesday October 20, 2015



| TOPIC | DISCUSSION | ACTION NEEDED |
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| Members Present | 1. Katiana Diaz (KD) - YWCA 2. Leyanee Perez (LP) - AHWA 3. KuanJan Ding (KJD) - Florida Department of Health in Miami-Dade 4. Samantha Sater (SS) - Health Council of South Florida 5. Grisel Palacios (GP) - West Kendall Healthy Baptist 6. Catherine Hibbit (CH) - WIC 7. Alexis Koskan (AK) - University of Miami 8. Orlando J. Rivero (OR) - Scribe Solutions 9. Arlene Nunez (AN) - Jackson Health Systems Via conference call: 10. Karina Villalba (KV) 11. Monica Dawkins (MD) | |
| Welcome and Introductions | - The monthly meeting of the Consortium for a Healthier Miami-Dade Health Promotion and Disease Prevention Committee was brought to order at 2:01 PM by LP. - All members introduced themselves. | |
| Review and Approval of Minutes | - The minutes from the September Health Promotion and Disease Prevention Committee meeting were reviewed. A motion to approve the minutes was initiated by AN and seconded by SS. | |
| Executive Board Updates | - LP provided the September Executive Board meeting update: Commissioner Danielle Levine Cava was present at the meeting. It was an opportunity to provide updates of Consortium's work. A restaurant as part of the Healthy Restaurant initiative provided catering of healthy breakfast items. - SS: At the meeting, there was an exchange of ideas for networking and how to expand reach as part of Partnership to Improve Community Health (PICH). Jackson Hospital was mentioned to be part of PICH initiative for healthy worksite | |

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| | <p>options. For example, healthy vending machines, healthy meeting options; as ways to reach employees. Target for grant is to reach at least 75% of Miami – Dade County residents. Suggestion from Dr. Rivera is to award Healthy Restaurants with plaque of recognition.</p> | |
| <p>Discussion/Strategic Planning</p> | <ul style="list-style-type: none"> -LP updated members on Healthy Restaurant initiative: <ul style="list-style-type: none"> o Encourage people to lose weight and have healthy options. o Need at least 75 restaurants in the next year. o A pledge assistant has been hired to contact restaurants and invite them to participate. o Currently 3 dieticians on board with additional 2 dieticians to be hired. o Want to make healthy menu items savory o Trying to work with ethnic restaurants and modifying ingredients to make healthier o Break taboo that healthy is tasteless -AK: University of Miami will have a Service Learning course next Spring, and would like for students to participate in Committee’s initiatives as part of learning. -KV: enlisting students as interns to help with PICH initiative. The students can get hands on experience on how public health works, how evaluation process works, including being part of a grant. -LP updated members on the Health Promotion brainstorming workshop at CBS4 on October 7th. Discussion among committee members of how to promote healthy restaurants initiative: -SS: Suggestion at workshop is to make healthy eating and lifestyle like tobacco advertising. -LP: Need to have commercials that are drastic and impactful. -KD: Successful stories might be helpful -LP: Advertising and media campaign – marketing is an important component for promoting healthy eating. Suggestion to have a “Miami Spice” month for healthy restaurant initiative. Also, list | |

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| | <p>participating healthy restaurants on Consortium website.</p> <ul style="list-style-type: none"> -GP: Currently, Healthy West Kendall Baptist has app to market restaurants through the Beacon technology. App is downloaded and if within 100 feet, will get update of healthy options through smartphone. -SS: Use other avenues of advertising including forums, summits and presentations. -CH: Have used a hashtag campaign as a way to increase participation -AK: Consider getting buy-in from local pharmacies as a way to advertise Healthy restaurants by putting up flyers and brochures. -GP: Primary care physicians to promote eating healthier -KD: Set flyers in waiting rooms and ask assistance from hospitals – West Kendall Healthy Baptist, Baptist Hospital, etc. Another way of promoting Healthy Happens Here through community health fairs. -SS: Use Miami Matters information and check for navigator dates -MD: Miami Gardens have an initiative “Live Healthy Miami Gardens” – healthy, fitness and wellness programs. Check to see if an app is available to promote restaurant initiative. -GP: Will contact restaurants in West Kendall area to engage in discussion of participating as a Healthy Restaurant, including Sergio’s and Chef Adrienne’s. <p>KV provided update of NEMS evaluation:</p> <ul style="list-style-type: none"> - Database has been created - In the process of revisions <p>SS discussed the update of PICH evaluation through Health Council of South Florida – what is considered as required: healthy hub, multi-unit public housing smoke-free environments, physical activity and early childhood centers. Currently in the process of discussion with voluntary evaluations including restaurants initiative.</p> <p>LP: Evaluation cards are in the process of being designed and finalized including demographic information.</p> | |
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| | <p>Potential Food Truck vendor to join Healthy restaurant initiative.</p> <p>GP: Will provide contact of registered dietitian for Miami-Dade County Public School food truck as a possible vendor to join healthy restaurant initiative.</p> | |
| <p>Member Updates</p> | <p>KD - October is Breast Awareness month. YWCA is available for presentations and events.</p> <p>MD – October 24th is National Food Day, event will be held at Robert Ingram Elementary School.</p> <p>KJD – Senior Health Expo events on October 19, October 26, November 2, November 16, and November 30th at respective locations.</p> | |
| <p>Closing/Adjourn</p> | <p>The meeting was adjourned 4:05pm Next meeting will be Tuesday November 17, 2015</p> | |