



FLORIDA DEPARTMENT OF HEALTH

CONSORTIUM ANNUAL REPORT 2015-2016

CONSORTIUM
FOR A
HEALTHIER
MIAMI-DADE



Sponsored by the Florida Department of Health in Miami-Dade County

Prepared by the Florida
Department of Health
in Miami-Dade County



TABLE OF CONTENTS

- 
- An aerial photograph of Miami, Florida, showing a dense urban landscape with numerous high-rise buildings, lower residential structures, and green spaces. The city is situated along a coastline with a large body of water, likely Biscayne Bay, visible on the right side. Several boats are anchored in the water. The sky is blue with some light clouds. A semi-transparent dark blue box is overlaid on the upper portion of the image, containing the table of contents text.
- 04** A message from the administrator for the Florida Department of Health in Miami-Dade County
 - 05** A message from the Co-Chairs of the Executive Board for the Consortium for a Healthier Miami-Dade
 - 06** About Us
 - 07** Partnerships to Improve Community Health
 - 24** Children Issues/Oral Health Committee
 - 28** Elder Issues Committee
 - 30** Health and the Built Environment Committee
 - 34** Health Promotion and Disease Prevention Committee
 - 38** Marketing and Membership Committee
 - 40** Tobacco-Free Workgroup
 - 44** Worksite Wellness Committee
 - 48** Moving Forward with The Robert Wood Johnson Foundation (RWJF) Culture of Health Prize
 - 50** Community Health Improvement Plan
 - 52** Consortium for a Healthier Miami-Dade Executive Board



A MESSAGE FROM THE ADMINISTRATOR FOR THE FLORIDA DEPARTMENT OF HEALTH IN MIAMI- DADE COUNTY

DR. LILLIAN RIVERA

Dear Colleagues,

Miami-Dade County is a cultural melting pot surrounded by beaches and natural preserves that is nothing short of welcoming. As the world continues to fast-forward with technological advances, there is still much work that needs to be done in order to provide an outstanding culture of health and built environment for our future generations. For the last thirteen years the Consortium for a Healthier Miami-Dade has excelled in reaching out to the areas in need within our county through innovative and exemplary partnerships and passionate individuals who will not stop until the goal of improving the overall health of the community has been achieved.

With time the Consortium for a Healthier Miami-Dade continues to progress and collaborate with over 900 members from various areas of expertise. Walking around Miami-Dade County one can see and interact with residents, experience the increased access to healthier options and learn about resources that are available towards building a healthier lifestyle, all of which impact the health of an entire generation. This is why I want to say “Thank You” to each member for the work you have done and the integral role that you have played in advancing the work of the Consortium.

Join me in celebrating, highlighting and recognizing the remarkable achievement that we all have done throughout the past year in this year’s 2015 -2016 annual report. Let’s join together and celebrate the remarkable milestone of receiving the Culture of Health Prize awarded by the Robert Wood Johnson Foundation, which is evidence of all the work that we put in every day towards our community. I encourage you to continue working towards a healthier Miami-Dade County, because together with passion and dedication we can achieve greater heights.

Sincerely,

Lillian Rivera RN, MSN, PhD
Administrator and Public Health Officer
Florida Department of Health in Miami-Dade County

A MESSAGE FROM THE CO-CHAIRS OF THE EXECUTIVE BOARD FOR THE CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Dear Consortium for a Healthier Miami-Dade:

The Executive Board of the Consortium for a Healthier Miami-Dade is pleased to present this Annual Report. The Consortium has worked to set countywide priorities and guide initiatives since 2003. We continued to cultivate an environment that allows residents and visitors to lead more healthy lifestyles with improved health outcomes during the past year.

We have much to celebrate today. Commitments to convene, facilitate, partner, and champion community-supported transformative projects that improve health and social disparities have shaped the many successes of the Consortium. Our collective work in policy, systems, and environmental change resulted in the Consortium being awarded the prestigious Robert Wood Johnson's Culture of Health Prize. The projects showcased in the award reflect a small segment of the collective accomplishments of the stakeholders serving Miami-Dade County and the Consortium. Our successes depend on volunteer members developing partnerships to understand community needs, develop effective programs, and implement change.

The Consortium's current initiatives are improving outcomes for healthy behaviors and activities. The "Healthy Happens Here" tag line and website, identifies areas in the County where there is smoke free housing; inexpensive to moderately-priced restaurant menu items with dietician-certified healthy offerings; farmers markets, healthy hubs for wellness screenings and education; child care settings with daily practices and curriculum to prevent childhood obesity; and safe parks and open spaces. We continue to develop guidelines in order to provide safe and active living spaces for all ages, ethnicities, and incomes and ensure that health is no longer location specific but can be enjoyed in every zip code.

We appreciate your contributions, commitment, and support. We are proud of our accomplishments, and are excited about the future. Please join us in the next chapter of our journey, as we continue to build a Culture of Health throughout Miami-Dade County.

Thank You

Alina Soto

Department of Children and Families
Co-Chair, Executive Board
Chair, Children Issues Committee

Karen D. Hamilton

South Florida Regional Planning Council
Co-Chair, Executive Board
Chair, Health and the Built Environment Committee



About Us

In the area of public health, one agency alone cannot do the enormous task of influencing the entire population; however, through collaboration the Consortium's vision of a healthy environment, healthy lifestyles and a healthy community for all Miami-Dade County residents and visitors will be fulfilled.

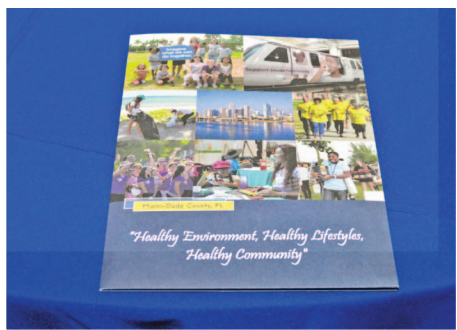


The Consortium for a Healthier Miami-Dade was established in 2003 by the Florida Department of Health in Miami-Dade County to address the increasing rate of chronic disease in the community. The goals of the Consortium are to:

- Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals.
- Increase the percentage of adults and children who are at a healthy weight.
- Build and revitalize communities so people can live healthy lives.
- Increase access to resources that promote healthy behaviors.

The Consortium is guided by the goals and objectives established in Healthy People 2020. It is comprised of over 900 members, all united by the common belief that through collaboration and prevention-focused initiatives, Miami-Dade County residents can live longer, healthier and happier.

Membership is free and open to all individuals who support the vision, mission and goals of the Consortium. To become a member and learn more visit our website healthymiamidade.org.



Vision

Healthy Environment, Healthy Lifestyles, Healthy Community

Mission

To be a major catalyst for healthy living in Miami-Dade through the support and strengthening of policy, systems, and environments.

Partnerships to Improve Community Health

During the 2015-2016 year, work on the Partnerships to Improve Community Health grant continued. Awarded in September 2014, this grant from the Centers for Disease Control and Prevention (CDC) has funded community based initiatives for two years with a third and final year planned for 2016-2017. The grant focuses on four key areas, which are all thought to have an impact on chronic disease including the implementation of smoke free environments, increasing access to improved nutrition and physical activity, and access to care through clinical linkages.

The Consortium for a Healthier Miami-Dade and its seven committees have been the conduit to accomplishing work in each of the above mentioned key areas. Each committee is tasked with initiatives that require collaboration, time, and dedication on behalf of members and organizations. According to the Florida Department of Health, Bureau of Vital Statistics the top three causes of death in Miami-Dade County for 2015 were heart disease, cancer, and stroke-which accounts for 55.8% of deaths. With numbers as high as research shows, the work occurring with the Partnerships to Improve Community Health grant and the Consortium for a Healthier Miami-Dade is even more vital.

Specific initiatives include the following:

- **Key Service Area 1:
Tobacco Free Environments**
 - Smoke free multi-unit housing including senior residential properties
- **Key Service Area 2:
Increased access to improved nutrition**
 - Healthy Happens Here restaurant initiative
 - Worksite Wellness to encourage a healthy working environment
 - Childcare Centers implementing healthier options
 - Corner stores offering access to fresh fruits and vegetables
- **Key Service Area 3:
Increased access to physical activity**
 - Active Design Miami Guidelines
 - Complete Streets initiatives
 - Park 305 mobile web application
 - Childcare Centers implementing active learning
 - Worksite Wellness to encourage a more physical working environment
- **Key Service Area 4:
Clinical Linkages and Access to Care**
 - Journey to Wellness Rx Green Prescription Program
 - Healthy Hub Locations

Evaluation Partnerships to Improve Community Health Reports

The Health Council of South Florida (HCSF), in partnership with the Department of Health in Miami-Dade County (DOH-MDC), provides comprehensive monitoring and evaluation of interventions implemented under the Partnerships to Improve Community Health (PICH) grant, for the tracking of processes and outcomes measures. Evaluation efforts are conducted on interventions deemed to be innovative, actual use and voluntary components of the project.

Evaluation is a necessary tool that offers guidance for how interventions should be implemented based on data collection. By understanding the data, stakeholders will get a glimpse of the effectiveness of interventions. Evaluations for the PICH project occurred in four key areas including restaurants, healthy hubs, physical activity in childcare centers, and smoke and tobacco free housing.



Evaluation

Smoke/Tobacco-free Protection Strategies



Smoke/Tobacco-free Protection Strategies

Introduction

Miami-Dade County Public Housing is the largest in the state of Florida and provides housing to a majority of low-income and disadvantaged individuals, e.g. extremely low income, elderly or disabled residents (Miami-Dade County 2014). A Miami-Dade County Community Needs Assessment Household Survey conducted in 2013, reported that 11.4% of adults in households have smoked cigarettes in the home at least four times a week in the past month and 6.8% of adults exposed to second-hand smoke are non-smokers. In an effort to improve the quality of life for all residents, Miami-Dade County under the PICH grant, implemented strategies to designate multi-unit public housing complexes as smoke and tobacco-free zones. The following illustrates the outreach activities and level of effort associated with this intervention:

- **Identify and survey participating multi-unit public housing complexes in Miami-Dade County**
 - Conduct baseline survey assessments
 - Refer and provide information to residents on smoking cessation programs
- **Collaborate with Property Managers to implement voluntary “house rules” which establishes a smoke/tobacco-free zone in all apartment units with designated smoke areas on/or near property**
 - Conduct 6-month follow-up assessments at sites that implement “house rules”
- **Engage and educate County Commissioners and Decision Makers on the benefits of establishing county-wide smoke/tobacco-free protection strategies**
 - Participate in County Commission Meetings to champion effort

Evaluation Results

Since the initial baseline data collection, three (3) of the fifteen (15) multi-unit public housing complexes (Jack Orr, Joe Moretti, and Stirrup) have voluntarily implemented “house rules”. Follow-up post-assessment surveys were collected between February and June 2016 at these three multi-unit public complexes. Of note, participants who completed the baseline surveys did not necessarily complete the post-assessment surveys. Data collected from Jack Orr Plaza, Joe Moretti Apartments, and Stirrup Plaza yielded 153 total post-assessment surveys.

Overall, respondents at both baseline and post-

assessment largely endorsed anti-smoking practices and preferences. At both baseline and post-assessment, the majority of respondents reported not allowing smoking anywhere inside their home (76.7% and 78.4%, respectively). Similarly, 83.1% of the baseline sample and 90.2% of the post-assessment sample reported that they do not currently smoke or use other tobacco products. Finally, the majority of respondents at both time points (62.3% of baseline and 75.8% of post-assessment) reported feeling inconvenienced or bothered (either “a lot” or “a little”) by indoor tobacco smoke.





Conclusion

Overall, the respondents initially surveyed from all 15 participating multi-unit public housing complexes displayed a positive reaction (65.2%) in support of creating smoke/tobacco-free units, which will also help to minimize second hand smoke, an overwhelming issue in many of these complexes. Under the PICH project, residents were surveyed at baseline and again at 6-months, following the implementation of “house rules” which prohibits smoking in each living space unless in designated common areas. “House Rules” were voluntarily enacted at three of the 15 complexes, and results showed that the vast majority

(90.8%) of residents were complying with the rules when answering “No, I do not smoke or allow others to smoke in my unit” upon being surveyed. The purpose of the initiative is to implement smoke/tobacco-free protection strategies in multi-unit public housing complexes, with the goal of improving the long-term health and quality of life for Miami-Dade County residents.

Further, in November 2015 a resolution was presented to the Miami-Dade County Commissioners to enact a City Ordinance to prohibit smoking in multi-unit public housing complexes and it was passed 6-1 in favor. This enactment would be ahead of an expected law by the US Department of Housing and Urban Development (HUD) to impose a smoking ban nationwide. The PICH team worked with County Commissioners to craft the language and the proposed timeline to enact.



Tobacco-Free Public Housing



From July 2015 to August 2016, Florida Department of Health in Miami-Dade (FDOH-MD) collected 528 Multi-Unit Housing Resident Surveys from 15 public housing properties

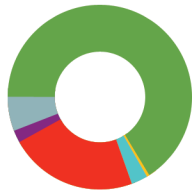


Of those 15 properties 3 completed post-assessment surveys, for a total of 153 surveys



Here's What We Found...

Racial and Ethnic Background - Baseline



■ White Hispanic (66.10%)
 ■ White Non-Hispanic (0.38%)
 ■ Black Hispanic (3.03%)
 ■ Black Non-Hispanic (22.73%)
 ■ Other (2.08%)
 ■ Did Not Report (5.68%)

Racial and Ethnic Background - Post-Assessment



■ White Hispanic (82.35%)
 ■ White Non-Hispanic (0.65%)
 ■ Black Hispanic (3.27%)
 ■ Black Non-Hispanic (2.61%)
 ■ Other (2.61%)
 ■ Did Not Report (8.50%)

Frequency of Tobacco Consumption - Baseline



■ Everyday (6.63%)
 ■ Same Days (4.55%)
 ■ Not At All (83.14%)
 ■ Not Sure (1.89%)
 ■ Did Not Report (3.79%)

Frequency of Tobacco Consumption - Post-Assessment



■ Everyday (2.61%)
 ■ Same Days (1.31%)
 ■ Not At All (90.20%)
 ■ Not Sure (2.61%)
 ■ Did Not Report (3.27%)

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Evaluation

Physical Activity in Childcare Settings



Physical Activity in Childcare Settings

Introduction

A 2012 Florida Department of Health Survey conducted found that two-thirds of the population of Miami-Dade County were either overweight or obese. Further, pediatricians recommend 90-120 minutes per day of play time for preschoolers, but studies found that children spend only 2-3% of their time in vigorous play (Keener, Goodman, Lowry, Zaro & Kettel, 2009). The intervention under PICH seeks to increase the number of childcare settings that improve access to physical activity from 60 – 90 minutes within an 8-hour day and was designed as follows:

- **Identify and offer training to childcare providers to use education in active play (Tier 1)**
 - Reach 737 childcare sites throughout Miami-Dade over the 3-years span of grant with a target of 246 sites per year
 - Conduct baseline survey assessments of all Tier 1 providers trained
- **Provide Technical Assistance (TA) following initial training to providers who voluntarily requested additional support (Tier 2)**
 - Conduct 6-months follow-up assessments for Tier 1 and Tier 2 providers trained
 - Conduct 12-months follow-up assessments for Tier 1 and Tier 2 providers trained



Evaluation Results

From September 2015 – March 2016, a total of 296 baseline surveys (Tier 1) were collected from 104 childcare centers across Miami-Dade County. The Health Environmental Rating Scale (HERS) survey (1-2) was used to determine, among other things, the amount and type of physical activity that was utilized on a regular basis. Following baseline surveys, each of these facilities received training on how to improve physical activity in the childcare center setting. A sub-sample of 36 participants from 36 separate child care centers (Tier 2) volunteered for additional training and each group (Tier 1 and Tier 2) was followed for 90 days and re-surveyed at that time.

Conclusions

The PICH project focused on children with the intent of improving access to physical activity. The initial evaluation results showed that the number of providers (Tier 1) surveyed at baseline accounted for 54.8% who engaged in 1 hour or less of vigorous outdoor activities compared to 36.2% of providers (Tier 2) surveyed after the intervention. Additionally, a byproduct of engaging providers to use education, such as math and literary skills, to engage children in

physical activity was the reduction of screen time or use as an incentive/punishment. Childcare providers who stated that they never used outdoor play or TV/screen time as a reward or to punish showed an improvement from 88.9% at baseline to 100% post assessment.

As of April 30, 2016, the CDC issued a discontinuation of this intervention and it is no longer being evaluated under the PICH project.





Physical Activity in Childcare Centers



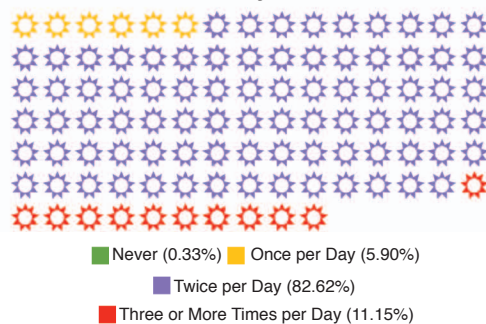
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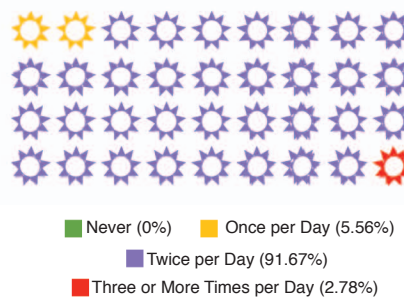
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Here's What We Found...

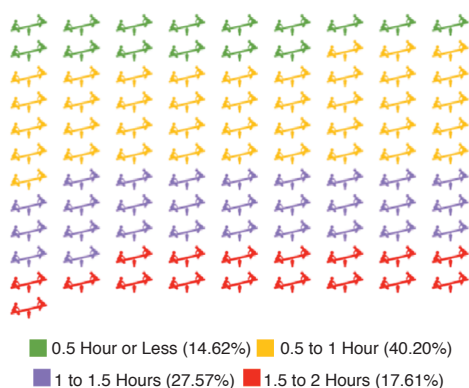
Number of Times Children are Taken Outside for Active Play per 8-Hour Day - Tier 1



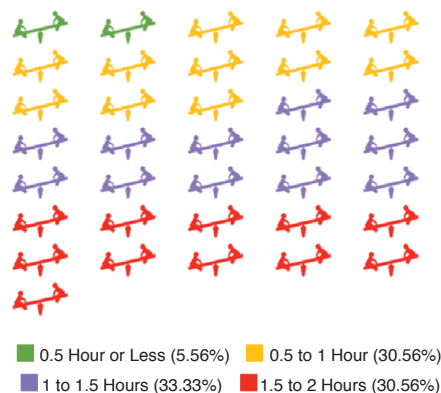
Number of Times Children are Taken Outside for Active Play per 8-Hour Day - Tier 2



Time Spent in Vigorous Outdoor Activities per 8-Hour Day - Tier 1



Time Spent in Vigorous Outdoor Activities per 8-Hour Day - Tier 2



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Evaluation

Clinical Linkages: Healthy Hubs



Clinical Linkages – Healthy Hubs

Introduction

In an effort to address the obesity issues facing the community, Miami-Dade County under the PICH project teamed up with community partners to provide linkages to care so residents can better manage their health. The result was the collaborative effort of West Kendall Baptist Hospital (WKBH) and the creation of the Healthy Hub. The Healthy Hub is an interactive health and wellness center, designed to empower residents to take a more active role in their health and wellbeing. The concept of the Healthy Hub is to be a replicable model which can be deployed to other communities within Miami-Dade County. While the first Healthy Hub to open is located in the lobby of WKBH, the Hub has since transitioned as a “pop up” site which moves to various partner sites within the West Kendall community. A second Healthy Hub site located on the campus of the Frederica Wilson and Juanita Mann Health Center in Liberty City has opened extending its reach to other residents in Miami-Dade County. This location, the Health & Wellness Center, is operated by the Department of Health Miami-Dade County (DOH-MDC). The concept for this intervention is as follows:

- **Establish infrastructure for Healthy Hub**
 - Conduct daily screenings and provide education on health status including linking individuals to care
 - Conduct baseline assessments
- **Provide “Green Prescriptions” and linkages to care**
 - Every individual who is seen are provided a “green prescription” to engage in physical activity and healthy eating
 - Conduct follow-up assessments at the 3, 6 and 12-month mark



Evaluation Results

There were 2,621 Healthy Hub participants at West Kendall Baptist Hospital from September 2015 to April 2016. Of those, 92.5% were first time visits, 35.8% were male and 64.1% female. Additionally, the average BMI was 28.4, body fat percentage 32.8%, blood pressure (systolic/diastolic) 125.9/76.9, cholesterol 202.9, and blood glucose 106.7. The assessment tool utilized at the Healthy Hub is the Life Simple 7 (LS7) which is an aggregate measurement developed by the American Heart Association (AHA) to indicate one's heart health based upon several survey questions. Participants from December 2015 to April 2016. Of those, 21.8% were male, 78.2% female, 42.3% Hispanic and 57.7% non-Hispanic. Additionally, the average BMI was 30.8, average body fat percentage was 35.0%, blood pressure (systolic/diastolic) 134/83, cholesterol 169.5, and blood glucose 96.9. An analysis was completed to compare the two Healthy Hub sites: West Kendall Baptist Hospital and Liberty City.

Healthy Hub Utilizer's t-tests were performed to determine significant differences in mean measurements of biometric characteristics across the two sites. Participants at the Liberty City site were heavier and had a higher BMI, body fat percentage, and blood pressure than those at West Kendall. Interestingly, however, participants at West Kendall had a higher cholesterol and blood glucose measurement than those at Liberty City. These differences may be due to ethnic differences between the two areas, but we are unable to determine this empirically due to a lack of race/ethnicity data from the West Kendall Baptist Hospital Healthy Hub.

Conclusions

Both Healthy Hub sites collected interesting and pertinent information. The West Kendall Baptist Hospital Healthy Hub, with follow-up data, supports the hypothesis that having knowledge of one's health measurements and basic education and linkage to services can empower individuals to take responsibility for their own health and improve important metrics for future health outcomes. Future analyses of the Liberty City site will further explore this hypothesis as follow-up data becomes available. The evaluation results provided will help support sustainability efforts to ensure this system of care model can be replicated in other area of the county thus providing Miami-Dade residents with more opportunity to better manage their health and link to care.

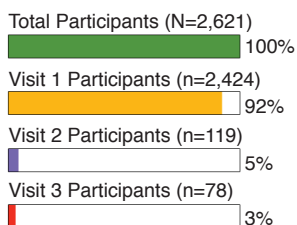


As of April 30, 2016, the CDC issued a discontinuation of this intervention and it is no longer being evaluated. Both WKBH and the DOH-MDC have remained committed to providing this important service to the community and have elected to continue offering this needed service to residents. Both Healthy Hub sites remain fully operational and are fully funded respectively by WKBH and the DOH-MDC.

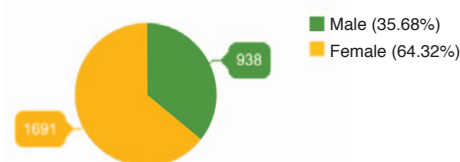
Healthy Hubs



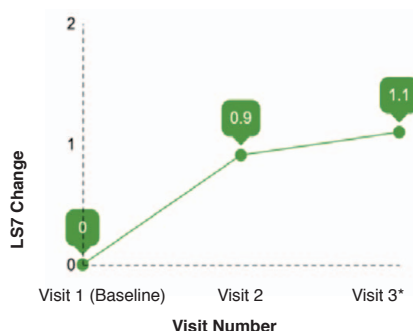
By the Numbers: West Kendall Baptist Hospital (WKBH), September 2015 to April 2016



Gender of Participants

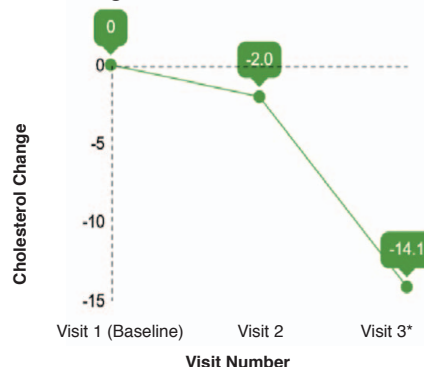


Change in LS7 Score Across Visits



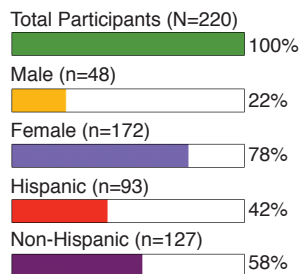
Life Simple 7 (LS7) is an aggregate measurement developed by the American Heart Association (AHA) to indicate one's heart health based upon several survey questions. There were significant increases in LS7 scores from Visit 1 to Visit 2 (+0.9), and from Visit 1 to Visit 3 (+1.1).

Change in Cholesterol Across Visits

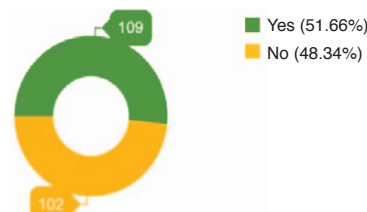


There was a significant decrease in cholesterol levels from Visit 1 to Visit 3 (-14.1), but the decrease in cholesterol from Visit 1 to Visit 2 was no significant (-2.0).

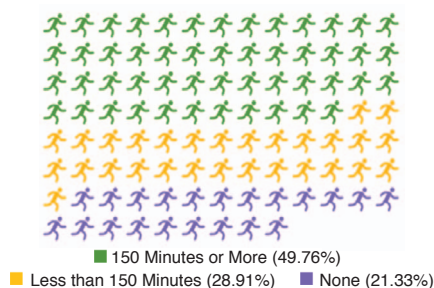
By the Numbers: Liberty City Healthy Hub, December 2015 to April 2016



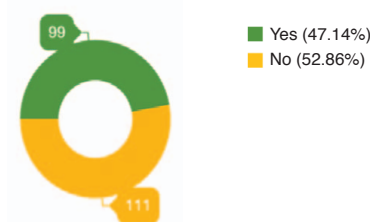
Do You Consume Less than 36 Oz. (450 Calories) of Beverages with Added Sugar Weekly?



How Much Physical Activity Do You Get in a Week?



Do You Consume Less than 1,500 mg of Sodium Weekly?



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Evaluation

Healthy Happens Here Restaurant Initiative



Healthy Happens Here Restaurant Initiative

Introduction

The Healthy Happens Here Restaurant Initiative is a program of the PICH project with the goal of increasing the number of non-chain restaurants (defined as fewer than 20 locations) in Miami-Dade County that offer healthy meal options as part of their regular menu thus increasing access to environments with healthy meals and beverage options. While this is a county-wide initiative, emphasis was placed on targeting restaurants in high need areas. Selection of restaurants were predicated on three variables (1) Socio-Needs Index (SNI) – communities with high SNI rating is usually correlated with poor health outcomes. A ranking from 1 (lowest needs) to 5 (highest needs) enables the focus to be on communities with a SNI of 4 and 5, which is usually closely aligned with chronic diseases such as congestive heart failure and diabetes (2) ethnicity of food types reflective of the community and (3) geographic location within the county. The components of the initiative are:

- **Initial Consultation**
 - Educate restaurant owners and chefs on the benefits of the program and sign healthy pledge of participation
 - Conduct baseline assessments with NEMS-R Tool
- **Menu Modification by Dietitians**
 - Dietitians will review and modify or create 3-4 healthy meal options which will be available to customers accessing the restaurants
- **Menu Implementation**
 - Perform sensory evaluation (taste testing) of the healthy menu items prior to final implementation
 - Restaurants are provided with visible signage, menu cards and other information to inform consumers accessing the restaurants on the availability of these healthy menu options
 - Conduct 6-months NEMS-R assessment and Consumer Satisfaction Survey
 - Conduct 12-months NEMS-R assessment and Consumer Satisfaction Survey

Evaluation Results

In order to assess the facilitators and barriers to healthy eating, several components were included in the Nutrition Environment Measurement Survey – Restaurants (NEMS-R) and some of these components are summarized in Table 1 below. The following was observed at baseline for 54 of non-chain restaurants that participated in the initial phase of the initiative: 85% of participating non-chain restaurants do not provide nutritional information on the menu, compared to 15.0% that do. Additionally, close to 87.0% of restaurants that participated in this initiative do not identify healthy entrees anywhere on the menu, while 13.2% identify healthy meals on their menu. It is also important to note that 45.3% of restaurants do not offer reduced-size portions on their menu; compared to 24.5% that do, and 30.2% that offer standard-size portions on their menus. Finally, close to 81.0% do not include menu notations on their menus that encourage healthy requests; compared to 19.2% that offer this information on their menus to their customers.

When barriers to healthy eating were assessed at baseline, 83.0% of participating restaurants do not encourage large portions on their menus; while 17.0% encourage this option. Additionally, close to



87.0% do not discourage special requests or substitutions on their menus; compared to 13.2% that discourage substitutions. Finally, 93.0% of restaurants do not offer all-you-can-eat or “unlimited trips” on their menus; compared to 8.0% that offer this option.

In addition, the average number of main entrees offered on menus was 51, with some restaurants offering as many as 215 entrees; while the average number of main salads was six. Furthermore, nearly 52.0% of restaurants offer healthy menu options in the main entrée menu, and 71.2% offer main salad healthy options.



Conclusions

As of this evaluation report, 40 restaurants were selected as a sub-sample of the 75 participating restaurants who signed on during the first year of the initiative. These 40 restaurants were selected using the criteria outlined above and many are now approaching the 6-months post implementation. Data is currently being gathered for further review and analysis to determine the impact of access to healthier environments for the residents of Miami-Dade County.



Healthy Happens Here Restaurant Initiative

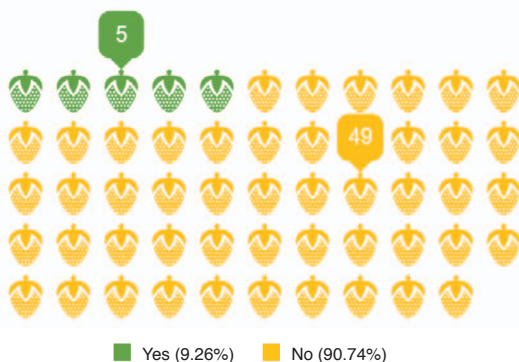


The Nutrition Environment Measures Study Restaurant (NEMS-R) assessment tool was collected from 54 Miami-Dade County non-chain restaurants in the initial phase of the Healthy Happens Here Restaurant initiative.

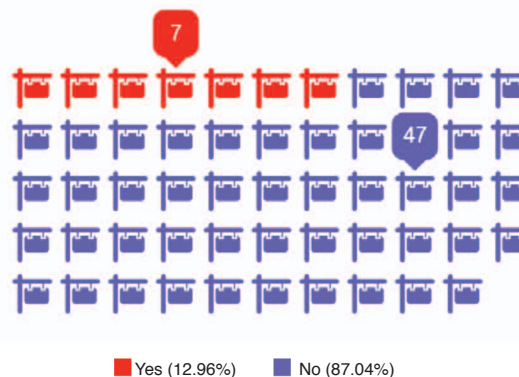


Findings from the overall sample:

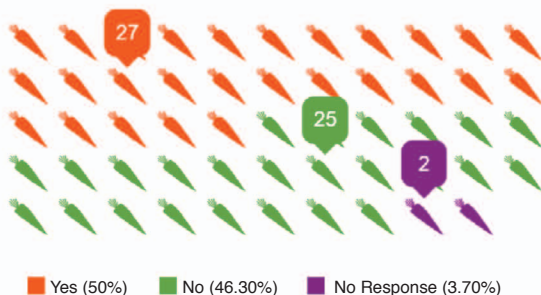
Restaurants with Nutrition Information Available



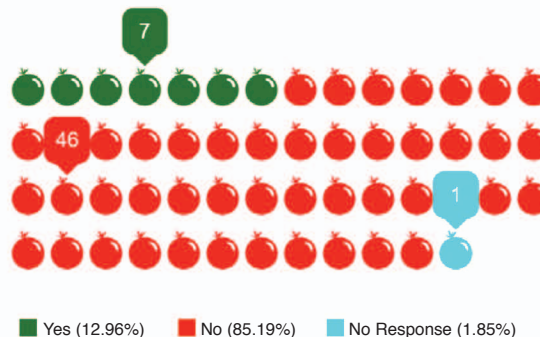
Restaurants with Signage for Healthy Menu Options



Restaurants with Healthy Main Entree Menu Options



Restaurants with Healthy Entrees Identified on Menu



Consortium for A Healthier Miami-Dade

Children Issues/ Oral Health Committee



Goals and Activities at a Glance

The Children Issues/Oral Health Committee promotes the health and wellness of children in Miami-Dade through the facilitation of policy, systems, and environmental changes that support healthy lifestyles among children. With a focus on decreasing health disparities among children and youth in Miami-Dade County, the committee has created a collaborative environment comprised of public, private and non-profit members. The committee works towards identifying new projects and initiatives they would be interested in undertaking in order to improve both the well-being and oral health of children in Miami-Dade County.



Current Initiatives

The Children Issues/Oral Health committee's current initiative revolves around working to improve Riverside Park. Through partnerships with key partners in the Little Havana area, the committee has adopted this area and are working towards improving access to healthy environments and increasing healthy lifestyles. The committee formed, the Healthy Baby Taskforce, a subcommittee to improve breastfeeding outcomes in Miami-Dade County. The Healthy Baby Taskforce will assist hospitals into becoming baby friendly and implementing evidence-based hospital maternity care practices that support and promote breastfeeding. The benefits and importance of breastfeeding can improve the health of our mothers, babies, and community as a whole.

Highlights and Accomplishments

Childhood obesity is a growing problem in Miami-Dade County.

The maintenance of nutritional standards focusing on healthy balanced snacks and meals in the childcare setting is key in mitigating the problem of obesity among developing children. Research indicates that a balanced diet in combination with daily and routine age appropriate physical activity, can reduce the risk of overweight, obesity, and chronic disease in later life. With this in mind, the Children Issues committee undertook the childcare center initiative focusing on improving nutrition and physical activity funded by the Centers for Disease Control and Prevention Partnerships to Improve Community Health grant.



Many childcare centers in Miami-Dade County received education and technical assistance offered through the Partnership to Improve Community Health grant. Of those childcare centers, seven chose to fully adopt permanent menu changes improving nutrition for more than 600 students. The success of this program is linked to nutrition awareness in all the childcare centers that were targeted. While not all adopted menu changes, they were educated on the nutritional standards and have increased awareness about the need for improved nutrition and increased physical activity. In the past year, the committee has worked to partner with key members to advance the oral health component of the committee and a new partnership was formed with the University of Florida Dental Health Clinic. The committee assisted hospitals in their journey of becoming baby friendly.

Key Partners

- The Early Learning Coalition
- United Way of Miami-Dade
- University of Florida Hialeah Dental Center
- Healthy Start Coalition of Miami-Dade
- Colgate Bright Smiles Bright Futures
- The Health Foundation of South Florida
- Florida Impact



Consortium for A Healthier Miami-Dade

Elder Issues Committee



Elder Issues Committee



Goals and Activities at a Glance

The Elder Issues Committee was founded on the goal to improve the health, independence, and quality of life for our elder population. The committee members aspire to be advocates for the most vulnerable of elders. Additionally, the team support and work for the concept of elders aging in place, contributing to the community and being happy and productive members of Miami-Dade County.

Current Initiatives

The Elder Issues Committee is in its 13th year as a committee of the Consortium for a Healthier Miami-Dade. In its history, the committee has been involved with numerous initiatives to make Miami-Dade County a more elder-friendly place to live, contribute and thrive. One of the current initiatives includes working with the Tobacco Free Workgroup to encourage smoke-free public housing for elders. This initiative is doing quite well as and through collaboration we are hope to see the passage of laws mandating that all Miami-Dade County Public Housing become smoke and tobacco free by 2017.

Another initiative that has been worked on is the Leap into Elder Mobility Event that was held on February 29, 2016. This very successful event consisted of panel discussions on how elders are affected by mobility issues, and possible solutions were offered. The key note speaker was Alice Bravo, Director of Transportation and Public Works. As a result of this great event and additional collaborations the committee was able to engage in discussions with representatives of Metrorail, Buses, STS, Golden Passport and Trolleys (Circulators) and greater insight from the elder perspective was provided.

Highlights and Accomplishments

Some of the Elder Issues Committee highlights included participating in the 50th Anniversary of Medicare at FIU on July 30, 2015, our celebration of World Heart Day September 30, 2015 with a presentation on Hands Only CPR, and hosting the committee event “A Leap into Elder Mobility” on February, 29, 2016.

Key Partners

- Alliance for Aging
- Health Council of South Florida
- Miami-Dade Parks, Recreation, and Open Spaces
- Alzheimer’s Association
- United Way
- AARP
- Reserve Florida
- Vitas
- Age Friendly Initiative



Consortium for A Healthier Miami-Dade

Health and the Built Environment Committee



Goals and Activities at a Glance

The Health and the Built Environment committee enhances the knowledge of public officials and community stakeholders regarding the impacts the built environment can have on a person's health. The goals of the committee are to increase awareness of the relationship between the built environment and the community's health and to help facilitate active transportation, active recreation, active building and access to healthy foods through policy, environment and system changes.

Current Initiatives

During the past year, the Active Design Miami (ADM) team of the Health and the Built Environment committee actively engaged in developing the Active Design Miami Guidelines (ADMG) which is a compilation of strategies that provide guidance on enhancing the built environment. The committee also engaged in educating government officials, design professionals and other community stakeholders on Active Design Miami strategies. Currently, the ADM team is collaborating with ten municipalities to facilitate both the implementation and adaption of the Active Design Miami strategies.

The Miami-Dade County Parks Recreation and Open Spaces Department and the University of Miami are integral parts of the committee and involved with creating a mobile web application that will promote physical activity among Miami-Dade County residents thorough health messaging. The mobile web application will be ready to launch in the coming year. Another venture of the HBE committee which is being spearheaded by Miami-Dade County is the development of Complete Streets Guidelines. This set of guidelines will enhance the Active Design Miami strategies and will be incorporated at the local level with hopes that it will also be adopted to some degree on multiple levels including state. The County will seek to actively work with three municipalities to incorporate the complete street guidelines into their transportation projects. The committee is also actively engaged in the Mayor's Challenge for Safer People, Safer Streets Local Action Team.

Highlights and Accomplishments

Fit City 3, was held on February 19, 2016 and explored the intersection between health and the built environment.

The FitNation Exhibit has traveled to several county locations and presents projects that exemplify architectural means, policy-driven and grassroots actions, conceptual frameworks and simple improvements which contribute to a healthier lifestyle for individuals and communities.

The Active Design Guidelines 101 was created, which is a series of videos that showcase the work related to active design guidelines.



Fit City





Active Design Miami Advisory Council

The Great Park Summit took place on April 15, 2016. The Summit highlighted innovative planning designs, current trends in the field of planning and experts from around the country, shared ideas and best practices in the fields of parks and recreation.

Key Partners

- University of Miami
- Miami Center for Architecture Design
- Miami-Dade County Parks, Recreation and Open Spaces



Great Park Summit 2016



Consortium for A Healthier Miami-Dade

Health Promotion and Disease Prevention Committee



Health Promotion and Disease Prevention Committee



Goals and Activities at a Glance

In Miami-Dade County, nearly 63.6 % of adults and 27.9% of teens are overweight or obese according to the 2013 Florida Behavioral Risk Factor Surveillance System. Overweight and obese adults are more likely to suffer from hypertension, high cholesterol, and diabetes. A Needs Assessment Survey conducted by the Florida Department of Health in Miami-Dade County reported that about 40% of Miami-Dade residents who are either overweight or obese are trying to modify their diet and increase their physical activity. This demonstrates the importance of providing frequent and easy access to healthy food choices to improve the nutrition of the people living in Miami-Dade. The Health Promotion and Disease Prevention Committee addresses chronic disease prevention through the promotion of healthy lifestyles along with the support of policy, systems, and environmental improvement.



Current Initiatives

The Health Promotion and Disease Prevention Committee's current initiatives includes Healthy Happens Here restaurants, healthy hubs and green prescription projects. The Healthy Happens Here Restaurant project's purpose is to increase access to healthy foods and beverages to Miami-Dade County residents by supporting and educating restaurant owners in developing healthy meals that meet established nutritional guidelines as part of their regular menu. The committee is working with restaurant owners to modify three to four menu items so that they meet nutritional guidelines.

Moreover, through our partnership with West Kendall Baptist Hospital, the healthy hub located in the main lobby has been a valuable asset to the community and the residents they serve. A second hub, the Health and Wellness Center, operated by the Department of Health in Miami-Dade County was opened at the Frederica Wilson and Juanita Mann Health Center in Liberty City. At both of these locations clients are able to receive one on one education and guidance related to chronic disease and steps they can take to become healthier. Both hub locations also use a green prescription, which is a non-pharmaceutical intervention to encourage physical activity and healthy eating.



Highlights and Accomplishments

The Healthy Happens Here restaurant initiative concluded its 2nd year with 77 fully implemented restaurants. The American Healthy Weight Alliance and the Consortium for a Healthier Miami-Dade Health Promotion and Disease Prevention Committee successfully created awareness of the participating restaurants and actively worked-to develop ways in which people residing close to the restaurants can become aware of the new healthier options available to them while dining out. Other accomplishments include screening and educating thousands of people on the benefits of adopting a healthier lifestyle. The committee is actively working to develop methods of tracking the use and distribution of the green prescription and determining the level of commitment from medical providers in using the tool with their patients.

Florida Department of Health in Miami-Dade County Introduces the Journey to Wellness Rx.

This non-pharmaceutical prescription is provided to recommend physical activity and encourage healthy eating to help with weight or chronic disease management.

Journey to Wellness Rx gives you access to all of Miami-Dade's community resources which promote and assist individuals with creating a healthy lifestyle. Visit HealthyMiamiDade.org to find the interactive resource map.

For additional information on increasing physical activity, maintaining a healthy weight and eating healthy, visit ChooseMyPlate.gov and CDC.gov.

Make Healthy Happen!

Maintain an optimum state of health. Wellness and prevention are the keys to living a healthier, longer life. Here are some tips to create healthy habits.

- Increase your physical activity.
- Maintain a healthy weight.
- Eat more fruits and vegetables.
- Eat 2 servings or more fish weekly.
- Eat 3.5 ounces or more of whole grains daily.
- Limit your intake of beverages with added sugar to less than 36 ounces (450 calories) weekly.
- Limit your intake of sodium to 1,500 mg or less daily.
- Don't smoke or use tobacco products.

Florida Department of Health in Miami-Dade County
Office of Community Health and Planning
West Kendall Baptist Hospital, 11100
SW 136th Ave., Suite 100, Miami, FL 33186

Florida Department of Health in Miami-Dade County
Health & Wellness Center
Fleming Building, 10000 SW 17th Ave., Suite 100, Miami, FL 33156

Key Partners

- The American Healthy Weight Alliance – Team of registered dietitians responsible for reaching out to restaurants and developing meals that met nutritional standards.
- West Kendall Baptist Hospital
- Analytic Integration Services
- Florida Department of Health in Miami-Dade County



The Chair of the Health Promotion and Disease Prevention Committee (Leyanee Perez) and the Chair of the Marketing and Membership Committee (Nelly Rubio) at Sergio's restaurant.

Sensory Evaluation Pictures



Sabores Chilenos



West Kendall Baptist Hospital-Bamboo Café



Consortium for A Healthier Miami-Dade

Marketing and Membership Committee



Marketing and Membership Committee

Goals and Activities at a Glance

The Marketing and Membership Committee raises awareness on the Consortium activities and promotes Partnerships to Improve Community Health initiatives through a comprehensive marketing strategy, including mass media campaigns, events, digital marketing, and presentations. In addition to promoting the work occurring with the PICH grant, the committee is also tasked with developing creative strategies to engage existing members and expand the reach of the Consortium through a variety of marketing avenues.

Current Initiatives

The Marketing and Membership Committee's current initiatives focus on helping to promote the Make Healthy Happen Miami initiatives as well as to encourage support through partnerships and mutual promotion of the brand. The committee, with assistance from DOH-MDC has worked to promote the brand using public transportation, radio, print, and social media as a means to promote the work and increase viewership and traffic to the Consortium website, which details all of the work of the PICH grant and the Consortium.

Highlights and Accomplishments

During the past year, the committee held a number of presentations focusing on the various initiatives of the Consortium. One of the initiatives of this committee is the Speaker's Bureau which provides free presentations to the community. The Speakers Bureau works to link the talented members of the Consortium to the community through presentation and engagement. Another accomplishment is the refreshed and updated Consortium Connection, which is the monthly publication by the Consortium that is distributed via list serv. The Consortium Connection keeps the Consortium members informed of the initiatives occurring within Miami-Dade County. During this timeframe, traffic to the Consortium website increased, indicating the diligent work being done through the committee.

Key Partners

The marketing committee has worked tirelessly with our many partners and wishes to extend a great deal of gratitude for the commitment and continued collaboration.

- CBS 4
- The American Healthy Weight Alliance
- The Health Council of South Florida
- Metrorail Advertisement for Make Healthy Happen Miami campaign



Consortium for A Healthier Miami-Dade

Tobacco-Free Workgroup



Goals and Activities at a Glance

Established in 2008, the Tobacco-Free Workgroup (TFW) integrates tobacco control and prevention into the Consortium's standing committees. Through mobilization and collaboration with partner organizations, the workgroup works diligently to decrease tobacco use and exposure to secondhand smoke in Miami-Dade County. The Tobacco-Free Workgroup is committed to creating policy and system changes to minimize tobacco use and promote healthier learning, working, and living environments.

Current Initiatives

Currently the Tobacco-Free Workgroup assists in creating policy and system changes that reduce tobacco use and secondhand smoke exposure. The workgroup is also promoting the Florida Quitline, tobacco cessation services, and nicotine replacement therapy and fully support all activities, presentations, media campaigns and program interventions to reduce and prevent tobacco use. The committee also supports the work related to e-cigarettes and encourages abstinence and policy changes. As a final initiative the Tobacco-Free Workgroup works with Miami-Dade county students in a program called SWAT or Students Working Against Tobacco.

Highlights and Accomplishments

The successes of the committee include prevention of tobacco use among youth, decreasing secondhand smoke exposure and promoting the increase of cessation services. Working in several areas, the committee has been able to advance the initiative of smoke free multi-unit housing by collaborating with partners, the multiunit housing initiative has assisted with the creation of three new smoke free properties (Stirrup Plaza, Joe Moretti, and Jack Orr Plaza) which have impacted almost 500 residents.



Through support of the Partnerships to Improve Community Health (PICH) grant partners took strides in improving access to tobacco and smoke-free environments in multi-unit public housing, specifically in Miami-Dade Public Housing, Hialeah Housing Authority, and the Housing Authority of the City of Miami Beach. The Tobacco Free Workgroup met with administration and residents at all three housing authorities to discuss the benefits of adopting a smoke-free policy. The Workgroup met with Miami-Dade County Commissioners urging them to create legislation that would promote the adoption of a

smoke-free housing policy. Through these efforts, the Board of County Commissioners passed a resolution requiring a smoke-free policy to be created for all multi-unit public housing properties owned and operated by the County.

During the 2015-2016 year, the Miami-Dade SWAT Chapter grew in size with a total of 18 SWAT clubs and 325 members. The SWAT chapters included four middle schools, three high schools, six parks, and five community and faith-based clubs. Youth participated in events such as the SWAT Extravaganza, International Coast Cleanup Day, and the 9th Annual Tobacco Prevention Summit. POS and tobacco issues were presented to community and service organizations such as the Homestead Kiwanis Club, Rotary Club of Coral Gables and the Greater Miami Service Corps. By presenting to community members, youth and young adults learned about the influence of tobacco companies through point of sale advertising and marketing such as product varieties, packaging, flavoring and price promotions.



Barry University Health Fair

Members of the Tobacco-Free Workgroup have worked diligently in encouraging employers to become tobacco free and in promoting the use of cessation services. Through hosting events such as the Tobacco-Free Workplace Summit, partners were able to educate employers on tobacco-free best practices and resources. In observance of the Great American Smoke-Out, worksites that commemorated the tobacco-free holiday included Miami-Dade College, World Fuel Services, Johnson and Wales University, and the University of Miami Miller School of Medicine. With the help of partners, Bayview Asset Management also adopted and implemented a tobacco-free grounds policy prohibiting the use of tobacco products and electronic cigarettes on company property.

Key Partners

- All Star Media
- American Lung Association
- City of Hialeah
- Miami-Dade Area Health Education Center
- University of Miami Area Health Education Center
- Barry University
- Worksite Wellness Committee of the Consortium for a Healthier Miami Dade



Smoke Free Banner at Barry University



2015 Tobacco Free Workplace Summit



Consortium for A Healthier Miami-Dade

Worksite Wellness Committee





Goals and Activities at a Glance

The Worksite Wellness Committee was established in 2003 to promote healthy lifestyles in the work setting by sharing resources on best practices, encouraging policy, systems, and environmental change and creating partnerships among the diverse businesses within Miami-Dade County. The Consortium for a Healthier Miami-Dade's Worksite Wellness Committee's goals include:

1. Enhance and strengthen committee membership to foster partnerships and networking opportunities.
2. Increase the adoption and implementation of policy, system, and environmental change to create health-promoting worksites.
3. Educate and raise awareness of the benefits of healthy lifestyles and health promoting environments in the workplace.
4. Increase local business/organizational access to relevant worksite wellness resources and best practice programs.

Current Initiatives

The Worksite Wellness committee is dedicated to increasing the level of engagement from business and organizations by educating them about the importance of fostering a healthy working environment. An initiative that helps in this area is the Florida Worksite Wellness Awards. This initiative recognizes Florida companies located in Miami-Dade, Broward, Monroe and Palm Beach Counties that demonstrate a commitment to employee wellness and whose programs produce positive health outcomes. Other committee initiatives and strategies include:

1. Increasing the number of organizations in Miami-Dade County that include a comprehensive wellness program for their employees.
2. Providing collaboration between organizations to establish a network of professionals committed to a healthier workforce.
3. Developing a referral system with Wellness Programs that will evaluate existing policies, procedures and recommend changes to promote procurement of healthy food and beverages options for worksites in Miami-Dade County.
4. Developing a Worksite Wellness online directory within the Consortium website that includes member organizations which can assist in promoting physical activity and healthy nutrition at the worksite.
5. Increasing the number of Miami-Dade County Municipalities that will develop a comprehensive worksite wellness program and engage employees in regular physical activity and healthier nutrition options.



Highlights and Accomplishments

There have been a number of businesses who have successfully completed a nutrition and/or physical activity policy and integrated them into their full organizational policies and culture including the Health Council of South Florida, Shin Wellness, and Funeral Tribute Celebrant.

The goal of reaching additional organizations is ongoing with a focus on municipality engagement. Collaboration with the Consortium's Worksite Wellness Committee has ignited renewed interest and started the conversation throughout numerous businesses and organizations in Miami-Dade to promote change in the workforce. Our efforts will continue to promote healthy lifestyles in the work setting by sharing resources on best practices, encouraging policy, systems, and environmental change and creating partnerships among the diverse businesses within Miami-Dade County.

Key Partners

- Marsh & McLennan Agency
- South FL Baptist Hospitals
- Bayview Asset Management
- Health Designs
- Health Council of South Florida
- Health Foundation
- Consolidated Credit
- Shin Wellness
- Florida International University
- Miami Dade College
- City of Miami
- Miami-Dade County



Florida Worksite Wellness Awards 2016



Moving Forward With The Robert Wood Johnson Foundation (RWJF)

Culture Of Health Prize



Culture Of Health Prize

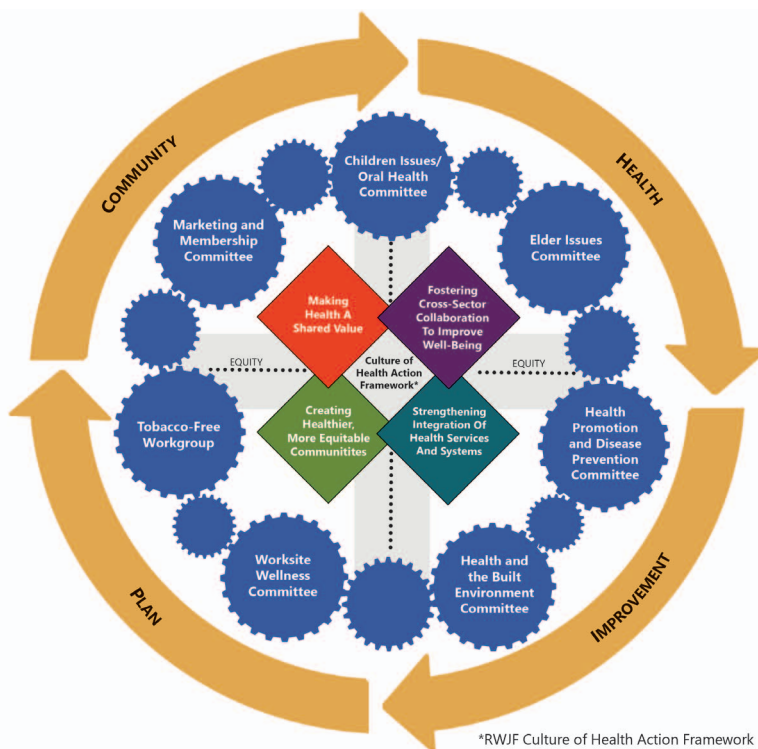
The RWJF Culture of Health Prize honors and elevates U.S. communities that are making great strides in their journey toward better health.

The RWJF Culture of Health Prize is awarded annually to recognize and celebrate communities that have placed a priority on health and are creating powerful partnerships and deep commitments to create lasting change that will enable everyone, especially those facing the greatest challenges, to live well. A Culture of Health recognizes that health and wellbeing are greatly influenced by where we live, work, the safety of our surroundings, and the relationships we have in our families and communities. The Prize elevates the compelling stories of local leaders and community members who are coming together to implement solutions that not only improve access to good quality care, but also, providing opportunities for better health by transforming neighborhoods, schools, and businesses – so that good health flourishes everywhere.

According to the Robert Wood Johnson Foundation, people in communities throughout the country are coming together with a shared vision of equity and opportunity for all, and a commitment to making needed and lasting changes to improve health in their communities. This is happening – in cities and small rural towns, on tribal reservations, and in places with diverse resources available – no matter what their physical, economic, or demographic challenges may be.

Miami Dade County and the Consortium for a Healthier Miami Dade has worked tirelessly to apply for and move forward with the application process to showcase the County, its residents and the work that is occurring in a way that details the collaborative approaches and commitment from our partners in advancing the culture of health.

It is with great honor that the Florida Department of Health congratulates Miami-Dade County on receiving the 2016 Robert Wood Johnson Foundation (RWJF) Culture of Health Prize. Miami-Dade County is one of seven winners of this national award, which honors communities for their efforts to ensure all residents have the opportunity to live longer, healthier and more productive lives.



Culture of Health Alignment Framework

Our Culture of Health framework is the systematic approach that we use to improve community health. The drivers of the framework are our Consortium for a Healthier Miami-Dade committees and the partnerships that have been formed. All of the work to advance the Culture of Health and the impact we are having on the community is measured through the use of local level goals called indicators that are contained in the Community Health Improvement Plan (CHIP).



Community Health Improvement Plan



Community Health Improvement Plan

The Florida Department of Health in Miami-Dade County and partners led a comprehensive community health planning effort to measurably improve the health of Miami-Dade County residents. Mobilizing for Action through Planning and Partnerships (MAPP) was the framework selected to convene organizations, groups and individuals to create and implement a community health improvement plan. MAPP is an interactive process that has six phases:

1. Organize for Success and Partnership Development
2. Visioning
3. The Four Assessments
 - a. Community Themes and Strengths Assessment
 - b. Local Public Health System Assessment
 - c. Forces of Change Assessment
 - d. Community Health Status Assessment
4. Identify Strategic Issues
5. Formulate Goals and Strategies
6. Action Cycle

The Community Health Improvement Plan (CHIP) is the result of the robust MAPP assessments, including the Community Health Status Assessment in which data was collected to identify the



community's most pressing health needs. Miami Dade County's CHIP informs, mobilizes, and empowers the community to address five key health care priorities – Health Protection, Access to Care, Chronic Disease Prevention, Community Redevelopment and Partnerships, and Health Finance and Infrastructure. The CHIP includes goals, strategies and objectives for each strategic priority.

The local plan enables loosely-networked system partners to coordinate for more efficient, targeted and integrated health improvement efforts. The CHIP provides a common vision for the local public health system to carry out their work to collectively influence a healthier Miami-Dade County.

The implementation of the CHIP consists of periodic monitoring and evaluation by our stakeholders and community partners, including an annual review during the CHIP Summit where partners have a comprehensive look at the strategies in place to improve community health and quality of life in Miami-Dade County and help to develop an action plan to address indicators that are below target.



Consortium for a Healthier Miami-Dade Executive Board





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Sponsored by the Florida Department of Health in Miami-Dade County

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