



CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Health Promotion and Disease Prevention Committee Meeting
 Tuesday, March 19th, 2019
 2:00 PM – 4:00 PM



| TOPIC | DISCUSSION | ACTION NEEDED |
|---------------------------|--|---------------|
| Membership Total (16) | <p>Chair: Leyanee Perez, Nicklaus Children’s Hospital Vice-Chair: Teri Arvesu, Miami-Dade County Melissa Maytin, Florida Department of Health Cristina Brito, United Way Solina Rulfs, UF/IFAS Extension Witson Faustin, Florida Department of Health Angelica Urbina, Florida Department of Health Belissa Rodriguez, Simply Healthcare Plans Mayra Garcia, Florida Department of Health Alina Garcia, Office of Jimmy Patronis Elizabeth ‘Kitty’ Davis, EUCHC</p> <p>Teleconference Cassandra Metayer, Miami Children’s Health Plan Juan Reyes, CHI Vanessa De La Rosa, Flipany Emanuela Thomas, Healthy Start Idania Martin, Florida International University</p> | |
| Welcome and Introductions | <p>The Consortium for a Healthier Miami-Dade Health Promotion and Disease Prevention Committee meeting was brought to order by Leyanee Perez at 2:07 pm. All members were welcomed and introduced themselves.</p> | |
| Approval of Minutes | <p>There was a motion to approve the February 2019 Health Promotion and Disease Prevention minutes by Cristina Brito; the motion was seconded by Teri Arvesu.</p> | |
| Presentation | <ul style="list-style-type: none"> ▪ Leyanee Perez from Nicklaus Children’s Hospital presented on “Feeding a Healthy Heart- An Evidence-Based Approach.” | |
| Executive Board Updates | <p>Teri Arvesu and Leyanee Perez provided the following updates:</p> <ul style="list-style-type: none"> ▪ The Executive Board explored various topics that can apply to all the committees of the Consortium. For example: the topic of “Walking” and how that subject can impact each committee. | |



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| | <ul style="list-style-type: none"> ▪ The Executive Board discussed the upcoming Worksite Wellness Awards which will take place on May 3rd, 2019. ▪ At this time, the Billion Steps Challenge application’s cost exceeds the Consortium’s budget and may be considered in the future. | |
| <p>Previous Action Items/Work Plan Discussion</p> | <ul style="list-style-type: none"> ▪ The committee discussed the importance of physical activity and shared some ideas of how rates can be improved. This included having a physical activity tracking program using Fitbits (or a similar product). ▪ The committee continued the discussion about hosting a forum to address chronic disease rates in Miami-Dade County. <ul style="list-style-type: none"> – Teri Arvesu (Vice-Chair) brought up the opportunity to partner with the Major’s Initiative on Aging during a health fair they will be having. – The fair will also include presentations that address chronic disease and prevention to align with the committee’s goals. Topic ideas include: heart disease, physical activity, diabetes, and asthma. – The proposed site is Shrine Our Lady of Charity. – The committee discussed the possible date and decided on September 2019. – The chairs will discuss this at the Executive Board and update the committee. ▪ The committee discussed the possibility of hosting the monthly committee meetings at different locations, so that members can visit other organizations and see what our partners are offering. <ul style="list-style-type: none"> – Jessie Trice Community Health Center and VITAS continue to be options, but more details regarding the locations will be gathered before confirming the decision. – Empower U has also offered to host us at any point in time. | |
| <p>Workgroup Updates</p> | <p><u>Journey to Wellness Rx Green Prescription</u> Mayra Garcia (Florida Department of Health) provided the following update:</p> <ul style="list-style-type: none"> ▪ Green Prescriptions are a free resource for organizations and are available in three languages (English Spanish, Creole). If your organization is interested in partnering and distributing Green Prescriptions, please contact Melissa Maytin at | |



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| | <p>Melissa.Maytin@flhealth.gov.</p> <ul style="list-style-type: none"> ▪ The Health & Wellness Center in Liberty City at the Frederica Wilson and Juanita Mann Health Center remains temporarily closed. | |
| Partner Updates and Upcoming Events | <ul style="list-style-type: none"> ▪ UF/IFAS is currently hiring program assistants. ▪ In April, there will be a “City Nature Challenge” which involves taking pictures of living things and uploading them to the “iNaturalist” app. More information to come. | |
| Adjournment | The next meeting will be held on Tuesday, April 16th, 2019 at Beacon Center – 8323 NW 12st Suite 212 Conference room Miami, FL 33126 . The meeting was adjourned at 4:00 PM | |