

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, March 5, 2020
 9:30 a.m. to 11:30 a.m.



TOPIC	DISCUSSION	ACTION NEEDED
Members Present (12)	<ol style="list-style-type: none"> 1. Chair: Nathan Burandt – Florida International University 2. Nancy Adebisi – Florida Department of Health in Miami-Dade 3. Committee Liaison: Bryanna McDaniel – Florida Department of Health in Miami-Dade 4. Nikki Chuck – Florida Department of Health in Miami-Dade 5. Thelma Cela – OrthoNow 6. Jodi Warshafsky – Novo Nordisk 7. Burt Ahlzedeh – Novo Nordisk 8. Pablo Herrera – Florida National University 9. Leyanee Perez – Nicklaus Children's Health System <p style="text-align: center;">Teleconference</p> <ol style="list-style-type: none"> 10. Willie Sanchez – Town of Miami Lakes 11. Charnelle Baccus – Aetna 12. Jessica Hughes-Fillet - Miami-Dade County 	
Welcome and Introductions	The meeting was called to order by Nathan Burandt, Worksite Wellness Committee Chair, at 9:36 a.m. Committee members and guests introduced themselves.	
Minutes	Minutes for the February 6, 2020 committee meeting were reviewed. Nathan Burandt moved to approve. Nancy Adebisi seconded the motion.	
New Business	<u>Nutrition Presentation:</u> <ul style="list-style-type: none"> ▪ Leyanee Perez discussed the Give Me 5 initiative and nutrition in worksites. She provided information regarding healthy meeting protocols, calcium and 	

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	<p>omega 3 consumption, and how to sign up to be a part of the program at Giveme5.Walkertracker.com.</p> <ul style="list-style-type: none"> Jodi Warshofsky and Nathan Burandt talked about the physiology and psychology behind obesity. 									
<p>SWOT Analysis</p>	<ul style="list-style-type: none"> Nancy Adebisi lead the analysis. <table border="1" data-bbox="632 659 1589 1341"> <tr> <th data-bbox="632 659 1022 695">Strengths</th> <th data-bbox="1022 659 1589 695">Weakness</th> </tr> <tr> <td data-bbox="632 695 1022 1065"> Education and awareness component Diverse membership We have the agents for change </td> <td data-bbox="1022 695 1589 1065"> Anti-obesity meds covered Wellness tied into benefits Surcharges Difficulty of ROI Lack of supportive research Lack of health and wellness in mission/vision of business Lack of outreach, participation Lack of knowledge/misinformation regarding worksite wellness </td> </tr> <tr> <th data-bbox="632 1065 1022 1101">Opportunity</th> <th data-bbox="1022 1065 1589 1101">Threats</th> </tr> <tr> <td data-bbox="632 1101 1022 1341"> Further the education and awareness Create more action Work with and educate on importance small business Use as a business model to create change </td> <td data-bbox="1022 1101 1589 1341"> Cultural and political environment of senior leaders Lack of commitment Obesity health bias Health bias </td> </tr> </table>	Strengths	Weakness	Education and awareness component Diverse membership We have the agents for change	Anti-obesity meds covered Wellness tied into benefits Surcharges Difficulty of ROI Lack of supportive research Lack of health and wellness in mission/vision of business Lack of outreach, participation Lack of knowledge/misinformation regarding worksite wellness	Opportunity	Threats	Further the education and awareness Create more action Work with and educate on importance small business Use as a business model to create change	Cultural and political environment of senior leaders Lack of commitment Obesity health bias Health bias	
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<p>Consortium Annual Event</p>	<ul style="list-style-type: none"> ▪ Leyanee P. talked about the upcoming event and how the awards is now in conjunction with the annual event. She also highlighted the application process and nominations and the need for sponsorship. ▪ Nancy A. asked for members to participate in the task force. Discussed what the Florida Worksite Wellness Awards was and how it's merging with the event. 	
<p>April Forum</p>	<p>Suggested speakers and topics:</p> <ul style="list-style-type: none"> • Tamece – FIU Environmental health and safety <ul style="list-style-type: none"> ○ Active Shooter/Environmental health (Ask FIU PD) – ○ Mental health • Cyber Security <ul style="list-style-type: none"> ○ Reach out to Empower IT <p>Location</p> <ul style="list-style-type: none"> • Reach out to Keiser for that forum <p>Date</p> <ul style="list-style-type: none"> • Next committee meeting date April 2, 2020 <p>Schedule/Agenda</p> <ul style="list-style-type: none"> • Hour long sessions <ol style="list-style-type: none"> 1. General health/Environmental health 2. Cyber Security 3. Active Shooter 	<ul style="list-style-type: none"> ▪ Nathan will reach out to FIU Police Department ▪ Willie Sanchez will connect Nancy with Empower IT ▪ Bryanna will book the room at Keiser for April 2, 2020
<p>Partner Updates</p>	<ul style="list-style-type: none"> • Pablo Herrera: Florida National University has therapeutic spas for all their employees as well as gym benefits. Trying to improve their educational outreach for their employees. 	

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	<ul style="list-style-type: none"> • Thelma Cela – OrthoNow will be having physical therapists from FNU; notes that their company provides on demand orthopedic care experts and also offers expertise to organizations to prevent workplace injuries. • Nancy – Talked about the recent Tobacco Free Workplace Summit. • Willy Sanchez – Highlighted the recent Health and Fitness fair held in January, and how they had over 80 participants. 	
Next Meeting	The next Worksite Wellness Committee meeting will be on Thursday, April 2, 2020 from 9:30 am-11:30 am at the Florida Department of Health in Miami-Dade Beacon Center located at 8323 N.W. 12th Street, Suite 212, Miami, FL, 33126.	
Adjournment	Committee Chair Nathan Burandt adjourned the meeting at 11:12 am and Nancy Adebisi seconded that motion.	