



CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Health Promotion and Disease Prevention Committee Meeting
 Tuesday, October 20th, 2020
 2:00 PM – 3:30 PM



TOPIC	DISCUSSION	ACTION NEEDED
Membership Total (18)	<p>Chair: Leyanee Perez, Nicklaus Children’s Hospital Co-Chair: Teri Arvesu, Miami-Dade County Melissa Maytin, Florida Department of Health Mayra Garcia, Florida Department of Health Queen Holden, Florida Department of Health Virginia Munoz, Florida Department of Health Aida Ramon, AHEC Beatriz Severson, Heart Home Solutions Beth Ruhmann, Baptist Health Brianne Miller, AHEC Michelle Fundora, Health Choice Network Jan Hurley, Hurley Health Resources, Inc. Jose Gonzalez, USI Insurance Services, LLC. Lacy Boyles, American Heart Association Michelle Collins, Epilepsy Florida Monique Davis Bain, Miami-Dade County Wellness Works Monique Spence, Miami-Dade County Mosquito Control Lunique St. Hilaire, UF/IFAS Ext.</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 2:00pm.</p>	
Approval of Minutes	<p>There was a motion to approve the September 2020 Health Promotion and Disease Prevention minutes by Teri Arvesu; the motion was seconded by Mayra Garcia.</p>	
Executive Board Update	<p>The Executive Board continues to work on developing their workplan. They are currently working on chronic disease strategies. They also reviewed the “Health Equity in 2020: What Does this Mean and Why Does it Matter in the Age of COVID-19?” webinar.</p> <ul style="list-style-type: none"> Nominations and elections will be occurring in November. Nominations will be sent through email. 	



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Presentation	<ul style="list-style-type: none"> • “Mosquito Control” by Monique Spence of Miami-Dade County. 	
Work Plan Discussion	<ul style="list-style-type: none"> • By September 30, 2024, the committee will work to complete a SWOT analysis annually. <ul style="list-style-type: none"> ○ The committee will conduct a SWOT analysis during their December meeting. • By September 30, 2024, the committee will work to increase use of Walker Tracker app. <ul style="list-style-type: none"> ○ Due to COVID-19, the walker tracker app was unable to be implemented in the way it had been planned. Since there is only one more year left in the grant, the Walker Tracker App has been ended. A new strategy has been chosen that will focus on food insecurity. ○ The recommendation for physical activity is 10,000 steps a day. The Walker Tracker App data finds that: <ul style="list-style-type: none"> ▪ Most people are not meeting 10,000 steps a day. On average, most people are taking 6,000 steps daily. This information was collected during the COVID-19 pandemic which may impact the reliability of the data. ▪ No participant was able to meet 20,000 steps a day, while 10,000 steps a day were met very few times. ▪ Out of the 13 identified clusters, 12 clusters were engaged. Brownsville was the only cluster that did not participate. ▪ Most people describe their physical activity level as moderate or somewhat active. ▪ The preferred device to track steps was an apple device. ▪ Most participants identified as Hispanic white females. ▪ The top three activities that participants enjoyed were dancing, swimming, and basketball. However, when asked which activities they did, the top three activities were walking, dancing, and swimming. More research is needed to know why participants did not engage in playing basketball, even though it was an activity they enjoyed. ▪ The top five reasons for participation were: <ul style="list-style-type: none"> • To maintain and improve health • To maintain or lose weight • To achieve fitness goals 	

	<ul style="list-style-type: none"> • For fun • For stress management • By September 30, 2024, the committee will work to encourage increased physical activity through messaging. <ul style="list-style-type: none"> ○ Committee members can submit articles/messages for the Consortium’s social media platforms. Contact: Melissa.Maytin@flhealth.gov • By September 30, 2024, the committee will work to identify local partners to identify community needs. <ul style="list-style-type: none"> ○ Food insecurity is emerging as a key factor for chronic disease and mental health concerns. ○ According to the CDC, the COVID-19 pandemic has brought new challenges to food insecurity in the United States. ○ A recent report from the Robert Wood Johnson Foundation found that more than 3 in 5 U.S. households with children are experiencing financial hardship because of the Coronavirus pandemic. ○ Feeding America has estimated that 1 in 4 children may experience food insecurity in 2020 and will continue in 2021. ○ Nicklaus Children’s Hospital completed their Community Health Needs Assessment in 2018 where 53.5% of Miami-Dade County children were identified to live in poverty compared to the U.S. average of 43.3%. Respondents were also asked if they had difficulty buying fresh produce and 39% responded they experienced some difficulty. This is how the GiveMe5 initiative began. When asked if the family ate 7 meals together as a family, 35.8% responded that they did. This rate has decreased from 64.7% in 2015. ○ To address food insecurity, the chair of the committee proposed that the committee creates a taskforce or an initiative where a cohesive system can be created to identify and address food insecurity. The chair encouraged committee members to share if their organization has any policies or systems in place that address food insecurity. <ul style="list-style-type: none"> ▪ There are many aspects of food insecurity that can be addressed including 	
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	<p>transportation.</p> <ul style="list-style-type: none"> ▪ The chair explained that the initiative would be a two-step process. The first step would be identifying the individuals and areas facing food insecurity. The second step involves addressing the needs of the individuals identified. ▪ The chair is proposing that clinicians or organizations that have direct client services implement a policy or system change to identify individuals who are facing food insecurity. This could be implemented during the clinical dialogue or during an assessment, using a questionnaire that addresses food insecurity. An example of such a tool is the “The Hunger Vital Sign” validated by the Children’s HealthWatch as suitable for outreach use to identify families at risk for food insecurity. It has two questions. ▪ An example of where such an assessment could be implemented is at the Healthy Hubs at the West Kendall Baptist Hospital. ▪ Committee member, Lacy Boyles, discussed her previous work at the University of Maryland where food insecurity was included in a survey conducted for a research project. Currently, Lacy is working with organizations on editing or creating questions to address food insecurity with clients. ▪ At Nicklaus Children’s Hospital, the clinical dieticians will implement these two questions addressing food insecurity during their nutritional assessments. Once identified, the individuals will qualify for a food pantry gift card. <ul style="list-style-type: none"> • By September 30, 2024, the committee will work to host an annual health fair for the community. <ul style="list-style-type: none"> ○ The Florida Department of Health in Miami-Dade County, Office of Community Health and Planning (OCHP) is issuing a request for vendors as part of its upcoming Bounty of Health drive-thru food distribution & educational event on Thursday, November 19th, 2020. The event will combine a virtual presentation on important community health topics, as well as a drive-thru resource distribution event at the Department of Health’s West Perrine Health Center. All 	
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	<p>participating vendors will have their information included in a resource guide provided to all attendees. If you are selected to be part of this event, please remember to submit your organization’s logo for inclusion in the resource guidebook that will be distributed to all attendees. Both food and materials items are being distributed via drive thru. We are anticipating serving up to 250 cars for this event, with a limit of one car per household. There is <u>a limit of 50 vendors</u> for this event. If you are interested in being a vendor please complete the survey found here: https://www.surveymonkey.com/r/VendorRegistrationForm. Due to safety concerns vendors are not permitted to be on site the day of the food distribution.</p>	
<p>Recognition of Improved Performance</p>	<ul style="list-style-type: none"> ▪ By September 30, 2020, the committee will work to review national frameworks. <ul style="list-style-type: none"> ○ The committee reviewed the Ending the HIV Epidemic national framework. ▪ By September 30, 2024, the committee will work to increase use of Walker Tracker app. <ul style="list-style-type: none"> ○ The first year of the Walker Tracker App initiative was just completed. Out of the 6 winners 3 of them were Consortium members. 	
<p>Partner Updates</p>	<ul style="list-style-type: none"> ▪ The Miami-Dade Area Health Education Center (AHEC) is having this month’s programs on Diabetes Empowerment Education Program, Alzheimer’s Empowerment Program, and Alzheimer’s Workforce Training for providers that include continuing education credits. Programs will be offered in English and Spanish. The diabetes program is on Thursday and Friday and the Alzheimer’s program is on Thursdays. ▪ Member Beatriz Severson is a part of the Savannah Prevention Coalition. They are working on a program to celebrate Red Ribbon Week 2020. The main objective is to develop strategies for prevention of substance use disorders. She will be focusing on the Hispanic community. ▪ October 24th, 2020 is the Clean Out Your Cabinet day where you are encouraged to drop-off unused medicine for safe disposal at a participating pharmacy. ▪ The Florida Department of Health in Miami-Dade County is pleased to announce the Virtual Community Health Improvement Plan Meeting on Friday October 30, 2020 from 10 a.m. to 12 p.m. For this event we are inviting leaders, public health professionals, and key community members like you to learn more about resident health, trends in health outcomes, and current initiatives. For registration copy and paste this link into your Google 	



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	<p>Chrome browser: https://register.gotowebinar.com/register/948375367518182928</p> <ul style="list-style-type: none"> ▪ Epilepsy Florida is hosting their Seizure First Aid classes. Join Zoom Meeting: https://epilepsyfl.zoom.us/j/81003509943 ▪ The American Heart Association is currently working on a grant through CVS to work with local partners in Miami-Dade County to help implement a more sustainable tobacco policy. They are currently working on data collection. ▪ Baptist Health South Florida has started promoting their next cohort for their Diabetes Prevention Program that is certified by the CDC and the NIH. It is a year-long program for individuals with pre-diabetes and it has been incredibly successful. This year, they will be offering the program virtually. The first 6 months participants meet weekly and the last 6 months participants meet monthly. The program is free, but there are restrictions. For more information visit: www.baptisthealth.net ▪ The Florida Department of Health’s STD/HIV program will attend two events. One is on October 24th and will be for the homeless population. The other event will also take place on October 24th in partnership with different consulates for Mes de la Salud de las Americas. On October 16th, they had their National Latinos AIDS Awareness Day virtual event. Today, they are participating in a virtual health fair with Together for Children and Community Health of South Dade. They continue to provide education to the community using the virtual platform. Community members can request at-home HIV testing quits via www.testmiami.org. 	
Adjournment	<ul style="list-style-type: none"> ▪ The next meeting will be held on Tuesday, November 17th, 2020 virtually. The meeting was adjourned at 3:34 PM 	