

CONSORTIUM FOR A HEALTHIER MIAMI-DADE
 Children Issues Committee Meeting
 Thursday, October 23, 2014

TOPIC	DISCUSSION	ACTION NEEDED
Membership Total (22)	<p> Alina Soto, Chair, Department of Children and Families Alfie Leon, Florida International University Shanika Watson, Florida Health in Miami Dade County Jan Ding, Florida Health in Miami Dade County Catherina Chang-Martinez, Florida International University Dr. Ruby Natale, University of Miami Jeff Hurst, Department of Children and Families Laura Vallejo, Nova Southeastern University Daiane Palmquist, Broward County Health Department Silvana Tchorbedjian, Colgate Bright Smiles Bright Future Daniella Orihuela, Florida Innovation of Health Institute Peter Hawes, Arorugby Allan Zullinger, Team Henry, Inc. Stephanie Bovis, University of Miami Walksafe Lisa Strom, Impact Kids Janice Siegel, DentaQuest Rachele Solomon, University of Miami Walksafe Sabina Garcia, Early Learning Coalition/Nemours Andrea Sparano, United Way Miami Christine Hom, Florida Innovation of Health Institute </p> <p> <u>Teleconference:</u> Mayra Garcia, Florida Health in Miami Dade County Dr. Chanadra Young Whiting, Florida International University </p>	

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<p>Welcome and Introductions</p>	<p>The monthly meeting of the Consortium for a Healthier Miami-Dade Children Issues Committee was brought to order by Alina Soto at 1:35PM.</p> <p>All members were welcomed and introduced themselves.</p>	
<p>Approval of Minutes</p>	<p>There was a motion to approve the September 2014 Children Issues minutes by Daniella Orihuela; the motion was seconded by Janice Siegel.</p>	
<p>Work Plan Status Update</p> <p>Dr. Natale's findings on the Consortium Child Care Initiative</p>	<p>Alfie, Vice Chair, reviewed the Consortium Child Care Initiative to the committee. A SWOT analysis (Strengths, Weaknesses, Opportunities and Threats) was conducted in order to analyze the child care pilot program that took place at five child care centers for five months. This process will help with future initiatives done by the Children Issues committee.</p> <p>Alina mentioned that Tallahassee is aware of this Child Care Initiative. The belief is that this model can be statewide.</p> <p>A post assessment was done and data compiled. Partners visited the selected child care centers one time per month, over a period of five months (March – July) to provide individual workshops in their respective areas of expertise. Workshops inclusive of parents, teachers and children. The five primary components were: 1. Physical activity education and literacy 2. Nutrition education 3. Access to Care 4. Oral Health 5. Healthy Cooking Demonstration.</p> <p>Physical Activity Workshops: *23 parents completed the retrospective survey. 100% of parents agreed that as a result of the training: - I am more likely to be physically active with my child. - I learned ways to improve my physical fitness.</p>	

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- I learned that reading books to my child about being healthy is one way to get him/her to be more active.
- My child learned a fun way to participate in health education because of Henry's fun and exciting symbolism.
- I feel that dancing is a form of wellness.
- I feel that literacy is shown to be an effective tool to inspire children to lead healthy lifestyles.

Nutrition Workshops:

*49 parents completed the retrospective survey.

100% of parents reported that as a result of the training:

- They would be more likely to serve water.
- 99% of parents agreed they would eat more vegetables at dinner.
- 99% of parents agreed they would serve water over soda and juice.
- 1 % was neutral.

Cooking Demonstrations:

*36 families in 5 centers participated in cooking demonstration.

- 100% of parents reported they can plan a meal using the USDA MyPlate guidelines.
- 99% of parents stated they can plan a meal with fruit.
- 99% of parents stated they can cook a healthy meal.
- 1 family was neutral

Oral Health:

*66 families participated in the oral health screenings and training. Approximately 64 of the families agreed with:

- Brushing the teeth everyday.
- The importance of dental care.
- Learning fun ways to brush teeth.
- 11 families were neutral.

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<p>Consortium of a Healthier Miami-Dade Mission and Vision</p>	<p>Health Screening: *40 families participated in the health screenings and family safety training. - 100% of the families agreed that the health information provided regarding their blood pressure was helpful. - I learned what blood pressure was. - I learned if my blood pressure was high or normal. - I learned what I could do to keep my blood pressure in a healthy range.</p> <p><i>(*Estimated number of surveys completed by families. More families participated with each component than those whom completed the surveys.)</i></p> <p><u>Mission:</u> To be a major catalyst for healthy living in Miami-Dade through the support and strengthening of sustainable policies, systems and environments.</p> <p><u>Vision:</u> Healthy Environment, Healthy Lifestyles, Healthy Community</p>	
<p>SWOT Analysis (Strengths, Opportunities, and Threats)</p>	<p>Committee split up in teams to discuss the Consortium Child Care Initiative that took place from March to July 2014. Teams were grouped by component (Nutrition, Oral Health, Nutrition Education & Physical Activity, and Access to Care) and discussed the SWOT (Strengths, Weaknesses, Opportunities, and Threats) of the Child Care Initiative. Next steps will be discussed at a later meeting.</p>	
<p>Executive Board Update</p>	<p>No meeting held for October, only Strategic Planning meeting.</p>	

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<p>New Business</p>	<ul style="list-style-type: none"> ○ Committee Thanksgiving Meeting will be held on November 21, 2014 from 11am-1pm. ○ Food Day Drive on October 24- committee is encouraged to participate. ○ There was a recommendation to offer child care providers a Lisa Stuart Award upon completion of future initiatives. Committee agreed. ○ Consortium elections will be held during the November 21st meeting. ○ December meeting cancelled in order to observe the holiday season. 	
<p>Old Business</p>	<p>Newsletter – CI committee members:</p> <ul style="list-style-type: none"> ○ If anyone is interested in submitting any information for the newsletter, please e-mail Shanika.Watson@flhealth.gov or Amelinda.Loddo@flhealth.gov . <p>Elections for Chair/Vice Chair</p> <ul style="list-style-type: none"> ○ Consortium nominations are over. The deadline was Oct. 10th to submit nominations. 	
<p>Upcoming Events</p>	<ul style="list-style-type: none"> - Marketing & Membership committee will be hosting a presentation done by The Children’s Trust on November 5, 2014 at CBS4 from 3pm- 4pm. - Community Health Fair- Nov. 8 in North Miami. Committee member will send information to Shanika. 	
<p>Adjournment</p>	<p>The next meeting will be held on Friday, November 21, 2014 at the United Way Center for Excellence in Early Education at 3250 SW 3rd Ave Miami, FL 33129. The meeting was adjourned at 4:25PM.</p>	