



## HEALTH AND THE BUILT ENVIRONMENT

9:30am to 11:00am

June 14, Tuesday, 2016



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<p>Ashley Moneriet (AM) –University of Miami            Christopher Scott (CS) – Code for Miami            Brady Bennett (BB)- Health Council of South Florida            Gayle Dietz (GD) – Nutrition Consultant            Jan Ding (JD) – FDOH – Miami-Dade (FDOH-MD)            Karen Hamilton (KH) – South Florida Regional Planning Council            Liseth Guerra (LG) - FDOH – Miami-Dade (FDOH-MD)            Margaret Sotham (MS)- West Kendall Baptist Hospital            Michelle Mejia (MM)- West Kendal Baptist Hospital            Ray Nellissery (RN) – FDOH – Miami-Dade (FDOH-MD)            Samantha Bley (SB)FDOH (Environmental Health)            Scott Brown (SB) – University of Miami</p>	
Welcome and Introductions	<ul style="list-style-type: none"> <li>- The monthly meeting of the Health and Built Environment Committee was held at West Kendall Baptist Hospital and was brought to order at 9:44 AM by KH.</li> <li>- All members introduced themselves.</li> </ul>	
Review and Approval of Minutes	<ul style="list-style-type: none"> <li>- The minutes from the May Health and the Built Environment Committee meeting were reviewed.</li> <li>- A motion to approve the minutes was initiated by BB and seconded by SB</li> </ul>	
Executive Board	<p>KH discussed the reduction of CDC Partnerships to Improve Community Health (PICH) funding and realignment of the initiatives. The PICH grant was awarded in the Fall of 2014 and will be entering its third and final year in October. The CDC streamlined FDOH projects to initiatives with the ability to be impactful in the remaining grant period. The different initiatives under HBE committee are Active Design Guidelines, Complete Streets policy and Park Utilization. The CDC will be meeting with HBE grantees on Friday, June 24, at MCAD.</p> <p><u>Active Design</u>            Active Design Guidelines are a set of written principles to create an environment that is conducive for physical activity. The PICH grant will help to create Active Design Guidelines that address the needs of Miami. Some municipalities are on board with complete streets policies as they promote both safety and access for all. Active Design Miami has been branded. It has a logo, website, and a draft set of guidelines. Members who are interested in participating in the Active Design Miami Advisory Council are encouraged to contact Ray Nellissery.</p> <p><u>Park Utilization</u>            Dr. Brown and his team (University Miami &amp; Parks &amp; Recreation) are in the process of assessing park utilization. The parks that are being assessed are: Gwen Cherry, Debbie Curtin (under development)</p>	

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and Gratigny Plateau Park. The tool used to analyze the park utilization is called Systematic Observation Play and Recreation in Communities (SOPARC). The observations are done in a one-hour time frame several times/week. Physical activity is differentiated by level (sedentary/moderate/ vigorous) and type (walking, playing etc.). The team is also in the process of installing motion detectors to identify the number of people utilizing the park.

Dr. Brown and Maria Nardi from Parks & Recreation presented at the American Institute of Architecture National Meeting. Gwen Cherry Park was used as an example. The architects were given maps and markers to redesign the area focusing on evidence-based built environment attributes (connectivity, greenery, tree canopy, healthy food options, transit stops, etc.)

MM –Noted that if SB is interested in doing similar kind of projects with West Kendall Baptist Hospital then they would like to participate.

### FitCity and FitNation

FitNation exhibit is a component of Fit City. It is a visual display of buildings and infrastructures that were constructed using Active Design Guidelines. This electronic exhibit which was purchased and printed using the PICH grant funds so the exhibit would travel throughout the County. The exhibit was featured at West Kendall Baptist in June. (Members were able to see the unassembled display). Please inform Ray if you are interested in planning the 2017 Fit City Miami event.

### Consortium for Healthier Miami- Dade Annual Event Venue

The Consortium is considering holding the event in Vizcaya additional location suggestions are welcome. The Healthy Restaurant Conversion initiative implemented with the assistance of Health Promotion and Disease Prevention will be showcased during the event.

MS- suggested gathering input from attendees on the needs of the community and specific areas that need to be targeted, possibly through poster and sticky note surveys.

### Restaurant Initiative

70 restaurants have signed on for healthy menu conversion. Consortium committee members are invited to participate in the menu sensory evaluations.

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<p>Healthy West Kendall Baptist Updates</p>	<p>MS -The FitNation exhibit was well received at West Kendal Baptist. Employees and patrons requested for similar kind of education and awareness in the future. As part of the FitNation exhibit, pictures of the fitness ground were taken and everybody was given an opportunity to give inputs. Fitness equipment was installed on the hospital grounds in February 2106 and has been well utilized by the community.</p> <p><u>Healthy Hubs</u> by West Kendall Baptist Hospital are a one-stop for screening (Life's Simple 7 - BMI, blood pressure, blood sugar, blood cholesterol, physical activity level, smoking status, nutrition) and referral. The hubs also do screening and health education at restaurants, churches, business etc.</p> <p><u>Walking School Bus</u>- A pilot program that was introduced to increase physical activity among parents and kids. Four schools participated in the initiative this spring. The West Kendall Baptist corporate offices and their community health department is interested in extending the program to hospitals in other areas.</p> <p>West Kendall has become the first hospital to join the “Healthy Happens Here” restaurant initiative.</p> <p>MM- suggested having more initiatives that are not only focused on CVD risk factors, but other health topics such as cancer, mental issues, etc. The hospital has already installed beacons and is in the process of creating a mobile app to trigger healthy messages throughout the community (i.e., restaurants, grocery stores, coffee shops, etc.).The hospital’s community health needs assessment has already been done and mental health and barriers to health have been included as the priorities.</p>	
<p>Culture of Health</p>	<p>KH -Culture of Health framework furthers the need to communicate/idea sharing, Forming partnerships and getting the community involved. Karen talked about the importance of harnessing collective impact, where various partners of the community work towards a common goal. Through the committee, members have the ability to advance their professional and personal HBE-related goals.</p> <p>BB- The necessity for assessing the needs of the community and to consider the inputs from the community partners to form a master plan.</p>	

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Walkability	<p>RN- looking for tools and resources may help to do the walkability assessment.</p> <p>MS- Stressed the need in West Kendall to create a more walkable environment. (MS) shared the walkability assessment tool that was developed by University of Miami with (RN).The tool's major focus is walkability around schools. West Kendall Baptist Hospital has also partnered with America Walks and Safe Routes to School.</p> <p>KH-Suggested the importance of having the community members involved. Training people to do the assessment and including them in the all the steps of the process which may provide them a sense of ownership of the program.</p>	
Member updates	<p>Samantha Bley informed the committee that the Food Day is on October 24.</p> <p><u>Health Council South Florida</u> –Leyanee is targeting 75 restaurants. Data is being collected at the 6- and 12-month mark. The survey looks at the acceptability of the menus as well as some health habits. Currently, in process of surveying locations where smoke-free policies have been implemented for their acceptability and health impact.</p> <p>The public housing smoke-free policy is going before the Economic Prosperity committee. Expecting to go before the board of commissioners to get approval. Area Health Education Center (AHEC) is providing free services to help residents quit smoking.</p> <p><u>Code for America</u> –The National Day of Civic Hacking was successful. The primary focus was on housing, civic unit testing, applying for business licenses, criminal services and rights, and ready to work Spanish challenge. Civic testing group- When requested by County/City, the Civic testing group tests the website for their accessibility and usability.</p> <p>AM– Working on a proposal of an educational garden that showcases a sustainable way to produce food in the city and also to provide education on hydroponics and aeroponics. The proposal will be implemented at a community center in Liberty City.</p>	
Closing/Adjourn	<p>The meeting was adjourned at 11:18am. Next meeting will be held on July 12<sup>th</sup> from 9:30am to 11:00am at Miami Center for Architecture &amp; Design (MCAD), 100 NE 1<sup>st</sup> Ave, Miami, FL 33132</p>	

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