



HEALTH PROMOTION AND DISEASE PREVENTION

Tuesday, January 19, 2016



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Leyanee Perez (LP)- American Healthy Weight Alliance (AHWA) 2. Katiana Diaz (JD) – YWCA 3. Catherine Hibbitt (CH)-WIC 4. Orlando Rivero (OR) – Scribe Solutions 5. Samantha Sater (SS) – Health Council of South Florida (HCSF) 6. Natouchka Murray (NM) – (FDOH) 7. Andrea Sparano (AS)- Health Council of South Florida 8. Angelica Urbina (AU)- FDOH-MD 9. Marina Bravo (MB)- Citrus Health Network 10. Karen Iglesias (KI)-FDOH 11. Thao Tran (Dr. Tran)- Consultant <p><u>Via conference call:</u></p> <ol style="list-style-type: none"> 12. Alicia Rodriguez 13. Karina Villalba (KV) –AHWA 14. Grisel Palacios (GP)-Healthy West Kendall 15. Dr. Adrian Castro 16. Jeanna Weiger 17. Ashley Moncrieft (AM)- University of Miami 	
Welcome and Introductions	<p>-The Consortium for a Healthier Miami-Dade Health Promotion and Disease Prevention Committee meeting was brought to order at 2:05pm by LP.</p> <p>- All members introduced themselves.</p>	
Review and Approval of Minutes	<p>- The minutes from the November Health Promotion and Disease Prevention Committee meeting were reviewed.</p> <p>-A motion to approve the minutes was initiated by CH and seconded by AU.</p>	
Executive Board Updates	<ul style="list-style-type: none"> • LP- provided the January’s Executive Board meeting updates: <ul style="list-style-type: none"> ○ Discussed the “The Culture of Health” which is an initiative that addresses preventive health measures to 	

	<p>the community of Miami- Dade County in efforts to promote health awareness.</p>	
<p>Workgroup / PICH Updates</p>	<ul style="list-style-type: none"> • LP- Provided the Healthy Happens Here Restaurant Initiative Update: <ul style="list-style-type: none"> ○ Evaluation cards for consumers are being printed and Healthy Happens Here restaurant stickers are being distributed to participating restaurants. Pizza D'Light was fully implemented in the month of December. In the month of January, 5 out of the 6 Sergio locations have been fully implemented, and all 4 locations of Cuban Guy's are fully implemented, providing a total of 9 restaurants that are fully implemented. One of the Sergio locations (the cafeteria) is making some final changes to their menu and is not fully implemented as of yet. • KV- provided the Nutrition Environment Measures Study Restaurant Assessment.(NEMS- R) Evaluation report: <ul style="list-style-type: none"> ○ 10 enrolled restaurants were surveyed in the month of December based on location and type. Locations included 2 restaurants in Miami Lakes, 1 in North Miami Beach, 1 in Miami, 1 in Coral Gables, 1 in Hialeah, 2 in Doral, 1 Kendall and 1 in Pembroke Pines. Restaurant types included (6 restaurants are Cuban, 1 is a pizzeria and 1 is a bakery, and the others' are categorized as other). Out of those restaurants, 40% (4 out of the 10 restaurants) displayed nutritional information and offered healthy meal options. 40% had reduced portion size. 9 out of 10 restaurants offered low caloric beverages. 20% main entrees and 50% of the salads were categorized as healthy. The only barrier noticed was that 30% encouraged large portion sizes, promoting unhealthy meal options. • GP- provided the Healthy Hub Updates: <ul style="list-style-type: none"> ○ Healthy Hub in West Kendall - December 2015 	<p>KV- Will provide a Copy of NEMS- R complete report.</p>

	<p> serviced 221 people, averages about 55 people a week. The average age of clients being seen are 51 years of age. 66% of the clients are female and 34% are males. 11% of the clients were referred to primary care. Out of the 221 people that the HUB serviced 81% suffer from high cholesterol. A total of 52 Green prescriptions were given out in the month of December. </p> <ul style="list-style-type: none"> • Dr. Tran- provided detailed information about the Journey to Wellness Rx. A copy of the prescription was presented at the meeting. 	
<p>Partner Updates and Upcoming Events</p>	<p> KP- Live Healthy Miami Gardens Initiative will be providing Walking Clubs. Dates will be provided in the future. KP- February 12, 2016 Fam Jam Health Fair MB- February 27, 2016, Alzheimer's Initiative Meeting at the Mayor's Office. </p>	
<p>Closing/Adjourn</p>	<p> The meeting was adjourned 4:05 PM Next meeting will be Tuesday, February 16, 2016 </p>	