



CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Health Promotion and Disease Prevention Committee Meeting
 Tuesday, July 19, 2016
 2:00 PM – 4:00 PM



TOPIC	DISCUSSION	ACTION NEEDED
Membership Total (14)	<p><u>Chair:</u> Leyanee Perez, American Healthy Weight Alliance Cristina Brito, United Way Natouchka Murray, Florida Department of Health in Miami-Dade County Lisseth Guerra, Florida Department of Health in Miami-Dade County Valerie Turner, Florida Department of Health in Miami-Dade County Andrea Sparano, Health Council of South Florida Yasmin Dias Guichot, Health Foundation of South Florida Lilia Bandrich, Jackson Medical Group Angelica Urbina, Florida Department of Health Nercy Radcliffe, Providence Healthcare Services</p> <p><u>Teleconference:</u> Lucette Talamas, Baptist Health South Florida Karina Villalba, American Healthy Weight Alliance Member Marily Prol, Local Community Rachel Earle, Nova Southeastern University</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 2:06 pm. All members were welcomed and introduced themselves.</p>	
Approval of Minutes	<p>There was a motion to approve the June 2016 Health Promotion and Disease Prevention minutes by Angelica Urbina; the motion was seconded by Cristina Brito.</p>	



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<p>Executive Board Updates</p>	<p>Leyanee Perez (American Healthy Weight Alliance) mentioned that during the Executive Board meeting much of the conversation revolved around Collective Impact and their efforts to engage the community.</p> <ul style="list-style-type: none"> - CDC Site Visit: Went to the following restaurants - Sergio’s (fully implemented), Macondo Coffee Roasters (second intervention), La Fresa Francesa (sensory evaluation) <ul style="list-style-type: none"> o They also went to another restaurant which they selected and did not notified, Siam Rice Thai & Sushi, visit went well. <p>Leyanee mentioned that she would like to add on to the Healthy Happens Here Restaurant initiative where the committee can take part in a – “Secret Shopper” where members of the committee visit and check on the restaurants that participated and were fully implemented in the Healthy Happens Here Restaurant Initiative. This will help maintain the sustainability of the restaurants that have been fully implemented.</p> <p>Valerie Turner (Florida Department of Health in Miami-Dade County) provided the following updates for the Executive Board meeting:</p> <ul style="list-style-type: none"> - Executive Board members discussed ways in which all of the consortium committees could be engaged in order to have a collective impact on the community. - The Community Health Improvement Plan (CHIP) – is a plan that is utilized as a community to target interventions at the community level. The CHIP Annual Summit will be held on October 7, 2016. - At the executive level there will be a retreat in the month of August in order to determine how the committees can play a part in the CHIP process. - Due to various Chairs and Co-Chairs resignations, members of the executive board are revising by-laws and nomination packages. Nominations for these positions are scheduled to take place in November. <p>Leyanee mentioned that she would like the following presentations to be scheduled for the upcoming HPDP committee meetings:</p> <ul style="list-style-type: none"> - Community Health Improvement Plan (CHIP) 	<p><i>CHIP presentation</i></p> <p><i>Miami Matters Presentation</i></p> <p><i>Health Foundation of South Florida Presentation</i></p>
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	<ul style="list-style-type: none"> - Miami Matters (Health Council South Florida) - Initiatives that the Health Foundation of South Florida is currently doing and/or representing (Healthy Living Little Havana and Healthy Living City of Miami Gardens) <p>Leyanee announced that Emeril came down to Miami and did a show on the healthy meals that were modified and approved for Sergio’s Restaurant. (La Flaca Menu)</p> <ul style="list-style-type: none"> - Announcement in the Miami Times (link will be sent to all HPDP members) 	
<p>Workgroup/ PICH Updates</p>	<p><u>Healthy Happens Here Restaurant:</u> Update provided by Leyanee Perez (American Healthy Weight Alliance):</p> <ul style="list-style-type: none"> - Goal of 75 restaurants has been met (went beyond 75 but some dropped out) – there are still a few that are non-respondent - Restaurants that dropped out: <ul style="list-style-type: none"> ▪ Brisa De España ▪ Los Ranchos Steakhouse ▪ Shiver’s BBQ - Restaurants enrolled in July <ul style="list-style-type: none"> ▪ El Floridita Fish Restaurant (2 locations) ▪ Aromas del Peru (enrolled in early July and are now ready to be implemented) ▪ Rancho Luna ▪ Café Melao ▪ Doña Paulina ▪ Aromas a la Brasa - China Express and Fresh Juice King were fully implemented in June - Café Tropical was fully implemented in July - The following restaurants are ready to be implemented in the month of July: <ul style="list-style-type: none"> ▪ La Fresa Francesa ▪ Mi Pueblo ▪ El Rinconcito Latino ▪ Aromas del Peru 	

- Shorty’s BBQ will be enrolled in the Healthy Happens Here Restaurant Initiative
- Bamboo Café at West Kendall Baptist – Due to their own healthy meals (over 500 calories) it has been agreed that the Healthy Happens Here meals will only take place on Mondays

Valerie Turner (Florida Department of Health in Miami-Dade) announced that all Healthy Happens Here Restaurants that have been fully implemented can be found on the healthymiamidade.org website

Eatright.org – Website provided by Leyanee to get informed on all the different topics and trends in nutrition

NEMS Report:

Karina Villalba (American Healthy Weight Alliance) provided the following updates:

- For the month of June, 57 restaurants completed the NEMS Survey, 1 restaurant completed a 6 month follow, 9 restaurants are waiting to complete a 6 month follow up
- Healthy (19%) vs. Unhealthy (23%) display options
- Low carb promotion was identified in 13 restaurants
- Regular (49%) vs. Baked (19 % offered baked and regular) chips
- White (64%) vs. Whole Wheat (45% offered both white and whole wheat) bread
- 100% juice was offered in 58% of restaurants
- 39% offered fruits without added sugar
- 32% offered either low fat or fat free dressing
- 79% offered non-fried vegetables
- 45 restaurants offered at least one healthy entrée and 55 restaurants offered at least one healthy salad (based on dieticians observations)
- Facilitators/Barriers:
 - Reduced portion size and healthy eating promotion were identified in less than 20% of restaurants
 - Discourage of special requests and/or a charge for a shared entre was observed

	<ul style="list-style-type: none"> in 13% of the restaurants ▪ All you can eat was not offered in any of the participating restaurants ▪ Large portion was observed in less than 20% of restaurants ▪ Price was not a barrier ▪ Kids menu – 56% offered a kids menu and out of those only 34% provided healthy options <p><u>Health and Wellness Center (Liberty City Clinic):</u> Natouchka Murray (Florida Department of Health in Miami-Dade) provided the following update on the Health and Wellness Clinic in Liberty City:</p> <ul style="list-style-type: none"> - In the month of June: 15 clients and 15 Green Rx were given out - In July there was one client that return for their 3 month follow up – reported lower cholesterol and blood pressure numbers <p>Valerie Turner (Florida Department of Health in Miami-Dade) mentioned that currently the Florida Department of Health is trying to find ways to promote the Health and Wellness Center to local community members. (It is a free resource available)</p> <p><u>Health Council of South Florida</u> Andrea Sparano (Health Council of South Florida) provided the following update:</p> <ul style="list-style-type: none"> - The PICH team will be meeting to undergo an evaluation plan on certain restaurants that have been enrolled by Leyanee. Will be reviewing certain factors such as geographical location, zip code and ethnicity - The PICH page has been updated on the Miami Matters website (www.miamidadematters.org) 	
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<p>Work Plan Review/Discussion</p>	<p>Valerie Turner (Florida Department of Health in Miami-Dade) introduced the Work Plan:</p> <ul style="list-style-type: none"> ▪ Every committee is responsible for creating a work plan. The work plan is based on the Consortium’s strategic plan, the community improvement plan (CHIP) and the state improvement plan (SHIP). The plan should be reviewed quarterly. Committee members should review and see if the current initiatives are still of interest or whether changes need to be made. Additionally, members can include any other ideas or initiatives that align with HPDP and not just PICH. <p>Leyanee Perez (American Healthy Weight Alliance) suggested that under the activity “Identify other community initiatives that can leverage HPDP efforts” there needs to be the following:</p> <ul style="list-style-type: none"> ▪ Healthy Living City of Miami Gardens ▪ Healthy Living Little Havana ▪ Baptist Health South Florida <p>Nercy Radcliffe (Providence Healthcare Services) suggested adding an initiative that focusses on increasing awareness of the Healthy Hubs via social media or email blasts to committee members.</p> <p>Members agreed that they would like some time to review the work plan and discuss it at the next HPDP meeting on August 16th.</p>	<p><i>Needs to be added to the upcoming monthly agendas</i></p> <p><i>Katiana Diaz’s initiative</i></p>
<p>Committee Partner Updates and Upcoming Events</p>	<p>Committee members provided individual updates:</p> <ul style="list-style-type: none"> - Baptist Health South Miami Hospital Annual Health Fair will be taking place on October 23rd - An RFP will open on Friday July 22, “Heal Sites” –healthy eating, active living, targeting Pre-K – 8th grade (For more information contact Cristina Brito, United Way) - South Florida Hispanic Chamber of Commerce – Viva Miami Fair Expo Event (September) - Kid Care Coalition - Back to School event on July 30th 	



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	<ul style="list-style-type: none"> - The 2016 Community Health Improvement Plan (CHIP) Annual Summit will be held on October 7th - The Florida Department of Health in Miami-Dade County WIC Program and Healthy Start Coalition of Miami-Dade will be hosting the 5th Annual Breastfeeding Awareness Walk at Amelia Earhart Park on Saturday, August 6th. 	
Old Business	<p>Consortium Newsletter Submissions</p> <ul style="list-style-type: none"> - If anyone is interested in submitting any information for the newsletter, please email Lisseth.Guerra@flhealth.gov <ul style="list-style-type: none"> o Due by the 3rd week of every month, 150-200 words (please include a title, and if available pictures) 	
New Business	<p>Link to Emeril's Restaurant Site Visit to Sergio's - La Flaca Menu: http://www.miaminewtimes.com/restaurants/emeril-lagasse-films-episode-of-emerils-florida-at-sergios-8565060</p>	
Adjournment	<p>The next meeting will be held on Tuesday, August 16, 2016 at Beacon Center, 8323 NW 12st, Suite 212 Conference Room Miami, FL 33126. The meeting was adjourned at 3:47 PM.</p>	