



**CONSORTIUM FOR A HEALTHIER MIAMI-DADE**

Health Promotion and Disease Prevention Committee Meeting  
 Tuesday, April 18<sup>th</sup>, 2023  
 2:00 PM – 3:15 PM



TOPIC	DISCUSSION	ACTION NEEDED
Membership Total (40)	<p><b>Chair: Leyanee Perez</b>, The American Healthy Weight Alliance  <b>Vice-Chair:</b> Catherine M. Wilhelm, West Kendall Baptist Hospital            Amy Exum, Baptist Health South Florida            Kathleen Azor Desables, Florida Department of Health            Valerie Denise Bethel, University of Miami            Tiffinie Bratcher, Aetna Healthcare            Zuzer Calero, University of Miami            Carmen Torres, Epilepsy Alliance Florida            CPT Shannon McGuire, FLNG Counterdrug Program Drug Demand Outreach Program            Dipak Joshi, Dental Clinique            Ebony Johnson, The Resource Room            Maria Victoria Ferraris, University of Miami            Michelle Fundora, Health Choice Network            Mayra Garcia, Florida Department of Health in Miami-Dade County            Islara Souto, YMCA South Florida            Jesus E. Medina, Galatea Bio alatea Bio and The Biobank of the Americas            Kindra Johnson, Arts a L            Tiffany Krause, Rogers Behavioral Health            Krystal Burkeybile, CLT Business Solutions, LLC            Lauren Quiros, My Psychiatrist            Lucy Pena, My Psychiatrist            Louisenie Remy, Jackson Health Memorial            Martin Charles, Alliance for Aging            Melissa Maytin, Florida Department of Health in Miami-Dade County            Tamia Medina, University of Miami            Michelle Mejia, Baptist Health South Florida            Mimi Chacin, Common Threads            Joshua Smith, Mind Over Matter Allied Health</p>	



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	<p>Imelda Moise, University of Miami          Jessica Mulroy, Florida Department of Health          Virginia Munoz, Florida Department of Health          Natouchka Murray, Florida Department of Health in Miami-Dade County          Olatokunbo Osibogun, Florida International University          Ramon Pena, Dr. Brandt Foundation          Rachel Roberts, Florida Department of Health          Saradjine Batrony, SB Pro Writing Services, LLC          Valoria Thomas, Gang Alternative, Inc.          Laurie Varona, Florida Department of Health          Claire Egret, Barry University          Pearl James-Isler, Jessie Trice Community Health System</p>	
<p>Welcome and Introductions</p>	<p>The Consortium for a Healthier Miami-Dade Health Promotion and Disease Prevention Committee meeting was brought to order by Leyanee Perez at 2:00 PM. New members had an opportunity to introduce themselves.</p>	
<p>Approval of Minutes</p>	<p>There was a motion to approve the March 2023 Health Promotion and Disease Prevention minutes by Catherine Wilhelm; the motion was seconded by Leyanee Perez.</p>	
<p>Executive Board Update</p>	<ul style="list-style-type: none"> <li>▪ The new Executive Board met last week and continue to discuss the Covid-19 and Health Equity grant. Miami-Dade County continues to be in the green. The hospitals are seeing lower rates of hospitalizations and of positive tests within the community. The Covid-19 public health emergency has ended. Covid and Mpox vaccines continue to be free.</li> </ul>	
<p>Presentation</p>	<ul style="list-style-type: none"> <li>▪ <i>Together for Children, presented by Ebony Johnson, Executive Director of the Resource Room.</i> Together for Children is a group of organizations designed to make change in the community. With an increasing problem across the country of violence, their goal is to eradicate violence from schools, the community, and homes. After the Sandy Hook Elementary shooting, the joint roundtables started the conversation on what eventually became Together for Children. They focus on the root causes of youth violence. They are community partner led and focus on alignment, support, and accountability. In 2016, they began their strategic development, referral process, and commitment. Between 2016 and 2017 the focus was on community-wide engagement. In 2017-2018 they launched the referral phase, case</li> </ul>	



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	<p>processing, and alignment with neighborhood level strategies. They have six neighborhoods from Goulds to Miami-Gardens and Opa Locka. In 2019, they included community members in the development of this design and implemented Together for Children prioritizing in equity, customized for local contexts, and established a culture that foster relationships, trust, respect across partnerships. Currently, each neighborhood has an action plan based on the priorities for that area.</p> <ul style="list-style-type: none"> <li>▪ With the Together for Children model, each organization can sustain themselves. They meet upon shared intent and purpose. They agreed on concept and mutual accountability including the use of data and continuously learning, adapting, and improving communication among participants. Both nonprofit and private organizations are part of Together for Children. Interested organizations can join a committee, each neighborhood has three committees. Together for Children is not an organization, it's a collective impact model. For more information, contact: Ebony Johnson, Together for Children Orchestrator <a href="mailto:ebony@theresourceroom.org">ebony@theresourceroom.org</a>.</li> </ul>	
Member Spotlight	<ul style="list-style-type: none"> <li>▪ <i>Common Threads by Mimi Chacin, Miami Program Manager.</i> Common Threads is a national nonprofit that supports food as medicine. They inspire communities to embrace healthy cooking, healthy eating, and culture through food. They provide hands on cooking and nutrition education programs. Evidence-based programs include nutrition education for pre-K through 12th graders, parent engagement activities, professional development for teachers and clinic and community-based college culinary medicine programs for patients and providers. The organization was established in Chicago, but they have been in Miami for 15 years. They work with Miami-Dade County Public Schools and many local community-based organizations to bring nutrition, education, and cooking skills programs. They have a variety of programs. They provide a training for teachers and educators, whether they are coming from Miami-Dade County Public Schools or any other after school program or summer camp. They provide training to educators there so that they can teach nutrition and a healthy snack-making program comprised of eight lessons. Each lesson focuses on different nutrition topics where the kids get their hands into a cooking activity and understand the difference between foods that are good for you and not good for you and start to see healthy food in a more positive way. They have after school programs offered from third grade all the way through high school. They also work with the family to help get people back into the kitchen at home to learn to</li> </ul>	



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	<p>cook healthy meals, to eat together as a family, to bring that tradition back. They also developed a patient and provider healthcare program. It’s a partnership with healthcare organizations and medical schools. They provide unique programs tailored to the preventative health care needs of communities. They are equipping medical students to integrate nutrition and food as medicine into their work and to be able to speak to their patients about nutrition and help them make the connection between eating well and disease prevention. For more information, contact Mimi Chacin at: <a href="mailto:mchacin@commonthreads.org">mchacin@commonthreads.org</a>.</p>	
<p>Workplan Discussion</p>	<ul style="list-style-type: none"> <li>▪ By September 30, 2024, the committee will work to partner with local law enforcement departments to learn about antiviolence initiatives.           <ul style="list-style-type: none"> <li>○ The committee met this indicator through the Together for Children presentation.</li> </ul> </li> <li>▪ By September 30, 2024, the committee will work to partner with organizations that provide cultural competency trainings.           <ul style="list-style-type: none"> <li>○ The chair of the committee asked members that are currently working on such initiatives or are aware of organizations that provide these trainings to share with the committee. The Florida Department of Health in Miami-Dade County STD/HIV program has a training they can provide to the committee. The committee will reach out to schedule a future presentation.</li> </ul> </li> </ul>	
<p>Partner Updates</p>	<ul style="list-style-type: none"> <li>▪ COVID-19 and Health Equity Grant Food Pantry Initiative update: the food pantry initiative continues to expand the network of food donations. This is the most important part because once the food pantries are open the question is how to keep the shelves stocked. The food donation network is very important. They currently have different supermarkets: one Bravo Supermarket in Miramar, another Bravo Supermarket in Hialeah, National Supermarket #2 in Hialeah, and a Key Food Supermarket in Miami Gardens. These supermarkets are constantly filling out donation bins and calling to donate the food to the pantries. This is very important because this is how the food pantries will be sustained. The Food Pantry Initiative also has a partnership with the major food distributor in Miami-Dade County which are the ones donating the greatest amount of food. They also have a produce wholesaler who has agreed to donate fresh, wholesome produce at least every other week. This is important since no other organization is providing fresh produce. The initiative will expand to the Homestead area is looking to partner with any organization that can house a food pantry at their location. If</li> </ul>	

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anyone is interested in hosting a food pantry in the Homestead area, contact Leyanee Perez at: [lp7777@msn.com](mailto:lp7777@msn.com).

There are currently three food pantries: YMCA in the Village of Allapattah, Las Marianitas Sisters in Opa Locka, and inside Iglesia Rescate in Hialeah. The important thing is that just because they are located inside of these organizations, that doesn't mean that you must be a member of these organizations to be able to use the food pantry. Anybody from the community can utilize the food pantries. They have noticed that they even have participants travel from Fort Lauderdale to the food pantries.

The Food Pantry Initiative has an evaluation component and one of the questions is related to whether people facing food insecurity can make healthy food choices when those choices are available. Even with all the information available in the community, only 60% of participants were able to find the association between chronic disease and the foods that they eat.

Therefore, nutrition education needs to continue being shared and distributed in the community. Some participants were able to identify some of the food groups but were unable to identify that bad eating habits are associated with chronic diseases.

- The Florida Department of Health in Miami-Dade County, Community Health Action Team provides free health education and biometric screenings with the goal of reducing the incidence of obesity and chronic disease. They are offering a new program, Journey to Wellness a Health Equity Series. This is a series of five classes which can be taught as individual sessions or as an entire series. The classes focus on healthy lifestyle topics such as physical activity, blood pressure, cholesterol, and maternal child health. They also offer the Journey to Wellness Rx prescription. A non-pharmaceutical prescription that encourages physical activity and healthy living to help with weight and chronic disease management. Designed for use with the public, providers can administer a Journey to Wellness Rx prescription to any client who is receiving a direct service. To place an order, visit: <https://www.healthymiamidade.org/journey-to-wellness-rx-green-prescription-request-form/>.

For more information about classes and biometric screenings, contact Natouchka Murray at: [Natouchka.Murray@flhealth.gov](mailto:Natouchka.Murray@flhealth.gov).

- Gang Alternative is having a substance prevention poster contest for middle schoolers grade 6<sup>th</sup> to 8<sup>th</sup> grade and have three prize winner placements. First place is \$500.00, and they'll be able to get their poster on the transit bus. 2nd place is \$250, and 3rd place is \$100. It's open to any



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	<p>student living in Miami-Dade County. It's currently open right now. For more information, visit: <a href="https://myga.org/poster-contest/">https://myga.org/poster-contest/</a>.</p> <ul style="list-style-type: none"> <li>▪ Global Health Studies at that University of Miami has undergraduate students always looking for internship placements. If you need students to help, contact Imelda Moise, Director of Global Health Studies at: <a href="mailto:moise@miami.edu">moise@miami.edu</a>.</li> </ul>	
Adjournment	<ul style="list-style-type: none"> <li>▪ The next meeting will take place on Tuesday, May 16<sup>th</sup>, 2023. The meeting was adjourned at 3:15 PM.</li> </ul>	