



CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Health Promotion and Disease Prevention Committee Meeting
 Tuesday, September 19th, 2023
 2:00 PM – 3:00 PM



TOPIC	DISCUSSION	ACTION NEEDED
Membership Total (44)	<p>Chair: Leyanee Perez, The American Healthy Weight Alliance Vice-Chair: Robert Hill, American Heart Association Amber Browder, University of Miami Amy Pont, Community Care Plan Brianna Bueno, Hope for Miami Project Bridge Candice Schottenloher, Florida Department of Health in Miami-Dade County Christine Smith, WellMed Charitable Foundation Claire Egret, Barry University Clara Garcia, United Way Miami Darianna Andujar, Florida Department of Health in Miami-Dade County Dayamyra Perez Fernandez, Florida Department of Health in Miami-Dade County Emilia Solano, YMCA South Florida Enjolie Vadella, University of Miami Franchine Peters, Roxcy Bolton Rape Treatment Center Griselle Solorzano, Brain Center Hayly Ojeda, Hope for Miami Project Bridge Indiana Lanzas, United Way Miami Islamiyat Nancy Adebisi, Florida Department of Health in Miami-Dade County Islara Souto, Healthy Little Havana Kindra Johnson, Arts a L Kirk Arthur, InMyTeam Lilia Bandrich, Jackson Health System Louisenie Remy, Jackson Health Memorial Lucette Talamas, Baptist Health Lucy Pena, My Psychiatrist Luis Ferrer, Florida Department of Health in Miami-Dade County Maria Catalina Jaramillo, HES Melissa Maytin, Florida Department of Health in Miami-Dade County</p>	



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	<p>Michelle Fundora, Health Choice Network Monique Spence, Miami Dade County Olatokunbo Osibogun, Florida International University Pascale Auguste, Health Education & Promotion Inc. Pearl James-Isler, Jessie Trice Community Health System Ramon Pena, Dr. Brandt Foundation Rebeca Capogreco, WellMed Charitable Foundation Sandra Delgado Corrales, YMCA South Florida Sandra Echeverry-Varona, Florida Department of Health in Miami-Dade County Saradjine Batrony, SB Pro Writing Services Shirley Dominguez, Epilepsy Alliance Florida Sommer Curry, Faithful Families Tamia Medina, University of Miami Tiffinie Bratcher, Aetna Better Health of FL Virginia Munoz, Florida Department of Health in Miami-Dade County Walter Nunez, Rapid Bio Lab</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 August 2023 Health Promotion and Disease Prevention minutes by Candice Schottenloher; the motion was seconded by Enjolie Plavin Vadella.</p>	
<p>Executive Board Update</p>	<ul style="list-style-type: none"> ▪ The Executive Board had a presentation by Florida Health Justice Project on the termination of eligibility requirements for Medicaid. During the pandemic there was a lot of Medicaid expansion that was able to happen and so more individuals were able to receive medical care. The presentation focused on the unwinding of this process, in which now tens of thousands of people are now becoming ineligible for health care. There is an online form, the Advocate Referral Form Eligibility Assessment. If someone you know has received a letter saying that they're no longer eligible and they are not offered more explanation, this form can be filled out online and sent to this organization and they're going to help them find a solution. ▪ The Executive Board discussed the upcoming Consortium Annual Event. The event will take place on 	



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	<p>Friday, December 1st, 2023, at the Dadeland Marriott Hotel. The Save the Date will be sent out soon to all members. If you are interested in sponsoring the event, please contact Leyanee Perez at: Leyanee.Perez@americanhealthyweight.org.</p>	
<p>Member Spotlights</p>	<ul style="list-style-type: none"> <p>▪ <i>Overview of WellMed Charitable Foundation, Senior Activity Centers by Tina Smith, CADDCT, CDP, Senior Director of Caregiver Program Operations.</i> WellMed Charitable Foundation is the nonprofit arm of WellMed Medical Management, which is a provider group that provides care for persons over the age of 60. They have clinics and doctor groups all over Texas, as well as several areas in Florida. With the WellMed Medical Foundation the goal is to provide information, support, and wellness services to seniors 60 and older, as well as their family caregivers. One of their programs is their Senior Center Program. They have four centers in the Miami area and the just opened one in the Tampa area. These senior centers are full activity centers. They have a wide range of activities around nutrition, exercise classes, art classes; they are great place for older adults to gather and to socialize and participate in several health and wellness activities. Within the senior center program, they have a virtual senior center for those who may not be able to get out in person or may not live close enough to a center, they can participate in a virtual senior center which offers a wide variety of videos that they can watch around nutrition, arts and crafts, and exercise. These are available to anyone who is 60 years of age or older. All their services are free.</p> <p>They also have a Caregiver SOS Program. This program provides information and support to family members who are caring for an older loved one. The service available in the Florida area is the caregiver teleconnection program. These are hour long learning sessions that they have via Zoom. They have experts from around the country that provide information related to caregiving. They talk about dementia care, how to manage some of those behaviors, and the different types of dementias. They also talk about how caregivers can manage stress and take care of themselves. The sessions allow participants to hear from an expert in the in the field, but also have an opportunity to ask questions and they also get to hear from other caregivers There are usually about 8 to 10 sessions a month and a Spanish session once a month. They record all those sessions and so if somebody wants to go back and listen to a session they attended or they couldn't attend, they can go back and listen to the recording. Caregivers of any age are eligible.</p> <p>The Stress Testing Program is a nine-week 1.5 hour a week class. It's evidence-based to reduce the stress and anxiety that many caregivers experience. They do this virtually and teach caregivers stress management techniques and coping skills as it relates to caregiving. All services are free of charge, and</p> 	



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they do not have to be WellMed members to access services. In the Miami area they have virtual tours, so you can take a walk around the senior center from the comfort of your own home. If you have any questions, please call: 1-866-390-6401. <http://www.wellmedcharitablefoundation.org>.

- *Overview of American Heart Association by Robert Hill, Vice President-Community Impact.* American Heart Association has five major priorities. The two that they don't spend as much time focusing on locally are issues related to women's health because they believe that women's health should be a part of everything, they focus on at the Heart Association. So, it's not its own targeted area. The other area they are spending less time tackling is tobacco and vaping just in terms of programmatic initiatives. They still collaborate with AHEC, they do exceptional work, especially in terms of referring employers to services and community organizations. In Miami, their three priority focus areas are Community Readiness, with a targeted focus on Emergency Cardiac Care. Teaching hands only CPR, and getting people certified. The work around CPR, something they have done over the past few years is go to high school sports teams in a collaboration with Baptist Health and train those teams on CPR and leave them with kits so that they continually train all the staff and all the young people. For their 100-year anniversary in 2024, the American Heart Association is trying to do some big, exciting things, one of which is going around to organizations and helping them to adopt cardiac emergency response plans. There's no cost. Beyond that, they are also highlighting CPR. They have the first CPR training kiosk in the world in English and Spanish, and currently it is at the village of Allapattah YMCA. It takes about 5 minutes to go through the entire process. It is a mobile kiosk, so it'll be at the YMCA for a little bit longer than they are moving it up to Broward County.

The other area that they focus on is Nutrition Security. They are bringing a pantry to Miami-Dade College Kendall campus following the same model they used with Broward College. They rely on national best practice leadership. One of those is the Feeding America network. Feeding South Florida is a huge collaborator of theirs because any pantry they begin, they must make sure it's sustainable. They also released last year some hunger relief mini grants, so occasionally they will have some funding to support this work.

They also work within the hypertension, chronic condition control space and a big piece of that is referral to community-based organizations. They currently have an initiative funded through the Health Foundation with Health Choice Network and six Federally Qualified Health Centers. These clinical collaborators are doing much to help patients with type 2 diabetes. The American Heart Association has initiatives that are free for clinical settings where individuals can access resources as patients or as



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 Tuesday, September 19th, 2023
 2:00 PM – 3:00 PM



	<p>providers around cholesterol, diabetes, or hypertension. They are there as a connector to support you, bidirectional referrals, clinics, and community-based organizations. They also come in and provide blood pressure cuffs. They are inviting several clinical partners to their Heart Equity Symposium. It's on World Heart Day. They will be sharing educational content after. It is solely for providers within Health Choice Network at the invited FQHC's throughout Broward and Miami Dade County. the conversation will highlight the work that they do and have been doing over the past few years. The focus is on health literacy, cultural competency and they will be giving out resources in English, Spanish and Haitian Creole that can then be disseminated amongst the patient populations of all those individual clinical systems. Overall, hypertension, patient control, CPR, and nutrition security are the big priority focuses for the American Heart Association. They will have the Social Impact Fund starting in January where they will be asking for applications for funding for smaller organizations, entrepreneurs, and individuals who believe that they have an innovative strategy to improve public health within South Florida. For more information, contact Robert Hill at: robert.hill@heart.org.</p>	
<p>Workplan Discussion</p>	<ul style="list-style-type: none"> ▪ By September 30, 2024, the committee will work to host an annual health fair for the community. <ul style="list-style-type: none"> ○ The Bounty of Health event will take place Friday, December 15th, 2023. More information about the event will be shared once it becomes available. ▪ By September 30, 2024, the committee will work to identify areas for training opportunities open to the community. <ul style="list-style-type: none"> ○ The committee discussed various opportunities for training. The chairs of the committee discussed the possibility of having a CPR demonstration through the American Heart Association. The goal would be that participating organizations, with individuals that are representing their company, adopt a formalized policy within their organization. ▪ By September 30, 2024, the committee will work to commit to health fairs in identified areas to share the Green Rx. <ul style="list-style-type: none"> ○ The Journey to Wellness Rx prescription is a nonpharmaceutical 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. This would include clients encountered in a variety of settings (e.g., on-site clinical areas, mobile health care units, community health screenings, health fairs and other health promotion events). Special population clients, such as, children, 	



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 2:00 PM – 3:00 PM



	<p>pregnant and/or breastfeeding women, and older adults, may also be given a prescription. Clients should consult their health care provider before beginning any exercise program. The Journey to Wellness Rx prescription provides linkage to online resources (i.e., ChooseMyPlate.gov and CDC.gov) so that clients can access more specific instructions for their individual situation or age-group. To place an order, visit: https://www.healthymiamidade.org/journey-to-wellness-rx-green-prescription-request-form/. For more information contact Natouchka Murray at: Natouchka.Murray@flhealth.gov.</p> <ul style="list-style-type: none"> ▪ The November 21st, 2023, monthly committee meeting is canceled. 	
Partner Updates	<ul style="list-style-type: none"> ▪ COVID-19 and Health Equity Grant Food Pantry Initiative update by Leyanee Perez: There are currently three food pantries: The fourth pantry has been secured in Florida City. It took a long time to find a partner since sustainability is a very important factor and they needed to find the right partner that knew it was going to be able to sustain this food pantry. It will be located inside of a church/charter school. The grand opening will be Saturday, October 6th, 2023. Because this is also a school, it is difficult to schedule the grand opening during the week. Additionally, all the food pantries are going through a complete renovation. They are changing the food pantries to the swap system, which is supporting wellness in the food pantries. They were able to do it at the pantry in Iglesia Rescate in the city of Hialeah and they also worked with the one in the YMCA Village of Allapattah where they already implemented the swap system. They trained the employees and the staff and now all the foods are color coded, meaning the green labeled foods are the ones that should be consumed every day. Foods that should be consumed sometimes and maybe once a week are yellow. Then the red color foods are the ones that should be consumed rarely, which means maybe once a month. When you look at the amount of sugar, the amount of sodium, and the amount of fat-saturated fat must be less than 2 grams, sodium needs to be less than 250 milligrams, added sugars need to be 0, and total sugars 12 grams or less. Those are the requirements for a food to be labeled green and something you can eat daily. Unless it is a fruit or a vegetable, it is difficult to find green items. There are still guidelines that need to be followed. Today, the guidelines would be about two servings of fruit per day and three servings of vegetables per day. If you look at those three components mentioned and you go to the supermarket, you realize that there's not a lot of options. When looking at the food pantries, they realized they needed more green foods. With the help of dietetic interns, they were able to reorganize the pantries with the new system. It is impressive to see that many of the choices in the supermarket are not what people need and perhaps there should be 	

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 Tuesday, September 19th, 2023
 2:00 PM – 3:00 PM

	<p>an initiative to work with supermarkets to increase green foods. Education is a major component and once the program ends in December, this will continue to act as a as a sustainable educational tool that will always be there. The other food pantries are YMCA Allapattah, Iglesia Las Marianitas (Opa Locka), and Iglesia Rescate (Hialeah). Leyanee Perez had an interview with Univision for Spanish television announcing the different food pantries and the food pantry that had the most amount of follow-up phone calls was the one in Opa Locka.</p> <ul style="list-style-type: none"> ▪ Hope for Miami (Update provided by Hayly Ojeda) is hosting a public Youth Mental Health First Aid training on October 6th at Sunlight Community Church in West Flagler. Details about registration and the event will be shared with the committee. ▪ Faithful Families (Update provided by Sommer Curry) is having a health fair October 21st. The flyer will be available within the next few weeks for those interested in participating. ▪ University of Miami, Sylvester Cancer Center (Update provided by Amber Browder) has a few studies going on, one of the studies is about chronic pain. They are looking for anyone over 18 with chronic pain who would be willing to participate in a 1-1.5-hour focus group where you give feedback in Spanish, Haitian Creole, or English about some materials and new methods and chronic pain management. They are looking for Black African American English speaking, Hispanic Spanish speaking, or Black Haitian Creole speaking individuals. For more information visit: https://umiamihealthresearch.org/#studies/20230210. ambrowder@med.miami.edu, 305-243-4064. ▪ Florida Department of Health in Miami-Dade County (update provided by Candice Schottenloher), the Office of Community Health and Planning facilitates the Mobilizing Action through Planning and Partnerships (MAPP) process. They are in the planning stages to get ready for the next cycle that will begin next year. This process allows them to create the Community Health Improvement Plan. Next year they will be facilitating different conversations, surveys, and focus groups to really hear from the community about where the needs are. More details will be shared on the process. ▪ Epilepsy Alliance Florida (Update provided by Shirley Dominguez) is gearing up for Open Enrollment and will share locations for in-person appointments or call 877-553-7453. Virtual and in person appointments can be made with a local navigator in Spanish, Haitian Creole, English, and they have interpreter services for other languages. Unbiased, confidential, free, year-round assistance with ACA Marketplace - Medicaid/Chip. 	
Adjournment	<ul style="list-style-type: none"> ▪ The next meeting will take place on Tuesday, October 17th, 2023, virtually through Microsoft Teams. The meeting was adjourned at 3:07 PM. 	



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