

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> <li>1. Islamiyat Nancy Adebisi, Florida Department of Health in Miami-Dade County</li> <li>2. Dr. Victor Estevez, Pinecrest Chiropractic</li> <li>3. Mayra Garcia, Florida Department of Health in Miami-Dade County</li> <li>4. Jeannie Moise Cidel, Miami Dade College</li> <li>5. Valerie Newman, Relax The Back</li> <li>6. Vivian Omondi, Florida Department of Health in Miami-Dade County (via teleconference)</li> <li>7. <u>Chair</u>: Shawn Ramirez, Miami-Dade Parks, Recreation and Open Spaces</li> <li>8. <u>Vice Chair</u>: Marlene Rodriguez, Bayview Asset Management</li> <li>9. Joe Saceric, American Diabetes Association</li> <li>10. Islara Souto, American Heart Association</li> </ol>	
Welcome and Introductions	<p>Meeting was called to order by Shawn Ramirez, Committee Chair, at 9:42am.</p> <p>Committee went around and introduced themselves.</p>	
Approval of the Minutes for May	<p>Minutes were reviewed by committee members.</p> <p>A motion was made by Valerie Newman to approve the minutes. It was moved and seconded by Dr. Estevez.</p>	
Executive Board and Committee Updates	<p><b>Old Business</b></p> <ul style="list-style-type: none"> <li>• Worksite Wellness Health Fair/Forum- 9 to 5 Fit: Wellness in the Workplace on June 4, 2014 <ul style="list-style-type: none"> <li>○ Comments about event: Great event, but the attendance was okay. Had great speakers and vendor turnout.</li> </ul> </li> </ul>	

	<p><b>Presentation:</b> Environmental Policy Initiative Islara Souto, American Heart Association</p> <ul style="list-style-type: none"> <li>• The American Heart Association (AHA) is launching its Environmental Policy Initiative to help create the following changes in workplaces county-wide. They are:             <ul style="list-style-type: none"> <li>○ Reduce/eliminate sugar-sweetened beverages</li> <li>○ Reduce sodium in foods made on site</li> <li>○ Create/increase opportunities for physical activity</li> </ul> </li> <li>• The goal is to reach at least 30,000 Miami-Dade County residents on at least one of the 3 focus areas by July 1<sup>st</sup>, 2015. By the year 2020, the AHA wants to reduce the rate of death from cardiovascular diseases and stroke by 20%, and also improve the heart health of all Americans by 20%.</li> <li>• AHA offers resources, materials, consultation and support for employers interested in making any of the above environmental changes..</li> <li>• AHA encourages employers to apply online to become recognized as a Fit-Friendly Worksite by meeting specified criteria within their worksite wellness program. Upcoming deadline is November 1<sup>st</sup>.</li> <li>• <b>Health tips:</b> When checking your food label make sure that the sodium and fat percentage is less than 20%. Also, low fat and skim milk are healthier alternatives to regular milk.</li> </ul> <p>New Business</p> <ul style="list-style-type: none"> <li>• A Letter of Support for the CDC grant, <i>Partnerships to Improve Community Health</i> application, was written by Vice Chair, Marlene Rodriguez on behalf of the committee.</li> </ul>	
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	<p style="text-align: center;"><b>***Stretch Break ***</b></p> <ul style="list-style-type: none"> <li>• Upcoming Worksite Wellness Forum will be held on Thursday, September 4<sup>th</sup>, 2014 at Beacon. Topics that will be covered are:             <ul style="list-style-type: none"> <li>○ Reducing Sugar-Sweetened Beverages in the Worksite</li> <li>○ Cost Savings of a Tobacco-Free Workplace</li> </ul> </li> <li>• Save the date for the <b>2015 Worksite Wellness Awards</b> that will be held on Friday, May 1<sup>st</sup>, 2015.</li> </ul>	<p><b><u>Action Items:</u></b>          If anyone, is interested in joining the subcommittee to help plan and attain sponsorships for the 2015 Worksite Wellness Awards, please email one of the liaisons.</p>
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<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> <li>• Shawn Ramirez, Chair, competed in the 2014 Reebok Cross Fit Games Open winning first place in the worldwide Men’s 40-44 Masters Division.</li> <li>• Dr. Flores gave two worksite wellness presentations at Bayview Asset Management’s at Coral Gables and Pompano Beach locations.</li> <li>• Valerie Newman announced that she is now cancer free! She credits her improved health and recovery on juicing with Turmeric, adding black pepper to aid absorption and drinking a tea made from dried Guanabana leaves and Guanabana extract. She also cut out all sugar, white flour and white rice from her diet.</li> <li>• Mrs. Weller, Ms. Morris, Mayra Garcia, and Islamiyat Adebisi recently attended National Wellness Institute training in May and have all received the Certified Worksite Wellness Specialist designations.</li> </ul>	
<p>Member Announcements/Upcoming Events</p>	<ul style="list-style-type: none"> <li>• American Heart Association Advocacy Workshop- Aug. 27<sup>th</sup> Two sessions will be held: 10:00—11:30 am at the Region’s Bank, 15th Floor Dining Room, 2800 Ponce De Leon Blvd, Coral Gables 33134 and 4:00—5:30 pm United Way of Miami-Dade, The Ansin Building, 3250 Southwest Third Avenue, Miami 33129.</li> <li>• American Diabetes Walk will be held on September 27, 2014 at Marlins Ballpark. The Team Captain meeting will be held Wednesday, August 13, 2014 at the bull run zone at the Marlins Park.</li> <li>• American Diabetes Program has a free worksite program for employers entitled “Stop Diabetes @ Work Program”. Contact the association for more information.</li> </ul>	



## WORKSITE WELLNESS COMMITTEE

### Minutes

Thursday, August 7, 2014



Next Meeting	The next meeting will be our Worksite Wellness Forum from 9:30 am to 11:30am at the Florida Department of Health in Miami-Dade County, Beacon Center, 8323 NW 12th St., Suite 212, Miami, FL 33126. Topics to be presented on will be about reducing sugar-sweetened beverages in the worksite (by Islara Souto, AHA) and cost-savings of a tobacco-free workplace (by Islamiyat Nancy Adebisi, FL Dept. of Health in Miami-Dade County).	
Adjournment	Shawn Ramirez, Chair, adjourned the meeting at 11:48 am.	