

WORKSITE WELLNESS COMMITTEE

Minutes

Thursday, April 2, 2015



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Clara Lerma-Betancourt, Baptist Health South Florida 2. <u>Vice Chair</u>: Dr. M. Enrique Flores, Shin Wellness 3. Jeannie Moise, Miami Dade College 4. Leah Holzwarth, Baptist Health South Florida 5. Mayra Garcia, Florida Department of Health in Miami-Dade County 6. <u>Chair</u>: Marlene Rodriguez, Bayview Asset Management 7. Sam Shirley, Prudential 	
Welcome and Introductions	<p>Meeting was called to order by Dr. Flores, Committee Vice Chair, at 9:40 AM. Chair Marlene Rodriguez later joined the meeting in progress. Committee members introduced themselves and shared the reason(s) for their involvement with worksite wellness and the committee.</p>	
Executive Board and Committee Updates	<ul style="list-style-type: none"> • Dr. Flores mentioned that he and Marlene met earlier in the week; they are concerned with the low attendance at committee meetings. • Jeannie mentioned we could try to present at Greater Miami Society for Human Resource Management (GMSHRM) meeting to try to gain additional members for committee • Reviewed the Vision & Mission of the Consortium for a Healthier Miami-Dade. • Discussed the CDC grant <i>Partnership to Improve Community Health (PICH)</i> given to the Florida Department of Health in Miami-Dade County; two of the objectives are to increase healthy food or beverage options and increase opportunities for physical activity. The committee can use outreach and marketing initiatives to target the PICH objectives in worksites. • Jeannie mentioned the importance of using needs and interest survey 	

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	<p>with employees to help with worksite wellness programmatic planning. Committee further discussed that initially wellness programs tend to move from activity-based to more mature program over several years.</p> <ul style="list-style-type: none"> • Liability issues of worksite wellness programs and use of waiver forms was discussed. • Useful resources for programmatic planning mentioned were CDC and FDOH-MDC worksite wellness electronic toolkit, and the National Health Calendar. • Leah shared that one key to program success is forming trusting relationships with employees so they know that you care. Also, program for behavior changes, not results. • Marlene suggested using the employer's insurance broker to assess what employee wellness benefits/services are available <p>Old Business:</p> <ul style="list-style-type: none"> • Committee Strategic Work Plan – needs to be developed; to include committee activities that can help with completing work for the committee's portion of the PICH grant. Activities will include: contacting worksites, assessing current policies and providing technical assistance with creating healthy food options and physical activity policies at worksites. • A short needs and interest survey for employers was reviewed. This previously used 8-question survey can be used to engage employers while assessing opportunities for healthy food/beverage/physical activity in the workplace to help fulfill related PICH grant objectives. Suggestions were discussed and noted for consideration. • The employer needs and interest survey could be distributed via the following: <ul style="list-style-type: none"> • FDOH-MDC and Consortium listservs 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> • Liaisons will follow-up with the Health Council of South Florida, evaluators for the PICH grant, for their input regarding the needs and interest survey for employers.
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	<ul style="list-style-type: none"> • Lindsay Scherr could send to her corporate contacts listserv • Islara Souto could send to AHA listserv • Marlene could send to her American Dietetic Association listserv • Chamber of commerce listservs, such as Greater Miami Chamber of Commerce (Jeannie has contact for this one), and Chamber South (Mayra has contact for this one) • Facebook posts • Could send to municipalities and departments, such as police, parks, etc. • Include wording “please forward to other organizations” who might be interested • Offer incentive for completing the survey, such as a free FDOH-MDC worksite wellness consultation and a Make Healthy Happen toolkit • Worksite Wellness Forum was held on Thursday, March 5th, 2015 at Beacon on “Incorporating Financial Wellness Into Your Worksite Wellness Program.” <ul style="list-style-type: none"> • Committee reviewed evaluation results and suggested forum topics given by attendees. • <i>2015 Worksite Wellness Awards</i> on Friday, May 8th, 2015 – Baptist Health South Florida is hosting a free breakfast and “Best Practices” morning program to registered Awards luncheon attendees and other corporate invitees; no CEO piece. <ul style="list-style-type: none"> • Subcommittee meeting will be held after committee meeting today. 	
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<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> • The Consortium Annual Meeting was held on Friday, March 20, 2015 at the Intercontinental Hotel. At the event, Chair Marlene presented the Worksite Wellness committee report. Dr. Flores received an award in recognition for his dedication as an outstanding committee member. • Leah announced the following: <ul style="list-style-type: none"> • Baptist was awarded the Corporate Health Achievement Award by the American College of Occupational and Environmental Medicine • Baptist HR received a wellness award from the Miami Chamber of Commerce three weeks ago. • Baptist will have 2200 runners in the Mercedes Benz Corporate Run. 	<p>✓ Congratulations Dr. Flores</p> <p>✓ Congratulations Baptist</p>
<p>Member Announcements/Upcoming Events</p>	<ul style="list-style-type: none"> • Leah announced that her last day at Baptist will be April 10th and she is moving away on April 13th. • Jeannie announced that Miami Dade College employee health screenings will start in April. This year starting in September, they will hold employee health fairs on five out of the eight campuses. Also, each of the campus presidents will appoint a “wellness ambassador” to assist her. 	
<p>Next Meeting</p>	<p>The next Worksite Wellness Committee meeting will be on Thursday, May 7, 2015, from 9:30 AM - 11:30 AM at the Beacon Center, 8323 NW 12th Street, Suite 212, Miami, Florida 33126.</p>	
<p>Adjournment</p>	<p>Marlene Rodriguez, Chair, adjourned the meeting at 11:30 AM.</p>	