

WORKSITE WELLNESS COMMITTEE

Minutes
 Thursday, July 2, 2015



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Beth Greenwald, Health Designs (By Teleconference) 2. Dennys Gonzalez, Miami-Dade County 3. <u>Vice Chair</u>: Dr. M. Enrique Flores, Shin Wellness 4. Evelyn Rodriguez, Florida International University 5. Helena Denham-Carter, Miami-Dade County (By Teleconference) 6. Islamiyat Nancy Adebisi, Florida Department of Health in Miami-Dade 7. <u>Chair</u>: Marlene Rodriguez, Bayview Asset Management 8. Mayra Garcia, Florida Department of Health in Miami-Dade 9. Merrie Gonzalez, Miami-Dade County 10. Nathan Burandt, Florida International University 11. Raquel Dopico, Miami-Dade County Wellness Center 12. Samantha Sater, Health Council of South Florida 13. Sara Vallazza, Miami-Dade County 14. Whanadi-Ann Sobrevilla, Affinity for Wellness 	
Welcome and Introductions	Meeting was called to order by Marlene Rodriguez, Committee Chair at 9:45 AM. Committee members and guests introduced themselves.	
Minutes	Minutes for the May meeting were reviewed. Marlene Rodriguez motioned for the minutes to be approved. Mayra Garcia seconded that motion.	
Executive Board and Committee Updates	<ul style="list-style-type: none"> • Executive Board Update: <ul style="list-style-type: none"> ○ The CDC Site Visit for the Partnerships to Improve Community Health (PICH) grant was held on Monday, June 8, 2015 to Tuesday, June 9, 2015. Revisions to the year one cap were requested and submitted to the CDC. The committee has until September 29, 2015 to achieve the goal of having 16 worksites create policies that increase physical activity opportunities and healthy food and beverage options at the worksite. • Old Business: <ul style="list-style-type: none"> ○ The committee discussed the two objectives the committee is 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> • Follow up on approval of survey with Health Council of South Florida evaluator. • Chair will take suggestions for electronic sticker and social media

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	<p>working on for the grant. Those objectives are to increase healthy food and beverage options and increase opportunities for physical activity at the worksite through policy creation. Committee members suggested employers to contact to achieve committee goal.</p> <ul style="list-style-type: none"> ○ Committee work plan and survey were discussed. Committee is still waiting for approval from the Health Council of South Florida. Evaluator will follow up with committee about its status. Goal is to disseminate by the August meeting. ○ Once survey is approved, committee will send out to Consortium members to complete as well as to outside employer contacts. ○ Committee members present also agreed to commit that they will get policies created at their worksite by the deadline for year one. ○ To engage inactive members and past Worksite Wellness awardees a call to action email will be drafted by the Chair to inform them of the resources available to them, committee upcoming events and plans as well as to invite past awardees to benchmark and showcase their best practices. ○ A suggestion was made to create a virtual sticker and use social media to promote employers who have created these policies at their worksites. This will be an incentive for employers to create policy change at their worksite. ○ Committee Chair shared information on a study that showed the improvements worksite wellness programs have achieved for major employers in the nation. ○ Committee members also shared valuable phone applications that can be used to encourage employees to become physically active (i.e. Mapmyfitness, Couchto5Krunner and Mapmyrun). <ul style="list-style-type: none"> ● New Business: <ul style="list-style-type: none"> ○ Toolkit revision subcommittee 	<p>promotion to the Executive Board.</p> <ul style="list-style-type: none"> ● Chair will forward study on corporate wellness study to committee. ● Liaison will assist with toolkit revision. Email will be sent to committee to review toolkit prior to next meeting. ● Liaison will see what incentives can be given to employers.
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	<ul style="list-style-type: none"> ▪ The committee discussed the revisions needed for the toolkit. Toolkit will also be applicable for small business owners. ○ Worksite Wellness Forum <ul style="list-style-type: none"> ▪ The committee decided to host the next Worksite Wellness Forum on Thursday, September 10, 2015. The event will target employers and small business owners. The event will educate local employers (small to large) on the need for healthy food and beverage options and physical activity opportunities in worksites. At the end of the forum, consultations will be scheduled and senior leader letters of support will be signed by employers to show commitment to policy change. ▪ Miami Dade County will assist with securing a site for the event, invite employers and small business owners in the Miami Dade Discount program and with conducting a fitness break at the event. ▪ The committee will also make contact with local vendors for light refreshments and to table at the event to link employers to wellness resources (i.e. Miami Dade Parks and Recreation Department, LA Fitness, 24 Hour Fitness, etc.) 	
Member Announcements/Upcoming Events	<ul style="list-style-type: none"> • Employer Healthcare & Benefits Congress will be held September 27-30, 2015 in Orlando, FL. 	
Next Meeting	The next Worksite Wellness Committee meeting will be held on Thursday, August 6, 2015 from 9:30 AM - 11:30 AM at the Beacon Center, 8323 NW 12 th Street, Suite 212, Miami, Florida 33126.	
Adjournment	Marlene Rodriguez, Chair, adjourned the meeting at 11:39am.	