

## WORKSITE WELLNESS COMMITTEE

Minutes

Thursday, June 4, 2015



<b>TOPIC</b>	<b>DISCUSSION</b>	<b>ACTION NEEDED</b>
Members Present	<ol style="list-style-type: none"> <li>1. Dennys Gonzalez, Miami-Dade County</li> <li>2. Evelyn Rodriguez, Florida International University</li> <li>3. Islamiyat Nancy Adebisi, Florida Department of Health in Miami-Dade</li> <li>4. Jeannie Moise, Miami Dade College</li> <li>5. Lauren Sonnenberg, LifeCore, Inc.</li> <li>6. Oriana Chacon, Miami Spine and Posture Clinic (By Teleconference)</li> <li>7. <u>Chair</u>: Marlene Rodriguez, Bayview Asset Management</li> <li>8. Mevry Gonzalez, Miami-Dade County</li> <li>9. Nathan Burandt, Florida International University</li> <li>10. Raquel Dopico, Miami-Dade County Wellness Center</li> <li>11. Sam Shirley, Prudential</li> <li>12. Samantha Sater, Health Council of South Florida</li> <li>13. Sara Vallazza, Miami-Dade County</li> </ol>	
Welcome and Introductions	Meeting was called to order by Marlene Rodriguez, Committee Chair, at 9:40 AM. Committee members and guests introduced themselves.	
Minutes	Minutes for the April meeting were reviewed. A correction was noted to change the date of the Worksite Wellness Awards to May 8, 2015. Marlene Rodriguez motioned for the minutes to be approved. Evelyn Rodriguez seconded that motion.	

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<p>Executive Board and Committee Updates</p>	<ul style="list-style-type: none"> <li>• Old Business:           <ul style="list-style-type: none"> <li>○ Executive Board Update: The CDC Site Visit for the Partnership to Improve Community Health (PICH) grant will occur on Monday, June 8 to Tuesday, June 9, 2015. The site visit will include a meeting between representatives from the CDC and the executive board.</li> <li>○ The committee discussed the Partnership to Improve Community Health (PICH) grant awarded to the Florida Department of Health in Miami-Dade County. The work for the grant will be completed at the committee level. The two objectives the committee is working on are to increase healthy food or beverage options and increase opportunities for physical activity at the worksite.</li> <li>○ The committee work plan was reviewed. The activities to be completed include: contacting worksites, assessing current policies and providing technical assistance with creating healthy food options and physical activity policies at worksites. The committee will need to revise its toolkit and survey employers to assess the needs of employers. A request was made to share the aggregate data of survey results to the committee.</li> <li>○ The Speaker's Bureau training was briefly discussed. The program will launch soon and allow the community to request a speaker to present on a certain topic.</li> <li>○ The committee also discussed sharing member contact information. A suggestion to survey committee members to ask if they are comfortable with sharing their contact information with other committee members and to ask new members this question as well was made.</li> </ul> </li> </ul>	<p><b><u>Action Items:</u></b></p> <ul style="list-style-type: none"> <li>• Committee liaison will resend survey to Health Council of South Florida evaluator for evaluation.</li> <li>• Committee liaison will ask to see if the membership registration page can be edited to ask new members if they would be willing to share their contact information with committee members.</li> <li>• Committee workplan will be shared once approved.</li> <li>• Committee liaison will send survey with meeting date options.</li> </ul>
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	<ul style="list-style-type: none"> <li>○ The committee reviewed the evaluation results from the 2015 Florida Worksite Wellness Awards. Overall, the respondents were pleased with the event. The event was held on Friday, May 8<sup>th</sup>, 2015 in partnership with Marsh &amp; McLennan and Baptist Health South Florida. In the morning prior to the event Baptist Health South Florida hosted a free breakfast and “Best Practices in Worksite Wellness” program. The 2015 Florida Worksite Wellness Awards was well attended and three companies were awarded the 2015 award. The keynote address at the awards event was given by Dr. Michael Ozner. The State Surgeon General Dr. John H. Armstrong also addressed attendees to emphasize the importance of worksite wellness, talk about the Healthiest Weight initiative and commend the work being done locally. Committee will start working on next year for bigger and better event.</li> <li>○ Committee was encouraged to reach out to contacts to invite to join the Consortium.</li> <li>● New Business:             <ul style="list-style-type: none"> <li>○ The Healthy Happens Here sticker was reviewed. Committee members came up with ideas to incorporate into the sticker. A list of options was compiled and voted on. The committee voted to have the sticker state the following. For the large bubble: “Supporting Worksite Wellness” and for the small bubble: “It works here!”</li> <li>○ Committee members will be sent an email with two meeting date options to vote on which works best for them either July 2, 2015 or July, 9, 2015.</li> </ul> </li> </ul>	
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<p>Member Announcements/Upcoming Events</p>	<ul style="list-style-type: none"> <li>• Dennys Gonzalez shared that Miami Dade County Discounts page is available for committee members to share with their employees.</li> <li>• Health Care Prosperity Summit: Reducing Miami Health Insurance Costs event will be held tomorrow, June 5, 2015 from 8:30 AM-3:30 PM. Event will be held at the HistoryMiami Museum, 101 West Flagler Street, Miami, Florida 33130.</li> <li>• Corporate Wellness Advantage: VOI vs. ROI: The Business Value of a Healthier Workforce event will be held on Thursday, June 18, 2015 from 6:30 PM to 8:30 PM at 1450 Brickell Ave, 14th Floor Conference Room Miami, FL 33131.</li> </ul>	<p><b><u>Action Items:</u></b></p> <ul style="list-style-type: none"> <li>• Committee liaison will send out email with upcoming event information.</li> </ul>
<p>Next Meeting</p>	<p>The next Worksite Wellness Committee meeting will be tentatively held on Thursday, July 2, 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 11:38 AM.</p>	