

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, September 8, 2016



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Chair: <u>Marlene Rodriguez, Bayview Asset Management</u> 2. Vice Chair: <u>Dr. M. Enrique Flores, Shin Wellness</u> 3. Fabio Quintero, Fabimar Harmony 4. Maria Negahbani, FL Department of Health (via Teleconference) 5. Melissa Hernandez, FL Department of Health 6. Santiago Leon, BenRx Inc.(via Teleconference) 7. Andrea Caprio, Wellness Methods 8. Anjana Morris, Health Council of South Florida 9. Lilia Bandrich, Jackson Health Systems 10. Beatriz Hartman, Consolidated Credit (via Teleconference) 	
Welcome and Introductions	Meeting was called to order by Marlene Rodriguez, Committee Chair, at 9:38 am. Committee members and guests introduced themselves.	
Minutes	Minutes for August 11, 2016 committee meeting were reviewed. Dr. M. Enrique Flores moved to approve the minutes. Marlene Rodriguez seconded that motion. The motion is approved.	
Executive Board and Committee Updates	<ul style="list-style-type: none"> ○ Executive Board Update: <ul style="list-style-type: none"> ▪ Dr. Flores provided a brief discussion on the Mission and Vision of the Worksite Wellness Committee and the goal as consortium members. ▪ Revisions of the work plan will begin for individual committees to realign and identify key partners and community projects. Suggestions made by the executive board state that committee members review the CHIP (Community Health Improvement Plan) 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> ▪ Action items: identify resources/update directory, create game plan/strategy, commitment from committee members, execute plan and evaluate.

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	<p>process which is directly linked with the Consortium strategic plan to better realign the work plan.</p> <ul style="list-style-type: none"> ▪ The Consortium is requesting that we share and submit any successes and events of all Worksite Wellness members through the Consortium Newsletter, twitter, or Facebook feed to keep the community and other members informed with committee projects. ▪ Elections for Committee Chairs and Vice Chairs will begin in December. <p>○ Old Business:</p> <ul style="list-style-type: none"> ▪ PICH initiative Update <ul style="list-style-type: none"> • Maria Negahbani shared her recent role change for PICH initiatives. Maria stated she will be focusing on the restaurant initiative along with Leyanee Perez for Health Promotion and Disease Prevention. • Maria will continue to assist current worksites who are in the process of developing or close to completing their Worksite Wellness policies, as well as for large municipalities. The following Municipalities are already working on their policies as of today: City of Coral Gables, City of Hialeah, City of North Miami, City of Miami, Village of Palmetto Bay, and City of Miami Gardens. ▪ 2016 Worksite Wellness Awards Subcommittee <ul style="list-style-type: none"> • The next Worksite Wellness Awards will be in May 2017. The event is open to the state Florida to recognize organizations that have worksite 	<ul style="list-style-type: none"> ▪ FWWA Subcommittee group will begin to meet in October. ▪ Greater Miami Chamber of Commerce direct link to access free Worksite Wellness Consultations through FDOH. Please visit: http://miamichamber.com/news/florida-department-health-miami-dade-county-offers-free-wellness-program-assistance ▪ <i>Managing Stress: Protecting your Health</i> will be held on Thursday, October 6th, 2016 from 9:00am-12:00pm. The location will be at 8600 NW 17 Street, Suite 200 Miami FL 33126. The RSVP link is on the flyer.
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	<p>wellness programs that are outcome based. The application for nomination must be submitted in a timely manner to be considered for the award. The application is vetted through the CDC with evidence-based milestones that have proven effective through worksite wellness programs that will promote behavior change and litigation with policies instated in and senior leadership management buy-in.</p> <ul style="list-style-type: none"> • Members are welcome to join if they are interested in participating in the subcommittee. Sign-up sheets were passed around for interested members to join. Please contact Liaison if interested. • The FWWA Nominee application process will begin in October to give organizations enough time to apply. <p>○ New Business</p> <ul style="list-style-type: none"> ▪ Worksite Wellness Forum <ul style="list-style-type: none"> • The forum <i>Managing Stress: Protecting your Health</i> will be held on Thursday, October 6th, 2016 from 9:00am-11:30am. The location of the event will be at 8600 NW 17 Street, Suite 200, Miami FL 33126. The RSVP link is on the flyer. • There will be two guest speakers at the forum, Isabel Alfonsin-Vittoria, a licensed psychotherapist referred to by Nathan and Rosina Altamiranda, a licensed mental health counselor referred by Maria. Participants will 	<ul style="list-style-type: none"> • The FWWA Subcommittee Planning Team will assist in finding a venue, partnership/sponsorship, vendors, outreach for participation, information on providing CEU credits to guests, plan luncheon, approve guest speaker, and prepare for advertisement by January so organizations have time for their applications. The applications for nominations are extensive and require proof.
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	<p>have a Q&A session at the end of each presentation and an allotted time for break between speakers. Refreshments will also be available. Committee liaison emailed flyer to all members to share with their organizations.</p>	
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> ▪ Maria Negahbani has shared with the committee that Nathan Burandt, Florida International University has notified her that the organization has completed their worksite wellness policy. ▪ Marlene Rodriguez shared that her organization created a health and built environment committee where a representative from all 8 offices throughout the U.S come together to do quarterly campaigns that provide messages through the office and through email on nutrition, physical environment and managing stress and mental health. They have created new logos and a wellness wheel that covers 7 dimensions of health. Their 1st campaign launched last quarter through their in-house marketing team. Walking routes have been created for the office to promote physical activity and environment. Marlene will also be working with vendors to procure the vending machines, item by item to promote a healthy nutrition at the workplace. 	
<p>Member Announcements/Upcoming Event</p>	<ul style="list-style-type: none"> • Santiago shared an update regarding a recent seminar he attended discussing changes to Medicare where they are pushing physicians to construct social determinants of health to keep populations healthier. There is a possibility to encourage worksite wellness at organizations with this new development. 	

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	<ul style="list-style-type: none"> • Dr. Flores will be addressing a presentation at Morgan Henry Motor group on worksite wellness, aging and how to slow it down. • Andrea Caprio will be presenting at Bank United and Chamber of Commerce where she will be talking on stress in the workplace. • Fabio Quintero shared an update that their organization will be opening 1,000 wellness centers in Mexico City, Mexico. The centers will compete with top breakfast chains like Starbucks to provide healthier options for the community at a more affordable price. 	
<p>Next Meeting</p>	<p>The next Worksite Wellness Committee meeting will be held on Thursday, October 6, 2016 from 9:00 am - 12:00am at the Florida Department of Health in Miami Dade Kodak Center located at 8600 NW 17 Street, Suite 200 Miami FL 33126. Any changes will be notified prior to set date.</p>	
<p>Adjournment</p>	<p>Committee Chair, Marlene Rodriguez, adjourned the meeting at 10:55am.</p>	