

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, March 2, 2017
 9:30 a.m. to 11:30 a.m.



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Chair: Nathan Burandt- Benefits and Wellness Program Manager at Florida International University 2. Caroline Sauve- Miami Dade County Public School 3. Lynn Remon- My 4 Rules 4. Mayra Garcia- Florida Department of Health 5. Fabio Quintero- Fabimar Harmony 6. Erol Gonzalez- Fabimar Harmony 7. Nicole Marriott- Health Council of South Florida 8. Maria Negahbani- Florida Department of Health 9. Santiago Leon- BenRx 	
Welcome and Introductions	Meeting was called to order by Nathan Burandt, Worksite Wellness Committee Chair, at 9:34 a.m. Committee members and guests introduced themselves.	
Minutes	Minutes for February 2, 2017 committee meeting were reviewed. Nathan Burandt moved to approve the minutes. Spelling of Caroline Sauve’s last name was corrected. Mayra Garcia seconded that motion with edits. The motion is approved.	
Topics Discussed	<ul style="list-style-type: none"> ○ Executive Board Update: <ul style="list-style-type: none"> ▪ Nathan Burandt reported that an overview on the function of the Consortium for a Healthier Miami-Dade and ways to move forward were discussed at the February 13, 2017 meeting. ○ Old Business: <ul style="list-style-type: none"> ▪ The 2017 work plan (WP) goals discussed. 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> ▪ Chair will attend the Executive Board monthly meeting on March 13, 2017.

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	<ul style="list-style-type: none"> ▪ Goal #1 (Enhance and strengthen membership); suggested activities discussed were: <ul style="list-style-type: none"> - Develop invitation letter to encourage existing members to attend meetings. - Develop anonymous membership survey questionnaire to gauge members' feedback. - Invite members to host a meeting at their organization to showcase their accomplishments. - Invite current and new members to be a presenter at one of the quarterly Forums to raise interest and participation level. - Restructure the meetings (i.e., dedicate more time to discuss members' worksite wellness success stories/accomplishments). ▪ Goal #2 (Increase adoption and implementation of policy, system and environmental change in creating healthy communities); suggested activities discussed were: <ul style="list-style-type: none"> - First develop a database consisting of Miami-Dade County organizations with non-existing and new worksite wellness programs before creating a plan to reach out to them. 	<ul style="list-style-type: none"> ○ To increase membership participation: <ul style="list-style-type: none"> ▪ Caroline Sauve will draft an invitation letter. Once approved, DOH staff will e-mail to all Worksite Wellness Committee members by March 20th, 2017. ▪ DOH staff will develop the survey and distribute to all Worksite Wellness Committee members by March 20th, 2017. ▪ Review Committee meeting restructuring on the June 1st, 2017 meeting. ○ The following members volunteered to contact several organizations to obtain the information needed to create the database: <ul style="list-style-type: none"> ▪ Lynn Remon to contact the South Florida Business Journal.
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	<ul style="list-style-type: none"> ▪ Goal #3 (Educate and raise awareness of the benefits of healthy lifestyle and health promoting environments), the activities discussed were: <ul style="list-style-type: none"> - Offer forums on May 5th, 2017; Sept 7th, 2017; and Dec 7th, 2017. - Host the 2017 Florida Worksite Wellness Awards on May 5th, 2017. ▪ Goal #4 (Increase access to resources and information to promote the adoption of healthy lifestyle by Miami-Dade County residents), the activities discussed were: <ul style="list-style-type: none"> - After the invitation letter and membership survey are sent out to the Committee members a more concise directory can be created. ▪ 2017 Florida Worksite Wellness Awards Updates: <ul style="list-style-type: none"> - Hotel location may be at the InterContinental at Doral Miami Hotel. - Reach Design to update the event's logo. - Health Council of South Florida updated the Evite in the website. - Sponsors so far are Marsh & McLennan Agency and Baptist Health South Florida. - Keynote speaker is Isabel Alfonso-Vitorria, MS, LMHC, CEAP. 	<ul style="list-style-type: none"> ▪ Nathan Burandt to contact LaSonia Landry from the American Heart Association and Ives Guerra from Baptist Health South Florida. ▪ Santiago Leon to contact Gallup and Magnet Recognition Program. ▪ Mayra Garcia to contact Robert Wood Johnson Foundation.
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	<ul style="list-style-type: none"> ○ New Business <ul style="list-style-type: none"> ▪ Need to plan for the Worksite Wellness Forums being held in September and December 2017. 	<ul style="list-style-type: none"> ▪ The Committee will plan for the Forums in the April 6, 2017 meeting and have everything finalized by June 1st, 2017. ▪ DOH staff to add a question in the interest survey about topics to offer at the Forums.
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> ▪ Fabio Quintero reported that using a written work plan has assisted him provide better service to his employees, customers and distributors. ▪ Santiago Leon contribute to environmental changes at the workplace by helping employers keep their employees healthier. ▪ Caroline Sauve reported that the Miami Dade Public Schools Worker’s Compensation Department started an initiative on April 2016 called Rebuilding Me for their Transportation Center employees to combat chronic diseases. They collaborate with the Florida Department of Health in Miami-Dade’s Community Health Action Team to provide wellness related education classes. ▪ Lynn Remon reported that her company, My 4 Rules, offers diabetic telehealth video consultation sessions to diabetic employees for better diabetes self-management. ▪ Nicole Marriott reported employees at the Health Council of South Florida create a supportive environment and incorporate healthy living in their personal life. 	

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	<ul style="list-style-type: none"> ▪ Mayra Garcia reported that in February 2017 the Florida Department of Health Community Action Team completed their employee biometric health screenings at five sites. ▪ Maria Negahbani reported that some of the Department of Health employees at the West Perrine Health Center promote healthy behavior habits, such as increased physical activity and healthy eating. ▪ Nathan Burandt reported that Florida International University’s Wellness Department will launch a six-weeks piolet program on March 13th, 2017 called Paws to Move that tracks minutes walked. Over 300 members signed up. 	
Member Announcements/Upcoming Event	<ul style="list-style-type: none"> ▪ Worksite Wellness Awards Subcommittee meeting held right after the Worksite Wellness meeting. 	
Next Meeting	The next Worksite Wellness Committee meeting will be on Thursday, April 6, 2017 from 9:30 am - 11:30 am at the Florida Department of Health in Miami Dade Beacon Center located at 8323 NW 12 Street, Suite 212, Miami FL 33126.	
Adjournment	Committee Chair, Nathan Burandt, adjourned the meeting at 11:30 am.	