



Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, April 5, 2018
 12:30 p.m. to 2:30 p.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. Vice Chair-Desiree Adderley- Miami Dade County 3. Amber Graham - Miami-Dade County Public Schools 4. Mara Barrios-Malabad - Children's Home Society of Florida 5. Nikki Chuck - Florida Department of Health in Miami-Dade County 6. Islamiyat Nancy Adebisi - Florida Department of Health in Miami-Dade County 7. Natouchka Murray - Florida Department of Health in Miami-Dade County 8. Rosa Nova- Miami-Dade County Public Schools 9. Johanne Petit Jeune- Florida Department of Health in Miami-Dade County 	
Welcome and Introductions	The meeting was called to order by Nathan Burandt, Worksite Wellness Committee Chair, at 12:35 p.m. Committee members and guests introduced themselves.	
Minutes	Minutes for the March 1 st , 2018 committee meeting were reviewed. Nathan Burandt moved to approve the minutes. Nikki Chuck seconded that motion.	

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<p>Previous Action Items</p>	<ul style="list-style-type: none"> • Nathan Burandt provided brief updates on the toolkit. <ul style="list-style-type: none"> ○ Toolkit has been simplified into five chapters. ○ A Google document was created for the toolkit for Subcommittee members to update their sections. ○ Committee members were encouraged to join the toolkit subcommittee group. Currently the toolkit subcommittee consist of the following members: Nathan Burandt, Desiree Adderley, Mara Barrios, Islamiyat Nancy Adebisi, and Amber Graham. • Islamiyat Nancy Adebisi updated the committee about the Florida Worksite Wellness Awards (FWWA). <ul style="list-style-type: none"> ○ The FWWA has been cancelled for this year and will be held on Friday, May 3rd, 2019. ○ Committee members were encouraged to join the FWWA subcommittee to assist with planning the 2019 FWWA event by completing the subcommittee sign up survey. ○ Committee members can check the FWWA website at www.worksitewellness.org for more details. 	
<p>Work Plan Review</p>	<ul style="list-style-type: none"> • Executive Board Update <ul style="list-style-type: none"> ○ The Consortium currently has a Healthy Happens Here social media challenge that allows participants the opportunity to share their healthy habits. Participants can showcase unique ways and places they are making healthy happen. • Performance Measures in Need of Improvement <ul style="list-style-type: none"> ○ Communication Plan (Goal 2, Activity 5) Committee members discussed ideas for the communication plan, some ideas include: <ul style="list-style-type: none"> • Creating a marketing flyer • Communications strategy for social media 	<p>Nathan Burandt will create a calendar outline for marketing materials.</p> <p>WWC members will begin e-mailing Nathan Burandt and Natouchka Murray WW community events.</p>

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	<ul style="list-style-type: none"> • Compiling a list of worksite wellness community events to share • Calendar outline for marketing materials (4 weeks, 1 week and the day of the event, marketing materials will be sent out) • Recognition of Improved Performance <ul style="list-style-type: none"> ○ Increase the Number of Social Media (Goal 4, Activity 3). <ul style="list-style-type: none"> • Natouchka Murray has increased the number of social media post from 0 to 2. • Topics Selected by the Chair <ul style="list-style-type: none"> ○ Worksite Wellness Forum Planning <ul style="list-style-type: none"> • The next Worksite Wellness forum is scheduled for June 7th, 2018. • Five topics were selected for the upcoming worksite wellness forum. The topics will be included in a worksite wellness forum topics survey. Committee members brainstormed on the topics and finalized the following topics: <i>Finding Work-life Balance in the Workplace, Mental Health in the Workplace, Chronic Disease Prevention in the Workplace - Heart Disease & Diabetes, and Workplace Wellness Alternative Medicine.</i> • A worksite wellness forum topics survey will be created by Natouchka Murray. The survey will be sent to WWC members by April 10th. The closing date for the survey will April 18th, 2018. 	
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Partner Updates	<ul style="list-style-type: none"> • Natouchka Murray spoke about the Journey to Wellness Rx. The Journey to Wellness Rx is a non-pharmaceutical “green prescription” that provides information on obesity and chronic disease prevention and management including physical activity, healthy eating, and tobacco prevention/cessation. It is designed to be used with the general public at clinics, mobile healthcare units, community screenings, health fairs and other health promotion events and is available in 3 languages: English, Spanish, and Haitian Creole. • Amber Graham shared her organization’s worksite wellness newsletter <i>Well Way News</i>. • Desiree Adderley spoke about her organization’s 6-week county wide <i>Biggest Winner</i> program. The program was very successful and so far had five participants that lost a total of 20 pounds. • Mara Barrios shared the Chronic Disease Self-Management program from Stanford College as a resource. 	
Next Meeting	The next Worksite Wellness Committee meeting will be on Thursday, May 3, 2018 from 12:30 pm-1:30 pm along with the next toolkit subcommittee meeting taking place right after the Worksite Wellness Committee meeting from 1:30 pm- 2:30 pm at the Florida Department of Health in Miami-Dade Beacon Center located at 8323 N.W. 12th Street, Suite 212, Miami, FL, 33126.	
Adjournment	Committee Chair, Nathan Burandt, adjourned the meeting at 2:00 pm and Desiree Adderley 2 nd that motion. The toolkit subcommittee meeting began at 2:05pm and adjourned at 2:24pm.	