

**NUTRITION AND FITNESS TASK FORCE MEETING
MEETING MINUTES
January 25, 2006 – 11:00 a.m.**

MEMBERS PRESENT

Michael De Lucca
Michelle Doldren
Yuri Feito
Karen Grosby
Kristin Halldorsdottir
Skip Johnston
Jeffrey Keiser
Lori Kessler
Lynne Kunins
Shari Lieberman
Deborah Mulligan
Renee Podolsky
Pamela Santucci for Ellen Feiler
Ardith Wright

GUESTS

Elly Zanin
Stephanie Strauss

MEMEBERS ABSENT

Marcia Bynoe
Ann Chickowski
Elyse Claprod
Raquel Cordoves
Rosebud Foster
Maude Heurtelou
Tracy Herzog
Julie Kreadle
Chester Pruitt
Dorothy Ewing-Chow
Jean Thaw

STAFF PRESENT

Michelle Smith

I. Welcome and Introductions; Ardith Wright, Chair

The Nutrition and Fitness Task Force meeting was called to order by the Chair, Ms. Ardith Wright, at 11:07 a.m.

II. Approval of Minutes of November 30th, 2005

The Chair requested a motion for “approval of the Nutrition and Fitness Task Force Meeting minutes of November 30, 2005.”

MOTION by Skip Johnston to “approve the November minutes.”

SECOND by Shari Lieberman.

With all those present voting “aye”, the motion carried.

III. Discuss the Robert Wood Johnson Grant / Nutrition and Physical Activity; Ardith Wright

This item was tabled due to time constraints. All interested parties should contact Ms. Wright after the meeting.

IV. Nutrition and Fitness Website; Ardith Wright

The Broward County Health Department has agreed to host the Nutrition and Fitness website off of their main website (www.browardchd.org.) Any appropriate links or suggestions can be sent to The Chair and will then be forwarded to the Health Department’s IT staff.

V. Report on Fitness Surveys; Michelle Doldren and Renee Podolsky

Materials related to the Nutrition and Fitness Surveys and Focus Groups were distributed and reviewed.

The fitness surveys were conducted at the NSU Raising Healthy Children Conference in September 2005. Ms. Doldren highlighted various statistics derived from these surveys.

- Thirty percent of adults surveyed perform no daily exercise.
- Twenty percent of adults surveyed eat one serving or less of fruit daily.
- Twenty five percent of adults hadn't thought about changing their eating habits or sedentary lifestyle.
- Thirty percent of adults surveyed felt they were currently living a healthy lifestyle.

The findings of the focus groups were reviewed and key points summarized. The main problem that continued to surface was access and availability. Most participants felt that nutrition and fitness in schools were a problem (lack of physical education / recess, and unhealthy lunch options.) The cost of being healthy was discussed, as families felt they cannot afford to buy healthy, organic food or a gym membership. Parents felt that children are spending too much time indoors playing with electronics and not enough time outdoors playing and being active. Some parents expressed that they do not feel comfortable having their children play at a local park unattended.

The participants were polled to learn where they obtained information on fitness and nutrition. Most parents reported magazines or the television as their main information source. Participants felt the information provided was conflicting and often left them confused on what method they should follow.

Ms. Doldren stated that once all verbatim transcriptions are completed, a full report will be created including exact participant quotes.

VI. Nutrition and Fitness Action Plan; Task Force

There was discussion on the (draft) Strategic Plan. Sample goals and objectives were distributed as ideas and talking points. Creating a "catchy slogan or phrase" was suggested to convey the overall goal simply and clearly. Providing inexpensive, common sense options for parents and children was recommended to address the "excuse making" that often surfaces when health is discussed. Fact sheets and simple menus were suggested. The School Board's Commit 2b Fit program was discussed. A Task Force member felt there was a "disconnect in information", as fitness is promoted yet children are being offered unhealthy food items in school cafeterias.

The sample goals were reviewed. After a lengthy discussion, the goals were edited slightly to include appropriate, positive language.

The first goal was developed as follows: **Improve health by decreasing chronic disease associated with poor nutrition and lack of regular physical exercise.**

The second goal was developed as follows: **Promote healthy food choices for children, youth and adults in Broward County.**

The third goal was developed as follows: **Improve fitness through regular physical activity.**

The fourth goal was developed as follows: **Improve and enhance access and dissemination of information on nutrition and fitness.**

Motion by Mike De Lucca to “approve the four Strategic Plan goals.”
Second by Yuri Feito.

With all members voting “aye”, the motion carried.

VII. Other Business

The Chair stated that the name of the Task Force was changed from “Obesity” to “Nutrition and Fitness” but an official vote was not conducted. The Chair requested a motion for approval of this change.

Motion by Mike De Lucca to “approve the change to Nutrition and Fitness.”
Second by Shari Lieberman.

With all members voting “aye”, the motion carried.

VIII. Next Meeting Date

The next meeting date of the Nutrition and Fitness Task Force was scheduled for February 22, 2006 at 11:00 a.m.

IX. Adjournment

With no further business to discuss, the Chair motioned to adjourn at 12:15 p.m.