

NUTRITION AND FITNESS TASK FORCE MINUTES

January 24 2007

MEMBERS PRESENT

Avery, Devin	Jones, Janet
Aquino, Jose	Jones Jr., Prince
Ayala, Jennice	Jordan, Joyce
Beaulieu, Linda	Kauffman, Ron
Bynoe, Marcia	Lieberman, Dr. Shari
Chickowski, Ann	Marty-Jimenez, Brenda
Claprod, Elyse	Machado, Lisa MD
Clayton-Wright, Ardith	Patton, Richard T.
Medina, Mary	Podolsky, Renee
Greene, Mike	Sanz, Cassandra
Gourdet, Nickette	Uriodain, Maryse
Johnson, Skip	Welch, Kathy
	Whitt, Cathy

I. Welcome and Introductions:

The Nutrition and Fitness Task Force was called to order at 11:05 a.m. by the Chair, Ardith Wright. Self introductions were made.

II. Approval of Minutes of November 29 2006

III. Guest Speaker: Richard T. Patton

Professor Patton, Director, Professional Master of public Health & Institute for Community Health and Minority Medicine, School of Graduate Medical Science, BARRY University, presented "Evaluating the Effectiveness of Health Education Programs". The purpose and uses of evaluation were discussed. (Please see the attachment for a copy of the PowerPoint presentation. Each Taskforce member present, were left with the challenge to individualize the Nutrition and Fitness Taskforce Strategic Plan and develop a clean and effective evaluation tool that would be able to assess the outcome of their services. In addition, the evaluation tool can assist in determining the effectiveness, identified gaps and directions to take in addressing the identified needs.

IV. Updates

A. Share the Harvest Project Status

Ann Chickowski from Broward Meals on Wheels informed the Taskforce committee that operating funding for the Share the Harvest Project will become available in March. Currently a warehouse is still being sought after for the Share the Harvest project. There are two prospects that are currently being explored. Preferred location for the Share the Harvest warehouse is Central Broward. The specification of the warehouse is at least 10,000 sq. ft at a cost of no more than \$9.00 per sq. ft. Grant monies are available for only one year, consequently new ideas are needed for operating funds for sustainability of the Share the Harvest Project for the following year.

B. Worksite Wellness/Charles Drew Elementary

Per Linda Bealieu, there is an active walking team at Charles Drew Elementary school in Pompano. Positive comments and observations from staff regarding effect of the Charles Drew Elementary Worksite Wellness

NUTRITION AND FITNESS TASK FORCE MINUTES

January 24 2007

program were shared by Ms. Beaulieu. A health fair for Charles Drew Elementary School, including neighboring schools, is scheduled for March 16 2007. The health fair will include screenings and massages for the staff.

C. Physical Activity and Parks

Ardith Clayton-Wright made a brief comment regarding article on 'Public Parks and Physical Activity. A subgroup met to discuss the feasibility of mirroring the study presented in this article. It was decided upon that further research was needed via a literature search prior to any decision being made. Involving other stakeholders such as the city government – individual municipalities and their Park Superintendents - was also highly recommended.

D. HOPE mini-grant

Florida Department of Health/Broward County Health Department with FLIPANY and Commit 2B Fit as stakeholders received a grant for \$5,000, to implement a nutrition and fitness program to the Hispanic population. This project includes cooking classes, physical activity instruction and the journaling of all involved physical activities. Participants will receive a Commit 2B Fit journal and will be instructed to log into journal their daily food intake and physical activity participation.

The population targeted is Hispanic Healthy Start clients. Broward County Healthy Start Coalition/Hugs for Kids will be partnering in this project to provide the clients. The duration of this project is 6 weeks/sessions. At the end of each session, each participant will receive one bag of grocery consisting of food items prepared during the food preparation demonstration.

Other Business

Brenda Marty-Jimenez reported on Take Charge of Your Diabetes Program Research Study. She presented the committee with Simply Florida cookbook Proceeds from the book is to support University of Florida scholarships for students.

Per Mike Green (Vision Broward) report the following issues were shared with the Taskforce:

- Safe walk able issues within the County.
- Success stories requested to notify the County of existing nutrition and fitness related activities. Upon receipt, VisionBroward will compile and distribute success stories to local businesses.
- Upcoming events at Stranahan High School for Career Day and Community Leadership Forum February 8, 9 2007.

Per Janet Jones, Holy Cross Hospital will be funding and hosting their site for *Community Gardens* pilot project, within Broward County.

Kathy Welch updated committee on Step Up Florida/Commit 2B Fit event. Kick off will be on February 15, 2007 and it will be County wide.

NUTRITION AND FITNESS TASK FORCE MINUTES
January 24 2007

Per Ann Chickowski's report, Meals on Wheels is in need of partnerships to share expertise and funding to provide meals to over 5,000 seniors within Broward County. For further information visit website at: www.bmow.org

The Chair requested a volunteer to assist with the recording of the meetings and to assist with the writing of the minutes. The task force was asked to consider this request and contact Ardith Clayton-Wright with a positive response.

With no further business to discuss, the meeting was adjourned at 12:30PM.