

NUTRITION AND FITNESS TASK FORCE MINUTES

March 28, 2007

MEMBERS PRESENT

Ayala, Jennice
Ansola, Andy
Bernstein, Lauren
Bessler, Lucille
Chickowski, Ann
Clayton-Wright, Ardith
Doldren, Michelle
Feiler, Ellen
Ganim, David
Gourdet, Nickette
Hay, Kathy-Ann
Huertelou, Maude
Johnson, Skip

Jones, Janet
Jordon, Joyce P
Patton, Richard
Kanzki, Regine
Medina, Mary
Perez, Richard
Ranade, Dina
Soza, Melissa
Webster, Susan
Welch, Kathy
Weston, Marie MD
Whitt, Kathy
Zanin, Elly

Welcome and Introductions:

The Nutrition and Fitness Task Force was called to order at 11:00a.m. by the Chair, Ardith Wright. Self introductions were made.

Approval of Minutes of February 28, 2007

The Chair requested a motion for approval of the February 28, 2007 Nutrition and Fitness Task Force meeting minutes.

Motion made by Kathy Welch to "approve the minutes as circulated".

Motion Seconded by Mary Medina.

With all members present voting 'aye', the motion was carried.

Promoting and Establishing Wellness Link Between Florida Dietetic Association/Broward County Dietetic Association and other Health Organizations: Lucille Bessler, MS, RD, LD, CDE, President-Family Nutrition Center. Author: Nurturing with Nutrition. President Elect Florida Dietetic Association

Summary

Ms. Bessler is the President-elect of the Florida Dietetic Association. The Florida Dietetic Association consists of a membership greater than 3,500 members that are registered/licensed and other professionals. Florida Dietetic Association is planning to lend support to the physical education bill, promoting increased physical activity among school age children. Ms. Bessler serves on the Florida licensing committee for dietitians/nutritionists. The purpose of the licensing committee is to monitor and report all unlicensed activity. Practicing as a licensed professional (nutritionists, dietitian, nurses, physicians etc), when not

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licensed, is a felony. Unlicensed activity can endanger the health and safety of the community. The goals of the licensing committee are:

- Increase reporting of unlicensed activity.
- Support the physical activity bill

There is concern regarding the two current bills on the table that relates to, Employee Fitness Tax Credit. The two bills mentioned were SB0194 and HB325. The bill states that the staff providing physical activity needs to be qualified. However, meaning of 'qualified' was not defined.

Nutrition/dietary counseling is considered to be practicing in the scope of nutrition. There is a very thin line between counseling, giving advice and providing facts. The biggest area of health fraud is in the field of nutrition. Nutrition assessment consists of the following:

- Evaluation of medical history
- Evaluation of biochemical data/lab
- Evaluation of anthropometric measurements and
- Dietary analysis

There are several nutrition related activities existing within the County and statewide, to combat obesity. Within the County all school aged children are ensured wholesome, nutritious meals. The Broward Dietetic association is also actively involved in combating obesity. In July The Florida Dietetic Association will be rolling out their Strategic Plan which should intertwine with the Nutrition and Fitness Strategic Plan. In response to question asked, Lucille reported that under the Florida Law, the title nutritionist has the same meaning as that of dietitian.

"Calcium, Who Really Needs It?": Marie Weston, M.D., President
Physician Consultant Services

Summary:

There is a lack of education that is provided to the consumers regarding calcium and its role in adequate nutrition and physical activity.

Insufficient calcium intake can result in stress fractures. Physical activity requires increased calcium within the body. Sixty percent (60%) of all children are not getting the daily required calcium intake. Insufficient calcium intake in children, results in future adults with weaker bones also called osteopenia and/or osteoporosis. Osteoporosis is under diagnosed in all sexes, but more prominent among men. If physical activity is increased so is the need for calcium. Calcium requirements exceed what is recommended, if physical activity is also

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increased. Skim Milk has more calcium per calories, making skim milk intake more desirable.

Fruits and vegetables are highly recommended, secondary to its effect on reducing the body's metabolic acidosis. Although Tums is rich source of calcium, Tums is not recommended as preferred source, secondary to Tums effect on the body:

- Changes acid ph in stomach
- Increases risk for reflux
- Increases bacteria

Calcium gluconate has a higher absorption rate within the body. A combination of calcium and magnesium, assists in the absorption of calcium.

Share the Harvest (Farm Share): Ann Chickowski, RD, LD/N
Broward Meals on Wheels; Richard Perez, Director, Farm Share

As of March 7, 2007, the **Health Foundation of South Florida awarded Broward County via Farm Share \$200,000 to make fruits and vegetables accessible to all.** Those in need will be able to receive fresh fruits and vegetables free of cost. Special mention goes to Richard Perez, Farm Share, Broward Meals on Wheels and staff (special mention of Ann Chichowski, Chair of the Farm Share Project), Mary Macomber, Coordinating Council of Broward-Million Meals Committee Leadership Broward and Renee Podolsky from Health Planning Council for the role in taking the idea and making it materialize.

With the assistance of Leadership Broward, various distribution sites were identified. It is expected that the Farm Share project will become operational by May 2007.

Suggested approaches to address its sustainability and promotion within the County were discussed.

Updates

Nutrition and Fitness Bookmark Contest

An excess of 750 book marks were received during the contest. The winners were recognized with nutrition and fitness related awards. Currently the Corporate Extension program is seeking funding to reproduce the winning bookmark. (Details of the award ceremony will be posted on the Nutrition and Fitness webpage www.browardchd.org)

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Nutrition and Fitness Roster

The Chair requested that all stakeholders visit the Nutrition and Fitness webpage (www.browardchd.org) and review the Nutrition and Fitness Taskforce roster to ensure that their **agency/organization, name of contact person/s, contact information, services provided and population served** are included on the roster and information entered is accurate. Please email to the chair all additions and corrections.

Youth Leadership Broward Program

The high school juniors from Youth Leadership Broward were invited to attend the April's Nutrition and Fitness Taskforce Meeting. The summary of the Youth discussion regarding the children and adolescents goals of the Strategic Plan will be shared with the Taskforce.

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