

NUTRITION AND FITNESS TASK FORCE MINUTES
Broward County Health Department Auditorium
April 25, 2007

MEMBERS PRESENT

Ayala, Jennice
Beaulieu, Linda
Claprod, Elyse
Chickowski, Ann
Clayton-Wright, Ardith
Curtin, Tim
Diaquo, Peguy
Feiler, Ellen
Dr. Deborah Gaviion
Gourdet, Nickette
Johnson, Skip
Jones, Janet
Kanzki, Regine
Kunins, Lynne

Marty-Jimenez, Brenda
Mendez, Maria
Moraitis, Heather
Dr. Nelson-Curtis, Beverly
O'Keefe, Maureen
Patton, Richard
Podolsky, Renee
Rivera, Cheryl
Welch, Kathleen
Whitt, Catherine

Gloria Katz – Guest Speaker
Alysia Z. Wright (Student,
Representing *Leadership*
Broward Foundation's Youth
Leadership Summit.)

I. Welcome and Introductions:

The Nutrition and Fitness Task Force was called to order at 11:04A.M. by the Chair, Ardith Wright. Self introductions were made.

II. Approval of Minutes of March 28, 2007

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

Motion made by Skip Johnson to "approve the minutes as circulated". **Motion Seconded** by Ellen Feiler. With all members present voting 'aye', the motion was carried.

III. Smart Growth Partnership: relationship pf urban and suburban designs on obesity: Gloria Katz, Chair of Smart Growth Partnership.

The theme of Smart Growth is providing a better quality of life, resulting in lower costs and lower taxes. Its concept is to balance the need to grow with a desire to maintain quality of life. It promotes a growth that preserves choice, improves communities, and conserves environmental benefits for future accessibility. With the expected growth for Southeastern Florida, adequate planning is necessary.

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The ultimate goal of Smart Growth is for the following to occur:
Local governments must:

- Rewrite local growth plans,
- Pursue transportation alternatives,
- Avoid school sprawl,
- Provide more high quality affordable housing and
- Adopt smart building codes.

The private sector must:

- Financially support innovative projects,
- Build places with variety and
- Have businesses locate in communities with transit options.

Citizens must:

- Support smart growth ballot initiatives,
- Consider neighborhoods with transportation options and
- Support neighborhood businesses.

The principles of Smart Growth are:

- Identify and sustain green infrastructure
- Create a range of housing opportunities
- Create safe walkable neighborhoods
- Foster a strong sense of place/community
- Make development decisions predictable, fair and cost effective
- Mix land uses - zoning
- Preserve open space, critical environmental areas and natural resources
- Provide a variety of transportation choices that will enhance walking
- Take advantage of compact building design
- Relate our water supply and utilities to growth
- Note the health benefits of Smart Growth to the existing obesity epidemic and other chronic illnesses - reduction and prevention
- Make it easy to do the right thing.

The goal of the Smart Growth Partnership is to build communities that are attractive, affordable and convenient. The goal is to have clustered developments that will live, work and walk together.

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IV. Leadership Broward Foundation's Youth Leadership Summit: Summary Youth Workgroup SWOT Report.

Alysia Wright represented the Leadership Broward Foundation's Youth Leadership Summit. Below see discussions that generated between the student and the taskforce stakeholders.

Youth Leadership Broward's Response to Broward County Nutrition and Fitness Taskforce Strategic Plan, Goals 1-3.
(See attachment)

Discussions of SWOT (Strength, Weakness, Opportunities, Threats) Report

- Highlight youth age week
- Send a copy of the SWOT report to Sun Sentinel
- Focus groups for teenagers
- Ways to deal with challenges such as Parental effects on teens. Receiving parental support and encouragement at/with sports and nutrition related activities Nutrition in Schools, major goal
 - 120 minutes of physical activity per week
 - 30 minutes physical activity in aftercare programs
- Embrace Parents Teachers Association (PTA) regarding issues such as:
 - Fundraisers of healthy products
- Develop a parent kit
 - Develop a subgroup to address parental support (See attachment for stakeholders expressing interest in proposed subgroup.
 - Research Robert Wood Johnson grants for possible funding to support goal/s of subgroup
 - Partner with research cross County Team

V. Round Table Updates

A brief round table updates were shared. Heather informed the taskforce of the available children's bike helmets that were available for those in need. Prior to the adjourning of the taskforce meeting all of the available helmets were spoken for.

V. Other Business

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