

**Nutrition and Fitness Task Force Meeting Minutes  
Broward County Health Department Auditorium  
July 25, 2007, 11:00 A.M.**

**Attendees**

**Avery, Devin  
Barrath, Joanna  
Clayton-Wright, Ardith  
Chickowski, Ann  
Coel, Melissa  
Elba, Rhonda  
Feito, Yuri  
Gourdet, Nickette  
Greene, Mike  
Hacker, Rebecca  
Jean-Baptiste, Arnold  
Jones, Janet**

**Kanzki, Regine  
Marty-Jimenez, Brenda  
Milordis, Wendy  
Moppert, Darlene  
Rivera, Cheryl  
Sosa, Abdiel  
Stewart, Toni  
Stroetz, Colleen  
Thompson, Jeffery  
Welch, Kathy  
Wiseman, Kelly  
Whitt, Cathy**

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**I. Welcome and Introductions:**

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

**II. Approval of Minutes of June 27, 2007**

The Chair requested a motion for approval of the June 27, 2007 Nutrition and Fitness Task Force meeting minutes.

**Motion** made by Kathy Welch and seconded by Janet Jones, to "approve the minutes as circulated". With all members present voting 'aye', the motion was carried.

**III. Breastfeeding within Broward County:** Rebecca Hacker, RD, LD/N, Broward County Health Department, WIC Coordinator.

Discussed the role of WIC within the Nutrition and Fitness Task Force Strategic Plan, and provided encouraging statistics about the WIC program in Broward County and how it compares to State levels of breastfeeding initiation and duration of breastfeeding. Currently in Broward County 76% of WIC mothers initiate breastfeeding during the early postpartum period, which is above the Healthy People 2010 goal of 75%.

At this time the entry into the WIC program by mothers in the first trimester are below the state level. Task Force agencies were encouraged to refer mothers into the WIC program in order to receive services throughout Broward County.

**IV. SilverSneakersFitness Program: Exercise for Aging Adults;** Abdiel Sosa, Account Manager; Malissa Owen, Account Manager.

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Information was provided on the history of the SilverSneaker<sup>®</sup> program, which was developed by Mary Swanson in 1992. The SilverSneaker<sup>®</sup> program is based on 4 components:

1. Fitness Center membership
2. SilverSneakers Classes
3. High Touch Staffing
4. Fun social & educational activities

The SilverSneakers<sup>®</sup> Fitness Program provides physical activity opportunities and nutrition information to over 6500 members throughout eighteen fitness/wellness and senior centers in Broward County. It is the nation's leading fitness program designed exclusively for older adults, offered to more than 3 million eligible Medicare beneficiaries with more than 2,500 locations in 49 states and 43,000 participating members on any given day.

In addition, the SilverSneakers<sup>®</sup> fitness program offers opportunities for health seminars and workshops on topics such healthy cooking classes, cooking nutritiously, healthy aging, and much more for Medicare eligible beneficiaries. These seminars and workshops are conducted at 18 fitness/wellness centers and senior centers in Broward County to 6,692 active enrollees by Physicians, Nurses, Registered Dietitians and Health Educators. Newsletters, articles, posters and flyers are disseminated throughout these centers on various health and wellness topics. Access is available to the SilverSneakers<sup>®</sup> website which, also, offers health and wellness information. In conjunction with Humana Health Plans, Healthways offers the Humana Active Outlook Program, which includes informative newsletters, coupons and discounts on health and wellness products, opportunities to connect with others in their community, fun local and regional events aimed at helping to improve the quality of older adults lives, and access to the Humana Active Outlook Website with articles, recipes, exercises, interactive tools and games are included. Classes are also conducted throughout Broward County which includes topics, such as, body and Fitness (*Thrive!*), sound nutrition (*Nourish!*), brain health (*Discover!*), connecting with others (*Partner!*), motivation (*Inspire!*) and care giving (*Nurture!*) for Humana Medicare Advantage Plan, Medicare Supplement Plan and Prescription Plan members at no cost. Currently the SilverSneaker<sup>®</sup> program is partnered with Humana and CarePlus to provide these services to their clients.

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(See attachment for a *Summary of HealthWays SilverSneakers® Services*).

**V. Accomplishment of South Broward County Extension, Family and Consumer Science Nutrition Program;** Brenda Marty Jimenez, MHM, RD, LD/N, Extension Faculty/Family and Consumer's Science

The *Broward County Extension/UF-IFAS* is part of Broward County's local government that provides essential programs and written educational materials for Broward residents. Examples of valuable programs that have been provided are, but not limited to:

- Take Charge of Your Diabetes Program for Adults with Type II Diabetes in Broward County
- Nutrition and Fitness Bookmark Contest: An Educational Partnership between Broward County Extension-Family and Consumer Sciences and the Broward County School Board-Food and Nutrition Services
- Educational flyers and newsletters

See attachments for a fact sheet summary and PowerPoint presentation providing additional information and services made available by Broward County Extension/UF-IFAS.

**VI. Broward County Strategic Plan**

**1. Task Force Show Case:**

The purpose is to highlight all Task Force providers and help them understand the barriers/challenges of their "customers".

Title: Aligning the Stars (Suggested Showcase Name)

Will partner with Broward's Leadership Forum to improve awareness of event within the community and obtain event sponsorships.

This event will be available to providers and the community. The event is planned to be interactive. Providers will participate in "scavenger hunt" scenario and community will participate in educational activities.

Sub-committee is working to determine locations and guest speaker. Dr. Bergel is being considered as the morning keynote speaker. The subcommittee will explore the possibility of obtaining Shaquile O'Neal as the afternoon guest speaker.

**2. Strategic Plan Accomplishments:**

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Members were encouraged to read updated version of Accomplishments and e-mail the Chair for additions or edits.

**VII. Round Table Updates**

Arnold Jean-Baptiste (JB), discussed the Coordinating Council of Broward's Million Meals Committee, supported by the Children's Services Council of Broward's "Hunger Concert". This event is scheduled for November 10<sup>th</sup> at Develoe Park, in Fort Lauderdale. This "Hunger Concert" is in response to last months Broward Regional Health Planning Council (BRHPC) *Hunger Survey*, which determined that 1 out of every 6 households in Broward County goes to sleep hungry every day!

The Nutrition and Fitness Taskforce members are invited to partner with the Coordinating Council of Broward's Million Meals Committee, supported by the Children's Services Council of Broward, to provide services in a "health fair" like event during the concert Committee involvement sheets were distributed for all interested.

**VIII. Other Business**

Partners were updated with information regarding reduced school meals. Flyers and posters were distributed and stakeholders were encouraged to share the information with their clients/participants. For further information, please contact Darlene Moppert, Program Manager, Nutrition Education and Training Food and Nutrition Services, Broward County Schools, at (754) 321-0216, [darlene.moppert@browardschools.com](mailto:darlene.moppert@browardschools.com).

Per Joann Barrath, the American Diabetes Wholesale Company designs Diabetes Education Programs to help patients to lead active and healthy lifestyles through optimal nutrition, exercise, medication and blood glucose monitoring. They are currently in the planning stages of devising a program that will meet the needs of the uninsured and underinsured diabetic population.

**Next Meeting Date – August 22, 2007**

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