

**Nutrition and Fitness Task Force Minutes  
Broward County Health Department Auditorium  
November 28, 2007, 11:00 A.M.**

**Attendees**

**Allen, Rochelle  
Barrath, Joanna  
Carre, Pamela  
Claprod, Elyse  
Clayton-Wright, Ardith  
DiBono, Michele  
Finkelstein, JoAnn  
Gunter, Dayna  
Kunins, Lynne  
McCracken, Sara**

**Medina, Mary  
Mendez, Maria  
O'Keefe, Maureen  
Patton, Tim  
Sayih, Jim  
Stroetz, Colleen  
Travers, Elizabeth  
Uranga, Jim  
Weston, Marie  
Wooley, Jacy  
Zeldis, Beth**

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**I. Welcome and Introductions:**

The Nutrition and Fitness Task Force was called to order at 11:10AM by the Chair, Ardith Clayton-Wright. Self introductions were made.

**II. Approval of Minutes of October 24, 2007**

The Chair requested a motion for approval of the October 24, 2007 Nutrition and Fitness Task Force meeting minutes.

**Motion** made by Ms. Kunins and seconded by Ms. Medina to approve the minutes as circulated". With all members present voting 'aye', the motion was carried.

**III. Fitness Initiative for Senior Health (FISH): A Fitness Intervention in Broward and Miami Dade Counties.**

Dr. Zeldis and Ms. Finkelstein reported on the FISH project which is an evidence-based best practice model in physical activity programming for older adults. This project is directed by Nova South Eastern University, with Dr. Deborah Mulligan as the Primary Investigator, Michelle Doldren, Program Manager and JoAnn Finkelstein, Field Coordinator. The project is funded by the Health Foundation of South Florida and Florida Department of Health. For further information please see attachment on '*Healthy Aging*'.

**IV. Don't let that Food go To *Waist!***

Richard (Tim) Patton presented on the importance of waist measurement, as a major indicator of risk for health conditions. Waist issues have greatest impact and correlation with health. It is considered to be one of

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public health best measurement. Waist management has nothing to do with height and weight. Neither does waist management affect weight. For further information please see attachment on '**Don't let that Food go to *WAI/ST!***'

As a result of the above presentation it was suggested that in order to increase the awareness of the public, of the importance of Waist Management, a promotion was needed. A committee was formed to develop a strategy whereby the awareness of the importance of waist management versus body mass index (BMI) among adults, could be promoted within Broward County. Lynne Kunins volunteered to Chair the committee meetings.

**V. Update:  
Nutrition and Fitness Showcase Expo**

Date postponed. Revised date will be announced at a later date.

**Step Up Florida**

Contact Kathy Welch at: [Kathleen.Welch@doh.state.fl.us](mailto:Kathleen.Welch@doh.state.fl.us).

**VI. Round Table Update**

Stakeholders networked and updated fellow colleagues on activities within their agencies.

**Other Business**

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