



# **Nutrition & Fitness Task Force (NFTF)**

## **Strategic Plan**

**Broward County Health Department  
780 SW 24<sup>th</sup> Street  
Fort Lauderdale, FL 33315**



# Nutrition and Fitness Task Force

The Focus of the Nutrition & Fitness Task Force (NFTF) is to have a coordinated effort throughout Broward County to address nutrition and Fitness initiatives.

The goal is to promote awareness and understanding of the individuals and organizations that have a vested interest in mitigating the obesity epidemic in Broward County and to continue the work initiated by the Governor's Taskforce.

## Mission

To promote physical wellness, optimal nutrition, and positive healthy lifestyles skills for all people of Broward County.

## Vision

- Community collaboration.
- Development of initiatives that educate and empower the people of Broward County.
- Optimize physical and nutritional wellbeing.

## Long Term Goals

1. Educate the community (stakeholders) on the problem of obesity within the county.
2. Educate primary high-risk populations of the best practice initiatives that can assist in reducing obesity.
3. identify the major factors that can exacerbate obesity within Broward County
4. Educate stakeholders/gatekeepers in providing support to reduce obesity.
5. Foster attitudinal changes in perception among the targeted groups as they relate to nutrition, fitness and all other elements affecting obesity.
6. Implement a sustainable program model that has been empirically tested and proven to be effective in reducing obesity.



## **Task Force Stake Holders**

Areawide Agency on Aging  
Bank Atlantic  
Barry University  
Boys and Girls Club of America  
Broward County Board of Commissioners  
Broward County Dietetic Association  
Broward County Health Department  
Broward County Parks and Recreation  
Broward County School Board  
Broward Healthy Start Coalition, Inc.  
Broward County Extension Education Division, Nutrition  
Broward County Meals on Wheels  
Broward Partnership for the Homeless Inc.  
Broward Regional Health Planning Council  
Children Services Council of Broward County  
Commit 2B Fit, Inc  
Coordinating Council of Broward  
Dr. Shari Lieberman  
Health Foundation of South Florida  
Hispanic Unity of Florida  
Holy Cross Hospital  
Farm Share  
FLIPANY  
Florida Association of Nonprofit Organizations, Inc.  
Fort Lauderdale Seventh-day Adventist Church  
Fun Fit Sports  
Healthy Mothers, Healthy Babies of Broward County  
Junior League of Greater Fort Lauderdale  
LifeCare  
MediVan Health and Community Services, Inc.  
Memorial Healthcare System  
Minority Development Empowerment  
North Broward Hospital District  
Nova Southeastern University  
Project H.O.P.E.  
Staywell Health Plans  
Smart Growth Partnership  
The Pantry of Broward  
United Way of Broward County  
United States Tennis Association- Florida Section  
Vision Broward  
YMCA of Broward, Inc.

**Article I. Children and Youth:**

**Goal 1.** Improve health associated with poor nutrition and lack of regular physical activity for *children and youth* in Broward County.

- Objective 1:** Create and establish food and physical activity journals (appropriate ages and languages)
- Objective 2:** Multi-media aimed at poor nutritional habits and chronic diseases for full service schools
- Objective 3:** Establish a County-wide Health and Fitness Challenge

**Goal 2.** Promote healthy food choices for *children and youth* in Broward County.

- Objective 1:** Provide updated age sensitive audio media to promote 5-a Day
- Objective 2:** Conduct age appropriate activities and promotion of new Food Pyramid
- Objective 3:** Conduct screenings of children and adolescents, using gender- specific Body Mass Index (BMI) for age percentiles of children <18 and gender specific weight-for-height percentiles for infants 0-2 years old

**Goal 3.** Improve fitness through regular physical activity for children and youth in Broward County.

- Objective 1:** Encourage use of walking trails and buddy system
- Objective 2:** Ensure minimum 30 minutes of exercise per day
- Objective 3:** Promote daily physical activity among 1<sup>st</sup> and 3<sup>rd</sup> graders of Full Service Schools using the Physical Activity Pyramid

**Goal 4.** Improve and Enhance access and dissemination of information on nutrition and fitness for children and youth.

- Objective 1:** Create/disperse posters and brochures with nutrition, fitness and impact on health
- Objective 2:** Provide culturally sound materials and activities to parents/students at PTA and Mega skills meetings
- Objective 3:** Poster Contest for Broward County School System during National Nutrition Month

## **Article II. Adults:**

**Goal 1.** Contribute to improved health associated with poor nutrition and lack of regular physical activity for adults in Broward County.

- Objective 1:** Establish Healthy Weight Day with screenings and nutritional planning
- Objective 2:** Create and establish food and physical activity journals (language appropriate)
- Objective 3:** Provide Broward County residents with information on healthy nutrition as defined by current Healthy Guidelines for Americans
- Objective 4:** Comprehensive nutrition education to women in child bearing age
- Objective 5:** Comprehensive Nutrition Education to community in prevention/stabilization of chronic disease symptoms
- Objective 6:** Provide education and referrals at health fairs on nutrition and fitness
- Objective 7:** Provide verbal, written and audio recorded information about poor nutrition habits and chronic diseases (English, Spanish and Haitian Creole)
- Objective 8:** Provide health improvement and chronic diseases handouts to teachers of Broward County

**Goal 2.** Promote healthy food choices for adults in Broward County

- Objective 1:** Conduct healthy cooking classes and handout cookbooks (culturally sensitive and multi-lingual)
- Objective 2:** Screen residents using BMI (**for sedentary adults only**) and Body Fat Composition
- Objective 3:** Provide breastfeeding education and technical assistance to the prenatal and postpartum women in the homes and clinic settings

**Goal 3.** Improve fitness through regular physical activity for Adults in Broward County.

- Objective 1:** Walk across Broward and Step Up Florida
- Objective 2:** Encourage use of existing walking trails at local parks by encouraging a buddy system support network
- Objective 3:** Encourage adults to engage in at least 60 minutes of physical activity per day

**Goal 4.** Improve and enhance access and dissemination of information on nutrition and fitness for Adults

- Objective 1:** Create/disperse posters and brochures with nutrition, fitness and impact on health
- Objective 2:** Conduct fitness and nutrition focus groups
- Objective 3:** Provide culturally sound materials to parents/students at PTA and Mega skills meetings
- Objective 4:** Deliver culturally/linguistically appropriate nutrition and fitness presentations as requested
- Objective 5:** Implement a fitness channel that can be broadcast through Comcast or Beacon TV

### **Chapter III. Older Adults:**

- Goal 1.** Contribute to improved health associated with poor nutrition and lack of regular physical activity for older adults in Broward County.
- Objective 1:** Provide Broward Co residents with information on healthy nutrition as defined by current Healthy Guidelines for Americans
  - Objective 2:** Comprehensive Nutrition Education to community in prevention/stabilization of chronic disease symptoms
- Goal 2.** Promote healthy food choices for Older Adults in Broward County
- Objective 1:** Conduct healthy cooking classes and handout cookbooks (culturally sensitive and multi-lingual)
  - Objective 2:** Screen residents using BMI (**for sedentary adults only**) and Body Fat Composition
  - Objective 3:** Provide evidence-based nutrition programs to older adults at HUD sites, senior centers and faith based senior programs
- Goal 3.** Improve fitness through regular physical activity for Older Adults in Broward County.
- Objective 1:** Walk across Broward and Step Up Florida
  - Objective 2:** Encourage use of existing walking trails at local parks by encouraging a buddy system support network
  - Objective 3:** Encourage adults to engage in at least 60 minutes of physical activity per day
  - Objective 4:** Collaborate with local gyms, community centers and schools to offer residents reduced membership fees and/ or free fitness classes.
  - Objective 5:** Promote physical activity among Broward County Seniors
- Goal 4.** Improve and enhance access and dissemination of information on nutrition and fitness for Older Adults
- Objective 1:** Create/disperse posters and brochures with nutrition, fitness and impact on health
  - Objective 2:** Conduct fitness and nutrition focus groups
  - Objective 3:** Deliver culturally/linguistically appropriate nutrition and fitness presentations as requested
  - Objective 4:** Implement a fitness channel that can be broadcast through Comcast or Beacon TV

## **Chapter IV. Others:**

**Goal 1.** Contribute to improved health associated with poor nutrition and lack of regular physical activity for children, youth, adults and older adults in Broward County.

- Objective 1:** Work with health care industry representatives who present and discuss health risks associated with being overweight
- Objective 2:** Provide education and referrals at health fairs on nutrition and fitness
- Objective 3:** Conduct training sessions for health care providers regarding chronic conditions pertaining to nutrition and fitness

**Goal 2.** Promote healthy food choices for children, youth, adults, and older adults in Broward County.

- Objective 1:** Identify barriers to healthy food choices and create “partnerships
- Objective 2:** Conduct healthy cooking classes and handout cookbooks (culturally sensitive and multi-lingual)
- Objective 3:** Evaluate existing school cafeteria meals for nutritional content and desirability and make recommendations where appropriate
- Objective 4:** Host food festivals involving local restaurants with healthy, culturally appropriate food choices
- Objective 5:** Screen residents using BMI (sedentary adults only), Body Fat Composition, gender-specific BMI-for-age percentiles where appropriate

**Goal 3.** Improve fitness through regular physical activity for children, youth, adults, and older adults in Broward County.

- Objective 1:** Walk Across Broward and Step Up Florida
- Objective 2:** Collaborate with local gyms, community centers and schools about reduced membership fees/classes
- Objective 3:** Encourage Broward County Cities and Government to assure developers include physical exercise in development plans
- Objective 4:** Encourage Work Place Wellness

**Goal 4.** Improve and enhance access and dissemination of information on nutrition and fitness for children, youth, adults, and older adults in Broward County.

- Objective 1:** Conduct culturally sensitive media campaign to market the new Food Pyramid
- Objective 2:** Air and develop a public Service Announcement in Haitian Creole on benefits of screenings for cardiovascular disease
- Objective 3:** Identify new funding sources and/or opportunities that support strategic plan and facilitate collaborative work groups with appropriate partners.
- Objective 4:** Promotion of Nutrition and Fitness Strategic Plan within Broward county

**Article I:** Children and Youth Goals and Objectives

**Goal 1:** Improve health associated with poor nutrition and lack of regular physical activity for *children and youth* in Broward County.

ACTION STEP	PERSON RESPONSIBLE	START DATE	END DATE	ACCOMPLISHMENTS/PROGRESS
I.1-1: Create and establish food and physical activity journals (appropriate ages and languages)	Broward County School Board (BCSB), Bank Atlantic, Broward County Health Department (BCHD), Florida Introduces Physical Activity and Nutrition to Youth (FLIPANY).	Sept 2006	Ongoing  Dec. 2007	<ul style="list-style-type: none"> <li>• Commit 2B Fit™ (BCSB, BankAtlantic, Publix, Joe DiMaggio Children’s Hospital and more join forces) School system introduces Daily Journal to 17,000 third-graders. Program expands in 2006.</li> <li>• FLIPANY introduces Operation Frontline Nutrition cooking classes; Nutrition and cooking class series designed to help low-income parents plan and create nutritious and affordable meals for their families. Kids Up Front focuses on youth age 8-13. Power of Eating Right focuses on teens and Side by Side is parent and child attending cooking class together.</li> </ul>
I.1-2: Multi-media aimed at poor nutritional habits and chronic diseases for full service schools.	BCHD, BCSB, Colleges/Universities, Art Institute, Coca Cola, Broward County Dietetic Association		Ongoing	<ul style="list-style-type: none"> <li>• BCHD Public Information Officer provides assistance and resources to develop multi media campaigns as requested by Broward County Schools</li> </ul>

<p>I.1-3: Establish a County-wide Health and Fitness Challenge</p>	<p>Broward County Parks and Recreation (BCPRD)</p>	<p>Sept. 2006</p>	<p>Sept 2007</p>	<ul style="list-style-type: none"> <li>• Broward County Parks and Recreation Division (BCPRD) will be launching <b>Commit 2 B Fit-It Starts in Parks</b> program with a Family Fitness Fun Day on September 9, 2006, in 5 Division parks.</li> <li>• Effective September 2006, BCPRD launches a year-long incentive rewards program in 16 regional parks and 6 neighborhood parks, to increase the public's frequency of use of Broward County Division Parks in order to attain proactive good health and wellness.</li> <li>• BCPRD has provided Parks and Recreation agency directors throughout the County with the opportunity to join the Commit 2 B Fit program. The details of the program as well as promotional and incentive items have been shared. It is hoped that all park and recreation agencies within Broward County will join the Division's effort.</li> </ul>
<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Establish a Mayor's Health and Fitness Challenge</li> <li>• Note: The Mayor's Fitness Challenge has been replaced with the program identified by the Broward County Parks and Recreation Division. Details are listed on the right.</li> <li>• Promote Live It – Coca Cola Fitness Program</li> <li>• Collaborate with Medical Fitness Association and participate in National Medical Fitness Week "Stepping Out"</li> <li>• Broward County Schools, HAC- Increase number of students eligible for food services</li> <li>• Million Meals, Inc. – Support increased free and reduced price for lunch and breakfast</li> <li>• Support the efforts of the CCB Million Meals Committee to help re-establish a strong Farm Share presence in Broward County".</li> </ul>				

## NUTRITION & FITNESS TASK FORCE STRATEGIC PLAN

**Article I:** Children and Youth Goals and Objectives

**Goal 2:** Promote healthy food choices for *children and youth* in Broward County.

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
I.2-1: Provide updated age sensitive audio media to promote 5-a Day	Broward County Health Department			<ul style="list-style-type: none"> <li>• BCHD Public Information Officer is available to assist with media campaigns</li> </ul>
I.2-2: Conduct age appropriate activities and promotion of new Food Pyramid	Broward County Health Department,  FLIPANY  Holy Cross Outreach - Healthy Schools & Goodstart program	June 2005  Sept. 2006	July 2007  Dec. 2007  Ongoing	<ul style="list-style-type: none"> <li>• We conduct quarterly cooking demonstrations in 2 community schools for adult Haitian students.</li> <li>• Commit 2B Fit daily planner offers new Food Pyramid in Broward County Schools. Information also available on the <a href="http://www.commit2bfit.org">www.commit2bfit.org</a> site.</li> <li>• FLIPANY introduces Operation Frontline Nutrition cooking classes. Nutrition and cooking class series designed to help low-income parents plan and create nutritious and affordable meals for their families. Kids Up Front focuses on youth age 8-13. Power of Eating Right focuses on teens and Side by Side is parent and child attending cooking class together.</li> <li>• Goodstart – Private childcare facilities N. Ft. Lauderdale.</li> <li>• Healthy Schools – Catholic Elementary Schools</li> </ul>
I.2-3: Conduct screenings of children and adolescents, using gender- specific Body Mass Index (BMI) for age percentiles of children <18 and gender specific weight-for-height percentiles for infants 0-2 years old.	Holy Cross Outreach - Healthy Schools,  NBHD	June 2005  Sept.06	July 2007  Ongoing  Ongoing	<ul style="list-style-type: none"> <li>• We provide Haitian recipes with low fat/low salt choices during quarterly food and cooking demonstrations in 2 community schools for adult Haitian students.</li> <li>• School Garden Project</li> <li>• NBHD participated with Screening of elementary schools students 3<sup>rd</sup> and 4<sup>th</sup> grades for Body Mass Index. (Data with Memorial Medical Center)</li> </ul>

## NUTRITION & FITNESS TASK FORCE STRATEGIC PLAN

<b>Suggestions:</b> <ul style="list-style-type: none"><li>• Promote Commit 2B Fit. ( Already being implemented)</li><li>• Utilizing role models/celebrities</li></ul>				
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**Article I: Children and Youth Goals and Objectives**

**Goal 3: Improve fitness through regular physical activity for children and youth in Broward County.**

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
I.3-1: Encourage use of walking trails and buddy system	Broward County Parks and Recreation.			<ul style="list-style-type: none"> <li>• BCHD has provided a walk-fit trail for Delevoe Park (through grant funding)</li> </ul>
I.3-2: Ensure minimum 30 minutes of exercise per day	<p>FLIPANY BCSB, Private Schools</p> <p>Holy Cross Healthy Schools</p> <p>NBHD</p>	<p>Aug 2005</p> <p>Sept. 2006</p>	Ongoing	<ul style="list-style-type: none"> <li>• Commit 2B Fit offers fitness activity options in and out of the classroom including Spoga4Kids and the Pied Piper offered in Broward County School classrooms.</li> <li>• BECON.TV broadcasts Spoga4Kids into the elementary classrooms. Also being offered to private schools, Boys and Girls Clubs and daycare centers.</li> <li>• FLIPANY implements adventure curriculum to youth ages K-8 grade (Private schools and summer camp). These activities are a combination of physical attributes as well as mental processing skills. This encourages youth of all skill levels to participate in activities. Follows National Standards for Physical Education.</li> <li>• School Garden Project to commence in 3 pilot schools. Grades k – 3 to have comprehensive curriculum to include physical activity daily.</li> <li>• NBHD provides <i>Skip To Win</i> program for adults and middle school students: 1 hour session for health /wellness discussion and exercise every Wednesday at Deerfield Middle school and every Monday at William Dandy Middle School.</li> </ul>

<p>I.3-3: Promote daily physical activity among 1<sup>st</sup> and 3<sup>rd</sup> graders of Full Service Schools using the Physical Activity Pyramid.</p>	<p>BCHD, BCSB</p> <p>FLIPANY</p> <p>NBHD</p>	<p>2003</p> <p>Aug 2005</p>	<p>On-going</p> <p>Ongoing</p>	<ul style="list-style-type: none"> <li>• Commit 2B Fit offers fitness activity options in and out of the classroom including Spoga4Kids and the Pied Piper offered in Broward County School classrooms. BECON.TV broadcasts Spoga4Kids into the elementary classrooms. Also being offered to private schools, Boys and Girls Clubs and daycare centers.</li> <li>• FLIPANY implements adventure curriculum to youth ages K-8 grade (Private schools and summer camp). These activities are a combination of physical attributes as well as mental processing skills. This encourages youth of all skill levels to participate in activities. Follows National Standards for Physical Education.</li> <li>• NBHD provides <i>Skip To Win</i> program for adults and middle school students: 1 hour session for health /wellness discussion and exercise every Wednesday at Deerfield Middle school and every Monday at William Dandy High School.</li> </ul>
<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Encourage physical and health education requirements in school and after school programs (School Board developing Wellness Curriculum)</li> <li>• Cultural sensitivity</li> <li>• Expand Commit 2B Fit program to children of all ages.</li> <li>• Participate in Medical Fitness Association National “Stepping Out” challenge</li> </ul>				

**Article I: Children and Youth Goals and Objectives**

**Goal 4:** Improve and Enhance access and dissemination of information on nutrition and fitness for children and youth.

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
I.4-1: Create/disperse posters and brochures with nutrition, fitness and impact on health	Broward Healthy Start Coalition, HM-HB, BCHD, UW, Art Institute, Sun-Sentinel, Social Service agencies, BankAtlantic			<ul style="list-style-type: none"> <li>• C2BF partners offer pamphlets via partners including Publix, Jamba Juice, Diabetes Assn., Vista Health Plans, Joe DiMaggio Children’s Hospital, etc.</li> </ul>
I.4-2: Provide culturally sound materials and activities to parents/students at PTA and Mega skills meetings	Cable providers, Sun-Sentinel, Broward Healthy Start Coalition			
I.4-3: Poster Contest for Broward County School System during National Nutrition Month.	Broward County Dietetic Association	The month of March of every year.	Ongoing	<ul style="list-style-type: none"> <li>• Ongoing</li> </ul>
<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Make healthy foods fun</li> <li>• Utilize characters to promote health info (R.McDonald)</li> <li>• Utilize role models, mentors, internet</li> <li>• Baby Steps! (?)</li> <li>• Hand On! (?)</li> </ul>				

**Article II: Adult Goals and Objectives**

**Goal 1:** Contribute to improved health associated with poor nutrition and lack of regular physical activity for adults in Broward County.

ACTION STEP	PERSON RESPONSIBLE	START DATE	END DATE	ACCOMPLISHMENTS/PROGRESS
II.1-1: Establish Healthy Weight Day with screenings and nutritional planning	Broward County Health Department (BCHD), North Broward Hospital District (NBHD), Memorial Healthcare System (MHS), Broward County, Cities, Staywell Health Plan of Florida, Universities		Ongoing	<ul style="list-style-type: none"> <li>• BCHD Health Education (BCHDHE) will disseminate information on the importance of screenings and healthy lifestyles to participants.</li> <li>• BCHD Family Planning Nutrition Department provides tailored screenings to fit client’s needs.</li> <li>• NBHD: Various screenings are performed at churches, malls and clinics, (see attached calendar of events)</li> <li>• Commit 2B Fit™ via the C2BF website, <a href="http://www.commit2bfit.org">www.commit2bfit.org</a> offers tips for adults for nutrition and activity.</li> <li>• Health Fair for Seniors, Co-sponsored by Staywell health Plan</li> </ul>
II.1-2: Create and establish food and physical activity journals (language appropriate)	BCHD, Colleges/Universities, Art Institute, FLIPANY, Commit 2B Fit	Sept 2006	Dec 2007	<ul style="list-style-type: none"> <li>• BCHD Family Planning dietitian provides medical nutrition intervention through education. Clients are encouraged to track their food intake and physical activity progress by using food and physical activity journals.</li> <li>• FLIPANY introduces Operation Frontline Nutrition cooking classes. Nutrition and cooking class series designed to help low-income participants plan and create nutritious and affordable meals for themselves and/or their families. Eating Right focuses on adults and parents. Eating Well focuses on adults with HIV/AIDS. Available in English, Spanish, Creole, Russian and French.</li> </ul>

<p>II.1-3: Provide Broward County residents with information on healthy nutrition as defined by current Healthy Guidelines for Americans.</p>	<p>Minority Development Empowerment (MDE), Dr. Shari Lieberman, Broward County Schools, Million Meals</p> <p>Holy Cross Hospital</p> <p>BCHD</p> <p>MediVan Health &amp; Community Services, Inc.</p>	<p>June 2006</p>	<p>July 2006</p> <p>Ongoing</p> <p>Ongoing</p>	<ul style="list-style-type: none"> <li>• Currently organizing weekly Nutrition for a Healthy Heart Workshops in English &amp; Creole in 2 ESOL classes at 2 community schools for adult Haitian students.</li> <li>• Food and Nutrition Services, BCCSHAC Commit 2B Fit participates in school based health fairs.</li> <li>• Broward County Schools – Monthly take home nutrition education for parents and information is posted on Broward County Schools website</li> <li>• Holy Cross Holy Community Outreach Participates in Health Fairs Cholesterol/Glucose testing and advice.</li> <li>• BCHD Family Planning Nutrition Department provides tailored screenings to fit client’s needs and as per recommendations of the Healthy Guidelines for Americans.</li> <li>• MHCS educate and provides written educational materials to Creole, Spanish, and English patients.</li> </ul>
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<p>II.1-4: Comprehensive nutrition education to women in childbearing age.</p>	<p>BCHD, MHS, NBHD, Broward County, Community Agencies, MDE, Broward Healthy Start Coalition</p>	<p>Nov. 2002</p>	<p>Present  Ongoing</p>	<ul style="list-style-type: none"> <li>• BCHD Family Planning Nutrition Department provides tailored screenings to women of childbearing age regardless of income level.</li> <li>• Closing the Gap, Cardiovascular Disease Prevention Program Workshops on Nutrition &amp; Physical Exercises for Women, particularly ESOL students in community schools.</li> <li>• Cooking demonstrations in churches and community schools.</li> <li>• NBHD. Classes and one on one education conducted at different NBHD clinic sites. Case management and education for PSN prenatal patients and High risk pregnancies (See attached calendar)</li> <li>• Broward Healthy Start Coalition interconceptual counseling through Care Coordination and the WISH program.</li> <li>• Supermarket Tours with ESOL students in community schools.</li> </ul>
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<p>II.1-5: Comprehensive Nutrition Education to community in prevention/stabilization of chronic disease symptoms</p>	<p>BCHD, MHS, NBHD, Broward County Extension/UF-IFAS(Institute for Food and Agricultural Sciences), FLIPANY</p> <p>YouthWell</p>	<p>Nov. 2002</p> <p>Sept. 2006</p>	<p>Present</p> <p>May 2007</p>	<ul style="list-style-type: none"> <li>• BCHD comprehensive nutrition dietitian provides medical nutrition therapy towards chronic disease prevention to the Broward County community.</li> <li>• Ongoing BCHDHE provides community education on chronic disease and health promotion. Monthly Classes for Chronic Diseases. BCHDHE will offer <b><i>Freedom From Smoking</i></b> clinics quarterly to residents of Broward County.</li> <li>• NBHD provides monthly health fair and wellness drives by the outreach department. (see attached calendar)</li> <li>• FLIPANY implements Operation Frontline Sessions to participants. Providing meal preparation, budgeting, food safety and nutrition education, one on one counseling.</li> <li>• YouthWell is implementing <b><i>I Am Me</i></b> program targeted to African American and Hispanic teens and their mothers. Program includes nutrition education, functional fitness training and personal development seminars.</li> </ul>
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<p>II.1-6: Provide education and referrals at health fairs on nutrition and fitness.</p>	<p>BCHD, MHS, NBHD, Broward County, Community Agencies, Broward County Extension/UF-IFAS, FLIPANY, Commit 2B Fit, Million Meals</p> <p>Holy Cross Hospital</p> <p>YouthWell</p>	<p>Ongoing</p> <p>Oct. 2006</p> <p>Ongoing</p> <p>Sept 2006</p>	<p>Ongoing</p> <p>Dec. 2007</p> <p>Ongoing</p> <p>Ongoing</p> <p>May 2006</p>	<ul style="list-style-type: none"> <li>• BCHDHE participates in community Health Fairs providing information on wellness and the promotion of good health and physical activity</li> <li>• BCHDHE library serves as a resource for the community to obtain information on health related issues.</li> <li>• NBHD identifies patient during Health Fair. Initiates referrals as needed. Classes and One on One education conducted at different NBHD clinic sites . (See attached calendar)</li> <li>• FLIPANY attends health fairs provide information about attending cooking classes in their communities. Volunteer chefs will attend and demonstrate cooking tips to public. Fitness instructor will demonstrate resistance training.</li> <li>• HCH Comm. Outreach Glucose/Cholesterol testing and education</li> <li>• YouthWell will provide Healthy Snacks Rocks! and Cooking Rocks!, a healthy snacks and meals preparation classes for elementary children. This seminar has been presented at Wilton Manors Elementary School to over 100 children.</li> <li>• Seminars also to be held at after school YMCA programs.</li> </ul>
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<p>II.1-7: Provide verbal, written and audio recorded information about poor nutrition habits and chronic diseases (English, Spanish and Haitian Creole).</p>	<p>BCHD, BCSB, NBHD, MDE</p>	<p>2001</p>	<p>On-going</p>	<ul style="list-style-type: none"> <li>• Broward County Schools provides nutrition education articles in English to parents on the monthly publicity menus, which is sent home to parents.</li> <li>• NBHD collaborates with Minority Development and Empowerment Inc. for care management and education of Haitian patients with hypertension and hyper cholesterol. Frequent mailings of nutrition and wellness related material.</li> <li>• NBHD conducts monthly Creole diabetic class at 7<sup>th</sup> Ave clinic. Monthly Spanish diabetic class at Specialty Care Center. (See attached calendar)</li> </ul>
<p>II.1-8: Provide health improvement and chronic diseases handouts to teachers of Broward County.</p>	<p>BCHD</p>			<ul style="list-style-type: none"> <li>• Once a year, Broward County Schools provides nutrition education information to teachers upon request through newsletter and magazines.</li> </ul>
<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Work Site Wellness–Wellness Center</li> <li>• Establish Mayor’s Health and Fitness Challenge</li> <li>• Fight Against Obesity</li> <li>• Develop a Fitness Channel via Comcast or BECON.TV</li> </ul>				

**Article II: Adults Goals and Objectives**

**Goal 2: Promote healthy food choices for adults in Broward County**

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
II.2-1: Conduct healthy cooking classes and handout cookbooks (culturally sensitive and multi-lingual)	MDE  FLIPANY  Broward Healthy Start, BCHD, Healthy Mothers-Healthy Babies (HMHB)	June 2005  Sept 2006	July 2007  Dec. 2007	<ul style="list-style-type: none"> <li>• MDE conducts quarterly cooking demonstrations in 2 community schools for adult Haitian students.</li> <li>• C2BF offers healthy foods info via Publix in-store pamphlets, Jamba Juice C2BF choices, in-store identification of healthy C2BF options.</li> <li>• FLIPANY introduces Operation Frontline Nutrition cooking classes. All participants receive handout cookbooks with recipes. Eating Rights for adults and Side by Side are parent and child attending cooking class together. Class is taught in English or Spanish. Some classes are modified for Creole, French and Russian.</li> </ul>
II.2-2: Screen residents using BMI ( <b>for sedentary adults only</b> ) and Body Fat Composition.	MDE BCHD, Wellness Centers, Physicians, NBHD, MHS, BCMA, BCSB, Agency and Disability Resource Council, Meals on Wheels	July 2006	July 2007	<ul style="list-style-type: none"> <li>• Conduct screenings in Haitian churches.</li> </ul>
II.2-3: Provide breastfeeding education and technical assistance to the prenatal and postpartum women in the homes and clinic settings	Broward County Health Department (WIC), Health Providers  NBHD		Ongoing	<ul style="list-style-type: none"> <li>• BCHD WIC sponsoring and conducting events to celebrate World Breastfeeding Week, beginning August 1, 2006. BCHD WIC has a Breastfeeding Peer Counselor Program that is designed to teach mothers how to help other mothers learn about breastfeeding.</li> <li>• NBHD supports and promotes breastfeeding education for all prenatal PSN patients and the High Risk Pregnancy program.</li> </ul>

<b>Suggestions:</b> <ul style="list-style-type: none"><li>• Covered under Other section, Goal 2</li></ul>				
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**Article II: Adults Goals and Objectives**

**Goal 3: Improve fitness through regular physical activity for Adults in Broward County.**

ACTION STEP	PERSON RESPONSIBLE	START DATE	END DATE	ACCOMPLISHMENT/PROGRESS
II.3-1: Walk across Broward and Step Up Florida	Meals on Wheels, Area wide Agency on Aging, BCHD, Local Agencies, NBHD	February 2006	Ongoing until goal of 630,000 steps are reached	<ul style="list-style-type: none"> <li>• 10 centers signed up to start program</li> <li>• Step counters ordered</li> <li>• Nutrition classes planned using Guidelines for Healthy Americans &amp; Steps to Healthier Aging. BCHDHE coordinates “Step Up Florida”, a state wide annual initiative promoting physical activity awareness and opportunities throughout Broward County (in conjunction with numerous community partners).</li> <li>• NBHD participated in promoting Walk across Broward and Step Up Florida, participated in both events and other activities.</li> <li>• C2BF encourages participation in community activities to meet the students Commitment to fitness...parents participate, too.</li> </ul>
II.3-2: Encourage use of existing walking trails at local parks by encouraging a buddy system support network.	Broward County Parks and Recreation. FLIPANY	Oct. 2006	Ongoing  Ongoing	<ul style="list-style-type: none"> <li>• BCHD provided a Fit Trail at Delevoe Park (through grant funding)</li> <li>• FLIPANY see below 3.4</li> </ul>

<p>II.3-3: Encourage adults to engage in at least 60 minutes of physical activity per day.</p>	<p>All agencies FLIPANY</p> <p>Wellness Center- NBHD MDE</p>	<p>Oct. 2006</p> <p>July 2006</p>	<p>Ongoing</p> <p>Ongoing July 2007</p>	<ul style="list-style-type: none"> <li>• C2BF parents are encouraged via website, <a href="http://www.commit2Bfit.org">www.commit2Bfit.org</a>.</li> <li>• FLIPANY – creation of Families in Training. Where families train (provided in cooperation with parks and FLIPANY staff) and compete together in various 5k/10k walk/run, Stroller derbies and Senior Shuffle. Also teams, adapted for physically impaired, you can push, lead, or assist impaired parent, grandparent, child or friend to finish line.</li> <li>• NBHD currently offering a variety of activities for all adults</li> <li>• MDE offers program participant motivational support to maintain lifestyle changes.</li> </ul>
<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Covered under Other section, Goal 3</li> </ul>				

## NUTRITION & FITNESS TASK FORCE STRATEGIC PLAN

### Article II: Adults Goals and Objectives

#### Goal 4: Improve and enhance access and dissemination of information on nutrition and fitness for Adults

<i>ACTION STEP</i>	<i>PERSON RESPONSIBLE</i>	<i>START DATE</i>	<i>END DATE</i>	<i>ACCOMPLISHMENT/PROGRESS</i>
II.4-1: Create/disperse posters and brochures with nutrition, fitness and impact on health	Broward Healthy Start Coalition, HM-HB, BCHD, UW, Art Institute, Sun-Sentinel, Social Service agencies, Bank Atlantic			
II.4-2: Conduct fitness and nutrition focus groups	Institute for Child Health Policy at Nova Southeastern University, Broward County Extension/UF-IFAS	Sept 2005	May 2006	<ul style="list-style-type: none"> <li>• Focus groups and interviews completed analysis in process.</li> </ul>
II.4-3: Provide culturally sound materials to parents/students at PTA and Mega skills meetings	BCHD, BCSB	As requested		
II.4-4: Deliver culturally/linguistically appropriate nutrition and fitness presentations as requested	BCHD, BCSB  MDE	As requested  July 2006	July 2007	<ul style="list-style-type: none"> <li>• FNS nutritionists provide nutrition education to PTA, church and other community groups.</li> <li>• MDE provides nutrition education to Haitian women in churches and other community groups.</li> </ul>
II.4-5: Implement a fitness channel that can be broadcast through Comcast or Beacon TV	BCSB, Cable Providers			<ul style="list-style-type: none"> <li>• FNS collaborated in a BECON produced Real Time Science Program on Nutrition, which has aired on cable TV 39 times since April 2006, reaching a potential 1.3 million viewers.</li> <li>• Spoga and Simply Spoga edited to be formatted for the BECON.TV channel 19.</li> </ul>

## NUTRITION & FITNESS TASK FORCE STRATEGIC PLAN

<b>Suggestions:</b> <ul style="list-style-type: none"><li>• Provide basic health tips/guidelines</li><li>• Make healthy foods fun</li><li>• Utilize role models/mentors to promote messages</li><li>• Develop a Fitness Channel via Comcast or BECON.TV</li></ul>				
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## NUTRITION & FITNESS TASK FORCE STRATEGIC PLAN

### Article III: Older Adults Goals and Objectives

**Goal 1:** Contribute to improved health associated with poor nutrition and lack of regular physical activity for older adults in Broward County.

ACTION STEP	PERSON RESPONSIBLE	START DATE	END DATE	ACCOMPLISHMENTS/PROGRESS
III.1-1: Provide Broward Co residents with information on healthy nutrition as defined by current Healthy Guidelines for Americans.	MDE, Dr. Shari Lieberman, FLIPANY, Million Meals, Broward Meals on Wheels, Senior LifeStyles: LifeStyles for Longevity Program for Seniors Ron Kauffman	June 2005  Pending Funding	July 2007  TBD	<ul style="list-style-type: none"> <li>• Currently organizing weekly Nutrition for a Healthy Heart Workshops in English &amp; Creole in 2 ESOL classes at 2 community schools for adult Haitian students.</li> <li>• FNS, BCCSHAC Commit 2B Fit participates in school based health fairs.</li> <li>• Grant filed for funding of program with Health Foundation of South Florida</li> </ul>
III.1-2: Comprehensive Nutrition Education to community in prevention/stabilization of chronic disease symptoms	BCHD,  FLIPANY MHS, Broward County Extension/UF-IFAS,  YouthWell  NBHD   MediVan Health & Community Services, Inc.	Nov. 2002 Sept. 2006  Sept. 2006  August 2006	Ongoing Ongoing  May 2007  Ongoing	<ul style="list-style-type: none"> <li>• BCHDHE provides community education on chronic disease and health promotion.</li> <li>• FLIPANY Operation Frontline Nutritious cooking classes; Eating Right modified for one person meals rather than cooking for the family.</li> <li>• YouthWell is implementing I Am Me program targeted to African American and Hispanic teens and their mothers. Program includes nutrition education, functional fitness training and personal development seminars.</li> <li>• NBHD conducts classes and one on one education conducted at different NBHD clinic sites. (See attached calendar)</li> <li>• NBHD Monthly diabetic class at Specialty Care Center and at 7<sup>th</sup> Ave Clinic. (See attached calendar)</li> <li>• MHCS provides at sites audio education and written materials to patients every 2 months on diabetes, hypertension, cardiovascular disease and nutrition.</li> <li>• Plan for Diabetes Educator/Nutritionist to provide diabetic classes and nutrition counseling. Agencies – NBHD/BCHD.</li> </ul>

**NUTRITION & FITNESS TASK FORCE STRATEGIC PLAN**

<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Mayor’s Health and Fitness Challenge</li> <li>• Fight Against Obesity</li> <li>• TV Program/Channel for Physical Activity and Nutrition</li> <li>• TV Program – Senior LifeStyles Informational Programming</li> </ul>	<p>Senior LifeStyles: LifeStyles for Longevity Program for Seniors Ron Kauffman Ron Kauffman</p>	<p>Pending Getting Funding</p>	<p>TBD</p>	<ul style="list-style-type: none"> <li>• 30-minute TV versions of Senior LifeStyles – discuss health &amp; wellness issues that affect seniors with guest experts. i.e. depression, obesity, high blood pressure, living wills etc.</li> </ul>
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## NUTRITION & FITNESS TASK FORCE STRATEGIC PLAN

### Article III: Older Adults Goals and Objectives

#### Goal 2: Promote healthy food choices for Older Adults in Broward County

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
III.2-1: Conduct healthy cooking classes and handout cookbooks (culturally sensitive and multi-lingual)	MDE,  FLIPANY Broward Healthy Start, BCHD, Healthy Mothers-Healthy Babies (HMHB)	June 2005  Jan. 2007	July 2007  Dec 2007	<ul style="list-style-type: none"> <li>• MDE conducts quarterly cooking demonstrations in 2 community schools for adult Haitian students.</li> <li>• FLIPANY introduces Operation Frontline Nutrition cooking classes. Nutrition and cooking class series designed to help low-income adults create nutritious and affordable meals. This is designed to address cooking for one and proper food storage.</li> </ul>
III.2-2: Screen residents using BMI (sedentary adults only), Body Fat Composition.	BCHD, Wellness Centers, Physicians, NBHD, MHS, BCMA, BCSB, Agency and Disability Resource Council, Meals on Wheels			
III.2-3: Provide evidence-based nutrition programs to older adults at HUD sites, senior centers and faith based senior programs	Aging and Disability Resource Center, BCHD.	2006	On-going	<ul style="list-style-type: none"> <li>• Programs have taken place or are scheduled at the following sites: Federation Landings, Austin-Hepburn Senior Center, Douglas Gardens, Carver Ranches Family Success Center congregate meal site (in process). Programs are in the planning stage for Federation Plaza and Federation Gardens.</li> <li>• FLIPANY – See Operation Frontline Classes (2.2)</li> </ul>
<b>Suggestions:</b> <ul style="list-style-type: none"> <li>• Promote Meals on Wheels (already in place)</li> <li>• Covered under Other section, Goal 2</li> </ul>				

**Article III: Older Adults Goals and Objectives**

**Goal 3: Improve fitness through regular physical activity for Older Adults in Broward County.**

<i>ACTION STEP</i>	<i>PERSON RESPONSIBLE</i>	<i>START DATE</i>	<i>END DATE</i>	<i>ACCOMPLISHMENT/PROGRESS</i>
III.3-1: Walk across Broward and Step-Up Florida	Meals on Wheels, Areawide Agency on Aging, BCHD, Local Agencies  NBHD	Feb. 2006	Ongoing until goal of 630,000 steps are reached	<ul style="list-style-type: none"> <li>• 10 centers signed up to start program</li> <li>• Step counters ordered.</li> <li>• Nutrition classes planned using Guidelines for Healthy Americans &amp; Steps to Healthier Aging.</li> <li>• BCHDHE coordinates Step Up Florida, a state wide annual initiative promoting physical activity opportunities throughout Broward County inclusive of older adults (in cooperation with numerous community partners).</li> <li>• NBHD. Participated in promotion of Walk Across Broward and Step-up Florida, participated in both events and other activities.</li> </ul>
III.3-2: Encourage use of existing walking trails at local parks by encouraging a buddy system support network and collaborating with cities and law enforcement to mandate and ensure safety.	Broward County Parks and Recreation FLIPANY City Government, Law Enforcement	Oct. 2006	Ongoing	<ul style="list-style-type: none"> <li>• FLIPANY supervises fitness at city and county parks – activities include walking and resistance training.</li> </ul>

<p>III.3-3: Encourage older adults to engage in 60 minutes of physical activity per day.</p>	<p>All agencies</p> <p>FLIPANY</p>	<p>Oct. 06</p> <p>June 2007</p>	<p>Ongoing</p> <p>Ongoing</p>	<ul style="list-style-type: none"> <li>• FLIPANY – creation of Families in Training. Where families train (provided in cooperation with parks and FLIPANY staff) and compete together in various 5k/10k walk/run, Stroller derbies and Senior Shuffle. Also teams, adapted for physically impaired, you can push, lead, or assist impaired parent, grandparent, child or friend to finish line.</li> <li>• NSU/HFSF/FLDOH-Providing Enhance Fitness Classes at 3 sites throughout Broward Co for 60 min a day two times per week</li> </ul>
<p>III.3-4: Collaborate with local gyms, community centers and schools to offer residents reduced membership fees and/ or free fitness classes.</p>	<p>YMCA, Cities, JCC, Wellness Centers, Broward County Parks and Recreation, BCSB, Coordinating Council of Broward (CCB), United Way of Broward County (UW)</p>			
<p>III.3-5: Promote physical activity among Broward County Seniors</p>	<p>Meals on Wheels, Aging and Disability Resource Center NBHD Wellness Center.</p>		<p>Ongoing</p>	
<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Covered under Other section, Goal 3</li> </ul>				

**Article III: Older Adults Goals and Objectives**

**Goal 4: Improve and enhance access and dissemination of information on nutrition and fitness for Older Adults**

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
III.4-1: Create/disperse posters and brochures with nutrition, fitness and impact on health	Broward Healthy Start Coalition, HM-HB, BCHD, UW, Art Institute, Sun-Sentinel, Social Service agencies, Bank Atlantic			
III.4-2: Conduct fitness and nutrition focus groups	Institute for Child Health Policy at Nova Southeastern University, Broward County Extension/UF-IFAS	Sept 2005	May 2006	<ul style="list-style-type: none"> <li>Focus groups and interviews completed analysis in process.</li> </ul>
III.4-3: Deliver culturally/linguistically appropriate nutrition and fitness presentations as requested	BCHD, BCSB  MDE	As requested  July 2006	July 2007	<ul style="list-style-type: none"> <li>FNS nutritionists provide nutrition education to PTA, church and other community groups.</li> <li>MDE provides nutrition education to Haitian women in churches and other community groups.</li> </ul>
III.4-4: Implement a fitness channel that can be broadcast through Comcast or Beacon TV	BCSB, Cable Providers			<ul style="list-style-type: none"> <li>FNS collaborated in a BECON produced Real Time Science Program on Nutrition, which has aired on cable TV 39 times since April 2006, reaching a potential 1.3 million viewers.</li> </ul>
<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>Provide basic health tips/guidelines</li> <li>Make healthy foods fun</li> <li>Utilize role models/mentors to promote messages</li> <li>Increase information related to cultural foods</li> <li>Continuous systematic change</li> <li>Develop a Fitness Channel via Comcast or BECON.TV</li> </ul>				

**Article IV: Other Goals and Objectives**

**Goal 1:** Contribute to improved health associated with poor nutrition and lack of regular physical activity for children, youth, adults and older adults in Broward County.

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
IV.2-1: Work with health care industry representatives who present and discuss health risks associated with being overweight	Health care practitioners, health maintenance organizations, and health insurance companies, Broward County Medical Association (BCMA)			<ul style="list-style-type: none"> <li>• C2BF partners pull together to educate the community via in-store signage at Publix, website <a href="http://www.commit2bfit.org">www.commit2bfit.org</a>.</li> </ul>
IV.2-2: Provide education and referrals at health fairs on nutrition and fitness	BCHD, MHS, NBHD, Broward County, Community Agencies, Broward County Extension/UF-IFAS Representative Eleanor Sobel and community Partners BCSB, MDE	Ongoing  September 3, 2006	Ongoing  September 3, 2006	<ul style="list-style-type: none"> <li>• C2BF hold healthy nights at Panthers games, goal to expose the variety of fitness options available to people of all ages.</li> <li>• Representative Sobels's Family Day Bar-B-Q health fair at the Topeekeegee Yugnee Park is geared for the community. Health education and referrals will be made available to the community.</li> </ul>
IV.2-3: Conduct training sessions for health care providers regarding chronic conditions pertaining to nutrition and fitness	Health care providers, health maintenance organizations, and health insurance companies, BCMA			
<b>Suggestions:</b> <ul style="list-style-type: none"> <li>• Farmers Market</li> <li>• Community Garden</li> <li>• "Support the CCB Million Meals Community Gardens program to establish community gardens throughout Broward County".</li> <li>• Work Site Wellness utilizing existing resources and researching others (SAK Foundations, Motorola, etc.)</li> </ul>				

**Article IV:** Other Goals and Objectives

**Goal 2:** Promote healthy food choices for children, youth, adults, and older adults in Broward County.

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
IV.2-1: Identify barriers to healthy food choices and create “partnerships”	Million Meals Committee, Farm Share, USDA			<ul style="list-style-type: none"> <li>Through Commit 2B Fit and Nutrition Committee recommendations, Jamba Juice develops and markets a specific Commit 2B Fit healthy-lower calorie smoothie.</li> </ul>
IV.2-2: Conduct healthy cooking classes and handout cookbooks (culturally sensitive and multi-lingual)	Broward Healthy Start, MDE, BCHD, Healthy Mothers-Healthy Babies (HMHB)	June 2005	July 2007	<ul style="list-style-type: none"> <li>MDE conducts quarterly cooking demonstrations in 2 community schools for adult Haitian students</li> </ul>
IV.2-3: Evaluate existing school cafeteria meals for nutritional content and desirability and make recommendations where appropriate	<p>MDE</p> <p>BCSB Colleges/ Universities, Private Schools</p> <p>Holy Cross Hospital</p>	June 2005	<p>July 2007</p> <p>Ongoing</p>	<ul style="list-style-type: none"> <li>MDE provides Haitian recipes with low fat/low salt choices during quarterly food and cooking demonstrations in 2 community schools for adult Haitian students.</li> <li>The FNS Nutrition Committee includes representation from the BC Health Department, BC Dietetic Association, the American Diabetes Association and other nutrition stakeholders in the area. The Committee provides input to FNS operations.</li> <li>FNS leadership is represented on the BCCSHAC and the Advisory Committee.</li> <li>Holy Cross Healthy Schools Program – Catholic Elementary schools.</li> </ul>

**Article IV: Other Goals and Objectives**

**Goal 3: Promote healthy food choices for children, youth, adults, and older adults in Broward County.**

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
IV.3-1: Host food festivals involving local restaurants with healthy, culturally appropriate food choices	Commit 2 B Fit FLIPANY Broward County Restaurant Association	July 2006	Ongoing	<ul style="list-style-type: none"> <li>• Through Commit 2B Fit and Nutrition Committee recommendations, Jamba Juice develops and markets a specific Commit 2B Fit healthy-lower calorie smoothie, Florida Citrus Growers sponsor C2BF night at BankAtlantic Center.</li> <li>• FLIPANY works with Share Our Strength to address childhood hunger issues in the US. We support Taste of the Nation and many other events which include the restaurant industry. Our volunteer chefs are very active in our program and provide cooking demonstration at local health fairs and food festivals.</li> </ul>
IV.3-2: Screen residents using BMI (sedentary adults only), Body Fat Composition, gender-specific BMI-for-age percentiles where appropriate	MDE, BCHD, Wellness Centers, Physicians, NBHD, MHS, BCMA, BCSB, Agency and Disability Resource Council, Meals on Wheels	July 2006	July 2007	<ul style="list-style-type: none"> <li>• Conduct screenings in Haitian Churches.</li> <li>• NBHD provides <i>Skip To Win</i> program for adults and middle school students: 1 hour session for health /wellness discussion and exercise every Wednesday at Deerfield Middle school and every Monday at William Middle school.</li> </ul>
<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Address economic issues</li> <li>• Incorporate tax breaks/incentives</li> <li>• Encourage employee pre-screening</li> <li>• Stress that people can “eat themselves to death”</li> <li>• Preach MODERATION</li> <li>• Stress the importance of hydration</li> <li>• Educate on food additives</li> <li>• How will economic issues be addressed?</li> <li>• How will barriers be addressed?</li> </ul>				

**Article IV:** Other Goals and Objectives

**Goal 4:** Improve fitness through regular physical activity for children, youth, adults, and older adults in Broward County.

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
IV. 4-1: Walk Across Broward and Step Up Florida	Meals on Wheels, Areawide Agency on Aging, BCHD, Local Agencies	Feb. 2006	Ongoing until goal of 630,000 steps are reached	<ul style="list-style-type: none"> <li>• 10 centers signed up to start program</li> <li>• Step counters ordered</li> <li>• Nutrition classes planned using Guidelines for Healthy Americans &amp; Steps to Healthier Aging</li> <li>• NBHD participated in promotion of Walk across Broward, participated in the Walk and other activities</li> </ul>
IV. 4-2: Collaborate with local gyms, community centers and schools about reduced membership fees/classes	NBHD, YMCA, Cities, JCC, Wellness Centers, Broward County Parks and Recreation, BCSB, Coordinating Council of Broward (CCB), United Way of Broward County (UW)			<ul style="list-style-type: none"> <li>• NBHD provides <i><b>Skip To Win</b></i> program for adults and middle school students: 1 hour session for health /wellness discussion and exercise every Wednesday at Deerfield Middle school and every Monday at William Dandy Middle school.</li> </ul>
IV. 4-3: Encourage Broward County Cities and Government to assure developers include physical exercise in development plans	Broward County Government and Cities , CCB, League of Cities, South Florida Regional Planning Council (SFRPC)			

IV. 4-4: Encourage Work Place Wellness	BCHD, NBHD	July 2005	Ongoing	<ul style="list-style-type: none"> <li>• BCHD Broward Wellness Wave Challenge is partnering with Broward County Wellness Centers in order to provide employees with discount rates for fitness centers that meet their needs. BCHD Wellness Wave Challenge offers nutrition and fitness education to all employees as is requested. Cholesterol, blood glucose, blood pressure and body fat screenings are provided periodically for all BCHD employees.</li> <li>• NBHD: Wellness Center at Broward General Medical Center with convenient hours for employees and the community. (see attached for activities and schedule)</li> </ul>
<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Develop incentive programs</li> <li>• Develop education programs to promote awareness of diabetes, other illness</li> <li>• Get Reduced medical premiums with wellness certificates</li> <li>• Physician continued education</li> <li>• Shift of cultural thinking</li> </ul>				

**Article IV: Other Goals and Objectives**

**Goal 5: Improve and enhance access and dissemination of information on nutrition and fitness for children, youth, adults, and older adults in Broward County.**

<i><b>ACTION STEP</b></i>	<i><b>PERSON RESPONSIBLE</b></i>	<i><b>START DATE</b></i>	<i><b>END DATE</b></i>	<i><b>ACCOMPLISHMENT/PROGRESS</b></i>
IV. 5-1: Conduct culturally sensitive media campaign to market the new Food Pyramid	Broward Healthy Start Coalition, HM-HB, BCHD, UW, Art Institute, Sun-Sentinel, Social service agencies, BankAtlantic, Broward County Extension/UF-IFAS			
IV. 5-2: Air and develop a public Service Announcement in Haitian Creole on benefits of screenings for cardiovascular disease	MDE Cable providers, Sun-Sentinel, Broward Healthy Start Coalition	July 2005	July 2007	<ul style="list-style-type: none"> <li>Develop and air PSA with well-known Haitian journalist.</li> </ul>
IV. 5-3: Identify new funding sources and/or opportunities that support strategic plan and facilitate collaborative work groups with appropriate partners.	Children's Services Council		Ongoing	
IV. 5-4: Promotion of Nutrition and Fitness Strategic Plan within Broward county	Nova	May 2006	Ongoing	<ul style="list-style-type: none"> <li>30 minute interview to review the nutrition and fitness strategic plan, research, resources available to community, The Broward County Nutrition and Fitness website is provided to listeners as is NSU and AAP on FM and AM stations twice in morning and twice at night.</li> </ul>
<b>Suggestions:</b> <ul style="list-style-type: none"> <li>Train doctors and healthcare professionals to promote health information</li> <li>Use doctor's office waiting room to educate</li> <li>Increase information related to cultural foods,</li> <li>Continuous systematic change</li> </ul>				