



Partners in
Obesity
Prevention

Meeting Time: 8:30-10:30 AM
Meeting Location: The Children’s Board, Tampa
Date: Thursday, October 9, 2014

Agenda Items	Presentations and Discussion
Facilitator	Cindy Hardy, FDOH-Hillsborough
Attendee Welcome and introductions	Cristin Aganostis (Hillsborough County HeadStart), Daragh Gibson (FDOH Office of Health Equity), Dr. Leslene Gordon (FDOH Community Health), Nancy Hankin (Healthy Start), Mary Jane Harrington (Tampa General Hospital), Cindy Hardy (FDOH-Health Education), Nan Klater (Fitness Fun by Nan), Maria Russ (HC School Health), Phyllis Page (HC School Health), Carrie Scheiner (Exploracise), Crystal Russell (School District SERVE), Carmen Telesca (Hillsborough County Government-Community Affairs), Sylvia Valentine (WIC/Nutrition), Steve Vanoer (School District Physical Education), Allison Rapp (Special Olympics Florida), Jennifer Waskovich (WIC/Nutrition), Mary Kate Harrison (School District Student Nutrition), Barbara Roberts (FDOH Chronic Disease Prevention), Natalie Debien (USF student intern), Ronie Cohen (intern)
Healthiest Weight initiative	Cindy Hardy provided information about the Florida Department of Health’s Healthiest Weight Initiative. (HWI) There are state and local efforts in the form of events, advertising and other media, and programming all geared toward encouraging people to reach their healthiest weight, increase physical activity and eat a healthy diet. The COMMUNITY CHAMPIONS program was initiated last year to highlight local cities and county governments efforts in promoting good health through physical activity, health eating, etc. An online form is completed and submitted by the municipality. The nominated entities were recognized statewide.
What Are the Kids Having for Lunch	Mary Kate Harrison, General Manager for Student Nutrition Services, Hillsborough County School District, provided a presentation on nutrition services. There have been numerous program implemented that encourage children to use “lunch line” for meals as opposed to ala carte items. Among others, 1) Try it Tuesday – gives children to try a new recipe and comment with favorites being added to the regular schedule, 2) Movin’ Meals – summer feeding program in mobile units in migrant areas, 3) free breakfast for all children, 4) brought on Chef Ben, who has, in addition to his other duties, provider hands-on cooking lessons for children of all grades and providers cooking demos at schools.
Action teams workplans review	As workgroup completes it plan, the group needs to decide if there is other action they want to work on. Schools – Identify community resources available to families with children who are at risk for or already overweight/obese. This was completed and is on the POP website. Currently not on the School District site, but a copy will be provided to School Health Services to see if they are able to distribute or make it available on their site. Marketing – Launch a marketing campaign. This is complete but aspects are on-going as continual “Healthiest Weight” messages are used. Funding from the state was used to promote this initiative and incorporated message about getting more physical activity and eating healthy in billboards, radio ads, and city buses. Continuing efforts should be made to encourage municipalities, and other to support the message. Workplace/Healthcare –1) Increase awareness of BMI by inclusion on school physical form: Deleted because this is already on the form; 2) promote breastfeeding policy in businesses: Item is ongoing. Collaborating with HC Breastfeeding Task Force planned. This appears to continue to be a viable area of focus; 3) develop guide for worksite wellness policies: ongoing; 4) Develop marketing materials to be used by providers with

patients: Completed. Guide is on the POP site, was printed for distribution and continues to be available for anyone who wants to distribution to groups as well as providers. (Attached)

Physical Activity: Complete Walkability audits in Hillsborough County zip codes. Completed. Residents across the county were encouraged to complete a walkability audit of their neighborhood (as few or as many streets as they wished) and submit online, by fax or mail. Copy of final report is on the website and is attached. Plans for next year - increase the numbers of people participating and consider including a similar bikeability audit; with increased involvement of groups, like high school service clubs, neighborhood associations. Continue.

Food & Beverage – Increase the number of restaurants in Hillsborough County participating in Health Dinig Finder. This action was researched but will need more work to continue. Another program, Food Care, will develop an app that can be used by Registered Dietitians in developing plans for patients, medical providers, restaurants to provide nutritional information about their menus (can located, for example, vegetarian restaurants in an area). This as been explored but needs more research. Professionals who want to use it for patients would pay a subscription fee, or the Food Care developers will assist in locating sponsors for the site. Community members can go on the site for free. The local site could be named whatever the sponsor(s) decide.

Roundtable

Items of note:

There are several events and activities with partner involvement. These are up on the POP site under Partnership Meetings > Partners News and Events.

Barbara Roberts, RD with FDOH-Hillsborough, has provider brochures developed by the Workplace/Healthcare action team. Their goal is to contact 200 providers. If you would like brochures to drop-off and share, please contact her.
Barbara.Roberts@flhealth.gov (813-307-8015, ext. 7103)

Allison Rapp, Special Olympics Florida is looking for volunteer clinical directors. Information about requirements and how to volunteer is on the POP Partnership News and Events.

Carrie Scheiner, Exploracise, is working with some schools in colloaboration with Academic Adventures in Yoga providing in-service to teachers for teacher-directed physical education.

Cristin Agagnostis, BOCC Head Start, Family event schedule for October 25 at Al Lopez Park from 10 am – Noon. Event information Partners page. Dental and health screenings, games, ½ - 1 mile walk

Steve Vanoer, HC Schools, Director of Physical Education and Health: 65 schools have walking/running clubs and the program is growing. Schools promote individual events, like Mort Elementary Walk to School Day. A research project with USF provides high school students with nutrition education. Area hospitals also provide in-school education. The variety of activities children can engage in is lengthy. Many good activities geared to health, physical activity, and good nutrition going on in all schools.

Crystal Russell, HC Schools SERVE – Great American Teach-in, November 20. Please call her at 872-5254 if you'd like to present at a school.

Nan Klater – Fitness Fun by Nan, provides small group personal training and fitness with fun. Affordable and convenient, located on South Dale Mabry Hwy.

Cyclovia – Downtown Tampa, October 19. First event of several to come all over Hillsborough County. Concept is “open streets” for people to walk, bike, play.

	<p>Maria Russ, School Health Services, HC Schools – student screenings are scheduled to be complete by December 2014.</p>
Contact Information	<p>For information, workplan revisions, or logos, please forward to Cindy Hardy Cindy.Hardy@flhealth.gov. Partnership website: www.partnersinobesityprevention.com</p> <p>For those who want to join work groups, which meet separately from quarterly POP meetings, often by conference call, and since some plans are fluid, ideas, information, etc. should be forwarded directly to a work group lead:</p>
Next Meeting:	<p>Thursday, January 8, 2015, 8:30 am – 10:30 am The Children’s Board, 1002 E. Palm Avenue, Tampa, Florida 33605</p>