



HEALTH Working Group Session

Meeting Notes – 08.15.17

Participants: (see attached sign in sheets)

1. Welcome and Introductions

Co-chair, Venise White of the Florida Department of Health in Seminole County, opened the meeting and everyone introduced themselves.

2. Review of Meeting Minutes from July 11, 2017

The minutes from the last meeting were provided for participants to review; any comments or clarifications to these minutes are welcomed.

Comments included:

- Correct typo on pg. 2 where it should read “dental” services

3. Presentation from University of Florida IFAS Extension

Wanda Adorno-Lynch provided an overview of the Expanded Food and Nutrition Education Program. The 8-session program targets primary caregivers of children and focuses on helping families to eat health on a low-cost budget and promote physical activity. A more detailed agenda with the goals of each session is attached as is a flyer for an upcoming series at North Branch Seminole County Public Library.

Julie England also noted that IFAS Extension also offers money management classes as well as other programs focused on chronic disease prevention including *Keeping the Pressure Down* and *Take Charge of your Diabetes*, the latter of which is intended to compliment the Department of Health’s program about preventing Type 2 diabetes. All of programs focus on nutrition and physical activity as the foundation for preventing and addressing chronic disease. They are intended to be held in a community-based setting and can be replicated in Goldsboro if a sponsor/location can be identified, i.e. Goldsboro Front Porch Council, Westside Community Center local churches.

4. Discussion: Effectively addressing the high rates of chronic disease (asthma, hypertension, diabetes) and promoting a healthy diet and regular physical activity

- Given the need to create effective partnerships to realize many of these proposed CNI strategies, there was interest in evidence-based practices in this area.
- One participant noted that doctors are too ready to prescribe medications to address chronic disease but he advocated for more education on a holistic way of living.
- There was discussion of the importance of fully utilizing the Goldsboro trail and other community amenities to promote physical activity. The City has made significant investments

recently in Coastline Park and along the Goldsboro Trail. Also, additional investments are planned for Academy Manor and George Stark. The EJP team noted that the Community Facilities group has suggested adding fitness stations along the existing Goldsboro Trail in an effort to promote greater use. Greater use of these amenities serves a dual purpose of increasing physical activity among Goldsboro residents as well as offering greater informal surveillance that can help to combat recent issues with vandalism.

- There was also a suggestion to promote walking groups particularly among older adults and stay-at-home moms or perhaps as part of a Walking School Bus. One participant noted that there are walks in Lake Mary that are sponsored by a local chiropractor. It was also noted that other communities have sponsored “Walk with a Cop” events that combines both physical exercise with a public safety agenda.
- Florida Department of Health in Seminole County sponsors an annual 5K race/walk. Could the event be held in Goldsboro one year? Even if the 5K is not located in Goldsboro, Commissioner Williams asked DOH if they would sponsor a race/walk along the Coastline Trail in Goldsboro.
- The Connectivity working group is looking for opportunities to increase bike trails and sidewalks in Goldsboro and to make other improvements like enhanced lighting so it is easier for pedestrians and bicyclists to get around the neighborhood safely.
- A recent study indicated that food insecurity is the biggest predictor of chronic disease. Rescue Outreach Mission offers food on Thursdays. Harvest Time also offers food for a small fee. The Goldsboro Farmers Market is held every Friday afternoon from 2:00-6:00pm at the Westside Community Center. Are there other opportunities to help provide more affordable healthy foods? Some health providers offer prescriptions for healthy foods as part of their treatment for chronic disease but this is typically via grant-funded programs.
- Nutrition education is critical. IFAS/FNET is ready to provide their programming in Goldsboro but needs community partners to provide the space and help with the outreach and engagement.
- Community gardening offers a great opportunity for stress relief and physical activity in addition to providing healthy food. Are there ways to expand the current offerings of the Goldsboro Community Gardening initiative? The initiative plans to engage more kids this fall to help them connect with where food comes from. Could this be combined with healthy cooking demonstrations? The Fall Seed Sharing event will be held at the Westside Community Center on 9/7.
- Health screenings are critical to determine if residents are suffering from chronic disease. The Florida Department of Health in Seminole County operates a mobile medical unit that visits the Rescue Outreach Mission on Historic Goldsboro Boulevard monthly. The mobile unit offers screening for diabetes and cholesterol. They also provide a healthcare navigator to help connect residents who test positive for the screenings with the medical services they need.

Are there other opportunities to provide health screenings in the community? Take a Loved One to the Doctor Day is coming up at the Westside Community Center in October. Unity Day and the CNI Information Fair also offer opportunities for screenings. Could DOH partner with local churches to conduct screenings following Sunday service or other church events?
- The Florida Department of Health noted that community para-medicine has been proposed in Seminole County. In the first phase of the project, a trained community paramedic will be available to help address chronic disease. The project is currently seeking funding to expand this to include hospital divergence like a model in Manatee.

A Community Health Worker model can be a great way to provide health education and information about local resources. DOH has community health workers. Is it possible to partner with DOH to provide this resource in Goldsboro? Or could we develop a program to identify community health champions that have reliable information to share with their neighbors?

- Indoor air quality and allergens are key issues in combating asthma. DOH offers a Kick Asthma support group. Is there any opportunity to provide healthy homes workshops to educate households on how to reduce exposure to asthma triggers?
- Tele-health is a way for people to interact with a doctor via video to ask questions and get medical information. DOH could help to set this up in Goldsboro.
- As noted in previous discussions, a satellite health facility in the community is greatly desired to provide a central place for residents to get health information and services.

Next Meeting – Tuesday, September 12 at 6pm at Westside Community Center
Topic: Access to health information and services to make appropriate health decisions, with emphasis on youth

For more information about the CNI Planning Process and/or other working groups, visit

Website: www.ChooseGoldsboro.com
Facebook: www.facebook.com/choosegoldsboro
CNI office at 120 Lexington Green Lane



Healthy Eating on a Low Cost Budget

This eight part series is provided by the University of Florida/IFAS Extension Expanded Food and Nutrition Education Program (EFNEP). Topics include:

- Healthy Eating
- Stretching Your Food Dollars
- Keeping Food Safe
- Being Active
- Cooking and Planning Meals

Families will also receive lesson materials after each class to put into practice what they just learned.

The series is **FREE** for those who are eligible.

If you are eligible for programs such as the Supplemental Nutrition Assistance Program (SNAP), child nutrition (free or reduced lunch), WIC, or Head Start, you are eligible for EFNEP.



LOCATION AND DATES:

**North Branch
Seminole County Public Library**

150 North Palmetto Ave
Sanford FL 32771

Dates: Thursdays - August 31;
September 7, 14, 21, 28; and
October 5, 12, & 19

Time: Noon to 1:15 p.m.

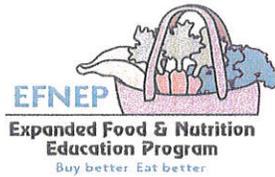


**FOR MORE INFORMATION CALL 407-665-5570, OR
TO REGISTER: <https://efneplibrary.eventbrite.com/>**



Seminole County Extension Services
250 W. County Home Rd • Sanford, FL 32773
407-665-5570 (Se habla español) OR 407-665-5553
e-mail: wlynch@seminolecountyfl.gov





Lesson	Goals
1. <i>Welcome to Eating Smart • Being Active</i>	<ul style="list-style-type: none"> ▪ Participants know what they will be learning through the <i>Eating Smart • Being Active</i> lesson series. ▪ Participants see their educator as a trusted source of information and are excited about participating in the lessons. ▪ Participants accurately complete the demographic information on the entry form and the EFNEP Food and Physical Activity Behaviors (FPAB) Questionnaire.
2. <i>Get Moving!</i>	<ul style="list-style-type: none"> ▪ Families enjoy being physically active. ▪ Participants accurately complete the 24-hour dietary recall.
3. <i>Plan, Shop, Save</i>	<ul style="list-style-type: none"> ▪ Families plan and shop for meals and snacks that are healthy and Within their budget.
4. <i>Fruits & Veggies: Half Your Plate</i>	<ul style="list-style-type: none"> ▪ Families increase the amount and variety of fruits and vegetable they eat every day. ▪ Families make half their plates fruits and vegetables
5. <i>Make Half Your Grains Whole</i>	<ul style="list-style-type: none"> ▪ Families choose half their grain foods as whole grains.
6. <i>Go Lean with Protein</i>	<ul style="list-style-type: none"> ▪ Families choose lean protein foods. ▪ Families keep all food safe to eat.
7. <i>Build Strong Bones</i>	<ul style="list-style-type: none"> ▪ Families get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium.
8. <i>Make a Change</i>	<ul style="list-style-type: none"> ▪ Families limit foods high in fat, sugar, and salt.
9. <i>Celebrate! Eat Smart & Be Active</i>	<ul style="list-style-type: none"> ▪ Participants celebrate their new knowledge and skills to prepare healthy food and be more active ▪ Participants accurately complete the exit form with the EFNEP Food and Physical Activity Behaviors. (FPAB) Questionnaire and 24 hour dietary recall

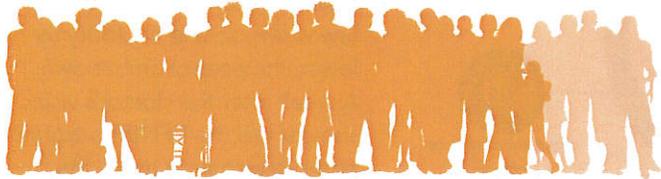


UF/IFAS Extension Expanded Food & Nutrition Education Program (EFNEP) 2016 State Impacts

Mission

EFNEP teaches parents and children how to improve their nutrition practices, stretch their food dollars, practice food safety, and increase their physical activity. EFNEP is a USDA-NIFA funded, research-based program operating in Escambia, Hillsborough, Miami-Dade, Palm Beach, Polk, and Seminole Counties.

Reducing Health Disparities



86% of participants identified as an ethnic or racial minority. Poor health disproportionately affects minority families.



97% of participants' incomes fell below the federal poverty level. Low-income families have a higher risk for developing nutrition-related diseases.

Changing Nutrition and Physical Activity Behaviors

Adult

92%

improved nutrition practices.

89%

improved food resource management.

76%

improved food safety practices.

40%

increased their physical activity levels.

Youth

87%

increased knowledge or ability to choose healthy food.

42%

increased knowledge or ability in food resource management.

53%

increased knowledge or ability in food safety practices.

56%

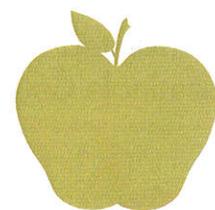
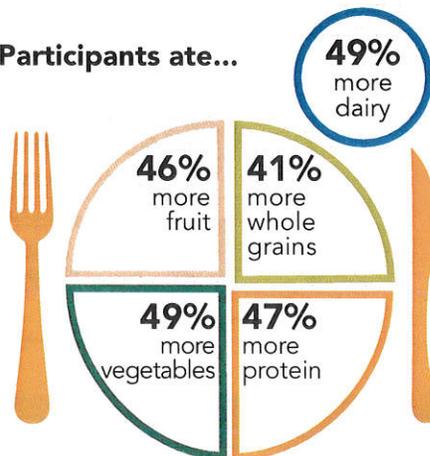
increased knowledge or ability in physical activity practices.

Improving Eating Habits and Food Security

57%

of EFNEP participants decreased their intake of solid fats and added sugars.

Participants ate...



2,315

adults reported being more food secure upon program completion.

UF/IFAS EXTENSION EFNEP

EFNEP@ifas.ufl.edu

Phone: (352) 273-3547 • efnep.ifas.ufl.edu

UF | IFAS Extension
UNIVERSITY of FLORIDA

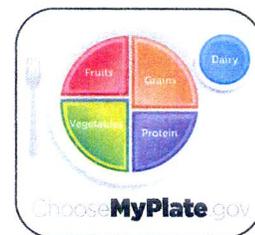
This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, EFNEP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers. For more information on federal poverty guidelines, please visit <https://aspe.hhs.gov/poverty-guidelines>

10 tips

Nutrition
Education Series

be active adults

10 tips to help adults include
physical activity into their lifestyle



Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

1 start activities slowly and build up over time

If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.

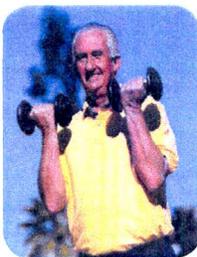


2 get your heart pumping

For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.

3 strength-train for healthy muscles and bones

Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.



4 make active choices throughout the day

Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5 be active your way

Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

6 use the buddy system

Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.



7 set goals and track your progress

Plan your physical activity ahead of time and keep records. It's a great way to meet your goals. Track your activities with the Physical Activity Tracker on **SuperTracker**.* Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

8 add on to your active time

Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

9 increase your effort

Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.



10 have fun!

Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

*Find the SuperTracker at <https://www.supertracker.usda.gov>.



Goldsboro
A Choice Neighborhood

HEALTH

NOTE: Signing of this document gives permission to have photo taken during work group activities

Aug. 15, 2017 @ 6pm @ Public Safety Complex

Role	Name	Organization	Phone	Email	Signature
Co-Chairs	Vernon McQueen	GFPC	(321) 262-6564	Vernon.McQueen@duke-energy.com	
	Venise White	DOH-SC	(407) 665-3008	Venise.White@flhealth.gov	<i>Venise White</i>
Participants	A.B. McGill	Recovery House	(321) 746-3627	amcgill@recoveryhouseinc.org	
	Algerine Miller	GFPC	(407) 942-3443	milleralgerine@gmail.com	
	Alfredo Maldonado	DOH-SC	(407) 665-3274		
	Alexis Williams	Resident	(407) 417-2779	Alexis_williams0910@yahoo.com	
	Ana Scuteri	DOHSC	(407) 655-3215	ana.scuteri@flhealth.gov	
	Analynn Jones	SCPS Early Learning	(407) 320-9416	analynn_jones@scps.us	
	Angela Williams	Resident	(314) 556-4609		
	Bethany Canales	DOH-SV	(407) 665-3696	bethany.canales@flhealth-gov	<i>BC</i>
	Carmen M. Guzman	Healthy Start	(321) 363-3024	carment@healthystartseminole.org	
	Chairman Melvin Philpot	GFPC	(407) 496-3173		
	Commissioner Velma Williams				<i>Commissioner V. Williams</i>
	Cynthia Hicks	Resident	(407) 617-8179	Cynthiahicks238@yahoo.com	
	Delores Lewis	Resident	(678) 914-8122	deelewis44@yahoo.com	<i>Delores Lewis</i>
	Diane Ward	Resident	(973) 508-6867	hayesxward@aol.com	
	Donna Walsh	DOH-SC	(407) 665-3696	donna.walsh@flhealth.gov	<i>Donna Walsh</i>

Pg. 2 HWG Name		Organization	Phone	Email	Signature
Gregory Smith	SPD			greg.smith@sanfordfl.gov	
H. Alex Duncan	Citizen		(407) 404-1295		
Hazel Foster	Resident		(407) 322-0997		
Inez Paige	Resident		(321) 330-7674	inezpaige3@gmail.com	
Jacarovous Boykins	CHI E.		9407) 878-0811	jboykins@chil-ogr J Boykins @ Chl-Fl.org, jboykco	
Jennifer Grant	SCPS Early Learning		(407) 960-2461	jgrant@seminoleearlylearning.org	
Jerrold Wynn	ROM		(407) 731-9226	jwynn6rescueoutreach@cfl.org	
Karess Chisholm	NA		(407) 732-6559	karesschisholm@yahoo.com	
Kenneth Bentley	SCPS		(407) 320-6020	kenneth_bentley@scps.k12.fl.us	
Kim Elton	Sanford Senior Center		(407) 688-5129	Kim.Eltonhead@sanfordfl.gov	
Kim Tynes			(407) 323-2275	ktynes55@gmail.com	
Latoya Prescod	Community Health		(407) 878-0811	lwilliams@chisca-fla.org	
Lexie Owen	Resident		(407) 322-1228	lexie.fl@yahoo.com	
Mae Hampton	Resident		(407) 402-9829	maehampton1977@gmail.com	Mae Hampton
Michelle Mangum	True Health		(407) 322-8645	michelle,mangum@mytruhealth.org	
Mildred Mickens	Resident		(407) 617-2750		
Nicole Fileds	Resident		(407) 283-3436		
Oscar Redden	Brothers Keeper, Inc.		(407) 406-1946	brotherskeeper@aol.com	
Patrice Washington	GFPC		(321) 201-7393	patriceanderson1972@gmail.com	
Rufus Boykin	Resident		(407) 695-0059	poppa1504@gmail.com	Rufus Boykin
Sandra McPherson	CFRH		(407) 302-7363	sandy.mcpherson@hcahealthcare.com	
Selina Rajamut-Ali	Citizen		(321) 444-2417		Selina Rajamut-Ali
Sheila Foster	Resident		(407) 272-4024	Sforster702@gmail.com	
Shelia Hamilton	Comm Legal Serv.		(407) 841-7777	sheilah@clsanf.org	
Steve Smith	Mellow Steve's Pnuts		(407) 562-7688	mellostevespnuts@gmail.com	
Tenesah Wells-Eason	SCPS- Early Learning		(407) 320-3945	tenesah-wells@scps-us	

Pg. 3HWG	Name	Organization	Phone	Email	Signature
	Thelma Mike	Resident	(407) 497-8507	thelmanmike@aol.com	
	Valeria Boykins		(407) 322-1228	marido6@yahoo.com	
	Wanda Adorno-Lynch	Uf/FAS	(407) 665-5570	wlynch@seminolecountyfl.gov	
	Zeenat Rahman	DOHSC	(407) 665-3008	Zeenat.Rahman@flhealth.gov	
	Johana Butler	Supervisor, City of Sanford	(407) 272-2240	Supasfruits@gmail.com	
	Sheena Bri-Han	City of Sanford	407.688.8007	Sheena_bri@sanfordfl.gov	
	JULIE ENG JANE	UF/IFAS Ret.	407-665-5553	jolie.eng@usf.edu	

DAVID THOMAS DEPT SEMINOLE 407.401.0171 dandthomas@kwl.com

Shay Howard citizen 850-661-4015 miss_shay-howard@yahoo.com
