

Mayor's Council on Fitness and Well Being
Minutes for May 2, 2018 Meeting
Conference Room 459, 4th Floor, Ed Ball Building, 214 N. Hogan St



ATTENDANCE: [QUORUM OF 7 NOT ACHIEVED]

Name of Council Member	Company / Affiliation	Attended?
Joseph Bergman	COJ, OED Sports and Entertainment	Yes
CM Aaron Bowman / CM Scott Wilson	COJ, City Council VP [or designated representative]	No
Tim Burrows [CHAIR]	YMCA of Florida's First Coast	Yes
Bryan Campbell	Duval County Medical Society	No
Ms. Heather Crowley (Albritton)	Duval County School Board	No
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	No
Dr. Heather Hausenblas [VICE CHAIR]	Jacksonville University	Yes
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	Yes
Ms. Jillian Loritz	Baptist Health	Yes
<i>Ms. Robin Mantz</i>	<i>City of Jacksonville – Recorder (Non-voting)</i>	Yes
Ms. La'Dora Taylor	Parks, Recreation & Community Svcs (<i>Delegate of Director</i>)	Yes
Mr. Luke Watkins	Black Hog Farms	Yes
Guests		
Mr. Robert Blanco	COJ Employee Services	
Ms. Tammy Chaney	DCMS Foundation	
Ms. Nancy Crain	Physician's Assistant	
Ms. Jackie Culver	Marathon High	
Dr. Ellan Duke	River Hills Clinic	
Mr. Scott Helfrich	US Preventative Medicine	
Ms. Jennifer Martin	US Preventative Medicine	
Mr. Don Redman	Former Council Member	
Mr. Jason Matthews	Humana Go365	
Mr. Stephan McClosken	Alliance for a Healthier Generation	
Ms. Michelle Moore	University of North Florida	
Mr. Paul Sapia	Humana	
Mr. Mark Smilek	SoFitco	
Ms. Charlene Walker	COJ Employee Services	
Ms. Megan Williamson	COJ Parks, Recreation & Human Services	
Dr. Carena Winters	Jacksonville University	

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PROCEEDINGS:

I. Welcome

The Meeting was called to order at 12:35PM by Chair, Tim Burrows. Quorum of [7] members was achieved by attendance, and the December 2017, February, March & April 2018 draft minutes were approved with approved with a first motion from Jillian Loritz and a second motion by Joey Bergman.

[Minutes approved at the May 2018 MCFWB meeting – 1st motion: Brian Campbell & 2nd motion: Nancy Crain]

II. Humana's Bold Goal Update

Paul Sapia gave an update on Humana's Bold Goal of making the community 20% healthier by 2020, saying that the organization is working to get people to pull together on their efforts instead of working in silos. Humana is educating people to be preventative before issues become problems. Humana is tracking "Healthy Days" which takes into account the whole person - surveying both the physical and mental health of an individual over a 30 day period. Currently the Jacksonville area has 14.2 unhealthy days per month and the national average of unhealthy days is 13.8 per month as of May 2018.

Humana has a diabetes subcommittee with 35 business contributing. Duval county has 40,000 seniors who are food insecure, which is the state of being without reliable access to a sufficient quantity of affordable, nutritious food. Humana delivers boxes of food to seniors each week and also has a 12-week diabetes prevention cooking program. Humana also has 35 diabetes educators in the state of Florida to contribute to the program. They are also working with churches to bring provider groups in for health screenings. The USO and Tricare organizations are working with Humana to bridge the gap for young military families as well.

III. A Healthier Workforce Through Wellness and Prevention

Guest speakers Jenn Martin & Scott Helfrich discussed the US Preventative Medicine office, which was founded in 2004 to address the population's health management. The organization has

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a strength in lifestyle and disease management to sustain behavioral changes. They partner with several organizations to work with the community to reduce health risks through a whole-person approach to include aspects of mental, emotional, physical, spiritual, financial and social elements. They are data driven through claims analysis, labs, and biometrics and through health and wellness assessments. All the data is evidence based, delivered by certified professionals and validated by a third party. They are also accredited by the National Committee for Quality Assurance [NCQA]. Scott Helfrich mentioned that if anyone involved with the Mayor's Council for Fitness & Well-Being needed data, that the USPM would provide analytics to determine risks at the individual level. USPM is currently working with UNF and Jacksonville University and has also offered to work with Humana.

IV. Attendance / New Council Member Nominations

Tim Burrows mentioned that attendance has been low in the Council meetings and asked all to ensure they make the monthly meetings and asked them to bring others who are health-minded, as we're looking to add 4-5 voting members next month.

Chair nominations are due in September and asked that everyone be prepared to submit nominations and vote during the August meeting, as the Council doesn't meet in July. Joey Bergman mentioned that he is excited to have the people who come faithfully in the audience to have a chance to become voting members.

V. Public Comments / New Business

Tammy Chaney of the Duval County Medical Society reminded everyone that the Future of Healthcare Conference is on May 21-22nd. The group will be presenting outcome measures and new data for Duval County and the goal of the conference is to narrow the topic of focus to one item for the year.

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Jason Matthews is a Wellness Consultant at Humana, working in the Go365 program, which the City of Jacksonville has adopted for their employees. He is available to consult with anyone interested in having the program in their workplace.

Jenn Martin mentioned that today, May 2nd is “Get Fit Day” and Jackie Culver said that June 6th is “Global Running Day”.

Felicia Boyd of the Timucuan Parks Foundation [TPF] said there are 23 parks launching a community wellness partnership with Humana. Beacons have been installed at eight parks to promote outdoor activity, because the Humana GO365 program gives points for walking that users can redeem for gift cards. The TPF is also focusing on the redesign of several parks to include fitness equipment and an app that has a virtual reality of all the parks. Ms. Boyd also wants everyone to know that people can volunteer on Friday mornings for community service hours. Please contact fboyd@timucuanparks.org for more information.

Chair Tim Burrows discussed the YMCA Summer Day Camps that are very structured not only with health and wellness activities, but also includes a STEM curriculum. The camp is for 5-12 year olds and begins June 4th; register at <http://firstcoastymca.org/programs/camp/summer-camp/>

Mr. Don Redman said May is “Ride Your Bike To Work” month and asked for people to advocate for more bike / pedestrian trails and paths.

VI. Adjournment and Next Meeting

At 1:35PM Chair Tim Burrows adjourned the meeting with a motion by Dr. Hausenblas and a 2nd motion by Ms. Alicia Hinte. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, June 6, 2018 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan St.

Respectfully submitted by Robin Mantz, Recorder