

**Mayor's Council on Fitness and Well Being**  
**Minutes for March 2, 2016 Meeting**  
*Conference Room 851, 8<sup>th</sup> Floor, Ed Ball Building, 214 N. Hogan St*



**ATTENDANCE: [QUORUM OF 7 ACHIEVED]**

Name of Council Member	Company / Affiliation	Attended?
Mr. Joseph Bergman	COJ, OED Sports and Entertainment	Yes
Hon. Lori Boyer	COJ, City Council VP [or designated representative]	No
<b>Mr. Tim Burrows [VICE CHAIR]</b>	<b>YMCA of Florida's First Coast</b>	Yes
Mr. Bryan Campbell	Duval County Medical Society	No
Ms. Nancy Crain	Baptist Health	Yes
Ms. Heather Crowley (Albritton)	Duval County School Board	Yes
<b>Dr. Ellan Duke [CHAIR]</b>	<b>River Hills Clinic</b>	Yes
Dr. Heather Hausenblas	Jacksonville University	Yes
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	Yes
Mr. Daryl Joseph	COJ, Director, Parks, Recreation & Community Services	No
<i>Ms. Robin Mantz</i>	<i>City of Jacksonville – Recorder (Non-voting)</i>	Yes
Mr. Keith Meyerl	COJ, Parks, Recreation and Community Services	Yes
Ms. Gloria McNair	Florida Department of Health – Duval County (Non-confirmed)	Yes
Mr. Mark Owens	American Heart Association	Yes
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	No
<b>Guests</b>		
Ms. Emma Maurer	St. Vincent's Health	
Ms. Ann-Marie Knight	Mayo Clinic	
Mr. Don Redman	Former Councilmember / Bicycle & Ped Advocate	
Ms. Charlene Walker	City of Jacksonville, Employee Services	

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**PROCEEDINGS:**

**I. Welcome**

The Meeting was called to order at 12:35PM by Chair, Dr. Ellan Duke and quorum of 18 members was achieved by attendance [per Exec Order revision 2016-01].

**II. Chair's Remarks**

Dr. Duke started the meeting by asking everyone to giving a statement of gratitude as they were introduced.

**III. SEEDifferently Initiative**

Dr. Duke introduced Sara Glenn of the First Coast YMCA and Jennifer Martin of the Atlantic Beach Urban Farms who presented an urban agriculture initiative. Food towers are state-of-the-art vertical aeroponic growing systems that grow up to 28 plants in less time than it takes in soil. The vertical gardens use 90% less water and land than traditional gardening and will help increase access to healthy foods, increase consumption and positively affect the health of our community.

To purchase a vertical growing system, contact Atlantic Beach Urban Farms at [info@atlanticbeachurbanfarms.com](mailto:info@atlanticbeachurbanfarms.com) or 944.YES.GROW (937.3769).

**IV. Public Comments**

Dr. Ellan Duke requested Gloria McNair of the Florida Dept. of Health to speak about the Healthy Weight Community Champion program that was emailed to the MCFWB group earlier in the month. Ms. McNair iterated that although the deadline for application has passed, that the award is given every year and that 80 community champions were recognized in 2016, which is 15 more than the previous year. The Florida Department of Health's Healthy Weight Community Champion Recognition highlights communities for their efforts and allows local governments to share their progress and lessons learned and receive public recognition for implementing best practices. Ms. McNair suggested that the MCFWB could be a candidate for the award in future years. The

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program is funded by the Centers for Disease Control [CDC] and is seeking grants for a 2<sup>nd</sup> year of funding.

Mr. Paul Sapia also informed that Humana is a proud partner of the National Park Service Centennial and is encouraging Americans to get out and enjoy nature this summer. Humana created virtual 360° tours of National Parks as part of a "Bring the Parks to You" program. Learn more at <http://www.findyourpark.com>

**V. New Business**

Dr. Duke discussed creating a new program called "Mayor's Mention" for those who contribute to our City in the areas of health and wellness. The entity or person of the month would be honored at our MCFWB meetings by presenting a certificate signed by the Mayor after reading a brief biography of their contributions to our community. Mr. Bergman motioned to approve and Mr. Redman gave a 2<sup>nd</sup> motion to approve the Mayor's Mention initiative. Dr. Duke will send a rough draft of the certificate to Robin Mantz to format and bring to the next meeting for input. It is suggested that the Bicycle and Pedestrian Advisory Committee receive the first award.

**VI. Adjournment and Next Meeting**

At 1:35PM Chair Dr. Duke confirmed there were no more public comments or new business and adjourned the meeting. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, October 5, 2016 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan St.

*Respectfully submitted by Robin Mantz, Recorder*