

**Governor's Council on Physical Fitness
Committee on Active Lifestyles**

The meeting of the Active Lifestyles Subcommittee was held on the 20th day of August, 2009 at the St. Pete Times Forum in Tampa, Florida, commencing at 2:00 pm.

Called to Order:

The Chairwoman called the meeting to order at 2:10 pm and noted that there were 4 members present.

Attendance:

<u>Name of Member</u>	<u>Attendance</u>
Mary Rumberger (Chair)	Present
Dave Andreychuk	Present
Dr. Ana Viamonte Ros	Present
Dr. Dot Richardson	Present
<u>Staff</u>	
Kimberly Berfield	Present
Manuel Arisso	Present

Order of Business:

Kimberly Berfield, Deputy Secretary for the Department of Health, addressed how other subcommittees were structuring their meetings, and then proceeded to give an overview of the Governor's recognition/award for smart growth. Along with how the subcommittee may want to structurally proceed with the meeting while having the committee set their targets and issues.

Review of previous recommendations along with consolidation and revision.

Topic: Healthy Community Award/Recognition

- State Surgeon General suggested we move forward with the concept of smart growth, and healthy communities as structured by the University of Miami.
 - i. Requested that Manuel Arisso gather information from the University of Miami and the Department of Health on this issue and send out to subcommittee members.
 - ii. Additionally, the request for a conference call with the University of Miami and subcommittee members was requested.
- Dr. Richardson requested we be sure to include groups such as the YMCA, Boys & Girls Club as well as other similar groups as a support structure in creating healthier communities.

- Rumberger addressed how communities can have access to foundations to further their development, as an example she spoke to a garden project for underserved populations as a venue for providing a good source of fresh produce.
- Dr. Richardson raised the idea of requiring the community receiving the award to mentor/assist underserved communities in advancing the underserved community's goals of a healthier community.
- Andreychuk asked how we would get the word out and suggested that at the appropriate time we contact city managers, councilmen, commissioners, mayors, and so on.
- Deputy Secretary Berfield introduced into the discussion "No Child Left Inside"- which coordinates community partners to ensure that children have the availability of being and staying outside.
- The State Surgeon General asked that the group take a look at a Healthy San Francisco website for ideas.

Topic: Creating Opportunities to Assist Communities in Becoming Healthier

- Dr. Richardson suggested the idea of creating a foundation similar to the Florida Sports Foundation in order to create a grant process for the development of parks, bike paths, rails to trails, and other similar activities/programs.
- Rumberger mentioned that she believes that there are foundations available for these types of activities.
- During the discussion, funding for the Volunteer Florida Foundation was mentioned as a way to provide for grant opportunities in conjunction with the recognition/award and as a way to assist underserved areas in moving towards healthier communities.
- Dr. Richardson additionally, suggested that there may be several community programs in place that have been created for the purpose of assisting underserved areas. She gave the Children's Home Society as an example.

Topic: Resource List

- Rumberger along with Dr. Richardson suggested a central location of all resources available to those trying to advance a healthy community.
- The resource list would be a database of programs within the state with a brief description of their program and contact information as a way to have a coordinated effort.
- This list/database would be available to public. Could be on Governor's Council website?

Topic: Other Topics/ Recommendations

- Premium reduction for healthy choices on health insurance.
- Extending school hours as to allow for study hall and physical activity while matching up better with family schedules. Can be staffed with volunteers and with stipends as done with extracurricular activities.
- Media launch

Next Meeting Date and Time:

To be announced

Meeting Adjournment:

Meeting adjourned by Mary Rumberger.

Submitted by:

Submitted by Manuel Arisso, Florida Department of Health Staff