

**Governor’s Council on Physical Fitness
Community Outreach and Healthy Floridian Communities Subcommittee**

The meeting of the Community Outreach and Healthy Floridian Communities Subcommittee was held on the 20th day of August, 2009 at the St. Pete Times Forum in Tampa, Florida, commencing at 3:30 p.m.

Call to Order

The Chairwoman called the meeting to order at 3:35 pm and noted there were 6 members present.

Attendance:

<u>Name of Member</u>	<u>Attendance</u>
Julie Ryczek (Chair)	Present
Mary Rumberger	Present
Dr. Ana Viamonte Ros	Present
Dr. Dorothy “Dot” Richardson	Present
Sheila Sheridan	Present
Dr. Frank Diamond	Present
<u>Staff</u>	
Manuel Arisso	Present

Order of Business:

Topic: Interactive Calendar

Upon calling the meeting to order Ryczek introduced the first topic of discussion, an interactive calendar, for council members, in order to disseminate what others are doing that would be managed by Katie Hammond.

- Members would be able to post activities they are participating in along with other activities, through Hammond.
- The State Surgeon General expanded it to include communitywide activities that fall in line with the activities of the council.
- Ryczek suggested having a launch date kickoff event and linking the site to the Healthy Floridians site, Department of Health, and the County Health Departments sites.
- Rumberger asked the question what is the goal.
 - i. Sheridan said the goal is to disseminate information so those that wish to get involved with other council members can do so.
 - ii. In addition, the goal is to allow for council members to promote healthy activities at different community events, grass roots, etc.

During the discussion on an interactive calendar, Arisso was asked to give an overview of the discussions during the meeting of the Active Lifestyles Subcommittee.

Topic: Healthy Communities

- Dr. Diamond suggested we recommend opening up school parks for the public after hours.
- Sheridan broached the subject of smart growth.
- Rumberger suggested we have a survey on the health status of Floridians.
- Dr. Diamond introduced stimulus money being spent on roads as a funding source for development of bike trails, sidewalks, and parks. Possibly supporting activities like rail to trails and other like programs.
- Provide links on the website to signs that can be posted and printed encouraging healthier behavior, such as using the stairs instead of the elevator.

Topic: Health Promotion

- Rumberger suggested we do a commercial campaign with the Governor as the spokesman, get up and get healthy. Dr. Diamond agreed that we should use the governor to promote healthy messages.
- Ryczek encouraged the members to use their own voices as we go out to the communities and speak of the mission of the Council.
- The State Surgeon General introduced the idea of potentially using tobacco dollars for positive health messages.
- Dr. Richardson suggested we develop an email database to be used for the promotion of healthy activities, and that we partner with the Volunteer Florida Foundation and the Tobacco Advisory Council.

Topic: Worksite Wellness

- During the discussion Sheridan introduced worksite wellness as a key concept of health promotion.
- Also discussed was the idea of awards for school districts, corporations, and government entities for worksite wellness should be developed.

Next Meeting Date and Time:

To be announced.

Meeting Adjournment:

Meeting adjourned by Julie Ryczek.

Submitted by:

Submitted by Manuel Arisso, Florida Department of Health Staff