

## MEETING MINUTES

<b>Date/Time</b>	August 23, 2007 4:00 – 6:00 P.M.	<b>Meeting Name</b>	Governor’s Council on Physical Fitness: Inaugural Meeting Florida
		<b>Location</b>	One Buccaneer Place, Tampa
<b>Committee Members Present</b>	Michelle Brantley, Derrick Brooks, Charles M. Castevens, Carlos Castresana, Karen J. Dowd, Thomas D. Epsky, Javier Garcia-Bengochea, Nancy Hogshead-Makar, Shannon Miller, William J. Montford, Kezarrick M. McCorvey, Don Rapp, Dorothy Richardson, Julie Ryczek, Judith L. Schaechter, Sheila A. Sheridan, Mary M. Rumberger, Ana Viamonte Ros, Amy Young,		
<b>Absent</b>	Rocco Baldelli, Jennifer Capriati, Bob Griese, Ken Griffey Jr., Robert Keiser, Shaquille O’Neal, Corey Simon		
<b>DOH Staff Present</b>	Jennie Hefelfinger - Council Executive Director, Ali Jaglowski, Catherine Howard, Katie Rainka, Rachel Duerr		
<b>Submitted by</b>	Claudia Quinones (Gulfcoast North Area Health Education Center)		

Called to order at 4:26

AGENDA/TOPIC	DISCUSSION	RECOMMENDATION/ACTIONS	RESPONSIBLE	FOLLOW-UP
<b>Charge from the Governor</b>  <i>Charlie Crist, Governor of Florida</i>	<p>Governor Charlie Crist greeted the group and thanked everyone. The idea for this Council germinated during the campaign as he spoke about health issues of Floridians. He recognizes how important physical activity is to a person’s quality of life and how it adds to productivity of our young people. He addressed the Council stating that he looks forward towards their ideas, their discussions and suggestions which will not only improve but actually save lives. He thanked the members for being at the meeting and in particular, he thanked Shannon and Derrick for taking on leadership roles. He also expressed much gratitude towards David Latu, Chris Britto (from Shaq’s show) and John Scully.</p> <p>Governor Crist shared that he believes that, out of all the states, Florida ought to have the healthiest people because they have the opportunity to be in shape all year-round –there is no excuse. He reiterated his appreciation to the members for their participation.</p>			

<p><b>Welcome</b></p> <p><i>Derrick Brooks, Council Chair</i></p>	<p>Derrick Brooks welcomed everyone and thanked the Governor for inviting him to help make Florida a healthier state. He stated that he takes obesity as a very serious problem recognizing that the challenge is on the members to help make significant changes. He asked everyone to take the issue not only seriously, but personally, reinforcing the notion of a healthier life with their kids. Mr. Brooks also encouraged everyone in the audience to join the Council tomorrow at the Double Tree Hotel on Westshore from 9:00 a.m. to 1:00 p.m.</p>			
<p><b>Charge from the Council Chair</b></p> <p><i>Derrick Brooks, Council Chair</i></p>	<p>Mr. Brooks asserted that overweight and obesity are serious problems requiring that the Council be solution-driven. They should go beyond getting physical education from grades K to 5 to all schools. He believes that Florida can set an example for the nation. Asked members to take their charge seriously and to make it their own personal one reinforcing the message of a healthier life outside of the Council. He elaborated that their mission is a simple one: to develop a state plan over the next few months addressing physical activity and healthy nutrition promotion among our youth at schools, adults at the worksite and in the community</p>			
<p><b>Official Announcement of Co-Chair and Chair Designee</b></p> <p><i>Derrick Brooks, Council Chair</i></p>	<p>Mr. Brooks announced that after discussing it with the Governor, he has decided to pass the bulk of the leadership responsibility to Ms. Shannon Miller who will serve as Co-Chair. This shift is due to his fall schedule as a professional football player.</p> <p>Ms. Miller, a multiple gold medal Olympic champion, thanked the Governor for his leadership and passion for helping Florida become a healthier state. She added that though, the focus is on the young, she wants everyone to benefit from learning about living healthier.</p> <p>Ms. Miller shared a little about her childhood and how the active lifestyle example set by her parents resulted in her commitment to physical activity and competition in sports despite being born with a leg deformity and being told by doctors that she would never walk. She attributes her success to her parents in never believing in the</p>			

	<p>impossible and always telling her that there are no limits to achieving one's goals.</p> <p>To expand on the seriousness of the overweight and obesity epidemic Ms. Miller cited recent statistics that show that in Florida, 50% of the adults are either obese or overweight. Twenty-five percent of high school kids are at risk of being obese or overweight.</p> <p>Governor Crist again thanked everyone and said he had been very moved by everyone.</p> <p>Mrs. Hefelfinger reminded those attending that the meeting as required by the laws of Florida is being video taped and that minutes and a transcript will be available for public viewing. Also that there would be an opportunity for public comment.</p>			
<p><b>Introduction of Council Members</b></p>	<p>Following the roll call by Jeannie Hefelfinger, the members went around introducing themselves and shared their own reasons for accepting the nomination to be in the Council.</p> <ul style="list-style-type: none"> <li>• Dr. Judith Schaechter, is a pediatrician from Miami, works at Jackson Memorial Hospital and is highly interested on obesity prevention. Has done extensive work with the schools in Miami Dade.</li> <li>• Mr. Kezarrick McCorvey, a former athlete, has four young children, thus, he has a definite interest in children and schools and being involved in the whole educational process.</li> <li>• Mr. William Montford, CEO of Florida School Superintendents. His association believes in what the Council is all about –having every child in public, private, chartered schools, have the ability to know about their health. He also announced his intention to lose 30 lbs. by January.</li> <li>• Mrs. Sheila Sheridan, Director of the Department of Nutrition Services, Collier County Public Schools. Has many years working in nutrition education and wants to improve the nutritional climate of the schools, including snacks served in the classroom, foods sold during fund raisers, foods sold in concession stands, etc.</li> <li>• Mrs. Nancy Hogshead-Makar, Swimming Olympic champion and currently a professor of law, concentrating in sports' law. Believes</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Michelle Brantley</b>, of Monticello, health educator, Jefferson County Health Department</li> <li>▪ <b>Derrick Brooks</b>, of Tampa,.</li> <li>▪ <b>Charles “Monty” Castevens</b>, of Clermont, president and chief executive officer, Special Olympics Florida Inc.</li> <li>▪ <b>Karen Dowd</b>, of Parkland,</li> </ul>		

	<p>that if kids (particularly girls) do not get skills to play a sport, as adults they will not participate in sports.</p> <ul style="list-style-type: none"> <li>• Dr. Javier Garcia-Bengochea, Neurosurgeon in Jacksonville. As a spinal surgeon he sees first hand the effects of obesity on the spine. His main interest as part of the Committee is healthy nutrition as the common thread in the obesity link with his patients is the lack or poor knowledge of nutrition.</li> <li>• Mr. Carlos Castresana, partner in a national benefits consulting company in Ft. Lauderdale. Works to convince corporate America that the future of health in this country is about prevention and wellness. Hopes that the work of the Council will impact the children of the State the way they should.</li> <li>• Ms. Julie Ryczek, an educator in Pinellas County Public Schools for 23 years is in contact with and teaches children in elementary school as well as High school.</li> <li>• Dr. Ana Viamonte-Ros, Florida's Surgeon General and also the head of the Department of Health (DOH). She has been going throughout the State advocating the three P's: prevention, personal responsibility and preparedness. The DOH believes in addressing obesity and the serious diseases that it leads to and trying to make sure that all of the citizens are as healthy as they can be. Dr. Viamonte-Ros looks forward for herself as well as the DOH to help in any way and support all the Council's efforts.</li> <li>• Dr. Don Rapp, for 27 years taught child development and gerontology in Tallahassee. Is interested in obesity and lack of physical condition in children and the elderly and in particular, in the effects of modeling and balance.</li> <li>• Mr. Thomas Epsky is a human resource professional and serves on the Florida Unemployment Appeals Commission. He sees first hand how unhealthy life styles can impact Floridians and what it can do to the workforce.</li> <li>• Ms. Amy Young is with a firm that is based in West Palm Beach and Tallahassee. She has been a health advocate for more than 20 years and is particularly concerned with women's and children's health care.</li> <li>• Ms. Michelle Brantley is a health educator for DOH in Jefferson and Madison County. Because of her job, she brings to the committee</li> </ul>	<p>executive</p> <ul style="list-style-type: none"> <li>• <b>Robert Keiser</b>, of Parkland, high school student.</li> <li>▪ <b>Shannon Miller</b>, of Jacksonville, Olympic gold medalist and founder of the Shannon Miller Foundation. Ms. Miller will serve as council co chair.</li> </ul>	
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	<p>real life experience of what is happening with our children and parents.</p> <ul style="list-style-type: none"> <li>• Dr. Karen Dowd is the Executive Director Florida Alliance for Health, Physical Education, Recreation, Dance and Sport (FAHPERDS). She has spent the bulk of her career as a professor and university administrator teaching people to be health educators and physical educators. Believes in changing the world one individual at a time by working together and sharing with the citizens of Florida, particularly the young people, the knowledge and also by providing them with leadership and motivation.</li> <li>• Mrs. Mary Rumberger is the Community Services Director for an eye institute in Orlando where the majority of patients are diabetics.</li> </ul> <p>Everyone thanked the Governor for the opportunity to serve in the Council.</p>		
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<p><b>Success Stories and Testimonials</b></p> <p><i>David Latu Athlete, Special Olympics, Chris Britto, Student, Shaqs Biggest Challenge, John Scully, Project GYM, Flagler County Public School</i></p>	<p>David Latu thanked the group for the opportunity to speak about his experience competing in the Special Olympics and how it has affected his and the lives of many Floridians –he has several medals and is a congressional delegate. David talked about what Special Olympics is about and how it works in Florida. He explained that the Special Olympics is not a respite program, it is very active and competitive. Participation is free to all athletes (all expenses).</p> <p>David is a strong advocate of good nutrition. He became highly motivated to eat better and learn about nutrition after losing a gold medal by one tenth of a second at the State's Aquatic Games. He has lost 47 lbs in 11 months. He shares his knowledge of good eating habits with his team mates and is determined to win the gold in aquatics.</p> <p>Chris Britto successfully participated in Shaq's Challenge and lost 77 lbs. at the age of 12. Chris shared how his life has changed since participating in Shaq's program, his self-esteem has significantly improved and he is very active and enjoys outdoor activities. He believes knowledge is power and wants to impart what he has learned with other kids to inspire them to change their</p>			
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	<p>lives in the right direction.</p> <p>John Scully is the founding member of Project GYM, which got started as part of a school project involving community problem solving. To address the problem of obesity in their community, John and his project peers decided to implement a three –pronged plan including encouraging healthy eating, walking and other activities and actually providing a youth gym. John explained how in a school year, a group of high school kids took an idea and made it a reality through creative thinking and the involvement of various community leaders, businesses and professionals they were able to build a place for young people to exercise. The project has won several awards in various local, state, national and international competitions. He is working on replicating the project in various other locations, including a school in Japan.</p> <p>Derrick thanked the guest speakers and open the floor for public comment:</p>			
<p><b>Public Comments</b></p>	<p>Public testimony started at 5:34. Concerns and/or ideas expressed included:</p> <ul style="list-style-type: none"> <li>-A Pinellas county woman asked the Council to consider the Idea of introducing self-defense classes in physical education in the schools to help young women and men avert an attack. The program would be very simple ad practical, similar to programs already offered at universities. The idea is to introduce it at a scale down (12 hours) for kids in school.</li> <li>-A representative from several charter schools expressed support for the Council’s mission and offered the schools to the Council to pilot test any program recommended by the members.</li> <li>- A nurse practitioner representing a state-wide network volunteered to support the Council, by educating and empowering the public. She asked Council to include programs in that involve the corporate world. Implement ideas that are fun in the work.</li> </ul>			

	-A business in Jacksonville focusing in child obesity which despite encountering many obstacles has 85% success rate. Offered to meet with the Council to share more about the program and its emphasis on nutrition.			
<b>Closing Remarks</b>	The meeting was adjourned at 5:49.Mr. Brooks reminded those attending that tomorrow's meeting will be held at Double Tree Hotel on Westshore from 9:00 a.m. to 1:00 p.m.			