

**Mayor's Council on Fitness and Well Being**  
**Minutes for December 7, 2016 Meeting**  
*Conference Room 851, 8<sup>th</sup> Floor, Ed Ball Building, 214 N. Hogan St*



**ATTENDANCE: [QUORUM OF 7\* NOT ACHIEVED] \*Pends approval of new Exec Order Sep 2015**

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	Yes
Ms. Nancy Crain	Baptist Health	Yes
Ms. Heather Crowley (Albritton)	Duval County School Board	No
<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)	No
Mr. Daryl Joseph	COJ, Director, Parks, Recreation & Community Services	No
<i>Ms. Robin Mantz</i>	<i>City of Jacksonville – Recorder (Non-voting)</i>	Yes
Ms. La'Dora Taylor	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	No
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	No
<b>Guests</b>		
Ms. Tammy Chaney	Duval County Medical Society	
Ms. Ellen Cottrill	Unity Plaza / Hobnob [ellen@hobnobwithus.com]	
Ms. Emma Maurer	St. Vincent's Health	
Ms. Michelle McCormick	DCMS Foundation [michelle@DCMSonline.org] MM LB Challenge	
Mr. Mark Middlebrook	Timucuan Park Foundation	
Ms. Laura Nolan	Humana Bold Goal	
Mr. Don Redman	Former Council Member	
Mr. Mark Smilek	Sofitco GL / GA Sales Director	
Ms. Charlene Walker	City of Jacksonville, Employee Services	
Ms. Mary Pat Wallmeyer	Rotary Drowning Prevention	
Ms. Sharon Watkins	Black Hog Farm	

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**PROCEEDINGS:**

**I. Welcome**

The Meeting was called to order at 12:36PM by Chair, Dr. Ellan Duke and quorum of 18 members was not achieved by attendance [per existing Exec Order pending revision].

**II. Chair's Remarks**

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

**III. Cyclovia / Open Street Jax**

Dr. Hausenblas spoke regarding Cyclovia and how exercise impacts psychology. She did more research on the Bogota Columbia community activity held weekly and its success with 30% of the country being impacted. The events are being emulated across many continents and are categorized as "Open Street" initiatives, which are held by 90% of major cities (Jax was not included). The open street initiative was studied in San Diego and it impacted quality of life, social capital (volunteerism), physical activity, social environments and connections for 97% of participants. Dr. Hausenblas also mentioned that [www.openstreetsproject.org](http://www.openstreetsproject.org) is an interactive resource that provides best practices from other cities that have held Open Street events. Keith Meyerl, Chief of COJ Parks said that he looked at Riverside Park as a potential starting point for an open street event, as the area is very civic-minded and would be ideal to start such an initiative over 20 blocks in the area and grow over the years. Dr. Hausenblas also mentioned that research shows the City of Jacksonville as the 3<sup>rd</sup> most dangerous in the nation for cyclists and pedestrians and this event would bring awareness to the dangers Jacksonville faces. Dr. Hausenblas discussed creating a subcommittee for the Open Street Initiative in Jacksonville and Keith Meyerl volunteered to participate. Don Redman said that Chris Burns is the Chairman of the COJ Bicycle & Pedestrian Committee and would be a great resource as well. He also said the event could be

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held in several areas of town and tie in educational events and bicycle rodeos. Also, the Northeast Florida Bicycle Club has daily bike rides and can contribute to the educational events as well as the best routes in the area. Bryan Campbell mentioned that there are so many pre-existing efforts in the city that we need to find out what organizations to collaborate with so we're not duplicating efforts. Joey Bergman said that we need to figure out the hard costs to close roads and Dr. Gaffney said that we can collaborate with FDOT. Bryan Campbell asked for those who want to volunteer to coordinate with Dr. Gaffney and Mr. Redman. Mr. Redman stated there is a Bicycle / Pedestrian meeting on December 3<sup>rd</sup> in the Ed Ball 1<sup>st</sup> floor Training Room.

**IV. Million Pound Challenge Initiative**

Mr. Bryan Campbell said that the Duval County Medical Society is hiring someone in December to assist with the program, which will be launched in May with a website, mobile application and funding, which will be an important tool to help the community to make better choices.

**V. Let's MOVE! Initiative**

Ms. Tonisha Landry said she traveled to Washington DC October 30<sup>th</sup> and challenged Attorney General Betty Burney to do make strides against childhood obesity. She also said that the City of Jacksonville has achieved gold status in 3 out of 5 categories in the Let's MOVE! initiative.

**VI. Adjournment and Next Meeting**

At 1:32PM 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, February 1, 2017 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan St.

*Respectfully submitted by Robin Mantz, Recorder*