

**Mayor's Council on Fitness and Well Being**  
**Minutes for April 5, 2017 Meeting**  
*Conference Room 851, 8<sup>th</sup> Floor, Ed Ball Building, 214 N. Hogan St*



**ATTENDANCE: [QUORUM OF 7 NOT ACHIEVED] *\*approved with June 7, 2015 MCFWB vote***

Name of Council Member	Company / Affiliation	Attended?
Joseph Bergman	COJ, OED Sports and Entertainment	No
Hon. Lori Boyer	COJ, City Council VP [or designated representative]	No
<b>Tim Burrows [CHAIR]</b>	<b>YMCA of Florida's First Coast</b>	Yes
Bryan Campbell	Duval County Medical Society	Yes
Ms. Nancy Crain	Baptist Health	Yes
Ms. Heather Crowley (Albritton)	Duval County School Board	No
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	Yes
<b>Dr. Heather Hausenblas [VICE CHAIR]</b>	<b>Jacksonville University</b>	<b>Yes</b>
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	No
Daryl Joseph	COJ, Director, Parks, Recreation & Community Services	No
<i>Ms. Robin Mantz (Wendy Jones fill in)</i>	<i>City of Jacksonville – Recorder (Non-voting)</i>	Yes
Keith Meyerl	COJ, Parks, Recreation and Community Services	No
Ms. Gloria McNair	Florida Department of Health – Duval County (Non-confirmed)	No
Mark Owens	American Heart Association	No
Ms. La'Dora Taylor	Parks, Recreation and Community Services, COJ	Yes
<b>Guests</b>		
Ms. Tammy Chaney	DCMS Foundation	
Ms. Caroline Davidson	Duval County Medical Society	
Dr. Ellan Duke	River Hills Clinic	
Mr. Kevin McDaniel	COJ, Disabled Services Division	
Don Redman	Former Council Member / Bicycle & Pedestrian Advocate	
Ms. Christy Schell	Brunet-Garcia	
Mr. Mark Smilek	SoFitco FL/ GA Sales Director	
Ms. Natalie Spindle	Brunet-Garcia	
Mr. Chad Walters	Lean Blitz Consulting	
Ms. Megan Williamson	Parks, Recreation and Community Services, COJ	

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**PROCEEDINGS:**

**I. Welcome**

The Meeting was called to order at 12:35PM by Chair, Tim Burrows and quorum of [7] members was not achieved by attendance and March 2017 draft minutes were not approved.

**II. Chair's Remarks**

Tim Burrows introduced Caroline Davidson of 904 Mission One Million and asked her to give the most recent stats for program participation. Ms. Davidson said that for the month of March, there were 1,265 registered users, 10,321 pounds pledged to lose and 3,927 pounds lost so far. Tim Burrows mentioned that strategic partnering is key when it comes to getting the community involved and made the example that the Baptist Health program has been very successful with 814 pounds lost so far. Karen Coleman said that programs can be implemented at any company, but the important element is the program contact, which is Nancy Crain at Baptist Health, who has made a quite an impact with her efforts at Baptist Health.

**II. Mission One Million Update**

Bryan Campbell encouraged everyone to attend the one-year anniversary of the 904 Mission One Million launch for a surprise event on April 10<sup>th</sup> at noon to be announced by Mayor Curry.

Christy Schell and Natalie Spindle of Brunet-Garcia said that their offices are spread all over, so they created a wellness committee in the company and were able to get 20 employees locally to join the program and many others at satellite offices. So far Brunet-Garcia members have achieved nine million steps! Some of the programs the Brunet-Garcia wellness committee has come up with to keep the members engaged are: 5K events, holding meetings while walking, lunch & learns on health and wellness. They have been very pleased at the results from being a relatively small company spread over many areas. Robin Mantz asked them to write a summary article to include in the 904M1M site as a catalyst for other companies.

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Tammy Chaney mentioned the UNF Speaker event May 22-23, which is the inaugural annual healthcare program for Jacksonville. The event will be held at UNF and address healthcare disparities, food deserts, infant mortality, mental health, obesity and community access. Featured speakers include Mayor Curry, the Florida Surgeon General and many other impactful speakers. For more information or to register for the event, please call 904-355-6561 or visit <http://www.dcmsonline.org/page/FutureofHealthcare>

The conference will focus on the one thing that will impact the most outcomes and may possibly impact policy to effect swift change. Bryan Campbell suggests that if you can't attend, please consider donating a ticket or sponsoring a table for non-profit groups who can effect change, but who do not necessarily have the funds in their budget. He also asked that any MCFWB members who register to please notify Robin Mantz so he can arrange recognition during the conference.

**IV. Public Comments / New Business**

Tim Burrows mentioned that April 22<sup>nd</sup> (9AM-1PM) would be Healthy Kids Day / National Day of Play at the Jacksonville Baseball Grounds. He also mentioned the 11<sup>th</sup> Annual First Coast Games, which will be held April-August 2017 and the corporate challenge focuses on participants' health and wellness goals, while offering some friendly competition. Interested companies and individuals can visit <http://firstcoastymca.org/programs/first-coast-games/> for more information. Also mentioned was the 12<sup>th</sup> Annual Katie Ride for Life to be held on April 12<sup>th</sup> sponsored by the Mayo Clinic Transplant Center, which brings awareness to organ donation.

**V. Adjournment and Next Meeting**

At 1:10PM Chair Tim Burrows adjourned the meeting. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, May 3, 2017 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan St.

*Respectfully submitted by Robin Mantz, Recorder*