

Mayor's Council on Fitness and Well Being
Minutes for October 4, 2017 Meeting
Conference Room 459, 4th Floor, Ed Ball Building, 214 N. Hogan St



*Minutes Approved by a quorum in
the Dec 2017 MCFWB meeting*

ATTENDANCE: [QUORUM OF 7 ACHIEVED]

Name of Council Member	Company / Affiliation	Attended?
Joseph Bergman	COJ, OED Sports and Entertainment	Yes
Hon. Aaron Bowman	COJ, City Council VP [or designated representative]	No
Tim Burrows [CHAIR]	YMCA of Florida's First Coast	Yes
Bryan Campbell	Duval County Medical Society	No
Ms. Nancy Crain	Baptist Health	Yes
Ms. Heather Crowley (Albritton)	Duval County School Board	Yes
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	Yes
Dr. Heather Hausenblas [VICE CHAIR]	Jacksonville University	Yes
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	Yes
Daryl Joseph	COJ, Director, Parks, Recreation & Community Services	No
<i>Ms. Robin Mantz</i>	<i>City of Jacksonville – Recorder (Non-voting)</i>	Yes
Mark Owens	American Heart Association	No
Ms. La'Dora Taylor	Parks, Recreation and Community Services, COJ	Yes
Dr. Christina Wilson	Florida Department of Health – Duval County (<i>replaced G. McNair</i>)	No
Guests		
Ms. Tammy Chaney	DCMS Foundation	
Ms. Jackie Culver	Shannon Miller Foundation	
Dr. Ellan Duke	River Hills Clinic	
Ms. Valeria Gonzalez-Kerr	Jacksonville University	
Ms. Jennifer Martin	US Preventative Medicine	
Mr. Don Redman	Former Council Member	
Ms. Christy Schell	Brunet-Garcia	
Mr. Mark Smilek	SoFitco FL / GA	
Ms. Natalie Spindle	Brunet-Garcia	
Mr. JT Williamson	S4 Sports Academy	
Mr. Chad Walters	Lean Blitz Consulting	
Ms. Charlene Walker	Employee Services	
Dr. Carena Winters	Jacksonville University	

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PROCEEDINGS:

I. Welcome

The Meeting was called to order at 12:35PM by Chair, Tim Burrows. Quorum of [7] members was achieved by attendance and the September 2017 draft minutes were approved with the 1st motion by Joey Bergman and 2nd motion by La'Dora Taylor.

II. 904 Mission One Million Update

Tim Burrows asked Tammy Chaney of 904 Mission One Million [904M1M] to give an update on Mission One Million and she said that the organization will participate in the Chartwell Employee Challenge where 1,200 employees will be invited to register with 904M1M. They will also participate in the Riverhouse 5K Race on the Jacksonville University campus at 7AM on Saturday, October 7th where the 904M1M group will have a table set up to register users. Tammy shared the Stacy Jordan weight loss success story video that aired on News4Jax.com

Tammy Chaney gave an update for *Mission One Million* stating that 79,239 pounds were lost so far and 4,404 users are registered to date. Tammy Chaney asked that everyone on the council let her know of any health related events or weight loss programs that could be tied into 904M1M. Of note, *the 904Thin* organization no longer sponsors / partners with the 904M1M organization.

III. Exercise is Medicine Presentation

Guest speaker Dr. Carena Winters of Jacksonville University presented *Exercise is Medicine*[®] (EIM), a global health initiative managed by the American College of Sports Medicine (ACSM), <http://www.exerciseismedicine.org/>, founded by Dr. Bob Sallis. The initiative encourages primary care physicians and other health care providers to include physical activity when designing treatment plans and to refer patients to evidence-based exercise programs and qualified exercise professionals, especially those with the EIM credential. EIM is committed to the belief that physical activity promotes optimal health, is integral in the prevention and treatment of many medical conditions, and should be regularly assessed and included as part of health care.

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Key points of the initiative are that 150 minutes per week of moderate or vigorous exercise and the mission is to contact healthcare systems and community resources to support patients. The healthcare professional would monitor physical activity as a vital sign, write a prescription for exercise and refer patients to community resources such as the YMCA and EIM certified locations, programs and professionals from a database. Outcomes should be reported and evaluated for the best patient outcomes using analytics to link back to the healthcare provider. In respect to integrating the program with existing medical diagnostics and insurance documentation, a diagnostic code is in the works for an "inactivity" diagnosis because healthcare providers are currently using "diabetes prevention" in the interim.

Ms. Alicia Hinte of UF Health and Nancy Crain of Baptist Health asked that Dr. Winters forward the EIM provider credentials to them via email, as they would like to introduce the Exercise Is Medicine initiative to their organizations.

IV. Public Comments / New Business

No new business or public comments were presented during the October session.

VI. Adjournment and Next Meeting

At 2:05PM Chair Tim Burrows adjourned the meeting with a motion by Heather Crowley and a 2nd motion by Alicia Hinte. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, December 6, 2017 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan St.

Respectfully submitted by Robin Mantz, Recorder