

Mayor's Council on Fitness and Well Being
Minutes for April 4, 2018 Meeting
Conference Room 459, 4th Floor, Ed Ball Building, 214 N. Hogan St



ATTENDANCE: [QUORUM OF 7 NOT ACHIEVED]

Name of Council Member	Company / Affiliation	Attended ?
Joseph Bergman	COJ, OED Sports and Entertainment	Yes
CM Aaron Bowman / CM Scott Wilson	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. Heather Crowley (Albritton)	Duval County School Board	No
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	No
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
Ms. Jillian Lortz	Baptist Health	Yes
<i>Ms. Robin Mantz</i>	<i>City of Jacksonville – Recorder (Non-voting)</i>	Yes
Ms. La'Dora Taylor	Parks, Recreation and Community Services, COJ	Yes
Guests		
Ms. Felicia Boyd	Timucuan Parks Foundation	
Mr. David Hooper	Jacksonville University	
Ms. Amanda Milla	Jacksonville University	
Mr. Don Redman	Former Council Member	
Mr. Mark Smilek	SoFitco FL / GA Sales Director	
Ms. Kathryn Thomas	Yoga-4-Change	
Ms. Charlene Walker	Employee Services, COJ	
Mr. JT Williamson	S4 Sports Academy	

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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 not achieved by attendance, which leaves December 2017, February & March 2018 draft minutes pending approval. *[Minutes approved at the May 2018 MCFWB meeting – 1st motion: Jillian Loritz & 2nd motion: Joey Bergman]*

II. Human Performance Conference

Tammy Chaney of 904 Mission One Million was not present to give an update on 904M1M (Mission One Million), and we moved to the next agenda topic “Human Performance Conference”. Dr. David Hooper of Jacksonville University (JU) explained to the Council and guests that the conference, which is a scientific approach to fitness, will be held April 7th from 9AM to 5PM in the JU Gooding Auditorium. Several expert speakers will present on strength and conditioning, sports science, sports medicine and dietetics. A portion of Continuing Education Unit (CEU) credit (.07) has been pre-approved by the National Strength and Conditioning Association (NSCA) and other organizations can submit retroactive CEU credit for attending. The cost is \$90 for professionals and \$35 for students.

III. 2018 Focus: Humana Bold Goal Initiative

Chair Tim Burrows reiterated the need for the MCFWB to change our focus for 2018 since the Health Department is no longer funded to work on the 904 Mission One Million initiative.

Paul Sapia, Strategic Integration Leader for Humana’s Jacksonville and Tampa markets said that the Bold Goal Initiative came about as a result of the Humana health insurance company partnering with communities to fight rising insurance costs by helping them to be 20% healthier by the year 2020. Mr. Sapia gave the following statistics:

1 in 5 Duval County residents struggle to get enough to eat

43% of adults feel lonely

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20% of adults in the U.S. exercise enough (regularly) to make a difference

As a result of these statistics, Humana is creating advocates in the community to focus on the prevention of diabetes, depression, food insecurity, loneliness and social isolation.

Joey Bergman asked how regular people can make a difference who is not involved in the Humana effort. Paul Sapia said that anyone can contact him directly at psapia@humana.com or email helpraiseawareness@humana.com to connect. Paul Sapia committed to send the Town Hall and subcommittee meetings to Robin Mantz for distribution to the MCFWB.

IV. Public Comments / New Business

Tim Burrows mentioned that Humana is fully funded to bring the community together to combat the issues that plague our community and that the community should have more funding and grant opportunities in addition to Humana's efforts. Dr. Hausenblas is supportive of community collaboration and proposes that we initiate "Movement-4-Change" to emulate the "Yoga-4-Change" program, which has been so successful in the Jacksonville community. She also mentioned that the Youth Risk Behavior survey is coming out in May for the Duval County Public School system and it would benefit the community if Jacksonville University and Humana could break down the data either independently or collaboratively to see where we can focus our efforts. Dr. Gaffney said he is concerned about food deserts and what the community needs is money. Paul Sapia responded that there are ongoing initiatives that address the approach to the issues instead of just handing out money, which hasn't worked in the past. He spoke of several initiatives that Humana is involved in recently and stated that the organization works weekly on the issue of feeding residents in Florida communities.

As a reminder of the upcoming events:

Jul 18th: 4th Annual Thingamajig STEM Workshop

Aug 29th: Bold City Kids Triathlon

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Oct 8th: 2nd Annual Drivers of Change Golf Tournament

Points of contact for the events are Dana Troeger dtroeger@fcymca.org and Eleanor Lanza elanza@fcymca.org or on the website at <http://firstcoastymca.org/>

V. Adjournment and Next Meeting

At 1:20PM Chair Tim Burrows adjourned the meeting with a motion by Dr. Hausenblas and a 2nd motion by Joey Bergman. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, May 2, 2018 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan St.

Respectfully submitted by Robin Mantz, Recorder