

Nassau County Health Improvement Coalition (NCHIC) Minutes  
March 28th, 2016 – 1:00 pm at Yulee Full Service School



Attendees: Kim Clemons (Chair), Kerrie Albert, Virginia Caraway, Kelly Cook (secretary), Denise Cox, Dr. Lauren Jones, Donna Martin, Dr. Seidel, Maureen Paschke, Andreu Powell, Lisa Rozier, Ashley Sobolewski, Mark Musielak

1. Meeting called to order by Kim Clemons at 1:03pm
2. Review and approval of January meeting minutes -- Motioned to approve minutes with minor punctuation error.

3 .Worksite Wellness Initiative (Kim Clemons) – The Worksite Wellness Committee recently coordinated and sponsored (food and speaker) a meeting with the Chamber of Commerce (Westside) for a wellness event at “The Pig” restaurant. Kim reported that there was great turn-out (60 attendees) and excellent feedback.

April 6 is National Walking Day – Kim encouraged agencies and organizations to organize an event or challenge to promote messages about heart health. Dr. Seidel mentioned availability of Walk With Me incentive items.

April 4- Kim announced that the Worksite Wellness Committee meets this day at 9:45am at the Chamber of Commerce in Fernandina ([961687 Gateway Blvd.](#))

4. Mark Musielak with First Coast YMCA discussed implementation of several healthy initiatives at the YMCA regional before and after-school sites. These include HEPA (Healthy Eating and Physical Activity) standards, Youth Fit for Life program (including physical activity and educational components), and 5210 Initiative.

5. Dr. Seidel discussed Obesity prevention in Early Childhood Education centers as part of the “Let’s Move Childcare” initiative

- Discussed potential benefits for daycare centers of recognition as a designated “Lets Move Childcare” facility as well as potential barriers (time, paperwork, money, culture, parental buy-in, etc.)
- Dr. Lauren Jones discussed school/state/federal partnership with Publix to promote “ Fresh from Florida” campaign highlighting seasonal fruits/veggies—free resources and curriculum from USDA(?) to possibly aid daycare centers in educating parents on healthy lunch/snack alternatives
- Dr. Seidel suggested drafting a letting on behalf of NCHIC to support healthy snack options in local ECE facilities to gain more support

6. Dr. Seidel previewed/ promoted upcoming Community Walk with National Surgeon General on April 7<sup>th</sup> (after school activity?) in Jacksonville

7. Community, Worksite Wellness and Behavioral Health Resource Guides –Kim asked local programs to make sure all their information is correct and up-to-date on the resource guides so clients have current information.

Verbal Agency Updates –

Kim Clemons invited interested members to stay after to discuss Celebrate Every Healthy Kid Week April 25-29<sup>th</sup>.

Save the date for future NCHIC Meetings: May 16<sup>th</sup> and??

Meeting Minutes Respectfully Submitted by Kelly Cook, 3/28/2016

Flyers and hand outs:

ECE Packets/letters

“Lets Move Childcare” voluntary recognition flyer

YMCA HEPA Standards