



## **Nutrition & Fitness Task Force (NFTF)**

### **Strategic Plan Accomplishments 2007**

**Broward County Health Department  
780 SW 24<sup>th</sup> Street  
Fort Lauderdale, FL 33315**

## **Nutrition and Fitness Task Force**

The Focus of the Nutrition & Fitness Task Force (NFTF) is to have a coordinated effort throughout Broward County to address nutrition and Fitness initiatives.

The goal is to promote awareness and understanding of the individuals and organizations that have a vested interest in mitigating the obesity epidemic in Broward County and to continue the work initiated by the Governor's Taskforce.

### **Mission**

To promote physical wellness, optimal nutrition, and positive healthy lifestyles skills for all people of Broward County.

### **Vision**

- Community collaboration.
- Development of initiatives that educate and empower the people of Broward County.
- Optimize physical and nutritional wellbeing.

### **Long Term Goals**

1. Educate the community (stakeholders) on the problem of obesity within the county.
2. Educate primary high-risk populations of the best practice initiatives that can assist in reducing obesity.
3. identify the major factors that can exacerbate obesity within Broward County
4. Educate stakeholders/gatekeepers in providing support to reduce obesity.
5. Foster attitudinal changes in perception among the targeted groups as they relate to nutrition, fitness and all other elements affecting obesity.
6. Implement a sustainable program model that has been empirically tested and proven to be effective in reducing obesity.



## **Task Force Stake Holders**

Areawide Agency on Aging  
Bank Atlantic  
Barry University  
Boys and Girls Club of America  
Broward County Board of Commissioners  
Broward County Health Department  
Broward County Parks and Recreation  
Broward County School Board  
Broward County Extension Education Division, Nutrition  
Broward Healthy Start Coalition, Inc.  
Broward Partnership for the Homeless Inc.  
Broward Regional Health Planning Council  
Children Services Council of Broward County  
Commit 2B Fit, Inc  
Coordinating Council of Broward  
Dr. Shari Lieberman  
Health Foundation of South Florida  
Healthways SilverSneakers® Fitness Program  
Hispanic Unity of Florida  
Holy Cross Hospital  
Farm Share  
FLIPANY  
Fort Lauderdale Seventh-day Adventist Church  
Fun Fit Sports  
Healthy Mothers, Healthy Babies of Broward County  
Broward County Meals on Wheels  
Memorial Healthcare System  
MediVan Health and Community Services, Inc.  
Minority Development Empowerment  
North Broward Hospital District  
Nova Southeastern University  
Project H.O.P.E.  
Staywell Health Plans  
Smart Growth Partnership  
United Way of Broward County  
United States Tennis Association- Florida Section  
Vision Broward  
YMCA of Broward Inc.  
911 FITNESS

## 2007 ACCOMPLISHMENTS

### Chapter I. Children and Youth:

**Goal 1.** Improve health associated with poor nutrition and lack of regular physical activity for *children and youth* in Broward County.

- Objective 1:** Create and establish food and physical activity journals (appropriate ages and languages)
- Objective 2:** Multi-media aimed at poor nutritional habits and chronic diseases for full service schools
- Objective 3:** Establish a County-wide Health and Fitness Challenge

**Goal 2.** Promote healthy food choices for *children and youth* in Broward County.

- Objective 1:** Provide updated age sensitive audio media to promote 5-A-Day
- Objective 2:** Conduct age appropriate activities and promotion of new Food Pyramid
- Objective 3:** Conduct screenings of children and adolescents, using gender- specific Body Mass Index (BMI) for age percentiles of children <18 and gender specific weight-for-height percentiles for infants 0-2 years old

**Goal 3.** Improve fitness through regular physical activity for children and youth in Broward County.

- Objective 1:** Encourage use of walking trails and buddy system
- Objective 2:** Ensure minimum 30 minutes of exercise per day
- Objective 3:** Promote daily physical activity among 1<sup>st</sup> and 3<sup>rd</sup> graders of Full Service Schools using the Physical Activity Pyramid

**Goal 4.** Improve and Enhance access and dissemination of information on nutrition and fitness for children and youth.

- Objective 1:** Create/disperse posters and brochures with nutrition, fitness and impact on health
- Objective 2:** Provide culturally sound materials and activities to parents/students at PTA and Mega skills meetings
- Objective 3:** Poster Contest for Broward County School System during National Nutrition Month

## 2007 ACCOMPLISHMENTS

### Chapter II. Adults:

**Goal 1.** Contribute to improved health associated with poor nutrition and lack of regular physical activity for adults in Broward County.

- Objective 1:** Establish Healthy Weight Day with screenings and nutritional planning
- Objective 2:** Create and establish food and physical activity journals (language appropriate)
- Objective 3:** Provide Broward County residents with information on healthy nutrition as defined by current Healthy Guidelines for Americans
- Objective 4:** Comprehensive nutrition education to women in child bearing age
- Objective 5:** Comprehensive Nutrition Education to community in prevention/stabilization of chronic disease symptoms
- Objective 6:** Provide education and referrals at health fairs on nutrition and fitness
- Objective 7:** Provide verbal, written and audio recorded information about poor nutrition habits and chronic diseases (English, Spanish and Haitian Creole)
- Objective 8:** Provide health improvement and chronic diseases handouts to teachers of Broward County

**Goal 2.** Promote healthy food choices for adults in Broward County

- Objective 1:** Conduct healthy cooking classes and handout cookbooks (culturally sensitive and multi-lingual)
- Objective 2:** Screen residents using BMI (**for sedentary adults only**) and Body Fat Composition
- Objective 3:** Provide breastfeeding education and technical assistance to the prenatal and postpartum women in the homes and clinic settings

**Goal 3.** Improve fitness through regular physical activity for Adults in Broward County.

- Objective 1:** Walk across Broward and Step Up Florida
- Objective 2:** Encourage use of existing walking trails at local parks by encouraging a buddy system support network
- Objective 3:** Encourage adults to engage in at least 60 minutes of physical activity per day

**Goal 4.** Improve and enhance access and dissemination of information on nutrition and fitness for Adults

- Objective 1:** Create/disperse posters and brochures with nutrition, fitness and impact on health
- Objective 2:** Conduct fitness and nutrition focus groups
- Objective 3:** Provide culturally sound materials to parents/students at PTA and Mega skills meetings
- Objective 4:** Deliver culturally/linguistically appropriate nutrition and fitness presentations as requested
- Objective 5:** Implement a fitness channel that can be broadcast through Comcast or Beacon TV

## 2007 ACCOMPLISHMENTS

### Chapter III. Older Adults:

- Goal 1.** Contribute to improved health associated with poor nutrition and lack of regular physical activity for older adults in Broward County.
- Objective 1:** Provide Broward Co residents with information on healthy nutrition as defined by current Healthy Guidelines for Americans
  - Objective 2:** Comprehensive Nutrition Education to community in prevention/stabilization of chronic disease symptoms
- Goal 2.** Promote healthy food choices for Older Adults in Broward County
- Objective 1:** Conduct healthy cooking classes and handout cookbooks (culturally sensitive and multi-lingual)
  - Objective 2:** Screen residents using BMI (**for sedentary adults only**) and Body Fat Composition
  - Objective 3:** Provide evidence-based nutrition programs to older adults at HUD sites, senior centers and faith based senior programs
- Goal 3.** Improve fitness through regular physical activity for Older Adults in Broward County.
- Objective 1:** Walk across Broward and Step Up Florida
  - Objective 2:** Encourage use of existing walking trails at local parks by encouraging a buddy system support network
  - Objective 3:** Encourage adults to engage in at least 60 minutes of physical activity per day
  - Objective 4:** Collaborate with local gyms, community centers and schools to offer residents reduced membership fees and/ or free fitness classes.
  - Objective 5:** Promote physical activity among Broward County Seniors
- Goal 4.** Improve and enhance access and dissemination of information on nutrition and fitness for Older Adults
- Objective 1:** Create/disperse posters and brochures with nutrition, fitness and impact on health
  - Objective 2:** Conduct fitness and nutrition focus groups
  - Objective 3:** Deliver culturally/linguistically appropriate nutrition and fitness presentations as requested
  - Objective 4:** Implement a fitness channel that can be broadcast through Comcast or Beacon TV

## 2007 ACCOMPLISHMENTS

### Chapter IV. Others:

**Goal 1.** Contribute to improved health associated with poor nutrition and lack of regular physical activity for children, youth, adults and older adults in Broward County.

**Objective 1:** Work with health care industry representatives who present and discuss health risks associated with being overweight

**Objective 2:** Provide education and referrals at health fairs on nutrition and fitness

**Objective 3:** Conduct training sessions for health care providers regarding chronic conditions pertaining to nutrition and fitness

**Goal 2.** Promote healthy food choices for children, youth, adults, and older adults in Broward County.

**Objective 1:** Identify barriers to healthy food choices and create “partnerships

**Objective 2:** Conduct healthy cooking classes and handout cookbooks (culturally sensitive and multi-lingual)

**Objective 3:** Evaluate existing school cafeteria meals for nutritional content and desirability and make recommendations where appropriate

**Objective 4:** Host food festivals involving local restaurants with healthy, culturally appropriate food choices

**Objective 5:** Screen residents using BMI (sedentary adults only), Body Fat Composition, gender-specific BMI-for-age percentiles where appropriate

**Goal 3.** Improve fitness through regular physical activity for children, youth, adults, and older adults in Broward County.

**Objective 1:** Walk Across Broward and Step Up Florida

**Objective 2:** Collaborate with local gyms, community centers and schools about reduced membership fees/classes

**Objective 3:** Encourage Broward County Cities and Government to assure developers include physical exercise in development plans

**Objective 4:** Encourage Work Place Wellness

**Goal 4.** Improve and enhance access and dissemination of information on nutrition and fitness for children, youth, adults, and older adults in Broward County.

**Objective 1:** Conduct culturally sensitive media campaign to market the new Food Pyramid

**Objective 2:** Air and develop a public Service Announcement in Haitian Creole on benefits of screenings for cardiovascular disease

**Objective 3:** Identify new funding sources and/or opportunities that support strategic plan and facilitate collaborative work groups with appropriate partners.

**Objective 4:** Promotion of Nutrition and Fitness Strategic Plan within Broward county

2007 ACCOMPLISHMENTS

I-1 Improve health associated with poor nutrition and lack of regular physical activity for *children and youth* in Broward County.

Organization responsible	Accomplishment/Success
Broward County School Board (BCSB) Bank Atlantic, JDCH, Florida Depts. Of Beef and Dairy, and Publix Supermarkets	Commit 2B Fit™ - (BCSB, Children’s Services Council, Joe DiMaggio Children’s Hospital, Bank Atlantic, Florida Department of Beef and Dairy joined forces) Commit 2B Fit™ was again present in Broward County Public schools with inclusion of the Commit 2B Fit™ Daily Planner and Program components reaching 20,000 third grade students. This year the Commit 2B Fit™ program was also introduced to the fourth grade in some schools. Governor Charlie Crist visited Maplewood Elementary school to see Commit 2B Fit™ in action and praised the program for its innovative approach.
Commit 2B Fit™ And Broward County Parks and Recreation(BCPRD)	Broward County Parks and Recreation Division had Commit 2B Fit™ Family Fun Fitness Day on September 9, 2006, which launched Commit 2B Fit™- It Starts in Parks Program in 6 county parks, The program is a year long incentive rewards program to increase the public’s frequency of use of the Broward County Division Parks. Broward county government lent their support of the Program with promotional banners with Commit 2B Fit™- It Starts in Parks on the sides of 10 Broward County Transit Buses as well as putting Commit 2B Fit™- It Starts in Parks on all governmental agency metered mail. BCPRD is reviewing its future plans and budget constraints but it is hoped that the BCPRD will continue its support into 2008.
FLYPANY	Use Power of Eating Right- South Florida program to promote healthy eating among S. FL teens. Has resulted in positive outcomes through participants reporting increased consumption of fruit & vegetables and whole grains, as well as fat free products.
<p><b>FITNESS COMMITMENT INSTITUTE – FCI</b></p> <p><b>911 Fitness Challenge</b></p> <p><b>CEO Fitness Challenge</b></p> <p><b>Broward Boot Camp</b></p>	<p>A Non-Profit 501-C-3 organization, responsible for educating the public safety population in Nutrition and Fitness.</p> <p>Motivation is a KEY ingredient for action. FCI has developed 2 Fitness Contests designed to motivate people to jump start a move to begin a lifestyle of better health and fitness, while at the same time benefiting two other organizations, the American Diabetes Association (ADA) and the Shriner’s Children’s Hospitals (SCH).</p> <p>The CEO Challenge motivates the corporate environment for team building co-workers to lose weight in 8 weeks, benefiting ADA.</p> <p>The 911 Challenge motivates 911 responders to lose weight, benefiting SCH. It’s now going on its 10<sup>th</sup> year.</p> <p>Broward Boot Camp for Women is a private company designed to educate and motivate women to fitness. A new contest designed for Mommy’s and Daughters to exercise together. Education, Fitness and bonding are the goals.</p>

## 2007 ACCOMPLISHMENTS

### I-2 Promote healthy food choices for *children and youth* in Broward County.

<b>Organization responsible</b>	<b>Accomplishment/Success</b>
Holy Cross- Growing Healthy Kids Program	Planted school vegetable/fruit gardens and fruit trees in three parochial schools. Harvested a number of vegetables including green beans, tomatoes, egg plants, peppers, onions and herbs. Conducted BMI assessment on students grade K-3
FLYPANY	Using Power of Eating Right- South Florida to promote a varied “diet” using the Food Pyramid.
BCSB	Broward County School Board utilizes the Commit 2B Fit™ daily planner which offers information on the new Food Pyramid as well as other updated Nutrition and Physical Activity curriculum. The beginning of the new school year 2007 the <a href="http://www.commit2bfit.org">www.commit2bfit.org</a> website will begin its updating process to ensure the latest nutrition and physical activity information and make it more interactive for the participant.
Commit 2B Fit, Inc.	Commit 2B Fit, Inc., a 501(c)(3) is created in 2006 to assist with funding in 2007 and ongoing for the Commit 2B Fit™ programs in additional organizations in Broward County, for example the YMCA, and the Hispanic Unity Organization.

## 2007 ACCOMPLISHMENTS

### I-3 Improve fitness through regular physical activity for children and youth in Broward County.

Organization responsible	Accomplishment success
NBHD	The Skip to Win Program is an <b>ongoing successful</b> program. Up to date, 60 Students from Deerfield and William Dandy Middle Schools attended the program. They achieved a total combined weight loss of 54 lbs. (ongoing)
USTA	<p>21<sup>st</sup> Century After school Program received grant from USTA Florida Section to promote tennis in after school program- Helped program meet physical fitness goal (Grant: Free Racquets, tennis balls/ 3-hour in-service to counselors. <b>(Elem. Middle, High age served)</b> 2 Schools had 150 students receive free tickets to FED CUP. <i>Venus and Serena Williams represented the USA.</i></p> <p>City of Lauderhill received grant from USTA to promote tennis in after school program. Free equipment, stipend for instructor.</p> <p>City of Lauderdale Lakes USTA programmed tennis into existing program</p> <p>2 Boys &amp; Girls Clubs in Broward received free staff training and free tennis. Equipment. Club incorporated tennis into existing club programs</p> <p>(Elem/Middle age served. Club also received 46 tickets to FED CUP event. Venus and Serna William represented the USA.</p> <p>Girl Scout Troop in Broward County received low cost tennis instructor from Coconut Creek Parks and Rec. Dept.- registered USTA program.</p>
BCHD	BCHD promoted physical activity in Broward County Schools by engaging students and staff in the Step-up Florida event held on February 15, 2007. 146,000 students and staff participated in 15 minutes of simultaneous physical activity. Schools were linked to physical activity videos designed for the event via Becon TV and videos.
FLYPANY	Power of Eating Right- South Florida participants continue to report accumulating 30 or more minutes of physical activity daily.
BCSB	The Commit 2B Fit™ program continued to offer it fitness activities options with the Pied Piper Tunes Belt and Spoga4Kids in Broward County Public Schools. BECON TV broadcasts Spoga4Kids into Elementary classrooms. Beasley Marketing Group through KISS Radio broadcast health orientated Commit 2B Fit™ messages or vignettes approximately once an hour in 2007 and will continue this practice in 2008.
Commit 2B Fit, Inc	The Commit 2B Fit™ program and its components and its physical activity options are also being utilized in 6 YMCA after-school programs in 2007 looking to be increased in 2008.
MHS/Joe DiMaggio Children's Hospital	The Schools of Wellness Initiative, funded by a grant from Local Initiative Funding Partners, a national program of the Robert Wood Johnson Foundation Quantum Foundation, the Children's Services Council of Broward and Health Foundation of South Florida, recently completed its three-year program implementation. More than 12,500 fourth and fifth grade students from 49 elementary schools learned the importance of increasing physical activity in a fun, exciting and non-threatening way through the evidence-based Sports, Play and Active Recreation for Kids (SPARK) Lifelong

## 2007 ACCOMPLISHMENTS

	Wellness program. Teachers encouraged student walking during the school day, and children measured their success with provided pedometers. Students and teachers also participated in a 4-week “Pedometer Challenge” to promote increases in physical activity.
Wellness Center at BGMC	Developed Fit Kids Club to provide fitness and nutrition tips for kids 7-14 years during summer months. Program was initiated in July as a “pilot” project due to limited staffing and financial resources. Based on current participation funds will be sought for proper funding and development of a summer long program or few sessions throughout summer months.

## 2007 ACCOMPLISHMENTS

### I- 4 Improve and Enhance access and dissemination of information on nutrition and fitness for children and youth.

<b>Organization responsible</b>	<b>Accomplishment/Success</b>
BCHD	Broward County Health Department supported and assisted in the coordination of the Broward County Schools Wellness Essay Contest in May 2007
Holy Cross- Growing Healthy Kids Program	<p>Provided nutrition curricula and training to teachers.</p> <p>Conducted parent meetings during the program to emphasize at home education.</p> <p>Analyzed school lunch menus and provided recommendations based on established program goals.</p> <p>Developed “Growing Health Kids” newsletter to distribute to all participating families.</p>
BCSB	Broward County School Board utilizes the Commit 2B Fit™ daily planner which offers information on the new Food Pyramid as well as other updated Nutrition and Physical Activity curriculum. The beginning of the new school year 2007 the <a href="http://www.commit2bfit.org">www.commit2bfit.org</a> website will begin its updating process to ensure the latest nutrition and physical activity information and make it more interactive for the participant. Commit 2B Fit™ partners offer healthy informational Commit 2B Fit™ pamphlets through their venues, such as Publix Stores and JDCH, etc.
Commit 2B Fit, Inc	Commit 2B Fit, Inc., a 501(c)(3) is created in 2006 to assist with funding in 2007 and ongoing for the Commit 2B Fit™ programs in additional organizations in Broward County, for example the YMCA, and the Hispanic Unity Organization as well as reaching to other county’s agencies.
Broward County Extension Education Division/University of FL-IFAS	Nutrition and Fitness Bookmark Contest: An Educational Partnership between Broward County Extension-Family and Consumer Sciences and the Broward County School Board-Food and Nutrition Services

## 2007 ACCOMPLISHMENTS

### II- 1 Contribute to improved health associated with poor nutrition and lack of regular physical activity for adults in Broward County.

Organization responsible	Accomplishment/Success
NBHD	<p>More than 30 health fairs were organized by the outreach and disease management departments resulting in over 100 health screenings, counseling and management of their disease ( ongoing)</p> <p>12 classes per month are provided in different sites on nutrition and related chronic diseases and health issues, resulting in better management of their disease. Attendees referred by different community agencies. (ongoing)</p> <p>Monthly Creole diabetic class, Creole hypertensive and hyper cholesterol education provided thru case management.</p> <p><b>Ongoing</b> mailings of nutrition and wellness related material.</p> <p>Presently working in collaboration with The Healthy Start program for the production of a video tape promoting appropriate nutrition for pregnant Haitian patients in order to reduce peri- and post-natal mortality.</p> <p>Monthly nutrition classes conducted at different NBHD clinic sites. Documentation of life style changes and weight loss.</p> <p>Patient reports increase in knowledge and motivation resulting in decrease of HA1C and cholesterol levels.</p> <p>Supports and promotes breastfeeding education for prenatal patients resulting in an 80% breastfeeding rate. (ongoing)</p> <p>Skip to Win Program served more than more than 50 seniors to loss weight and improve fitness through physical activities and live style changes. (ongoing)</p>
BCHD	<p>Health Education disseminates information on the importance of health screenings at numerous health fairs throughout the year at a variety of venues.</p> <p>BCHD/Health Education continues to provide community education on chronic disease and health promotion throughout the community on a regular basis. The following events are highlighted:</p> <p>BCHD partnered with the Office of Minority Health/DOH, North Broward Hospital District and Access Health Solutions to develop a community forum targeting African American males in Broward with health promotion information in April 2007. A well attended presentation at the forum on diabetes was also provided.</p> <p>BCHD/Health Education partnered with Broward County Urban League to present a diabetes awareness program targeting African-American women attending the Urban League Wellness Program, “Remarkable Woman”, in May 2007.</p> <p>BCHD/Health Education offers Freedom from Smoking programs quarterly.</p> <p>BCHD/Health Education conducts community presentations promoting physical activity and positive behavior change.</p> <p>Community leaders are engaged to support healthy lifestyles among their constituents.</p> <p>The BCHD library and audio visual resource center has been updated with current, informative brochures and materials to enhance community outreach information dissemination.</p>
Commit 2B Fit, Inc., Fun Fit Sports	<p>Commit 2B Fit, Inc. in collaboration with Fun Fit Sports created a Commit 2B Fit™ Adult Physical Activity and Nutrition Journal available in English and Spanish to promote, encourage and establish healthy life long habits in nutrition choices and regular physical activity. Fun Fit Sports developed a fitness station Poster program for Commit 2B Fit™ that utilizes stretching and strengthening postures and movements to introduce and enhance daily physical activity.</p>

## 2007 ACCOMPLISHMENTS

	This Commit 2B Fit™ Poster Program will be used in conjunction with the Commit 2B Fit™ Adult Physical Activity and Nutrition Journal to log daily physical activities and fruits and vegetables at 3 YMCA's involving the Hispanic Community.
Wellness Center at BGMC	Provides ongoing diabetes education to patients throughout the community. Including one-on-one nutritional consultations with a register dietitian and full day course on diabetes management, including physicians, pharmacists, dietitians, exercise physiologist and mental health professionals.
MediVan	MediVan Project provided 1,184 visits to 220 clients July 1, 2006 - June 30, 2007. These clients were from communities designated as medically underserved with ages ranging between 40 years of age and older. Services provided are at no cost to the client. Primary health care services offered to the clients are included: specialty referrals; prescription medications; physical examinations; diabetes screening; colorectal/prostate screening; EKG; follow-up visits; gynecological examinations and tests; nutrition counseling; health education. Tools used by the MediVan project are: diabetes; hypertension; cardiovascular disease; weight status; blood pressure; blood sugar level. Conditions are monitored to ensure improvement and maintenance of client's health status. July 1, 2006 – June 30, 2007, MediVan monitored 2 outcome indicators, which were client's condition and prescribed medications. 80% of MediVan clients were noted to have maintained or improved their health conditions. 80% of the MediVan clients requiring medications received their medications on a quarterly basis.

2007 ACCOMPLISHMENTS

**II- 2** Promote healthy food choices for adults in Broward County.

<b>Organization responsible</b>	<b>Accomplishment/Success</b>
Minority Development & Empowerment	The Closing the Gap at MDEI, a cardiovascular disease prevention program, promoted and conducted individual counseling sessions for the adoption of the DASH Diet to over 250 Haitian women at risk for cardiovascular disease.
Commit 2B Fit, Inc. FLIPANY Operation Frontline	Commit 2B Fit, Inc. partnered with FLIPANY and Operation Frontline and Comer Bien on a project involving the Hispanic Unity Organization to provide a healthy cooking classes and the newly created Commit 2B Fit™ Adult Physical Activity and Nutrition Journal along with pedometers were distributed to the participants at a physical activity training session prior to the first cooking class.
WIC	Implemented the Loving Support Through Peer Counseling Program in order to enhance WIC's current breastfeeding management and counseling efforts. Initiation of breastfeeding has increased in Broward County by 5% since 2004 (71% vs. 76%). In addition, duration of breastfeeding has increased by 16% since 2005 (23% to 39%). Broward County is currently above the state average and has surpassed the Healthy People 2010 goal of 75% of mothers initiate breastfeeding during the early postpartum period.

2007 ACCOMPLISHMENTS

**II- 3** Improve fitness through regular physical activity for Adults in Broward County.

<b>Organization responsible</b>	<b>Accomplishment/Success</b>
<p>BCHD BMOW NBHD</p>	<p>Step-up Florida, an annual event promoting physical activity was held on February 15, 2007. Area businesses, agencies, hospitals and government centers were encouraged to allow their employees 15 minutes of physical activity at noon, county-wide. Broward County citizens were encouraged to participate in the noon challenge where they live work and play.</p>
<p>BCSB</p>	<p>BCSB and Commit 2B Fit™ encourages participation in community activities to meet the students commitment to fitness with parent and community involvement and participation.</p>
<p>Commit 2B Fit, Inc., Fun Fit Sports HOPE Foundation DrTango</p>	<p>Commit 2B Fit, Inc., the Hope Foundation, and DrTango, Inc. funded the following project. Fun Fit Sports developed a fitness station Poster program for Commit 2B Fit™ that utilizes stretching and strengthening postures and movements to introduce and enhance daily physical activity. This Commit 2B Fit™ Poster Program will be used in conjunction with the Commit 2B Fit™ Adult Physical Activity and Nutrition Journal to log daily physical activities and fruits and vegetables at 3 YMCA’s involving the Hispanic Community. These particular YMCA Sites also are utilizing the Commit 2B Fit™ student planner in their after-school programs so it is the intention of the YMCA and Commit 2B Fit™ to involve the whole family in the program. This Program which will be run by YMCA coordinators after training is looking to expand in the next year.</p>
<p>Wellness Center at BGMC</p>	<p>Increased Fitness Center membership over 15% during the past year as a result of increased programming and promotion of fitness programs throughout community.</p>

## 2007 ACCOMPLISHMENTS

### II-4 Improve and enhance access and dissemination of information on nutrition and fitness for Adults.

<b>Organization responsible</b>	<b>Accomplishment/Success</b>
Minority Development & Empowerment	Closing the Gap Program at MDEI, a cardiovascular disease prevention program, promoted and conducted counseling sessions on <i>Nutrition for a Healthy Heart</i> reaching more than 400 Haitian women in Broward County.
Commit 2B Fit, Inc.	In addition to the Commit 2B Fit™ programs in place involving Broward County adults; at the beginning of September the <a href="http://www.commit2bfit.org">www.commit2bfit.org</a> website will begin its updating process to ensure the latest nutrition and physical activity information as well as make it more interactive for the participants, which now include students, parents and teachers. Commit 2B Fit™ partners will continue to offer healthy informational Commit 2B Fit™ pamphlets through their venues, such as Publix Stores and JDCH, etc.
Broward County Extension Education Division/University of FL-IFAS	Take Charge of Your Diabetes Program for Adults with Type II Diabetes in Broward County
Wellness Center at BGMC	Developed educational video for diabetic patients in three languages- English, Spanish and Creole. Establishing a partnership with the Wellness Health Education Network (WHEN) to provide health information to members at no cost.
MediVan Health and Community Services, Inc.	Provides Access to Health Care. Continues to provide no-cost primary health care in a mobile setting to low-income, uninsured medically underserved residents of Broward County. Primary health care continues to be provided to residents within communities designated as “medically underserved”. Provides services to culturally diverse population. Ninety-five percent (95%) of population served are African Americans, Haitians and Hispanics. Twenty-three percent (23%) of the population served are presented with diabetes and fifty-one percent (51%) are presented with cardiovascular diseases, which include high blood pressure. MediVan provides no-cost laboratory tests, free prescription medications, primary care on an ongoing basis and provides health education to aid in the improvement of the participants’ health status, which includes their specific diets, exercise and medication intake.

## 2007 ACCOMPLISHMENTS

### III- 1 Contribute to improved health associated with poor nutrition and lack of regular physical activity for older adults in Broward County.

<b>Organization responsible</b>	<b>Accomplishment/Success</b>
BCHD	BCHD/Health Education provides community education to older adults on chronic disease and health promotion through county wide community presentations in numerous venues.
Healthways SilverSneakers® Fitness Program	The SilverSneakers® Fitness Program provides physical activity opportunities and nutrition information to over 6500 members throughout eighteen fitness/wellness and senior centers in Broward County. It is the nation's leading fitness program designed exclusively for older adults, offered to more than 3 million Medicare eligible beneficiaries with more than 2,500 locations in 49 states and 43,000 participating members on any given day. In addition, the SilverSneakers® fitness program offers opportunities for health seminars and workshops on topics such healthy cooking classes, cooking nutritiously, healthy aging, and much more for Medicare eligible beneficiaries. These seminars and workshops are conducted at 18 fitness/wellness centers and senior centers in Broward County to 6,692 active enrollees by Physicians, Nurses, Registered Dietitians and Health Educators.

2007 ACCOMPLISHMENTS

III-2 Promote healthy food choices for Older Adults in Broward County.

Organization responsible	Accomplishment/Success
Meals of Wheels	<p>Established “Choose to Loose” program in order to promote weight reduction among seniors.                      Developed series of classes to promote guidelines for health eating.                      Provided nutrition risk screening in home and home wound care.                      Conducted pilot project with Humana Ins. to provide meals to members being discharged from hospital in order to reduce rehospitalization. Food to become a permanent benefit of Humana Ins.</p>
Healthways SilverSneakers® Fitness Program	<p>The SilverSneakers® Fitness Program offers opportunities for health seminars and workshops on topics such healthy cooking classes, cooking nutritiously, healthy aging, and much more for Medicare eligible beneficiaries. These seminars and workshops are conducted throughout eighteen fitness/wellness centers and senior centers in Broward County to 6,692 active enrollees by physicians, nurses, registered dietitians and health educators.                      The SilverSneakers® Fitness Program offers opportunities for fitness Screenings (BMI &amp; body fat composition) at several fitness/wellness centers throughout Broward County to Medicare eligible beneficiaries.</p>
Minority Development & Empowerment	<p>Closing the Gap Program at MDEI is a cardiovascular disease prevention program targeting Haitian women. It promoted and conducted counseling sessions as well as workshops in community schools on <i>Nutrition for a Healthy Heart</i> reaching more than 400 Haitian women in Broward County. In a telephone survey of a sample of 54 clients, 98% reported that they had adopted the recommended low salt, low fat diet.</p>
MediVan	<p>MediVan staff provided education and counseling to low income, medically underserved individuals that were 40 years and older, every two months. Audio visual tools, utilizing the appropriate languages are used to increase the comprehension and retention of education share with the clients. Among the population served, it was noted that in the minority population, 23% presented with diabetes and 51% presented with cardiovascular diseases, which included high blood pressure.</p>

2007 ACCOMPLISHMENTS

**III-3** Improve fitness through regular physical activity for Older Adults in Broward County.

<b>Organization responsible</b>	<b>Accomplishment/Success</b>
BCHD Meals of Wheels	As part of the Step-up Florida event, hundreds of Broward County older adults launched a “Step Challenge “in competition with Hillsboro County which is still in progress. The challenge encourages the participants to take steps to achieve physical activity goals daily.
Healthways SilverSneakers® Fitness Program	The SilverSneakers® Fitness Program is a physical activity, lifestyle and social oriented program designed to encourage Medicare eligible beneficiaries to increase their levels of physical activity and motivate them to continue to be active. The program reflects senior sensitivity, promotes social interaction and encourages participation in healthy lifestyle activities, showing that it’s easy to get fit, have fun and make friends. Benefits of the program include a fitness center membership, specialized Fitness Program® Classes focusing on cardiovascular health, muscle strength, balance, coordination and conditioning, a helpful, specially-trained Senior Advisor at each fitness center, and social activities and Health Education at no additional cost beyond their health plan premiums.
NOVA & SBHD	As part of the Fitness Initiative for Senior Health funded by the Florida Department of Health and the Health Foundation of Florida two EnhanceFitness® sites were opened in Broward County, the Austin Hepburn Center and the City of Miramar Satellite Senior Center. EnhanceFitness® is an evidence based exercise program for seniors that focuses on aerobic training, endurance, balance, strength training and agility.

## 2007 ACCOMPLISHMENTS

### III-4 Improve and enhance access and dissemination of information on nutrition and fitness for Older Adults.

<b>Organization responsible</b>	<b>Accomplishment/Success</b>
Healthways SilverSneakers® Fitness Program	Newsletters, articles, posters and flyers are disseminated throughout these centers on various health and wellness topics. Access is available to the SilverSneakers website which, also, offers health and wellness information. In conjunction with Humana Health Plans, Healthways offers the Humana Active Outlook Program, which includes informative newsletters, coupons and discounts on health and wellness products, opportunities to connect with others in their community, fun local and regional events aimed at helping to improve the quality of older adults lives, and access to the Humana Active Outlook Website with articles, recipes, exercises, interactive tools and games are included. Classes are also conducted throughout Broward County which includes topics, such as, body and Fitness ( <i>Thrive!</i> ), sound nutrition ( <i>Nourish!</i> ), brain health ( <i>Discover!</i> ), connecting with others ( <i>Partner!</i> ), motivation ( <i>Inspire!</i> ) and care giving ( <i>Nurture!</i> ) for Humana Medicare Advantage Plan, Medicare Supplement Plan and Prescription Plan members at no cost

## 2007 ACCOMPLISHMENTS

**IV- 1** Contribute to improved health associated with poor nutrition and lack of regular physical activity for children, youth, adults and older adults in Broward County.

<b>Organization responsible</b>	<b>Accomplishment/Success</b>
FLIPANY	FLIPANY provided fitness and nutrition information to approx. 3300 participants in 2007; details below.

2007 ACCOMPLISHMENTS

IV- 2 Promote healthy food choices for children, youth, adults, and older adults in Broward County.

Organization responsible	Accomplishment/Success
FLIPANY	<p>Partnered with Share Our Strength’s Operation Frontline program in January 2007. Held 14, 6-week cooking and nutrition education class series for 200 youth, teens, adults, and older adults.</p> <p>Coordinated an additional 10 Operation Frontline class series for the Spring (to serve at least 150 youth, teens, adults, and older adults)</p> <p>Partnered with Borders and their ASYL program – provided nutrition education to almost 300 youth at Broward County Libraries.</p> <p>Partnered with Habitat for Humanity of Broward and provided a Healthy Eating Lesson to over 120 youth ages 5-18.</p> <p>Attended Whispering Pine School’s Health Fair and prepared Whole Wheat Banana pancakes to the students and staff (approx. 200 students).</p>

2007 ACCOMPLISHMENTS

IV- 3 Improve fitness through regular physical activity for children, youth, adults, and older adults in Broward County.

Organization responsible	Accomplishment/Success
BCHD	<p>BCHD/Health Education has developed Worksite Wellness Toolkits which provide ideas and information that help employers promote employee health and wellness. Resource materials on nutrition and fitness, brochure samples, employee interest surveys and an evaluation tool are included.</p> <p>Health Educators meet regularly with area businesses, community organizations and agencies, to encourage the establishment and/or enhancement of worksite wellness programs and Worksite Wellness Toolkits are distributed.</p>
Wellness Center at BGMC	<p>Participated in the American Heart Association’s Heart Walk recruiting over 60 participants, including current cardiac rehabilitation patients surpassing company goal of \$5000.</p> <p>Participated and supported Step-Up Florida by providing giveaways and promoting event among membership.</p> <p>Developed Corporate Screening program throughout Broward County reaching over 150 participants in four different sites screening for BMI, Blood Pressure, Osteoporosis, full lipid panel and glucose.</p> <p>Provides a number of scholarships to Broward County clients based on need.</p> <p>Have created a number of partnerships with local businesses to provided discounted memberships to their employees in order to promote health &amp; fitness throughout corporation.</p>
FLIPANY	<p>Provided daily physical education to Blake school of Plantation (167 students; Pre-K though 8)</p> <p>Provided daily physical education to Trinity Lutheran School of Fort Lauderdale (74 students; Pre-K though 8)</p> <p>Partnered with Borders and their Running and Reading program – provided education to almost 300 youth at Broward County Libraries.</p> <p>Coordinating annual FLIPANY Fun Run to be held Sunday, January 13, 2008 at North Beach Park in Hollywood</p> <p>Provided fitness opportunities to 2500 expo goers at the Hollywood Beach Fitness and Lifestyle Expo.</p>

## 2007 ACCOMPLISHMENTS

**IV- 4:** Improve and enhance access and dissemination of information on nutrition and fitness for children, youth, adults, and older adults in Broward County.

<b>Organization responsible</b>	<b>Accomplishment/Success</b>
Wellness Center at BGMC	Developed monthly education board to provide information to members on various health topics. Included “Health Tip of the Week” and “Exercise of the Week” section in “Highlights” NBHD employee’s weekly distribution. Staff provided number of community lectures within hospital and throughout the community on various health topics including diabetes, obesity, exercise and blood pressure control.