

**ADVISORY COUNCIL TO THE STATE PROGRAM ON FITNESS AND WELLNESS (FWAC)
MINUTES
January 18, 2013**

**Nevada State Health Division
4150 Technology Way, Room 303
Carson City, NV 89706
(775) 684-4285**

**AT&T Conferencing
Dial-In Toll Free Number 1-877-848-7030
Participants Code #2541093**

**J.W. Marriot
221 N. Rampart Blvd.
Las Vegas, NV 89145
(702) 869-7777**

**Washoe County Health District
1001 E. 9th St., Building B, Floor 2
Reno, NV 89520
(775) 328**

ADVISORY COMMITTEE MEMBERS PRESENT

Christopher Roller, Senior Government Relations Director, American Heart Association (AHA)
Donnell Barton, Nevada Department of Education (NDOE)
James Greenwald, MD, Specialty Health Clinic (SHC)
Marci Schmiede, MBA, CPT, Private Sector Human Resources
Tracey Green, MD, State Health Officer, Nevada State Health Division (NSHD)
Virginia Beck, Nutrition Director, Clark County School District (CCSD)

ADVISORY COMMITTEE MEMBERS NOT PRESENT

Assemblywoman Olivia Diaz
Gerold Dermid, Nevada Office of Minority Health (NOMH)
Jack Kim, Associate General Counsel, UnitedHealth Care

HEALTH DIVISION STAFF PRESENT

Mónica Morales, Program Development Manager, Bureau of Child Family and Community Wellness (BCFCW)
Carmen Ponce, Wellness Programs Manager, BCFCW
Marjorie Franzen-Weiss, Diabetes Program Coordinator, BCFCW
Andrea Esp, Obesity Prevention Program Coordinator, BCFCW
Andrea Rivers, Maternal and Infant Health Program Coordinator, BCFCW
Perry Smith, Home Visiting Program Manager, BCFCW
Edith Gonzalez-Duarte, Community Health Worker, BCFCW
Azucena Medina, Provider and Compliance Training Coordinator, BCFCW
Ellen Hall, Administrative Assistant III, BCFCW
Ashley Barr, Administrative Assistant II, BCFCW
Lara Evans, Women, Infant and Children (WIC)
Hilary Smith, WIC

OTHERS PRESENT

Aaron Hunt, University of Nevada Las Vegas (UNLV)
Aidee Flores Fernandez, St. Rose Dominican Hospitals
Angelina Manchester, Roseman University and ITT Technical Institute Breckinridge School of Nursing
Carl Anderson, Southern Nevada Health District (SNHD)
Christy McGill, Healthy Communities Coalition
Crystal Petrello, MSRD, Renew Life and Crystal Clear Nutrition
Erin Dixon, Washoe County Health District (WCHD)
Jeff Dovcer, Aging and Disability Services Division (ADSD)
Jerry Reeves, Health Insight
Kim Mason, Carson Tahoe Health
Liz Whitehead, CCSD
Michele Cowee, Sierra Dietetics

Nancy Herrera, Access to Healthcare Network (AHN)
Penny Pritchard, University of Nevada Reno (UNR)
Rona Yee, St. Rose Hospital
Sanae El Ibrahimy, UNLV
Sandra Rapp, Barbara Greenspun Women's Care Center
Scott Pohornile, CCSD
Taylor Radtke, Carson City Health and Human Services (CCHHS)
Terri Janison, United Way of Southern Nevada
Valerie Cauhape, CCHHS

Christopher Roller called to order the Advisory Council to the State Program on Fitness and Wellness (FWAC) meeting at **2:55 PM**. Mr. Roller indicated the meeting was properly posted at the locations listed on the agenda in accordance with the Nevada Open Meeting Law (NOML).

1. ROLL CALL

Introductions were made

2. APPROVAL OF MINUTES FROM THE OCTOBER 9, 2012 MEETING

MOTION: DR. TRACEY GREEN MADE A MOTION TO APPROVE THE MINUTES AS PRESENTED

SECOND: VIRGINIA BECK

PASSED: UNANIMOUSLY

3. BACKGROUND AND OVERVIEW OF THE FITNESS AND WELLNESS ADVISORY COUNCIL (FWAC)

Mr. Roller informed the group the FWAC was established in 2005 through legislation. The FitFirstNevada.org website was one of the first projects the FWAC established and Mr. Roller welcomed the group to visit the website. He stated the main duty of the FWAC was to advise on the duties stated in the bylaws; the focus area of duties currently regard fitness and wellness of Nevadans. Recently, the governor requested merging of boards and councils of similar interest to become more efficient, so the FWAC merged with the Preventative Health and Health Services (PHHS) Council and is now aligning to also cover the prevention of chronic diseases. Currently, the FWAC is undergoing changes to the bylaws to incorporate the merging of the other Councils and to cover the prevention of chronic diseases, as well as, fitness and wellness of Nevadans.

Dr. Green told the group the FWAC was up for sun setting this past year; however, it was able to be defended and the Council will continue with an integrated approach to adding the prevention of chronic diseases. Dr. Jerry Reeves asked if the prevention of chronic diseases covered all prevention aspects and was informed it did. The group was told there are no specific funds for the Council; all funds available go into the programs at the Nevada State Health Division (NSHD).

4. STAFF REPORTS

A. Obesity Prevention Program Staff Report

Andrea Esp gave the following updates:

- The PHHS grant was very successful and she will be submitting the annual report next month.
- A Worksite Wellness Toolkit had been developed and is on the NSHD website under the Obesity Prevention Program.
- In the process of creating an Early Care Education (ECE) media campaign to promote physical activity and nutrition in young children.
- Currently working on the Obesity Burden document.
- Looking into ways to continue collecting Body Mass Index (BMI) data in schools.

Ms. Esp stated the Worksite Wellness Toolkit was designed to be used by any business and is very user friendly. Ms. Esp also said three ECE workgroups had been created with a focus on nutrition, physical activity and infant feeding; anyone interested in joining those workgroups would need to contact Ms. Esp. Mónica Morales informed the group due to funding cuts Ms. Esp would be transitioning into the position of Tobacco Control and Prevention Program Coordinator and Marjorie Franzen-Weiss would be taking on the role of the Obesity Prevention Program, as well as, continue as the

Diabetes Program Coordinator.

B. Discussion on goals of the Chronic Disease State Plan: Clinical Linkages

Ms. Morales informed the group the Chronic Disease Prevention and Health Promotion (CDPHP) State Plan is almost finalized and she presented the goals and strategies for the clinical health services section to the group. The overall goal of the clinical health services policy workgroup is to identify environmental changes which are needed; they will be keeping tabs on current Bill Draft Requests (BDR) which pertain to this topic. The NSHD is also currently working on a Community Health Worker (CHW) project in the state, as well as working to enhance Chronic Disease Self Management Program (CDSMP) classes around the state.

C. Updates on the Preventative Health and Health Services (PHHS)

This topic was covered earlier in the meeting

5. UPDATE AND RECOMMENDATIONS FROM THE BYLAWS WORKGROUP

Mr. Roller updated the group on the Bylaws Workgroup which consisted of a few FWAC members and was established to work on updating the current FWAC bylaws to incorporate the prevention of chronic diseases. Since the original bylaws were established in Nevada Revised Statute (NRS) the proposed changes will have to go to legislation.

The group suggested the following additional changes:

- Behavioral health be included under NRS 439.517 number 2
- Behavioral health, obesity and diabetes be included under NRS 439.519 number 3A
- NRS 439.521 3 should include high risk population senior citizens
- Keep all language consistent using the word “may”

MOTION: MS. BECK ACCEPTED TO APPROVE THE BYLAWS WITH THE ADDITIONAL CHANGES

SECOND: MARCI SCHMIEGE

PASSED: UNANIMOUSLY

Mr. Roller gave the outline of the approval process through legislation for the bylaws. He will forward information on BDR's for chronic disease to those who are interested.

6. UPDATES AND RECOMMENDATIONS ON THE FIT FIRST NEVADA WEBSITE

Ms. Esp said there is now a section on the website for ECE modules and once they are approved they will be posted. Some additional information was added for chronic disease and the website is functioning well.

7. NOMINATIONS AND RECOMMENDATIONS FOR FWAC MEMBERSHIP

The group recommended Jeffrey Muehleisen for the Nevada Association for Health, Physical Education, Recreation and Dance representative.

MOTION: DR. GREEN MADE A MOTION TO ACCEPT JEFFREY MUEHLEISEN'S NOMINATION

SECOND: MS. BECK

PASSED: UNANIMOUSLY

8. DISCUSSION AND RECOMMENDATIONS FOR THE NEXT MEETING AGENDA ITEMS

It was suggested to change the April 9, 2013 FWAC meeting due to legislation. The standing agenda items were recommended, as well as the following:

- Update on legislation
- Update on CDPHP State Plan

9. PUBLIC COMMENTS

No public comment

10. ADJOURNMENT

The meeting adjourned at **4:30 PM**