

**ADVISORY COUNCIL TO THE STATE PROGRAM ON FITNESS AND WELLNESS (FWAC)**

**MINUTES**

**April 16, 2013**

**Nevada State Health Division  
4150 Technology Way, Room 204  
Carson City, NV 89706  
(775) 684-4285**

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**Sierra Regional Center (SRC)  
605 S. 21<sup>st</sup> Street  
Sparks, NV 89432  
(775) 688-1930**

**ADVISORY COMMITTEE MEMBERS PRESENT**

Christopher Roller, Senior Government Relations Director, American Heart Association (AHA)  
Gerald Dermid, Nevada Office of Minority Health (NOMH)  
Jack Kim, Associate General Counsel, UnitedHealth Care  
James Greenwald, MD, Specialty Health Clinic (SHC)  
Marci Schmiede, MBA, CPT, Private Sector Human Resources  
Virginia Beck, Nutrition Director, Clark County School District (CCSD)

**ADVISORY COMMITTEE MEMBERS NOT PRESENT**

Assemblywoman Olivia Diaz  
Donnell Barton, Nevada Department of Education (NDOE)  
Tracey Green, MD, State Health Officer, Nevada State Health Division (NSHD)

**HEALTH DIVISION STAFF PRESENT**

Mónica Morales, Program Development Manager, Bureau of Child Family and Community Wellness (BCFCW)  
Andrea Esp, Tobacco Program Coordinator, BCFCW  
Ellen Hall, Administrative Assistant 3, BCFCW  
Ashley Barr, Administrative Assistant 2, BCFCW

Christopher Roller called to order the Advisory Council to the State Program on Fitness and Wellness (FWAC) meeting at **3:05 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 JANUARY 18, 2013 MEETING**

**MOTION: VIRGINIA BECK made a motion to approve the minutes as written**

**SECOND: DR. JAMES GREENWALD**

**PASSED: UNANIMOUSLY**

**3. STAFF REPORTS**

**A. Chronic Disease Prevention and Health Promotion (CDPHP) Section Staff Report**

Mónica Morales said the CDPHP Section is currently working on writing grants for the Oral Health, Cancer, and Diabetes programs; Tobacco program grant had already been submitted. They lost all funding for Obesity Prevention and will also not be receiving any new funding from the Coordinated Chronic Disease Prevention and Health Promotion grant. They plan to add an obesity piece into the Diabetes grant to continue the obesity prevention efforts. The Cancer grant is going to have a focus on working in collaboration with Medicaid on surveillance efforts. If they receive Oral Health funds they plan to increase sealant programs in the rural areas of Nevada. A match percent is not required for all the grants; however, it is strongly recommended.

## **B. Discussion on goals of the Chronic Disease State Plan: Evaluation and Surveillance**

Ms. Morales presented the draft Chronic Disease Burden Report to the group. The Evaluation and Surveillance workgroup is taking a best practice approach and focusing efforts on primary data. Currently they are relying on data from hospitalization and Basic Screening Surveys (BSS). Medicaid is also a rich source of data and the CDPHP Section is working with Southern Nevada Health District (SNHD) to enhance data sharing. Ms. Morales said one problem they had is there had been no Chronic Disease Evaluator in the past. Moving forward every grant applied for within the CDPHP Section will have an evaluation piece. Ms. Morales felt by the second year of this project they would have a more comprehensive plan and once they had better data sources the report will be more in depth. Andrea Esp told the group she is working on a worksite wellness toolkit and plans to target businesses; businesses are having an increased number in burden costs. Ms. Beck was interested in seeing the data on children 12 to 18 years and younger and was informed there was not much youth data as it had been difficult to get the data from the schools. The funding for the Body Mass Index (BMI) data collection is sunsetting and the group felt they need to come up with ideas to continue the BMI data collection efforts. The group encouraged the CDPHP Section to be proactive with disseminating the Chronic Disease Burden Report with other entities. Once the final version of the Chronic Disease Burden Report is complete Ms. Morales will share it with the Council.

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

Ms. Esp informed the group the PHHS grant is currently focusing on Early Child and Education (ECE) and worksite wellness. An ECE workgroup had been created and they are working on revising physical activity and nutrition standards for ECE settings. The new PHHS grant had been submitted and there is an anticipation of reduction in funds. The CDPHP Section brought on two interns to continue obesity efforts as a result of the reduction in funds from the Coordinate Chronic Disease Prevention and Health Promotion grant. They are working with other agencies to develop a worksite wellness website and are targeting small businesses. Ms. Esp said she had sent out a worksite wellness survey within the Nevada State Health Division (NSHD) and was very pleased with the 87 percent response rate. Ms. Esp is now looking into other worksite wellness policies and wants to make this a sustainable project if PHHS funding is lost in the future.

## **4. UPDATE AND RECOMMENDATIONS ON KEY LEGISLATIVE MATTERS**

Mr. Roller stated the FWAC Assembly Bill (AB) 158 was amended during the Assembly review to incorporate a representative of Nevada Higher Education and is now with the Senate waiting for review; the group agreed with the amendment. Senate Bill (SB) 363 regarding the prevention and treatment of diabetes requesting a diabetes council was withdrawn since there is already a diabetes council in place. Mr. Roller mentioned a few other bills he had been following, but said there was nothing in particular he needed to report on.

## **5. UPDATES AND RECOMMENDATIONS ON THE FIT FIRST NEVADA WEBSITE**

Ms. Esp said the Fit First Nevada Website is costing \$40 a month to maintain and the website host was not being a team player; she proposed merging the website with another more up to date website. The Fit First Nevada website is out dated and does not get much action; the group felt this was because the website is not promoted. Ms. Esp told the group if the merge did take place the CDPHP Section would be able to make all the updates themselves; she will present the proposed new website to the group next meeting.

## **6. DISCUSSION AND RECOMMENDATIONS FOR THE NEXT MEETING AGENDA ITEMS**

The standing agenda items were recommended for the July 9, 2013 meeting, as well as the following:

- Recap 2013 Legislation Session
- Update on CDPHP State Plan – Environmental and Systems Change
- Discussion and Recommendations on Chronic Disease Burden Report
- Discussion on the Implementation of the changes from AB 158
- Discussion and Recommendation on Additional FWAC Members
- Presentation on new Fit First Website
- Discussion and Recommendation on the continuation for the collection of BMI Data
- Update on Worksite Wellness

## **7. PUBLIC COMMENTS**

No public comment

## **8. ADJOURNMENT**

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