



Name: City of Orlando Active Living Advisory Committee / October Get Active Orlando Partnership Meeting Minutes

Date: Tuesday, October 7, 2014

Scheduled Time: 9:30 – 11:00 am

Location: Leu Gardens; 1920 N Forest Ave, Orlando, FL 32803

**I. CALL TO ORDER:** Vice Chairperson Tara McCue called the meeting to order at 9:40 am.

## **II. ATTENDANCE**

### **Attendees (from sign-in sheet):**

Dean Grandin, Director of GAO, City of Orlando, Economic Development Department

Deborah Castagnola, City of Orlando Wellness Coordinator

Mary-Stewart Droege, City of Orlando, Economic Development Department

Suzie Amell, Florida Hospital

Robert Bowden, Leu Gardens

Ericka Burroughs Girardi, Florida Department of Health in Orange County

Tara McCue, GAO Vice Chairperson, East Central Florida Regional Planning Council (ECFRPC)

**III. APPROVAL OF MINUTES:** Ms. Debbie Castagnola motioned to approve the August 2014 minutes. Mr. Robert Bowden seconded this motion. Minutes were unanimously approved by attendees.

## **IV. BUSINESS**

**A. Let's Move! Cities, Town and Counties Initiative Awards:** The group briefly discussed this award initiative and Family Parks and Recreation's recent recognition and involvement in Let's Move.

**B. Pedalpalooza Update:** Ms. McCue confirmed Mary-Stewart Droege's attendance at Pedalpalooza, which will be held on October 11, 2014, Saturday morning, at the Delaney Street Baptist Church from 8 am to noon. Ms. Droege will man the GAO table and provide literature on GAO and its partner's activities.

**C. Good Food Central Florida Updates:** Ms. Droege provided information concerning the recent (food policy council) planning efforts. In particular, the group briefly discussed the public's growing interest in the overall food system and community gardens. Ms. Droege provided information concerning a new community garden in the Washington Shores area.

**D. Other Business/Partner Updates:** The group discussion then turned to the closing-out of Get Active Orlando. In particular, the group discussed the sun-setting of the organization in June 2015 and how to commemorate the accomplishments of the organization. Certain ideas

were contemplated, such as whether the group could write a follow up article to Malissa McCreedy's and Jill Leslie's journal article entitled, *Changing the Built Environment to Increase Physical Activity*. Other ideas included the development of a spin-off "Wellness Council".

The group's attention then turned to the growing number of health-related activities taking place in the Central Florida Community. Ms. McCue brought up the benefits of Smart Growth America workshops and future funding opportunities, including a potential complete streets training. As part of this discussion, attendees also identified ongoing health activities by various traditional and non-traditional health organizations across Central Florida and their respective impacts on promoting health and possible future directions. The YMCA, in particular, was identified, particularly their efforts to expand state-of-the-art community-wide health activities, through a wide-array of programs, which included nutrition and cooking. Ms. Castagnola also discussed a new trend called "fit picks", where healthy food choices are available at businesses and schools. Ms. Debbie Castagnola also briefly discussed the City's long term health efforts, and, in particular, the January 2015 City-wide wellness event which will be held at the Amway Center.

The conversation then shifted to the Healthy Orange Collaborative Efforts. Ericka Burroughs-Girardi provided an overview of its 2½ year history. Additional group discussion followed. Also addressed was the June 2014 Health Summit, where future health needs of the community were addressed. Ms. Droege also asked questions about available funding.

In closing, the group generally agreed that more discussion was needed as it concerned the close-out of Get Active Orlando.

## **V. Adjournment**

Vice-Chairperson McCue closed the meeting at 10: 49 am.