

GOOD FOOD CENTRAL FLORIDA

Strategy Session #4

Meeting Notes

DATE: Monday, April 7, 2014

TIME: 1:00 - 3:00 p.m.

PLACE:

Nemours Children’s Hospital
 13535 Nemours Parkway
 Orlando, FL 32827

ATTENDEES: Ericka Burroughs-Girardi (by phone), Julia Elliott, Annie Peterson, Mary-Stewart Droege, Judy Odom, Kimberly Shouldire, Caitlyn Glattig, Joseph England, Kendra Musselle, Sue Tatum, David Overfield, Andrew Landris, Tonita Scott, Nora Pierce, Kelly Rogers, Dr. Werk and Julia Elliott.

WHAT	COMMENTS/HIGHLIGHTS	FOLLOW-UP
<p>Presentation: Dr. Lloyd Werk, Nemours Children’s Hospital - Helping Children Achieve a Healthy Weight: What communities can do to combat childhood obesity.</p>	<ul style="list-style-type: none"> ▪ Dr. Werk reviewed health complications in children who are obese (see PowerPoint in Dropbox) for details. ▪ 1/3 of children are obese (17%) and 2/3 of adults are obese. ▪ A parent of a 10 year old obese child can expect a \$19,000 increase in medical costs and if a normal weight child becomes obese, the parent can expect \$12,000 additional medical costs. ▪ Dr. Werk referenced The Journal of Clinical Endocrinology & Metabolism (JCEM) <u>Adolescence BMI and Trends in adulthood Mortality: A Study of 2.16 Million Adolescents.</u> ▪ www.flchartbook.childhealthdata.org - great resource. ▪ Conversation between David Overfield and Dr. Werk - corn syrup (fructose) vs. sugar. Fructose is metabolized in your liver - contributes to obesity. Sugar substitutes only make you desire more sweets. 	<p><i>All - Review PPT for more detailed information and resources.</i></p>
<p>Presentation: Planning Activities, Mary-Stewart Droege</p>	<ul style="list-style-type: none"> ▪ PowerPoint in Dropbox. ▪ Mary is from Vancouver and provided a handout regarding Vancouver’s food strategy (Dropbox). Mary mentioned Vancouver’s goals are simple. ▪ Mary updated the GFCF group on where we came from and where we are now. ▪ Planning will continue in May as time was limited today. 	<p><i>Judy Odom - Planning to continue at May meeting. Judy will create and send out doodle poll for meeting date.</i></p>
<p>Sub-groups</p>	<ul style="list-style-type: none"> ▪ SNAP - Lisa Portelli, Annie Peterson and Kendra Musselle ▪ Food Security - Dave Krepcho, Sarah Stack and Sue Tatum ▪ Local Food Production - John Rife and his team and Caitlyn Glattig ▪ Land Use - Andrew Landis, Erika Burroughs-Girardi, David Overfield and Julia Elliott 	<p><i>All - need to reach out to others in the community who would be interested in our group.</i></p>
<p>Other</p>	<ul style="list-style-type: none"> ▪ Andrew mentioned they did a mapping exercise to create a publication for community gardens. Covered 6 counties and is a great local food guide. The publication was professional and high quality and had over 300 resources. This publication would be great to help educate. ▪ Mary reminded all of us to be respectful of other people’s opinions. ▪ Talked about gleaning. 	<p><i>All - continue to read and research food policies and strategies.</i></p>