**Notable improvements or programs from the Health Pledge Measurement Tools**

This list has been compiled to help identify some “hot topics” for the Health Pledge session at conference. Please be sure to attend the session on Tuesday, August 29, 2017 at 1:30pm.

Boynton Beach (Amy: [BlackmanA@bbfl.us](mailto:BlackmanA@bbfl.us))

* We support well-connect community by way of our Greenway, Bikeways and Trails Plan, which was recently updated in 2015.  The plan identifies area sat which corridors that provide safe travel paths for joggers, bikers and boaters could be developed.  The intent is to connect points of interests while minimizing the use of cars.  The plan was created to be complimentary to much broader regional and statewide greenway plans. Update:  the Department is moving forward with the installation of an accessible, non-motorized vessel launching dock at Intracoastal Park, which is one of two launching areas along the Intracoastal Waterway.  This is part of the Department’s Blueway.
* Many of the monthly Play Un Plugged Special Events focus on physical activity. The series for 2018 will focus on health as well.
* A Children’s Garden has been planted at one after school site at this time. We are planning for additional gardens
* Many of the additional learning opportunities that are brought in for out of school time include discussing food choices. A free healthy chefs program at the youth empowerment center is being offered to teach youth that cooking can be fun and healthy. By teaching the teens these practices we are hoping that when they are spending time with younger siblings they will pass on what they have learned and cook for them as well.
* All outside vending companies have been provided with a copy of the guidelines and have been asked to comply. If they do not comply then we have a conversation with them. Our Purchasing Department does not always agree, so it has been a little bit of a challenge.

Clearwater (Regina: [Regina.novak@myclearwater.com](mailto:Regina.novak@myclearwater.com))

* The city recently worked on a grant with the FDOH to place outdoor fitness equipment in a low income neighborhood, adjacent to one of our rec centers. The equipment is laid out as fitness circuit, encouraging use of the natural environment and walking path in place.
* We encourage our food vendors to offer at least one healthy option in our events policy

Coconut Creek (Wayne: [wtobey@coconutcreek.net](mailto:wtobey@coconutcreek.net))

* Activities offered are all inclusive to all children. A Special Needs Recreation Programmer is on staff to assist with adapting program for special needs and disabilities.
* Several special events including Family Fun Days, Day of Play, The Annual 5K Run and Kids to Parks Day are filled with fun physical activities for the entire family and community. Fitness in the Parks classes are all free.
* Awarded the Gold Level as an American Heart Association Fit-Friendly Worksite for 3 years.
* The City partners with local medical professionals to offer wellness programs and medical screenings to residents and staff as well as partnering with special programming such as Family Fun Days.
* “MyPlate” logos are placed on every vending machine in the city.

Cooper City (Scott: [sharrison@coopercityfl.org](mailto:sharrison@coopercityfl.org))

* Recognized for General Healthy Weight Community Champion

DeBary (John: [jfletcher@debary.org](mailto:jfletcher@debary.org))

* Provided free healthy meals at Bill Keller Park over the summer to kids under 18 in partnership with 2nd Harvest Food Bank.
* Incorporating healthier meal options at our concession stands in partnership with our concessionaire.

Ft. Lauderdale (Carl: [cwilliams@fortlauderdale.gov](mailto:cwilliams@fortlauderdale.gov))

* The City completed a comprehensive visioning process with the community to identify what the community would like to see the city by 2035. The number one priority was to have a Connected Community. This priority continues to be a priority annually in the Neighbor Survey that is conducted. Due to this community prioritization the City developed a new department, Transportation & Mobility Department, that includes a transportation department that's focus is on implementing improvements to walking, biking, transit and traffic calming.
* The City's Connecting the Blocks Program identified and prioritized bicycle facilities in all projects based on the context of the street and availability of right of way. The City requires and encourages bike facilities within all project development reviews.
* All city employees can join Osswald Park's fitness center for free.
* City manager has put in place that at least one item has to be healthy at parent events.

Greenacres (Donna: [dmcdaniel@ci.greenacres.fl.us](mailto:dmcdaniel@ci.greenacres.fl.us))

* Connective, lighted bike/walk/small vehicle path built to connect Freedom Park/Okeeheelee Middle School to Community Park/Liberty Park Elem. School.
* City is a registered Let’s Move! City with 5 Gold Medals. Staff demonstrates healthy behaviors and eating habits. All of our staff are expected to participate and engage will all youth during activities.
* The City promotes leadership, youth development, has a Youth Advisory Council and involve youth in activity/menu/camp field trip planning. After school students get to decide amongst themselves activities & games they to play between 5-6 PM.
* Two health fairs are offered annually (Oct/March) with Zumba and Boot camp demo classes, inflatable obstacle course, and 2 Clean-up events are scheduled that get families outside and actively working together on projects.
* Partners: Helix Urgent Care, Integral Dental, Dermatologist, Walgreens, Dr. Miller Chiropractic, Drowning Prevention Coalition, Palm Beach Sheriff’s Office and Greenacres Fire Rescue, YMCA Diabetes Prevention and Eat Better Live Better.

Hialeah (Willie: [WSANCHEZ@hialeahfl.gov](mailto:WSANCHEZ@hialeahfl.gov); [EIValerdi@hialeahfl.gov](mailto:EIValerdi@hialeahfl.gov))

* A minimum of 30 minutes per day dedicated to outdoor, physical activity at before and after school care programs.
* A minimum of 60 minutes per day dedicated to outdoor, physical activity at full day or summer programs.
* Parent/family/community events incorporate physical activity.

Hilliard (Kyle: [kmalucci@townofhilliard.com](mailto:kmalucci@townofhilliard.com))

* After summer of this year, we will be adding a walking path around the perimeter of our main property with the help of a $500,000 grant we received from FRDAP.
* Integrating *Fitness On Demand* into Fitness Center for all ages.

Kissimmee (Steve: [slackey@kissimmee.org](mailto:slackey@kissimmee.org))

* Regional Trail in 17/18 budget
* Implemented 30/60 minute policies in afterschool and summer programs.
* SNAP Program-Special Needs Adaptive Programs
* Partnering with School District and Second Harvest for healthier afterschool and summer food choices.

Largo (Joan: [jbyrne@largo.com](mailto:jbyrne@largo.com))

* Playing Unplugged Event and monthly 5k events.
* Parent guidelines about what to bring and not bring to camp provided in registration packet.
* Fun Bites required by vendors at city/county sponsored events.
* Healthy options must be less expensive by policy.

Martin County (Kevin: [kabbate@martin.fl.us](mailto:kabbate@martin.fl.us))

* Parks and Recreation works closely with the MPO in connectivity and safe routes planning. The Department also includes these aspects in planning park projects.
* Daily physical activity includes programs such as the SPARK curriculum, soccer, tennis, dance and other organized games.
* Department works closely with UF/IFAS Extension Services Office to offer 4-H programming in after-school sites which include nutrition gardens and provide data to them on results of the initiatives.
* At four after-school programs, nutrition gardens are in place which specifically serve the after-school program participants. The Department is partnering with a local organization and UF/IFAS to begin a community garden in the Golden Gate community.
* We utilize the Organwise Guys program and “Foods of the Month” by NRPA.

Miami Beach (Paul: [pauldimuont@miamibeachfl.gov](mailto:pauldimuont@miamibeachfl.gov))

* Common Threads – cooking program for youth and adult participants. Free Yoga and Boot Camp Classes
* The City of Miami Beach as a whole is promoting and encouraging a physically active lifestyle with Go365 app. We’ve partners up with Green Monkey that offers free Yoga to the public and Beat the Gym which offers free boot camp classes. Our pools offer water Zumba and chair aerobics to our Seniors.

Miami Lakes ([lopezt@miamilakes-fl.gov](mailto:lopezt@miamilakes-fl.gov))

* The Town has a Greenways and Trails Master Plan and is finalizing a Complete Streets policy that will apply to all local roads.  Both are adopted strategic plan initiatives
* Incorporated (Agency will develop a plan to align outsourced concessions (ballfields, aquatic centers, etc.) with the above objectives.) in concession agreements

New Port Richey (Elaine: [SmithE@CityofNewPortRichey.org](mailto:SmithE@CityofNewPortRichey.org))

* Implemented a Community Garden
* Sidewalk Project
* BreakSpot provider
* Families will receive guidelines about food and beverages that may be brought into the program by the family members or youth-implemented during summer camp

Orange County (Alicia: [Alicia.Baxter@ocfl.net](mailto:Alicia.Baxter@ocfl.net))

* In our 13 afterschool programs, we have a section of our curriculums that we title “Our Choice.” This happens once a week for an hour where we allow the enrolled children to make suggestions on activities and then they vote on the top two suggestions to implement. We incorporate one selected suggestion for the first ½ hour and the other suggestion for the last ½ hour.
* We continue to work with the Second Harvest food bank to offer nutritious hot lunches and snacks for almost 1,000 children in our summer camp program and 420 children in our afterschool program, daily.
* An operational bulletin was set to all staff on 4/21/2016 explaining that candy should no longer be utilized in programming.
* Special events and Marketing refined food truck offerings and changed ribbon cutting/grand opening refreshments from bakery items/soft drinks to healthier options including fresh fruit, granola bars and water.
* A mind/body/spirit training is already planned for a session at our 4/20/2017 all staff meeting.

Orlando (Marcia: [marcia.bowen@cityoforlando.net](mailto:marcia.bowen@cityoforlando.net))

* Employee Fitness Challenge- Know your numbers campaign.
* Orlando Cares, Engelwood on-site garden program.
* Fresh Stop Mobile Market visits 12 recreation centers.

Palm Beach County (Eric: [ECall@pbcgov.org](mailto:ECall@pbcgov.org))

* The Palm Beach County Metropolitan Planning Organization recently worked with Treasure Coast Regional Planning Council to develop the *Southeast Florida Regional Greenways and Trails Plan.*  This plan identifies opportunity corridors for greenways, blueways and trail connections between schools, parks, shopping, residential area and other amenities.
* Implemented HEPA Standards and physical activity is incorporated into lesson plans. Summer Camp club time incorporates sport skill building (physical activity), such as basketball, flag football, cheerleading, gardening and soccer.
* Staff incorporate a variety of physical activity and enrichment options into out-of-school time programming. New community events were implemented that promote fun, recreational life-long leisure and learning opportunities.
* Jumbo games have been added to the inventory along with Skillastics nutrition and fitness games and activities. **Skillastics developmentally appropriate kinesthetic learning activities are aligned with the National Physical Education Standards and HEPA After School Guidelines.**
* Partner program with Caridad Center to offer FREE P.E.T. Program – Prevention, Education, and Treatment of Chronic Conditions. Partner Program with Healthier Jupiter to implement a FREE “Walk and Talk”. Healthy Cooking Workshops, Pound Fitness and Fitness Jams classes, all offered at affordable prices and at differing times of day.
* Mental Health First Aid training.
* Several of our parks have native fruit trees and vegetable gardens. The Parks and Recreation recently was recently awarded a grant to plant a community garden at the Westgate Community Center, located in an underserved area.  In addition, the Westgate CRA operates the Greenmarket Express an electric vehicle bringing fresh fruits and vegetables to this food desert.
* 5-2-1-0 Let’s Go! Curriculum, OrganWiseGuys curriculum both provide nutrition literacy which staff presents to youth and teens. NRPA’s Commit to Health Foods of the Month and recipes are used. Cooking Matters and “A Tour at the Store” was implemented during out of school time and reached 424 youth and teens.

Pinecrest (Loren: [Matthews@pinecrest-fl.gov](mailto:Matthews@pinecrest-fl.gov))

* The Village of Pinecrest is planning with Miami Dade County Parks, Recreation and Open Spaces to implement Fit2Play for Fall of 2017 providing after school and summer camp programs.
* We only provide healthy sprout vending at all of our parks and centers.

Ponce Inlet (Amy: [azengotita@ponce-inlet.org](mailto:azengotita@ponce-inlet.org))

* Town sponsored health and fitness seminar that included an introduction class to Yoga and Pickelball for free.

Port Orange (Susan: [slovallo@port-orange.org](mailto:slovallo@port-orange.org))

* Completed the roll out of our RX for Parks.  Our local Physicians were provided prescriptions pads for their patients.

Safety Harbor (Julie: [jinman@cityofsafetyharbor.com](mailto:jinman@cityofsafetyharbor.com))

* Over $150,000 budgeted for instructor fees and program supplies.  Additional budgets for staff and staff trainings. Two certified fitness trainers and instructors on staff.  9th Year playful city demonstrates our committed budgets to active & free play through our supervised playgrounds and outreach offerings.
* Added healthy tidbit column on newsletters/calendars
* Recreation events are required to offer healthy food/beverage options
* Agency will develop a plan to align outsourced concessions (ballfields, aquatic centers, etc.) with the above objectives: Language added to contract renewal. Meeting coordinated and implemented with all parties LS/LL/HD. 2/24/17- Follow up needed by LL board, an audit, and then plan for grant submittal for concession enhancements to also include a minimum of 5 healthy choices. From the meeting LS is also exploring summer camp concessions w/ healthy options that will also incorporate Fun Bites.
* Recreation Wellness Challenges implemented.
* Offering cooking classes for seniors that feature healthy cooking tips and habits.

Winter Haven (Andy: [apalmer@mywinterhaven.com](mailto:apalmer@mywinterhaven.com))

* The Agency regularly participates in the CHIP with the FL DOH.
* Through our complete streets, trails and new projects, we are incorporating many pedestrian infrastructure elements to allow for easier pedestrian access to these items.