



WELLNESS COMMITTEE OVERVIEW

Committee Focus

The TBHC Wellness Committee shares local resources, facilitates initiatives and advances community wellness to support and sustain healthier lifestyles.

Committee Goals & Strategies

- I. Foster relationships among organizations to improve community health
 - A. Identify and connect wellness programs and activities
 - B. Participate in community health awareness events
- II. Inspire a collaborative environment within the wellness community
 - A. Build community capacity
 - B. Facilitate networking opportunities
- III. Address barriers to improve community health outcomes
 - A. Raise awareness about policy concerns to inspire advocacy efforts

Contact Information

Workgroup Facilitators:

Connections Workgroup

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Conference Workgroup

To Be Finalized

Policy Workgroup

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DRAFT 2018-19 WORKPLAN

GOAL I: Foster relationships among organizations to improve community health				
ACTIVITIES	PERSON (S) RESPONSIBLE	TIMELINE	RESOURCES NEEDED	STATUS
STRATEGY 1: Identify and connect wellness programs and activities				
Engage with local health & wellness initiatives (such as): <ul style="list-style-type: none"> • School Health Advisory Council meetings • John's Hopkins All Children's Hospital Initiatives • Healthy St. Pete Initiative 	Debra, Sharon, Michael, Courtney, Vicki, Vee	Fall 2018/Winter 2019	Identified programs and/or services	
Address existing gaps in local food systems and nutrition efforts	Not Assigned	On Hold		On Hold
STRATEGY 2: Participate in community health awareness events				
Potential opportunities: Sleep Walk Tampa Bay, Heart Walk, ADA Walk for Diabetes, American Lung Fight for Air Climb				

GOAL II: Inspire a collaborative environment within the wellness community				
ACTIVITIES	PERSON (S) RESPONSIBLE	TIMELINE	RESOURCES NEEDED	STATUS
STRATEGY 1: Build community capacity (conference, events, toolkit)				
Host annual wellness conference	Jeanmarie, Kamesha, Debra, Brittney	June 2019	Venue, Speakers, Sponsors	
Develop eating & cooking healthy on a budget (EBT specific foods) toolkit	Not Assigned	On Hold		On Hold
Develop/offer healthy lunch preparation for adults & kids training	Not Assigned	On Hold		On Hold
Develop platform (i.e. shared drive, toolkit, etc.) to promote community wellness	Not Assigned	On Hold		On Hold
STRATEGY 2: Facilitate networking opportunities				
Host meet-ups for wellness professionals	Not Assigned	On Hold		On Hold
Promote happy hour opportunities at healthy restaurants	Not Assigned	On Hold		On Hold

GOAL III: Address barriers to improve community health outcomes

ACTIVITIES	PERSON (S) RESPONSIBLE	TIMELINE	RESOURCES NEEDED	STATUS
STRATEGY 1: Raise awareness about policy concerns to inspire advocacy efforts				
Support health in all policies efforts	Mark			
Select important issue(s) each legislative session	Not Assigned	On Hold		On Hold
Identify and monitor key health and wellness measures (collective impact, RWJF County Health Rankings, etc.)	Not Assigned	On Hold		On Hold
STRATEGY 2: Work towards building and/or changing systems and environments to enhance community health				
Identify opportunities to ensure existing laws and policies are fully implemented				
Explore ways to partner with public schools' nutrition programs				