

Obesity Task Force Meeting Minutes
November 12, 2013
AL Power Company Office
Clanton, AL



Alabama Obesity Task Force (AL OTF)

Mission Statement:

“Working toward prevention and reduction of obesity for a healthier Alabama”

Purpose (Branding) Statement:

“The State Obesity Task Force works to address overweight and obesity issues through advocacy, policies, environmental changes, and programs that support healthy lifestyle changes.”

Sheena Gregg, Chair, welcomed the group, followed by member introductions.

Ms. Gregg introduced Teresa Johnson and Kerri Outlaw from Troy University. Dr. Johnson and Dr. Outlaw presented on the modified version of L.E.A.P. utilized for a family-based pediatric weight loss program in Pike County (refer to powerpoint posted).

Jana Miller with the Action for Healthy Kids committee presented a thanks on behalf of planning committee chair, Mary Martin Nordness to all of those involved in the planning of the conference. Ms. Gregg also shared photos from the summit with pictures to also be available online. Positive feedback for the conference was shared with plans to post speaker powerpoints on the OTF webpage.

Ms. Gregg shared updates on the ReThink Your Drink campaign reviewing available resources on the OTF webpage include audio clips, powerpoints, posters, and supporting documentation. Members were encouraged to indicate their plans for the campaign strategy in their respective areas.

Dr. Lauren Whitt from UAB employee wellness shared information on the upcoming UAB Wellness Conference on Social Media and Health as part of their second annual “Innovations in Wellness” conference on November 19-20th, 2013. The 2-day conference includes a full day of Social Media Boot Camp Training and a full day focused on Understanding Your Health. Dr. Whitt indicated that anyone within the healthcare field would find this information complimentary to their current work. An exclusive 50% off discount for event registration is available to OTF members by using promo code (FRIEND). Dr. Whitt also shared information about her affiliation with the company www.myhealthreboot.com that sells visually appealing portion control plates for children. The plates also come with a placemat and dry erase marker where children and parents can indicate the food group servings that have been consumed that day. This program also offers a 2nd Serving program that provides a portion reboot plate in the hands of an underprivileged child for every plate that is purchased on their webpage.

Allison Hoit from the Lakeshore Foundation shared information on the Zumba Inclusive Master Class at Lakeshore. This event is free and open to all abilities. This class will take place from 11am-12pm on Friday, November 22nd.

Due to significant absences from committee chairs and members, breakout sessions for group work were not conducted. With no other announcements or updates from members, Sheena Gregg adjourned the meeting.

Dates for the 2014 quarterly meetings TBD but will occur during the months of February, May, August, and November.

