



# COPE *Extravaganza*

*“Working Together to Improve the Health of Our Children One Step at a Time”*

July 23, 2016

Southside Community - Tallahassee, FL

Tallahassee **COPE** 

TALLAHASSEE COALITION FOR CHILDHOOD OBESITY PREVENTION EDUCATION



# Tallahassee COPE

TALLAHASSEE COALITION FOR CHILDHOOD OBESITY PREVENTION EDUCATION



Greetings, Tallahassee Community!

Welcome to our “COPE Legacy Extravaganza Community Event”! We have adopted the theme, “**Working Together to Improve the Health of Our Children One Step at a Time**”. This theme is the mantra of our coalition and continues to promote healthy for our most precious resource - **the children**

**of Tallahassee**. This remarkable community event will feature, healthy cooking demonstrations, tour of community gardens, community partners exhibiting their work over the years, community healthcare partners giving blood glucose checks, high blood pressure checks, and much, much more! Come meet our wonderful youth group, our COPE Youth Health Leadership Ambassadors! They have been trained and engaged in the development and implementation of peer education curricula in the promotion of healthy eating and lifestyles! We are SO proud of them! In addition, you will also see the phenomenal work of our **iGrow Youth**, when you tour our wonderful community gardens! We also hope that you will take the time to visit each and every one of our vendors and take home information that will continue to educate you about the health risks of childhood obesity.

The Tallahassee Coalition for Childhood Obesity Prevention Education (COPE) is a community “Call to Action” to Reduce Childhood Obesity. It is a coalition of agencies, organizations, institutions and individuals serving as a model of best practices in addressing childhood overweight and obesity using the **Triple CE approach - community engagement, community education, and community empowerment**. Together, we have identified actions and recommendations that represent the gathering of data, information and discussion by the Tallahassee COPE Coalition membership to address childhood obesity in Tallahassee, Florida. This work is the result of over 75 coalition partners, plus many individuals, committed to reducing childhood obesity and promoting healthy families. We are deeply grateful for the support of the Florida Blue Foundation of Florida Blue Cross and Blue Shield for their guidance and fiscal support of our efforts.

On behalf of the Tallahassee COPE Coalition, this event is to salute YOU, the Tallahassee Community, and say **Thank You!** Please enjoy yourselves, have a wonderful time, and delight in YOUR efforts to make Tallahassee a healthier community!

Yours in Health

Cynthia M. Harris, Director





*Mayor Andrew D. Gillum*

*City of Tallahassee • 300 S. Adams Street • Tallahassee, FL 32301  
850.891.2000 • Andrew.Gillum@talgov.com*

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July 23, 2016

Welcome to the Tallahassee COPE Legacy Extravaganza!!!

As Mayor of the City of Tallahassee, I am very excited to support the work of the Tallahassee Childhood Obesity Prevention Education (COPE) Coalition and partners. I join the Tallahassee COPE Leadership Team and COPE Coalition members in thanking the Tallahassee Community for your tireless efforts in combatting childhood obesity. Over the last five years, COPE has developed a number of initiatives in the City of Tallahassee and Leon County with a focus on healthy food access, nutrition education, youth health leadership and has funded over 60 grantees across Leon County in addressing childhood overweight and obesity.

In 2010, Florida A & M University and the Florida Family Network, Inc. (FFN), in partnership with the Florida State University Center for Better Health and Life for Underserved Populations and the Greater Frenchtown Revitalization Council, initiated plans for the development of a comprehensive coalition that would develop an action plan to address childhood overweight and obesity. This “Call to Action” resounded loud and clear in May of 2011 and, needless to say, thru the leadership of the Tallahassee COPE Coalition, our community is answering the call!

Since then, and to date, the Tallahassee COPE Coalition has not only built a community engaging coalition with over 75 memberships, but has also actively engaged businesses, city/county government, community-based organizations, and parents and children who are engaged in behavior change and policy development. The impact of this change will be evident in the sustainability of member organizations in reducing contributory risk factors for child obesity and the continued engagement of youth and families in these efforts. Due to your continued collaborations and partnerships, authentic community involvement, leadership and engagement, the COPE Coalition will continue to expand and replicate best practices in South City, a growing Southside neighborhood. Thus, there is a growing movement for improving the health of our community!

On behalf of the City of Tallahassee, I want to sincerely thank the Florida Blue Foundation for their investment in our communities and I thank the Tallahassee COPE Coalition for the commitment you have made realizing your vision of “Healthy Children, Healthy Future, Healthy Tallahassee!! Enjoy your celebration! I celebrate with you! Thank you for contributing to a healthier Tallahassee!

Respectfully,

A handwritten signature in black ink that reads "Andrew D. Gillum". The signature is written in a cursive, flowing style.

Andrew D. Gillum  
Mayor, City of Tallahassee

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***“Serving is Leading”***

City of Tallahassee • 300 S. Adams Street • Tallahassee, FL 32301 • 850.891.2000 • Andrew.Gillum@talgov.com



**Cynthia M. Harris, Ph.D., DABT – Co-Director, Tallahassee COPE Coalition  
Director and Professor, College of Pharmacy/Institute of Public Health (IPH)  
Florida A&M University (FAMU)**

Dr. Harris is the inaugural director of the FAMU Institute of Public Health (IPH) and has a passion for addressing public health inequities. She has over 25 years of Community-Based Participatory Research, at the local, state, and national levels, and is board certified in toxicology. Under her leadership, the FAMU IPH became the first accredited public health program in North Florida and is the first to also offer the Doctor of Public Health (DrPH) in the State of Florida.



**Sokoya Finch, MS – Co-Director, Tallahassee COPE Coalition  
Director, Florida Family Network**

Ms. Finch has a passion for working with communities in poverty across the southeast region. Her commitment to making a difference in individuals and families lives continues to be her driving force in creating capacity building opportunities and embracing collaborative partnerships for better outcomes in people's lives.



**Penny Ralston, PhD. – COPE Leadership Team Member  
Professor, Dean Emeritus & Director  
Center on Better Health and Life for Underserved Populations**

“The health of any one group affects us all,” said Dr. Penny Ralston,

Dr. Ralston has always been in the forefront of designing community-based health programs to improve the lives of underserved populations across the state of Florida. Dr. Ralston's work focuses on working with underserved communities in identifying problems and then jointly developing programs to meet needs. Her commitment to these populations has made a difference in how health disparities are addressed.



**Miaisha Mitchell – COPE Leadership Team Member  
Executive Director, Frenchtown Revitalization Council.  
Co-Founder, Tallahassee Food Network**

Ms. Mitchell has been a pillar, a leader, and a mother to many individuals and families in Tallahassee communities. The Frenchtown Neighborhood and South City are communities where she has made the most impact. Her work in public health was the impetus of Florida creating an Office on Minority Health. Under Ms. Mitchell's leadership and love for her community, she has moved hundreds of families to action in terms of turning their lives around and making a difference in their own families and communities.



**Marchelle Dunston-Lawrence – COPE Coordinator  
Administrative Assistant, FAMU College of Pharmacy/Institute of Public Health**

Mrs. Dunston-Lawrence has been the back bone of administrative support to the COPE Coalition. Her tenacity and knack for ensuring that everyone eats healthy and think healthy have been a nourishing influence on the Coalition's membership. Mrs. Dunston-Lawrence provides support and assistance in research with the Florida Alliance Scholars program. Her passion centers on surprising people with the intricate details she so carefully blends into every aspect of her event planning.



**Felicia N. Green, MPH, CHES – COPE Graduate Assistant  
FAMU (DrPH) Student – College of Pharmacy/Institute of Public Health**

Mrs. Green is a Florida A&M University MPH graduate and currently pursuing a Doctor of Public Health (DrPH), with a concentration in Behavioral Sciences and Health Education. Her diverse background in the clinical health setting and community health education has ignited her passion to make an impact in her community and improve the lives of underserved populations. Her many research interests include areas such as childhood obesity, chronic diseases, youth violence, mental health and school-based injuries and violence.

COPE LEADERSHIP TEAM



*When the children start leading the way, you have made a sustainable difference. . . .*  
*The Tallahassee Childhood Obesity Prevention Education (COPE) Coalition*

In April 2010, Florida A&M University (FAMU) and the Florida Family Network Inc. (FFN), in partnership with the Florida State University Center on Better Health and Life for Underserved Populations and the Greater Frenchtown Revitalization Council, initiated plans for the development of a comprehensive coalition of public and private sector agencies, organizations, institutions and individuals, in our capital city, to address childhood overweight and obesity.

In September 2010, the Blue Cross and Blue Shield of Florida Foundation (now the “Florida Blue Foundation”) supported, through the Embrace a Healthy Florida Initiative, supported and funded the formation of the COPE Coalition. The COPE Coalition is one of seven Florida programs funded under this initiative. The other programs are in Jacksonville, Orlando, Tampa, Sulphur Springs, Opa Locka, and Hialeah. The development of a plan of action involved a 10-month planning process connecting a diverse coalition of stakeholders including representatives from academia, local and state health agencies, city and county government, state legislators, community health centers, local early childhood development agencies, local school board and foundations, local businesses, community-based organizations, civic organizations, individual community and neighborhood advocates, and the faith-based community. In this effort, we identified and developed work groups around four priority areas: Public Health/Prevention, Community Planning, Education/Communication and Policy. Using these priority areas, a thorough community assessment was conducted to identify key resources, concern/gaps and action recommendations. Through the community assessment process, we identified one critical gap: the need for youth leadership and family engagement in addressing the critical problem of childhood obesity. In addition, food access was also found to be a critical problem. Thus, youth health leadership promotion and increase in access to healthy foods informs our current COPE legacy work

The Youth Health Leadership (YHL) Program was developed as the signature program of the COPE Coalition. The YHL model engages youth, ages 14-18, in promoting and improving health and wellness of their peers and immediate families through education and action. YHL includes a three phase curriculum: trainings on diet, physical activity and total health; application rotations in the community; and the development of a health campaign. Since 2013, forty youth have successfully completed YHL with a 100% completion rate for the last three cohorts. Several YHL members have remained engaged by serving as COPE YHL Ambassadors. Those completing YHL have become empowered leaders, learned how to organize health campaigns, and have become role models for health with peers, family members and the broader community. Several youth have used YHL as the basis for applying for broader leadership opportunities in the local community and the state. Their voices and membership with COPE have not only enhanced our community discussions, but they have contributed to health equity research projects with professors, made presentations and written articles for publication. For example, YHL members have presented at stateside conferences (Florida Alliance Health Equity Scholars Culminating Event at the University of Florida and the annual summit of the Florida Health Equity Research Institute. Several YHL members are now college students and continue their quest in promoting health. In addition, the Greater Frenchtown Revitalization Council has developed youth-focused initiatives (e.g., iGrow Whatever You Like, iGrow South City, Tallahassee Food Network, and an urban agriculture and youth empowerment program to grow sustainable, community-based food that encourages community self-reliance). Youth partnership agencies also include Tallahassee Youth for Change, Damayan Garden Project, AmeriCorps NCCC, and the list continues to grow. The Greater Frenchtown Revitalization Council continues to engage youth to be advocates for their health, communities and most of all for their families.

The Tallahassee COPE Coalition has funded approximately 60 grantees and 40% of these grantees received multiple years of funding. Our COPE grantees have had a tremendous impact on Tallahassee youth, not only as peer leaders, but by enlightening their families on food labeling, making healthy food choices, increasing physical activity and decreasing screen time. Our Whole Child – 95210 Initiative has helped lead the way in this effort.

Six years later, the Tallahassee COPE Coalition has inspired well over 150,000 individuals, children and their families to change their lifestyles as it relates to increasing physical activity and incorporating healthy food in their daily diet. We want to thank the City of Tallahassee, Tallahassee Community, COPE members and supporters and the Florida Blue Foundation for your unwavering commitment and fiscal support! It is this support that ensures the realization of our vision, “Healthy Children, Healthy Future, Healthy Tallahassee

COPE HISTORY

**BREAK FAST RESTAURANT PROPERTY: 310 POLK STREET,  
TALLAHASSEE, FL 32301  
SATURDAY, JULY 23, 2016 10:00 AM – 2:00 PM**

**COPE LEGACY COMMUNITY EXTRAVAGANZA AGENDA**

**10:00 - Welcome and the Occasion – Dr. Cynthia M. Harris, Co-Lead, FAMU Institute of Public Health**

- Mayor's Welcome

**10:10 - Florida Blue Foundation COPE Legacy Work - Terry Steaple, Tallahassee**

**10:15- Greetings from City & County Officials:**

- City Commissioner, Curtis Richardson
- Former City Manager, Anita Favors
- City Manager, Richardo Fernandez

**10:25 - Greater Frenchtown Revitalization Council, Darryl Scott and Dr. Qasimah Boston Food Access – Nutrition Education**

**10:35 - Youth Health Leadership (YHL) – Zenani Johnson, Peter Christian**

**10:45 - ECOP – Early Childhood Obesity Prevention, Dr. Gail Bellamy**

- Break #1 Raffle
- #2 Raffle

**11:15 - Emergency Response Preparedness, EPA Regional Partner, Dr. Mildred McClain**

**11:25 - Vignettes – “Food matters”**

- #3 Raffle

**11:40 – Stories from the soil up – HEAT (Health Equity Alliance Tallahassee)**

- #4 Raffle

**12:00 - Tour of Community Gardens in South City (30 minutes each)**

- 12:00 & 1:00 Bus Tours

**12:00 – Scouts: Peter Christian, Boy Scouts Troop #118 & Club Scouts, troop from Frenchtown**

**12:15- Rag Bags – Recycled bags with a Twist – Sue Hansen**

- #5 Raffle

**12:30- Closing Remark - Dr. Cynthia M. Harris**

Community voices of Coalition Members, youth voices of impact, Parents, Coalition Partners and music for a complete physical work out- until 2:00.



# Event Sponsors

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Florida  
Blue  
Foundation

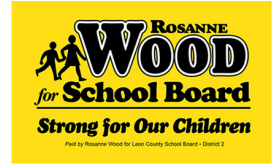


HEALTHY CHILDREN!  
HEALTHY FUTURE!  
HEALTHY TALLAHASSEE!



HOPE THRU **COPE**

(CHILDHOOD OBESITY PREVENTION EDUCATION)  
A COMMUNITY COALITION TO FIGHT CHILDHOOD OBESITY IN LEON COUNTY



MGT



*THANK YOU FOR YOUR CONTINUED AND INVALUABLE SUPPORT  
TO FIGHT CHILDHOOD OBESITY*

*Mayor Andrew Gillum  
Commissioner Curtis Richardson  
Commissioner Bill Proctor  
City Manager Rick Fernandez  
Former City Manager Anita Favors Thompson  
President Elmira Mangum  
All Friends, Members of COPE Coalition, Sponsors and Partners*

*A BIG THANK YOU TO OUR COMMUNITY EVENT EXHIBITORS AND  
VENDORS!*

*Chef Shac, LLC  
City of Tallahassee  
Grandparents as Parents (GAP)  
Get Outdoors Florida  
Neighborhood Medical Center  
Bond Community Health Center  
FAMU College of Agriculture and Food Sciences/Cooperative Extension Program  
FAMU Institute of Public Health  
Harambee House  
Department of Health Leon  
FAMU Future Public Health Professionals  
Florida Department of Health  
Tallahassee Youth For Change  
Eagle Club Scouts  
Springfield Club Scouts  
Leon-DOH [WIC & NUTRITION]  
Sowing Seeds Sewing Comfort Ministry  
Lincoln Community Neighborhood Center  
Leon County DOH - Orange Avenue  
Lieutenant Bobby Green, Leon County Sheriff's Office  
Tony Leavell Photography*

*Special thanks and appreciation to the COPE Leadership Tallahassee  
(CLT) team, who worked tirelessly to ensure the success of this event!*

*Cynthia M. Harris  
Penny Ralston  
Miaisha Mitchell  
Sokoya Finch  
Felicia Green  
Marchelle Dunston-Lawrence*