

**Howard County
Local Health Improvement Coalition
Healthy Weight 2015-2017 Action Plan**

Goal: Ensuring Howard County residents achieve and maintain a healthy weight.

Percentage of adults who are at a healthy weight.	All	African-American	Asian	Hispanic	Other	White
2012 HCHAS	43.6%	29.6%	55.2%	61.1%	38.4%	45.1%
2014 HCHAS	44.1%	38.8%	63.8%	46.8%*	46.4%	40.9%
2017 Goal	46.3% (5% increase)	40.7%	67%	49.1%	48.7%	42.9%
Percentage of adolescents who are obese.	All	African-American	Asian	Hispanic	Other	White
2013 YRBS	5.9%	8.1%	3.6%	6.6%	7.1%	5.4%
2017 Goal	5.7% (3% decrease)	7.9%	3.5%	6.4%	6.9%	5.2%

* Small sample size – data may be unreliable

Strategies	Actions	Partners	Timeline	Outputs	Intermediate Measures
<p>Increase access to and consumption of healthy food and drinks.</p>	<p>Identify and pursue two new farmers markets in key locations (e.g. Howard County Health Department, HEAL Zone) that offer convenient times and accept food stamps, WIC vouchers and senior coupons.</p>	<ul style="list-style-type: none"> ● Howard County Food Policy Task Force ● Howard County Farmers Market Board ● HCHD WIC Program ● Healthy Howard ● Dept. of Social Services ● Office on Aging ● HCC ● Columbia Association ● We Promote Health ● Community Action Council – HC Food Bank 	<p>Summer 2015</p>	<p>Survey data showing likely use of markets</p> <p>In 2015, addition of one farmers market to area serving residents in need</p>	<p>Percentage of adults who report consuming fruit less than once per day or never. (HCHAS)</p> <p>2012 HCHAS: 35% 2014 HCHAS: 31%</p>
	<p>Promote the use of benefits such as food stamps, WIC, and Senior Farmers' Market Nutrition Program coupons at farmers' markets.</p>		<p>Percentage of WIC participants redeeming farmer's market coupons. (at least 50%)</p> <p>SNAP data (% of produce food stamps redeemed)</p>	<p>2017 Goal: 28% (10% decrease)</p> <p>Percentage of adults who report consuming vegetables less than once per day or never. (HCHAS)</p> <p>2012 HCHAS: 28% 2014 HCHAS: 29%</p>	
	<p>Continue to support efforts to reduce sugar-sweetened beverage consumption in the county by creating a specific action message and targeting LHIC organizations to:</p> <ul style="list-style-type: none"> ● Supply better beverage choices at meetings and events, especially water, low-calorie, and calorie-free drinks. ● Provide better beverage choices in their vending machines, cafeterias, and break rooms. 	<ul style="list-style-type: none"> ● Horizon Foundation ● Healthy Howard ● Howard County General Hospital ● We Promote Health 	<p>Horizon data on SSB purchases</p> <p>For LHIC organizations with beverage service through cafeteria or vending, create SSB policy</p>	<p>2017 Goal: 26% (10% decrease)</p> <p>Percentage of adults who report daily consumption of regular (non-diet) soda.</p> <p>2012 HCHAS: 7% 2014 HCHAS: 8%</p> <p>2017 Goal: 6% (25% decrease)</p>	

	Increase participation in programs promoting healthy food by expanding partnerships (a minimum of 3), defining the new partnerships, and utilizing them to disseminate information and/or deliver direct service.	<ul style="list-style-type: none"> ●Transition Howard County ●Healthy Howard ●We Promote Health ●Faith Organizations ●Howard County Farmers Market Board ●HCC ●HCPSS ●Community Action Council – HC Food Bank 		<p>Roving Radish: Increase number of participants in 2015</p> <p>Increase percentage of discounted meals in 2015</p> <p>In 2015, identify 2 new partnerships and goals for 2016</p>	
Increase access to and participation in physical activity.	Encourage participation in programs promoting physical activity.	<ul style="list-style-type: none"> ●We Promote Health ●Healthy Howard ●Howard County Recreation and Parks ●Columbia Association ●HCGH ●Community Action Council – Head Start 		<p>Attendance data from events to track # of residents participating</p> <p>Year round use of GAHC calendar</p> <p>Get Active Howard County goal of 1,000,000 minutes of physical activity in 10 weeks</p>	<p>Percentage of adults participating in physical activity at least 3 times per week. 2014 HCHAS: 35%</p> <p>2017 Goal: 40% (14% increase)</p>
	Promote year round use of Get Active Howard County calendar for physical activity programs throughout county for all residents.				
Create walkable/bikeable communities.	Support advocacy efforts of community policy leaders to create safe walking and biking options.	<ul style="list-style-type: none"> ●Howard County Office of Transportation ●Howard County Bicycle and Pedestrian Manager ●Columbia Association ●Healthy Howard 	Beginning 2015 and on-going	<p>List of advocacy activities</p> <p>LHIC organizations will promote activities to encourage resident participation</p>	Changes made to built environment to support improved walking/biking opportunities

Support education activities related to healthy living.	Create a resource list containing information about health-related programs in the county and the impact of healthy choices.	<ul style="list-style-type: none"> ● Transition Howard County ● We Promote Health ● Healthy Howard ● HCHD ● MUIH ● Columbia Association 		Resource list created	
	Increase awareness of the importance of adequate sleep and the effects that it has on overall health.			<p>Sleep resource list created</p> <p>List of events LHIC orgs sponsor to address sleep as a health issue</p>	
HCPSS Wellness Policy 9090	Support implementation of the HCPSS Wellness Policy 9090, particularly in schools with a high proportion of students affected by health disparities.	<ul style="list-style-type: none"> ● HCPSS ● Healthy Howard ● School Health Council 			