

**Howard County Local Health Improvement Coalition**  
Healthy Weight Work Group Delegate Report  
January 2019

**FY 18-20 Healthy Weight Priority 1:** Reduce obesity in Howard County.

**FY 18-20 Goals:**

**Goal 1.1a:** Provide referral/linkage for free/low-cost resources for physical activity through community partnerships and evidenced-based programs for priority populations.

**Goal 1.1b:** Engage HCLHIC member organizations in coordinated communication through social, print and other media to educate priority populations.

**Goal 1.2a:** Provide referral/linkage to free/low-cost nutrition education and services through community partnerships and evidenced-based programs for priority populations.

**Goal 1.2b:** Engage HCLHIC member organizations in coordinated communication through social, print and other media to educate priority populations.

**FY 18-20 Process Objectives:**

- By June 30, 2020, participation in free/low-cost physical activity programs for priority populations will be increased by 20%.
- By June 30, 2020, 20% of HCLHIC member organizations will be engaged in a coordinated point of decision campaign to promote physical activity for priority populations.
- By June 30, 2020, 20% of HCLHIC partner organizations engaged in targeted education on walking and biking awareness, safety and community infrastructure by utilizing communication action alert tool.
- By June 30, 2020, participation in free/low-cost nutrition education/services for priority populations will be increased by 20%.
- By June 30, 2020, 20% of HCLHIC partner organizations will be engaged in in a coordinated communication effort to reduce consumption of sugary and sweetened beverages and increase healthy food choices for priority populations by utilizing communication action alert tool.

**FY19 Q1 & Q2 Progress Report**

Topic	Discussion
List the action item (s) that this work group will complete by June 2019.	The action items this group will complete by June 2019 are as follows:  A. Establish baseline and increase participation in free/low-cost physical activity programs for priority populations by 10%.

	<ul style="list-style-type: none"> <li>B. Establish POD campaign and engagement measures to promote physical activity.</li> <li>C. Include walking and biking awareness, safety and community infrastructure messages in a minimum of 4 HCLHIC Action Alert Tools.</li> <li>D. Engage a minimum of 10% of HCLHIC partner organizations in targeted education on walking and biking awareness, safety and community infrastructure through the HCLHIC Action Alert Tool.</li> <li>E. Increase participation in free/low-cost nutrition education/services for priority populations by 10%.</li> <li>F. Include healthy beverage and snack option messages in a minimum of 4 HCLHIC Action Alert Tools.</li> <li>G. Engage a minimum of 10% of HCLHIC partner organizations in targeted education to reduce consumption of sugary and sweetened beverages and increase healthy food choices through the HCLHIC Action Alert Tool.</li> <li>H. Healthy Weight specific presentation/training held during 1 full HCLHIC meeting /1 work group meeting annually.</li> </ul>
<p><b>What is the current status of the action item (s) above during this month?</b></p>	<p><b>The current status of the action items are as follows:</b></p> <ul style="list-style-type: none"> <li>A. Current draft resource directory of current physical activity program offerings is 43 pages long. Coordinator working to revise the draft to make it more user-friendly and possibly searchable.</li> <li>B. POD campaign with the Health Maryland Business is complete.</li> <li>C. Three (3) HCLHIC Action Alert Tools thus far focused on walking and biking awareness, safety and community infrastructure:             <ul style="list-style-type: none"> <li>o July 2018: Howard County Medical Assistance Transportation</li> <li>o September 2018: Healthy Weight Point of Decision Campaign</li> <li>o October 2018: Walk Maryland Day</li> </ul> </li> <li>D. HCLHIC partner organizations were engaged in walking and biking awareness, safety and community infrastructure in September and October 2018. Ten (10) community programs reached 384 people.</li> </ul>

	<p>E. Move to increase participation in free/low-cost nutrition education/ services for priority populations will start with a survey to determine the reasons for low utilization. Plan for intervention will be developed by May 2019. Survey has been developed and is with Communications for approval. Pilot testing and final edits to the survey is scheduled to be completed by the end of March 2019.</p> <p>The Food Assistance and Nutrition Education classes resource directory was shared with partner organizations: principals of the 10 schools where we operate SBWCs, the school nurses at the 7 telemedicine SBWCs, the Hispanic liaisons at Deep Run ES and Wilde Lake and the HCPSS Health Services Coordinator.</p> <p>F. Three (3) HCLHIC Action Alert Tools focused on healthy beverage and snack options:</p> <ul style="list-style-type: none"> <li>○ July 2018: Food and Nutrition Resources for Summer 2018</li> <li>○ September 2018: Healthy Weight Point of Decision Campaign</li> <li>○ March 2019: National Nutrition Month</li> </ul> <p>G. HCLHIC partner organizations were engaged in targeted education to reduce consumption of sugary and sweetened beverages and increase healthy food choices through the HCLHIC Action Alert Tool. Ten (10) community programs reached 384 people.</p> <p>H. Healthy Weight specific presentation: October 2018 Healthy Weight Work Group meeting - University of Maryland Extension FY19 Initiatives</p>
<p><b>What are the next steps and projected timelines for the next month to accomplish the action item (s) above?</b></p>	<p>The next steps in order to accomplish the action items are as follows:</p> <ol style="list-style-type: none"> <li>1. Coordinator will continue working on revising the physical activity resource guide. Targeted completion date is by the end of May 2019.</li> <li>2. Glenn Schneider from Horizon foundation is in the exploratory phase of bringing together Howard County Coaches/ Clubs to discuss strategies for moving forward based on the State of Play (<a href="https://bit.ly/2jtnYrd">https://bit.ly/2jtnYrd</a>).</li> </ol>

	<ol style="list-style-type: none"> <li>3. HCLHIC staff will continue to request member organizations to utilize Action Alert Tool, specifically at the work group meetings and in monthly digest.</li> <li>4. Coordinator to continue maintaining the food assistance/nutrition education resource guide; continue to distribute the healthy snacking and resource materials at outreach events.</li> <li>5. HCLHIC Director reviewed the Food and Nutrition Survey and it will be pilot tested and revised by the end of March 2019.</li> <li>6. Include one healthy snacking/beverage associated actions/messages in the FY19 Q3 and Q4 Action Alerts HCLHIC Action Alert Tool.</li> <li>7. H. Continue to request members to share Nutrition resource materials.</li> </ol>
<p><b>List specific action(s) needed from HCLHIC members; specific work group(s); leadership; and/or others to successfully implement next steps for the NEXT QUARTER.</b></p>	<p><b>The specific actions that are needed from HCLHIC members are as follows:</b></p> <ol style="list-style-type: none"> <li>1. Engagement in Action Alert Tool/Calls to Action</li> <li>2. Share nutrition resource materials</li> </ol>

Respectfully submitted by  
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