



Howard County Local Health Improvement Coalition

Healthy Weight Work Group Meeting

08/15/2019 – 9:00 - 10:30am

HYBRID: Remote and In-Person (Barton A&B)

Minutes

Members Present:

Mary Ann Barry, Transition Howard County
 Tara Butler, Howard County General Hospital
 Maria Carunungan, Howard County Health Department
 Will Dunmore, Howard County Recreation and Parks
 Melissa Ganey, Humanim
 Loretta Hoepfner, Maryland Chapter, American Academy of Pediatrics

Jessica Monaghan, Dancel Y in Ellicott City
 Ekere Olojola, Howard County Public School System
 Razan Sahuri, University of Maryland Extension
 Matt Wilson, Howard County Health Department

Staff Present:

Rena Rambharat, HCLHIC Program Coordinator
 Kelly Kesler, HCLHIC Director

Topic/Agenda	Discussion	Action/Follow-up
Welcome and Introductions	Reena Rambharat called the meeting to order at 9:05am. Members and guests introduced themselves. Reena Rambharat noted that the LHIC is continuing to work to offer virtual meeting participation options and appreciates feedback from participants as we utilize Zoom for meetings.	
Approval of Minutes and Announcements	<p>Reena Rambharat reviewed the goals and agenda for the meeting and provided a summary of the minutes from the last meeting held on May 30, 2019. A motion to accept the minutes as written was made by Mary Ann Barry and seconded by Jessica Monaghan.</p> <p>Reena Rambharat gave a brief overview of the Walk Maryland Day 2019 goals and the activities undertaken in 2017 and 2018. Coalition members discussed plans for participation in the 2019 Walk Maryland Day.</p> <p>Will Dunmore, Recreation Supervisor, Howard County Recreation and Parks, provided an update on the July Parks and Recreation Month activities.</p> <p>Jessica Monaghan shared that the Dancel Y in Ellicott</p>	<p>Minutes from the previous meeting will be available one week prior to the next meeting date at http://www.hclhic.org/membership/meeting-portal.</p> <p>Group members are encouraged to provide event information for inclusion on the HCLHIC website and to visit the site for information on upcoming events: http://www.hclhic.org/news-events/lhic-and-partner-events/month.calendar/. To request an event be added to the HCLHIC Community calendar contact lhic@howardcountymd.gov.</p>

	<p>City has seen an increase in applicants to the Open Door Program following the efforts made by Coalition members to share the opportunity with community members that may benefit.</p> <p>Maria Carunungan, WIC Director at the Howard County Health Department, provided an update on the Farmer’s Market Program and redemption numbers to date. Ms. Carunungan also noted that August is World Breastfeeding Month. Maryland Breastfeeding Month and Black Breastfeeding Week will be celebrated with the screening of the Chocolate Milk Documentary on August 29, 2019. Additional Breastfeeding celebrations in Howard County are planned for August 30 at the North Laurel WIC office (10:00am-12:00pm) and September 7 the Columbia WIC office (10:00am-12:00pm).</p>	<p>A follow-up email was sent to work group members after the meeting with links and information including:</p> <ul style="list-style-type: none"> - Dancel Y in Ellicott City Open Door Program - Walk Maryland Day 2019 <p>Coalition members are asked to share their activities for Walk Maryland Day (such as registration as walk leaders) with Reena Rambharat at brambharat@howardcountymd.gov</p> <p>Jessica Monaghan and Will Dunmore will identify Walk Maryland Day opportunities through the Dancel Y and Howard County Recreation and Parks. Reena Rambharat will follow-up with resources available through the LHIC.</p> <p>Coalition members are invited to attend and share information on the screening of the Chocolate Milk documentary on August 29, 2019.</p>
<p>HCHAS data on Fruit & Vegetable Consumption and Food & Nutrition Survey Results and discussion.</p>	<p>Reena Rambharat gave an overview of the 2018 Howard County Health Assessment Survey (HCHAS) with specific focus on fruit and vegetable consumption. Summary points from the HCHAS data showed that, in Howard County, obesity is increasing, more people were told by their provider to lose weight, and more people were eating less fruits and vegetables.</p> <p>Reena Rambharat presented the findings from the Nutrition Survey conducted by the Nutrition Action Group. Findings indicated that those surveyed were aware of food assistance programs but there was a lack of awareness and utilization of the Nutrition Education Programs in Howard County.</p> <p>Coalition members provided input for increasing utilization of Nutrition Education programs and increasing fruit and vegetable consumption of Howard</p>	<p>Coalition members may access the full HCHAS report using the link: https://www.howardcountymd.gov/Departments/Health/Reports-Data</p> <p>An educational strategy/plan will be further discussed. Coalition members are asked to share suggestions and ideas with Reena Rambharat at brambharat@howardcountymd.gov</p>



	<p>County residents and increasing utilization of nutrition education resources.</p> <p>Some of the points noted include:</p> <ul style="list-style-type: none"> - Educating providers and sharing resources with them to provide to patients. - Collaborating with organizations such as Master Gardeners (school/library) - Collaborating with organization for classes/ seminar in meal preparation and involve children in the process - Educating about ways to make choices easier such as providing education about canned and frozen foods to utilize when busy. 	
<p>Next Steps and wrap-up</p>	<p>The work group meeting was adjourned at 10:33am.</p>	<p>Members are asked to continue to share Coalition resource guides with colleagues and stakeholders in order to increase awareness of and access to these important programs and services available in the County. Remember to check back at www.hclhic.org regularly for updates:</p> <ul style="list-style-type: none"> • HCLHIC Chronic Disease Self-Management Program Resource Directory • HCLHIC Food Assistance Nutrition Education Resource Directory • HCLHIC Behavioral Health Crosswalk *NEW and HCLHIC Partner Mental Health First Aid Classes & Suicide Intervention Programs

Future Meeting Dates:

Work Group

November 14, 2019; 9:00 – 10:30am – Barton A&B

FULL HCLHIC

September 26, 2019; 8:30 – 10:30am – Non-Profit Collaborative of Howard County

Respectfully submitted by
Reena Rambharat, MPH, CHES[®], Program Coordinator
Howard County Local Health Improvement Coalition