

# HEALTHY WEIGHT WORKGROUP MEETING

August 30, 2018

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**Howard County LHIC**

Local Health Improvement Coalition

# PURPOSE & AGENDA

**GOAL:** Review FY18 outcomes, work group member expectations, provide an update on the Point of Decision Campaign and identify a specific strategy for coalition engagement in supporting Walk MD Day.

## **AGENDA:**

- Welcome & Introductions
- Member Announcements
- Work Group Member Job Action Review
- FY 18 outcomes and updates on current initiatives  
*Nutrition Action Group*
- Coalition Engagement in Walk MD Day Discussion
- Point of Decision Campaign Update and Healthy Stretch Demo
- Next Steps for full work group and meeting wrap-up

# Member Announcements

# Work Group Job Action Review

# UPDATES ON CURRENT INITIATIVES (ACTION GROUPS)

## -Nutrition Action Group Update

- Healthy Snacking Beverage Materials
- Nutrition Resource Guide
- Focus Groups
  - Head Start
  - WIC
  - Faith-Based

# FY 18 Program Outcomes

\*note data is still be reviewed

# FY 18 OUTCOMES AND UPDATES ON CURRENT INITIATIVES- NUTRITION

FY 18 Expected Outcome: Increase participation by **5%** over baseline

FY 19 Expected Outcome: Increase participation by **10%** over baseline

## HCPSS Summer Meals Program

	FY17 BASELINE	FY18
Number of distribution sites	4	6
Number of meals served	50,982	66,276

# FY 18 OUTCOMES AND UPDATES ON CURRENT INITIATIVES- NUTRITION

FY 18 Expected Outcome: Increase participation by **5%** over baseline

FY 19 Expected Outcome: Increase participation by **10%** over baseline

## Weekend Warrior Initiative

	FY17 BASELINE	FY18
Number of distribution sites	2	4
Number of snack packs distributed	750	*TBD data available after 8/31/18

## UMD Extension Food Supplement Program

	FY17	FY18
Number of teachers	52	*TBD data available in October
Number of youth participants	598	*TBD data available in October



# FY 18 OUTCOMES AND UPDATES ON CURRENT INITIATIVES- PHYSICAL ACTIVITY

FY 18 Expected Outcome: Increase participation by **5%** over baseline

FY 19 Expected Outcome: Increase participation by **10%** over baseline

## Family Fit Night Initiative

522 total people educated on walking and biking safety in FY 17

384 total people educated on walking and biking safety in FY 18

POD of Decision Campaign – engagement measures to be established in *FY18*



# WALK MARYLAND DAY DISCUSSION

<https://phpa.health.maryland.gov/ccdpc/WalkMD/Pages/WalkMDAbout.aspx>

# EXAMPLES

## Howard

At **Howard County General Hospital**, 23 walkers took part in a brisk ten-minute walk. Together, they tallied a total of 29,095 steps = ~14.5 miles and burned ~1,748 calories = .49 pounds of fat. The **Howard County Health Department** dually celebrated Walk Maryland Day and Breast Cancer Awareness Month with a game of bra pong and bra decorating followed by a walk around the building. The **Horizon Foundation** promoted WalkMD on social media.



 **Horizon Foundation** @thehorizonfound · Oct 3  
Walk MD Day is almost here. Find out how you can organize a walk at your work.  
[bit.ly/2yFmuNj](https://bit.ly/2yFmuNj) #walkMD @HCLHIC

# POSSIBLE HCLHIC COALITION-WIDE ENGAGEMENT

- Organizations in HC register walk events (in 2017 only 1 HC event registered with 15 walkers)
- HCLHIC member virtual walk (all members complete step log on that day to report total HCLHIC steps)
- Organizations participate in Walk Audit - assess the walkability of the sidewalks and streets in their community

# FY19 PHYSICAL ACTIVITY INITIATIVES

- Point of Decision Campaign Update
- Well Advantage Stretch Demo

# Point of Decision Campaign UPDATE



# Point of Decision Prompts: Physical Activity

**Point of decision prompts** are motivational signs placed on or near stair wells or other access points to encourage use of stairs or other healthy behavior modifications to encourage the use of stairs and increasing physical activity.

According to the Robert Wood Johnson Foundation (2017), there is strong evidence that **point of decision prompts** increase stair use and physical activity levels (CG-Physical activity, Brownson 2006, Soler 2010, Sax-Bellevue 2008, Nocon 2010,).



small | MAKE | big  
**STEPS** | **DIFFERENCES**

1. **Meeting Challenge:** Whenever possible, stretch or add movement breaks during meetings
2. **Nutrition Challenge:** Choose nutritious food and beverage options. Refrain from sugary, sweetened snacks and beverages
3. **Parking Lot Challenge:** Park as far away from the building entrance as possible, allowing for more time to walk.
4. **Stairs Challenge:** Use the stairs instead of the elevator! Taking the stairs can save you time, help you build muscles, strengthen your bones and burn more calories.
5. **Walk and Talk Challenge:** Take a walk to speak with your coworkers instead of calling or emailing. You can even hold a walking meeting, weather (and supervisor) permitting.



# Point of Decision Campaign: Business selection

## HMB Health Scorecard

### ❖ Organizational Supports

**Q20.** Promote and market health promotion programs to employees? (1)

**Q22.** Tailor some health promotion programs and education materials to the language, literacy levels, culture, or readiness to change of various segments of the workforce? (3)

### ❖ Physical Activity

**Q64.** Provide environmental supports for recreation or physical activity? (3)

**Q65.** Post signs at elevators, stairwell entrances or exits, and other key locations that encourage employees to use the stairs? (3)

**Q66.** Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the benefits of physical activity? (1)

# WALK AND TALK CHALLENGE

*Take a walk to speak with your coworkers instead of calling or emailing. You can even hold a walking meeting, weather (and supervisor) permitting.*

 small | big  
**STEPS** | **MAKE** | **DIFFERENCES**



HEALTHIEST  
MARYLAND  
BUSINESS

Howard County LHIC [hclhic.org](http://hclhic.org)  
Local Health Improvement Coalition

istock.  
by Getty Images





# NUTRITION CHALLENGE

*Choose nutritious food and beverage options. Refrain from sugary, sweetened snacks and beverages.*

small **STEPS** | **MAKE** | big **DIFFERENCES**



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small | MAKE | big  
**STEPS** | **DIFFERENCES**

1. **Window Clings/Decals** – 2-sided, 5” x 5”, color. No adhesive is required.
2. **Posters** – 1-sided, 12” x 18”, color, laminated. Place in areas of high visibility such as near elevators, vending machines, break rooms, etc.
3. **Postcards** – 2-sided, 5” x 7”, color. Attractive reminder to place in each employee work station. Can also be included in new hire orientation packet.
4. **Pedometers** – Provides a tangible reminder to get up and walk! Create a steps challenge for employees to reach 10,000 steps a day (approximately 5 miles).
5. ***Fitness at your Desk* booklets** – Pocket guides that include proper posture at the desk, muscle strengthening and flexibility tips, exercises that can be done at work, and more.
6. **Informational Flyers** – *More More at Work* and *Move More – Anytime, Anywhere!*

# WRAP UP AND NEXT STEPS

## FULL LHIC MEETING

9/27/18

8:30 - 10:30am

## WORK GROUP MEETING

10/23/18

9:00- 10:30am

Barton A/B