

**Howard County Local Health Improvement Coalition (HCLHIC)**

Healthy Lifestyle Workgroup Meeting

Howard County Health Department

December 15, 2025

2:00 – 3:00 pm

Virtual

**Meeting Goals:** Provide updates on Howard County food access and movement initiatives; share a presentation on HCHD Heart Healthy Initiative; share a community-focused Falls Prevention Awareness Presentation; and provide a recap of 2025 Howard County Walktober.

**Meeting Agenda**

*Meeting will start promptly at 2:00 pm*

2:00 pm – 2:10 pm    Welcome and Updates

- Food Council Updates
  - *Yekatit Bezooayehu, Howard County Health Department*
- Food Bank Updates
  - *Carrie Ross, Co-Chair, Community Action Council*
- Movement Updates
  - *Michelle Rosenfeld, Co-Chair, Office on Aging and Independence*
- Other Partner Announcements

2:10pm – 2:25    Heart Healthy Presentation

*Vanda Lerdboon, Howard County Health Department*

2:25– 2:40    Falls Prevention Awareness Presentation

*Rosemarie Jiménez-Rosales, Howard County Local Health Improvement Coalition*

2:40– 2:55    2025 Howard County Walktober Recap

*Ashton Jordan, Howard County Local Health Improvement Coalition*

2:55 – 3:00 pm    Next Steps and Adjourn

## **Healthy Lifestyle Workgroup CHIP Action Plan Goals and Objectives**

Goal 1. Advance healthy lifestyle behaviors through culturally responsive, inclusive, and accessible communication strategies that promote nutrition education, physical activity, safe pedestrian environments, and equitable access to health services, with a focused commitment to reaching and uplifting the most vulnerable community members.

- Objective 1.1. By June 2028, collaborate with the HCHD and partners to implement and evaluate healthy lifestyle messages for priority populations to improve health outcomes.
- Objective 1.2. By June 2028, establish strategic partnerships with local healthcare providers, faith-based organizations, and businesses to collaboratively develop and distribute health education materials to promote chronic disease prevention and nutrition-focused wellness.
- Objective 1.3. By June 2028, enhance community awareness of health education opportunities by improving access to tailored health information and essential health services through strategic outreach and engagement initiatives.
- Objective 1.4. By June 2028, enhance physical activity and pedestrian safety among youth in Howard County by integrating health education initiatives with community-supported programs.
- Objective 1.5. By June 2028, to collaborate with community partners to continue physical activity initiatives to encourage Howard County community members of all ages and abilities to engage in movement for improved physical and mental health.

Goal 2. Continue raising awareness of culturally appropriate, accessible, affordable, and nutritious food to decrease food and nutrition insecurity among Howard County residents.

- Objective 2.1. By June 2028, increase awareness of and access to culturally appropriate, accessible, affordable, and nutritious food for Howard County residents across the lifespan.
- Objective 2.2. By June 2028, partner with local communities, schools, healthcare organizations, and faith-based organizations to promote food resources.

Goal 3. Increase awareness of fall risk and opportunities to promote culturally appropriate and accessible resources to decrease falls among community members.

- Objective 3.1. By June 2028, collaborate with community-based organizations and residential communities to promote culturally appropriate and accessible falls prevention resources and activities.
- Objective 3.2. By June 2028, create educational opportunities to increase knowledge about fall risk factors and preventative measures.