

Maura J. Rossman, M.D., LHIC Co-Chair  
Health Officer, Howard County Health Department

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President, Johns Hopkins Medicine Howard County General Hospital

## Howard County Local Health Improvement Coalition

Healthy Weight Work Group Meeting

December 15, 2016 8:30-10:00 a.m.

HCHD Severn

### Minutes

#### Members Present:

Mary Ann Barry, Transition Howard County  
Tara Butler, Howard County General Hospital  
Maria Carunungan, HC Health Department  
Marsha Dawson, Dept. of Comm. Resources and Services  
Jeannie DeCray, HC Office on Aging and Independence  
Will Dunmore, HC Recreation and Parks  
Brian Jolles, We Promote Health  
Riva Eichner Kahn, Days of Taste  
Kayla Kavoukas, HC Health Department

Vanda Lerdboon, HC Health Department  
Cindi Miller, HC General Hospital  
Naa Minnoh, HC General Hospital  
Shawni Paraska, Columbia Association  
Vanessa Pierre Louis, MD Hunger Solutions  
Maura Rossman, HC Health Department  
Katie DiSalvo-Thronson, Horizon Foundation  
Mike Senisi, HC Public School System  
Barbara Wasserman, Community Member

#### Guests Present:

#### Staff Present:

Rhonda Jenkins, LHIC Program Coordinator  
Kelly Kesler, LHIC Program Director

Topic/Agenda	Discussion	Action/Follow-up
<b>Welcome and Introductions</b>	Kayla Kavoukas called the meeting to order at 8:37am. The group was informed that the meeting would be recorded for producing minutes.	
<b>Guest Presentation</b>		
<b>Approval of Minutes and Announcements</b>	Group members shared announcements about upcoming programs and activities including the Get Active Howard County planning meeting on December 20, 6:30-8:00 pm. at the Miller Library.  Group members were encouraged to provide	For more information about Get Active Howard County group members can contact Brian Jolles at 443-309-5379 or via email at <a href="mailto:brian@wepromotehealth.org">brian@wepromotehealth.org</a> . For more information visit <a href="http://www.WePromoteHealth.org">www.WePromoteHealth.org</a>

	<p>event information for inclusion on the LHIC website.</p> <p>A motion to accept the November 17, 2016 minutes as written was made by Mary Ann Barry and seconded by Jeannie DeCray.</p>	<p>Work group members can send notifications regarding events and/or announcements to Rhonda Jenkins at <a href="mailto:rhjenkins@howardcountymd.gov">rhjenkins@howardcountymd.gov</a> or at each meeting.</p>
<p><b>Delegate’s Report/ Updates from Action Groups</b></p>	<p>Kayla Kavoukas discussed how the State Health Improvement Process Measures (SHIP) drives the goals of all local LHICs. The goals of the local LHICs are informed by reviewing the reported data for that county and other data such as the Howard County Health Assessment Survey (HCHAS) measures. By reviewing the reported data for Howard County, it reveals how LHIC could affect change using Specific, Measurable, Appropriate, Realistic, Timely (SMART) Goals to address gaps and disparity using evidence-based strategies and best practices.</p>	<p>A presentation on the HCHAS Data and SHIP measures relevant to the Healthy Weight work group will be arranged.</p>
<p><b>New Business:</b></p>	<p>The Work Group broke out into two action groups to discuss/follow-up on action items from the previous meeting.</p> <p>A. Nutrition Action Group: Identify and confirm 3 vendors to convert farmer’s stand into a farmer’s market.</p> <p>James Zoller from the Howard County Office of Sustainability forwarded a follow-up report that indicated advertisement for additional farmers will be done on line through volunteerspot.com for farmers to sign up.</p> <p>B. Physical Activity Action Group: Research biking/walking/pedestrian safety information to present at HCPSS Family Fit Nights. LHIC attendance at the Family Fit Nights serves to push out safety information as bikeable and walkable community initiatives continue, survey community around</p>	<p><b>Action Group A Follow-up action items:</b></p> <p>Maria Carunungan will follow-up with James Zoller to regarding the Electronic Benefit Transfer (EBT) training status of who have signed up to participate as vendors by February 16, 2017.</p> <p>The Roving Radish will coordinate farmers once they have been identified.</p> <p>The farmers market will be available every Monday from July 3<sup>rd</sup> – September 25<sup>th</sup> for a total of 20 market days.</p> <p>Maria Carunungan and Rhonda Jenkins will develop a marketing and communication plan.</p> <p>Rhonda Jenkins will research</p>

	<p>safety concerns for walking and biking to school, relationship build with school administration and parents</p>	<p>opportunities for grant funding and other financial support that may exist that would support this action.</p> <p><b>Action Group B Follow-up action items:</b>  All group members will research Safe Routes to School program information and bring any relevant information to the January action group meeting.</p> <p>Kayla Kavoukas and Kelly Kesler will schedule a conference call with Peggy DeCrispino, coordinator of HCPSS Family Fit Nights to determine goals and activities associated with the LHIC's participation.</p> <p>Kayla Kavoukas and Rhonda Jenkins will research information on pedestrian and bike safety to become more knowledgeable on the subject matter to share with the group.</p>
<p><b>Wrap Up and Adjournment</b></p>	<p>The meeting was adjourned at 10:05 a.m.</p>	

**Work Group**

February 16, 2017, 8:30-10:00 a.m. in Severn.

**FULL LHIC**

January 26, 2017      8:30-10:30 am  
April 27, 2017        8:30-10:30 am  
June 22, 2017        8:30-10:30 am  
September 21, 2017 8:30-10:30 am

Respectfully submitted by  
Rhonda Jenkins  
Program Coordinator, Howard County Local Health Improvement Coalition