

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

Steven C. Snelgrove, LHIC Co-Chair
President, Johns Hopkins Medicine Howard County General Hospital

Howard County Local Health Improvement Coalition

Healthy Weight Work Group Meeting

February 16, 2017 – 8:30 – 10:00 a.m.

Severn Room

Minutes

Members Present:

Mary Ann Barry, Transition Howard County
Tara Butler, HC General Hospital
Maria Carunungan, HC Health Department
Will Dunmore, HC Recreation and Parks
Brian Jolles, We Promote Health
Kayla Kavoukas, HC Health Department
Vanessa Michel, HC Health Department
Cindi Miller, HCGH

Shawni Paraska, Columbia Association
Mary Perry, Columbia Medical Practice
Vanessa Pierre- Louis, Maryland Hunger Solutions
Saba Sheikh, Columbia Medical Practice
Barbara Wasserman, Community Member
Kelly Wilson, United Health Care
Alexandra York, MUIH

Staff Present:

Kelly Kesler, LHIC Program Director

Topic/Agenda	Discussion	Action/Follow-up/Outcome
Welcome and Introductions	Kayla Kavoukas called the meeting to order at 8:35 a.m. Participants introduced themselves. Kelly Kesler shared that the meeting would be recorded for use in producing minutes.	
Approval of Minutes and Announcements	Kelly Kesler provided a re-cap from the December 15, 2016 meeting and asked for any corrections to the minutes from that meeting. Group members shared announcements.	A motion to accept the minutes as written was made by Barbara Wasserman and seconded by Vanessa Pierre-Louis. For information about Get Active Howard County contact Brian Jolles at brian@wepromotehealth.org Scholarships are available for the “My Baby and Me” Pre-Post Natal exercise course and wellness coaching

		<p>program through the Columbia Association. Contact Shawni Paraska at shawni.paraska@columbiaassociation.org</p>
Delegate's Report	<p>Kelly Kesler asked work group members for feedback and/or questions from the 1/26/17 Full HCLHIC meeting.</p> <p>Kayla Kavoukas provided an update on the Family Fit Night FY 17 Action item and the HC Health Department's Bike to School Initiative.</p> <p>Barbara Wasserman provided an update on the Farmer's Market FY 17 Action item and shared information pertaining to relevant legislation introduced in the Maryland General Assembly.</p>	<p>Members were encouraged to review the minutes from Full HCLHIC and HCLHIC Work Group Meetings on the website under meeting portal. http://www.hclhic.org/membership/meeting-portal</p> <p>Work Group members can learn more about the Income Tax Credit – Qualified Farms – Food Donation Pilot Program and the Maryland Farms ;and Families Act that deals with increasing buying value of WIC and SNAP credits by clicking the links below: http://mgaleg.maryland.gov/2017RS/bills/hb/hb0472f.pdf http://mgaleg.maryland.gov/2017RS/bills/sb/sb0416f.pdf http://mgaleg.maryland.gov/2017RS/bills/sb/sb0278F.pdf http://mgaleg.maryland.gov/webmga/frmMain.aspx?pid=billpage&tab=subject3&id=sb0278&stab=01&ys=2017RS</p>
Discussion of Evidence-Based Practices Presented in the Full HCLHIC presentation to develop preliminary inventory of local best practice efforts	<p>A discussion on the FY 18-20 Planning process and draft priorities presented at the 1/26/17 Full HCLHIC meeting was held.</p> <p>Group members contributed thoughts to a preliminary inventory of Evidence-based practices taking place in Howard County to address the draft concerns presented in the 1/26/17 Full HCLHIC meeting.</p>	<p>Kelly Kesler provided an overview of the planning FY 18-20 Planning process. Work Group members that are interested in volunteering for the Action Planning team who have not done so already can email Kelly Kesler at kkesler@howardcountymd.gov.</p>
Action Group Break Outs	<p>The Work Group broke out into two action groups to discuss/follow-up on action items from the previous meeting.</p> <p>The Physical Activity Action</p>	<p>Work Group members are needed to volunteer for Family Fit Nights. To volunteer, please contact Kelly Kesler at kkesler@howardcountymd.org.</p> <p>March 1-Dayton Oaks Elementary School March 7-Longfellow Elementary School March 21-Rockburn Elementary School March 29-Waterloo Elementary School</p>

	<p>Group participated in a “Mock Family Fit Night” and participants materials and strategies for the events were discussed.</p> <p>The Nutrition Action Group discussed the Farmer’s Market and heard from Kelly Wilson, from United Health Care about food demonstrations that can be offered as a part of the markets.</p>	<p>April 4-Hollifield Station Elementary School April 20- Worthington Elementary School April 26-Waverly Elementary School Additional dates/locations as requested.</p>
<p>Wrap Up and Adjournment</p>	<p>The work group meeting was adjourned at 9:45 a.m. Action Group break out meetings adjourned at 10:00 a.m.</p>	

Work Group

March 23, 2017 8:00-10:00 a.m. (Barton A)
May 25, 2017 8:00-10:00 a.m. (Barton A)

FULL LHIC

April 27, 2017 8:30-10:30 a.m.
June 22, 2017 8:30-10:30 a.m.
September 21, 2017 8:30-10:30 a.m.

Respectfully submitted by
Kelly Kesler, M.S., C.H.E.S.
Director, Howard County Local Health Improvement Coalition