

LHIC Healthy Weight Workgroup Meeting
2.25.16 - 8:30 a.m.
Minutes

MEMBERS PRESENT:

Liz Clark, HHI,
Kelly McMillan, HC Community College,
Barbara Wasserman, Community Member
Kayla Kavoukas, HHI
Andrew Monjan, Transition Howard County
Danelle Buchman, American Heart Assoc.
Beth Handy, MUIH

Cindy Miller, HCGH
Shawni Paraska, Columbia Assoc.
Mary Ann Barry, Transition HC
Ekere Olojola, HCPSS
Kati Moore, HCHD
Wendy Farthing, HC Office on Aging
Debra Stepp, Delta Sigma Theta

ALSO PRESENT:

Alvaro Ortiz, LHIC Program Manager
Sue Camardese, Chase Brexton
Carol Caiazzo, MDAC
Kelly Ngan, MHP Student (Guest)
Susan Seibel, Howard Community College

Welcome and Introduction

Liz opened the meeting at 8:31 a.m. and welcomed members and guests. Barbara made a motion to approve the minutes. Wendy seconded the motion and members approved the minutes unanimously.

Alvaro made an announcement about an upcoming Health EXPO event being organized by the Health Department at the Columbia Mall on April 9, 2016.

Liz notified the group that more details about the event will be received in the next few weeks and that they will be shared with the group. However, she asked members to consider participating and helping to staff a table for the work group the day of the event. Some of the member expressed their interested in attending the event. Alvaro volunteered to create and send a schedule to the group, so members can sign-up for specific time slots.

Upcoming Community Health Forum

Liz announced the upcoming LHIC Community Forum and encouraged members to attend. She notified members that a small working group has been created to develop the presentation for the event. Some of the main points of the presentation will be to share data and to explain the history of the Healthy Weight Work Group. In addition, the presentation will include the successes and progress of the Work Group thus far.

Members shared the following successes and accomplishments for the following Actions Groups:

Nutrition –

- Farmer's market in Ascend One this past summer.
 - Barbara inquired if the market is coming back this year. Liz and Maria responded that a decision has not been made yet and that it is still being considered.
- The different partnerships that have been created.
- The letter sent to the county council in support of Council Bill 17 as well as the letter sent to the FDA on behalf of the LHIC.

- The Healthy Eating Fest that Transition Howard County held in the fall at Howard Community College
- Walking Program at Laurel
- Open Street/Bike Program

Education

- The five Resource Guides that have been created.
- The extensive focus on sleep education and awareness in the community.

Liz shared that the following Calls to Actions will be made to the attendees at the end of the Work Group presentation at the Community Forum:

- Sign up for get active Howard County
- Find someone who needs a healthy affordable food and connect them to the resource
- Get a good night sleep (at least 7 hours of sleep)

Shawni and Andy announced that they will be switching to the new Healthy Aging Work Group. Liz applauded their effort and contributions to the work group.

The group broke into the different action groups at 9:23 a.m.

Action Items

- Liz and Andy will create a resource guide on sleep.
- The Wellness 9090 Policy Action Group will draft a letter to offer assistance in updating the wellness champions at each of the school in HC.

Announcements:

- Cindi –Walking Program in Laurel will start on April 9th. Details will be shared through the LHIC Digest.
- Wendy – WomenFest event: All ages, April 30th from 10AM -3PM. Bike to Work on May 20th
- Shawni- Columbia Association is launching a new e-wellness newsletter this May. The newsletter is expected to reach 20-30 thousand people.
- Andy – CDC recently issued a report on the prevalence of healthy sleep in the U.S. Only 65% of the population meets the criteria for adequate sleep. According to the results, 35% of the population in the USA, and 40% of the population in MD do not get enough sleep. Lack of sleep is linked to obesity, stress, high blood pressure.

Respectfully Submitted by,
 Alvaro Ortiz
 LHIC Program Manager