

RECAP OF LAST MEETING - OCTOBER 2018

- Life expectancy study by RWJF
 - Geographic disparities in Howard County
- Walk Maryland Day and HCLHIC Virtual Walk
- UMD Extension FY19 nutrition initiatives
- Nutrition Survey focus group

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MEMBER ANNOUNCEMENTS

2nd Annual Howard County ROSC*



Join us on
Saturday May 19th, 2019 10:00 am - 3:00 pm
Centennial Park North
1001 Old Farmington Road
Ellicott City, MD 21042

Get help for recovery in Howard County. Check for the Recovery and Agency issues on the way, you'll meet the issues for the and address the issues of Howard County for help and education about the issues of addiction. Help will be available. Support the practice of the issue.

Want to play on a team? We're looking for help on the team of your choice.

Recovery Team Player Agency Team Player

For more info, please contact: Howard County Health Department, 1001 Old Farmington Road, Ellicott City, MD 21042, 410-336-7000, www.howardcountymd.gov

Come join in the fun in the quest! Due to limited parking, please car pool. *Reservations are required.



- Home Run for Recovery
- Virtual Dementia Tour
- Chronic Disease Self-Management Programs
- MHFA and Suicide Intervention Trainings
- Stepping On and Stepping Up classes
- Diabetes Care classes from Giant
- Postpartum Fitness Class
- CA Healthy Eating Series

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COLLABORATION- CA HEALTHY EATING SERIES



Healthy Eating Series
Kickoff Event
March 25, 2019
The James Rouse Theatre
for the Performing Arts

Mark your calendars for March 25, 2019!
Jim Rouse Theatre and Performing Arts Center
6 p.m. to 9 p.m.

Keynote speaker, Rip Esselstyn, will discuss his work to develop and implement plant-based programs that transform people's health worldwide.

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**SAVE THE DATE - HCLHIC SPECIAL SEMINAR
EXERCISE & AGING: EVIDENCE-BASED APPROACHES**

- **Date:** March 28, 2019
- **Time:** 2:00-3:30pm
- **Location:** Howard County Health Department
8930 Stanford Blvd., Columbia, MD 20145
Barton A&B

Session I: Exercise and Brain Health J. Carson Smith, PhD Associate Professor, Kinesiology UMD School of Public Health	Session II: Exercise and Muscle Strength Dr. Paul Abosh Morrison Chiropractic, P.A.
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**HOWARD COUNTY'S FOOD ASSISTANCE RESPONSE
DURING THE FURLOUGH**

- Department of Community Resources and Services (DCRS)
- Howard County Women, Infants, & Children (WIC)
- Howard County Public School System (HCPSS)
- Howard County Recreation and Parks
- Discussion

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**Howard County Department of
Community Resources and Services**

*Distribution of Food for
Furloughed Federal Government Staff*

DCRS Response

- Purchased Fresh Produce from Coastal Sunbelt
- Purchased Can Goods and other nonperishables
- Assembled 80 Family Kits of Produce and Nonperishables
- Partnered with the Howard County Office of Community Sustainability to Provide Weekend Warrior Snack Packs to Families with Children
- Partnered with Department of Social Services and the Community Action Council to provide on-site information and assistance to families




The Data

Distribution:

- 156 backpack bags from the Roving Radish for kids and families – which served/represented a total of 83 families.
- 100 produce bags
- 79 dry good bags
- And 21 - \$35 Safeway grocery gift cards – (we had to go and get additional supplies because we had so many people we ran out of supplies)

All for a total of **120 individuals served** – most of these individuals represented families in need.

Video Coverage and Summary



HOWARD COUNTY WOMEN, INFANTS, & CHILDREN (WIC)

Maryland WIC
is **OPEN** during the
federal government
shutdown
2019

HOWARD COUNTY HEALTH DEPARTMENT hchealth.org

HOWARD COUNTY WOMEN, INFANTS, & CHILDREN (WIC)

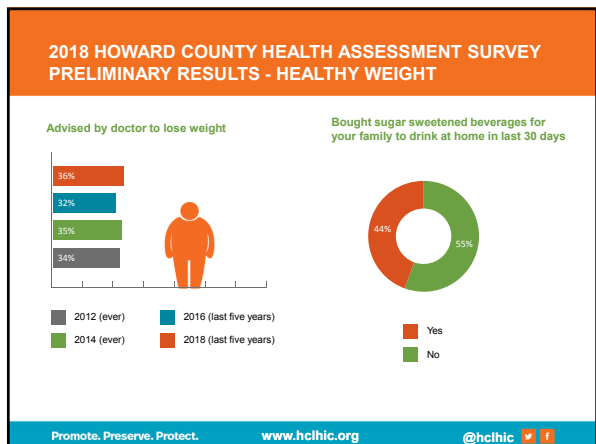
- Howard County WIC posted in social media and website that the program is open for business during the federal government shutdown
- Shared information with community partners to provide referrals for people affected by furlough
- During the shutdown, Howard County WIC was able to certify **six** participants who were furloughed temporarily

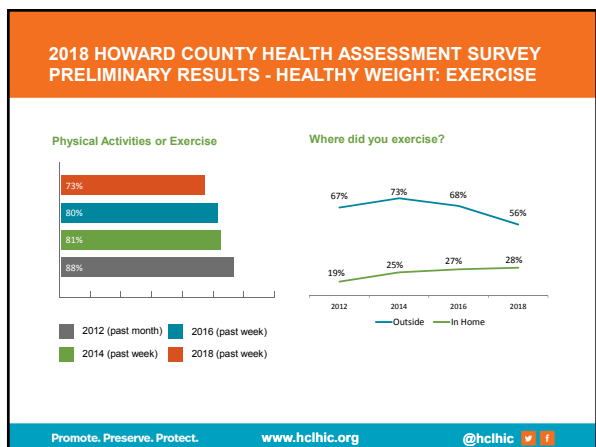
HOWARD COUNTY HEALTH DEPARTMENT hchealth.org

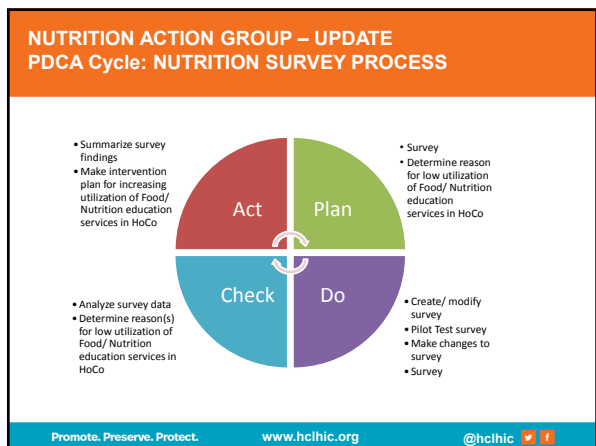
MID-POINT STRATEGIC PLAN REVIEW

- Resource Guide- Food Assistance and Nutrition Education Programs
 - Helpful during furlough
 - Members shared with HCPSS, other organizations
 - Uptick in visits to LHIC website
 - Continue to share
- POD/Action Alerts
 - Ongoing
 - Continue to share
- Physical Activity Programs Resource Guide
 - Draft long, working to shorten
 - Suggestions
 - Volunteers

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WRAP UP AND NEXT STEPS

Exercise & Aging: Evidence-Based Approaches Seminar
3/28/2019
2:00-4:00pm
Barton A&B

FULL HCLHIC MEETING
04/25/2019
8:30 - 10:30am
Potomac/Severn Rooms

WORK GROUP MEETING
05 /30/2019
9:00- 10:30am
Barton A/B

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