

LHIC Healthy Weight Work Group Meeting
7.23.14 – 8:30 a.m.
Minutes

The following work group members were present: Bob Giromini, We Promote Health; Lisa Martin, Salvere Health and Fitness/Girls on the Run; Laurie Collins, HCPSS; Andrew Monjan, Transition Howard County; Eric Masten, Healthy Howard; Valerie Berry, Healthy Howard; Arleen Tate, Delta Sigma Theta; Kelli Shimabukuro, Howard County Library System; Glenn Schneider, Horizon Foundation, Emma Boone, Horizon Foundation; Starr Sowers, Office on Aging; Barbara Wasserman; and, Kelly McMillan, Howard Community College. Also present: Wendy Wolff, Maryland Nonprofits, and Jeananne Sciabarra, LHIC Program Director.

Eric opened the meeting at 8:30. Group members introduced themselves. The minutes from the 6.23.14 meeting were approved.

2012-2014 Action Plan Review

The group reviewed the objectives and strategies from the 2012-2014 Action Plan. The following comments were made on these strategies:

2A. There should be a parent representative on the work group.

2C – Dentists/hygienists are interested in the connection between oral health, healthy weight and overall health. Also discussed relationship between mental health/stress and healthy weight.

2D – Repository of information related to healthy weight. The group felt that this was something that should be part of the new action plan.

2F – The work group's input into the HCPSS wellness policy was a success in this area. Possibly a need for ongoing input into implementation of the policy. The County Executive has directed several County Agencies to form an Implementation Oversight Committee to look at implementing the Executive Order on food and beverage nutrition standards.

2G – Valerie has reached out to the Behavioral Health work group but that group has been very busy with other projects.

2H – Health Plan has ended. The group needs to identify what is already happening in this area.

2I – included in HCPSS policy 9090.

2J – Roving Radish. Jeananne will talk to Monica about data that is being collected for this program. Also mentioned community garden as part of the HEAL Zone.

Planning for 2015-2017 Action Plan

All agreed that resource/knowledge sharing should be part of the ongoing activities of the group. Andy – effects of lack of sleep on healthy weight. Sleep is part of Healthy People 2020 objectives. Andy will forward relevant articles.

Glenn – new research on the stigmatizing effects of focusing on weight. Should focus on related outcomes, such as diabetes. Incidence of Type 2 diabetes is rising rapidly among adolescents, particularly among African American and Latino teens.

Valerie – heart disease is another significant outcome related to overweight/obesity that the group should focus on.

Laurie – not just about weight, about healthy behaviors/eating.

Lisa – rise in eating disorders.

All – is “Healthy Weight” the right name for this work group?

Other broad goals:

Barbara – need more than just offering healthy foods. May require instruction in how to prepare them, adaptations to make them appealing to different cultural groups. Mentioned Food for Life, a program of Physicians Committee for Responsible Medicine. Importance of plant-based diet - related to better weight loss, reduction in or elimination of medications. Program is implemented at the community level.

Kelli – issues around cooking literacy

Kelly – advocacy in policy/regulatory changes is an important function of the group.

Andy – health implications of sleep.

School Health Data Dashboard

Jeananne described a project beginning within the Health Department to create a School Health Data Dashboard. Jackie Douge, the Medical Director for the Health Department’s Bureau of Child Health is heading up this project and would like representation from the Healthy Weight work group. The goal of the Dashboard Workgroup meeting is to engage local child health stakeholders in a discussion to develop and identify key indicators that will help to monitor and assess the health outcomes of students. Jeananne passed around a sign-up sheet for work group members to express an interest in participating. Jackie will follow up with those who volunteered.

Action Items:

Jeananne will create a table for each organization to complete containing the following areas: Strategies for 2015-2017; data sources; disparities/culture barriers to overcome. Members should return completed tables to Jeananne before the next meeting.

Next Meeting:

The next meeting will be scheduled by Doodle Poll.

The meeting adjourned at 10:00 a.m.

Respectfully Submitted,
Jeananne Sciabarra
LHIC Program Director