

**LHIC Healthy Weight Work Group Meeting**  
**8.28.14 – 8:30 a.m.**  
**Minutes**

The following work group members were present: Bob Giromini, We Promote Health; Valerie Berry, Healthy Howard; Andrew Monjan, Transition Howard County; Gail Doerr, Maryland University of Integrative Health; Paula Minsk, MD Chapter of American Academy of Pediatrics; Eric Masten, Healthy Howard; Allison Perry, Riverside Health; Starr Sowers, Office on Aging; Barbara Wasserman; and, Kelly McMillan, Howard Community College. Also present: Jeananne Sciabarra, LHIC Program Director and Alvaro Ortiz, LHIC Program Manager.

Eric opened the meeting at 8:30. Group members introduced themselves. The minutes from the 7.23.14 meeting were approved.

Eric began a discussion of the strategies and goals for the upcoming 2015-2017 action plan. The discussion began with the current name of the group and whether or not “Healthy Weight” needed to be changed. Cindi Miller expressed support for the current name as she feels it puts responsibility on individuals. She stated that it is about awareness and all that healthy weight encompasses – exercising, eating right, being active, etc. Therefore, it helps the group to stay focused with our goals.

There was a brief discussion of programs that promoted specific dietary restrictions such as plant-based diets or Meatless Mondays. One member stated that nutritionists recommend diets be based on individual needs and that any recommendation that the work group makes should be inclusive of everyone’s needs.

Eric directed the group to focus more on broader goals; ideas that will contribute to a healthier weight by focusing on eating healthy and exercising. The questions “what is healthy weight?” and “what are going to look at as a work group to get there?” helped the group focus the discussion.

Members shared the following potential ideas/areas of focus:

- Awareness of and consumption of processed foods and meats. Possible link between the consumption of processed meats and colon cancer.
- Fruit and vegetables consumption and awareness. One member pointed out that, according to the Howard County Health Assessment Survey, only about 3% of the population in Howard County consumes the recommended number of fruits and vegetables daily.
- Investigating existing and “cutting edge” research that we could potentially replicate. (E.g. – Healthy Howard, Inc has a HEAL Zone – Healthy Eating Active Living - program which is based on a program in California)
- Education around what is “healthy.” Explaining benefits of being at a healthy weight, for example lower likelihood of certain diseases, improvement in quality of life, increased energy, etc.

- Members also talked about the potential barriers with measuring what “healthy” is. BMI might not necessarily be the best measurement. A person can have a BMI that is appropriate for him/her but it doesn’t necessarily mean that he/she is healthy.
- The group was reminded that we need to keep in mind questions such as “what can we measure?” and “what data can we obtain?” when deciding upon strategies.
- Research Healthy People 2020 Federal Government guidelines
- Emphasis on physical activity. Finding programs already in place in the county that we can partner with and increasing awareness about physical activity. The group talked about creating a resource list. Some members wondered whether a resource list would be a good investment of time, given the time commitment to keep it up to date.
- Sleep – educating people on the importance of an adequate amount of sleep. Finding data on this subject.
- Bringing a Farmers Market to the Howard County Health Department to provide an option for people to obtain fresh foods.

Eric commended the group for all the great ideas and strategies proposed. He acknowledged that the group has a lot of energy and passion.

The group circled back to the discussion of the work group name. There were strong opinions on both sides. Eric proposed creating a Survey Monkey so members could have more time to think about the issue and/or to cast a vote with more confidentiality. Some of the names proposed were:

- Healthy Weight, Healthy Life
- Healthy Weight, Nutrition and Physical Activity

**Action Items:**

A Survey Monkey will be sent out to all members to gather feedback on a potential name change.

**Next Meeting:**

The group will meet after the full LHIC meeting on September 18.

The meeting adjourned at 10:00 a.m.

Respectfully Submitted,  
 Alvaro Ortiz  
 LHIC Program Manager