

LHIC Healthy Weight Work Group Meeting
9.18.14 – 8:30 a.m.
Minutes

The following work group members were present: Bob Giromini, We Promote Health; Andrew Monjan, Transition Howard County; Kelly McMillan, Howard Community College; Nancy Frank, Howard Community College; Au'sha Washington, The Horizon Foundation; Cindi Miller, Howard County General Hospital; Arleen Tate, Delta Sigma Theta Sorority; Maria Carunungan, Howard County Health Department; Will Dunmore, Recreation and Parks; Gail Doerr, Maryland University of Integrative Health; Eric Masten, Healthy Howard; Starr Sowers, Office on Aging; Wauseca Briscoe, Riverside Health; and Barbara Wasserman.

Also present: Alvaro Ortiz, LHIC Program Manager.

Eric opened the meeting at 9:30. Group members introduced themselves. The minutes from the 7.23.14 meeting were approved.

The group discussed the strategies and goals for the upcoming 2015-2017 action plan. Based on previous meetings and current consensus, 3 goals were proposed as areas for the group to focus:

1. Ensuring Howard County residents achieve and maintain a healthy weight.
2. Ensuring Howard County residents have access to, and increase consumption of, healthy food and drinks.
3. Ensuring Howard County residents have access to, and increase, physical activities.

Following the goals, members proposed the following strategies to achieve goals:

- Health and wellness bus program – based on programs currently going out to the community and ensuring that people who are participating follow their prescribed medications. It could serve as a base model for a program with a physical activity component.
- Weekend in Park program by We Promote Health
- Use of fruit & vegetable and physical activity prescriptions
- Look into the State of Obesity Report and their policy recommendations for programs (e.g. bike share program, fruits and vegetable program, etc.)
- Howard County's Roving Radish pilot program. Program is not being utilized to maximum capacity, and some members are interested in reviewing the menu items. However, it's very affordable so it might be good to bring someone to explain more about the program.
- Focus on advocacy as a major strategy to promote relevant programs and options for residents to achieve goals.
- Composing a resource list to help spread the word about programs and resources.
- Howard County obesity program – group can serve as support or use existing infrastructure as a model for other programs.

The group talked about inviting someone from the school system to be part of the group and looking into the actions that are being taken to improve the breakfast and lunch options in the schools.

Some of the members expressed that the group may not have enough resources to create and fully implement programs but it can certainly support and be a voice to promote programs that are already happening. Members suggested looking into other LHIC work groups to find ideas for programs.

Maria Carunungan from the Health Department shared information with the group about WIC's breast feeding campaign. Maria also asked group members to help spread the word, distribute flyers and help her identify any work places that members know are breast feeding friendly.

Action Items:

- Members will receive a copy of the action planning tool which will include the different strategies discussed by the group. Members should add any additional strategies that will support the goals and send back completed copy.
- Members will receive a survey monkey regarding the possible name change of the group.

Next Meeting:

A Doodle poll will be sent to schedule next meeting.

The meeting adjourned at 10:30 a.m.

Respectfully Submitted,
Alvaro Ortiz
LHIC Program Manager