

LHIC Healthy Weight Work Group Meeting
10.30.14 – 8:30 a.m.
Minutes

Members present:

Bob Giromini, We Promote Health
Kelly McMillan, Howard Community College
Maria Carunungan, HC Health Department
Eric Masten, Healthy Howard
Wauseca Briscoe, Riverside Health
Valerie Berry, Healthy Howard
Monica Lewis, Healthy Howard

Andrew Monjan, Transition Howard County
Arleen Tate, Delta Sigma Theta Sorority
Liz Clark, Healthy Howard
Starr Sowers, Office on Aging
Barbara Wasserman
Brian Jolles, We Promote Health

Also present:

Jeananne Sciabarra, LHIC Program Director

Alvaro Ortiz, LHIC Program Manager

Eric opened the meeting at 8:30. Group members introduced themselves. The minutes from the 9.18.14 meeting were approved.

Eric announced that Liz Clark, Healthy Howard's Community Health Promotion Director, would serve as the appointed workgroup co-chair.

Wauseca Briscoe volunteered to serve as the community co-chair for the work group. Wauseca described her extensive experience in the health care industry. The group elected Wauseca as the new community co-chair.

The group discussed the draft 2015-2017 Action Plan. Eric emphasized the importance of goals that are specific, measurable, attainable, realistic and timely. Based on the discussion the group decided to:

- Set a goal to increase the percentage of adults at a healthy weight by 5 percentage points.
- Include goals for racial and ethnic subgroups, and use data from the Howard County Health Assessment Survey to set goals and track progress.
- Set a goal of a 2 to 3 percentage point decrease in adolescent obesity. The group noted that data on children might be hard to collect. The Health Department is working on a data dashboard project that may provide additional data.

In addition:

- Questions on fruits and vegetables on the HCHAS identified the consumption of each separately, so it may be difficult to set a combined target to consume the recommended daily number of fruits and vegetables. Depending on results from the Howard County Health Assessment Survey, the group proposed a 4 percentage point increase in the percentage of adults consuming the recommended number of servings per day.
- WIC is able to obtain data regarding WIC recipients' usage of fruit and vegetable vouchers and farmer's markets vouchers. The group suggested the possibility of targeting this subgroup. Baseline information can be obtained and progress can be measured.

- The wording of the questions on sugar-sweetened beverages was changed from the 2012 survey, so it will be difficult to compare to the 2014 results. Members suggested reaching out to the Horizon Foundation to gather data from their campaign on this issue. Members also suggested reaching out to grocery stores and supermarkets to obtain sales information on these products and finding out whether there is data on consumption in restaurants.
- The Get Active Howard County program could be used to obtain physical activity data and measure progress since they already have baseline data.

During the discussion the following new goals were suggested:

- Increase water consumption.
- Education on what constitutes a sugar-sweetened beverage.
- Participation in school healthy food program.

There were only 9 responses submitted through the survey monkey regarding a potential name change for the work group - 4 in favor, 4 opposed, and 1 abstained. Based on these results, Healthy Weight will remain the official name of the work group.

Action Items:

- Members will receive a survey monkey with all the goals for the 2015-2017 Action Plan proposed by the group. Members are asked to prioritize the strategies based on the needs in the community and the ability of the group to effect change toward the strategies.

Next Meeting:

November 20 at 9:30 a.m., following the full LHIC meeting.

The meeting adjourned at 10:00 a.m.

Respectfully Submitted,
Alvaro Ortiz
LHIC Program Manager