

**Healthy Weight Workgroup Meeting  
November 20, 2014 at 9:30am – 10:30am**

**MEETING MINUTES:**

**Attendees:**

Bob Giromini, We Promote Health	Andrew Monjan, Transition Howard County
Kelly McMillan, Howard Community College	Arleen Tate, Delta Sigma Theta Sorority
Maria Carunungan, HC Health Department	Liz Clark, Healthy Howard, Co-chair
Laurie Collins, HC Public School System	Cindi Miller, HC General Hospital
Wauseca Briscoe, Community Member, Co-chair	Barbara Wasserman, Community Member
Brian Jolles, We Promote Health	Gail Doerr, MD Univ. of Integrative Health
Monica Lewis, Healthy Howard	Au'sha Washington, Horizon Foundation
Mary Ann Barry, Transition Howard County	

**Also present:**

Caryssa Thomas, Healthy Howard

**1. General Updates:**

- Liz Clark from Healthy Howard is the appointed co-chair and Wauseca Briscoe is the elected community co-chair for the Healthy Weight work group.

**2. Goal: Ensuring Howard County Residents Achieve and Maintain a Healthy Weight:**

- Strategy: Increase education on what “healthy” really means and explain the benefits of being healthy
  - Group decided this strategy is addressed through the educational components of the other strategies.
- Strategy: Increase awareness of the importance of adequate sleep and the effects that it has on overall health.
  - Liz-Need to have a measureable outcome as well as showing how adequate sleep directly ties into healthy weight, in order for strategy to be effective.
  - Cindi- recommends that the work group’s member organizations focus on incorporating the relationship between sleep and healthy weight into existing educational programs.
  - Considering activity in March during sleep awareness month. All agreed to keep this on their agencies’ agendas.
  - Plan to discuss further at future meetings.
  - Discussed adding to next county wide health assessment survey. Au’sha raised concerns about both funding and length of survey. BRFSS does provide data on sleep at the state level (though not at county level).
  - Transition Howard County has resources regarding the link between sleep and healthy weight.
- Strategy: Monitor implementation of the HCPSS Wellness Policy 9090, particularly in schools with a high proportion of students affected by health disparities.
  - Liz-consider changing use of word “monitor” in strategy to “support.”
  - Laurie - HCPSS is experiencing challenges with 9090 and would like support from the community at large. She will take this idea back to her colleagues and see how the LHIC can best support the policy. She suggested we put the

strategy on hold until a more specific request can be made. The group agreed.

- Strategy: Create a resource list containing information about the different health-related programs in the county.
  - Leave this goal as is.
  - Good resource to have for schools to send home to parents.
  - Liz will have Carroll County's resource emailed to members of the work group to see an example that we may want to model our resource after.
  - Cindy-Would list be maintained by the health department?
    - Liz-Believes LHIC could be instrumental in maintaining list, with assistance from Healthy Howard as whole.
  - Arlene-Perhaps can have a facilitator for resource list?
    - Liz- will discuss possibility of a list facilitator once more advanced in strategy.
- 3. **Goal: Ensuring Howard County residents have access to, and increase consumption of, healthy food and drinks.**
  - This goal will be discussed at the next meeting.
- 4. **Goal: Ensuring Howard County residents have access to, and increase participation in, physical activity:**
  - Strategy: Increase participation in programs promoting physical activity.
    - Cindi- recommends a more global strategy.
    - Get active Howard County can be used as a great resource.
    - Liz indicates how to make the strategy more specific. We need to have measureable outcomes.
  - Strategy: Help to establish, revise and implement wellness policies...
    - The group decided this strategy is already being taken care of by the institutions most impacted (i.e., HCPSS) and deleted from the action plan.
- 5. **Goal: Enhancing the built environment to support active living in Howard County.**
  - The strategy to support advocacy efforts of community policy leaders to create safe walking and biking options was approved.
  - Au'Sha-Serves on coalition to improve walkable and bikeable places in Howard County and will report back to us on how we can support their efforts.
- 6. **Discuss inviting policy leaders to come talk to the group:**
  - For future meetings: have policy leaders come and talk about what is happening in the county around issues of food and walkable/bikeable communities.
    - New walk/bike manager for Planning and Zoning
    - New nutrition person from HCPSS
    - Food Council leader
- 7. **Next Meeting: date/time:**
  - Alvaro will send out survey monkey to determine if workgroup would like to meet on the fourth Thursdays of the months that the full LHIC doesn't meet – February, April, June, August, October, December.
  - Plan to continue to hold other bi-monthly meeting directly after full LHIC meeting.
  - Next meeting to be held Thursday 12-18-14 from 8:30-10:00 am.
- 8. **Announcements/Information Sharing:**
  - Alvaro to send out URL weblink for Carroll county-health related program.
  - Brian to bring a copy of "Get Active Howard County," registration questions to next Healthy Weight workgroup meeting.