

LHIC Healthy Weight Work Group Meeting
12.18.14 – 8:30 a.m.
Minutes

Members present:

Brian Jolles, We Promote Health
Kelly McMillan, Howard Community College
Maria Carunungan, HC Health Department
Briscoe, Community member, co-chair
Cindi Miller, HC General Hospital

Andrew Monjan, Transition Howard County
Liz Clark, Healthy Howard, co-chair
Shawni Paraska, Columbia Association Wauseca
Mary Ann Barry, Transition Howard County

Also present:

Jeananne Sciabarra, LHIC Program Director

Alvaro Ortiz, LHIC Program Manager

Introductions and approval of minutes from previous meeting:

- Liz opened the meeting at 8:35. Group members introduced themselves and shared New Year's resolutions. The minutes from the 11.20.14 meeting were approved.

2015-2017 Action Plan:

a) Review of new format

- Jeananne described the new format for the Action Plan, which is based on a sample provided by DHMH.

b) Education strategies: Support education activities related to healthy living.

- Liz explained that the resource list and the action around awareness of adequate sleep had been incorporated into this strategy.
- Shawni suggested that the group include using testimonials as part of the actions under this strategy. She said it's important that people are aware about the success of others as it may serve as motivation. Others suggested that testimonials don't necessarily work for everyone. The group decided to change the wording of this action to include information about "the impact of healthy choices, and to put the testimonials in the resource guide."

c) Food/Drinks strategies: Increase access to and consumption of healthy food and drinks.

- The group decided to refine the first action by adding a specific number of new markets (2) and locations (HCHD and another, possibly Heal Zone) for Farmers Markets.
- Maria noted that only about 50% of WIC participants use the Farmers Market vouchers. She believes this could be due to participants not being able to access the markets as well as the food options available.
- Cindi proposed partnering with the school system to spread awareness about Farmers Markets as well as creating promotional materials (e.g. flyers, etc) to increase awareness.
- In regards to the action around sugar-sweetened beverages the group proposed to begin targeting all the organizations that are part of the LHIC to promote information and awareness about the issue and to try to reduce the size of sugar-sweetened cup sizes available in their premises. The group believes these are businesses that are more likely to make a change.

- Liz mentioned that Phyllis, Regional Coordinator for Healthiest MD Workplaces, could also help to educate businesses and promote change to a healthier work place environment.
- Wauseca suggested that the LHIC should reach out to local restaurants that donate to the Columbia Food Bank to encourage them to provide healthier food and drink options. She also suggested considering showcasing local chefs as part of the education outreach in various Howard County programs.
- Brian also mentioned that Get Active Howard County could help with promotion.
- Members decided to educate people about Roving Radish. Brian offered promoting the program through *We Can* and *Soccer Association of Columbia (SAC)*. Maria also suggested reaching out to Roving Radish and potentially making the Health Department a distribution center. Members suggested the possibility of making Roving Radish one of the vendors once a Farmers Market has been established at the Health Department.
- The group also decided to expand food program partnerships by a minimum of three. After partnerships have been expanded, the group will define the partnerships and utilize them to disseminate the information about the program.

d) Determining goals for subpopulations:

- The group decided to postpone choosing specific percentages for the different subgroups in the action plan until there is better analysis of the data.

Breaking larger group into Action Groups:

- Liz suggested the group create subgroups (Action Groups) to focus on specific actions and to better achieve the different strategies in the Action Plan. She proposed forming seven different work groups around each of the actions in the plan. All group members agreed with the idea and chose a group. Jeananne and Alvaro will create a chart with the subgroups and will ask members who were not present to choose a group. Groups are to meet and begin working on their action item either in person or by phone, before the next work group meeting in February.

Review Survey Monkey results

- Based on the responses from the members, the Healthy Weight work group will meet the fourth Thursday of the month from 8:30 a.m. to 10:00 a.m. during the months that the full LHIC doesn't meet (February, April, June, August, October and December). Alvaro will create and send calendar invitations for the 2015 meetings.

January meeting discussion

- Jeananne shared that the full LHIC meeting scheduled for January will be in partnership with Maryland Health Care for All and will be an informative forum on the new hospital waiver. It will be held at The Meeting House at Oakland Mills Interfaith Center. All group members are encouraged to attend.
- There will be no working group meeting in January outside of the Action Groups meetings.

Announcements/Information sharing

- Transition Howard County will do a "Healthy Food Fest" forum next November on healthy eating at Howard County Community College. There will be vendors who will do demonstrations and provide samples of healthy foods.
- Brian passed out copies of the GAHC Survey for everyone to read (especially the 1st page) and give ideas for new questions in order to get the most meaningful data for tracking physical activity and weight information.
- Shawni shared Columbia Association brochures about *Columbia Optimal Health* – a physician referral program focusing on exercise, nutrition and behavioral health,

and *Columbia Youth Fit* – a physician referral program focusing on creating healthy families. For more information contact Shawni Paraska, Community Health Sustainability Director, at 410.715.3128.

- The full group will not meet in January. However, all action/work groups are asked to meet, begin planning, and report back to the full group in February.

Action Items

- Alvaro will email everyone a chart with the seven action groups and the names of members who have signed up for each, as well as a roster of the full group. Those members who were unable to attend today are asked to choose one or more action groups and email Alvaro with their choices.
- Alvaro will send out the updated 2015-2017 Action Plan.
- Jeananne will look into a free conference call number for the group members to use.
- Liz and Wauseca will allot 5 minutes at the next meeting to discuss potential survey questions to be added to the Get Active Howard County registration page.

Next meeting is scheduled for Thursday, February 26 at 8:30 a.m.

Respectfully Submitted,
Alvaro Ortiz
LHIC Program Manager