

LHIC Healthy Weight Work Group Meeting
2.26.15 – 8:30 a.m.
Minutes - REVISED

Members present:

Brian Jolles, We Promote Health
Liz Clark, Healthy Howard, co-chair
Maria Carunungan, HC Health Department
Mary Ann Barry, Transition Howard County

Phyllis Smelkinson, Healthy Howard
Bob Giromini, We Promote Health
Wauseca Briscoe, Community member, co-chair

Also present:

Jeananne Sciabarra, LHIC Program Director
Kelly Dudeck, HC Office of Sustainability

Alvaro Ortiz, LHIC Program Manager
James Zoller, HC Office of Sustainability

Members connected over the phone:

Gail Doerr, Maryland University of Integrative Health
Monica Lewis, Healthy Howard
Will Dunmore, Recreation & Parks
Christine Lothen-Kline, Health Promotion On Call

Cindi Miller, Howard County General Hospital
Au'Sha Washington, Horizon Foundation
Lisa Martin, Salvere Health and Fitness

Introductions:

- Liz opened the meeting at 8:35. Group members introduced themselves along with Kelly Dudeck and James Zoller, two guest speakers.

Special Guests Presentation:

- Kelly Dudeck and James Zoller from the Howard County Office of Sustainability made a presentation about the Roving Radish program which included the history, progress and future plans. Members had the opportunity to ask questions and learn more about this great program. The presentation will be available to members after obtaining appropriate consent.

Approval of Minutes:

- Members reviewed the minutes from the meeting on 12.18.14. Brian made a motion for approval. All group members seconded his motion approving the minutes.

Review Process of Action Groups:

- Liz discussed the meeting process of the Action Groups with the members. Wauseca said that the telephone conference line was an easy and effective way to meet. Other members shared this opinion. Monica mentioned that her group had met in person but that the option of the conference line was a good idea.

Review Protocol for Tracking Progress of Action Groups:

- Members expressed that they only wanted to receive the meeting notes from their individual Action Groups. All groups will report on their progress during the work group meetings so members may be kept up to date on the rest of the Action Groups. Jeananne suggested to include the name of the person who is writing the notes during the meetings,

so members will know who to contact in case of any questions regarding the notes. Liz asked the group to please email the meeting notes to Alvaro once they are ready.

Action Groups Reports

- *Farmers Markets*
 - The group is currently drafting a proposal/survey that could be presented to Farmers Markets in order to find out if there would be any interest in coming to the Health Department. The group learned from James Zoller, Local Food Manager for the Howard County Office of Sustainability, that it could be a real challenge to bring a market to a new location. The group is also working on finding out whether a market would be allowed in the Health Department building.
- *Sugar Sweetened Beverages*
 - Au'sha will follow up on group's progress at the next meeting.
- *Promote Healthy Foods*
 - The group has decided to promote and support other efforts and programs that promote healthy food around the County. They are also looking to partner with other entities such as Transition Howard County, Healthy Howard, and Whole Foods in an effort to achieve their goals.
- *Physical Activity*
 - The group proposed the idea of creating and collecting a data resources list of Howard County programs and events promoting physical activity. The event calendar of Get Active Howard County was proposed as a way to e-blast information and let the community know about events.
- *Walkable/Bikeable Community Advocacy*
 - Monica Lewis was added to the group. Shawni and Monica will coordinate initial meeting.
- *Resource List*
 - The group has decided to put their work on hold. In the mean time, the group will focus on educating about existing resources and reaching out the other potential partners.
- *Sleep*
 - Brian and Andrew met to discuss the direction of the group. Andrew has agreed to lead one of the 10 weeks of the Get Active Howard County program which will focus on sleep.

We Promote Health – Get Active Howard County

- Brian shared with the group information about Get Active Howard County and expressed the need of community leaders to promote the program and motivate others to join.

Action Items

- Group will forward any event information to Alvaro so we can keep track of the progress and involvement of the group.
- Group will use Get Active Howard County's event calendar to post and promote wellness related events year-round.

Next meeting will be Thursday, March 26, 2015.

Respectfully Submitted,
Alvaro Ortiz
LHIC Program Manager