

LHIC Healthy Weight Work Group Meeting
3.26.15 – 9:30 a.m.
Minutes

MEETING MINUTES

Members present:

Shawni Paraska, Columbia Association
Liz Clark, Healthy Howard, co-chair
Maria Carunungan, HC Health Department
Mary Ann Barry, Transition Howard County
Kelly McMillan, Howard Community College
Monica Lewis, Healthy Howard
Au'Sha Washington, Horizon Foundation

Phyllis Smelkinson, Healthy Howard
Andrew Monjan, Transition Howard County
Wauseca Briscoe, Community member, co-chair
Arleen Tate, Delta Sigma Theta
Becky Ramsing, Health Promotion on Call
Jennifer Poliwka, Horizon Foundation
Glenn Schneider, Horizon Foundation

Also present:

Caryssa Thomas, CCT Administrative Assistant

1. Motion to approve minutes from last meeting:
 - Minutes approved.
2. General Updates:
 - Most groups have not met since last meeting.
 - SSB met and discussed several things:
 - Ways to target the action plans
 - Looking at larger action plan resources already in community, such as the Sugar Free Kids coalition.
 - Framework toolkit steps for reducing sugar sweetened beverage consumption.
 - Expanding mission to present to healthy businesses based on list provided by Phyllis Smelkinson.
 - March is National Nutrition Month - Great month in which to promote what Healthy Weight work group is working on.
 - Vending Machines:
 - Able to provide healthier options while still protecting freedom of choice.
 - Talk to groups about sending own message to county council.
 - Sleep group:
 - Will be part of the Get Active Howard County Healthy Happy Hour, will present on healthy sleep.
 - Distributing sleep diaries to attendees.

Minutes taken by,
Caryssa Thomas
CCT Administrative Assistant