

LHIC Healthy Weight Work Group Meeting
5.28.15 - 9:30 a.m.
Minutes

MEMBERS PRESENT:

Shawni Paraska, Columbia Association
Liz Clark, Healthy Howard, co-chair
Maria Carunungan, HC Health Department
Glenn Schneider, Horizon Foundation
Kelly McMillan, Howard Community College
Barbara Wasserman, Community member
Peggy Hoffman, HC Office on Aging
Monica Lewis, Healthy Howard

Phyllis Smelkinson, Healthy Howard
Andrew Monjan, Transition Howard County
Mary Ann Barry, Transition Howard County
Arleen Tate, Delta Sigma Theta
Christine Lothen-Kline, Health Promotion on Call
Ruth Heltne, Y of Central Maryland
Brian Jolles, We Promote Health
Kimberly Zisman, HC Health Dept. WIC

ALSO PRESENT:

Caryssa Thomas, CCT Administrative Assistant

MEETING MINUTES:

1. Farmers' Market on Howard County Health Department lot:
 - Tentatively scheduled for Mondays from 11-3, from approximately 6/15-9/15/15.
 - WIC will be staffing along with farmer(s).
 - Weekly vegetable farmer and mostly weekly fruit farmer.
2. Get Active Howard County:
 - Met million steps goal:
 - Surpassing the amount of last year.
 - Promoting family wellness day:
 - Being held Sunday 6/7
 - Open streets event:
 - Encouraging the development of more walk-able and bike-able areas in Howard County.
 - Being held on Saturday 6/13.
3. Healthy Sleep:
 - Held Healthy Happy Hour, healthy sleep was discussed and promoted.
 - Dr. Twery from NIH is available to come out and promote healthy sleep to organizations if interested.
4. Breakout of Healthy Weight workgroups:
 - Access to fruits and vegetables.
 - Food partnership group.
 - Bikeable/Walkable streets group.
 - Promoting healthy activity in the county group.
 - Resource group.
 - Sleep group.
 - Sugar sweet beverages group.

- Individual groups met 5-28, Healthy Weight workgroup members should feel free to be involved in more than one sub-group if they so desire.

5. Thank You!!

- Thank you for all the work the Healthy Weight workgroup members have accomplished.
- Many items featured on the LHIC meeting agenda were the direct result of the Healthy Weight workgroup: farmers' market at Ascend One (that accepts WIC checks, etc), Open Streets, SSB vote, Get Active Howard County Family Wellness Day.

Submitted by,
Caryssa Thomas, CCT Administrative Assistant