

**LHIC Healthy Weight Work Group Meeting**  
**7.23.15 - 9:30 a.m.**  
**Minutes**

**MEMBERS PRESENT:**

Liz Clark, Healthy Howard, co-chair  
Brian Jolles, We Promote Health  
Bob Giromini, We Promote Health  
Shawni Paraska, Columbia Association  
Cindi Miller, Howard County General Hospital  
Maria Carunungan, HC Health Department

Karen Basinger, Univ. of MD Extension  
Peggy Hoffman, Dept. of Citizen Services  
Gail Doerr, MD Univ. of Integrative Health  
Barbara Wasserman, Community Member

**ALSO PRESENT:**

Danelle Buchman, American Heart Association  
Tara Butler, Healthy Howard  
Naa Minnoh, Healthy Howard  
Alvaro Ortiz, LHIC Program Manager

**MEETING MINUTES:**

Introduction and Approval of Minutes:

- Liz opened the meeting at 9:45 a.m. and welcomed everyone present. Members introduced themselves and welcomed guests.
- Barbara made a motion to approve the minutes from 6.25.15. Bob seconded the motion and the minutes were approved.

Open Enrollment:

- Liz talked to members about open enrollment. She explained that the community co-chair position is a one year commitment and encouraged anyone who was interested in serving as co-chair to contact her or the LHIC staff.

Announcements and Information Sharing

- Maria informed the group that had reached out to someone at the Department of Agriculture to inquire about the possible of updating the current Farmers Markets Directory to reflect the new market here at the Health Department. However, she was told that in order to be added to the directory, a market must have at least three vendors.
- Similarly, Liz contacted TLV Farmer and asked for the Health Department's address to be added to their locations lists.
- Shawni shared with the group information about the Columbia Association's upcoming program for prenatal/postnatal care. She informed the group that the first 15 women who enroll in the program will receive a free goodie bag. She encouraged members to send her any informational materials relevant to this population, so she can include it in the bags.

Data Tracking Sheets and Action Groups Discussion

- Following announcements, the group decided not to break into the different Action Groups and remain together for the meeting.
- Members decided to also merge several of the Action Groups as their focus areas overlap and it would be more efficient to combine their efforts.

- Moving forward the Farmers Markets, Food Partnerships and the Sugar Sweetened Beverages Action Group will be one group. In addition, the Physical Activity and the Walkable/Bikeable Community Advocacy groups combined into one group.
- Liz distributed copies of a data tracking sheet that will be used to record the progress made towards the different actions in the Action Plan.
- Members reviewed the data sheet and began filling out the information.
- Peggy suggested including senior vouchers into the first (check) action under strategy 1 of the Action Plan to ensure the date for this population is being captured. She shared that there a large percentage of seniors in Howard County who fall under the poverty line.
- Member discussed action (#) of the tracking sheet and discussed the possibility of revising this action. They suggested including a model similar to Maryland Healthiest Businesses to the strategy to better track the outcomes of the participating organization.
- Danelle shared that the Heart Association currently has many resources related to healthy living, eating, exercise, etc that they offer to businesses and organizations that want to improve these areas, so she can bring these resources to the table.

Action Items:

- Peggy will look into data of senior food voucher distribution and send to Liz.

The meeting adjourned at 10:40 a.m. The next meeting is scheduled for September 24, following the full LHIC meeting.

Respectfully Submitted,  
Alvaro Ortiz  
LHIC Program Manager