

LHIC Healthy Weight Workgroup Meeting

1.28.16 - 9:30 a.m.

Minutes

MEMBERS PRESENT:

Liz Clark, HHI, co-chair
Kelly McMillan, HC Community College, co-chair
Barbara Wasserman, Community Member
Kayla Kavoukas, HHI
Brian Jolles, We Promote Health
Christine Lothen-Kline, Health Promotion On Call
Danelle Buchman, American Heart Assoc.
Beth Handy, MUIH

Cindy Miller, HCGH
Shawni Paraska, Columbia Assoc.
Mary Ann Barry, Transition HC
Maria Carunugen, HCHD
Vanda Lerdboon, HCHD
Kati Moore, HCHD
Wendy Farthing, HC Office on Aging
Debra Stepp, Delta Sigma Theta

ALSO PRESENT:

Caryssa Thomas, CCT Admin. Assistant

MEETING MINUTES:

1. Opening of Meeting:

- Meeting was called to order by Liz at 9:35 am. Members all introduced themselves and their organizations.
- Minutes from previous meeting were approved by workgroup.

2. 2016 Community Forum 3/24/16:

- LHIC is conducting a forum to highlight work that the LHIC and each specific workgroup have done.
- HWWG will present – Kelly and Liz as co-chairs will present and asked the group to give input on what should be presented.
- Begin to determine how HWWG would like to discuss what work has been done:
 - Discuss data collected that can prove the need and relevancy of the workgroup.
 - Discuss goals accomplished.
 - Discuss action items to still be addressed by the workgroup.
- Workgroup should plan to view forum as a presentation to summarize the motivations of the HWWG.
- Use forum as a recruitment event and to share resources with all attendees.
- Establish subgroup to help create message for forum to be staffed by Liz, Brian, Kelly and Wendy.

3. Announcements and Information Sharing:

- Christine informed members that Health Promotion On Call will be partnering with the Community Action Council on an initiative to be funded by the Horizon Foundation centered on healthy families and children. Plan not to focus on just children but on the family as a whole unit. Convened advisory board to include parent volunteers to maximize services.
- Mary Anne announced an emergency preparedness event on 2/21/16 @ 2pm to be held at 1st Presbyterian Church. Looking to find an emergency preparedness coach was instructed to contact Alisha McMullin with HCHD.
- Brian shared with the group that at least 1 week during the 10 week “Get Active Howard County” will focus specifically on healthy sleep.

4. Smaller Workgroups:

- Members broke into smaller physical activity and nutrition groups at 10:02 am.

NEXT MEETING: Thursday, February 25, 8:30 AM, Ascend One Building on Stanford Blvd.

Respectfully Submitted by,
Caryssa Thomas
CCT Administrative Assistant