

LHIC Healthy Weight Work Group Meeting
04.28.16 - 8:30 a.m.
Minutes

MEMBERS PRESENT:

Liz Clark, HHI	Cindi Miller, HCGH
Kelly McMillan, HC Community College	Kelley Bickersteth, HHI
Barbara Wasserman, Community Member	Mary Ann Barry, Transition HC
Monica Lewis, Independent Nutrition Consultant	Wendy Farthing, HC Office on Aging
Susan Seibel, Howard Community College	Maria Carunungan, HCHD
Roel Evangelista, AAA Physical Therapy	Vanda Lerdboon, HCHD

ALSO PRESENT:

Jeananne Sciabarra, HHI

Introductions & Approval of minutes from 2.25.16

Liz opened the meeting at 8:30. Minutes were approved.

Liz announced Alvaro's departure from Healthy Howard. The group thanked Alvaro for his hard work and dedication to the LHIC and to the Healthy Weight Work Group.

Success of Famer's Market last year and plans for this year

Liz reviewed numbers provided by Maria regarding WIC Farmer's Market checks from the previous two years. Second highest in state in 2015, fifth highest in 2014. This year, James Zoller, Roving Radish Manager, will work with farms to staff the market so this important program can continue.

Also, Roving Radish will use Ascend One as one of the drop-off points this year.

Change of Appointed Co-chair

Liz announced that she will be stepping down as co-chair of the Healthy Weight work group. The funding for her primary program, Journey to Better Health, will be moving to the hospital, so she will no longer be employed by Healthy Howard as of June 30.

Members expressed their appreciation to Liz for all that she has done to make the work group successful over the past two years. Liz brought great spirit, intensity, encouragement and leadership and has jumpstarted the program in a way that nobody else has in its history.

The group discussed how the next co-chair will be chosen and expressed a desire to have some say in the decision. Kelly asked everyone to please email her a list of the characteristics they would like to see in the next appointed co-chair, and Kelly will communicate with Dr. Rossman.

LHIC Community Forum Debrief

Liz noted that there were over 100 participants at the forum and that overall feedback was good.

HCHD Health Expo Debrief

Liz thanked all who helped at the Expo. Vanda also thanked everyone for participating. More than 250 attended. More than 90 completed passports. Healthy Weight table ranked #3 most popular. 98% found event useful and would attend again.

Member Announcements

Cindi distributed cards about Bike to Work Day on May 20.

Womenfest is Saturday, 4/28, from 10:00 to 3:00 at Glenwood 50+ Center. Seminars, arts, vendors, health screenings.

Powerful Tool for Caregivers workshop coming up – contact Wendy Farthing for details.

Diabetes conference May 21 – contact Wendy Farthing for details.

Jeananne passed around flyers for the 2016 Answer the Call campaign for the Howard County Health Assessment Survey, which is scheduled to take place from April to June.

Break into Action Groups

Since not all action groups were represented, the decision was made not to break into action groups.

Updates:

The HCPSS Wellness Policy group drafted a letter to the supervisor of principals to make sure the school system is doing what is required by policy 9090, including appointing Wellness Champions and forming teams. Kati Moore drafted the letter and sent it to the group for comment. Because nobody from the Action Group was at the meeting, the group decided to table the conversation until the next meeting.

Barbara Wasserman suggested that the group invite Brian Ralph, Food and Nutrition Services Director for HCPSS, to speak to the group about all that's going on in Food and Nutrition Services and update him on what the work group has been doing. Liz will invite him for the June meeting.

How could Nutrition Action Group work with school system, particularly around Horizon Grant, for salad bars in 3 elementary schools and revamping food menu at these schools so more children will buy lunch? The group suggested inviting Brian Ralph and Glenn Schneider to the June meeting to discuss. Liz will email Brian and Glenn, cc'ing Barbara.

Meeting adjourned at 10:00 a.m.