

HEALTHY WEIGHT WORK GROUP MEETING

October 25, 2018

Lauren Williams, M.P.H, C.H.E.S.®, Coordinator
Howard County Local Health Improvement Coalition

Will Dunmore, Delegate
Howard County Recreation and Parks

Matthew Wilson , Delegate
Howard County Health Department

Kori Jones, Delegate
Howard County Local Children's Board



Promote. Preserve. Protect.

Howard County LHIC

Local Health Improvement Coalition

PURPOSE & AGENDA

GOAL: Discuss Walk Maryland Day outcomes and strategize ways the HCLHIC can support the University of Maryland Extension FY19 nutrition education program initiatives and the HCLHIC nutrition focus groups.

AGENDA:

- Welcome & Introductions
- Member Announcements
- Walk Maryland Day Outcomes
- University of Maryland Extension FY19 Initiatives
- Nutrition Action Group Update: Focus Group Planning
- Next Steps for full work group and meeting wrap-up

RECAP OF AUGUST MEETING

- FY18 Outcomes
- Walk Maryland Day Planning
- Point of Decision Campaign and Healthy Stretch Demo

MEMBER ANNOUNCEMENTS

Three out of four people using heroin began with the use of prescription medication

Drug Take Back Day

in Howard County

Saturday, October 27
10 a.m.–2 p.m.

Dispose of your unwanted or expired medications at HC DrugFree's one-day, convenient drive-thru drop-off location (accepting medication, needles, syringes & EpiPens)

Wilde Lake Village Center parking lot,
5305 Village Center Drive

For details, go to
www.HCDrugFree.org
443-325-0040

HCDrugFree
Empowering the Community



Message provided by HC DrugFree, Howard County Health Department and Howard County Police with funding from BHA & SAMHSA

American Diversity Group in Association with Premier Health Express Urgent Care & Warrior Centric Healthcare Foundation

Veterans Month Free Labs Checkup

Date – Sunday Oct 21st, 2018
Time – 8 AM to 1 PM
9710 Patuxent Woods Drive Suite 200 Columbia MD 21046

Free Health Fair

Date – Saturday Nov 3rd, 2018
Time – 10 AM to 3 PM
9710 Patuxent Woods Drive Suite 200 Columbia MD 21046

Discuss your test results with Physicians at the Health fair
Free Consults with Doctors and Specialists
Free Health Screenings, Free Flu Shots, Health Education, Referral Resources

Contact
Mayur Mody at amddivgroup@gmail.com or : 240.330.9421

HOWARD COUNTY HEALTH DEPARTMENT Promote. Preserve. Protect.

Leaders Needed!

Become a Certified Chronic Pain Self-Management Leader

Chronic Pain Self-Management leaders are trained to facilitate the six-week "Living Well with Chronic Pain" program for adults, families and caregivers. Participants are taught skills to manage their symptoms and daily lives. Workshops meet for 2.5 hours, 1 time a week for 6 consecutive weeks.

Workshop learning objectives:

- Techniques to deal with frustration, fatigue, isolation, and poor sleep
- Exercises for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Effective communications with family, friends, and health professionals
- Nutrition guidance
- Pacing activity and rest
- Evaluating new treatments

Leader Training Information
When: November 1st, 2nd, 8th, 9th from 9:00 a.m. – 4:00 p.m.
Where: Howard County Health Department | Potomac Room

Training is FREE of charge
Registration and attendance at all four training days is required

410-313-6285
wood@howardcounty.gov

MARYLAND **Living Well** CENTER OF EXCELLENCE **Howard County LHIC** Local Health Improvement Coalition

Bureau of Behavioral Health
8930 Stanford Blvd | Columbia, MD 21045
410-313-6202 - Voice/Relay
1.866.313.6300 - Toll Free

9/2018 hchealth.org/gethelp

THE HEALTH DEPARTMENT AND YOU **HOWARD COUNTY HEALTH DEPARTMENT** Promote. Preserve. Protect.

STI UPDATE: ADDRESSING ADOLESCENT SEXUAL HEALTH

CME BREAKFAST

Thursday, November 15, 2018
7:30 am - 9:00 am

Howard County Health Department
Barton Conference Room
8930 Stanford Blvd.
Columbia, MD 21045

Guest speaker: Dr. Maria Trent, MD, MPH, Professor, Division of General Pediatrics and Adolescent Medicine, Johns Hopkins School of Medicine

7:00 am -7:30 am Registration
7:30 am -7:45 am Continental breakfast
8:00 am -9:00 am Presentation

REGISTER NOW!
http://courses.nnpctc.org/class_information.html?id=2344

The event is FREE but seating is limited.
CME credit will be provided.

- Drug Take Back Day
- Veterans Month Free Lab Screening and Health Fair
- Chronic Pain Self-Management Leader Training
- STI Update: Addressing Adolescent Sexual Health

DOES WHERE YOU LIVE AFFECT *HOW LONG YOU LIVE*?

- The latest data reveals differences down to the census tract level, even for residents just a few miles or blocks apart. Significant gaps in life expectancy persist across many United States cities and towns.

Life Expectancy (5 addresses representing 5 areas w/in Howard County)		Howard County Average	Maryland Average	US Average
HCGH - 5755 Cedar Lane	81.60	82.98	79.20	78.80
West– Gary Arthur Community Center	79.70			
East– Day Resource Center, Jessup	78.80			
North– Ellicott City, George Howard Building	82.10			
Central – Columbia Medical Practice	84.90			

Source:

<https://www.rwjf.org/en/library/interactives/whereliveaffectshowlongyoulive.html>

NOVEMBER ACTION ALERT ITEM

NATIONAL DIABETES AWARENESS MONTH

9.3% Americans suffer from diabetes

At the current rate, **one** in three American adults will have diabetes in **2050**

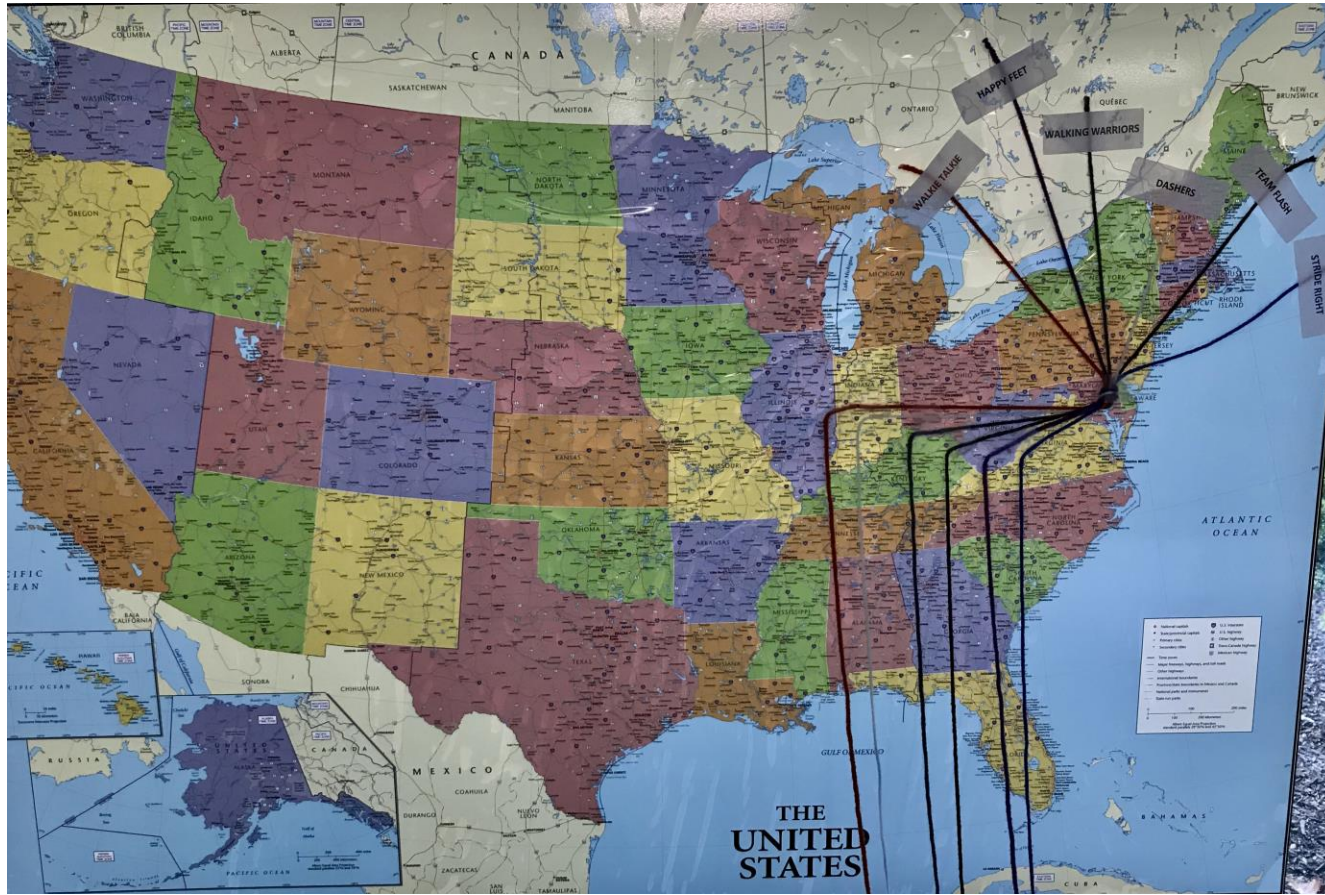
The infographic features a white silhouette of the United States on a dark blue background. To the right of the map, there are three human silhouettes: the first is green, and the other two are white. The text is arranged in a clean, sans-serif font with key statistics highlighted in green.

WALK MARYLAND DAY OUTCOMES



- 7 Howard County Organizations Participated - HCHD, HCGH, Columbia Association, UMD Extension, Local Children's Board, East Columbia 50+ Center, Winter Growth, Inc-Columbia
- Statewide there were over 100 registered walking leaders and walks, over 80 schools, and more than 4,000 walkers
- HCLHIC Virtual Walk- 33 Individuals signed up with a total of 269,616 steps /127.66 miles reported
- SB Team: 93,422 steps / 44.23 miles
- LW Team : 176, 194 steps / 83.43 miles
- The total steps for the health department on Walk MD Day were 584,949 steps/276.96 miles and total of 1954 miles in 7 days. That equals walking almost to Salt Lake City, Utah!!!!

WALK MD DAY 2018 COALITION MEMBER PARTICIPATION



WALK MD DAY 2018 COALITION MEMBER PARTICIPATION



University of Maryland Extension

Columbia Association

Howard County General Hospital
Population Health Department



**FY19 EXPECTED OUTCOME: INCREASE PARTICIPATION
NUTRITION SERVICES BY 10% OVER BASELINE**

**University of Maryland Extension
FY19 Nutrition Program Initiatives
Razan Sahuri
Nutrition Educator**

UNIVERSITY OF MARYLAND EXTENSION FY19 NUTRITION PROGRAM INITIATIVES- RAZAN SAHURI

● 5 Programs being implemented in FY19

Initiative	Programs
Healthy Tots, Healthy Families	-The Judy Center -All Four Head Start Centers -Pre-K at Running Brook & Talbott Springs
Securing Food Resources for Families	-Howard County Food Bank
Farm to Family	-Oakland Mills Farmers Market -East Columbia Branch Library Farmers Market
Healthy Changes for Out of School Youth	-Black Student Achievement Program -Bridges program (2 schools)
Healthy School Communities	School(s) needed!!



Healthy Weight Work Group

October 25, 2018

What is FSNE?

Food Supplement Nutrition Education

- Maryland's Supplemental Nutrition Assistance Program (SNAP-Ed) formerly known as Food Stamp Program
- FSNE is federally funded by the United States Department of Agriculture's (USDA) Food and Nutrition Service
- Mission: Provide nutrition education programs that assist individuals and families in making healthy eating and physical activity choices.



FSNE Target Audience

- Individuals who are eligible or receiving SNAP benefits
- Funding guidance allows program to target slightly wider, low income audiences outside of SNAP eligible:
 - Schools with at least 50% free and reduced meals
 - 50% of audience at 185% of poverty (WIC eligible audience)



FSNE Goals

- Establish policies, practices, and physical environments that promote healthy eating and physical activity
- Increase consumption of fruits and vegetables by low income youth and families
- Increase access to fruits and vegetables for low-income youth and families



How Does FSNE Reach Those Goals in Howard County?

- Collaborate with local organizations
 - Head Start and Judy Center
 - Elementary Schools
 - Out of School Program Sites
 - Food Bank and Pantries
 - Farmers' Markets
 - MSDE, WIC, MD Department of Agriculture, MD Department of Aging



How do we do it?

- Provide nutrition education directly to participants at collaborating sites
- Train community collaborators to provide nutrition education
- Work with collaborating site staff towards building a healthy environment for participants through policies, systems, and environmental changes



FSNE Initiatives!

1. Securing Food Resources For Families



FSNE Initiatives!

2. Farm to Family



FSNE Initiatives!

3. Healthy Changes for Out of School Youth



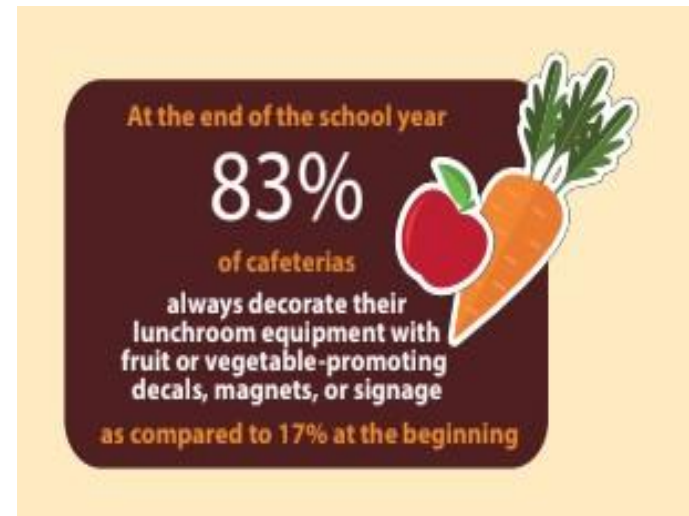
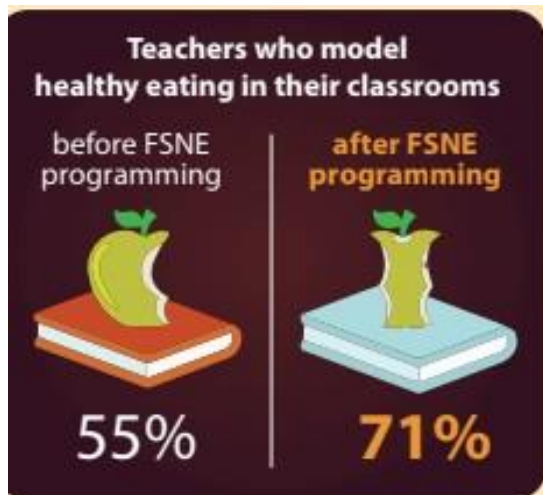
FSNE Initiatives!

4. Healthy Tots, Healthy Families

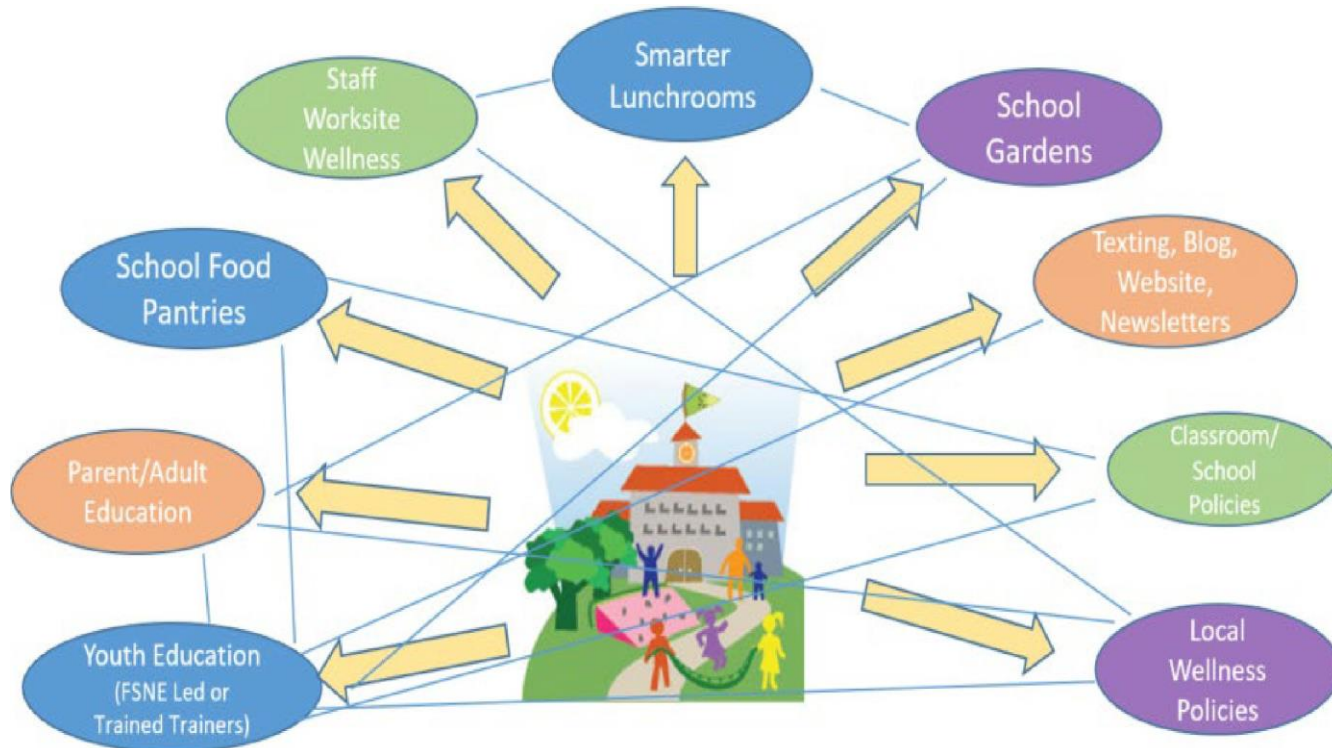


FSNE Initiatives!

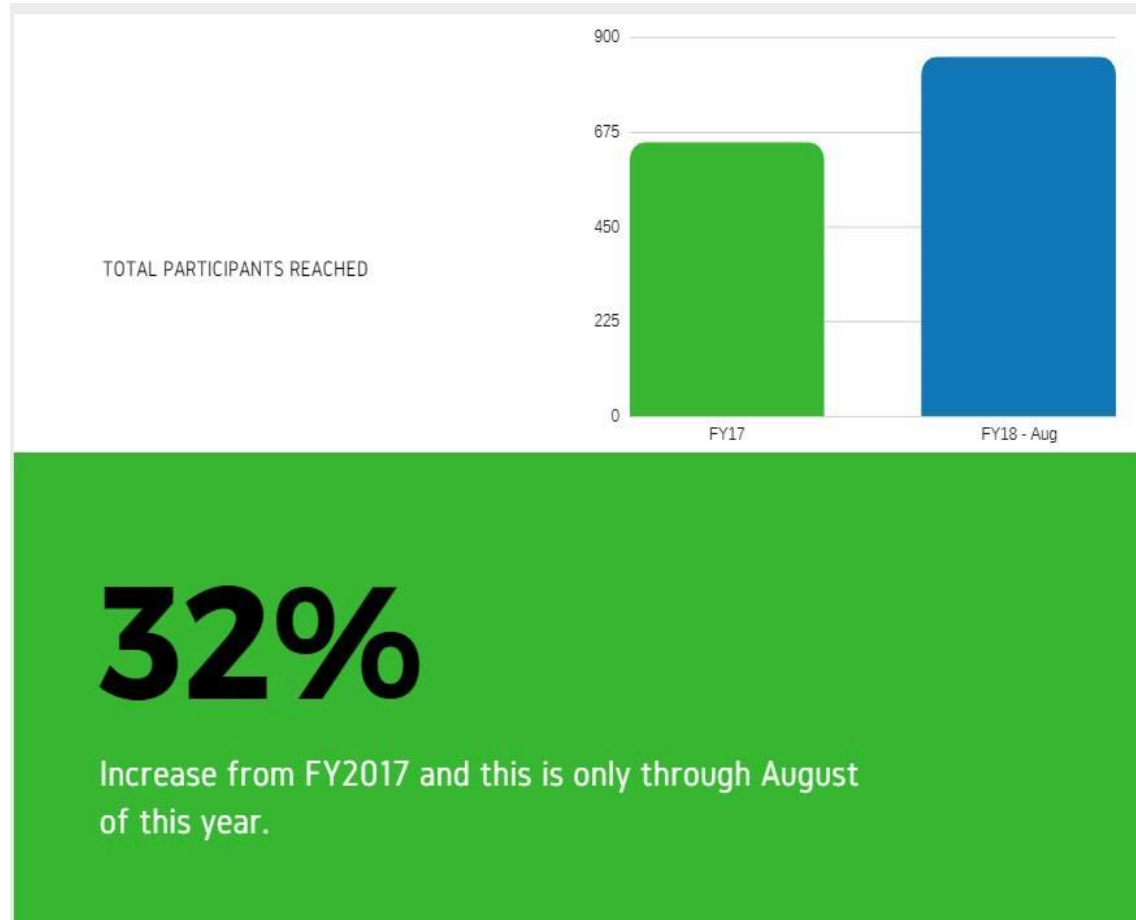
5. Healthy School Communities



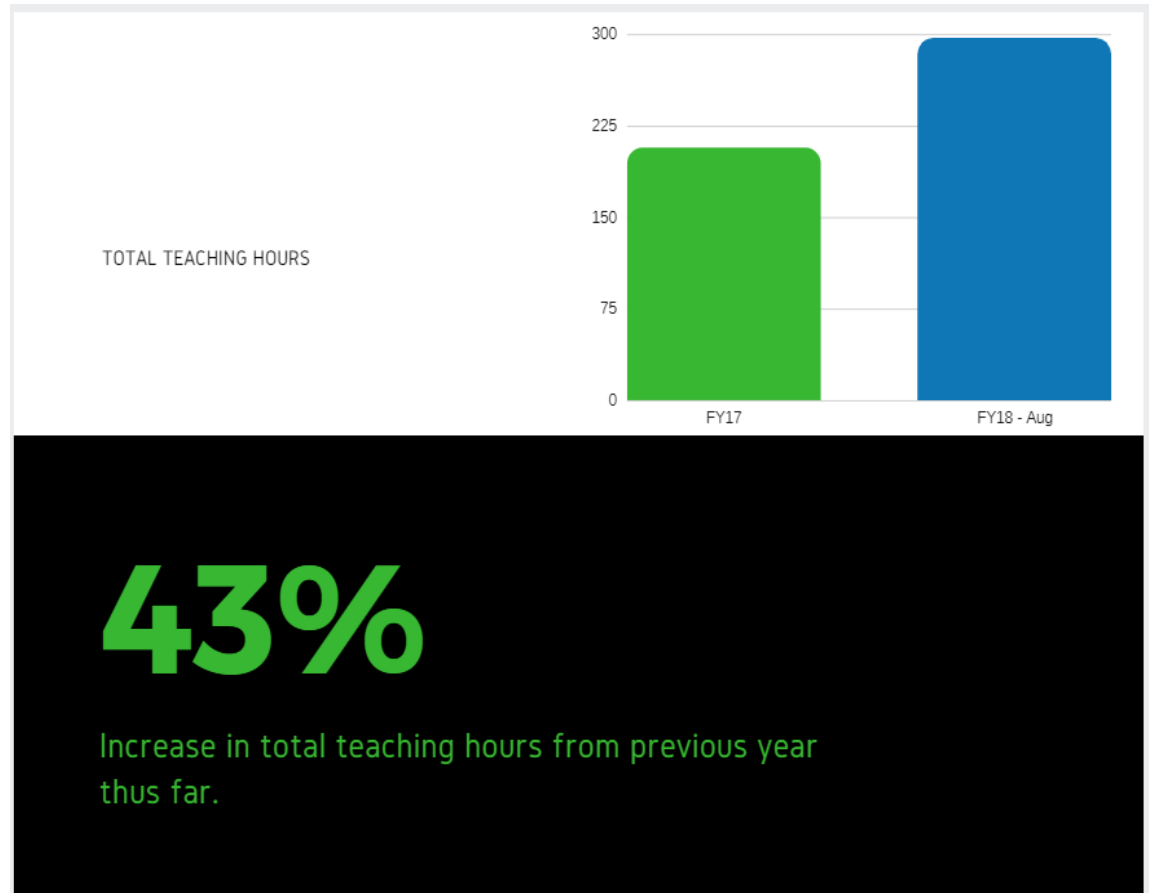
Healthy School Communities



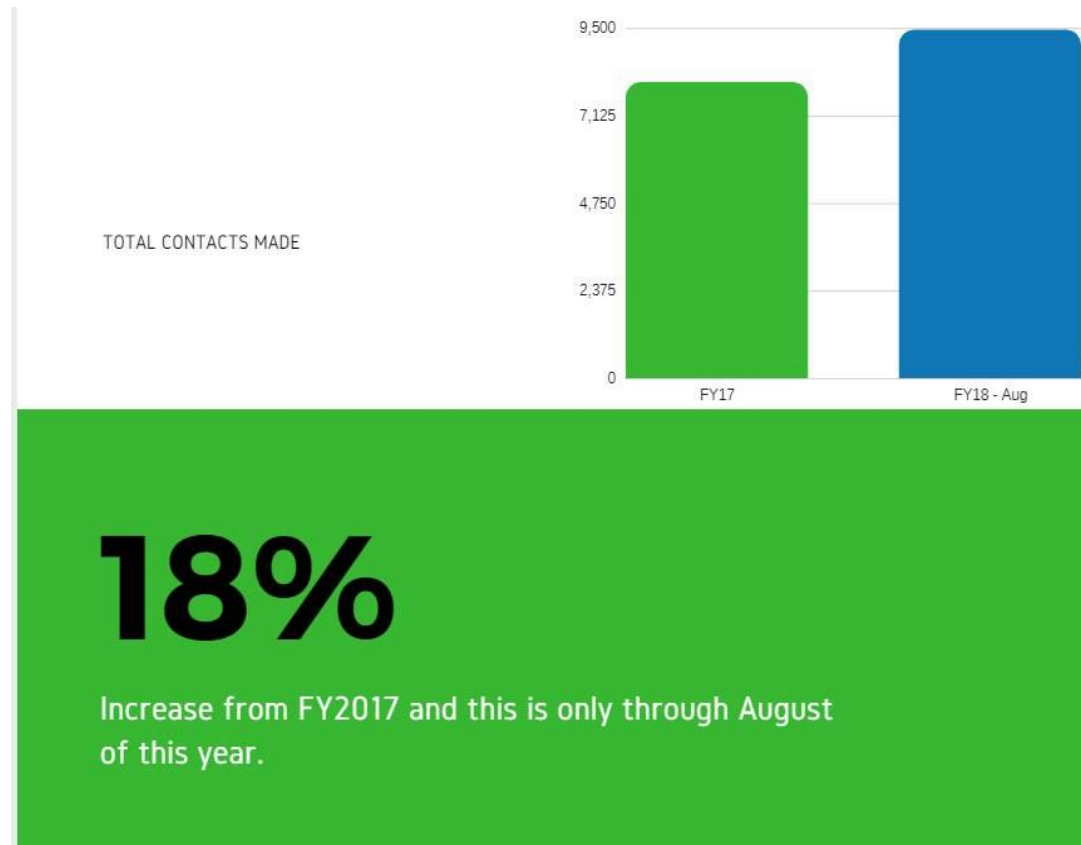
FSNE in HoCo



FSNE in HoCo



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FSNE in HoCo

	FY17	FY18	FY19 GOALS
FARM TO FAMILY	1	2	2
HEALTHY CHANGE FOR OUT OF SCHOOL YOUTH	BSAP 3 Sites	BSAP 3 Sites / BRIDGES 2 Sites	BSAP 3 Sites / BRIDGES 4 Sites
HEALTHY TOTS, HEALTH FAMILIES	4 Head Starts	4 Head Starts The Judy Center 1 Pre-K Site	4 Head Starts The Judy Center 2 Pre-K Site
SECURING FOOD RESOURCES FOR FAMILIES	Howard County Food Bank	Howard County Food Bank	Howard County Food Bank / Head Start Pantries
HEALTHY SCHOOL COMMUNITIES	0	0	at least 1





HEALTHY MEETING STRETCH BREAK

Take Your
Break 

<https://www.workplacestrategiesformentalhealth.com/newsletter/healthy-break-activities>

NUTRITION ACTION GROUP- FOCUS GROUP PLANNING

- **Goal: Assess what type of nutrition resources participants would like to see in the community and address barriers and challenges to accessing nutrition resources**
- **Objective: Conduct focus groups at Head Start, WIC, and Faith-based partner with facilitated questions**
- **Needs: recruit facilitators, meeting room space, sponsors for participant incentives /refreshments**

FOCUS GROUP NEEDS

● Head Start

Facilitator	Venue	Incentives
<ul style="list-style-type: none"> Head Start Instructor/Volunteer 	<ul style="list-style-type: none"> Close to or at a Head Start location 	<ul style="list-style-type: none"> An incentive needed by this population

● WIC

Facilitator(s)	Venue	Incentives
<ul style="list-style-type: none"> Bilingual Spanish/English facilitator 	<ul style="list-style-type: none"> Accessible/recognized by/within the Hispanic Community 	<ul style="list-style-type: none"> An incentive needed by this population

● Faith-based Community

Facilitator(s)	Venue	Incentives
<ul style="list-style-type: none"> Recognized within/by the faith-based community From the African American community 	<ul style="list-style-type: none"> Ideally within a church/interfaith/other religious center 	<ul style="list-style-type: none"> An incentive needed by this population

WRAP UP AND NEXT STEPS

Nutrition Action Group Meeting

11/2018

HCHD

FULL LHIC MEETING

01/24/2019

8:30 - 10:30am

WORK GROUP MEETING

02 /28 /2019

9:00- 10:30am

Barton A/B