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Health Officer, Howard County Health Department

Steven C. Snelgrove, HCLHIC Co-Chair
President, Howard County General Hospital

Howard County Local Health Improvement Coalition

Healthy Weight Work Group Meeting
 October 30, 2018 – 9:00 – 10:30 a.m.
 Barton A/B

Minutes

Members Present:

Mary Ann Barry, Transition Howard County
 Tara Butler, Howard County General Hospital
 Maria Carunungan, Howard County Health Department
 Katie DiSalvo- Thronson, Horizon Foundation
 Jasmine Drake, Howard County Health Department
 Will Dunmore, Howard County Recreation and Parks
 Melissa Ganey, Humanim
 Kori Jones, Howard County Department of Community
 Resources and Services

Elizabeth Menachery, Howard County Health
 Department
 Cindi Miller, Howard County General Hospital
 Shawni Paraska, Columbia Association
 Maura Rossman, Howard County Health Department
 Razan Sahuri, UMD Extension
 Barbara Wasserman, Community Member
 Matt Wilson, Howard County Health Department

Guests Present:

Cindy Kirk, Maryland Coalition of Families

Staff Present:

Sharif Braxton, HCLHIC Program Coordinator
 Lauren Williams, HCLHIC Program Coordinator

Topic/Agenda	Discussion	Action/Follow-up/Outcome
Welcome and Introductions	<p>Lauren Williams called the meeting to order at 9:05 a.m. Group members and guests introduced themselves.</p> <p>Lauren Williams shared the meeting will be recorded for note taking purposes and provided a brief overview of agenda.</p>	
Approval of Minutes and Announcements	<p>Lauren Williams provided a brief recap of the August work group meeting. A motion to accept the minutes as written was made by Shawni Paraska and seconded by Barbara Wasserman.</p> <p>Members were asked to share any announcements from their organizations.</p> <p>Lauren Williams shared the following announcements:</p>	<p>Minutes from the previous meeting will be available one week prior to the next meeting date at http://www.hclhic.org/membership/meeting-portal.</p> <p>Group members are encouraged to provide event information for inclusion on the HCLHIC website and to visit the site for information on upcoming Healthy Weight</p>

	<ul style="list-style-type: none"> • Drug Take Back Day in Howard County • Chronic Pain Self-Management Leader Training – November 1st- 2nd & November 8th- 9th • Premier Health Express Health Fair – 11/3 • STI Update: Addressing Adolescent Sexual Health CME Breakfast – 11/15 <p>Maria Carunungan shared the WIC program added yogurt and whole grain pasta to the list of eligible foods and the fruit and vegetable vouchers have been increased to \$10.00.</p> <p>Shawni Paraska shared Columbia Association offered free wellness coaching, fitness consultation and a free one- month gym membership for Howard County General Hospital employees.</p> <p>Kori Jones shared HCPSS will be serving hot meals during the winter break at the Bain Center and East Columbia Branch Library. More information will be provided in the coming weeks.</p>	<p>Events: http://www.hclhic.org/news-events/lhic-and-partner-events/month.calendar/.</p> <p>Lauren Williams sent a follow-up email to work group members following the meeting with links and information.</p> <p>Columbia Association is hosting a free Open House on Saturday, November 10th and it will be open to the community.</p> <p>Kori Jones will share promotional materials as they are available.</p>
<p>Robert Wood Johnson Foundation Study</p>	<p>Lauren Williams briefly shared the outcomes from a recent study published by the Robert Wood Johnson which shows significant gaps in life expectancy that persists across many United States cities and towns.</p> <p>The website allows you to enter an address/zip code to see life expectancy comparisons at the County, State, and national levels. The study encourages us to explore how life expectancy in America compares with life expectancy in various community areas to help everyone have the opportunity to live a longer and healthier life.</p> <p>According to the website, the life expectancy is 78.80 in East Howard County compared to 84.90 in Central Howard County.</p>	<p>For more information please visit: https://www.rwjf.org/en/library/interactive/whereliveaffectshowlongyoulive.html</p>

Walk Maryland Day 2018 Outcomes	<p>Lauren Williams briefly reviewed the outcomes from Walk Maryland Day and the HCLHIC Virtual Walk.</p> <p>Tara Butler (Howard County General Hospital), Shawni Paraska (Columbia Association), Mary Ann Barry (Transition Howard County), Kori Jones (Local Children’s Board), Razan Sahuri (University of Maryland Extension) and Lauren Williams (Howard County Health Department) shared their organization’s Walk Maryland Day Activities.</p>	
University of Maryland Extension FY19 Outcomes	<p>Razan Sahuri presented on the University of Maryland, Extension FY19 nutrition education program initiatives, and challenges within each initiative and how the HCLHIC can support.</p> <p>Members shared potential opportunities to collaborate with the Howard County Public School System to achieve the goals of the initiatives.</p>	<p>To view the presentation visit: http://www.hclhic.org/membership/meeting-portal/healthy-weight-work-group-meetings</p> <p>For more information please contact, Razan Sahuri at rsahuri@umd.edu.</p>
Focus Group Discussion	<p>Lauren Williams reviewed the goal and outcome of the focus groups and the tasks that are needed to support the groups.</p> <p>Members provided feedback and shared ways they can support the implementation of the focus groups.</p>	<p>Lauren Williams will schedule a meeting to convene the Nutrition Action group to discuss further planning of the focus groups.</p>
Wrap Up and Adjournment	<p>Work Group members are asked to:</p> <ul style="list-style-type: none"> ○ Engage in the November Action Alert Tool ○ Share any resources to help support the UMD Extension Nutrition Program Initiatives ○ Provide any additional feedback to support the needs of the focus groups <p>The full work group meeting was adjourned at 10:30 a.m.</p>	

Work Group

February 28, 2019; 9:00 – 10:30 am

May 30, 2019; 9:00 – 10:30 am

FULL HCLHIC

January 24, 2019; 8:30 - 10:30

April 25, 2019; 8:30 – 10:30

June 27, 2019; 8:30- 10:30

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