

Howard County Local Health Improvement Coalition

Healthy Weight Work Group Meeting

February 28, 2019 – 9:00 – 10:00 am

Teleconference

Meeting ID: 375 656 920

Minutes

Members Present:

Mary Ann Barry, Transition Howard County
 Michelle Beadle Holder, Food at the Table
 Melanie Berdyck, Giant Food, Inc.
 Maria Carunungan, Howard County Health Department
 Tyrene Derricote, Community Member
 Jasmine Drake, Howard County Health Department
 Will Dunmore, Howard County Recreation and Parks
 Loretta Hoepfner, Maryland Chapter, American Academy of Pediatrics

Kori Jones, Howard County Department of Community Resources and Services
 Cindi Miller, Howard County General Hospital
 Shawni Paraska, Columbia Association
 Razan Sahuri, UMD Extension
 Arlene Tate, Community Member
 Barbara Wasserman, Community Member
 Matt Wilson, Howard County Health Department

Guests Present:

Sandra Lane, Howard County Public School System

Staff Present:

Sharif Braxton, HCLHIC Program Coordinator
 Reena Rambharat, HCLHIC Program Coordinator

Kelly Kesler, HCLHIC Director

Topic/Agenda	Discussion	Action/Follow-up/Outcome
Welcome and Introductions	<p>Reena Rambharat called the meeting to order at 9:00am. Group members and guests introduced themselves.</p> <p>“Virtual Meeting” format for meeting was introduced in response to feedback from Coalition member survey conducted in June 2018. Teleconference housekeeping items were discussed.</p>	<p>Members were asked to take a brief survey to provide feedback on the call as LHIC seeks to make changes to better serve coalition members.</p>
Approval of Minutes and Announcements	<p>Reena Rambharat provided a brief recap of the October work group meeting. A motion to accept the minutes as written was made by Sharif Braxton and seconded by Razan Sahuri.</p> <p>Michelle Beadle-Holder, Shawni Paraska, and Kori Jones, and Melanie Berdyck shared announcements with the group.</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</p>

	<p>Reena Rambharat shared that the HCLHIC will be hosting an <i>Exercise & Aging Seminar</i> in March as a joint event with the Coalition's Healthy Aging work group.</p>	<p>upcoming Healthy Weight Events: http://www.hclhic.org/news-events/lhic-and-partner-events/month.calendar/.</p> <p>Work Group members who are interested in contributing to planning and implementation of the <i>Exercise & Aging Seminar</i> in March are asked to contact Reena Rambharat at brambharat@howardcountymd.gov. Reena Rambharat sent a follow-up email to work group members following the meeting with links and information including:</p> <ul style="list-style-type: none">• African Culinary Heritage class at the Millers Branch Library on March 9th. Discussion on health particularly as it related to racial health equity. Register at: http://host.evanced.info/hclibrary/lib/events/signup.asp?ID=122864• Home Run for Recovery https://bit.ly/2I8tc7l• MHFA and Suicide Intervention Trainings: http://www.hclhic.org/resources/behavioral-health-resources• Virtual Dementia Tour: This workshop offers a hands-on experience that simulates what it is like to live with dementia. It incorporates a debriefing and educational component for participants to gain sensitivity and awareness about those living with dementia. https://www.howardcountymd.gov/Caregiver#Virtual%20Dementia%20Tours• Chronic Disease Self-Management Programs (Diabetes, Hypertension, Pain): http://www.hclhic.org/resources/access-to-care-resources• Stepping On and Stepping Up classes.<ul style="list-style-type: none">○ https://bit.ly/2SO7Tws March Stepping On○ https://bit.ly/2EiDGx0 April Stepping On○ https://bit.ly/2BKuD6j May Stepping On○ https://bit.ly/2SLxarj March 7 Stepping Up Your Nutrition○ https://bit.ly/2Se3Y7g March 29 Stepping Up Your Nutrition
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<p>Howard County’s Food Assistance Response during the furlough</p>	<p>An update on the Howard County Food Assistance Response during the furlough was provided by work group members.</p> <p>Kori Jones of the Department of Community Resources and Services (DCRS). Mr. Jones noted that more food packages had to be prepared than anticipated.</p> <p>Maria Carunungan presented the Howard County’s Women, Infants, and Children (WIC) response to the furlough. Ms. Carunungan noted that due to conflicting messages on social media and other media from a variety of sources there was miscommunication about WIC being closed during the furlough when that was not the case.</p> <p>Sandra Lane presented the Howard County Public School System (HCPSS) response to the furlough and noted that free meals will continue to be given to families until the end of the school year.</p> <p>Will Dunmore from the Howard County</p>	<p>To view the presentation visit: http://www.hclhic.org/membership/meeting-portal/healthy-weight-work-group-meetings</p>

	Recreation and Parks noted that in response to the furlough, they allowed families to defer payments for Before and After Care and set up a payment plan to assist families.	
Mid-year review of Strategic Plans	<p>Reena Rambharat shared that the Food Assistance and Nutrition Education Resource Guide was helpful during the furlough. The guide was shared by HCLHIC members and an uptick in access through Coalition website was noted.</p> <p>Reena Rambharat reminded members that the Point of Decision (POD) campaign and Action Alerts are ongoing.</p> <p>A draft of a Physical Activity Resource Guide has been developed however it is very long and work is being done to reduce its length and make it searchable based on a variety of fields.</p> <p>The preliminary Howard County Health Assessment Survey (HCHAS) results on Healthy Weight and Exercise was discussed for individuals who missed the full HCLHIC meeting in January.</p>	<p>Members are asked to continue sharing the Food Assistance and Nutrition Education Resource Guide with community members.</p> <p>Members are also asked to continue disseminating the Action Alerts when received.</p> <p>Members who are interested in assisting with the Physical Activity Resource Guide are asked to contact Reena Rambharat at brambharat@howardcountymd.gov.</p>
Nutrition Action Group Update	Razan Sahuri gave an update on the Nutrition Action Group Survey and timeline.	Work Group members who are interested in participating in this action group are asked to contact Reena Rambharat at brambharat@howardcountymd.gov .
Next Steps for work group and Wrap Up	<p>Work Group members are asked to:</p> <ul style="list-style-type: none"> ○ Fill out the survey of the virtual call ○ Engage in the March Action Alert Tool ○ Continue to share the <i>Food Assistance and Nutrition Education Programs</i> Resource Guide ○ Contact Coordinator if interested in assisting with the Physical Activity Resource Guide or participating in Nutrition Action Group. ○ Contact Coordinator if interested in assisting with the <i>Exercise & Aging Seminar</i> in March <p>The meeting was adjourned at 10:00am</p>	

Work Group

May 30, 2019; 9:00 – 10:30 am – Barton A & B

FULL HCLHIC

April 25, 2019; 8:30 – 10:30 – Potomac/ Severn

June 27, 2019; 8:30- 10:30 – Susquehanna Room

Respectfully submitted by
Reena Rambharat, MPH, Coordinator
Howard County Local Health Improvement Coalition