

HEALTHY WEIGHT WORK GROUP MEETING



May 30, 2019

Reena Rambharat, MPH, CHES®, Coordinator
Howard County Local Health Improvement Coalition

Matthew Wilson, Delegate
Howard County Health Department


Will Dunmore, Delegate
Howard County Recreation and Parks

Benjamin Barmwell, Delegate
Howard County Local Children's Board

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INSTRUCTIONS – HYBRID MEETING



Computer/ Video: Participant controls in the lower left corner of the Zoom screen

Using the icons in the lower left corner of the Zoom screen, you can:

- Mute/Unmute your microphone (far left on computer); Mute/Unmute button on phone
- All lines will be muted to minimize background noise
- Lines will be unmuted at the end for discussion/questions
- Please mute yourself during discussion/questions if not speaking
- View Participant list on computer– opens a pop-out screen that includes a "Raise Hand" icon that you may use to raise a virtual hand
- Please raise your virtual hand to ask question or make a comment during the discussion
- Question/ comment can also be added to the chat box throughout the meeting

❖ *Not a Video Call...you cannot see us and we cannot see you...we can only hear you.*

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PURPOSE & AGENDA

GOALS: Provide a summary of programs and initiatives that align with the HCLHIC Strategic Plan and identify potential strategies for collaborating with the Dancel Y in Ellicott City, obtain Coalition member feedback and recommendations for the drafted Physical Activity Crosswalk and provide an update on the Food and Nutrition Survey pilot conducted by the Nutrition Action Group and next steps.

AGENDA:

- Welcome & Introductions; Hybrid meeting format
- Approval of Minutes and Announcements
- The Dancel Y in Ellicott City presentation
- Physical Activity Resource Guide/ Crosswalk
- Food & Nutrition Survey Pilot and Full Survey Process
- Next Steps for full work group and meeting wrap-up

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RECAP OF LAST MEETING - FEBRUARY 2019

- Virtual Meeting Format
- Howard County Food Assistance Response during the furlough
 - DCRS, WIC, HCPSS, Howard County Rec. & Parks
- Mid-year review of Strategic Plans
- Update on the Food and Nutrition Survey

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EVENTS - UPDATE

- Columbia Association Healthy Eating Series (March 25, 2019)
- Exercise and Aging Seminar (March 28, 2019)

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UPDATE TO- HCLHIC SPECIAL SEMINAR
EXERCISE & AGING: EVIDENCE-BASED APPROACHES
 MARCH 28, 2019

<p>Session I: Exercise and Brain Health</p> <p>J. Carson Smith, PhD Associate Professor, Kinesiology UMD School of Public Health</p>	<p>Session II: Exercise and Muscle Strength</p> <p>Dr. Paul Abosh Morrison Chiropractic, P.A.</p>
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In summary:

- 31 participants attended (25/31 were HCLHIC members or affiliated with member orgs)
- Event was only promoted to HCLHIC members
- Evaluation response rate was 92%.
- 100% of the participants Strongly Agreed/ Agreed with all the areas assessed.
- 17.4% of participants noting that time was not sufficient...they wanted more!
- Participants were also appreciative of the efforts, thought it was a great seminar, and would like to see more events like these.
- Connected with other HCLHIC members for research extension and presentations

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VIRTUAL MEETING FORMAT SURVEY

Q1: HOW DID YOU CONNECT WITH THE VIRTUAL WORK GROUP MEETING?

ANSWER CHOICES	RESPONSES
Phone/ Dial in only	19.23% 5
Computer only	19.23% 5
Both	61.54% 18
TOTAL	29

Q2: WERE THE WORK GROUP MEETING GOALS ACHIEVED?

Response	Percentage
Yes	90%
No	10%

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VIRTUAL MEETING FORMAT SURVEY

Q3: HOW DID YOU ACCESS THE POWER POINT SLIDES DURING THE MEETING?

Response	Percentage
Web-link	70%
Attachment to e-mail	30%
I was unable to access (r...)	0%

Q4: HOW WOULD YOU RATE THE OVERALL SOUND QUALITY DURING THE MEETING?

	GOOD	FAIR	POOR	TOTAL
(no label)	40.74% 11	48.15% 13	11.11% 3	27

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VIRTUAL MEETING FORMAT SURVEY

Q5: HOW SATISFIED WERE YOU WITH THE TOTAL TIME ALLOTTED FOR THE WORK GROUP MEETING?

	VERY SATISFIED	SATISFIED	DISSATISFIED	VERY DISSATISFIED	TOTAL
(no label)	38.46% 10	57.69% 15	0.00% 0	3.85% 1	26

Q6: HOW LIKELY ARE YOU TO PARTICIPATE IN FUTURE VIRTUAL WORK GROUP MEETINGS?

	VERY LIKELY	SOMEWHAT LIKELY	NOT LIKELY	TOTAL
(no label)	77.78% 21	22.22% 6	0.00% 0	27

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DANCE Y IN ELLICOTT CITY

- Need-based scholarship goals
- Events
 - Y Healthy Kids Day – April
 - April 27, 2019: 488 attendees
 - 162 individual family units
 - 272 children
 - 216 adults
 - Happy Healthy Seniors Day – September
 - Monthly events

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PHYSICAL ACTIVITY RESOURCE GUIDE/ CROSSWALK FEEDBACK

HCLHC Physical Activity Crosswalk Feedback

The Howard County Local Health Improvement Coalition (HCLHC) seeks your feedback on the Physical Activity Resource Guide. Please take the time to review the Guide and answer these short questions to help improve the quality of the resource.

The purpose of all of the Physical Activity Resource Guide is to support the HCLHC goal to provide other activities for individuals with physical activity limitations.

Please rate your satisfaction with the Sports listed horizontally on the Crosswalk.

Very Satisfied 1 2 3 4 Very Dissatisfied

○ ○ ○ ○ ○

What (if any) Sports would you like to add or remove?

Please rate your satisfaction with the Organizations listed vertically on the Crosswalk.

Very Satisfied 1 2 3 4 Very Dissatisfied

○ ○ ○ ○ ○

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Howard County LHC
Local Health Improvement Coalition

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Howard County Resource Checklist – PHYSICAL ACTIVITY

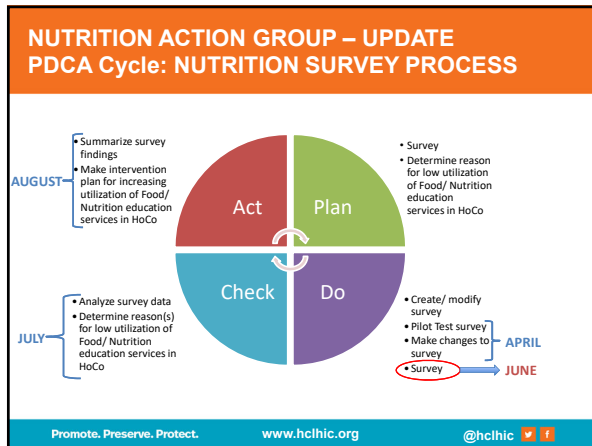
The Howard County Local Health Improvement Coalition (HCLHC) is working to increase participation in free/low cost physical activity programs for priority populations by 20%. HCLHC partner organizations are collaborating to help achieve these goals. Please note that this list constitutes organized sports in Howard County. According to the [Physical Activity Guidelines for Americans](#), more physical activity is better than none. Additionally, individuals with chronic conditions can consult with a health care provider to determine the types and amounts of activity appropriate for them. You can help by sharing these programs and services!

Please visit [HCLHC Healthy Weight and Physical Activity Resources](#) for the electronic version and additional information. Contact info@howardcountymd.gov if you would like to add your organization/ sports or suggest changes.

Organizations (Phone#)	Sports															
	Baseball	Basketball	Chess/Checkers	Cricket	Football	Golf	Gymnastics	Hockey/Fielding	Ice Skating	Netball/Arts	Rugby	Soccer	Sports	Tennis	Trampoline	Wrestling
All Pro Dynamics & Chess Academy (410-378-5439) - L, E																
Colleton Youth Activities Association (817-282-2433) - R, E																
Columbia Soccer Club (410-684-6965) - R																
Columbia Association (410-730-1593) - L, R, E, S																
Columbia Figure Skating Club - R, E																
Columbia Community (410-684-3053) - L, E																
Columbia Ravens - E																

■ Sports offered by organizations, subject to change
 L - Instructional level - Sports fundamentals taught with no formal competition opportunities. No tryouts required.
 R - Recreational Level - Competitive program, but no tryouts required. In county competitions only.
 E - Elite level - Competitive program with tryouts. Out-of-county competitions possible and likely.
 S - Scholarships/ Financial Assistance

Revised 5/18/2019 www.hclhc.org
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WRAP UP AND NEXT STEPS

ACEs Webinar
06/10/2019
1:00pm - 2:00pm
Register: <https://bit.ly/2VSB5j>

FULL HCLHIC MEETING
06/27/2019
8:30 - 10:30am
Susquehanna Room

HEALTHY WEIGHT WORK GROUP MEETING
08/15/2019
9:00 - 10:30am
Barton A&B

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