

Howard County Local Health Improvement Coalition
Healthy Weight Work Group Meeting
11/14/2019 – 9:00 - 10:30am
Zoom Virtual Meeting (Barton A&B)

Minutes

Members Present:

- | | |
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| Melanie Berdyck, Giant Food, Inc. | Razan Sahuri, University of Maryland Extension |
| Tara Butler, Howard County General Hospital | Kelly Wilson, United HealthCare Community Plan |
| Maria Carunungan, Howard County Health Department | Matt Wilson, Howard County Health Department |
| Will Dunmore, Howard County Recreation and Parks | |
| Kirsten Minor, Howard County Health Department | |
| Ekere Olojola, Howard County Public School System | |

Guests Present:

- Erin Anderson, RN, MS, Community Health Nurse, Howard County Health Department
Rhonda Ricks

Staff Present:

- Kelly Kesler, HCLHIC Director
Seojin Kim, HCLHIC Program Coordinator
Rodney Oldham, HCLHIC Program Coordinator

Topic/Agenda	Discussion	Action/Follow-up
Welcome and Introductions	Kelly Kesler called the meeting to order at 9:00 am. Participants, new LHIC coordinators, and guest speakers introduced themselves. Kelly Kesler reviewed the goals and agenda for the meeting.	
Approval of Minutes and Announcements	Rodney Oldham provided a summary from the August 15, 2019 meeting. Kelly Kesler provided announcements and requested members share upcoming programs and activities. A brief summation of the Walk Maryland Day 2019 outcomes was provided. Members were encouraged to consider ideas for participating in Walk Maryland Day in 2020 and fostering activities that promote moving.	Minutes from the previous meeting will be available one week prior to the next meeting date at http://www.hclhic.org/membership/meeting-portal . Group members are encouraged to provide event information for inclusion on the HCLHIC website and to visit the site for information on upcoming events: http://www.hclhic.org/news-events/lhic-and-partner-events/month.calendar/ . To request an event be added to the HCLHIC

		<p>Community calendar contact lhic@howardcountymd.gov.</p> <p>A follow-up email was sent to work group members following the meeting with information. Coalition members are asked to participate/share:</p> <ul style="list-style-type: none"> - Thrive By 5 - Bearing Witness to Racial Trauma - MMWR Adverse Childhood Experiences (ACEs) - 2019 Champions of Change Conference - National Family Caregiver Month <p>Coalition members are asked to share their activities with Rodney Oldham at roldham@howardcountymd.gov</p>
<p>Presentation of Birth Outcomes and Healthy Weight</p>	<p>Erin Anderson, Community Health Nurse for the Howard County Health Department, presented data regarding Birth Outcomes and Healthy Weight in Howard County.</p> <p>Ms. Anderson reviewed the 2017 annual report of Howard County data trends including: 1) 2018 Preliminary data, 2) 2017 Birth Statistics, 3) 2010-2017 fetal/infant death, 4) 2013-2017 premature birth, and 5) a variety of risk factors (e.g., Maternal opioid and underweight women pre-pregnancy).</p> <p>Ms. Anderson also shared some of the key findings from the 2018 Fetal Infant Mortality Review (FIMR) Committee’s focus group and the information regarding the future training activities to address Implicit Bias with providers and other member of the community.</p> <p>Coalition members discussed the correlation between the birth outcomes and Adverse Childhood Experiences (ACEs).</p>	<p>Coalition members may contact Erin Anderson with questions at eanderson@howardcountymd.gov</p> <p>Coalition member are encouraged to learn about more information about the presentation at:</p> <ul style="list-style-type: none"> • 2018 Infant Mortality Report • Other Birth/Death Related Reports from Other Years • 2017 In-Depth Report <p>LHIC will email more information about FIMR Training/Implicit Bias Discussions to Coalition members in the near future.</p> <p>Coalition members interested in additional information on Adverse Childhood Experiences (ACEs) can learn about the relationship of childhood abuse and household dysfunction via the link below</p>

	<p>Tara Butler indicated that the hospital’s Population Health programs would be interested in additional information and discussion with Ms. Anderson regarding birth outcomes. Additionally, the Department’s Health Promotion team will be looking at ways to address barriers to physical activity.</p>	<p>https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/about.html</p> <p>LHIC staff will connect Tara Butler and Erin Anderson to facilitate further discussion.</p>
<p>Implicit Bias Training</p>	<p>Coalition members discussed about how professional implicit bias could have an impact on behavioral health providers and agreed that LHIC could play an important role in delivering professional education including ACEs or Implicit Bias to individual practitioners and other community members.</p> <p>Razan Sahuri shared that the University of Maryland Extension (UMDE) has been working to determine the reach and inclusivity of extension outreach. One concern raised was that the Extension’s efforts were targeted to low-income communities more so than others. Ms. Sahuri indicated that she would be open to sharing additional findings in a future meeting.</p> <p>Melanie Berdyk stated that although Implicit Bias training is not specifically provided, the dietitians and health educators at Giant try to stay neutral and flexible as much as possible because of the various population groups that they serve.</p>	<p>Coalition member are encouraged to learn about more information about Implicit Bias at:</p> <ul style="list-style-type: none"> • Project Implicit http://www.projectimplicit.net/index.html • IAT tool https://implicit.harvard.edu/implicit/ <p>Coalition members who are interested in collaborating to providing implicit bias training for their organizations are asked to contact Kelly Kesler at kkesler@howardcountymd.gov.</p>
<p>Nutrition Data and Activities and the Fruit and Vegetable Consumption Project</p>	<p>Kelly Kesler provided a recap of the activities of the Nutrition Action Group, the Nutrition Action Group Survey findings and the Nutrition findings from the 2018 HCHAS Survey findings related to fruit and vegetable consumption.</p> <p>Ms. Kesler shared that as a result of the Nutrition Action Group’s work, the Nutrition Action Group will refocus, and a new action group will be formed to develop an intervention to increase fruit and vegetable consumption.</p>	<p>Coalition members may access the full HCHAS report using the link: https://www.howardcountymd.gov/Departments/Health/Reports-Data</p> <p>Work group members who are interested in being a part of the Fruit and Vegetable Consumption pilot project Action Group are asked to contact Kelly Kesler at kkesler@howardcountymd.gov or Rodney Oldham at roidham@howardcountymd.gov.</p>

	<p>As the project was discussed, Melanie Berdyk shared that Giant will be receiving coupons in 2020 that they use for nutrition clients and for participants who attend their nutrition classes, store tour interactions or for community groups.</p>	<p>Work group members with questions about the coupon program through Giant may contact Melanie Berdyk at melanie.berdyck@giantfood.com</p> <p>Work group members may learn more about the American Diabetes Association’s 6-week “What Can I Eat Program for Diabetes” at https://professional.diabetes.org/content-page/what-can-i-eat</p>
<p>Next Steps and wrap-up</p>	<p>The work group meeting was adjourned at 10:15am.</p>	<p>Members are asked to continue to share the resource guides that the HCLHIC maintains with colleagues and stakeholders to increase access to these important programs and services available in the County. Remember to check back at www.hclhic.org regularly for updates:</p> <ul style="list-style-type: none"> • HCLHIC Chronic Disease Self-Management Program Resource Directory • HCLHIC Food Assistance Nutrition Education Resource Directory • HCLHIC Behavioral Health Crosswalk and HCLHIC Partner Mental Health First Aid Classes & Suicide Intervention Programs

Future Meeting Dates:

Work Group

March 19, 2020 9:00 – 10:30am – Barton A&B

May 14, 2020 9:00 – 10:30am – Barton A&B

FULL HCLHIC

January 30, 2020; 8:30 – 10:30am – Howard County Non-Profit Collaborative

April 30, 2020; 8:30 – 10:30am – TBD

June 25,2020; 8:30 – 10:30am – Susquehanna Room

Howard County LHIC

Local Health Improvement Coalition



8930 Stanford Blvd | Columbia, MD 21045

410.313.6204 - Voice/Relay

410.313.6108 - Fax

1.866.313.6300 - Toll Free

www.hclhic.org

Respectfully submitted by
Rodney Oldham, CPT, CHES®, LHIC Coordinator
Howard County Local Health Improvement Coalition