



Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

November 28, 2023

12:00 p.m. to 1:00 p.m.

Virtual via Zoom

Minutes

Members Present:

- Michelle Clark, Howard County Health Department
- Rachel Filar, Howard County Department of Community Resources, Office of Aging, and Independence
- Natalie Hall, Howard County Health Department
- Meridy McCague, Howard County Department of Community Resources, Office of Aging, and Independence
- Tavia Patusky, Columbia Association
- Michelle Rosenfeld, Howard County Department of Community Resources; Office of Aging and Independence
- Nikki Savoy, Accessible Resources for Independence
- Terri Taylor, Howard County Fire and Rescue Services; Howard County Safe Kids
- Matt Wilson, Howard County Health Department

Staff Present:

- Lindsay Hall, Public Health Intern of Howard County Local Health Improvement Coalition
- Ashton Jordan, Howard County Local Health Improvement Coalition
- Sonya Lloyd, Howard County Local Health Improvement Coalition
- Reena Rambharat, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
Welcome and Introductions	<p>Ms. Sonya Lloyd, Community Engagement Coordinator, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 12:00 p.m.</p> <p>Ms. Lloyd provided a welcome to members in attendance and thanked participants for joining the meeting. She shared that the purpose of the Movement Group is to promote exercise and physical activity throughout the year including the State of Maryland’s Walktober initiatives in October.</p>	<p>LHIC website: https://www.hclhic.org/ and https://www.hclhic.org/home/meeting/2023?catelId=364</p>
Announcements	<p>Ms. Lloyd shared that the next full quarterly LHIC meeting will be hybrid at 8:30 a.m. on Thursday, January 18, 2024, at the Howard County Health Department (HCHD) and online via Zoom.</p> <p>Ms. Lloyd asked that partners fill out the LHIC Feedback Survey which will help us to improve our quarterly meetings and communications as we prepare to continue our collaborative initiatives in 2024. The survey is completely anonymous and should take less than 5 minutes to complete.</p> <p>Ms. Lloyd shared that the Howard County Health Department (HCHD) is recruiting Underage Tobacco Enforcement Investigators (UTEIs) to assist Howard</p>	<p>Previous LHIC meeting minutes: https://www.hclhic.org/home/meeting/2023?catelId=1</p> <p>Register for next full LHIC meeting: https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddttdtcreator</p> <p>LHIC Feedback Survey: https://www.surveymonkey.com/r/HCLHIC23</p> <p>Contact Natalie Hall about the UTEIs applications:</p>

	<p>County Enforcement Officers with enforcing Maryland's Tobacco 21 law in Howard County through retailer education compliance checks.</p>	<p>nhall@howardcountymd.gov</p> <p>Email any future announcements to lhic@howardcountymd.gov</p>
<p>Previous Meeting</p>	<p>Ms. Lloyd said that previous meeting minutes can be found on the LHIC website. At the last meeting, Ms. Toni White-McCoy, a certified worksite wellness program manager and president of BOOM Shake Fitness, presented on the goal of inspiring individuals to live empowered lives through fitness.</p> <p>Ms. Lloyd discussed future planning for the Movement Workgroup, including a Movement Group logo to promote all partner physical activity events in Howard County. This new logo will be unveiled at the next Movement workgroup meeting in January. Once it is finalized, partners are requested to use this new logo on fliers, social media posts, and websites. The new logo will also be placed on the LHIC Physical Activity webpage.</p> <p>Ms. Lloyd said that the LHIC website has a Calendar of Events page that is being utilized to list partner physical activity events happening in Howard County. Please email LHIC if you want your physical activity event placed on this calendar or promoted on LHIC's social media pages.</p>	<p>Movement meeting minutes: https://www.hclhic.org/home/meeting/2023?catId=364</p> <p>Toni White-McCoy BOOM Shake Fitness: toniwhite@boomshakefitness.com or call 301-875-6708 Website: https://www.boomshakefitness.com/</p> <p>LHIC Physical Activity Webpage: https://www.hclhic.org/healthy/physical-activity</p> <p>LHIC Calendar of Events: https://www.hclhic.org/Home/EventList/2023/11</p> <p>Email lhic@howardcountymd.gov to list your event on the calendar.</p>
<p>Walktober Summary Results Presentation</p>	<p>Ms. Lloyd introduced Ms. Lindsay Hall, Public Health Intern with the HCLHIC, to formally present the results of Howard County's 2023 Walktober initiatives. Ms. Hall said there were 47 events that were organized by 18 organizations with 2 cancellations, 787 participants, and 2,409 miles walked. We received feedback from event organizers and discussed key takeaways:</p> <ul style="list-style-type: none"> • Participants had a great time and enjoyed the community aspect of the walks. • Giveaways were popular. However, fanny packs did not fit all body types. Suggestions for next year: t-shirts, water bottles, reusable bags, reflective gear, scarves. • There was increased participation from last year. • Great way to network with current and prospective volunteers. • All event organizers will plan to host their event (or a similar one) next year. • Early outreach gave more time for organizers to plan walk/move events. • Next year, create and distribute individual participant surveys. • Future outreach to Howard County schools through the PTSA's so they can plan walks. <p>Ms. Hall wrapped up her presentation by saying the goal of Walktober 2024 is to continue the success and momentum from this year with even more events and participants.</p>	

<p>Future Planning</p>	<p>Ms. Natalie Hall, Community Health Educator / CAREAPP Engagement Coordinator, HCHD, discussed planning and visioning for next year's Walktober 2024. Members brainstormed how to engage the community for Walktober 2024 and Winter events promotion.</p> <p>Movement members suggested the following:</p> <ul style="list-style-type: none"> • Reach out to Columbia Association Villages to plan walks for next year's Walktober. • Continue to cross promote each other's events. • Connect with commercial organizations like the Mall of Columbia to do Winter events for the mall walkers, and next year's Walktober. • Contact Merriweather District and Downtown Columbia Partnership (DTCP) to have physical activity programming and activities. • Contact Savage Mill to partner with future events. • Contact Old Ellicott City (OEC) leadership/business owners to partner with future events. • Partnerships are key when having events that include wraparound services such as food, housing, healthcare access. • Give out additional giveaways such as hats, warm weather gear, and offer food / drink incentives. • Encourage and promote cold weather movement. • Outreach to Doctor's office, medical centers, and clinics to increase physical activity; give resources to their patients and promotion. • Johns Hopkins Howard County Medical Center and Office on Aging & Independence (OAI) teach various Diabetes and Chronic Disease self-management classes; promote physical activity events and resources with Walktober and movement info. • Walktober App from State of Maryland, possible utilization for Howard County's Walktober 2024. • Host a scavenger Hunt Incentive walk or fitness challenge event with different stations. • Events for dog owners / pet owners at a dog park, dog care places, doggy daycares (Dogtober). • Promotion of winter indoor activities: basketball tournaments, swimming, pools, gyms. • Howard County Fairgrounds, any scheduled events for the Winter? • Host an accessible gaming event that encourages movement. Parks and Recs might have more info. 	
<p>Next Steps & Wrap-up</p>	<p>Ms. Lloyd wrapped up the meeting with the following:</p> <ul style="list-style-type: none"> • The next meeting will be 12 p.m. on January 23, 2024. Meeting minutes will go out sometime next week. Have a Happy Holiday and a Healthy New Year. <p>The meeting ended at 12:47 p.m.</p>	<p>Email Ms. Lloyd with any questions: SLloyd@howardcountymd.gov</p>

Respectfully submitted by
Sonya Lloyd
Community Engagement Coordinator
Howard County Local Health Improvement Coalition
Website: <http://www.hclhic.org> Social Media: [@hclhic](#)