

**HOWARD COUNTY LOCAL HEALTH IMPROVEMENT COALITION**

August 15, 2019

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Howard County Local Health Improvement Coalition

Matthew Wilson, Delegate  
Howard County Health Department

Benjamin Barnwell, Delegate  
Howard County Local Children's Board

**Howard County LHIC**  
Local Health Improvement Coalition

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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**

**GOAL:** Provide an update of the Women, Infants, and Children (WIC) Farmer's Market program and inform attendees about Word Breastfeeding Month activities; Review findings of the 2018 Howard County Health Assessment Survey (HCHAS) on Fruit/Vegetable consumption and the Food and Nutrition Survey; and Discuss strategies to increase utilization of Nutrition Education Programs and consumption of fruits and vegetables.

**AGENDA:**

- Member Announcements
- Parks and Recreation Month Update
- Women, Infants, and Children (WIC) Update
- Howard County Physical Activity – Organized Youth Sports Guide
- HCHAS data on Fruit and Vegetable Consumption
- Food & Nutrition Survey Results
- Nutrition Education and Fruit/Vegetable consumption discussion

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**2018 DATA ON FRUIT & VEGETABLE CONSUMPTION**

2018 Howard County  
Health Assessment Survey  
Howard County, Maryland  
Final Report

OPINIONWORKS

<https://www.howardcountymd.gov/Departments/Health/Reports-Data>

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**OBESITY**

**BMI**  
Asked of all respondents

Year	Not overweight or obese (BMI < 25.00)	Overweight (BMI 25.00 - 29.99)	Obese (BMI 30.00+)
2012	44%	34%	22%
2014	44%	33%	23%
2016	40%	38%	22%
2018	36%	36%	27%

Year	Mean BMI
2012	26.90
2014	26.65
2016	27.03
2018	27.59

Body Mass Index Calculation based on Q8.11 (weight) and Q8.12 (height).

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**ADVISED BY DOCTOR TO LOSE WEIGHT**

**Advised by Doctor to Lose Weight**  
Asked of all respondents

Year	Yes	No
2012	34%	65%
2014	35%	64%
2016	32%	68%
2018	36%	64%

Q8.12A. Have you been advised by your doctor in the last five years to lose weight?  
2012 and 2014 wording: Have you ever been advised by your doctor to lose weight?

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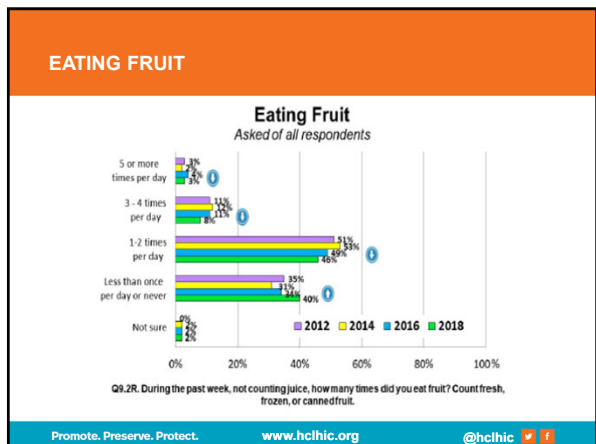
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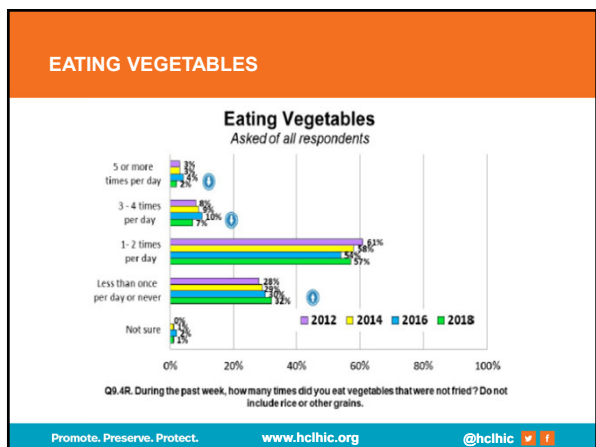
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### SUMMARY - HCHAS DATA FRUIT & VEGETABLES

**Key points:**

- Obesity is increasing
- More people are told to lose weight by their provider
- More people are eating less fruits and vegetables
  - Less than once per day or never

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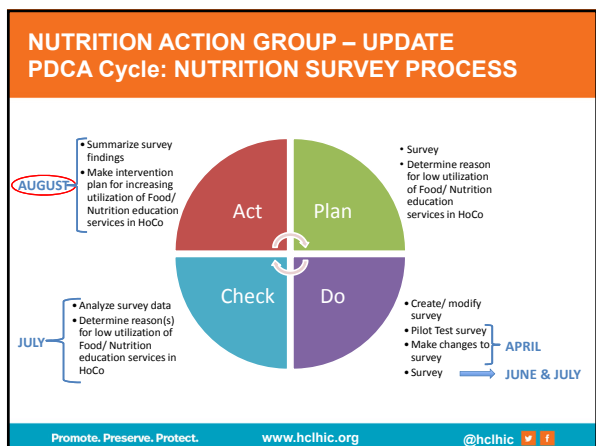
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### SURVEY OVERVIEW

- 11 questions; 5 minutes
- Questions about Nutrition Education and Food Assistance Programs:
  - Which program have they heard about
  - Attendance at program
  - If not attended, reason
  - Where would they like to see information
  - Language of choice
- Demographic information:
  - ZIP codes
  - Race/ethnicity
- Other comments

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### SURVEY OVERVIEW

- Total Responses: 66
- Participant breakdown:
  - Chronic Disease Self-Management Program (CDSMP): 7
  - East Columbia Library Farmer's Market: 20
  - Head Start Community Family Events (2): 14
  - Women, Infant, Children (WIC) Clients at the HCHD: 25
- Dates: June and July 2019

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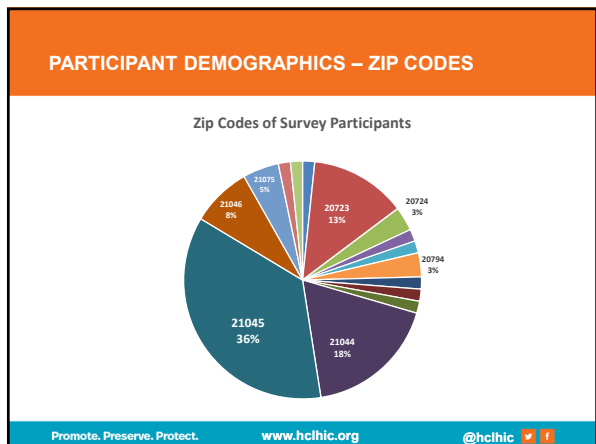
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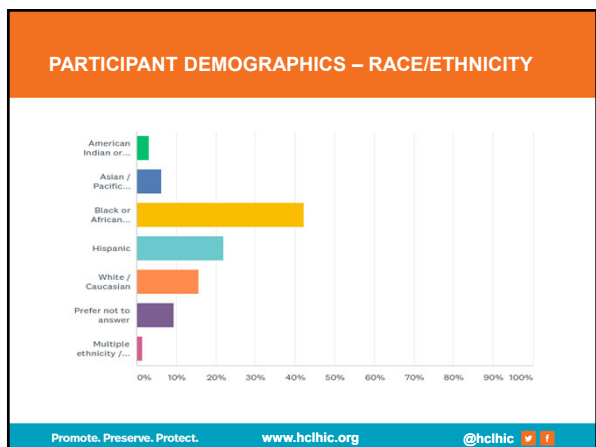
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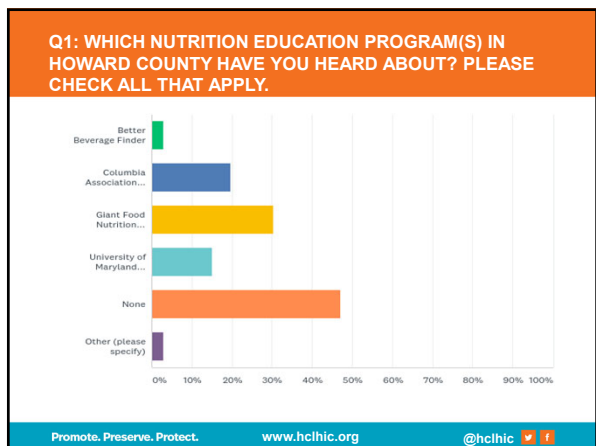
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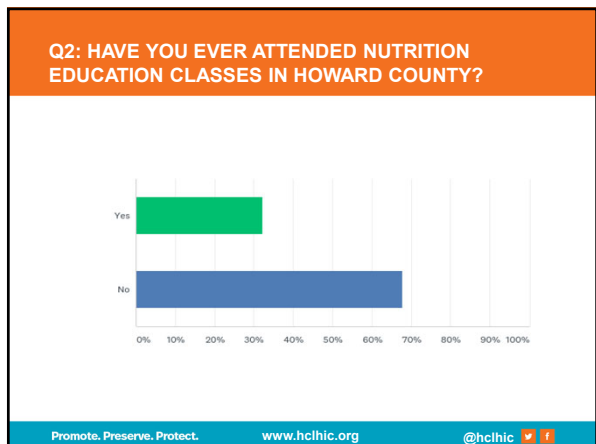
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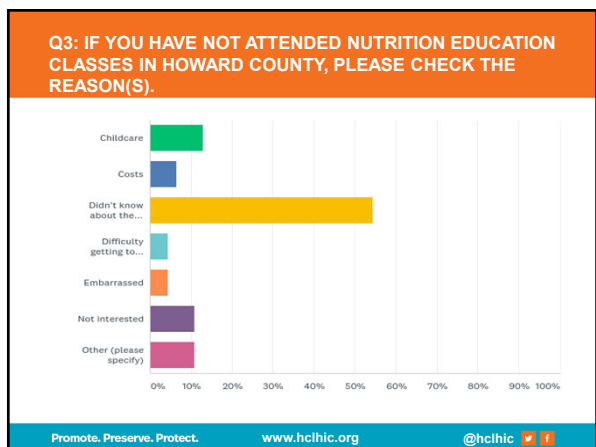
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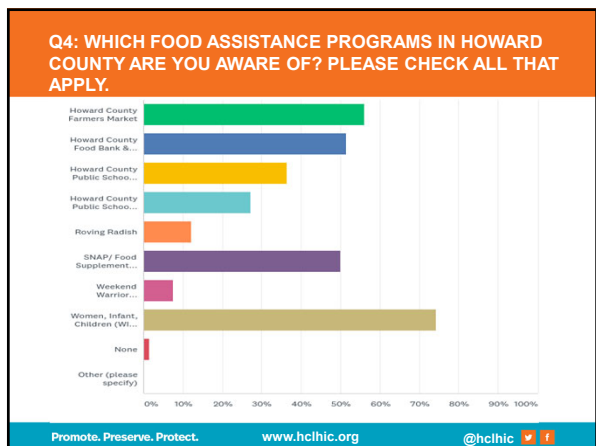
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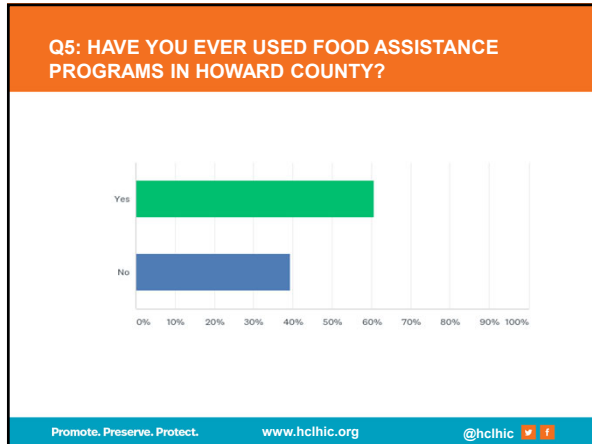
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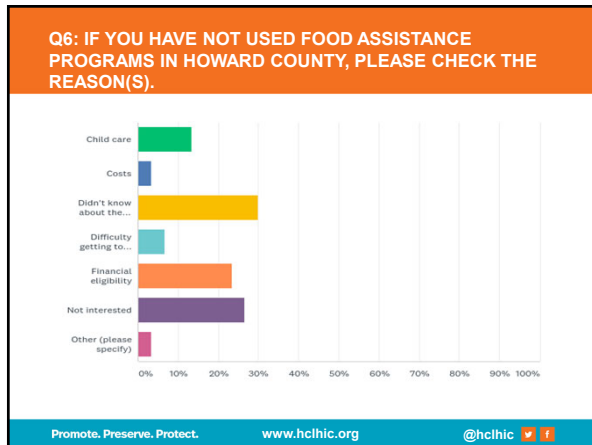
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**Q7: WHERE WOULD YOU LIKE TO SEE INFORMATION ABOUT THE FOOD ASSISTANCE AND NUTRITION EDUCATION PROGRAMS IN HOWARD COUNTY? PLEASE CHECK ALL THAT APPLY.**

Location	Percentage
Howard County Public Libraries	39.68%
Mail	33.33%
Community events	31.75%
Community centers	28.57%
Howard County Health Department lobby/website	23.81%
Social Media (Facebook, Twitter, Instagram)	22.22%
Place of worship	14.29%
Local magazines	14.29%
Other (please specify)	11.11%
Not interested	9.52%

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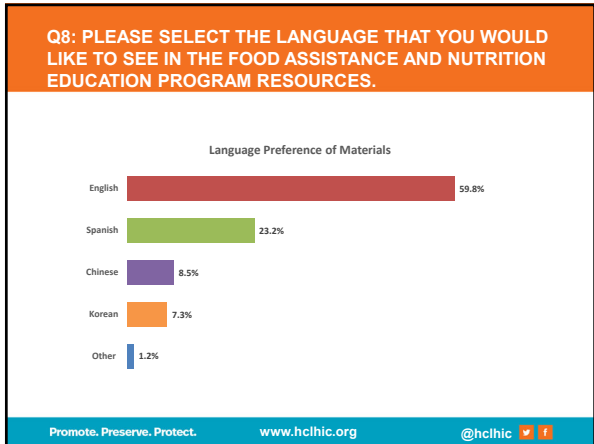
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**SUMMARY – NUTRITION SURVEY**

**Key points from Nutrition Survey:**

- Lack of awareness about Nutrition Education Programs/ classes in Howard County
- More awareness about Food Assistance Programs in Howard County
  - Potential selection bias due to participants surveyed

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**DISCUSSION QUESTIONS**

**Questions – Nutrition Survey:**

1. How do we increase community awareness about Nutrition Education programs in Howard County?
2. How do we inform and engage community members at the locations highlighted:
  - Howard County Libraries, Mail, Community events, Community Centers, HCHD lobby/website, Social Media?

**Questions – HCHAS Data:**

1. What are the key considerations of a Nutrition Education campaign?
2. What are the key components of a Nutrition Education campaign?
  - Who, What, When, Where, Why, How
3. How can coalition members assist?

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**WRAP UP AND NEXT STEPS**

**FULL HCLHIC MEETING**  
09/26/2019  
8:30 - 10:30am  
Non-Profit Collaborative of Howard County

**HEALTHY WEIGHT WORK GROUP MEETING**  
11/14/2019  
9:00 - 10:30am  
Barton A&B

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