

Healthy Weight Work Group
LHIC Meeting
January 13, 2014

Members in Attendance: Bob Giromni, Chris Bugher, Will Dunmore, Ros Williams, Lisa Martin, Kelly McMillian, Marie DeAngelis, Cindi Miller, Eric Masten, and Valerie Berry.

1. The group's goals before the next meeting
 - a. Identify LHIC members we want and may partner with to do the work.
 - b. Package what we want to do.
2. What are the barriers standing in the way of that goal?
 - a. Need a current list of all LHIC members and their organizations.
 - b. Consistent attendance of work group members.
3. Is there anyone missing from the table to help you reach your goal?
 - a. Other members of the Healthy Weight work group.
4. What can Alisha do before the next meeting to help you reach your work group's goal?
 - a. Provide a current list of all LHIC members and their organizations.

There was lots of discussion about knowing about the events offered, getting involved and supporting local healthy events.

Bob G. shared information about Get Active Howard County that will kick off in March and shared how people and Teams could join the challenge via email and track the minutes of activity by each team.

Lisa M. shared there is a calendar that is free to post community events.

Cindi and Will shared the Rec & Parks had a variety of options but getting people there was a challenge due to transportation problems.

There was some discussion about using the media to advertise events. Chris shared that Monica Lewis (HHI) received some press for her program launch for the HEAL(Healthy Eating Active Living) Zone in Laurel

There was discussion on how to get the message out different and promote fun and family activity.

Ros (Delta Sigma Theta) had an activity day to try new activities and used the African American Roundtable forum to get the information out to others.

Suggestions to do things different included:

Starting a meeting with a 5 minute activity.

Ros- Less media consumption, 1 day a month decrease.

Cindi- A week of no processed foods. A week with a decrease or no caffeine.

Bob- Work with WE CAN in schools to try to increase children's activity and nutrition.

Cindi reminded us of the HCHD findings that the target areas are Laurel/Elkridge, the Eastern corridor, Senior and Community Centers.

The goal is to work with people to get the message out to underserved population areas.

How to make healthy eating affordable? Lisa-Teach people how to do it.

Cindi- Wellness Center has a class- Kitchen Wisdom

Lisa- Get communities involved, children and families.

Cindi- Create a theme each quarter and show them how to integrate it into their lives.