

Howard County Local Health Improvement Coalition

LHIC Healthy Weight Work Group Meeting 9.22.2016 – 9:30-10:30 am Howard County Health Department in Barton A Minutes

Members Present:

Kayla Kavoukas, HC Health Department
Barbara Wasserman, Community Member
Mary Ann Barry, Transition Howard County
Ekere Olojola, Howard County Public School System
Kelly McMillan, Howard Community College
Beth Handy, Maryland University of Integrative Health
Alexandra York, Maryland University of Integrative Health
Cindi Miller, Howard County General Hospital

Jeannie DeCray, HC Office on Aging and Independence
Katie DiSalvo-Thronson, Horizon Foundation
Mike Senisi, Howard County Public School System
Tara Butler, Howard County General Hospital
Vanda Lerdboon, HC Health Department
Naa Minnoh, Howard County General Hospital
Wendy Farthing, MAC Inc. Living Well Center of Excellence

Guests Present:

Staff Present:

Rhonda Jenkins, LHIC Program Coordinator
Kelly Kesler, LHIC Program Director

Kayla Kavoukas, Healthy Weight Workgroup Delegate and Coordinator of Health & Wellness Programs, Howard County Health Department called the meeting to order at 9:35 am.

Approval of Minutes and Announcements:

A motion for the approval of the minutes was made by Barbara Wasserman and seconded by Cindi Miller.

Kayla Kavoukas informed the workgroup that there is a vacant Elected Delegate position. Kayla thanked Kelly McMillian for her commitment and work that she has done as the Elected Delegate for the Healthy Weight workgroup. Kayla announced that the Healthy Weight workgroup members may nominate a current member for up to 5 business days following the announcement of delegate vacancy in the workgroup meeting. Nominations should be emailed to Kayla Kavoukas and/or Rhonda Jenkins. Nominees will be notified by the HC LHIC administrative staff. If nomination is agreed upon, then the HC LHIC staff will distribute election ballots in the next workgroup meeting to be voted on by confidential ballot.

Debrief/discussion on the FULL LHIC and direction of LHIC

Kelly Kesler explained that Full LHIC will now be meeting quarterly (January, April, June, September) for two hours. Workgroups are expected to share quarterly progress at the FULL LHIC meetings. The workgroups should continue to meet monthly and work towards establishing one priority action item

during the first quarter, establish outcome measures for each priority action item during the second quarter, establish a timeline for completion of each priority action item during the third quarter and implement at least one priority action item by the end of the fourth quarter.

Cindi Miller commented that the Local Health Improvement Action Plan does not align with State Health Improvement Process (SHIP). Cindi mentioned that they seem more like community type goals. Cindi shared that the goals for the county are coming out soon and the groups should focus on projects that coincide with the SHIP measures. Kelly Kesler commented that work group members should review the 2015-2017 Howard County LHIC Healthy Weight Action Plan and identify an action item. Kelly Kesler asked members to look at membership and try to recruit people from organizations that would be beneficial to the Work Group. Kelly added if there are gaps in the Korean population, the group should be reaching out to Korean organizations. The goal is to invite new members and set action items that are sustainable.

Introductions: Workgroup members introduced themselves.

Kayla Kavoukas instructed the groups to break out and brainstorm action items that can be tractable

Breakout Groups Discussion

Nutrition Group	Physical Education/Exercise Group
Barbara Wasserman	Kayla Kavoukas
Alexandra York	Naa Minnoh
Jeannie DeCray	Tara Butler
Mary Ann Barry	Cindi Miller
Riva Kahn	Mike Senisi
Rhonda Jenkins	Vanda Lerdboon
Kelly McMillian	Kelley Kesler
Katie DiSalvo-Thronson	
Beth Handy	
Wendy Farthing	
Ekere Olojola	

Nutrition Subgroup ideas for action items:

Barbara Wasserman would like to focus on children and nutrition as it relates to the Wellness Policy 9090.

Jeannie DeCray added that she would like to involve more parental support in the school nutrition program. The perception that school lunch is bad and that packed lunch from home is better needs to be changed. Alexandra York commented that parents can participate in ensuring their child is eating healthy by providing healthy snacks.

Ekere Olojola mentioned as a school dietician, there has been progress made with providing healthier school lunches. Food choices have changed and Nutrislice has been implemented. Ekere also mentioned that the perception that better is more costly has to change.

Wendy Farthing suggested that there should be a focus on a diabetes self- management program (DSMP).

Katie DiSalvo-Thronson commented that the Summer Food Service Program (SFSP) that offers free food to low income residents can be revisited as a potential activity. Katie also suggested that each organization that is represented at the workgroup could promote materials from their organization.

Katie suggested that the resource guides that were previously created by the LHIC department are a valuable resource that could be updated and redistributed. Katie also stated various organizations could pass their resources out at the upcoming Trot for Talbotts, one mile fun run on October 29, 8:00-10:00 a.m. at Talbott Spring Elementary School.

Physical Activity Subgroup updates and ideas for action items:

Kayla Kavoukas has a meeting with Jackie Dougé, Child Health Medical Director, Howard County Health Department, regarding Walk/Bike to School Day and will update the group at the next meeting.

HC Public School System (HCPSS) representative Mike Senisi joined the group. Mike previously worked on physical education curriculum for HCPSS; he will be able to keep Healthy Weight members informed of school system initiatives so that the group can better understand when and how to give support.

A suggested example of recruitment discussed is that a representative from the Healthy Weight workgroup could present at faith-based organizations to explain the type of work that is done in the group.

The group agreed that before moving forward with specific events or projects, the membership needs to be built; therefore, focus on recruiting and building better connections to create lines of communication with key partners should be a priority. The following key partners should be part of the workgroup: Howard County Public Schools; Parent Teachers Association; Recreation & Parks and; Faith-Based Organizations. Naa Minnoh will be following up with a group of congregants for representation from a faith-based organization

Next Steps and Meeting Schedule:

The subgroups will focus on recruiting new members and brainstorming about activity ideas that can be measureable.

The meeting was adjourned at 10:40 am

Future Meeting Dates:

Work Group

October 20, 2016, 8:30-10:00 am at HCHD in Severn Conference room

FULL LHIC

January 26, 2017	8:30-10:30 am
April 27, 2017	8:30-10:30 am
June 22, 2017	8:30-10:30 am
September 21, 2017	8:30-10:30 am

* Work Group meetings will be held in December, March, May, and August

**Additional Work Group and/or Action Group meetings will be held as designated by each Workgroup in October, November, February, and July

***LHIC Community Forums will be held in October 2016 and April 2017

Respectfully submitted by
Rhonda Jenkins
LHIC Program Coordinator