
Howard County Local Health Improvement Coalition

LHIC Healthy Weight Work Group Meeting 10.20.2016 – 8:30-10:00 am Howard County Health Department in Severn Minutes

Members Present:

Maria Carunungan, Howard County Health Department	Jeannie DeCray, HC Office on Aging and Independence
Marsha Dawson, Dept. of Comm. Resources and Services	Mike Senisi, Howard County Public School System
Christine Lothen-Kline, Health Promotion on Call	Naa Minnoh, Howard County General Hospital
Barbara Wasserman, Community Member	Shawni Paraska, Columbia Association
Cindi Miller, Howard County General Hospital	
Vanessa Pierre Louis, Maryland Hunger Solutions	

Guests Present:

Michael Manokey, Columbia Community Church
Frank King, Columbia Community Church
Melissa Seyoum, Intern, Priority Nutrition Care Internship
Marva Dickerson, HC Health Department

Staff Present:

Rhonda Jenkins, LHIC Program Coordinator
Kelly Kesler, LHIC Program Director
Kayla Kavoukas, Healthy Weight Work group Delegate and Coordinator of Health & Wellness Programs, Howard County Health Department

Kayla Kavoukas called the meeting to order at 8:34 a.m.

Introductions were made and Kayla Kavoukas announced that Barbara Wasserman will serve as the new Co-Delegate for the Healthy Weight work group.

Approval of the Agenda, Minutes and Announcements:

A motion was made by Jeannie DeCray, to accept the September 22, 2016 agenda with the addition of a presentation from The Horizon Foundation and seconded by Shawni Paraska. A motion was made by Barbara Wasserman and seconded by Kayla Kavoukas to accept the minutes with corrections.

Corrections:

Page 2, second paragraph: Cindi Miller commented that the Healthy Weight Local Health Improvement Action Plan should align with the SHIP measures.

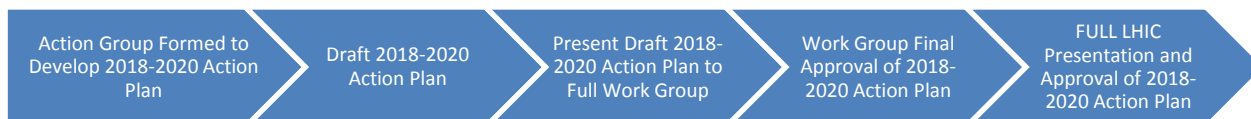
Page 3, third paragraph under the physical activity subgroup. Naa Minnoh inquired about the type of congregant (member congregant or a clergy/leader) needed to inform outreach/recruiting efforts.

Presentation from The Horizon Foundation (THF)

Rosimar Melendez gave a brief presentation on the Bikeway initiative. The purpose of the presentation was to receive support from the work group and to increase awareness. The vision for the Bikeway is to establish the groundwork for a countywide bike network that would bring Howard Countians together and allow all residents to safely walk or bike. The project would consist of 50 miles of bike facilities that would form the core of a fully connected bike network in the county creating a more walkable and bikeable Howard County. The estimated cost of the project would be \$3 million dollars over the next three fiscal years.

Kayla Kavoukas reminded the group of the previous discussion from the last meeting about identifying action items. As the FY18-20 is being reviewed, the group should decide on what action items should be planned for the remaining fiscal year. The FY 17 action item should be meaningful and achievable in the given timeframe. The group was reminded that during the breakout session if any ideas emerge that cannot be accomplished by June; those ideas can be revisited for the FY18-20 Action Plan. Kelly Kesler shared an example template for identifying the FY 17 action item(s).

The timeline of the FY18-20 was discussed as presented below.



Breakout Groups Discussion

Nutrition Group	Physical Education/Exercise Group
Barbara Wasserman	Kayla Kavoukas
Vanessa Pierre Louis	Naa Minnoh
Jeannie DeCray	Marva Dickerson
Maria Carunungan	Cindi Miller
Christine Lothen-Kline	Mike Senisi
Rhonda Jenkins	Shawni Paraska
Melissa Seyoum (Intern)	Kelley Kesler
	Michael Manokey
	Frank King
	Marsha Dawson

Nutrition Subgroup ideas for action items:

The group brainstormed ideas to provide the community with access to nutritious foods. The group revisited the Farmers' Market action item FY15-17. The nutrition workgroup would like to retain the Farmers' Market and would like to invite other farmers/vendors to assist in providing a variety of foods to meet the needs of WIC clients and low economic community residents. In addition, the group would like to provide nutrition education so that clients/community could prepare meals. The HC WIC office is planning to survey their clients to determine why the redemption rates are down. Previously, it has been determined that transportation and the lack of a variety of items were some of the reasons for low redemption rates. Members from the group will reach out to other community organizations to solicit their support in assisting with providing nutritional awareness. The education awareness would cover how to purchase, prepare and eat healthy foods on a budget.

Physical Activity Subgroup updates and ideas for action items:

Marva Dickerson presented on the **Howard County Walk and Bike to School Initiative Initiative Summary:**

This is a project in partnership with the Howard County Health Department, Public School System, Government, Rec and Parks, Safe Kids, and Police. The goal is to promote increased physical activity,

safety education and environmental awareness as it relates to walking and biking to school. This will culminate in a “kick-off” event on May 10, 2017 (see additional details on HC Walk and Bike to School Initiative handout)

The group discussed how it could support this project; marketing and promotion to our networks was the main focus. Columbia Association can distribute information to their network of 32,000 residents. Howard County General Hospital can promote classes such as self-defense and bike riding lessons. Cindi Miller spoke with Mike Senisi about possible bike instructors and may explore how to set up classes through the wellness center. Idea for FY17 action item: Develop a comprehensive communications campaign including information on safety statistics for riders, drivers, etc. Available county resources for biking and walking, promoting schools kick-off event, and create a challenge/pledge for increased biking and walking beyond kick-off event (for sustainability). Collaboration with the other agencies (who meet separately from LHIC) will continue to shed light on project progress.

Next Steps and Meeting Schedule:

Action items: Jeannie DeCray will contact Maryland University of Integrative Health (MUIH) to inquire about sending a representative to provide nutrition education. Maria Carunungan will provide a list of farmers’ markets locations throughout Maryland and reach out to James Zoller with Roving Ravish to see if the farmers’ markets can be supported. Christine Lothen-Kline will contact the HC Economic Development Authority to bring to the table a representative to educate and promote resources to low economic families. Kayla Kavoukas will put ideas for Bike to School initiative into spreadsheet for group’s review of the identified action and the measureable outcome.

The meeting was adjourned at 10:03 am

Future Meeting Dates:

Work Group

November 17, 8:30-10:00 am at HCHD in Barton A

December 15, 8:30-10:00 am in Severn

February 16, 8:30-10:00 am in Barton A

March 23, 8:30-10:00 am in Barton A

May 25, 8:30-10:00 am in Barton A

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

Respectfully submitted by
Rhonda Jenkins
LHIC Program Coordinator