

LHIC Healthy Weight Workgroup Meeting

Thursday, August 25, 2016

8:30 a.m. - 10:00 a.m. Howard County Health Department

Barton A Conference Room



8:30 - 8:35	Welcome/Introductions
8:35 - 8:40	Regional Partnership Overview/Discussion (Tracy Novak/Kate Talbert)
8:40 - 8:45	Vote on new name for Regional Partnership (Tracy Novak/Kate Talbert)
8:45 - 8:50	Approval of Minutes from 07.28.16 (attached)
8:50 - 9:00	LHIC New Direction (Kelly Kesler, LHIC Director)
9:00 - 9:55	Breakout Groups <ul style="list-style-type: none">• Nutrition – Discussion on how to support the Horizon Grant Katie Disalv-Thronson• Exercise – Review SHIP measures and discuss new goals Kayla Kavoukas
9:55 - 10:00	Wrap Up

Next meeting: Full LHIC on **September 22, 2016** from 8:30-9:30 a.m. at HCHD

Next Workgroup: September 22, from 9:30-10:30 a.m. following the Full LHIC meeting

LHIC Healthy Weight Work Group Meeting

July 28, 2016 - 8:30-10:00 a.m.

Howard County Health Department

Members Present:

Tara Butler – HCG	Alexandra York – MD Unv. of Integrative Health
Barbara Wasserman – HCG	Maura Rossman - HCHD
Brian Ralph – HCPSS	Cindi Miller - HCGH
Riva Eichner Kahn – Days of Taste	Marsha Dawson - LCB
Michele Cabrera – Community Member	Katie DiSalvo-Thronson – Horizon Foundation
Vanessa Pierre Louis – Maryland Hunger	Glenn Schneider – Horizon Foundation
Maria Carunungan – HCHD	Brian Jolles – We Promote Health
Kayla Kavoukas, (Chair) HCHD	Mary Ann Barry – Transition HC
Kelly McMillan (Co-Chair) – HCC	

Staff Present:

Rhonda Jenkins, Program Coordinator, Local Health Improvement Coalition, HCHD
Elizabeth Menachery, M.D. Medical Director of HCHD

Elizabeth Menachery, M.D. opened the meeting at 8:33 a.m. The new Co-Chair and LHIC program coordinator were introduced. An overview was given on the State Health Improvement Process (SHIP) and outcome measures for State LHIC's:
<http://dhmh.maryland.gov/ship/Pages/home.aspx>. Rhonda Jenkins will work with the Co-Chairs and provide needed data and requested speakers for the workgroup.

Introductions were made from workgroup members.

The minutes from the previous meeting were approved. Barbara accepted minutes.

Kelly McMillan reviewed the draft letter from the policy committee regarding Policy 9090. She further explained that suggestions from the workgroup were taken into consideration. The LHIC, voting members and LHIC chairs will review prior to going out. The LHIC office will send the letter.

Dr. Rossman commented that the letter did not provide clarity as to what the group is requesting. She suggested that the group be specific in their requests. Further suggestions were made to identify a recipient of the letter. Kelly asked Dr. Rossman for suggestions. A consensus of the group suggested that the letter should go to someone in HCPSS. Brian Ralph commented that he met with Frank from Estham, Executive Director at HCPSS to discuss the nutritional needs and they recognize that there are gaps in gaps in Wellness Policy 9090. A different strategy is in place to

address the concerns. By the time school begins there should be a point person to handle the concerns.

Further suggestions were made to the group to identify the best way to proceed with the letter.

Brian Ralph made a presentation on the Food and Nutrition Service Program Enhancements at Howard County public School System. (SEE ATTACHED PRESENTATION FOR DETAILS)

The presentation shared the vision, mission, and goals of HCPSS food service program.

A video was shown on the major initiatives from a pilot program that was made in providing a fresh fruit and vegetables salad bar. (SEE VIDEO <https://vimeo.com/167147423>)

Future major initiatives will offer more menu items that represent a variety of options. HCPSS has partnered with the Horizon Foundation to implement a program focused on promoting the link between nutrition, education, physical activity and living a healthy lifestyle. As the food service program improves hopefully more grants will become available to expand the pilot program to other schools. Going forward a public website will provide nutrition tips and recipes for families and children. The HCPSS will continue implementing Wellness policy 9090.

Discussion: How can workgroup support Horizon and HCPSS initiative?

Collaborate with Katie Disalv-Thronson, Horizon Outreach Associate working with HCPSS grant. Her contact information is: kdthronson@horizonfoundation.org, 914-646-4051.

- Katie would like ideas around outreach and communications to parents
- Input on how outside organizations can promote and endorse the *health* aspect of the school meals – increase awareness of nutrition standards and how HCPSS is meeting/exceeding standards

Cindy suggested collaboration with area pediatricians; bring pediatrician staff into the loop and advise them of nutrition program access and dietary standards

Barbara suggested connecting the work being done by Days of Taste to the educational component of HCPSS grant and to help reinforce messaging; can features of Days of Taste program be adapted to the classroom?

Discussion at next meeting: How does the workgroup move forward with the school policy letter?

Plan for next workgroup meeting:

Nutrition group and Physical Activity group will meet separately. Katie Disalv-Thronson will attend and meet with the Nutrition action group. Physical Activity group can review SHIP measures and discuss new project ideas.

The next workgroup meeting is on August 25, after the full LHIC meeting. The time and location, TBD.

Meeting adjourned at 10:10 a.m.