

# **LHIC Healthy Weight Workgroup Meeting**

**Thursday, July 28, 2016**

**8:30 a.m.-10:00 a.m. Barton A Conference Room**



8:30 – 8:35            LHIC Co-Chair and Coordinator Introductions – Elizabeth Menachery  
  
State Health Improvement Plan (SHIP) and outcome measures for State LHICs  
Visit <http://dhmh.maryland.gov/ship/Pages/home.aspx> - Elizabeth Menachery

8:35 – 8:45            Introductions  
Approval of minutes from 6.23.16 (attached)  
Policy Committee Draft Letter –Final (attached)

## **School Policy Work**

8:45- 9:20            Brian Ralph,  
Food and Nutrition Service Director, Howard County Public Schools

9:20-10:00            Horizon Grant- how can we help? Discussion

Next meeting:            Full LHIC on August 25, 2016 from 8:30-9:30am at HCHD  
Next Workgroup TBA

**LHIC Healthy Weight Work Group Meeting**  
**06.23.16 - 8:30 a.m.**  
**Minutes**

**MEMBERS PRESENT:**

Presentation by **Glenn Schneider**, Chief Program Officer at The Horizon Foundation, about the changes being implemented within food services at 3 HC elementary schools – pilot project

**Talbott Springs - Forest Ridge - Bollman Bridge**

- Project includes introducing fruit and salad bar.
- Challenges: sustainability, parent engagement & buy-in
- Goal is to increase participation rate in HCPSS food program by improving the taste, quality and presentation of the food for the kids.

Presentation by **Vanessa Pierre-Louis**, Program Assistant for HC at Maryland Hunger Solutions

- Goals: education to community and improve public policies, maximize participation in federal food programs.
- **HC summer meals** – 4 established in HD so far; 7 more slots available; sponsors of these summer meals can either prepare the meals themselves or contract with a vendor to prepare/drop-off (partner with Roving Radish?); sponsors need to meet certain criteria to participate.

Updates by **Dr. Elizabeth Menachery** re: status of new hires for LHIC and appointed co-chair for workgroup.

If members have any recommendations for a co-chair, contact Elizabeth.

**Action items for next meeting on 7/28:**

**Barbara** will invite **Brian Ralph**, Director of Food and Nutrition Services, HCPSS, to speak more about the changes being implemented at the elementary schools and how LHIC can support parent engagement strategies

**Marsha** will follow-up with **Glenn Schneider** re: resources for parent/community engagement

**Kati** will send the updated letter re: HCPSS Wellness Policy 9090 to the group for final review. Need to decide who should sign the letter before mailing.

**Jeananne** will add **Susan** [sseibel@howardcc.edu](mailto:sseibel@howardcc.edu) to the healthy weight email list.

Meeting adjourned at 10:00 a.m.

[Names/Address to be Sent]

Howard County Public School System

August XX, 2016

Dear [NAME],

The Howard County Local Health Improvement Coalition (LHIC) is a collaboration of over 40 organizations working together to improve health outcomes and reduce health disparities in Howard County. The Healthy Weight Work Group is a subset of LHIC that focuses on enabling people of all ages to achieve and maintain a healthy weight through healthy eating and physical activity. As part of this mission, the work group strives to support implementation of the HCPSS Wellness Policy 9090, particularly in schools with a high proportion of students affected by health disparities. HCPSS has representation on this work group.

In accordance with Policy 9090 each school principal is tasked with ensuring that a School Wellness Team is formed annually to spearhead health and wellness initiatives and a school employee is designated to serve as the School Wellness Champion. The Healthy Weight Work Group would like to offer assistance in helping HCPSS ensure that a Wellness Champion has been identified and Wellness Teams have been formed at each school. Attached is the most recent list available, which was previously organized by the now non-operational Healthy Howard, Healthy Schools program. Many schools may not be aware that the program is no longer operational and could be under the assumption that the list is still relevant.

The Healthy Weight Work Group is willing to be a resource to HCPSS. Some options include:

1. We could draft an email to be shared with each principal. We would also be willing to collect their feedback and create a new, comprehensive list with your approval.
2. We would be happy to provide guidance/technical assistance to principals on any aspect of their Wellness Team.
3. Provide a Wellness Champion "job description" and appointing guide to schools.

Thank you for your time and consideration. We look forward to hearing from you as to how we can be most helpful. If you have any questions or would like to discuss further, please contact [enter name], at [enter email] or [enter phone #]. Working with HCPSS as the Wellness Policy is implemented continues to be very important to LHIC and the Healthy Weight Work Group.

Sincerely,

Howard County Local Health Improvement Coalition  
Healthy Weight Work Group

Cc: Frank Eastham  
Howard County Board of Education  
Howard County School Health Council