



Howard County Local Health Improvement Coalition (HCLHIC)

Growing Healthy Families (GHF) Workgroup Meeting

Virtual Meeting via Zoom

February 11, 2026

2:00 – 3:00 pm

Meeting Goal: To provide wellness-centered learning through a Sankofa Yoga & Wellness presentation, share updates from the Women’s Health Focus Group, and collaboratively advance planning and next steps for the 2026 Black Maternal Health Week event.

Meeting Agenda

Meeting will start promptly at 2:00 pm

- 2:00 – 2:10 **Welcome**
- Introductions
 - Previous Meeting Recap
 - Announcements
- 2:10 – 2:25 **Sankofa (Yoga and Wellness) Presentation**
Marcus Ponder, Co-Founder
Sankofa Yoga & Wellness Center
- 2:25 – 2:30 **Women’s Health Focus Group (WHFG) Update**
Erica Taylor, Co-chair,
Home Visiting Program Manager
Howard County Office of Children and Families
Department of Community Resources and Services
- 2:30 – 2:55 **2026 Black Maternal Health Week Event Discussion**
Samantha Cribbs, Co-chair,
Maternal & Infant Health Program Supervisor,
Bureau of Family Health Services,
Howard County Health Department
- 2:55 – 3:00 **Next Steps & Wrap-Up**
Stephanie Foster,
Community Engagement Coordinator,
Howard County Health Department,
Local Health Improvement Coalition (LHIC)

***Growing Healthy Families FY26-28 Goals:**

- **Goal 1.** Improve health outcomes for Black/African American infants and mothers through improved maternal care before, during and after pregnancy.
 - **Objective 1.1.** - By June 2028, increase awareness of educational and other resources available to Black/African-American mothers and infants in Howard County.
 - **Objective 1.2.** - By June 2028, increase awareness of doula services as a potential alternative or in conjunction with traditional hospital care.
- **Goal 2.** Enhance equitable access to healthcare by expanding awareness of affordable health coverage, community health services, and transportation assistance, while also improving opportunities for prenatal care and nutrition education for all women in Howard County.
 - **Objective 2.1.** - By June 2028, collaborate with the Growing Healthy Families workgroup members to increase awareness of affordable healthcare coverage, availability of community health centers, and information about transportation assistance to health care facilities.
 - **Objective 2.2.** - By June 2028, collaborate with workgroup members to increase opportunities to access affordable prenatal care and nutrition education for all women.
- **Goal 3.** Engage community members in women and maternal health activities by increasing awareness of culturally appropriate and inclusive opportunities to improve access to healthcare.
 - **Objective 3.1.** - By June 2028, enhance awareness, access to affordable healthcare and well-being for all women in Howard County by creating tools to support women in the community.
 - **Objective 3.2.** - By June 2028, expand engagement opportunities to improve physical and mental health and social engagement among all women in the community.