



Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

October 31, 2023

12:00 p.m. to 1:00 p.m.

Virtual via Zoom

Minutes

Members Present:

Lisa de Hernandez, Howard County Health Department
 Natalie Hall, Howard County Health Department
 Julie Kwedar, Maryland Department of Transportation – Maryland Highway Safety Office
 Tavia Patusky, Columbia Association
 Michelle Rosenfeld, Howard County Department of Community Resources; Office of Aging and Independence
 Nikki Savoy, Accessible Resources for Independence
 Terri Taylor, Howard County Fire and Rescue Services; Howard County Coordination of Safe Kids
 Chynáe Vicks, Howard County Health Department
 Toni White-McCoy, BOOM Shake Fitness
 Matt Wilson, Howard County Health Department

Staff Present:

Lindsay Hall, Public Health Intern of Howard County Local Health Improvement Coalition
 Ashton Jordan, Howard County Local Health Improvement Coalition
 Sonya Lloyd, Howard County Local Health Improvement Coalition
 Reena Rambharat, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
Welcome and Introductions	<p>Ms. Sonya Lloyd, Community Engagement Coordinator, Howard County Local Health Improvement Coalition (LHIC), called the meeting to order at 12:00 p.m.</p> <p>Ms. Lloyd provided a welcome to members in attendance and thanked participants for joining the meeting.</p>	<p>LHIC website: https://www.hclhic.org/ and https://www.hclhic.org/home/meeting/2023?catelId=364</p>
Announcements	<p>Ms. Lloyd shared that the next full quarterly LHIC meeting will be hybrid at 8:30a.m. on Thursday, January 18, 2023, at the Howard County Health Department (HCHD) and online via Zoom.</p> <p>Ms. Lloyd informed partners to fill out the Community Health Education Request Form at least one month in advance if they wish for the HCHD or LHIC staff to provide educational materials, tabling, in-person, or virtual presentations at their next community event.</p> <p>The Howard County Office on Aging and Independence (OAI) is partnering with the Arthritis Foundation and Aquatic Exercise Association to offer a Low-Impact Exercise Program at Bain and Elkridge 50+ Centers, with a virtual option available.</p>	<p>Email any future announcements to lhic@howardcountymd.gov</p> <p>Previous LHIC meeting minutes: https://www.hclhic.org/home/meeting/2023?catelId=1</p> <p>Register for next full LHIC meeting: https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator</p> <p>Community Health Education Form: https://forms.gle/X7Uifnkpj7jHz58N9</p>

	<p>Partners shared the following announcements:</p> <p>Ms. Tavia Patusky, Columbia Association (CA), introduced Cooper Tracks, a paid, affordable lifestyle intervention program focusing on cardiovascular health, immunity, and reconditioning. The program, offered by the Cooper Institute in Dallas, aims to help individuals with chronic conditions build immunity and return to movement. The 8-week program includes private onboarding, post-assessment sessions, and two group sessions per week, involving warm-ups, cardio, balancing movements, basic strength, and conditioning, and lifestyle education from peers and trainers. If interested, email Ms. Patusky.</p>	<p>Cooper Tracks: https://columbiaassociation.org/welness/an-introduction-to-cooper-tracks/</p>
<p>Previous Meeting</p>	<p>Ms. Lloyd has stated previous meeting minutes can be found on the LHIC website. At the last meeting, Ms. Lloyd shared Walktober 2023 Initiatives and Planning in Howard County.</p> <p>These highlights include:</p> <ul style="list-style-type: none"> • HCHD released a Walktober Press Release on September 26th, titled "Walktober Website Makes It Easy for Community to Get Moving and Stay Health," available for viewing on LHIC's website. • HCHD has created a 30-second public service announcement video for Walktober, available on the website. • Ms. Lindsay Hall, LHIC's Community Engagement Intern, created 12 Walktober social media posts for October. • Lastly, Ms. Sara Smith, Community of Families in Nature Program (CFIN) Coordinator with the Community Ecology Institute (CEI), talked about two planned walks called Move Along CA'S Pathways for families with young children. 	<p>Movement meeting minutes: https://www.hclhic.org/home/meeting/2023?catelid=364</p> <p>Walktober Press Release: https://www.hclhic.org/membership/media-releases/221</p> <p>Walktober PSA Video: https://www.howardcountymd.gov/walktober</p> <p>Community of Families in Nature (CFIN) YouTube Presentation: https://www.canva.com/design/DAFvVTc2Cnc/PaHlpHQzJQXyWW71K5XRg/watch?utm_content=DAFvVTc2Cnc&utm_campaign=designshare&utm_medium=link&utm_source=publ ishsharelink</p>
<p>BOOM Shake Fitness</p>	<p>Ms. Lloyd introduced Ms. Toni M. White-McCoy, a certified worksite wellness program manager and president of BOOM Shake Fitness.</p> <p>Ms. White-McCoy, a certified group fitness instructor since 2011, started BOOM shake fitness, formerly known as Aspiring Motivation, with the goal of inspiring individuals to live empowered lives. Additionally, Ms. White-McCoy completed an 18-month holistic health program, focusing on primary, nutrient-dense, and secondary foods, and is now a holistic health coach.</p> <p>Following, Ms. White-McCoy is a worksite wellness program manager, assisting businesses in creating or expanding science-based employee wellness programs. The goal is to increase employee happiness, health, and productivity, reduce absenteeism, and reduce medication use due to symptoms (fog brain, tiredness, and fatigue), improving organizational performance. Ms. White-McCoy, also, offers personalized coaching,</p>	<p>Toni M. White-McCoy from BOOM Shake Fitness: toniwhite@boomshakefitness.com or call 301-875-6708</p>

	<p>including workshops and live cooking demonstrations, to address specific dietary needs related to chronic diseases. Her classes are currently being provided through Howard County Recreation and Parks in local community centers. Contact Ms. Toni M. White-McCoy or visit the BOOM Shake Fitness website.</p>	
<p>Walktober Results</p>	<p>Ms. Lloyd introduced Ms. Lindsay Hall, Public Health Intern, LHIC. Ms. L. Hall emphasized the importance of completing the post-event survey for better planning for 2024 Walktober and provided a summary of the received results.</p> <p>The events, so far, has attracted participants ranging from 2 to 250+, completed miles ranging from 1 to 7.4 through physical activities like biking and walking, and has had an audience for the general population and 55+.</p> <p>Feedback we have received thus far include:</p> <ul style="list-style-type: none"> ○ Participants had a great time and enjoyed the community aspects of the walks. ○ Giveaways were a hit. ○ Had a huge success with the number of participants. ○ Great way to network with current and prospective volunteers. ○ All event organizers will plan to host their event (or a similar one) next year. <p>Ms. Michelle Rosenfeld, OAI, discussed Walktober 2023 events. Ellicott City, Bain, East Columbia, and Elkridge 50+ centers held walks with varying participation rates. Furthermore, Bain also hosted three different-paced walks, a special lunch, and a Circuit Around the Center event, which all participants enjoyed.</p> <p>Ms. Patusky, CA, discussed two events: Walk with a Doc and Trunk or Treat. Walk with a Doc had low participation, while Trunk or Treat had 250+ participants and the participants loved promotional items.</p>	
<p>Future Planning</p>	<p>Ms. Lloyd discussed future planning of movement group. She suggested possible ledger key on the LHIC calendar webpage to help distinguish between Physical Activity, Chronic Disease, Behavioral Health, Food Pantries, and Healthy Families events. Email LHIC if you want your event placed on the Calendar.</p> <p>Next, Ms. Lloyd informed the partners, that Mr. Matt Wilson, HCHD Communication Team, designed a new Movement logo to promote physical activity events in Howard County. Partners are requested to use this new logo on fliers, social media posts, and websites.</p> <p>Partners made suggestions on the new Movement logo. The suggestions included:</p> <ul style="list-style-type: none"> - Adding ‘Walk, Roll, Ride!’ back to the top of the logo instead of “Let’s go, Howard County!” 	<p>LHIC Calendar: https://www.hclhic.org/Home/EventList/2023/11</p> <p>LHIC Physical Activity Page: https://www.hclhic.org/healthy/physical-activity</p>

	<p>- “Let’s move” is an excellent wording choice, to be inclusive to all, but it was part of Michelle Obama’s campaign. Another, word choice could be ‘Howard County’ in the middle instead, additionally incorporating clipart of various activities, such as wheelchair basketball, yoga, and running, instead of words in the middle of the shoe.</p> <p>Following, Ms. Lloyd updated the Local Health Improvement Coalition Physical Activity page, asking partners to review and suggest adding their website to the page. The LHIC team will post the new Movement logo on this page. For feedback, suggestions, or questions, email LHIC.</p> <p>Finally, Ms. Lloyd encourage partners to consider organizing Holiday and Winter Events. These events will help with promoting physical activity through the months that are often overlooked, November, December, and January.</p>	
<p>Next Steps & Wrap-up</p>	<p>Ms. Lloyd wrapped up the meeting with the following:</p> <ul style="list-style-type: none"> • The next meeting will be 12 p.m. on November 28th. <p>The meeting ended at 12:58 p.m.</p>	<p>Email Ms. Lloyd with any questions: SLloyd@howardcountymd.gov</p>

Respectfully submitted by,
Lindsay Hall
Public Health Intern
Howard County Local Health Improvement Coalition