

## Howard County Local Health Improvement Coalition

### Movement Workgroup Meeting

August 29, 2023

12:00pm to 1:00pm

Virtual via Zoom

### Minutes

#### Members Present:

Tracy Adkins, Howard County Recreation and Parks  
Linda Ashburn, Howard County Health Department  
Eric Bishop, Howard County Public School System  
Shannon Blount, Howard County Public School System  
Shelley English, Howard County Health Department  
Lisa de Hernandez, Howard County Health Department  
Laura Henderson, Howard County Health Department  
Natalie Hall, Howard County Health Department  
Tessa Hurd, Howard County Recreation and Parks  
Julie Kwedar, Maryland Department of Transportation – Maryland Highway Safety Officer  
Justin Lawrence, Director of Boys and Girls Club of Metropolitan Baltimore  
Tavia Patusky, Columbia Association  
Michelle Rosenfeld, Howard County Dept of Community Resources; Office on Aging and Independence  
Terri Taylor, Howard County Fire and Rescue Services; Howard County Coordinator of Safe Kids  
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
<b>Welcome and Introductions</b>	Ms. Sonya Lloyd, Community Engagement Coordinator, Howard County Local Health Improvement Coalition (LHIC), called the meeting to order at 12:01 p.m. Ms. Lloyd provided a welcome to members in attendance and thanked participants for joining the meeting. To begin the meeting, Ms. Lloyd asked members to introduce themselves and share what they do.	LHIC website: <a href="https://www.hclhic.org/">https://www.hclhic.org/</a>
<b>Announcements</b>	Ms. Lloyd shared the following announcements:  The next full quarterly LHIC meeting will be on Thursday, October 19, 2023, at 8:30am at the Howard County Health Department (HCHD) and online via Zoom. In-person attendees will receive a boxed breakfast.  Ms. Lloyd said that feedback is needed for CAREAPP. A survey was shared to help express thoughts on the	Email any future announcements to <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a>  Previous Meeting minutes: <a href="https://www.hclhic.org/home/meetingportal">https://www.hclhic.org/home/meetingportal</a>  Register for next full LHIC meeting: <a href="https://www.hclhic.org/home/Mee">https://www.hclhic.org/home/Mee</a>

	<p>compatibility of the program. With the survey, it will help inform the CAREAPP presentation at our next full LHIC meeting on October 19, 2023.</p> <p>Ms. Lloyd announced the last Howard County Farmer's Market Pop-Up, will take place at the Howard County Health Department's Ascend One Building (HCHD) (8930 Stanford Blvd. Columbia, MD 21045) on Tuesday September 12, 2023, 11am to 1pm. Stoecker Farms, a local, and organic farm, will be in attendance and will accept cash, cards. SNAP, eWIC, and FMNP coupons.</p> <p>No new business from partners.</p>	<p><a href="#">tingYears/1</a></p> <p>CAREAPP Survey: <a href="https://www.surveymonkey.com/r/CAREAPP_23">https://www.surveymonkey.com/r/CAREAPP_23</a></p> <p>Questions regarding the Farmer's Market Pop – Up, please reach out to Laura Henderson: <a href="mailto:lhenderson@howardcountymd.gov">lhenderson@howardcountymd.gov</a></p>
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<b>Previous Meeting</b>	<p>Ms. Lloyd said previous meeting minutes can be found on the LHIC website. At the last meeting the following was discussed:</p> <p>Ms. Lloyd discussed Howard County (HoCo) Walktober 2023, including HoCo Walktober2023 website is updated and live and currently lists 25 move events on the website.</p> <p>The HoCo Walktober Interest Form (Google Survey) is for partners organizations to fill out if they are hosting or supporting a move event in October and/or interested in receiving fanny packs and arm bands.</p> <p>Ms. Lloyd mentioned the Walk to School Staples social media campaign shared by Matt Wilson, the Public Affairs Officer with Howard County Health Department. Mr. Wilson encouraged those to access the campaign to get resources on walking and biking to school.</p> <p>Sgt. Shapree Romanoff in the Youth Services Division of the Howard County Police Department spoke about Police Department initiatives with the Youth Engagement Programs, public safety and traffic enforcement initiatives and the need for additional crossing guards.</p>	<p>Movement meeting minutes: <a href="https://www.hclhic.org/home/meeting/2023?catelid=364">https://www.hclhic.org/home/meeting/2023?catelid=364</a></p> <p>HoCo Walktober2023 website: <a href="https://www.howardcountymd.gov/walktober">https://www.howardcountymd.gov/walktober</a></p> <p>HoCo Walktober 2023 Interest Form: <a href="https://docs.google.com/forms/d/e/1FAIpQLSclrFyQaWPRmTIRMXfDdXdMMJ2wwevP7sdTf7NhGHj9_N9tQ/viewform">https://docs.google.com/forms/d/e/1FAIpQLSclrFyQaWPRmTIRMXfDdXdMMJ2wwevP7sdTf7NhGHj9_N9tQ/viewform</a></p> <p>Walk to School Staples social media campaign: <a href="https://www.howardcountymd.gov/health/walk-school-staples">https://www.howardcountymd.gov/health/walk-school-staples</a></p> <p>HoCo Walktober 2023 is on the HCPSS Calendar of Events page: <a href="https://community-programs.hcpss.org/2023-08/walktober-2023">https://community-programs.hcpss.org/2023-08/walktober-2023</a></p>
<b>Physical Activity Flyers</b>	<p>Ms. Lloyd updated the members on the free/reduced cost of the Fall and Winter Activities Promotion. This includes sharing four new flyers.</p> <p>The CAREAPP QR Code on the flyers takes the individual to additional free and reduced cost movement/exercise programs on CAREAPP. There are 29 programs listed. If you do not see your program listed, contact Ms. Lloyd.</p>	<p>List of Reduced Cost / Free Movement &amp; Exercise Program on CAREAPP: <a href="https://www.findhelp.org/v2/favorites/public/reduced-cost-or-free-movement-exercise-programs">https://www.findhelp.org/v2/favorites/public/reduced-cost-or-free-movement-exercise-programs</a></p>
<b>HCHD Walktober Activity Staff Challenge</b>	<p>Ms. Lloyd introduced Ms. Linda Ashburn, Director of Howard County Health Department, (HCHD) Bureau of Assessment, Planning and Community Engagement, to discuss the HCHD Walktober Activity Challenge for staff.</p> <p>The HCHD Walktober Activity Challenge will be based on minutes of activity in correspondence to the national guidelines from Centers for Disease Control and Prevention of a minimum of 30 minutes of exercise a day, 5 days a week.</p>	<p>For more information, please email Sonya Lloyd: <a href="mailto:SLloyd@howardcountymd.gov">SLloyd@howardcountymd.gov</a></p>

	<p>Individuals in HCHD will fill a form out and track their minutes every day through the month of October. Hence, the bureau with the highest percentage of minutes by each person participating wins a small prize, and the top three individuals with the most amount of time spent being active will also receive a small form of recognition.</p> <p>HCHD's efforts in creating a Walktober Activity Challenge for staff will hopefully allow others in the County to follow suit!</p>	
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<b>Walk Maryland Day (October 4<sup>th</sup>)</b>	<p>Ms. Llyod introduced Walk Maryland Day on Wednesday, October 4<sup>th</sup>. Individuals can create a walk or become a walk leader, or individuals can join a walk as a walker (solemate).</p> <p>Ms. Lloyd explained how Maryland Department of Health (MDH) has created four social media posts to help promote Walk Maryland Day. These posts will go out September 13<sup>th</sup>, September 20<sup>th</sup>, September 27<sup>th</sup>, and October 4<sup>th</sup>. For more information, please reach out to Ms. Lloyd.</p>	<p>MDH Walk MD day resources:  <a href="https://health.maryland.gov/phpa/cdpc/WalkMD/Pages/WalkMDAbout.aspx">https://health.maryland.gov/phpa/cdpc/WalkMD/Pages/WalkMDAbout.aspx</a></p> <p>To create a walk and/or become a walk leader:  <a href="https://www.cognitoforms.com/MDH3/CreateNewWalkingGroup">https://www.cognitoforms.com/MDH3/CreateNewWalkingGroup</a></p> <p>To join a walk as a walker  <a href="https://www.cognitoforms.com/MDH3/JoinWalkingGroup">https://www.cognitoforms.com/MDH3/JoinWalkingGroup</a></p>
<b>Walk to Schools Day (October 4th)</b>	<p>Ms. Lloyd said that Walk to Schools Day is on October 4, 2023. She provided resources for Walk to Schools Day which including sharing the website and a map of Walk to Schools Event by every state and in the U.S.</p> <p>As of right now, Howard County has two schools listed on the site doing walks: Laurel Wood Elementary School and Rockbun Elementary School.</p>	<p>Walk Bike &amp; Roll to School Resources:  <a href="https://www.walkbiketoschool.org/">https://www.walkbiketoschool.org/</a>.</p> <p>Map of Walk to Schools Event by Every County:  <a href="https://www.walkbiketoschool.org/registration/whoswalking.php">https://www.walkbiketoschool.org/registration/whoswalking.php</a></p>
<b>Community Partner Updates</b>	<p>Ms. Lloyd invited individuals in the meeting to share what physical activity events they plan on doing for the public during Walktober and/or Walk Maryland Day.</p> <p>Ms. Michelle Rosenfeld from Howard County Department of Community Resources, and Office on Aging and Independence, explained how each 50+ center is going to be sponsoring an individual event throughout the month of October, on non-competing days, to allow members to join as many walks as possible. As of now, these walks will include a circuit for individuals to participate in, walk with a cop, or will be surrounding a local park. In addition to their organized walks, the week of Active Aging week falls on October 2<sup>nd</sup> through October 8<sup>th</sup>. During this week, the centers will have additional events that is surrounded by physical activity to help bring positive energy to the process of aging.</p> <p>Ms. Tavia Patusky from Columbia Association described Walk with a Doc will start back up in September. Additionally, they will spread the word about October being physical activity awareness month through their social media campaigns, while highlighting their own events, and creating a mini physical activity circuit with their trainers and fitness staff for individuals who attend</p>	<p>HoCo Walktober 2023 is on the HCPSS Calendar of Events page:  <a href="https://community-programs.hcpss.org/2023-08/walktober-2023">https://community-programs.hcpss.org/2023-08/walktober-2023</a></p>

	<p>their Truck or Treat. Furthermore, Columbia Associations staff members are encouraged to participate in the Howard Community College challenge in early October for scholarships, as spots are already filling up.</p> <p>Ms. Tessa Hurd from Howard County Recreation and Parks, said their Active Aging Group Encore Showcase is taking place at Blandair Park October 3<sup>rd</sup>, with a rain date of October 5<sup>th</sup>. Encore Showcase is geared for the 55+ community, but everyone is welcome to attend. At this event, they will spotlight free activities geared toward keeping your mind and body active. Additionally, Recreation and Parks are planning to have a Walktober segment, within the Encore Showcase.</p> <p>Mr. Justin Lawrence, Boys and Girls club of Central Maryland, said the Club is partnered with Laurel Wood Elementary School on Walk to Schools Day.</p> <p>Mr. Eric Bishop, Coordinator of Health and Physical Education in Howard County Public School System (HCPSS), said he will continue to encourage students and staff to maintain physical activity throughout the school year. He is going to encourage health and physical education teachers to do a Walktober event. Some schools have a high population of walkers. Mr. Bishop said that information regarding Walktober is on their Calendar of Events website for individuals to view.</p> <p>Ms. Terri Taylor of the Howard County Fire and Rescue Services and Howard County Coordinator of Safe Kids will continue to perform pedestrian safety and bike safety to help ensure the safeness of our community.</p>	
<b>Next Steps &amp; Wrap-up</b>	<p>Ms. Lloyd wrapped up the meeting with the following:</p> <ul style="list-style-type: none"> <li>• She will send out the minutes in the next week.</li> <li>• The next meeting will be 12pm on September 26<sup>th</sup>.</li> </ul> <p>The meeting ended at 12:42p.m.</p>	<p>Email Ms. Lloyd with any questions: <a href="mailto:SLloyd@howardcountymd.gov">SLloyd@howardcountymd.gov</a></p>

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