

LHIC Healthy Weight Work Group Meeting
August 25, 2016 – 8:30-10:00 a.m.
Howard County Health Department, Barton A

Members Present:

Tara Butler, HCGH
Vanessa Pierre Louis, Maryland Hunger
Kayla Kavoukas, HCHD
Cindi Miller, HCGH
Naa Minnoh, HCGH
Jeannie DeCray, HCHD
Barbara Wasserman, Community Member

Maria Carunungan, HCHD
Shawni Paraska, Columbia Assoc.
Kate Talbert, HCGH
Maura Rossman, HCHD
Elizabeth Menachery, HCHD
Alexandra York, MD Unv. of Integrative

Staff Present:

Rhonda Jenkins, Program Coordinator, Local Health Improvement Coalition, HCHD
Amy Skaggs, Program Administrator, Local Health Improvement Coalition, HCHD
Kelly Kesler, Program Director, Local Health Improvement Coalition, HCHD

Introductions: The meeting was called to order at 8:35. Elizabeth Menachery, MD, introduced the new LHIC staff and thanked everyone for their participation and patience during the transition of the LHIC. Dr. Menachery reminded all members that the Disaster Assistant Assistance Center statement is available to assist anyone affected by the Ellicott City flood.

Overview of Howard County Regional Partnership:

Representative, Kate Talbert, gave a brief overview of the Howard County Regional Partnership. The partnership aims to: Improve the health of the population, enhance the patient experience of care and reduce the per capita cost of care. The partnership will improve care and health while also reducing avoidable utilization. A full presentation will be given at the full LHIC meeting in September.

The LHIC group was asked to vote on a new name for the regional partnership that should reflect the overall mission, a focus on Howard County residents, be distinct from LHIC, and reflect a specific set of programs/interventions/activities and working together.

The selections of choices for the names were:

- Howard County Health Collaborative (HCHC)
- Howard Health Partnership (HHP)
- Howard Community Health Partnership (HCHP)

The new name will be announced at the full LHIC meeting on September 22.

Kelly Kesler, LHIC Director, described the purpose of the new LHIC staff structure and explained that each of the four LHIC work groups are being asked to identify at least one measurable outcome within the year and review their priorities for alignment with SHIP measures, Howard County specific data, partnerships and the needs of the community.

Approval of minutes: A motion for approval of the minutes with amendments was made by Shawni Paraska and second by Barbara Wasserman.

Minutes were amended as follows:

(Page one) Kelly McMillan reviewed the draft letter from the policy committee regarding **Wellness** Policy 9090.

(Page one, last paragraph) Brian Ralph commented that he met with **Frank Estham**, Executive Director at HCPSS to discuss the nutritional needs and they recognize that there **are gaps** in Wellness Policy 9090.

Discussion:

A discussion on planning activities to promote physical activity with school age children and the community was held.

Dr. Maura Rossman, shared insight on Bike Howard, a program lead by the Office of Transportation to promote bicycle riding in the communities and neighborhoods. The purpose of the program is to facilitate recreational and transportation trips by bicycle in the County and improve safety for all types of bicyclists. It was suggested that it might be possible to initiate a pilot program to incentivize riding to school using an HCPSS fleet of bicycles at a specific school. Further discussion indicated parents may have safety concerns about children riding to school.

Barbara Wasserman added there could be a connection between biking and healthy fundraising. Instead of selling candy, children and their families can get pledges for participation in a physical activity fundraiser. Amy Skaggs suggested looking into Boosterthon Fun Run which is a healthy fundraiser that has been implemented at some of the local Howard County Public Schools. The Boosterthon Fun Run staff plans the details. Families of each student gather pledges from people they know and the student will be incentivized for pledges they receive to keep them motivated to run laps during the fun run.

Breakout Sessions:

Nutrition Subgroup Meeting

Jeannie DeCray, HCHD

Maria Carunungan, HCHD

Vanessa Pierre Louis, MD Hunger

Rhonda Jenkins, HCHD

Alexandra York, MD Univ. of Integrative Hlth

Barbara Wasserman, Community Member

Katie DiSalvo-Thronson, The Horizon Foundation

- Katie DiSalvo-Thronson from The Horizon Foundation (THF) shared information from Let's Rethink Lunch: A Pilot Program of HCPS. THF has a vested interest in school lunch because of the importance of promoting healthy meals for students. Their goal is to provide fresher, even healthier and tastier food.
- Last spring, the launching of "Let's Rethink Lunch" pilot program was implemented at Bollman Bridge, Laurel Woods and Talbott Springs elementary schools with new fresh fruit and vegetable bars for students. The new pilot lunch menu is fresher with more options. Children will have 10 healthy new entrée options, including a grilled chicken sandwich, a taco salad bowl, and a chicken ceasar wrap. Each lunch will include the fruit and vegetable bar and an additional hot vegetable. Pizza will be available 60 percent less often.
- Research around school lunch contents was discussed.
 - Discussion indicated interest in further information regarding studies that showed there are more sugared drinks, processed foods and no protein in lunches. Additionally, Vanessa Louis Pierre indicated that she would send LHIC Coordinator research on the importance of breakfast.
 - Alexandra York suggested a dine out night could be held to promote healthier food options making school lunch more appealing to students.
- Strategies in which parent, student and staff can participate in the efforts of eating healthy were identified.
 - Improve quality/perception of healthy condiments
 - Educate about standards (agency endorsement, parent conversation, and education) lack of staff; quality may not be as good, and managing lines
 - Marketing: branding, done by experts, hype nutritionist, cheerleading, cafeteria staff, Days of Taste/vinaigrette, and peer to peer education
 - Sampling for kids to try new things
 - Teach nutrition of school food
 - Sampling for adults
 - A night with wellness center
 - Samples for teachers

Physical Activity Subgroup Meeting

Kayla Kavoukas – HCHD

Cynthia Miller – HCGH

Shawni Paraska – Columbia Association

Naa Minnoh – HCGH

- SHIP Data was discussed and questions regarding when new data through SHIP and the release of the 2016 Howard County Health Assessment Survey were conveyed. The group agreed to review the 2015-2017 LHIC Action Plan during the next meeting.
- The group conducted a needs assessment to determine what is needed in order for the subgroup to be successful. Members indicated that due to limited time and representation, they want additional members recruited. Member recruitment should be focused on recruiting members representing the following areas:
 - A community member/advocate (perhaps retired) with time they can commit
 - Representation from the schools
 - Representation from faith based organizations
 - Chamber of Commerce (ability to reach parents and businesses)
 - Community based nurse, perhaps from WIC
 - Columbia Association physical activity support group member
 - Health department employees who are working or have worked on physical activity related programs/initiatives already
- Columbia Association would like to explore how their free services with nutritionists and trainers could be better utilized in the county, particularly in faith based organizations and how the Healthy Weight group can help build awareness of this resource.

ACTION ITEMS:

- Determine release dates for both SHIP and the 2016 Howard County Health Assessment Survey.
- Send 2015-2017 Action Plan document to physical activity subgroup members
- Review the 2015-2017 LHIC Action Plan during the next meeting for alignment with SHIP measures.
- Send future meeting dates and times
- Members will identify and recruit potential new members
- Kayla Kavoukas will reach out to Jackie Douge to learn more about Walk/Bike to School Day
- Kayla Kavoukas will reach out to Amy Skaggs for Boosterthon contact information

The meeting adjourned at 10:02 a.m.

Next meeting: Full LHIC on September 22, 8:30-9:30 a.m. at HCHD in Potomac and Severn
 Next Workgroup September 22, 9:30-10:30 a.m. following the Full LHIC, in Barton A