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Maura J. Rossman, M.D., HCLHIC Co-Chair
 Health Officer, Howard County Health Department

Steven C. Snelgrove, HCLHIC Co-Chair
 President, Howard County General Hospital

Howard County Local Health Improvement Coalition

Healthy Weight Work Group Meeting
 February 22, 2018 – 9:00 – 10:30 a.m.
 Barton A/B

Minutes

Members Present:

Mary Ann Barry, Transition Howard County
 Melanie Berdyck, Giant
 Maria Carunungan, HCHD
 Will Dunmore, HC Rec and Parks
 Katie DiSalvo-Thronson, Horizon
 Riva Eichner Kahn, Days of Taste

Loretta Hoepfner, MDAAP
 Ekere Olojola, HCPSS
 Shawni Paraska, Columbia Association
 Maura Rossman, HCHD
 Razan Sahuri, UMD Extension
 Barbara Wasserman, Community Member

Guests Present:

Brian Ralph, HCPSS

Staff Present:

Kelly Kesler, HCLHIC Program Director
 Mary Wahl, HCLHIC Program Manager
 Lauren Williams, HCLHIC Program Coordinator
 Sharif Braxton, HCLHIC Program Coordinator

Topic/Agenda	Discussion	Action/Follow-up/Outcome
Welcome and Introductions	Lauren Williams called the meeting to order at 9:10 a.m. Group members introduced themselves.	
Approval of Minutes and Announcements	Lauren Williams shared that the work group meeting would be recorded for production of minutes. Lauren Williams provided a brief review of the December workgroup meeting. Meeting minutes were sent out December 14 th . There was one edit made. A motion to accept the minutes as written was made by Barbara	Minutes from the previous meeting will be available one week prior to the next meeting date at http://www.hclhic.org/membership/meeting-portal . Group members are encouraged to provide event information for inclusion on the HCLHIC website and to visit the site for information on upcoming Healthy Weight Events: http://www.hclhic.org/news-events/lhic-and-

Wasserman and seconded by Loretta Hoepfner.

Members were asked to share any announcements from their organizations.

[partner-events/month.calendar/](#).

Shawni Paraska from Columbia Association made the following announcements:

- Columbia Association will be hosting "Living Well: Take Charge of Your Health" beginning March 7. For information on this free workshop, contact Carla Johnston at cjohnston@howardcountymd.gov
- Vendors are needed for the 5th Annual Columbia Association Employee Health Fair on April 24th.
- Columbia Association in partnership with the HCHD have 8 scholarships left for the My Baby and Me program. The program provides fitness, wellness coaching, and nutrition education for pregnant women in HC. The scholarships will cover the entire cost of the program.
- The 2018 Howard County Health Assessment is being finalized. The survey will be conducted this summer and results available this fall.
- For more information about either of these programs please contact Shawni Paraska at shawni.paraska@columbiaassociation.org

Marry Ann Barry shared a resource called Botani Cuisine. The goal of the program is to educate restaurant owners to use plant based ingredients in their recipes. For more information visit [Botani Cuisine](#) .

		<p>Riva Eichner Kahn shared Days of Taste is looking for volunteers for The Days of Taste Kick Spring Off Wednesday, April 4th from 8:30 -10:00 at Eggspectation in Ellicott City.</p> <p>Loretta Hoepfner shared there is a new state Health and Wellness advisory council. The council focuses on several areas including diabetes, arthritis, heart disease, stroke, and physical fitness</p> <p>Katie DiSalvo-Thronson shared an update on the county's Bike Howard Express Program.</p>
Guest Speaker Presentation	Brian Ralph, Director of Food and Nutrition Services for HCPSS, presented on the Let's Rethink Lunch Program.	Members shared feedback and insight on the program. For a copy of the presentation, click here .
Strategic Planning Discussion	Lauren Williams reviewed identified priorities and expected outcomes for the remainder of FY 18 milestones identified for the FY 18-20 HCLHIC strategic plan.	Coalition members discussed collaborative strategies to increase engagement of community members and partners in our FY18 initiatives.
Wrap Up and Adjournment	<p>The group was asked to:</p> <ol style="list-style-type: none"> a. Provide link-back to HCLHIC website on organization website b. Utilize monthly Communication Action Alert tool with #hclhic c. HCLHIC members interested in being a part of the following groups, contact kkesler@howardcountymd.gov : <ol style="list-style-type: none"> 1. Communication and Outreach (Overarching committee for HCLHIC) 2. Continuing Education Opportunities (Overarching committee for HCLHIC) 3. Point of Decision Campaign <p>The full work group meeting was adjourned at 10:30 a.m.</p>	

Work Group

March 22, 2018 9:00- 10:30 a.m. (Barton A&B)
May 24, 2018 9:00-10:30 a.m. (Barton A&B)

FULL HCLHIC

April 26, 2018 8:30-10:30 am (Potomac)
June 28, 2018 8:30-10:30 am (Susquehanna)

Respectfully submitted by
Lauren A. Williams, C.H.E.S., Program Coordinator,
Howard County Local Health Improvement Coalition