

Howard County Local Health Improvement Coalition (HCLHIC): Healthy Lifestyle Workgroup Meeting Agenda

Date: September 17, 2026

Time: 1:00 – 2:00 pm

Location: Virtual via Zoom

Co-chairs: Carrie Ross and Michelle Rosenfeld

1. Meeting Purpose:

Review Healthy Lifestyle updates, discuss chronic disease prevention and wellness initiatives, and share upcoming opportunities and resources.

2. Agenda Items

1:00 – 1:10 Welcome and Updates

Carrie Ross, Co-Chair, Howard County Food Bank/Community Action Council (CAC) of Howard County

- Howard County Food Council Updates: Emily Harris, Howard County Health Department
- Howard County Food Bank Updates: Carrie Ross, Co-Chair, Howard County Food Bank/Community Action Council (CAC) Howard County
- Howard County Movement Updates: Michelle Rosenfeld, Howard County Office of Aging and Independence (OAI)

1:10 – 1:35 Chronic Disease Self-Management Education (CDSME): Diabetes Self-Management Program Overview

Jennifer Lee, Health Promotion Program Manager, Howard County
Office on Aging and Independence

Christina “Chris” Miller, LCPC, OPN-CG, Manager, Claudia Mayer/Tina
Broccolino Cancer Resource Center, Johns Hopkins Howard County
Medical Center

Ying Matties, Community Health Specialist, Johns Hopkins Howard
County Medical Center

1:35– 1:40 Food Map Card – Member Feedback

Maribet Rivera-Brute, Howard County Local Health Improvement
Coalition (HCLHIC)

1:40 – 1:47 Health & Wellness/Physical Activity Expo

Michelle Rosenfeld, Co-Chair, Office on Aging and Independence
(OAI)

1:47 – 1:52 Falls Prevention & Physical Activity Updates

Michelle Rosenfeld, Co-Chair, Office on Aging and Independence
(OAI)

1:52-1:56 Walktober 2026 Updates

Christine Ballou, Howard County Local Health Improvement Coalition
(HCLHIC)

1:56 – 1:59 Partner Announcements & Updates

1:59 – 2:00 Next Steps & Wrap-Up

Christine Ballou, Howard County Local Health Improvement Coalition
(HCLHIC)

3. Healthy Lifestyle Workgroup FY26-28 Goals:

- **Goal 1.** Advance healthy lifestyle behaviors through culturally responsive, inclusive, and accessible communication strategies that promote nutrition education, physical activity, safe pedestrian environments, and equitable

access to health services, with a focused commitment to reaching and uplifting the most vulnerable community members.

- **Objective 1.1.** By June 2028, collaborate with the HCHD and partners to implement and evaluate healthy lifestyle messages for priority populations to improve health outcomes.
- **Objective 1.2.** By June 2028, establish strategic partnerships with local healthcare providers, faith-based organizations, and businesses to collaboratively develop and distribute health education materials to promote chronic disease prevention and nutrition-focused wellness.
- **Objective 1.3.** By June 2028, enhance community awareness of health education opportunities by improving access to tailored health information and essential health services through strategic outreach and engagement initiatives.
- **Objective 1.4.** By June 2028, enhance physical activity and pedestrian safety among youth in Howard County by integrating health education initiatives with community-supported programs.
- **Objective 1.5.** By June 2028, to collaborate with community partners to continue physical activity initiatives to encourage Howard County community members of all ages and abilities to engage in movement for improved physical and mental health.
- **Goal 2.** Continue raising awareness of culturally appropriate, accessible, affordable, and nutritious food to decrease food and nutrition insecurity among Howard County residents.
 - **Objective 2.1.** By June 2028, increase awareness of and access to culturally appropriate, accessible, affordable, and nutritious food for Howard County residents across the lifespan.
 - **Objective 2.2.** By June 2028, partner with local communities, schools, healthcare organizations, and faith-based organizations to promote food resources.
- **Goal 3.** Increase awareness of fall risk and opportunities to promote culturally appropriate and accessible resources to decrease falls among community members.
 - **Objective 3.1.** By June 2028, collaborate with community-based



organizations and residential communities to promote culturally appropriate and accessible falls prevention resources and activities.

- **Objective 3.2.** By June 2028, create educational opportunities to increase knowledge about fall risk factors and preventative measures.