



## Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

November 18, 2024

2:00pm to 3:00pm

Virtual via Zoom

### Minutes

#### Members Present:

Paul Bertulis, Howard County Public School System  
Bernadette Bindewald, Howard County Health Department  
Andrea Bryant, Howard County Office on Aging and Independence  
Cindy Burch, Baltimore Metropolitan Council  
Lisa DeHernandez, Howard County Health Department  
Natalie Hall, Howard County Health Department  
Julie Kweder, Maryland Department of Transportation  
Latonya Love, Howard County Health Department  
Tavia Patusky, Columbia Association  
Michelle Rosenfeld, Howard County Office on Aging and Independence  
Nikki Savoy, Accessible Resources for Independence  
Carly Shilling, Community Resources and Services

#### Staff Present:

Maribet Brute, HC Local Health Improvement Coalition  
Stephanie Foster, HC Local Health Improvement Coalition  
Ashton Jordan, HC Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
<b>Welcome and Introductions</b>	<p>Mr. Ashton Jordan, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 2:00pm.</p> <p>Mr. Jordan provided a welcome to members in attendance and thanked participants for joining the meeting. He shared the goals of this meeting to review 2024 Walktober data, overview the Community Health Improvement Plan as well as HCLHIC &amp; HCHD website updates.</p>	<p>Members are urged to review the past minutes available at: <a href="https://www.hclhic.org/home/meeting/2024?catId=364">https://www.hclhic.org/home/meeting/2024?catId=364</a></p>

<b>Announcements</b>	<p>Mr. Jordan shared the following announcements:</p> <ul style="list-style-type: none"> <li>• The Full LHIC meeting will be January 16, 2025 at 9am. It will be hybrid and refreshments will be available in person.</li> <li>• Sensory-Friendly Sundays are hosted Sundays at the Robinson Nature Center at 10:30 am – 12:00 pm.</li> <li>• Priority Partners is hosting their the “Healthy Holidays” An Adult Weight Management Class on November 19 from 12:00pm – 1:00pm</li> </ul>	<p>Members can register for the LHIC meeting here: <a href="https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtcreator">https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtcreator</a></p> <p>Members interested in attending the Sensory-friendly Sundays can register here: <a href="https://www.howardcountymd.gov/Sensory-Friendly-Sunday-All-ages">https://www.howardcountymd.gov/Sensory-Friendly-Sunday-All-ages</a></p> <p>Members interested in the Healthy Holidays Adult Weight Management Class can get more information here: <a href="https://www.ppmco.org/get-free-support/health-wellness-classes/healthy-holidays/">https://www.ppmco.org/get-free-support/health-wellness-classes/healthy-holidays/</a></p>
<b>Previous Meeting</b>	<p>Mr. Jordan gave an overview of the last meeting.</p> <ul style="list-style-type: none"> <li>• Provided updates on how HCLHIC was preparing for Falls Prevention Week</li> <li>• Reviewed Walktober figures available at the time</li> </ul> <p>Reviewed the HCLHIC and HCHD Walktober website updates</p>	<p>Movement meeting minutes: <a href="https://www.hclhic.org/home/meeting/2024?catelid=364">https://www.hclhic.org/home/meeting/2024?catelid=364</a></p>
<b>2024 Walktober Review</b>	<p>Mr. Jordan presented the results of Howard County’s 2024 Walktober initiatives. There were 72 events that were organized by 17 organizations with 2 cancellations, 1,137 participants, and 3,176 miles walked. We received feedback from event organizers and discussed key takeaways:</p> <ul style="list-style-type: none"> <li>• Participants had a great time and enjoyed the community aspect of the walks.</li> <li>• Giveaways were popular. Water bottles and wristbands were a hit.</li> <li>• There was significant increased participation from last year.</li> <li>• Great way to network with current and prospective volunteers.</li> <li>• All event organizers will plan to host their event (or a similar one) next year.</li> <li>• Early outreach gave more time for organizers to plan walk/move events.</li> <li>• Consistent promotion led to higher participation rates.</li> </ul>	<p>Falls Prevention resources and events are available on the LHIC website at: <a href="https://www.hclhic.org/healthy/older-adult">https://www.hclhic.org/healthy/older-adult</a></p> <p>Members can access the Falls Prevention Activities Flyer here: <a href="https://www.hclhic.org/Content/Upload/page/8d2031b7-3b45-4d72-9c47-0300c8aaacc8.pdf">https://www.hclhic.org/Content/Upload/page/8d2031b7-3b45-4d72-9c47-0300c8aaacc8.pdf</a></p>

	<ul style="list-style-type: none"> <li>• Future outreach to Howard County schools through the PTSA’s so they can plan walks.</li> <li>• Setting up a way to complete post event surveys immediately after the move event can improve data gathering efforts.</li> <li>•</li> </ul> <p>Event organizers included:</p> <ul style="list-style-type: none"> <li>• HC Office on Aging &amp; Independence,</li> <li>• HC Dept. of Rec and Parks,</li> <li>• Monarch Mills,</li> <li>• Feet First Sports,</li> <li>• Howard County Office of Transportation,</li> <li>• The Village in Howard,</li> <li>• East Columbia Branch Library &amp; 50+ Center,</li> <li>• Running Brook Elementary School,</li> <li>• Harpers Choice Middle School,</li> <li>• Long Reach Community Association,</li> <li>• Howard County Autism Society,</li> <li>• Howard Community College,</li> <li>• Neighbor Ride,</li> <li>• CFIN: A Community of Families in Nature,</li> <li>• Cycle2Health,</li> <li>• Columbia Association,</li> <li>• Bullseye Running,</li> <li>• Howard County Health Department</li> </ul>	
<p><b>Community Health Improvement Plan Overview &amp; Feedback</b></p>	<p>Mr. Jordan introduced Ms. Reena Rambharat, HC Health Department, to provide an overview of the Community Health Improvement Plan.</p> <p>Ms. Rambharat gave an overview of the FY 26-28 Community Health Improvement Plan (CHIP) and stages of the planning process.</p> <ul style="list-style-type: none"> <li>• CHIP is the Community Strategic Plan and LHIC is responsible for the strategic plan every 3 years.</li> <li>• Ms. Rambharat would appreciate members being a part of the steering committee, and/or joining various work groups to share feedback during the process, as well as participating in the Full LHIC meeting.</li> <li>• The final CHIP Strategic Plan will be presented at the July 17, 2025 Full LHIC Meeting.</li> <li>• The CHIP Strategic Plan will be aligned with the Hospital Community Health Needs Assessments (CHNA) and Maryland Department of Health (MDH) State Health Insurance Assistance Program (SHIP).</li> <li>• Plans are to streamline the number of workgroups from six to four:</li> </ul>	<p>Members can access the HCLHIC Walktober webpage here: <a href="https://www.hclhic.org/healthy/physical-activity">https://www.hclhic.org/healthy/physical-activity</a></p> <p>If you plan to host a walk event and would like to add it to the Howard County Walktober Calendar Events page, please fill out the <a href="#">HoCo Walktober 2024 Interest Form</a> or email <a href="mailto:LHIC@howardcountymd.gov">LHIC@howardcountymd.gov</a>.</p>

	<ul style="list-style-type: none"> <li>○ Growing Healthy Families</li> <li>○ Health Minds &amp; Suicide Prevention</li> <li>○ Community Healthcare Worker Learning Collaborative</li> <li>○ Combine the Movement Group, Chronic Disease Prevention &amp; Management Group, and Food Security Committee into the Healthy Lifestyles Workgroup, that will focus on the aspect of chronic disease prevention &amp; management, physical activity as well as access to healthy food.</li> </ul>	
<p><b>Movement Action Plan Review</b></p>	<p>Mr. Jordan, provided a review of the work the Movement workgroup has done towards their action plan.</p> <p>Movement’s overarching goal was to engage community members in healthy lifestyle activities by increasing awareness; culturally appropriate opportunities; accessible and inclusive communications and initiatives related to promoting movement; healthier food choices; and social engagement to promote improved physical and mental health.</p> <ul style="list-style-type: none"> <li>● Objective 1 <ul style="list-style-type: none"> <li>○ By May 2023, collaborate with Coalition members to develop and pilot a movement initiative including a community calendar and programming to encourage Howard County community members of all ages and abilities to engage in movement for improved physical and mental health.</li> </ul> </li> <li>● Objective 2 <ul style="list-style-type: none"> <li>○ By June 2025, based on results of the pilot program plan, implement and evaluate a Movement Initiative that promotes physical activity and encourages Howard County community members of all ages and abilities to engage in movement for improved physical and mental health year-round.</li> </ul> </li> <li>● Objective 3 <ul style="list-style-type: none"> <li>○ By June 2025, conduct quarterly review and update of the HCLHIC website and collaborate on a walk to school’s social media campaign with HCHD Comms Dept. Gather resources on walk and bike to school and promote content widely among partners and community members and share on LHIC’s website and social media pages.</li> </ul> </li> <li>● Objective 4 <ul style="list-style-type: none"> <li>○ By June 2025, conduct review and update the Falls Prevention resources on the HCLHIC website and share via partners, community members and social media.</li> </ul> </li> </ul> <p>Ms. Rambharat requested feedback from the group on the LHIC Movement Workgroup successes, improvements needed, any issues</p>	<p>Members can view the updated HCLHIC Physical Activity webpage here: <a href="https://www.hclhic.org/healthy/physical-activity">https://www.hclhic.org/healthy/physical-activity</a></p> <p>Members can access the HCHD Walktober webpage here: <a href="https://www.howardcountymd.gov/walktober">https://www.howardcountymd.gov/walktober</a></p> <p>Walk/Bike to School Day: <a href="https://www.walkbiketoschool.org/">https://www.walkbiketoschool.org/</a></p> <p>MDOT Walk Maryland Day Create a Walking Group Link: <a href="https://www.cognitofor.ms.com/MDH3/CreateNewWalkingGroup">https://www.cognitofor.ms.com/MDH3/CreateNewWalkingGroup</a></p> <p>Members can view recordings of MDOT Walktober Webinars here: <a href="https://mdot.maryland.gov/tso/pages/Index.aspx?PageId=123">https://mdot.maryland.gov/tso/pages/Index.aspx?PageId=123</a></p>

	<p>needing to be addressed before transition into Healthy Lifestyle workgroup.</p> <ul style="list-style-type: none"> <li>• Ms. Michelle Rosenfeld, OAI, mentioned that the growing Walktober figures show a commitment from Movement Workgroup members to provide physical activity initiatives for community members.</li> <li>• Ms. Nikki Savoy, Office on Aging and Independence, mentioned the Healthy Lifestyle Workgroup doing some sort of movement related event or initiative during the spring-summer.</li> <li>• Ms. Tavia Patusky, emphasized reinforcing the mental health benefits of physical activity. With the amount of messaging focusing on long-term prevention of chronic conditions it may be beneficial emphasizing the short-term/immediate benefits from physical activity.</li> <li>• Mr. Jordan mentioned that the schools are missing from this conversation and that would be a good place to start building youth physical activity initiatives.</li> </ul>	
<p><b>Next Steps &amp; Wrap-up</b></p>	<p>Mr. Jordan mentioned the Movement workgroup will meet as the Healthy Lifestyle Workgroup in January 2025.</p> <p>Mr. Jordan adjourned the meeting at 3:00 PM.</p>	<p>Register for next full LHIC meeting:  <a href="https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator">https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator</a></p>

Respectfully submitted by  
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