

Howard County Local Health Improvement Coalition (HCLHIC)

Healthy Lifestyle Workgroup Meeting

Howard County Health Department

March 19, 2026

1:00 – 2:00 pm

Virtual

Meeting Goals: Provide updates on Howard County food access and movement initiatives, share a presentation about the nutrition services offered by the Office of Aging and Independence, provide updates on the Healthy Living priority goals, and brainstorm on future events to meet workgroup goals and objectives.

Meeting Agenda

Meeting will start promptly at 1:00 pm

- 1:00 pm – 1:15 Welcome and Updates
Carrie Ross, Co-Chair, Howard County Food Bank/Community Action Council (CAC) Howard County
- Howard County Food Council Updates
 - *Yekatit Bezooyehu, Howard County Health Department*
 - Howard County Food Bank Updates
 - *Carrie Ross, Co-Chair, Howard County Food Bank/Community Action Council (CAC) Howard County*
 - Movement Updates
 - *Michelle Rosenfeld, Co-Chair, Office on Aging and Independence (OAI)*
 - Other Workgroup Member Announcements
- 1:15 – 1:30 [Office of Aging and Independence \(OAI\), Nutrition Services](#)
Danielle Clifford-Earles, MPS, Nutrition Program Manager, OAI
Carmen Roberts, MS, RDN, LDN, Nutritionist, OAI
- 1:30 – 1:40 Update on [HCLHIC Healthy Living Goals](#)
Maribet Rivera-Brute, HCLHIC
- 1:40 – 1:55 Brainstorm on Future Events
Carrie Ross, Co-Chair, Howard County Food Bank/Community Action Council (CAC) Howard County
- 1:50 – 2:00 pm Next Steps and Adjourn
Michelle Rosenfeld, Co-Chair, OAI

Healthy Lifestyle Workgroup CHIP FY26-28 Action Plan Goals and Objectives

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.