

Howard County Local Health Improvement Coalition

Healthy Lifestyle (HL) Workgroup Meeting

March 20, 2025

1:00 PM – 2:00 PM

Virtual via Zoom

Minutes

Co-Chairs Present:

Carrie Ross, Community Action Council of Howard County

Michelle Rosenfeld, Howard County Office on Aging and Independence

Members Present:

Alli Milner, Laurel Advocacy Referral Services (LARS)

Becky Ramsin, Center for a Livable Future

Christina Miller, Johns Hopkins Howard County Medical Center

Chynáe Vicks, Howard County Health Department

Connie Ford, Howard County Health Department

David Ennis, Howard County Board of Health

Emily Luyo, Priority Partners

Erika Strauss Chavarría, Columbia Community Care

Erin Ashinghurst, Accessible Resources for Independence

Heather Sites, Office on Aging and Independence

JaKaiya Frisby, American Lung Association

Jason Bashura, Board of Health Member

Julie Kwedar, Maryland Department of Transportation Maryland Highway Safety Office

Justin Chen, The Community Ecology Institute

Justin Lawrence, Boys & Girls Clubs of Metropolitan Baltimore

Linda Zumbrun, Howard County Department of Social Services

María José Candanoza, Howard County Health Department

Nikki Savoy, Accessible Resources for Independence

Rachel Filar, Office on Aging and Independence

Reena Rambharat, Howard County Health Department

Shannon Blount, Howard County Public School System

Sunyoung Nicolas, Howard County Health Department

Tavia Patusky, Columbia Association

Xingxing Liu, Korean Community Service Center of Greater Washington

Zitao Weng, Korean Community Service Center of Greater Washington

Staff Present:

Maribet Rivera-Brute, Howard County Local Health Improvement Coalition

Stephanie Foster, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
Welcome and Introductions	Stephanie Foster, Howard County Local Health Improvement Coalition, called the meeting to order at 1:00 PM.	Members are encouraged to review the past minutes available at: https://www.hclhic.org/home/meeting/2024?catId=367
Updates	<p>Updates to the workgroup were as follows:</p> <ul style="list-style-type: none"> • Reena Rambharat, provided Food Council updates • Stephanie Foster provided Food Pantries Brochure Updates • Carrie Ross provided Food Bank Produce Boxes and Community Schools Updates <ul style="list-style-type: none"> ○ Successful community event at the Homewood Center that involved families and teenagers in meal planning. ○ Collaboration with Laurel Woods Elementary School to facilitate weekly produce deliveries from Gorman Farms to support a farmer's market. ○ A collaborative plan was proposed for corporate groups to assist with the delivery of CSA boxes. • Michelle Rosenfeld provided Movement updates <ul style="list-style-type: none"> ○ Winter Wellness Challenge attracted over 500 participants. ○ Spring activities include walking groups in senior living communities. ○ The Office on Aging and Independence (OAI) Showcase is on May 9 at the Columbia Mall. 	Members interested in the OAI Showcase: The Art of Healthy Aging can get more information here: https://www.howardcountymd.gov/OAM2025
Partner Activities in the Spring	<p>Stephanie Foster provided the following upcoming activities to the workgroup:</p> <ul style="list-style-type: none"> • Walking Groups <ul style="list-style-type: none"> ○ Enterprise Residential Communities are looking to start up walking groups into 	Members interested in the LARS Community Resource Fair and Grocery Giveaway can get more information here: https://www.facebook.com/laur eladvocacy/posts/20545706383

	<p>their residential communities, including senior living communities. They are looking to start by the end of April.</p> <ul style="list-style-type: none"> • Chronic Disease Programming <ul style="list-style-type: none"> ○ Office on Aging and Independence is leading a Spanish Living Well Diabetes Self-Management Program starting April 8. ○ Alli Milner shared that Laurel Advocacy and Referral Services (LARS) will be implementing a diabetes prevention program in collaboration with Totally Linking Care in Maryland. ○ Vanda Lerdboon shared that there are two upcoming lay leader trainings for the Living Well Diabetes Self-Management and Chronic Disease Self-Management programs. ○ Further, Vanda announced information about the Health Heart Ambassador Program and American Heart Association (AHA) Simple Cooking with Heart recipes. • Food Security <ul style="list-style-type: none"> ○ Highlighted a project aimed at helping food banks adopt nutritious food guidelines and provide culturally relevant food. • Other Partner Spring Activities <ul style="list-style-type: none"> ○ Announced an upcoming showcase event by the Office on Aging and Independence focused on healthy aging. 	<p>00545:2054570638300545?rclid=yHyTft40pNKuHnBe#</p> <p>Members interested in the Healthy Heart Ambassador Program can get more information here: https://certificates.astho.org/group/501008</p> <p>Members interested in the AHA Simple Cooking with Heart recipes can get more information here: https://recipes.heart.org/en/collections/programs/simple-cooking-with-heart</p>
<p>Community Health Improvement Plan (CHIP) update/FY 26-28</p>	<p>Maribet Rivera-Brute reviewed the CHIP and the FY 26-28 Action Plan for the workgroup. Maribet discussed the progress of the CHIP, highlighting that phase 2 is ongoing and will move to phase 3 in the coming month. Community health forums are planned for March to gather input, and the steering committee will review</p>	

Action Plan Solutions	<p>feedback in April. The action plan will focus on evidence-based solutions, with community members voting on the most impactful initiatives.</p> <p>Stephanie Foster shared the Healthy Lifestyle Action Plan Items as follows:</p> <ul style="list-style-type: none"> - Goal 1: Educate Community members on healthy lifestyle behaviors by communicating the importance of nutrition, increased physical activity, and access to health services utilizing tailored messaging. <ul style="list-style-type: none"> ○ Objective 1: By March 2028, collaborate with Howard County Health Department (HCHD) Communications to implement and evaluate a health campaign to promote health positive behavior changes. ○ Objective 2: By June 2028, based on results of the Healthy Lifestyle Campaign, implement an annual Healthy Howard Lifestyles Community Event. - Goal 2: Seek opportunities to collaborate with other organizations on fall prevention initiatives. <ul style="list-style-type: none"> ○ Objective 1: By June 2028, collaborate with partner organizations on a fall prevention initiative in Howard County. - Goal 3: Partner with local health providers to increase health education opportunities for residents of all ages. <ul style="list-style-type: none"> ○ Objective 1: By June 2028, establish collaborative partnerships with local health providers to offer a series of community health education workshops, targeting residents of all ages 	
Announcements	<p>Stephanie Foster provided the following announcements to the workgroup:</p> <ul style="list-style-type: none"> • The next HCLHIC Quarterly hybrid meeting is on April 17, 2025, at 9 am. It will be hybrid, and 	<p>Members can register for upcoming LHIC meetings here: https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-</p>

	<p>refreshments will be available for in-person attendees.</p> <ul style="list-style-type: none"> • HCLHIC is hosting Community Health Forums in March. Registration below. <ul style="list-style-type: none"> ○ March 25 – Central Branch Library ○ March 29 – ElkrIDGE Branch Library ○ March 31 – North Laurel Community Center • Carrie Ross provided details about a volunteer initiative involving Gorman Farms and Laurel Woods Elementary School. • Reena Rambharat announced the Black Maternal Health Week event on April 26th. 	<p>1022732690007?aff=oddtcreator</p> <p>Members interested in attending any of the Community Health Forums can register here: https://www.howardcountymd.gov/health/local-health-improvement-coalition</p> <p>Members can register for the Black Maternal Health Week event here: https://www.eventbrite.com/e/honoring-black-motherhood-healing-advocacy-and-unity-for-change-tickets-1262476413939?aff=oddtcreator</p> <p>Members can fill out the Living Well in the Community Program interest survey here: Living Well in the Community Program Interest Survey 2025</p>
Next Steps & Wrap-up	<p>Next meeting will be in June 2025. Date to be determined and will be shared with the workgroup members.</p> <p>Stephanie Foster adjourned the meeting at 2:00 PM.</p>	

Respectfully submitted by:

Ashton Jordan, MSPH

Community Engagement Coordinator

Howard County Local Health Improvement Coalition