



## Howard County Local Health Improvement Coalition

### Healthy Lifestyle (HL) Workgroup Meeting

December 15, 2025

2:00 PM – 3:00 PM

Virtual via Zoom

### Minutes

#### Co-Chair Present:

Carrie Ross, Community Action Council

Michelle Rosenfeld, Howard County Office on Aging and Independence

#### Members Present:

Carla Gates, Reclaiming HEALTH Learning Lab

Chris Miller, Johns Hopkins Howard County Medical Center

Claudet Miranda Zambrano, Maryland Hunger Solutions

Erin Ashinghurst, Accessible Resources for Independence

Heather Sites, Office on Aging and Independence

Ivette Lopez, SAFE Food

Johnathan McKinney, Community Ecology Institute

Lois Joellenbeck, Howard County Health Department

María José Candanoza, Howard County Health Improvement Coalition

Nikki Savoy, Accessible Resources for Independence

Rachel Filar, Office on Aging and Independence

Rachel Krut, Johns Hopkins Howard County Medical Center

Reena Rambharat, Howard County Health Department

Rosemarie Jiménez-Rosales, Howard County Local Health Improvement Coalition

Shannon Blount, Howard County Public School System

Sun Nicolas, Howard County Health Department

Tavia Patusky, Columbia Association

Vanda Lerdboon, Howard County Health Department

Xingxing Liu, Korean Community Service Center of Greater Washington

Yekatit Bezooyehu, Howard County Health Department

Zitao Weng, Korean Community Service Center of Greater Washington

#### Staff Present:

Ashton Jordan, Howard County Local Health Improvement Coalition

Maribet Rivera-Brute, Howard County Local Health Improvement Coalition

Stephanie Foster, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
<b>Welcome and Introductions</b>	<p>Ashton Jordan, Howard County Local Health Improvement Coalition, called the meeting to order at 2:00 PM.</p>	<p>Members are encouraged to review the past minutes available at:</p> <p><a href="https://www.hclhic.org/home/meeting/2025?catId=370">https://www.hclhic.org/home/meeting/2025?catId=370</a></p>
<b>Announcements</b>	<p>Ashton Jordan provided the following announcements to the workgroup:</p> <ul style="list-style-type: none"> <li>• The next HCLHIC Quarterly hybrid meeting is on January 15, 2025, at 9 AM. It will be hybrid, and refreshments will be available for in-person attendees.</li> <li>• The Food Pantry at the Howard County Multiservice Center has extended its services hours for the months of November and December. From pre-packaged “grab and go” food bags to diapers and toiletries, We encourage Howard County residents in need to stop by the MSC Food Pantry for assistance. Please note, one distribution per month per family.</li> <li>• Office on Aging and Independence offers programs and services that support healthy aging, independent living, reduce isolation, and promote dignity, choice, and cultural inclusion.</li> </ul> <p>Workgroup members provided the following announcements to the workgroup:</p> <ul style="list-style-type: none"> <li>• Tavia Patusky shared that Columbia Association “Walk with a Doc” series is ongoing and seeing steady engagement with community members and physicians. These walks occur monthly and the next Columbia Association “Walk with a Doc” will take place at Lake Elkhorn and focus on mental well-being.</li> <li>• Johnathan McKinney shared that the community dinner initiative “Free Food, Fire, and Friends” is ongoing and has fostered positive engagement amongst community members. This event takes place every Thursday.</li> </ul>	<p>Members can register for upcoming LHIC meetings here:</p> <p><a href="https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=odddtcreator">https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=odddtcreator</a></p> <p>Members interested in the Food Pantry at the Howard County Multiservice Center can learn more here:</p> <p><a href="https://www.howardcountymd.gov/office-local-childrens-board/multiservice-center">https://www.howardcountymd.gov/office-local-childrens-board/multiservice-center</a></p> <p>Members can find more information on aging independently here:</p> <p><a href="https://www.howardcountymd.gov/aging-independence">https://www.howardcountymd.gov/aging-independence</a></p> <p>Members interested in the Walk with a Doc series can get more information here:</p> <p><a href="https://walkwithadoc.org/join-a-walk/locations/columbia-maryland/">https://walkwithadoc.org/join-a-walk/locations/columbia-maryland/</a></p> <p>Members interested in the Free Food, Fire, and Friends event can get more information here:</p> <p><a href="https://www.eventbrite.com/e/free-food-fire-and-friends-tickets-">https://www.eventbrite.com/e/free-food-fire-and-friends-tickets-</a></p>

# Howard County LHIC

Local Health Improvement Coalition



8930 Stanford Blvd | Columbia, MD 21045

410.313.6204 - Voice/Relay

410.313.6108 - Fax

1.866.313.6300 - Toll Free

[www.hclhic.org](http://www.hclhic.org)

		<a href="https://www.hclhic.org/1976456934897?viewDetails=true">1976456934897?viewDetails=true</a>
<b>Food Council, Food Bank, Movement Updates</b>	<p>Updates to the workgroup were as follows:</p> <ul style="list-style-type: none"><li>● Ms. Bezooyahu, provided Food Council updates.<ul style="list-style-type: none"><li>○ Continuing foundational and policy facing work</li><li>○ Awarded the MDH Grant to launch hydroponic growing program in partnership with Howard County Public Schools</li><li>○ Held First General Assembly Meeting in November 2025</li><li>○ Attended Legislative Brainstorming Session with Maryland Hunger Solutions</li><li>○ Attending Meet and Greet with Maryland Delegation</li><li>○ Announced the launch of Pocket Pantry</li><li>○ Began identifying steering committee members and will host first steering committee meeting in January 2025</li></ul></li><li>● Ms. Ross provided Food Bank Updates<ul style="list-style-type: none"><li>○ County conducted food drive created in 12 hours and donated to 6 organizations</li><li>○ Columbia Community Care hosted a fundraiser early this month</li><li>○ Pantries with the community schools upcoming in the future</li></ul></li><li>● Ms. Rosenfeld provided Movement updates<ul style="list-style-type: none"><li>○ Walktober season at 50+ center was a success with many participants engaging in activities such as walking with preschoolers and line dancing with middle schoolers.</li></ul></li></ul>	<p>Members can view information on the HCLHIC Food Council here:</p> <p><a href="https://www.hclhic.org/council">https://www.hclhic.org/council</a></p>

<p><b>Healthy Hearts Ambassador Program Presentation</b></p>	<p>Vanda Lerdboon introduced the Healthy Hearts Ambassador Program, which is designed to assist adults in managing high blood pressure. The program, supported by the Maryland Department of Health, focuses on self-management through home monitoring and lifestyle changes. The presentation covered the following topics:</p> <ul style="list-style-type: none"> <li>• What is the Healthy Hearts Ambassador Program</li> <li>• Key Aspects of HHA Program <ul style="list-style-type: none"> <li>○ Self-Monitoring</li> <li>○ Nutrition Education</li> <li>○ Individualized Support</li> <li>○ Long-Term Goal Setting</li> </ul> </li> <li>• Participant Goals of HHA Program</li> <li>• Participant Eligibility</li> <li>• Participant Incentives</li> <li>• Overview of session <ul style="list-style-type: none"> <li>○ Session 1: Blood Pressure basics and DASH</li> <li>○ Session 2: DASH Diet and Physical Activity</li> <li>○ Session 3: Sodium and High Blood Pressure</li> <li>○ Session 4: Shop, Prep Cook with Less Sodium</li> <li>○ Session 5: Limiting Added Sugars</li> <li>○ Session 6: Fit or Fats (limiting bad fats and oils)</li> <li>○ Session 7: Heart Healthy Lifestyle (lifestyle factors to improve BP)</li> <li>○ Session 8: Heart Healthy for Life</li> </ul> </li> </ul> <p>Carla Gates inquired about the program standards being used to consider if someone has high blood pressure. Ms. Lerdboon shared that the information they utilized and provide is from the American Heart Association.</p> <p>Rosemarie inquired if they were looking for locations to provide these Heart Healthy Ambassador as she had a few ideas. Ms. Lerdboon mentioned that they are always looking for locations to host future cohorts.</p>	<p>Members can access information on the Healthy Hearts Ambassador Program here:</p> <p><a href="https://www.findhelp.org/howard-county-health-department--ellicott-city-md--healthy-heart-ambassador-%2528hha%2529-program/5042155234066432?postal=21075">https://www.findhelp.org/howard-county-health-department--ellicott-city-md--healthy-heart-ambassador-%2528hha%2529-program/5042155234066432?postal=21075</a></p> <p>Members can access CAREAPP here:</p> <p><a href="https://findhcresources.org/">https://findhcresources.org/</a></p> <p>Members can access the HCHD Tobacco/Nicotine Cessation Support Program here:</p> <p><a href="http://www.howardcountymd.gov/LiveNicFree">www.howardcountymd.gov/LiveNicFree</a></p>
--	---	--



	<p>Ms. Lerdboon then gave a very brief overview of the CAREAPP tool and the Howard County Health Department Tobacco/Nicotine Cessation Support Program.</p>	
<b>Fall Prevention Awareness Presentation</b>	<p>Rosemarie Jiménez-Rosales provided the workgroup members with a presentation on fall prevention awareness. The presentation covered the following topics:</p> <ul style="list-style-type: none"><li>• Why Raising Awareness Matters</li><li>• Awareness is the first step in preventing falls</li><li>• Unpacking the Data</li><li>• Common Fall Risk Factors</li><li>• How to take action as falls are preventable</li><li>• Community Resources available in Howard County for Falls Prevention<ul style="list-style-type: none"><li>○ Maryland Department of Aging</li><li>○ Howard County Office on Aging and Independence</li><li>○ Howard County Local Health Improvement Coalition</li></ul></li></ul> <p>Carla Gates highlighted the stigma surrounding falling, particularly among older generations and asked workgroup members to think of create solutions to address the stigma.</p>	<p>Members can access information on the Maryland Department of Aging: <a href="https://aging.maryland.gov/Pages/default.aspx">https://aging.maryland.gov/Pages/default.aspx</a></p> <p>Members can access information on the Howard County Office on Aging and Independence here: <a href="https://www.howardcountymd.gov/aging-independence">https://www.howardcountymd.gov/aging-independence</a></p> <p>Members can access information from HCLHIC on Falls Prevention here: <a href="https://www.hclhic.org/healthy/older-adult">https://www.hclhic.org/healthy/older-adult</a></p>
<b>2025 Walktober Recap</b>	<p>Mr. Jordan guided the group through a recap of the Walktober 2025 initiative in Howard County.</p> <p>Updates included:</p> <ul style="list-style-type: none"><li>• Maryland Department of Transportation (MDOT) website has been updated<ul style="list-style-type: none"><li>○ MDOT website houses information on 2025 Walkinars and Walk Maryland Day</li></ul></li><li>• 23 organizations arranged walk/move events<ul style="list-style-type: none"><li>○ 171 events in total</li></ul></li><li>• 23 responses to the Howard County Walktober Post Event Survey</li></ul>	<p>Members can access the HCLHIC's Physical Activity page here: <a href="https://www.hclhic.org/healthy/physical-activity">https://www.hclhic.org/healthy/physical-activity</a></p>

	<ul style="list-style-type: none"> <li>○ 4,438 participants across Walktober events</li> <li>○ ~6,300 miles walked across Walktober</li> <li>● Howard County Health Department 2025 Walktober Challenge was a success <ul style="list-style-type: none"> <li>○ 23 participants</li> <li>○ 5,082,085 steps</li> <li>○ 2,310 miles walked</li> </ul> </li> <li>● Howard County Village 2025 Walktober Challenge <ul style="list-style-type: none"> <li>○ 5 Villages</li> <li>○ Over 8 million steps walked</li> <li>○ Over 4000 miles walked</li> <li>○ Wilde Lake Village were the inaugural champions</li> </ul> </li> </ul>	
<b>Next Steps &amp; Wrap-up</b>	<p>Next meeting will be Thursday, March 19th, 2026 from 1:00 – 2:00pm.</p> <p>Ashton Jordan adjourned the meeting at 3:00 PM.</p>	

Respectfully submitted by:  
 Ashton Jordan, MSPH  
 Community Engagement Coordinator  
 Howard County Local Health Improvement Coalition