

Healthy Anne Arundel Coalition – Healthy Eating Active Living Work Group

Sept 16, 2021

Meeting Minutes

Attendees: Sarah Ramsey, Kristin Coleman, Ann H Buzzelli, Christine Harrison, Dr. Shawn Ashworth, Hadassah Onimiya, Penelope (Penny) Tilghman, Syretta James, Tameka Smith, Susan Thomas, Anne Thomas, Deborah Wood, Abigail Bridges, Anne Wintermute, NaToya Mitchell, Mizetta (last name?), Clemie Pizzillo, Anna Shao, Elizabeth Matienzo, Rebecca (Becca) Dooley, Louise Gengler Thomas, Hajara Adebawale

Comment [1]: Please confirm with your Zoom report

Welcome and Agenda Review

- Welcome & new member introductions
- Relevant updates

Confirming Priorities and Fundable Opportunities

- Are these the right areas for HEAL to focus on? (Sarah)
 - Education & access
 - Create and distribute resource map
 - Design and launch healthy eating/nutrition campaign
 - Leverage community orgs as information hubs and resource distribution sites
 - Policy initiatives
 - Research and critically evaluate existing HEAL policies in AA county and similar jurisdictions
 - Set meeting with County Admin to determine what they would like to see/what is feasible
 - Distribute survey to gather feedback on what types of initiatives work in community and confirm needs
- Feedback on HEAL priorities
 - Anne Thomas: Sleep should be represented somewhere
 - Dr. Shawn Ashworth, Tameka Smith, Christine Harrison, Penny Tilghman, Clemie Pizzillo: In agreement
- Background on ARPA Funding (Kristin)
 - If funding were to become available to us, what opportunities should we be exploring?
 - Tameka Smith: Any way to take advantage of free lunches for students? Ex. getting healthier items to supplement free food.

- Penelope T.: Focus on healthy meals for senior nutrition sites; intergenerational event - include kids and seniors, cooking, gardening, connecting (one coming up in Severn)
- Christine H: Mobile food pantries to reach disconnected communities, prescription produce programs (eg Wholesome Wave)
- Dr. Ashworth: Supporting food banks
- Anne T: Adding healthy recipes at food sources; community gardens
- Are there any partnering opportunities with groups who are exploring this ARP funding and/or are working on these priorities whom we should engage?
 - Ann B: DOH, Parks and Rec, Food Bank, Aging
- Next step - sending out a survey with ideas above to see what you're most interested in

Strengthening Our Strategies - Break out groups (see notes from each breakout group)

- Review and refine draft Strategies
 - What's missing? If anything.
 - Group 1
 - Ann B: Does it need to be identified who will complete this work?
 - Sarah: In next workgroup, will look at who is responsible for leading each strategy.
 - Tameka S: What is meant by "tools to inform"?
 - Ann B: In creating and distributing resource map, is there a way to add "to improve/expand" the existing resource maps? People did a lot of work for COVID and want to include that.
 - Tameka S: Can HD provide nicotine patches for individuals trying to quit smoking?
- Which of these can we move forward with this fall? (sequencing)
 - Group 1
 - Need to determine what is already out there so efforts are not duplicated
 - Meeting with County Admin to see what the need is
- What additional resources (funding, expertise, infrastructure, etc.) might we need?
 - Group 1
 - Assistance with language
 - Funding
 - Partners (especially non-traditional)
- Report out/discussion
 - Lead 1 (Sarah's Group):

- See notes above
- Lead 2 (Kristin's Group):
 - Collaborating with AA County Diversity and Inclusion Office about what equity looks like in food access/exercise
 - Exploring food systems current policies on healthy eating/active living
 - More cross-sector collaboration
- Lead 3 (Anna's Group):
 - Similar discussion to other groups
 - Mapping resources
 - Who is in the group and what is each group offering and aware of?
 - Ensuring nutrition education is age and culturally appropriate
 - Considering family context in decision-making

What's Next

- Confirm action items
- Upcoming meetings/dates
 - HEAL: Oct 21, 12-1pm
 - Mental Wellness: Oct 13, 9-10am
 - Community meeting: Oct 18, time TBD