

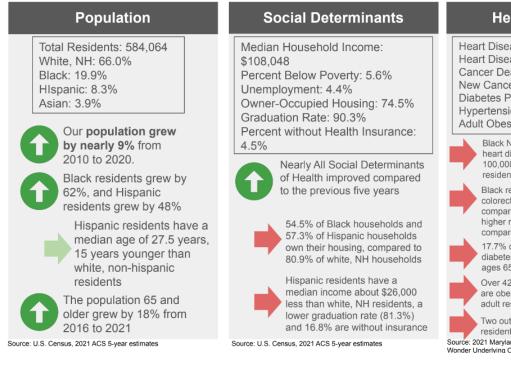
HEAL Retreat May 18, 2023

Attendance:

Mindi Garrett DOH, Donna Perkins DOH, Kristin Coleman DOH, Ann Heiser Buzzelli DOH, Mizetta Wilson Partnership, Julie Snyder AACCAA, Kyla Harper AACCAA, Angel Woodall Food Bank, James Merritt Merritt Health Clubs, Jodi Risse AACPS Food & Nutrition, Julia Werre Health food -based business, Kia Holder AACCAA, Louise Thomas Tennis Alliance, Amanda McMurtrey Mayo United Methodist, Ann Hoyt Mental Health Agency, Neilye Garrity Play Annapolis, Becca Dooley BWMC, Quay Holland private healthy business/ AACPS, Laura Aazak Bay Community Health, Debbie Wood Chesapeake Children's Museum, Shawn Ashworth AACPS

Opening Comments: HEAL Co-chairs Ann Heiser Buzzelli and Mizetta Wilson "What have we done in the past? What is being done now? What are the gaps and opportunities as we plan the work ahead?"

What we know:



Anne Arundel County Snapshot

Health Indicators

Heart Disease Deaths:1,043 (2020) Heart Disease Prevalence: 5.8% Cancer Deaths: 1,021 (2020) New Cancer Cases (2018): 3,097 Diabetes Prevalence: 10.8% Hypertension Prevalence: 30.1% Adult Obesity Prevalence: 36.9%

> Black NH residents have age-adjusted heart disease mortality rate of 217.9 per 100,000 compared to 154.2 for White, NH residents.

Black residents have a higher rate of new colorectal cancer cases (44.2 per 100,000 compared to 35.8 for the county), and a higher rate of prostate cancer (165.4, compared to 110.8)

17.7% of Black adult residents have diabetes; more than one in five residents ages 65+ have diabetes (21.4%)

Over 42% of residents ages 35-64 years are obese, and nearly half of Black, NH adult residents are obese (47.0%)

Two out of every five Black NH adult residents have hypertension (41.4%) Source: 2021 Maryland BRFSS, 2021 MD Cancer Report, CDC Wonder Underving Causes of Death

Workgroup brainstorming and discussion:

What's happened in the last 3-5 years related to healthy eating & active living in the county?	What's in the works or in progress?	Where do gaps/opportunities remain?
 Brooklyn Park Healthy Food Pantry Transition to more virtual options (DPPs, healthy eating classes, etc) Department of Aging- shop and eat, Living Well programs Maryland Food System Resiliency Council Plan 2040 Greater Baybrook Alliance More mobile services (Mental health, health services, food, library, summer meals) Pop-up food distribution, Partnership, churches, non-profits Virtual programming- not needed anymore, not wanted- excludes those without internet 	 Executive Order 60 <u>To</u> <u>Establish The Anne</u> <u>Arundel County Food</u> <u>Council</u> South County Community Food Assessment (transitioning to planning phase) DPW Brooklyn Park mobility study in progress Community-driven land use plan (region 1) DOT (Baybrook) Connector AACounty Food Bank Mobile Pantry Walk in the park events Working with police 	 Changes in population – incorporating culture into eating & activities Adjusting for an aging population County does not do health impact assessments on new or renewed developments County does not have Health in All Policies framework- health lens for county procurement Safety/active living intersection (Vision Zero) Food As Medicine Expand South County Connector Coordinated mobile services (food bank, libraries, etc.) Food drives (mobile, in parks near neighborhoods in need) Clothing/ resource drives Resources Needed in Northern District Combine efforts with parks and libraries

Ideas from the group:

- 1. HAAC Calendar: Build in healthy eating and active living suggestions (<u>VA Calendar as</u> <u>reference</u>) in addition to events.
 - 1.1. To keep from overwhelming the audience, build healthy living suggestions into a larger campaign focus such as Healthy Anne Arundel Day.
 - 1.2. Media presence is different by generation. Make campaigns, events, and suggestions available to the community on a variety of digital platforms as well as paper.
- 2. Shared Use Agreements to coordinate services- HAAC can act as the "dating service" to connect organizations.
 - 2.1. Faith-based/ other spaces can be shared for resources such as food distribution and activities such as youth sports
 - 2.2. Two-tiered rental for sports fields, the cost of field rental may otherwise be prohibitively costly for programs and participating families.
 - 2.3. Partner connections: Parks, libraries, police, schools need to be able to connect easily to share resources and spaces.
 - 2.4. Policies for growing food, foraging
- 3. Health in policies
 - 3.1. Healthy meetings, public events- revisit 2019 Policy Scan (Hopkins)
 - 3.1.1. Shared Use (2.4)
 - 3.1.2. Health In All Policies for the county
 - 3.1.3. PHIT Act under consideration [S.786]
 - 3.1.4. Food as Medicine (BWMC has a pilot program)
 - 3.1.5. Health Impact Assessments
- 4. Healthy Anne Arundel Day (Sunday, April 7, 2024)

General thoughts to consider when implementing any of the above:

- 1. Digital divide (generational methods of communication)
- 2. ACES (Adverse Childhood Events) that contribute to poor health outcomes
- 3. Connecting to the other HAAC work group (Mental Wellness)
- 4. Vision Zero- the intersection of safety and active living

Bi-monthly meetings will resume in July on the third Thursday from 12 - 1pm. Mindi will send a recurring Zoom invitation for July, September, and November.