

Healthy Anne Arundel Coalition - Community Meeting

June 28, 2021

Meeting Minutes

Welcome from Co-Chairs

- Anne Arundel County Health Officer, Dr. Nilesh Kalyanaraman
- CEO Community Action Agency – Dr. Charlestine Fairley
- COVID update – comparing last summer to this summer
 - Shifting from emergency response to 1 case every few days
 - Over the course of the next year, our focus is finding a new equilibrium
 - Focusing on community issues we want to address (that we spent less time on them last year)
- Introductions of health department staff, guiding coalition members, and Due East team

Introductions & Updates

- Finding out who's in the room – we want to be community focused!
 - Most were in a professional/leadership role (91%), some were community members aged 25+ (9%)
 - Most have lived or worked in AA county for 10+ years (57%)
- Re-introducing the coalition's common agenda

Workgroup updates

- Mental Wellness – Adrienne Mickler
 - See slides for workgroup actions
 - Working on a communications plan and updating central, robust place for resources (Network of Care)
 - [Network of Care Primer](#)

Diving into Healthy Eating Active Living – NaToya Mitchell

- This month was our first meeting
- Shared possible focus areas (see slides) – anything missing? Where do you see the need?
- HEAL Workgroup Focus Areas
 - Establishing partnerships to distribute resources
 - Designating plots to grow food throughout the community
 - Collaboration with community HEAL partners to create a list of resources
 - Community education
 - Specific nutrition education for older adults
 - Education at points where people receive food
 - Donor education – encouraging donations of healthy food

- Incorporation of sleep education
- Promoting exercise and activity among all age groups
- Next meeting is July 22nd at 2pm – you’re invited!
- Dr. K shared healthy eating and active living data that guides workgroup decisions and actions
 - Map of county: overlap of blue and yellow shows high food access needs
 - Focusing less on obesity (a medical condition) and more on healthy living
 - Let’s work on eliminating the disparities
- Idea: Health Roadshow – traveling around the county, bringing resources to specific parts of the county
- Breakout discussions and report back – are the focus areas the right things to focus on? What do you want to see in your community that can help with addressing obesity? How can we incorporate healthy living and eating into the Health Roadshow?
 - [Group 1](#)
 - [Group 2](#)
 - [Group 3](#)
 - [Group 4](#)
 - [Group 5](#)
 - [Group 6](#)

Wrap up/Next Steps

- Join a work group!
- July 14 – Mental Wellness Workgroup meeting
- July 22 – HEAL Workgroup meeting
- Sept 20 – Community meeting