

# Healthy Eating & Active Living Work Group

## July 20, 2023



Anne Arundel County  
Department of Health



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## Agenda

**12:00 - 12:05 pm**

**Welcome**

- Introductions + New Members

**12:05 – 12:15 pm**

**Retreat Review**

- Meeting notes and brief discussion

**12:15 – 12:50 pm**

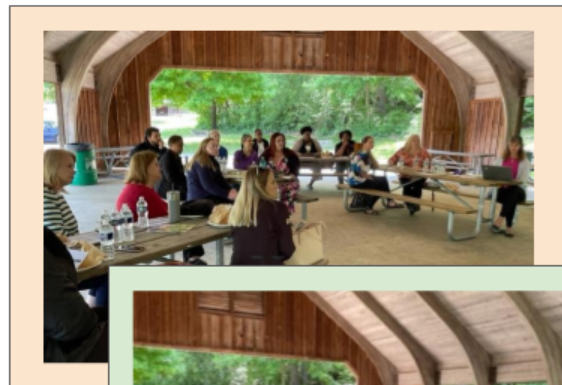
**New Workplan**

- Recruit work group members to complete goals and objectives

**12:50 – 1:00 pm**

**Closing**

- Next Steps
- Updates, asks, and offers



## Goal 1: Promote sharing of HEAL resources and events.

Date	Objective 1	Action Steps	Responsibility
12/23	Develop informational materials to promote the new HEAL resource platform.	<ul style="list-style-type: none"> <li>Develop 4 social media posts to promote the HEAL resource platform.</li> <li>Develop a one page printed visual to promote the HEAL resource platform.</li> <li>Develop a presentation describing the HEAL resource platform</li> </ul>	<ul style="list-style-type: none"> <li>HAAC- Mindi Garrett</li> <li>Work group-wide effort</li> </ul>



## Goal 1: Promote sharing of HEAL resources and events.

Date	Objective 2	Action Steps	Responsibility
01/24	Research and create (if appropriate) HAAC accounts in TikTok, Twitter, Instagram, Threads, YouTube, SnapChat to reach young audiences. What do organizations have?	<ul style="list-style-type: none"> <li>Develop 4 social media posts to promote the HEAL resource platform.</li> <li>Develop a one page printed visual to promote the HEAL resource platform.</li> <li>Develop a presentation describing the HEAL resource platform</li> </ul>	<ul style="list-style-type: none"> <li>HAAC- Mindi Garrett</li> <li>AACPS- Jodi Risse</li> <li>AACPL- Carol Cason</li> <li>Merritt- James Merritt</li> </ul>



## Goal 1: Promote sharing of HEAL resources and events.

Date	Objective 3	Action Steps	Responsibility
03/24	Develop a campaign for Healthy Anne Arundel Day (April 7th)	<ul style="list-style-type: none"> <li>Recruit HEAL members for HAA Day planning committee (by 11/23).</li> <li>Establish a meeting schedule (by 12/23).</li> <li>Review the proposal (by 12/23).</li> </ul>	<ul style="list-style-type: none"> <li>HAAC- Mindi Garrett</li> <li>Merritt- James Merritt</li> <li>Rec &amp; Parks- Bill Martin, Ebony Shurger</li> <li>Library- Carol Cason</li> <li>Community Alliance of South County- Christine Harrison</li> <li>AACo Food Bank- Kea McCoy-Farr</li> </ul>



## Goal 1: Promote sharing of HEAL resources and events.

Date	Objective 4	Action Steps	Responsibility
05/24	Identify opportunities for partners to present their programs at a community meeting or event.	<ul style="list-style-type: none"> <li>Share partner meeting and event schedules.</li> <li>Share events.</li> <li>Partner showcase</li> <li>Feature at HEAL meetings or in-person showcase</li> </ul>	<ul style="list-style-type: none"> <li>HAAC- Mindi Garrett</li> <li>HEAL members</li> <li></li> </ul>



## Goal 2: Promote policies that support healthy living.

Date	Objective 1	Action Steps	Responsibility
9/23	Develop a one page visual describing the PHIT Act.	<ul style="list-style-type: none"> <li>• Research PHIT Act [S.786]</li> <li>• Ensure review for potential audiences</li> </ul>	<ul style="list-style-type: none"> <li>• HAAC- Mindi Garrett</li> <li>• DOH- Ann Heiser Buzzelli</li> <li>• Merritt- James Merritt</li> <li>• Rec &amp; Parks- Bill Martin, Ebony Shurger</li> <li>• Partnership- Mizetta Wilson</li> <li>• Mindi to reach out to other LHICs</li> </ul>

Introduced in Senate (03/14/2023)  
 Personal Health Investment Today Act of 2023 or the PHIT Act of 2023

This bill allows a medical care tax deduction for up to \$1,000 (\$2,000 for a joint return or a head of household) of qualified sports and fitness expenses per year. The bill defines qualified sports and fitness expenses as amounts paid exclusively for participating in a physical activity, including (1) fitness facility memberships, (2) physical exercise or activity programs, or (3) equipment for a physical exercise or activity program.

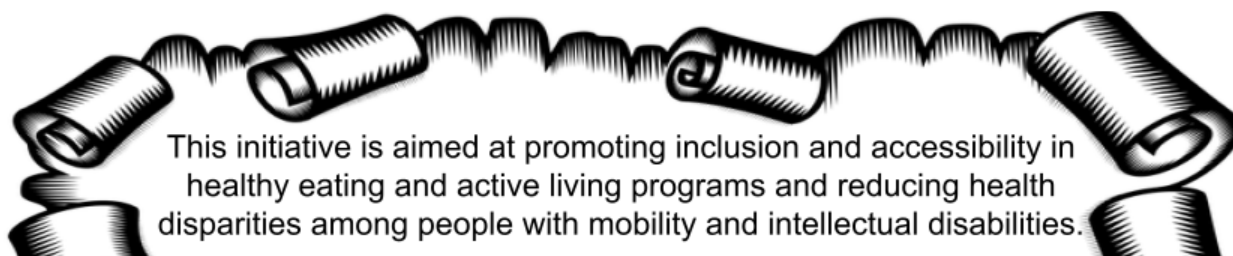
## Goal 2: Promote policies that support healthy living.

Date	Objective 2	Action Steps	Responsibility
9/23	Develop an information sheet describing the best practices for healthy meetings and events.	<ul style="list-style-type: none"> <li>• Research existing policies</li> </ul>	<ul style="list-style-type: none"> <li>• HAAC- Mindi Garrett</li> <li>• DOH: Ann Heiser Buzzelli</li> <li>• AACPS- Jodi Risse</li> <li>• BWMC- Becca Dooley</li> </ul>



## Goal 2: Promote policies that support healthy living.

Date	Objective 3	Action Steps	Responsibility
9/23	Form a disability inclusion subcommittee to prepare for the release of the Public Health Disability Inclusion Project grant (CDC).	<ul style="list-style-type: none"> <li>• Partner gathering (ARC)</li> <li>• Review grant requirements</li> <li>• Contact past grantees</li> <li>• Prepare for grant release</li> </ul>	<ul style="list-style-type: none"> <li>• HAAC- Mindi Garrett</li> <li>• Hospital/ clinic-</li> <li>• Person with disability-</li> <li>• Merritt- intro to ARC</li> </ul>



## Goal 2: Promote policies that support healthy living.

Date	Objective 4	Action Steps	Responsibility
6/24	Identify organizations that can benefit from Shared Use Agreements.	<ul style="list-style-type: none"> <li>• Discuss HEAL partners' project needs</li> <li>• Connect partners with mutual benefit from sharing spaces/ resources</li> <li>• Clarify permitting regulations- develop an info sheet</li> </ul>	<ul style="list-style-type: none"> <li>• HAAC- Mindi Garrett</li> <li>•</li> </ul>



## Goal 2: Promote policies that support healthy living.

Open for discussion:



- Affordable field/ facility rental for non-profits and groups supporting healthy activities for youth
  - Rec & Parks has reduced pricing
  - Government agencies can sponsor at no cost
  - Possible grant money?
  - Provide clarity/ printed information sheet for what is involved in accessing county/ city facilities
- Food as Medicine
  - UM BWMC has a pilot program- more to come on how it will be implemented



Next virtual meeting:  
12pm- 1pm,  
September 21, 2023

Do more things  
that make you forget to  
check your phone.







## Healthy Eating and Active Living Work Group Meeting July 20, 2023 12:00pm - 1:00pm

### Meeting Minutes

**Staff support:** Mindi Garrett, DOH; Donna Perkins, DOH

**Attendance:** Ann Heiser Buzzelli, DOH; Jodi Risse, DOH; Kristin Coleman, DOH; Mizetta Wilson, Partnership; James Merritt, Merritt Health Clubs; Laura Aazak, Bay Community Health; Neilye Garrity, Play Annapolis; Rebecca Dooley, BWMC; Bill Martin, Rec & Parks; Kea McCoy-Farr, Food Bank; Carol Cason, AACPL; Catherine Maybury, UMD Horowitz Center; Karla Clara Vega, UMD Horowitz Center; Christine Harrison, Community Alliance of South County

**Planning Retreat Review:** We ensured that everyone received the meeting notes and briefly discussed key topics from the in-person retreat in May. Healthy Anne Arundel staff and HEAL co-chairs worked on developing a work plan for the group based upon priority issues and input from the Guiding Coalition co-chairs.

**Work plan goals and objectives:** The Healthy Anne Arundel staff and co-chairs worked to organize the ideas brought up during the retreat and validate using the most current data to develop a work plan draft for review by the work group. Two basic goals were determined, each containing a set of SMART objectives. For each objective, we asked for work group members (partners) to help with the responsibility, and we discussed the specific steps we would be taking to meet the objectives.

### **Goal1: Promote sharing of HEAL resources and events.**

**Objective1:** By Jan 2024, develop informational materials to promote the new HEAL resource platform.

Responsibility: HAAC- Mindi, AACPS- Jodi Risse; ACPL- Carol Cason; Merritt Clobbs- James Merritt; All HAAC partners, DOH Comms

Discussion/ next steps: Assist in developing social media posts, 1-page info sheet, and a presentation. Review and provide feedback on informational materials; ensure review by potential audiences.

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**Objective 2:** By March 2024, develop and launch a campaign for Healthy Anne Arundel Day (April 7)

Responsibility: HAAC- Mindi Garrett; Merritt Clubs- James Merritt; County Executive's Office- Colleen Joseph; Rec & Parks- Bill Martin, Ebony Shurger; Library- Carol Cason; Community Alliance of South County- Christine Harrison; AACo Food Bank- Kea McCoy-Farr

Discussion/ next steps: Build the planning committee; review the proposal written to the County Executive; develop a plan for 2024.

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**Objective 3:** By May 2024, create opportunities for HEAL partners to present their programs at a community meeting or event

Responsibility: HAAC- Mindi Garrett; All HEAL partners

Discussion/ next steps: Create opportunities for HEAL partners to share their programs with each other. Some options are to have a 10 minute presentation at HEAL bi-monthly meetings to alternate among partners or to

hold an in-person Partner Showcase event for HEAL partners. We will follow-up at the September meeting to confirm the best option.

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## **Goal 2: Promote sharing of policies that support healthy living.**

**Objective 1:** By Dec 2023, develop a one-page visual describing the PHIT Act.

Responsibility: HAAC- Mindi Garrett; DOH- Ann Heiser Buzzelli; Merritt Clubs- James Merritt; Rec & Parks- Bill Martin, Ebony Shurger; Partnership- Mizetta Wilson

Discussion/ next steps: Work together to develop a visual to inform the community, ensure review by potential audiences.

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**Objective 2:** By Sept 2023, develop an information sheet describing the best practices for healthy meetings and events.

Responsibility: HAAC- Mindi Garrett; DOH- Ann Heiser Buzzelli, Jodi Risse; BWMC- Becca Dooley

Discussion/ next steps: Share current best practices and develop an info sheet to share with HEAL partners. Discuss what policies HEAL partners are using to ensure healthy events.

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**Objective 3:** By Sept 2023, establish a subcommittee for the Disability Inclusion Project grant.

Responsibility: HAAC- Mindi Garrett; DOH- Ann Heiser Buzzelli, Jodi Risse; BWMC- Becca Dooley

Discussion/ next steps: Research grant deliverables; meet to discuss disability inclusion in Anne Arundel County; prepare for grant application.

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**Objective 4:** By \_ 2023, develop a 1 page document describing fee structures for sports fields/ facility rental by non-profits and the eligibility and permitting processes involved.

Responsibility: HAAC- Mindi Garrett; Rec & Parks- Bill Martin, Ebony Shurger; Play Annapolis- Neilye Garrity

Discussion/ next steps: Gather details from County and Annapolis Rec & Parks, as well as private facilities; ensure review by potential audiences.