



Healthy Eating Active Living (HEAL) Workgroup

October 21, 2021



Anne Arundel County
Department of Health

12:00 – 12:15 pm

Welcome and Agenda Review

- Introduce new members
 - Relevant updates
 - Review goals and action plan framework
-

12:15 – 12:45 pm

Sub Team Action Planning

- Confirm prioritized strategies
 - Building on the work done at our last meeting (Breakouts)
 - Tactic Development: What are the tangible steps we need to take to make progress on our prioritized strategies?
 - Assign leadership: Who will lead each strategy? (1-2 people each)
 - What can we advance by our December meeting? By the end of this year?
 - What additional resources (expertise, funding, technology) do we need and how will we secure them?
-

12:45 – 1:00 pm

What's Next

- Share outs - what will we move forward by the December meeting? by year-end?
- Upcoming meetings/dates

Agenda

HEAL Workgroup Action Plan

Goal 1

Education and Access

Status	Strategies and Actions		Lead(s)	Timing	Existing Funding	Add'l Resources Needed	Partners	Notes
▼	1. Expand, improve and distribute a resource map to identify what resources exist in the county			Fall 2021				
▼	1.1	Build out the resource map that currently exists (i.e., add where to access healthy food, places to walk and equipment to exercise)						
▼	1.2							
▼	1.3							
▼	2. Establish and deepen partnerships to ensure nutrition education is consistent throughout the county			Fall 2021				
▼	2.1	Identify partners (traditional and non-traditional)		Fall 2021				
▼	2.2	Place informational pamphlets and videos in waiting rooms at doctors' offices						
▼	2.3	Collaborate with Master Gardeners to teach nutrition and show community members how to grow fresh foods						
▼	3. Engage community members in nutritional education and physical activities (see Make Health Happen)			Fall 2021				
▼	3.1	Distribute a survey to gather feedback on what types of initiatives work in the community and confirm community needs		Fall 2021				
▼	3.2							

Reviewing our Action Plan Framework

Confirming Our Prioritized Strategies

Education and Access

- **Expand, improve and distribute a resource map to identify what resources exist in the county**
- **Establish and deepen partnerships to ensure nutrition education is consistent throughout the county**
 - Identify partners (traditional and non-traditional)
- **Engage community members in nutritional education and physical activities (see Make Health Happen)**
 - Distribute a survey to gather feedback on what types of initiatives work in the community and confirm community needs

Policy Initiatives

- **Set a meeting with County Administration to determine what they would like to see and what is feasible**

Breakout groups

Building on the work done at our last meeting

- **Tactic Development:** What are the tangible steps we need to take to make progress on our prioritized strategies?
- **Assign leadership:** Who will lead each strategy? (1-2 people each)
- **What can we advance by our December meeting?** By the end of this year?
- What **additional resources** (expertise, funding, technology) do we need and how will we secure them?

What's Next?

- Confirm action items
- Next HEAL Meeting:
November 18, 12 – 1 pm

Contact:
healthyannearundel@aacounty.org

