



Healthy Anne Arundel Coalition

Healthy Eating Active Living (HEAL) Workgroup

July 21, 2021



Anne Arundel County
Department of Health

12:00 – 12:10 pm

Welcome and Agenda Review

- Introduction
 - Review of roles
-

12:10 – 12:20 pm

Priority Suggestion Review

- Priorities from last meeting
 - Priorities from Community Meeting
-

12:20– 12:50 pm

Break out groups

- After reviewing the breakout group priorities and the community meeting priorities, what are the top two priorities you think should be addressed? (ultimately subcommittee areas)
 - What are some actions that subcommittees can take to begin addressing these?
-

12:50pm – 1:00 pm

What's Next

- Leaders and work group representatives
- Upcoming meetings/dates



Agenda

Review of Last HEAL Meeting

▪ What HEAL-related gaps exist in the county?

- Farmer's markets
- Open spaces for HEAL
- Transportation
- Affordable access to parks and recs / swimming pools
- Non-profit support
- Community Engagement
- Sleep in HEAL education
- Physical activity in schools
- Lack of HEAL education

▪ What are the top HEAL priorities you would like to see the group should address in the next year?

- HEAL Partnerships
- Low Cost / Free Active Living spaces
- Combatting food deserts
- Resource collaboration
- HEAL education (exercise, nutrition, sleep, diabetes) across different age groups

Review of Community Meeting

▪ Additions / Considerations

- Safe places to walk / exercise
- Account for cultural nuances
- Consider mental health as related to HEAL
- Drinking water
- Policy recommendations that would impact these issues (siting of farmers' markets)
- Donor education - decisions are made because people don't know how to make the right decisions
- Should provide a way to have affordable healthier food alternative for preferred foods

▪ What do you want to see in you community?

- Positive advertising
- Education around BMI
- Affordable healthy food options
- Utilizing community business leaders who can work on plots to grow food
- Involve community-based providers – including residential srvs, disabilities, etc.
- Healthy mobile food trucks
- More farmer's markets - list of local farmers who would be willing to donate produce
- Access to local beaches
- More community sports team
- Policy changes – more grocery stores, bike lanes, transportation access

Break out groups

- After reviewing the breakout group priorities and the community meeting priorities, what are the top two areas you think should be addressed?
 - Ultimately subcommittee areas
 - Be SMART!
 - 2-3 areas will be chosen
- What are some specific actions that subcommittees can take to begin addressing these?

What's Next?

August 11

Mental Wellness
Workgroup Meeting

August 19

HEAL Meeting

Contact:

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