



Healthy Eating, Active Living (HEAL) Workgroup

March 16, 2023



Anne Arundel County
Department of Health



Welcome!

- Introductions
 - HEAL co-chairs
- Community Outreach Events & Resources
 - March is Nutrition Month
 - DOH Open House at Lula Scott 3/21
 - HERJ Community Meeting 3/27
(Health Equity and Racial Justice)
- Food Policy Council
 - Ann Heiser Buzzelli
- Workplan Update
 - Mindi Garrett
- Healthy Anne Arundel Day
 - April 7th
- HEAL membership



Welcome, HEAL Co-chair Mizetta Wilson, M.S. NMP

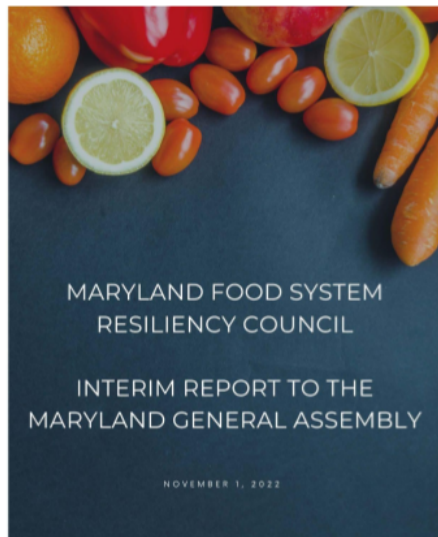
Anne Arundel County Partnership for
Children, Youth, and Families since 2017



“I am a passionate advocate for communities impacted by limited access to resources. I possess the ability to design, manage, implement and evaluate youth and community programs.”

- 10 years' experience in the area of College and Career Readiness.
- AmeriCorps Alum with a proven track record of creating programs grounded in the evidence based best practice principles for youth development.
- Developed public/private partnerships to create a common agenda to address systems and reduce poverty.

State and County Food Policy Council Update



Workplan Update

In Progress	1. Expand, improve and distribute a public facing resource map to identify what resources exist in the county. Google spreadsheet created to collect resources. Working with FindHelp.org to build database.
In Progress	2. Establish and deepen partnerships to ensure nutrition education is consistent throughout the county. Sharing Nutrition Month information from the Food Bank.
In Progress	3. Engage community members in nutritional education and physical activities (see Make Health Happen). "Healthy Anne Arundel Day"
In Progress	4. Leverage community-based organizations (i.e., schools, food banks, faith) as information hubs and resource distribution sites. Subcommittees of member organizations have been collaborating on resource collection and communication.
In Progress	5. Create/promote user-friendly tools to inform and update community members on available resources. FindHelp platform contains easy-to-use toolkits and training for providers and community users.
Completed	6. Incorporate various languages and cultures to engage all communities, especially hard to reach communities, in everything we do.
Not started	7. Design and launch an intergenerational healthy eating/nutrition campaign.
Not started	8. Bring resources into neighborhoods and communities.
In Progress	9. Build on what the Health Department has already developed (e.g., programs and materials). Part of FindHelp website development.



healthy ANNE ARUNDEL DAY APRIL 7 2023

The County Executive has proclaimed April 7th "Healthy Anne Arundel Day"!

We would like to recognize local organizations that encourage healthful activities and support healthy lifestyles!

How to participate:

- Hold an activity or event the week of April 7th that meets at least 2 of the following criteria:



NATURE: Involves at least 30 minutes of a nature component



PHYSICAL ACTIVITY: Involves at least 30 minutes of exercise



NUTRITION: Promotes nutrition, hydration, and/or healthy eating



FAMILY INVOLVEMENT: Designed for families to enjoy together
- Send an email to HealthyAnneArundel@aacounty.org describing your event. If it is open to the public, we will add it to the Healthy Anne Arundel events calendar.
- If your organization is on social media, we will recognize you on Facebook, Twitter, and Instagram. Use [#HealthyAnneArundel](https://www.instagram.com/HealthyAnneArundel)



For more information, email HealthyAnneArundel@aacounty.org



- Please distribute the flyer to your networks and communities!
- Share on organizational social media accounts.
- Use [#HealthyAnneArundel](https://www.instagram.com/HealthyAnneArundel) in social media posts.

Healthy Anne Arundel Resources:

- **Complete the form for each resource your organization provides**
- **You may also send resources to HealthyAnneArundel@aacounty.org**
- **Share the form with local providers and organizations**
-

Section 1 of 7

Find Help resource submission (draft)

Healthy Eating, Active Living resources for Anne Arundel County

This form is automatically collecting emails for Anne Arundel County users. [Change settings](#)

Program/ service name *

Short answer text

Brief description of the program/ service

Long answer text

Program/ service address

Short answer text

Program/ service phone number

Short answer text

Who do we have?

AACo. Food bank
Aetna
Bay Community Health
Chase Brexton
Chesapeake Children's Museum
Community Action Agency
Department of Health
Due East Partners
FX Dental
Life of Joy
Luminis AAMC
Maryland Physicians
Mental Health Agency
Office of County Executive
Partnership Children, Youth & Families
Seeds 4 Success
South County Community Alliance
Tennis Alliance
UMBWMC
Waypoint Wellness Center
Y in Central Maryland

Who are we missing?

Thank you!

- **Confirming Action Items**
- **Asks, Offers, Updates**

HealthyAnneArundel@aacounty.org
www.HealthyAnneArundel.org

 <https://www.facebook.com/HealthyAAC>

Next Workgroup Meetings (2023):
May 18 in-person retreat!
July 20
September 21



Community Wellness Day

Join us for a **FREE** spring health and wellness fair to begin your journey to good health.

Saturday, May 6, 2023 | 10am - 1pm

Outpatient Care Center at UM BWMC
255 Hospital Drive | Glen Burnie

Register for a chance to win a special giveaway bag!

Visit umbwmc.org/wellnessday



Screenings

- Carotid artery
- HIV
- Blood pressure
- Skin checks

Education tables

- Diabetes
- Mental health
- Nutrition
- Women's health
- CPR demonstration

And more!

- Food distribution boxes
- Grab and go meal
- Face painting
- Kids activities
- Live DJ



- **Please distribute the flyer to your networks and communities!**
- **Share on organizational social media accounts.**

HEAL Work Group Meeting

March 16, 2022 | 12:00 – 1 pm

Join Zoom Meeting

<https://aacounty.zoom.us/j/87060531917?pwd=M3dWc29mTGNhZTZWRXloSmF2QTd4QT09>

Meeting ID: 870 6053 1917

Passcode: vf.z*9QN

Welcome + Outreach

- Welcome, Introductions
Ann Heiser Buzzelli (DOH), Quay Holland (AACPS), Ebony Shurger (Rec & Parks), Tameka Smith(CE), Kyla Harper (AACCAA), Sara Schmidt (DOH), Deborah Wood (Chesapeake Children's Museum), Mindi Garrett (DOH), Donna Perkins (DOH), Shawn Ashworth, Valerie McDougale (Y in Central MD), Rozanne McGowan(AACCAA), Kia Holder (AACCAA), Mizetta Wilson (Partnership), Latasha Coleman (UME SNAP), Sherry Blackstone, Louise Gengler (Tennis Alliance), Kristin Coleman (DOH)
 - HEAL co-chairs
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www.HealthyAnneArundel.org/upcoming-events

- **Workplan Update**
 - Action steps
 - Reviewed action steps from the workplan, most are in-progress or ongoing.
 - Step 8: "Bring resources into neighborhoods and communities". There are organizations, such as The Y, that do this, so we need to clarify how HAAC/ HEAL should be supporting those efforts or what other organizations can be doing to support HEAL activities.
 - Step 7: Intergenerational campaigns.
 - Utilize partners such as Rec&Parks, food pantry, summer camps through schools, Churches, Valerie- Food Finder cards?

- **Food Policy Council**

- Anne Heiser Buzzelli

MD Food System Resiliency Council, Many jurisdictions already established, Food Equity Councils in the future in AA Co.

- **Healthy Anne Arundel Day**

- April 7th

Rec and parks marketing - sharing flyers, add to R&P newsletter, Wellness Council, Schools marketing, Maryland Day- free parks, photos, some parks are free, disability waiver, community parks that charge are those with parking,

- **HEAL Membership suggestions**

EC CRICT - Ariana Rodrigues, ARC, UME SNAP-Ed, School-age child care, Healthy Little Cooks, Chesapeake Arts, Libraries, other county agencies, Judy Centers, UME 4H (ask Valerie).

What's Next?

-
- In-person retreat on May 18th

Quiet Waters or Blue Heron?

12:30 - 2:30pm bring lunch, or provide lunch

- Updates, asks and offers

Share events, Tennis Alliance will distribute materials

Newsletter County Exec.
