



Healthy Eating, Active Living (HEAL) Workgroup

January 19, 2023



Anne Arundel County
Department of Health



Agenda

12:00 – 12:10 pm

Welcome + Outreach

- Welcome, Introductions
- Community Outreach Events & Resources
 - February 4, Kids' Health and Wellness Fair with Navy football players at Pip Moyer ([info](#))
 - March 6-10 Nicotine-free Week

12:10 – 12:40 pm

Suggested Workplan Update

- Update on Carefirst grant/FindHelp
 - Building the database for FindHelp.org

12:40 – 12:50 pm

What's Next?

- Updates, asks and offers



Thank you!

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

HealthyAnneArundel@aacounty.org
<https://www.HealthyAnneArundel.org/>

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

Next Workgroup Meetings (2023):

March 16
May 18
July 20



HEAL Work Group Meeting

January 19, 2022 | 12:00 – 12:50 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

Louise Gengler Thomas (Tennis Alliance AACO), Mizetta Wilson (Partnership for Children, Youth, and Families), Ann Heiser Buzzelli (Chair), Mindi Garrett, Donna Perkins, Alexis Barnes, Aimee Mason (AAMC Food & Nutrition), Debbie Wood (Chesapeake Children's Museum), Becca Dooley (BWMC Community Outreach), Tameka Smith (Constituent Services), Anne Thomas (Pediatric Nurse Practitioner), Kristin Coleman, Susan Thomas (Food Bank), Valerie McDougle (Y of Central MD, Head Start)

- Community Outreach Events & Resources
 - February 4, Kids' Health and Wellness Fair with Navy football players at Pip Moyer ([info](#))
 - Nicotine-free week March 6-10

The new mobile pantry will be launched in late February/ early March to provide food to communities with limited access. Can sleep education be incorporated into HEAL's workplan along with primary, community-based prevention tools.

Suggested Workplan Update

- Update on Carefirst grant/FindHelp
 - Building the database for FindHelp.org

Current workplan shows 2 goals, each with a number of strategies having common elements. Goal 1 is "Education and Access", and the strategies for this goal could be broken down into 2 categories: 1) gathering resources and information and 2) Communicating that information to the community. For this purpose, HAAC is currently working on a grant which will use a website called FindHelp.com as a home for resources and information. This is an opportunity for HEAL to spearhead the work in gathering and communicating resources.

Partnership used to have some type of list for resources. They are not currently working on it. There is a list, but the content fluctuates greatly.

Consider various modes of communication: newspapers, social media, tap into "influencers", parents- word of mouth

Facebook is where they have gotten the most interaction: community, school, and parent FB pages.

There is a printed resource flyer made by Access to Care (pre-pandemic) that could be used as a starting point.

211.org helps connect people to connect to resources. Using this platform could make this process simpler. It used the social determinants of Health. Partnership, DOH, and others currently use 211, but often, at the point when people are using it, they frequently need emergency/ immediate help. Another part of the problem is creating multi-armed access points. Library is great for info cards for people who use the library, Facebook helpful for others, etc... Drilling down into the communities is necessary.

Two teams were created for the sub-groups. The Gathering Resources Team includes Ann Heiser Buzzelli, Aimee Mason, Valerie McDougle, Tameka Smith, and Susan Thomas. The Communications Team includes Anne Heiser Buzzelli, Mizetta Wilson, Becca Dooley, Debbie Wood, and Louise Thomas. Mindi will follow up with both teams and begin working on a format to collect and share. QR codes can be created for printed materials as a means to keep them linked to updated information. Children's museum has a link to food resources in their newsletter. The museum also can host events for the group if needed.,

What's Next?

- Updates, asks and offers

Google FindHelp.org and 211.org to become familiar with the resource

The Gathering Group and the Communications Group will meet before the next HEAL meeting.

Mindi will work on streamlining collecting resources and will share with the group.

Share updated workgroup action plan with the group.
