



Healthy Eating Active Living (HEAL) Workgroup

January 20, 2022



Anne Arundel County
Department of Health

12:00 – 12:05 pm	Welcome + Outcomes (Kristin/Alexis) <ul style="list-style-type: none">• Welcome and Introductions• Connections Exercise – what are you looking forward to in 2022?• Today's Discussion
12:05 – 12:25 pm	Checking In on Our Prioritized Strategies (Kristin/Alexis) <ul style="list-style-type: none">• Expand, improve and distribute a public facing resource map to identify what resources exist in the county• Establish and deepen partnerships to ensure nutrition education is consistent throughout the county• Engage community members in nutritional education and physical activities (see Make Health Happen)• Set a meeting with County Administration to determine what they would like to see and what is feasible
12:25 – 12:40 pm	Revisiting Our Common Agenda (Sarah) <ul style="list-style-type: none">• Confirming Alignment with the Priorities• Set overarching goals for 2022
12:40 – 12:50 pm	What's Next (Kristin/Alexis) <ul style="list-style-type: none">• Updates, asks and offers• Confirming Action Items<ul style="list-style-type: none">◦ Continuing to fill in the Google Doc (Linked Here)• Upcoming meetings/dates<ul style="list-style-type: none">◦ March 17, 12 – 12:50 pm

Agenda

Checking in on our Prioritized Strategies

Goal 1: Healthy Eating, Active Living Education and Access to resources

- Expand, improve and distribute a public facing resource map to identify what resources exist in the county – **In Progress**
 - Review <https://www.aahealth.org/food-resources/> with an eye towards what's missing
 - Create a google sheet to capture missing resources – [LINKED HERE](#)
- Establish and deepen partnerships to ensure nutrition education is consistent throughout the county – **In Progress**
 - Identify partners (traditional and non-traditional) and utilizing partner resources that already exist
- Engage community members in nutritional education and physical activities (see Make Health Happen) – **Need to accelerate**
 - Distribute a survey to gather feedback on what types of initiatives work in the community and confirm community needs

Goal 2: Promoting healthy eating and active living policy initiatives

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

▶ Revisiting Our Common Agenda

COMMON AGENDA FOR A HEALTHY ANNE ARUNDEL



VISION

All people have the knowledge, resources and equitable access to care to improve their own health and well-being

MISSION

Working together to remove barriers and create optimal conditions that improve the health and well-being of all people, focusing on people impacted by health inequities.

VALUES

- Equity
- Cultural relevance
- Prevention
- Quality and length of life
- Collaboration

FOCUS AREAS

Mental Wellness • Obesity • Healthcare Access • COVID-19

PRIORITIES | STRATEGIES | RESULTS

PRIORITIES	STRATEGIES	RESULTS BY 2030
<ul style="list-style-type: none"> ▪ Awareness and access to affordable, timely and quality health care 	<ul style="list-style-type: none"> • County-wide inventory of the resources that exist in both the private and public health systems • Reduce systemic barriers and complexities in the health care system • Community engagement and public involvement in decision-making to advance solutions • Culturally competent community navigators and partnerships • Culturally-relevant role models to engage youth and establish healthy norms • Coordinated, multi-media outreach campaign (health education and resource fairs, bilingual outreach) • Free health clinics in targeted communities and around the county • Broader access to affordable health insurance 	<ul style="list-style-type: none"> ▪ All communities are healthy and safe ▪ Improved physical and mental health and well-being ▪ Improved quality of life and life expectancy
<ul style="list-style-type: none"> ▪ Address social determinants of health 	<ul style="list-style-type: none"> • Coordinate with organizations and collaboratives currently working to address social determinants • Trauma-informed and multi-generational approaches • School-based early education on social determinants and health outcomes • Broaden access to healthy food (i.e., food vans, farmers markets, community-based food pantries) • Transportation (improve walkability to care) • Universal Wi-Fi for telehealth and technology to improve access to information and connections to care • Economic stability 	
<ul style="list-style-type: none"> ▪ Eliminating systemic racism and inequitable health outcomes 	<ul style="list-style-type: none"> • Echo and amplify county-wide public stance denouncing racism • More equitable policies that impact health outcomes (state/federal insurance) in areas/groups with the biggest barriers • Adaptive systems to respond to changing community needs • Funding/grants for specific populations in need of health care • Multidisciplinary, team-based, care approach to identify disparities and ensure data is representative • Collect and share disaggregated, community-level data (zip code, race/ethnicity, income) to identify gaps • Training and education for health providers to strengthen cultural competency • Provider evaluation/accountability for improved and more equitable health outcomes 	

Alignment with the Priorities and the HEAL Goals

Common Agenda Priorities

- Awareness and access to affordable, timely and quality health care
- Address social determinants of health
- Eliminating systemic racism and inequitable health outcomes

HEAL Goals + Prioritized Strategies

- Healthy Eating, Active Living Education and Access to resources
 - Expand, improve and distribute a public facing resource map to identify what resources exist in the county
 - Establish and deepen partnerships to ensure nutrition education is consistent throughout the county
 - Engage community members in nutritional education and physical activities (see Make Health Happen)
- Promoting healthy eating and active living policy initiatives
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Do these goals still feel right for 2022? Is anything missing?

What's Next and Upcoming Meetings

What's Next

- Updates, asks and offers
- Confirming Action Items
 - Continuing to fill in the Google Doc ([Linked Here](#))
 - Review 2021 Action Plan ([Linked Here](#))

Upcoming Meetings

- **March 17, 12 – 12:50 pm** Next HEAL Meeting – Diving into 2022 Action Planning



HEAL Work Group Meeting

January 20, 2022 | 12:00 – 12:50 pm

Join Zoom Meeting

<https://aacounty.zoom.us/j/83146470215?pwd=ZHhTU3NldHdvTTILNWw3NFdWNNWg0QT09>

Meeting ID: 831 4647 0215

Passcode: iBKB@#W0

12:00 – 12:05 pm

Welcome + Outcomes (Kristin/Alexis)

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 - Connections Exercise – what are you looking forward to in 2022?
 - Today's Discussion
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12:25 – 12:40 pm

Revisiting Our Common Agenda (Sarah)

- Confirming Alignment with the Priorities
 - Set overarching goals for 2022
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What's Next (Kristin/Alexis)

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