

2022 – 2025 Howard County Local Health Improvement Coalition Action Plan Appendix

HCLHIC Priorities: Healthy Beginnings, Healthy Living, Healthy Minds

HCLHIC Workgroup: Health Literacy Advisory Committee (HLAC)

Goal 1: Engage community members in healthy lifestyle activities by increasing awareness; culturally appropriate opportunities; accessible and inclusive communications and initiatives related to promoting movement; healthier food choices; and social engagement to promote improved physical and mental health.

Goal 2 (DFS): Improve the health and independence of people with disabilities by promoting inclusive communications and initiatives related to accessibility; increasing awareness and utilization of accessibility procedures and policies in Howard County; actively involving community members living with disabilities in the activities of the Health Literacy Advisory Committee (HLAC) with guidance for implementation and evaluation efforts.

Key Measure(s): 2021 HCHAS:

- Percentage of children who were advised by a medical professional to lose weight increased from 7% in 2018 to 18% in 2021
- 29% of adults were overweight and 25% of adults were obese; 1 in 2 adults in Howard County is either overweight or obese
 - Of those identified as obese: 37% were Black, 27% were White and 7% Asian
- 11% of individuals drink regular soda daily; 18% of individuals eat fruits three times or more per day; and 16% of individuals eat vegetables three or more times per day while 32% of residents ate vegetables less than once per day over the past week
 - Of those reporting having eaten vegetables less than once per day over the past week 47% earn less than \$50K annually

Key Measure(s) (DFS): 2021 ACS & BRFSS/ Howard County Community Roundtables and Accessible Resources for Independence (ARI) Focus Groups:

- 9% of non-institutionalized adults in Howard County report having a disability
 - Columbia, Ellicott City, Savage were some of the areas identified with the highest prevalence of working age adults with any disability (above 7% of population)
- Adults with disabilities in Howard County were more likely to report poor physical and mental health, chronic conditions like cancer (16.1%), hypertension (36.4%), doctor diagnosed asthma (32.2%), doctor-diagnosed depressive disorder (52.1%) or being current or lifetime smokers.

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<ul style="list-style-type: none"> • People with disabilities from Howard County were less likely than people without disabilities to engage in certain preventative health behaviors such as eating vegetables once per day (79.6% compared to 87.0%), getting some leisure-time physical activity (72.0% compared to 89.8%) or getting a routine health checkup in the last year (69.4% compared to 74.0%). • Barriers to attaining good health for people with disabilities include stigma, communication challenges, physical obstacles, social determinants, and policy gaps 				
Alignment with Johns Hopkins Howard County Medical Center Priorities (if applicable): N/A				
Alignment with Howard County Health Department Priorities (if applicable): Healthy Lifestyle - Goal 3				
HCLHIC Staff: Ashton Jordan				
Co-Chairs: Erin Ashinghurst – Accessible Resources for Independence & Chynáe Vicks - HCHD				
Objectives	Measure	Action Steps	Timeframe	Status Update
Objective 1 (SP): By May 2023, collaborate with Coalition members to develop and pre-test key messages to promote improved physical and mental health based on identified facilitators, barriers, and engagement strategies related to movement, healthier food choices, and social engagement among priority	Baseline: 0 messages Target: 36 Messages total (6 for each community of focus)	<u>Year 1:</u> <ul style="list-style-type: none"> • Conduct Focus Groups with diverse community members to assess facilitators and barriers to healthy lifestyle • Analyze data to ascertain key themes of Healthy Lifestyle Focus Group sessions • Draft and revise healthy lifestyle key messages based on feedback <u>Year 2:</u> <ul style="list-style-type: none"> • Review key messages and make updates as needed 	Start: October 2021 End: October 2022	11 Focus Groups conducted in October and November 2021 Focus Group findings presented at the January 2022 Full LHIC Meeting Messages drafted and initial feedback gathered in August 2022 Messages updated in October 2022 Focus group held with Community Health

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<p>populations in Howard County.</p>				<p>Workers (CHWs) in February 2023</p> <p>Messages updated in February 2023</p> <p>Messages finalized in March 2023</p> <p>72 messages developed (12 for each community of focus)</p> <p>Messages stocked for future use April – June 2023</p>
<p>Objective 2 (SP):</p> <p>By June 2025, collaborate with Coalition members to plan, implement, and evaluate a marketing campaign to promote improved physical and mental health across the lifespan in Howard County.</p>	<p>Baseline: 0 Campaign</p> <p>Target: 1 Campaign piloted</p>	<p><u>Year 1:</u></p> <ul style="list-style-type: none"> • Convene regular HLAC meetings with partners and community members • Plan pilot launch of healthy lifestyle campaign <p><u>Year 2:</u></p> <ul style="list-style-type: none"> • Summer 2023: Launch pilot healthy lifestyle campaign <ul style="list-style-type: none"> ○ Monitor campaign • Fall 2023: Evaluate pilot of healthy lifestyle campaign 	<p>Start: June 2022</p> <p>End: June 2025</p>	<p>Initiated discussion of campaign promotion and launch strategies in March 2023</p> <p>May – August 2023 Campaign materials made available in several language translations</p> <p>September – December 2023 Healthy Howard Campaign translations expanded to: English,</p>

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		<ul style="list-style-type: none"> • Winter 2023: Review and present findings from pilot healthy lifestyle campaign at Full LHIC Meeting <p><u>Year 3:</u></p> <ul style="list-style-type: none"> • Make plans for full campaign launch and continuity of efforts 		<p>Chinese, French, Korean, Spanish and Russian</p>
<p>Objective 3:</p> <p>By June 2025, periodically review Howard County Local Health Improvement Coalition (HCLHIC) website content and other digital and print materials to ensure that the American with Disabilities Act (ADA) guidelines are followed, and content materials are up-to-date, culturally appropriate, accessible, and inclusive.</p>	<p>Baseline: Annual update</p> <p>Target: Quarterly update</p>	<ul style="list-style-type: none"> • Review HCLHIC website Disability Resources page and make updates as needed quarterly. • Review HCLHIC messaging and make updates to meet ADA guidelines as needed. • Promote HCLHIC website, disability resources, and other local and national accessibility resources widely. 		<p>December 2022: Disability Resources webpage updated</p> <p>June 2023: Continued monitoring and review of LHIC website content</p> <p>September 2023: Reviewed and updated Accessibility Resources on LHIC website</p> <p>September – October 2023: Added new disability services resources to CAREAPP</p> <p>October 2023: 6 Health and Human Services Questions added to CAREAPP for data purposes</p>

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<p>Objective 4 (DFS):</p> <p>By October 2024, collaborate with coalition members to strengthen availability of disability and health resources and data by incorporating the Six (6) Human and Health Services questions into four (4) partner intake assessment tools/data collection system (i.e., CAREAPP).</p>	<p>Baseline:</p> <p>0 presentations on Human and Health Services (HHS) questions</p> <p>0 health and independent living needs survey</p> <p>0 partner intake assessment tool(s)/ data collection system(s) utilizing 6 HHS questions</p> <p>Target:</p> <p>1 presentation on Human and Health Services (HHS) questions</p> <p>1 health and independent living needs survey</p> <p>4 partner intake assessment tool(s)/ data</p>	<p>Year 1:</p> <ul style="list-style-type: none"> • Build awareness of the Six (6) Human and Health Services (HHS) questions within LHIC • Collaborate with HLAC members to construct a health and independent living needs survey that will be distributed among people with disabilities in Maryland • Link adults with disabilities to preventative healthcare resources and programs • Gather disability and health data <p>Year 2:</p> <ul style="list-style-type: none"> • Build awareness of health department resources and action plans. • Recommend information, training, and resources to increase the number of healthcare professionals that can effectively offer accessible preventative healthcare to adults with disabilities • Implement utilization of Six HHS questions into partner intake assessment tool(s)/data collection system(s) • Continue gathering of disability and health data 	<p>Start: October 2023</p> <p>End: October 2024</p>	<p>Began Disability Inclusion Grant (DIG) Project July 2023</p> <p>DIG Scope of Works (SOWs) drafted and finalized August 2023</p> <p>6 Health and Human Services Questions added to CAREAPP for data purposes October 2023</p> <p>December 2023 Updated Disability Resources on LHIC webpage</p>
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	collection system(s) utilizing 6 HHS questions			
<p>Objective 5 (DFS):</p> <p>By June 2025, develop a policy statement for public accommodations of people with disabilities to be used across health department programs.</p>	<p>Baseline:</p> <p>0 focus groups for policy statement development</p> <p>0 training or toolkit on disability and health inclusion, accessibility, or disability cultural competency</p> <p>0 policy statement</p> <p>Target:</p> <p>1 focus group for policy statement development</p> <p>1 training or toolkit on disability and health inclusion, accessibility, or</p>	<p><u>Year 1:</u></p> <ul style="list-style-type: none"> Conduct focus group(s) with inclusion from community members living with disabilities to develop language for policy statement <p><u>Year 2:</u></p> <ul style="list-style-type: none"> Identify and promote at least one training or toolkit on the topic of disability and health inclusion, accessibility, and awareness of disability cultural competency to public health professionals <p><u>Year 3:</u></p> <ul style="list-style-type: none"> Implement utilization of policy statement across HLAC programs/health department programs 	<p>Start: October 2023</p> <p>End: June 2025</p>	<p>Began Disability Inclusion Grant (DIG) Project July 2023</p> <p>DIG Scope of Works (SOWs) drafted and finalized August 2023</p> <p>Disability & Health Subcommittee (DHS) formed September 2023</p> <p>Disability Focused Mission Statement, objectives, goals, measures and actions steps constructed by Disability & Health Subcommittee (DHS) September 2023</p> <p>Disability Focused Mission Statement, objectives, goals, measures and actions steps incorporated into HLAC workplan October 2023</p>

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	<p>disability cultural competency</p> <p>1 policy statement</p>			<p>Policy Statement created March 2024</p>
<p>Objective 6 (DFS):</p> <p>By June 2025, utilize committee resources to implement at least one inclusion solution within Howard County to improve the health and independence of the disability community. (Living Well in the Community)</p>	<p>Baseline:</p> <p>0 health and independent living needs survey implemented</p> <p>0 published results of health and independent living needs survey</p> <p>0 Living Well in the Community program/Another evidence-based health program designed for individuals with disabilities implemented</p> <p>0 evaluations of implementation of Living Well in the Community program/Another</p>	<p><u>Year 1:</u></p> <ul style="list-style-type: none"> Partner with Howard County agencies to implement a health and independent living needs survey among people with disabilities in Maryland <p><u>Year 2:</u></p> <ul style="list-style-type: none"> Partner with Howard County agencies to publish the results of the survey as a Howard County Health and Disability Assessment, incorporating quantitative and qualitative data analysis and recommending disability and health inclusion solutions <p><u>Year 3:</u></p> <ul style="list-style-type: none"> Implement medium-large scale Living Well in the Community program <p><u>Year 3:</u></p> <ul style="list-style-type: none"> Evaluate implementation of Living Well in the Community program/another evidence-based health program designed for individuals with disabilities 	<p>Start: October 2023</p> <p>End: June 2025</p>	<p>Began Disability Inclusion Grant (DIG) Project July 2023</p> <p>DIG Scope of Works (SOWs) drafted and finalized August 2023</p> <p>1 Living Well in the Community Workshop (2 classes) held in September for Individuals living with disabilities</p> <p>January 2024 Awarded supplemental funding for DIG project</p> <p>Living Well in the Community Workshop scheduled for April/May 2024</p>

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	<p>evidence-based health program designed for individuals with disabilities</p> <p>Target:</p> <p>1 health and independent living needs survey implemented</p> <p>1 published result of health and independent living needs survey</p> <p>1 Living Well in the Community program/another evidence-based health program designed for individuals with disabilities implemented</p> <p>1 evaluation of implementation of Living Well in the Community</p>	<ul style="list-style-type: none"> Evaluate changes to policy, systems, and environment 		
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	program/another evidence-based health program designed for individuals with disabilities			
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HCLHIC Priorities: Healthy Beginnings, Healthy Livings, Healthy Minds				
HCLHIC Workgroup: Movement Group				
Goal 1: Engage community members in healthy lifestyle activities by increasing awareness; culturally appropriate opportunities; accessible and inclusive communications and initiatives related to promoting movement; healthier food choices; and social engagement to promote improved physical and mental health.				
Key Measure(s): 2021 HCHAS:				
<ul style="list-style-type: none"> • 73% of those aged 18-34 exercised in the past week (lower than any other age group). • 69% of those making under \$50,000 exercised in the past week compared to 77% or higher in other income groups. 				
Alignment with Howard County General Hospital Priorities (if applicable): Healthy Living				
Alignment with Howard County Health Department Priorities (if applicable): Healthy Lifestyle – Goal 2				
HCLHIC Staff: TBD				
Co-Chairs: Michelle Rosenfeld, Howard County Office on Aging and Independence & Natalie Hall - HCHD				
Objectives	Measures	Action Steps	Timeframe	Status Update:
Objective 3 (SP): By May 2023, collaborate with Coalition members to develop and pilot a movement initiative including a community	Baseline: 0 events (2020) Target: 20 events	Walktober - Annually: <ul style="list-style-type: none"> • Convene Movement Group partner meetings to plan, implement and evaluate annual Walktober and WalkMDDay collaborative movement events and activities in October • Engage diverse community partners • Create Walktober calendar of events in Howard County 	Start: May 2021 End: November 2024	Walktober 2021: 27 events Walktober 2022: 22 events (plus 2 events post-poned) with 597 participants and 823 miles walked/ran.

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<p>calendar and programming to encourage Howard County community members of all ages and abilities to engage in movement for improved physical and mental health.</p>		<ul style="list-style-type: none"> Widely promote Walktober calendar of events and other State-led WalkMDDay and Walktober events Evaluate Walktober and WalkMDDay efforts to improve in subsequent years Present results to partners in November. <p>Move All Year Quarterly Events/Promotion:</p> <ul style="list-style-type: none"> Promote activities in collaboration with diverse partners to encourage movement throughout the year <ul style="list-style-type: none"> Fall – Walktober Winter- Heart Health month Spring – Earth Day Summer - Parks and Trails <p>Falls Prevention Week (September 22 – 28th, 2024):</p> <ul style="list-style-type: none"> Collaborate to co-host and record annual Falls Prevention webinar during Falls Prevention Week. Evaluate efforts 	<p>Start: November 2022</p> <p>End: May 2025</p> <p>Start: March 2024</p> <p>End: May 2025</p>	<p>December 2022: Calendar of events created and promoted widely</p> <p>Walktober 2023: 47 events (plus 2 cancelled) with 787 participants and 2,408 miles walked/ran.</p> <p>March 2023 – Ongoing promotion of Movement activities and events via social media, calendar, and website.</p> <p>September 2023 – Ongoing promotion of Movement activities and events via social media, partner meetings, calendar, and website.</p> <p>November 2023 - Ongoing promotion of Movement activities and events via social media, partner</p>
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				meetings, calendar, and website.
<p>Objective 4 (SP):</p> <p>By June 2025, based on results of the pilot program plan, implement and evaluate a Movement Initiative that promotes physical activity and encourages Howard County community members of all ages and abilities to engage in movement for improved physical and mental health year-round.</p>	<p>Baseline: 0 flyer</p> <p>Target: 2 flyers</p> <p>Baseline: 0 Reduced Cost and Free Movement Exercise Programs Favorites Folder in CAREAPP</p> <p>Target: 1 Reduced Cost and Free Movement Exercise Programs Favorites Folder in CAREAPP</p> <p>Baseline: 0 Movement logo</p> <p>Target: 1 Movement logo</p>	<ul style="list-style-type: none"> • Update Howard County Department of Recreation and Parks 1-Mile Moving Map • Create free and low-cost Movement flyers that utilize CAREAPP and promotes physical activity all year round in Howard County. <ul style="list-style-type: none"> ○ Spring and Summer activities flyers ○ Fall and Winter activities flyers • Create a favorite’s folder in CAREAPP that lists all the reduced cost and free exercise programs in Howard County. • Create a Movement logo to be used on all LHIC physical activity flyers, social media pages and partners flyers to promote physical activity all year round. 	<p>Start: May 2021</p> <p>End: May 2025</p>	<p>Fall 2021: 1-Mile Howard County Recreation and Parks maps updated</p> <p>March 2023: Low-cost/free Movement flyer for Spring and Summer created, placed on Physical Activity page, promoted on social media and by partners.</p> <p>March 2023: Reduced Cost and Free Movement Exercise Programs favorites folder created in CAREAPP.</p> <p>August 2023: Low-cost/free Movement flyer created for Fall and Winter and placed on Physical Activity page; promoted on</p>

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			<p>social media and by partners.</p> <p>September 2023: Reduced Cost and Free Movement Exercise Programs favorites folder in CAREAPP updated to 29 programs.</p> <p>November 2023: Reduced Cost and Free Movement Exercise Programs favorites folder in CAREAPP updated to 33 programs.</p> <p>December 2023: Update of the low-cost/free Movement flyer for Fall and Winter 2023/2024 and placed on LHIC's Physical Activity webpage, promoted on social media.</p> <p>December 2023: Creation of 1</p>
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				Movement Logo to be used year-round in promotion of physical activity in Howard County.
<p>Objective 5:</p> <p>By June 2025, conduct quarterly review and update of the HCLHIC website and collaborate on a walk to school's social media campaign with HCHD Comms Dept. Gather resources on walk and bike to school and promote content widely among partners and community members and share on LHIC's website and social media pages.</p>	<p>Baseline: Annual update</p> <p>Target: Quarterly update</p> <p>Baseline: 0 Social Media Campaign</p> <p>Target: 1 Social Media Campaign</p>	<ul style="list-style-type: none"> Review HCLHIC website's Physical Activity page and make updates as needed quarterly. Promote HCLHIC website, activity guides and other local and national physical activity resources widely. 	<p>Start: May 2021</p> <p>End: May 2025</p>	<p>November 2022: Walk Maryland Registration Tool added to Physical Activity page</p> <p>March 2023: Physical activity website updated</p> <p>June 2023: Physical Activity website updated.</p> <p>August 2023: Walk to School Staples Social Media Campaign created.</p> <p>December 2023: Physical Activity website updated.</p>
<p>Objective 6:</p> <p>By June 2025, conduct review and update the</p>	<p>Baseline: Annual update</p>	<ul style="list-style-type: none"> Review HCLHIC website's Older Adult and Injury Prevention pages and make updates as needed quarterly. 	<p>Start: March 2024</p> <p>End: May 2025</p>	

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<p>Falls Prevention resources on the HCLHIC website and share via partners, community members and social media.</p>	<p>Target: Quarterly update</p> <p>Baseline: 1 Falls Prevention Resource</p> <p>Target: 5 Falls Prevention Resources</p>	<ul style="list-style-type: none"> • Review and update the HCLHIC Fall Prevention Resource Guide. • Update Falls Prevention Resources to ensure culturally appropriate and accessible. • Promote HCLHIC website and other Falls Prevention resources during Falls Prevention Week in September and year-round. 		
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HCLHIC Priorities: Healthy Beginnings, Healthy Livings, Healthy Minds				
HCLHIC Workgroup: Chronic Disease Prevention and Management Group				
Goal 2: Increase culturally appropriate, accessible and inclusive education on chronic disease prevention and support for management of chronic diseases and related health conditions in Howard County.				
Key Measure(s): 2021 HCHAS & BRFSS:				
<i>Diabetes:</i>				
<ul style="list-style-type: none"> • Increase in the percentage of residents with both pre-diabetes (11%) and diabetes (13%) compared with 2018 (8% respectively for both). <ul style="list-style-type: none"> ◦ Diabetes rates among Non-Hispanic Blacks in 2019 was 12.3% compared with 6.1% for Non-Hispanic Whites (BRFSS, age-adjusted rate). • Prediabetes among residents <30 years old increased from 9% in 2018 to 28% in 2021. 				
<i>Tobacco:</i>				
<ul style="list-style-type: none"> • Data from the Youth Risk Behavior/Youth Tobacco Survey (YRBS/YTS) indicates that from 2016 – 2018, the prevalence of any tobacco/electronic smoking devices (ESDs), cigarettes, cigars, smokeless tobacco use among middle school (MS) students has increased 100% and 47% for high school (HS) students. <ul style="list-style-type: none"> ◦ In 2018, tobacco use was highest for Black (6.7%) and Hispanics (6.1%) MS students. • Among adults, data from the 2016 Behavioral Risk Factor Surveillance System (BRFSS) showed a higher proportion of tobacco use among adults with incomes lower than \$50K (13.2%) compared to those with incomes greater than \$50K (8.0%). 				
Alignment with Johns Hopkins Howard County Medical Center Priorities (if applicable): Healthy Living				
Alignment with Howard County Health Department Priorities (if applicable): Healthy Lifestyle – Goal 1				
HCLHIC Staff: Ashton Jordan				
Co-Chairs: Jennifer Lee – Howard County Office on Aging and Independence & Crystal Pope - JHHCMC				
Objectives	Measure	Action Steps	Timeframe	Status Update:

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<p>Objective 1 (SP):</p> <p>Through June 2025, convene quarterly Chronic Disease Community (public) forums to increase awareness of and access to resources to increase culturally appropriate, accessible, and inclusive disease prevention activities across the lifespan for Howard County residents.</p>	<p>Baseline:</p> <p>0 Chronic disease related outreach activities</p> <p>0 people reached by chronic disease related outreach activities</p> <p>0 Chronic disease related evidence-based programs</p> <p>0 completers of chronic disease related evidence-based programs (adults)</p> <p>0 CAREAPP searches/connections related to chronic disease prevention and/or management</p> <p>Target(s):</p> <p>20 Chronic disease related outreach events</p>	<p><u>Year 1:</u></p> <ul style="list-style-type: none"> Conduct outreach and educational activities in high-need areas including evidence-based programs Assist with screenings & referrals <p><u>Year 2:</u></p> <ul style="list-style-type: none"> Plan and promote activities that align with key health observances Expand CAREAPP directory of relevant chronic disease prevention and management resources <p><u>Year 3:</u></p> <ul style="list-style-type: none"> Evaluate impact of outreach events and evidence-based programs Expand utilization of CAREAPP 	<p>Start: June 2022 End: June 2025</p>	<p>July – November 2022: Nutrition, Fitness, free fitness memberships to residents, Health Fairs held – Screenings, mini-Farmers’ Market, and other partners/programs</p> <p>July – December 2022: 22 Evidence-based programs held, 90 completers of evidence-based programs</p> <p>July – December 2022: 41 Chronic disease related outreach events held, 882 enrolled individuals for chronic disease related events</p> <p>January – June 2023: 23 Evidence-based programs held, 153 completers of evidence-based programs</p>
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	<p>250 enrolled individuals on disease prevention (adults)</p> <p>25 Chronic disease related evidence-based programs</p> <p>100 Completers of chronic disease related evidence-based programs</p> <p>25 CAREAPP searches/connections related to chronic disease prevention and/or management</p>		<p>26 Chronic disease related outreach activities held, >2000 individuals reached through chronic disease related activities</p> <p>July – September: 5 Evidence-based programs held, 32 completers of evidence-based programs 13 Chronic disease related outreach activities held; 275 individuals reached through chronic disease related activities</p> <p>September– December 2023: 7 Evidence-based programs held, 79 completers of evidence-based programs, 18 Chronic disease related outreach activities held; 203 individuals reached through chronic</p>
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				<p>disease related activities</p> <p>January – March 2024: 12 Evidence-based programs held, 130 completers of evidence-based programs, 6 Chronic disease related outreach activities held; 200 individuals reached through chronic disease related activities</p>
<p>Objective 2 (SP):</p> <p>Through June 2025, convene quarterly Chronic Disease Community (provider) forums to increase awareness of and access to resources across the lifespan and coordinated community planning to increase culturally appropriate, accessible and inclusive</p>	<p>Baseline:</p> <p>0 new providers utilizing/promoting CAREAPP</p> <p>0 CAREAPP searches/connections related to chronic disease prevention and/or management</p> <p>Target(s):</p>	<p><u>Year 1:</u></p> <ul style="list-style-type: none"> Convene regular CDPMG meetings with Coalition partners and community members Support and promote accessible and culturally appropriate evidence-based programs <p><u>Year 2:</u></p> <ul style="list-style-type: none"> Expand utilization of CAREAPP by providers as a tool for resource sharing and connections. <p><u>Year 3:</u></p> <ul style="list-style-type: none"> Monitor provider CAREAPP usage 	<p>Start: June 2022</p> <p>End: June 2025</p>	<p>February 2022: Meetings initiated to start place-based outreach efforts with 8 residential communities</p> <p>June 2022: Began partnerships with Columbia Association, HC Recreation & Parks, Roving Radish and,</p>

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<p>support for management of chronic diseases and related health conditions</p>	<p>8 new providers utilizing/promoting CAREAPP</p> <p>25 CAREAPP searches/connections related to chronic disease prevention and/or management</p>	<ul style="list-style-type: none"> Review outreach event and evidence-based program data 		<p>The Y in Ellicott City (Dancel)</p> <p>February 2023: Began partnership with Claudia Mayer / Tina Broccolino Cancer Resource Center</p> <p>March 2023: Began partnership with American Lung Association</p> <p>April – August: Began Partnerships with Chase Brexton Health Care’s Center for LGBTQ Health Equity, CareFirst Engagement Center, Priority Partners MCO, Food at the Center</p> <p>January – September 2023: Met regularly as workgroup to</p>
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				<p>discuss ongoing chronic disease initiatives from providers(partners)</p> <p>September – December 2023: JHHCMC Co-Chair Announced</p>
<p>Objective 3:</p> <p>By June 2025, conduct quarterly review and update of the HCLHIC website and Chronic Disease Resource Guide and promote content widely among partners and community members.</p>	<p>Baseline: Monthly update</p> <p>Target: Quarterly update</p>	<ul style="list-style-type: none"> Review HCLHIC website Chronic Disease page and make updates as needed quarterly Review the Howard County Chronic Disease Resource Guide and make updates as needed quarterly Promote HCLHIC website, resource guide and other local and national chronic disease resources widely 	<p>Start: May 2021</p> <p>End: June 2025</p>	<p>January 2023: Chronic Disease webpage updated</p> <p>February 2023: Chronic Disease Self-Management Program Resource Guide created</p> <p>May 2023: Health Action Item Updated</p> <p>June 2023: Chronic Disease Webpage and Self-Management Program Resource Guide updated</p>

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				<p>August 2023: Chronic Disease Webpage and Self- Management Program Resource Guide updated; Health Action Item updated</p> <p>October 2023: Chronic Disease Webpage and Self- Management Program Resource Guide updated; Health Action Item updated</p> <p>December 2023: Chronic Disease Webpage and Self- Management Program Resource Guide updated</p> <p>January 2024: Chronic Disease Webpage and Self- Management</p>
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				<p>Program Resource Guide updated</p> <p>February 2024: Chronic Disease Self-Management Program Resource Guide updated/ Nutrition webpage created</p> <p>March 2024: Chronic Disease Webpage updated</p>
<p>Objective 4:</p> <p>By June 2025, create and promote flyer with nutrition class resources on the HCLHIC website’s Chronic Disease page and share widely among partners, community members, and via social media.</p>	<p>Baseline: 0 flyer</p> <p>Target: 1 flyer</p>	<ul style="list-style-type: none"> • Design and translate flyer with partner nutrition classes to promote healthy eating to manage and prevent the onset of chronic conditions. • Promote flyer through partners, community events, social media, etc. 	<p>Start: December 2023</p> <p>End: June 2025</p>	<p>December 2023: Mi Flava Plata Presentation given by Dr. Holder</p> <p>February 2024: University of Maryland-Extension Presentation on Dining with Diabetes and Fresh Conversations given by Karen Basinger</p>

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				March 2024: Nutrition Flier developed
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HCLHIC Priorities: Healthy Beginnings, Healthy Livings, Healthy Minds				
HCLHIC Workgroup: Healthy Minds and Suicide Prevention Coalition				
Goal 3: Increase awareness of culturally appropriate, accessible and inclusive mental health resources and supports to reduce stigma around mental health, promote brain health, and promote social engagement across the lifespan in collaboration with Coalition and community partners in Howard County.				
Key Measure(s): 2021 Maryland Vital Statistics Administration & BRFSS:				
<p><i>Mental Health:</i></p> <ul style="list-style-type: none"> • 14.0% of Howard County residents reported having 8+ days of not good mental health in 2020 compared to 11.3% in 2016 (BRFSS, age-adjusted rate). • The prevalence of doctor-diagnosed Depression was 14.8% in 2020 compared with 12.2 in 2019 (BRFSS, age-adjusted rate). <p><i>Suicide:</i></p> <ul style="list-style-type: none"> • The (3-year age-adjusted rate per 100,000) death rate increased to 8.3 in 2019 compared with 7.6 in 2016 (Maryland Vital Statistics Administration). 				
Alignment with Johns Hopkins Howard County Medical Center Priorities (if applicable): Healthy Minds				
Alignment with Howard County Health Department Priorities (if applicable): Behavioral Health – Goal 1				
HCLHIC Staff: Ashton Jordan				
Co-Chairs: Jessica Fisher – HCHD & Jessica LaFave - VA Maryland Health Care System				
Objectives	Measure	Action Steps	Timeframe	Status Update

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<p>Objective 1 (SP):</p> <p>Through June 2025, collaborate with coalition members through various partner forums to advance shared priorities and ensure awareness of and access to resources to increase social engagement of culturally appropriate, accessible and inclusive mental health resources and supports across the lifespan for Howard County community members.</p>	<p>Baseline:</p> <p>1 campaign (youth-focused)</p> <p>0 mental health forum</p> <p>0 mental health presence at outreach events</p> <p>Target(s):</p> <p>1 campaign (across lifespan)</p> <p>2 mental health forums</p> <p>4 mental health presence at outreach events</p>	<p><u>Year 1:</u></p> <ul style="list-style-type: none"> • Convene regular meetings with Coalition partners and community members • Plan and launch of suicide prevention campaign across lifespan • Plan and launch suicide prevention forum <p><u>Year 2:</u></p> <ul style="list-style-type: none"> • Monitor and evaluate suicide prevention campaign • Increase mental health presence at outreach events • Host Veterans Mental health presentation at full LHIC meeting • Plan trainings for staff related to mental health first aid and Veterans' outreach efforts <p><u>Year 3:</u></p> <ul style="list-style-type: none"> • Make plans for continuity of efforts including future forums and presentations 	<p>Start: June 2021</p> <p>End: June 2025</p>	<p>April 2022: Suicide Prevention campaign launched at full LHIC meeting</p> <p>May 2022: Suicide Prevention Forum held</p> <p>September 2022: Community Ambassador Mental Health Awareness Session</p> <p>October 2022: Howard County Out of the Darkness Walk</p> <p>December 2022: Soldier and Family Readiness and Resiliency Forum</p> <p>March 2023: Initiated planning of "Healthy Minds" Mental Health Fair for summer and winter, Light the Night 5k, Substance Use Tabling,</p>
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				<p>Community Mental health St Johns Baptist Church</p> <p>April 2023: Not “Check Box” Training: Real Practices in Resilience for Police hosted with 20+ law enforcement officer, NAMI Our turn to talk documentary,</p> <p>June 2023: Military Culture Presentation, Sources of Strength “Train the trainer” training completed by co-chair (Jessica Fisher)</p> <p>July 2023: Gun Violence Solutions Presentation</p> <p>September 2023: HCHD BH Suicide Prevention Month Activities, HCHD</p>
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				<p>suicide awareness rock painting, Mental Health Information Forum at Savage Library (suicide awareness painting activity here)</p> <p>September 2023: Hosted CAMS-Care training</p> <p>June - September 2023: Increased mental health presence at events, participated in or provided mental health resources for:</p> <ul style="list-style-type: none"> • NAACP Blood Drive • HC Fall Festival • HCPSS Networking Fair • Several • Back to School events • Dragon Fair at HCC
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				<ul style="list-style-type: none">• 988 Presentation• Merriweather Teen and Family Night• Rotary Club Youth Mental Health Summit• HoCo Pride <p>October – December 2023: Increased mental health presence at events, participated in or provided mental health resources for:</p>
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<p>Objective 2 (SP):</p> <p>By June 2025, collaborate with Coalition members to promote culturally appropriate, accessible and inclusive social engagement opportunities, mental health resources and supports for Howard County residents of all ages and abilities.</p>	<p>Baseline: Monthly update</p> <p>Target: Quarterly update</p>	<ul style="list-style-type: none"> • Review HCLHIC website Healthy Minds pages and make updates as needed quarterly • Promote HCLHIC website, Howard County Behavioral Health resources and Mental Health and Suicide Prevention Programs and other local and national behavioral health resources widely • Conduct outreach and education around mental health resources and supports 	<p>Start: June 2021</p> <p>End: June 2025</p>	<p>August 2022: Healthy Minds – Mental Health and Suicide Prevention pages on the LHIC website updated</p> <p>August 2022: Howard County Behavioral Health – Program Guide Updated</p> <p>November 2022: Created a Veterans Resources Page on the LHIC website</p> <p>January 2023: Mental Health Suicide Prevention Programs Resource Guide updated</p> <p>February – May 2023: Mental Health webpage maintained; Suicide Prevention Resource Guide updated with</p>
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				<p>new relevant materials</p> <p>June - September 2023: Teen Health Matters webpage and print materials updated, Suicide Prevention Programs Resource Guide updated</p>
<p>Objective 3:</p> <p>By June 2025, collaborate with Coalition members and partners to promote mental health and suicide prevention classes among priority populations in Howard County.</p>	<p>Baseline:</p> <p>TBD # Classes offered</p> <p>TBD # Class completers</p> <p>Target: # Classes/participants</p>	<ul style="list-style-type: none"> • Review and discuss Mental Health First Aid (adult and youth) and other suicide prevention class data offered by partners • Evaluate impact of outreach events and evidence-based programs • Create plan for increasing mental health and suicide prevention class uptake by priority populations such as faith-based organizations and community groups 	<p>Start: March 2024</p> <p>End: May 2025</p>	<p>March 2024: HCHD Epis began developing heat map for MHFA class participant.</p> <p>April 2024: Heat Map finalized</p>

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HCLHIC Priorities: Healthy Beginnings, Healthy Livings, Healthy Minds				
HCLHIC Workgroup: Food Security Committee				
Goal (new): Increase access to and awareness of culturally appropriate, accessible, affordable, and nutritious food to decrease food and nutrition insecurity among Howard County residents				
Key Measure(s): 2021 HCHAS:				
<ul style="list-style-type: none"> • 5% of residents indicated that it is <i>often true</i> and 11% of residents indicated that it is <i>sometimes true</i> that they worry about whether food would run out before they had money to buy more. • 29% of adults were overweight and 25% of adults were obese; 1 in 2 adults in Howard County is either overweight or obese <ul style="list-style-type: none"> ○ Of those identified as obese: 37% were Black, 27% were White and 7% Asian • 11% of individuals drink regular soda daily; 18% of individuals eat fruits three times or more per day; and 16% of individuals eat vegetables three or more times per day while 32% of residents eat vegetables less than once per day over the past week <ul style="list-style-type: none"> ○ Of those reporting having eaten vegetables less than once per day over the past week 47% earn less than \$50K annually 				
Alignment with Howard County General Hospital Priorities (if applicable): Healthy Living				
Alignment with Howard County Health Department Priorities: Healthy Lifestyle - Goal 3				
HCLHIC Staff: TBD				
Co-Chairs: Carrie Ross – Community Action Council & Genesis Caplan – Howard County SNAP-Ed				
Objectives	Measure	Action Steps	Timeframe	Status Update
Objective 1: By June 2025, collaborate with partners to review and	<u>Year 1:</u> Baseline: 0 Food Security	<u>Year 1:</u> <ul style="list-style-type: none"> • Convene regular Food Security Committee meetings with Coalition partners and community members 	Start: May 2022 End: June 2025	June 2022: Food Security Committee meetings: bi-monthly

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<p>implement solutions to address food and nutrition security needs of Howard County residents</p>	<p>Committee meetings</p> <p>Target: Bi-monthly Food Security Committee meetings</p> <p><u>Year 2:</u></p> <p>Baseline: 0 Food Security Panel session</p> <p>Target: 1 Food Security Panel session</p> <p><u>Year 3:</u></p> <p>Baseline: 0 Pop Up Pantries</p> <p>Target: 1 Pop Up Pantry</p>	<ul style="list-style-type: none"> • Assess food and nutrition security needs of residents through survey data collection • Gather feedback from partners related to barriers and needs related to food and nutrition security of residents • Host collaborative partner Pop-Up food pantries <p><u>Year 2:</u></p> <ul style="list-style-type: none"> • Analyze and present food and nutrition survey data • Convene food and nutrition security round table discussion to determine gaps and solutions to decrease food and nutrition insecurity • Create framework with short- and long-term plans for addressing food and nutrition insecurity • Disseminate summary data and framework • Create collaborative plan for addressing identified gaps • Create a plan for the establishment of a food council • Host collaborative partner Pop-Up food pantries <p><u>Year 3:</u></p> <ul style="list-style-type: none"> • Host collaborative partner Pop-Up food pantries 		<p>meetings convened and held.</p> <p>Food and Nutrition Survey created and translated into four languages: Spanish, French, Korean and Mandarin. Distributed with the assistance of partners through February 2023; 406 responses received.</p> <p>March 2023: Howard County Food Connection GIS Map created and embedded on the LHIC website.</p> <p>September 2023: 2 Food Security roundtable sessions conducted on Food Access and Food Needs: 25-30 participants</p> <p>April 2023: 1 Pop Up Food Pantry held at low-income senior</p>
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			<p>residential community. A total of 150 bags of food were distributed. 75 bags of fresh produce: bell peppers, potatoes, apples, and oranges. 75 bags of dried goods were distributed: rice, oats, black beans, and canned tomatoes.</p> <p>August 2023: 3 Pop Up food pantries held at Deep Run Elementary School. 4,492 pounds of food were distributed to 502 individuals within 113 households. Food items distributed: dried and canned goods, fresh produce including apples, oranges, bananas, potatoes, onions, green peppers, sweet peppers, habanero peppers,</p>
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				serrano peppers, salad mix, and peaches
<p>Objective 2:</p> <p>By June 2025, increase awareness of and access to culturally appropriate, accessible, affordable, and nutritious food for Howard County residents across the lifespan</p>	<p><u>Year 1:</u></p> <p>Baseline: Non-updated Food and Nutrition Resource guide</p> <p>Target: Updated Food and Nutrition Resource guide</p> <p><u>Year 2:</u></p> <p>Baseline: No Food Access Brochure</p> <p>Target: Food Access Brochure</p> <p>Baseline: No Food Connection Map Poster</p> <p>Target: Food Connection Map poster</p> <p>Baseline: No Food Pantries and Hot</p>	<p><u>Year 1:</u></p> <ul style="list-style-type: none"> Update and disseminate Partner Food and Nutrition Resource Guide Update guide bi-annually <p><u>Year 2:</u></p> <ul style="list-style-type: none"> Draft digital and print brochures for residents to easily access free and reduced-cost nutritious food places in Howard County Gather feedback, finalize, translate, and disseminate food brochures widely Update food brochures bi-annually Create a favorite’s folder in CAREAPP that lists all the food pantries and hot meal services and programs in Howard County. Create a pantry spotlight video series highlighting the work of LHIC’s food pantry partners in reducing food insecurity and stigma surrounding food access in Howard County. Establish and support container garden at senior residential community Establish a community garden and nutrition education program at two (2) 	<p>Start: November 2022</p> <p>End: June 2025</p>	<p>October 2022: Partners gathered to inform updates to the LHIC Food and Nutrition Resource guide.</p> <p>January & March 2023: Resource Guide updated</p> <p>March 2023: The English all locations tri-fold food brochure (print and digital) approved and placed on LHIC website.</p> <p>March 2023: Food Pantries and Hot Meals Favorite’s Folder created in CAREAPP.</p> <p>May 2023: Food Pantries and Hot Meals brochures (print and digital) approved and placed on LHIC website.</p>

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	<p>Meals Favorites Folder in CAREAPP</p> <p>Target: 1 Food Pantries and Hot Meals Favorites Folder in CAREAPP</p> <p>Baseline: 0 Food Pantry Spotlight videos</p> <p>Target: 4 Food Pantry Spotlight videos.</p> <p>Baseline: 0 community gardens at Howard County Public School System Title I Elementary Schools</p> <p>Target: 2 community gardens at Howard County Public School System Title I Elementary Schools</p>	<p>Title I elementary schools in Howard County with assistance from partners.</p> <p><u>Year 3:</u></p> <ul style="list-style-type: none"> • Continue food pantry spotlight video series by engaging community members experiencing food insecurity to highlight their stories to advance food security initiatives. • Provide food connection map posters and food resources to all the medical providers in Howard County. • Encourage the establishment of community gardens in all Howard County public schools. • Continue supporting container gardening at senior residential community. 	<p>May 2023: Resource Guide updated</p> <p>May 2023: Food Connection Map Poster created and distributed to partners.</p> <p>May 2023: Container Gardens established at senior residential community. 160 containers and grow bags were planted with 950 herb and vegetable plants. 150 residents participated in this event.</p> <p>July 2023: Howard County Food & Nutrition survey poster was presented at the Society for Nutrition Education and Behavior Conference in DC on July 22nd.</p> <p>August 2023: Community Garden and Nutrition</p>
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	<p><u>Year 3:</u></p> <p>Baseline: No community members food spotlight video interview</p> <p>Target: 2 community members food spotlight video interviews</p>		<p>Education program established at Bryant Woods and Talbott Springs Elementary Schools</p> <p>September 2023: Resource Guide updated.</p> <p>September 2023: Two in-person Food Security Roundtable sessions were held in September with 25 – 30 key stakeholders attending each</p> <p>October 2023: 181 Food Connection Map posters distributed to partners.</p> <p>November 2023: Food Connection Map updated</p> <p>November 2023: All food pantries and hot meals brochures</p>
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			<p>updated on the LHIC website (digital only).</p> <p>November 2023: Food Pantries and Hot Meals Favorite’s Folder updated in CAREAPP to 45 listings.</p> <p>November 2023: 4 food pantry spotlight videos completed and placed on YouTube; LHIC’s Healthy Eating page.</p> <p>December 2023: Food resource guide updated.</p> <p>December 2023: 187 Food connection map posters distributed to partners.</p> <p>December 2023: All locations trifold brochures and city-specific bi-fold brochures in English, Spanish, French,</p>
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				<p>Korean and Chinese printed.</p> <p>April 2024: Veggie and her seedlings grown by LHIC partners and HCHD staff from 175 seed packed donated by Ace Hardware were donated to Owen Brown Place.</p>
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HCLHIC Priorities: Healthy Beginnings, Healthy Living, Healthy Minds				
HCLHIC Workgroup: The Growing Healthy Families Workgroup focus is to improve birth outcomes for people of color in Howard County to advance efforts toward reducing health disparities.				
Key Measure(s):				
Infant Mortality Rate per 1,000 Deliveries by Race Baseline: 5.09 Overall; 2.12 NH White; 10844 NH Black; 4.53 NH Asian and 5.96 Hispanic (2017-2019 VSA) Target: 9.7 or below in NH Blacks				
Maternal Mortality Overall Baseline: 2 Deaths (2017 VSA) Target: 0 Deaths				
Infant Mortality Rate per 1,000 Deliveries by Race Baseline: 176.6 per 10,000 (2017 MDmom.org, HSCRC) Target: Under 160 Events per 10,000				
Alignment with Howard County General Hospital Priorities (if applicable): N/A				
Alignment with Howard County Health Department Priorities (if applicable): Maternal Infant Health Goals 1, 2, 3				
HCLHIC Staff: TBD				
Co-Chairs: Erica S. Taylor, Howard County Office of Children and Families & Samantha Cribbs, HCHD				
Objectives	Measure	Action Steps	Timeframe/Resp.	Status Update
Goal 1: Improve early access to respectful prenatal care experience for reproductive-aged women of color.				

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<p>Objective 1.1 (SP): Assess the barriers to PNC for women of color.</p> <p>Objective 1.2 (SP): Increase early enrollment into prenatal care for women of color</p>	<p>Baseline: No Prenatal Care: <1% overall; 1.8% NHB moms; 5.0% Hispanic moms (2015-2019 VSA)</p> <p>Target: <1% for all Race/Ethnic Groups</p> <p>Baseline: PNC Started in First Trimester: 77% NH White; 61% NH Black; 69% NH Asian; 50% Hispanic (2105-2019 VSA)</p> <p>Target: PNC Started in Frist Trimester for 67% NH Blacks and 55% Hispanics</p>	<ul style="list-style-type: none"> • Optimizing first visit for prenatal care to encourage retention. Acknowledge and address barriers that exist for women of color. • Communications to women in communities of focus and providers using CHWs and partners to share messages and help connect people in the community to pre-natal care (PNC.) • Encourage OBs to start PNC early and promote pre-conception care in OB/GYN practices. 	<p>Start: Fall 2024 (Year Three of CHW Network)</p> <p>Black Maternal Health Week (Spring 2024)</p>	
<p>Objective 1.3: Increase access to implicit bias training for</p>	<p>Baseline: 1 training Target: 2 trainings</p>	<ul style="list-style-type: none"> • Create a central resource for training opportunities on implicit bias 	<p>Jan 2024</p>	<p>Implicit bias training recording from February 11, 2020, on</p>

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healthcare providers and staff		<ul style="list-style-type: none"> • Create a toolkit for onboarding maternal health workers, doulas, CHWs to include anti-racism and cultural bias training. 		LHIC website's Special Program's page
Goal 2: Decrease disparities in pre-term and low birth weight births.				
Objective 2.1 (SP): Support community efforts to close gaps in PN support and education especially in Columbia, Ellicott City, Laurel, and Elkrige	Baseline: 0 Target:	<ul style="list-style-type: none"> • Identify and support community efforts in PN support and education in identified communities • Plan and implement outreach to selected communities and their providers <ul style="list-style-type: none"> ○ Incorporate as part of Black Maternal Health Week 	Start: January 2024 End: Ongoing as part of Workgroup Start: 2024	
Goal 3: Promote equitable access to bias-free and culturally congruent prenatal and post-partum support services.				
Objective 3.1 (SP): Improve equitable access to doula and midwifery services by increasing awareness of their availability and benefits among prenatal providers.	Baseline: 74 PN providers in county – found 7 with OBs and 2 with midwives that promote doula services	<ul style="list-style-type: none"> • Collect information from NH Black and Hispanic women on interest in doulas • Provide information to prenatal providers about doulas and midwives • Create a doula supportive environment within Howard County. 	Start: August 2024 December 2024 – Focus Group with CHWs recruiting Maternal Infant Health Forum (Spring 2024)	Midpoint: MomCares contracted to recruit, train, and support doulas in the county.

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	Target: 20 PN providers aware of doula services			
<p>Objective 3.4 (SP):</p> <p>Facilitate access to anti-racist and culturally congruent education for home visiting programs staff.</p>	<p>Baseline: Parents as Teachers and Healthy Families have culturally congruent components</p> <p>Target: 100% of programs will have access to training in anti-racist and culturally congruent practices</p>	<ul style="list-style-type: none"> Engage the community, specifically cultural organizations, in information practice and connecting families with home visiting services Black Maternal Health Week activities: start October/November 2023 for Spring 2024 		<p>April 20th, 2024, event: 40 registrations; 10 – 15 attendees</p> <p>Panel attendees total: 10</p> <p>Total event participation: 15-20 (missed a few sign-ins that came in toward the end)</p> <p>Raffled off 1 Pack n Play (HCHD), 2 Bedtime in a Box kits (HCHD), and 1 free month of prenatal yoga (Blossom & Grow Wellness)</p> <p>Panel well received; Massage + Reiki was great hit</p>
<p>Goal 4: Increase awareness of Maternal and Infant Health resources in Howard County through LHIC communication channels</p>				

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<p>Objective 4.1: By June 2025, conduct quarterly review and update of the HCLHIC website and Healthy Beginnings> Maternal/Infant/Child Health Resources webpage and promote healthy beginnings resources and information widely among partners and community members.</p>	<p>Baseline: No updates</p> <p>Target: Quarterly updates</p> <p>Baseline: 0 partners attend Growing Healthy Families workgroup</p> <p>Target: 10 partners attend quarterly Growing Healthy Families workgroup.</p>	<ul style="list-style-type: none"> • Review and update HCLHIC website’s Healthy Beginnings> Maternal/Infant/Child Health Resources webpage quarterly. • Share healthy beginnings resources, hospital classes, and information through LHIC communications including at meetings, newsletters, and social media. • Collaborate with Johns Hopkins Howard County Medical Center to promote their child, infant and parent classes. 	<p>Start: November 2023</p> <p>End: May 2025</p>	<p>November 2023: Convened Growing Healthy Families workgroup; 20 partners attended meeting.</p> <p>December 2023: Updated HCLHIC’s Healthy Beginnings webpage.</p>
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