



Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

August 27, 2024

1:00pm to 2:00pm

Virtual via Zoom

Minutes

Members Present:

Daniel Besseck, Howard County Fire and Rescue
Bernadette Bindewald, Howard County Health Department
Andrea Bryant, Howard County Office on Aging and Independence
Cindy Burch, Baltimore Metropolitan Council
Matthew Castner, Johns Hopkins Howard County Medical Center
Rachel Filar, Office on Aging and Independence
Natalie Hall, Howard County Health Department
Tavia Patusky, Columbia Association
Michelle Rosenfeld, Howard County Office on Aging and Independence
Nikki Savoy, Accessible Resources for Independence
Carly Shilling, Community Resources and Services
Pritchett Simmons, The Y in Ellicott City
Terri Taylor, Howard County Department of Fire & Rescue Services
Jennifer Woo, Howard County Department of Public Works

Staff Present:

Janet Afoakwah, Howard County Local Health Improvement Coalition
Ashton Jordan, Howard County Local Health Improvement Coalition
Reena Rambharat, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
Welcome and Introductions	<p>Mr. Ashton Jordan, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 1:00pm.</p> <p>Mr. Jordan provided a welcome to members in attendance and thanked participants for joining the meeting. He shared the goals of this meeting were to review falls prevention week updates, past & current Walktober data, as well as HCLHIC & HCHD website updates.</p>	<p>LHIC website: https://www.hclhic.org /</p>

<p>Announcements</p>	<p>Mr. Jordan shared that the next full quarterly LHIC meeting will be hybrid at 9:00am on Thursday, October 17, 2024, at the Howard County Health Department (HCHD) and online via Zoom.</p> <p>Mr. Jordan shared the following announcements:</p> <ul style="list-style-type: none"> • the next full quarterly LHIC meeting will be hybrid at 9:00am on Thursday, October 17, 2024, at the Howard County Health Department (HCHD) and online via Zoom. • August Volunteer Day will be at the Dr. Jim Duke’s Green Farmacy Garden on August 31, 2024 • Robinson Nature Center is hosting Sensory-friendly Sundays for families with kids, teens, and adults with sensory-processing differences, autism spectrum disorder, or developmental disabilities. • The Howard County Health Department is recruiting for a Community Health Worker position 	<p>Register for next full LHIC meeting: https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator</p> <p>Members interested in August Volunteer Day can find more information here: https://www.eventbrite.com/e/august-volunteer-day-tickets-984319916367?aff=ebdsoorgprofile</p> <p>Members interested in Sensory-friendly Sundays can find more information here: https://anc.apm.activcommunities.com/howardcounty/activity/search/detail/140794?onlineSiteId=0&fromoriginalcui=true</p> <p>Members interested in viewing the Community Health Worker Application here: https://docs.google.com/forms/d/e/1FAIpQLSdH09bLLttc6_mPCfEUjQ7IdEvNuf0663kCg0Mv5XMtxpjog/viewform</p>
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<p>Previous Meeting</p>	<p>Previous meeting minutes can be found on the LHIC website. At the last meeting, Michelle Rosenfield, OAI provided updates on older adult awareness activities in Howard County. Ms. Reena Rambharat, HCHD, provided updates on Falls Prevention week and what LHIC partners are doing in preparation. Further there was discussion on the plan for Walktober 2024.</p>	<p>Movement meeting minutes: https://www.hclhic.org/home/meeting/2024?catelid=364</p>
<p>Falls Prevention Week Updates</p>	<p>Mr. Jordan provided updates on how HCLHIC is preparing for Falls Prevention Week:</p> <ul style="list-style-type: none"> • The HCLHIC website has been updated with general falls prevention information as well as falls prevention week resources and events • There is a CAREAPP Howard County Falls Prevention Resource favorites folder on the LHIC website • The Falls Myths vs. Facts flyer has been updated and is available the LHIC website • There is a digital tool available to assess your fall risk called the Falls Free CheckUp on the LHIC website • 2024 Falls Prevention Activities information and registration links are available on the HCLHIC website • 2024 Falls Prevention Activities Flyer available for print through the HCLHIC website • Information on Better Balance classes available on HCLHIC website <p>Mr. Daniel Besseck, Howard County Fire and Rescue, shared highlights from the Falls Prevention Pilot conducted in Parkview Colonial Landing:</p> <p>Success:</p> <ul style="list-style-type: none"> • Department of Community Resources and Services gave a presentation on falls risks and mitigation to 25 residents • Engagement rates reached 40% during project period • In total 4 advanced directives were completed <p>Challenges:</p> <ul style="list-style-type: none"> • The area with the highest positive screening, advanced directives, had a low engagement rate • Food security provided a low need yet time intensive area <p>Next Steps:</p> <ul style="list-style-type: none"> • The screening tool will need to be refined based on real world experiences • Service offerings that include other healthcare needs such as vision and hearing may be valuable fall risk mitigation practices that were not present in the pilot • Engaging the right stakeholders and utilizing their 	<p>Falls Prevention resources and events are available on the LHIC website at: https://www.hclhic.org/healthy/older-adult</p> <p>Members can access the Falls Prevention Activities Flyer here: https://www.hclhic.org/Content/Upload/page/8d2031b7-3b45-4d72-9c47-0300c8aaacc8.pdf</p>

	Subject Matter Experts (SME's) will likely lead to a more longitudinal and sustainable platform for annual screening	
Walktober Review & Updates	<p>Mr. Jordan, HCLHIC, reviewed past and current data for Walktober:</p> <p>2023</p> <ul style="list-style-type: none"> • 18 organizations arranged walk/move events • 47 events held • 500 fanny packs and 500 light-up wristbands were handed out as giveaways <p>2024 (ongoing)</p> <ul style="list-style-type: none"> • 12 organizations arranged walk/move events • 30 events scheduled • Water bottles, safety lights, and clip on lights are available as giveaways <p>Organizations hosting walk/move events for Walktober 2024 include: HC Office on Aging & Independence, HC Dept. of Rec and Parks, Columbia Association, Feet First Sports, The Village in Howard, East Columbia Branch Library & 50+ Center, Howard County Autism Society, Howard Community College, Neighbor Ride, Cycle2Health, Bullseye Running, Howard County Health Department.</p>	<p>Members can access the HCLHIC Walktober webpage here: https://www.hclhic.org/healthy/physical-activity</p> <p>If you plan to host a walk event and would like to add it to the Howard County Walktober Calendar Events page, please fill out the HoCo Walktober 2024 Interest Form or email LHIC@howardcountymd.gov.</p>
HCLHIC and HCHD Website Review	<p>Mr. Jordan, HCLHIC, reviewed updates made to the HCLHIC & HCHD websites:</p> <p>HCLHIC Updates</p> <ul style="list-style-type: none"> • Link to Howard County Walktober Page • Walktober Flyers available for pick up • Links to create/join new walking group for Walk Maryland Day • Walk & Bike to School Resources • Howard County Complete Streets Implementation Projects • Howard County Strategic Road Safety Plan • Maryland Pedestrian Safety Action Plan <p>HCHD Updates</p> <ul style="list-style-type: none"> • HoCo Walktober 2024 Interest Form • Link to register for Walk & Roll to School Day • Howard County Walktober 2024 Calendar <ul style="list-style-type: none"> ○ Links to various walk/move events in October • Link to HCLHIC Physical Activity Resources • MDOT Walk Maryland Day Event Registration • MDOT Walktober Webinar 	<p>Members can access the HCHD Walktober webpage here: https://www.howardcountymd.gov/walktober</p> <p>Walk/Bike to School Day: https://www.walkbiketoschool.org/</p> <p>MDOT Walk Maryland Day Create a Walking Group Link: https://www.cognitofor.ms.com/MDH3/CreateNewWalkingGroup</p> <p>Members can register for MDOT Walktober Webinars here:</p>

		https://mdot.maryland.gov/tso/pages/Index.aspx?PageId=123
Next Steps & Wrap-up	Mr. Jordan wrapped up the meeting at 1:50pm.	Register for next full LHC meeting: https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator

Respectfully submitted by
Ashton Jordan, MSPH
Community Engagement Coordinator
Howard County Health Department