



**Howard County Local Health Improvement Coalition**  
Chronic Disease Prevention & Management Workgroup  
June 5, 2024  
10:00 AM – 11:00 AM  
Virtual via Zoom

## Minutes

### Members Present:

Erin Anderson, HC Health Department  
Erin Ashinghurst, Accessible Resources for Independence  
Melanie Berdyck, Giant Healthy Living  
Matthew Castner, Johns Hopkins Howard County Medical Center  
Connie Ford, HC Health Department  
JaKaiya Frisby, American Lung Association  
Shannon Harris, HC Health Department  
Emily Hodson, Chase Brexton Health Care  
Sherlina Holland, Maryland Department of Health  
Cindy Li, Community Health Initiative  
Chris Miller, Johns Hopkins Howard County Medical Center  
Sun Nicolas, HC Health Department  
Mike O'Rourke, Man 2 Man Prostate Cancer Support Group  
Crystal Pope, Johns Hopkins Howard County Medical Center  
Heather Sites, Office on Aging and independence (OAI)

### Staff Present:

Ashton Jordan, HC Local Health Improvement Coalition  
Vanda Lerdboon, HC Health Department  
Reena Rambharat, HC Local Health Improvement Coalition

| Topic/Agenda                     | Discussion  | Action/Follow-up  |
|----------------------------------|---|---|
| <b>Welcome and Introductions</b> | <p>Ashton Jordan, Community Engagement Coordinator, for the Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 10:00 AM.</p> <p>Mr. Jordan provided a welcome to members in attendance and had members introduce themselves in the chat box.</p> | <p>Members are urged to review the past minutes available at: <a href="https://www.hclhic.org/home/meeting/2023?catelid=361">https://www.hclhic.org/home/meeting/2023?catelid=361</a></p> |

|  |  |  |
|--|--|--|
| <p><b>Announcements</b></p>              | <p>Mr. Jordan, provided the following announcements to the workgroup:</p> <ul style="list-style-type: none"> <li>• The Full LHIC meeting will be July 18 at 9am. It will be hybrid and refreshments will be available in person.</li> <li>• The Howard County Health Department will host a Public Listening Session June 13 at 5pm.</li> <li>• North Laurel Community Center will host the Men’s health Month Expo June 15 at 10am.</li> <li>• The Office on Aging and Independence is offering free technology classes for seniors.</li> </ul> | <p>Members can register for the LHIC meeting here:<br/> <a href="https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreat">https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreat</a><br/> <a href="#">or</a></p> <p>Members interested in attending the Public Listening Session can register here:<br/> <a href="https://www.howardcountymd.gov/health/public-health-listening-session">https://www.howardcountymd.gov/health/public-health-listening-session</a></p> <p>Members interested in the Men’s Health Month Expo can get more information here:<br/> <a href="https://www.eventbrite.com/e/mens-health-month-expo-tickets-912175650927">https://www.eventbrite.com/e/mens-health-month-expo-tickets-912175650927</a></p> <p>Members interested in more information on Senior Planet free technology classes can visit here:<br/> <a href="https://www.howardcountymd.gov/aging/digital-inclusion">https://www.howardcountymd.gov/aging/digital-inclusion</a></p> |
| <p><b>Review of Previous Meeting</b></p> | <p>Mr. Jordan gave an overview of the last meeting.</p> <ul style="list-style-type: none"> <li>- Overviewed Menthol Awareness Updates</li> <li>- Discussed Previous Year Chronic Disease Self-Management Program (CDSMP) data</li> <li>- Reviewed LHIC Action Plan updates</li> </ul>  | <p>Members are urged to review the past minutes available at:<br/> <a href="https://www.hclhic.org/home/meeting/2023?catelid=361">https://www.hclhic.org/home/meeting/2023?catelid=361</a></p>   |
| <p><b>Menthol Awareness Updates</b></p>  | <p>Mr. Jordan Introduced Ms. Melanie Berdyck, Giant Healthy Living Team, to provide information on Giant Healthy Living Nutrition-based programs.</p> <p>Ms. Berdyck provided the following information:</p> <ul style="list-style-type: none"> <li>• What “healthy living” is to clients</li> </ul>   | <p>Members interested in more information on the Giant Healthy Living nutrition-based programs can visit here:<br/> <a href="https://giantfood.com/pages/health-and-wellness">https://giantfood.com/pages/health-and-wellness</a></p>  |



- Nutrition
- Movement
- Physical health
- Emotional Health
- Personal Environment
- Healthy Living Team services
  - On-demand webinars
  - Cook-alongs
  - Consults & store tours
  - Podcast & social media
- Healthy Living Team focus areas
  - Healthy Merchandising
  - Community Health
  - Education & Outreach
    - Free classes and consults
- In-store services
  - Healthy Snacking Stations
  - Guiding Stars Program
    - Nutrition rating program; labels food with stars based on nutritional value.
  - Sustainability Rating Program
    - Social and environmental impact rating program; labels food with leaves based on social and environmental impact.
  - Handpicked by the Healthy Living Team
    - Foods items that have been handpicked by the Healthy Living Team of nutritionist and dieticians.
  - Giant Flexible Rewards
    - Rewards granted to customers that earn them discounts on

|   |   |  |
|---|---|--|
|   | <p style="text-align: center;">fuel and groceries or free items.</p> <ul style="list-style-type: none"> <li>○ Connect with Giant Healthy Living Team online, on Facebook and TikTok, and through their Healthy Living by Giant Podcast.</li> </ul> <p>Ms. Heather Sites inquired if grocery lists were provided to those who registered for cook-along classes. Ms. Berdyck affirmed that grocery lists are provided.</p> <p>Mr. Mike O’Rourke, inquired if the Giant Healthy Living engage in speaking opportunities for special interest groups. Ms. Berdyck affirmed that the healthy Living Team will engage with organizations virtually or in-person to go offer nutrition education.</p> <p>Ms. Erin Ashinghurst inquired if there are considerations to use or talk about adaptive kitchen tools for people with physical disabilities. Ms. Berdyck affirmed that the Healthy Living Team will meet with any individual and go over their nutrition needs and account for any disclosed physical limitation or disability.</p> <p>Mr. Ashton Jordan inquired how the Healthy Living Team markets the many different programs and resources that they offer. Ms. Berdyck mentioned multiple promotion strategies:</p> <ul style="list-style-type: none"> <li>● In store intercom announcements</li> <li>● In-store promotion materials</li> <li>● TV Commercials</li> <li>● Radio ads</li> <li>● Community Partnerships</li> <li>● Social Media</li> </ul> |  |
| <p><b>Living Well Class Schedule Updates &amp; CDPMG Materials Review</b></p> | <p>Ms. Vanda Lerdboon, Howard County Health Department, overviewed the schedule for Living Well classes being offered the rest of the year.</p> <p>Living Well classes are offered in different modalities as well as 3 languages (English, Korean, Spanish).</p>   | <p>Members can view the updated CDSMP Flyer with new schedule on the HCLHIC chronic disease webpage here:<br/> <a href="https://www.hclhic.org/healthy/chronic-disease">https://www.hclhic.org/healthy/chronic-disease</a></p> |



|  |  |   |
|--|--|---|
|  | <p>Mr. Jordan inquired if Living Well hosts noticed a preference of modality among participants. Ms. Crystal Pope shared that Johns Hopkins Howard County Medical Center have noticed their participants prefer the shorter timeframe of the toolkit modality. Further she mentioned that many of these participants have time constraints that may impact their ability to attend the longer timeframe in-person classes.</p> <p>Ms. Reena Rambharat, inquired if the evaluation surveys provide insight on how modality impact material learned, or information retained. Ms. Crystal Pope shared that she couldn't fully answer that question because participants tend to not complete the evaluation survey.</p>  |   |
| <p><b>Review Updated CDSMP Materials &amp; Men's Health Awareness Presentation</b></p> | <p>Mr. Jordan showcased the finalized nutrition program and resource webpage and flyer that will be made available on the HCLHIC website. Further the group went over the updated Health Action Item (National Men's Health Month). The Chronic Disease Self-Management Programs (CDSMP) flier have been translated into 5 languages. Lastly a CDSMP poster was made for another way partner can promote Howard County Chronic Disease Self-Management Programs. Members can request print copies of CDSMP flyers &amp; posters through the HCLHIC website.</p> <p>Mr. Jordan presented data on men's health in Howard County as of June 2024. Key highlights included:</p> <ul style="list-style-type: none"> <li>• Males (80.6) have a lower life expectancy at birth than females (84.8)</li> <li>• Heart Disease and Cancer are the top causes of death among males             <ul style="list-style-type: none"> <li>○ Prostate is the top diagnosis site</li> <li>○ Lung cancer is the most common cause of cancer death</li> </ul> </li> <li>• 78% of suicide deaths are male</li> </ul> | <p>Members were urged to view the updated health action item, CDSMP flyers and poster, and nutrition resources webpage here:<br/> <a href="https://www.hclhic.org/healthy/chronic-disease">https://www.hclhic.org/healthy/chronic-disease</a></p> |

|  |  |  |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>• Males are more likely to be overweight/obese than Females</li> <li>• 83% of males exercise <ul style="list-style-type: none"> <li>○ 55% engage in muscle strengthening activities</li> </ul> </li> </ul> <p>Mr. Mike O’Rourke shared that Man 2 Man Prostate Cancer Support Group will be at the men’s health Expo at the North laurel Community Center. The support group will be engaging men’s in prostate cancer education as well as prostate cancer screening.</p> <p>Ms. Reena Rambharat emphasized that some of the gaps highlighted in the data can be worked on through the work CDPMG does and that discussions should be had in the future regarding addressing those gaps.</p> |  |
| <p><b>Next Steps &amp; Wrap-up</b></p> | <p>Mr. Jordan mentioned the next CDPMG workgroup meeting will be June 5<sup>th</sup> 2024 at 10:00 AM. Mr. Jordan mentioned he would send out a CDPMG workgroup feedback survey for workgroup members to fill out.</p> <p>Mr. Jordan adjourned the meeting at 10:56 AM.</p>  |  |

Respectfully submitted by  
Ashton Jordan, MSPH  
Community Engagement Coordinator  
Howard County Local Health Improvement Coalition