

Howard County LHIC

Local Health Improvement Coalition



8930 Stanford Blvd | Columbia, MD 21045

410.313.6204 - Voice/Relay

410.313.6108 - Fax

1.866.313.6300 – Toll Free

www.hclhic.org

Howard County Local Health Improvement Coalition

January 16, 2025

9:00 am to 11:00 am

Hybrid (HCHD Heroes Conference Room and Zoom)

Minutes

Members Present:

Alejandra Aguín-Ordoñez, Howard County Health Department
Linda Ashburn, Howard County Health Department
Erin Ashinghurst, Accessible Resources for Independence (ARI)
Dan Besseck, Howard County Fire Department
Bernadette Bindewald, Howard County Health Department
Shannon Blount, Howard County Public School System Community Schools
Amelia Brandt, CareFirst
Maria Candanoza, Howard County Health Department
Matthew Castner, Johns Hopkins Howard County Medical Center
Samantha Cribbs, Howard County Health Department
Lisa DeHernández, Howard County Health Department
David Ennis, Howard County Board of Health
Rachel Filar, Howard County Office on Aging and Independence
Jessica Fisher, Howard County Health Department
Melissa FitzGibbon, Howard County Public School System
JaKaiya Frisby, American Lung Association
Lidymar González, Howard County Health Department
Natalie Hall, Howard County Health Department
Misty Harding, Accessible Resources for Independence
Patrick Harris, Care For Your Health
Shannon Harris, Howard County Health Department
Nayanie Henríquez, Howard County Health Department
Meredith Hochman, Central Maryland AHEC
Emily Hodson, LCSW-C, Chase Brexton
Sherlina Holland, Howard County Health Department
Blair Innis, Public Policy Partners
Rosemarie Jiménez-Rosales, Howard County Health Department
Lois Joellenbeck, Howard County Health Department
Ellen Kerr, Caption First
Sheri Koller, Brave Journeys, LLC
Kelly Kryspin, Autism Society of Maryland
Rachel Krug, University of Maryland Medical System Shock Trauma
Julie Kwedar, Maryland Highway Safety Office (MHSO)
Katy Lee, Howard County Office on Aging and Independence

Website: www.hclhic.org Facebook: www.facebook.com/hclhic Twitter: [@hclhic](https://twitter.com/hclhic)

Vanda Lerdboon, Howard County Health Department
Cindy Li, Howard County Health Department
Sonya Lloyd, Howard County Health Department
LaTonya Love, Howard County Health Department
Christina Miller, Johns Hopkins Howard County Medical Center
Nancy Moreno, Howard County Health Department
Jeanette Nazarian, Johns Hopkins Howard County Medical Center
Sun Nicholas, Howard County Health Department
Emmanuelle Noar, Howard County Health Department
James Nowlin, MD Center on Excellence on Problem Gambling
Beatrice Osei-Amoh, African Immigrants Dream Inc.
Emily Patterson, MD Poison Center
Tavia Patusky, Columbia Association
Tori Rain, HopeWorks
Reena Rambharat, Howard County Health Department
Stephanie Reid, Howard County Health Department
Estafani Romero, Aetna Better Health
Carrie Ross, Community Action Council of Howard County
Kelly Russo, Howard County Health Department
Marnetta Sanders-Ennis, Howard County Health Department
Silvia Saravia, Care For Your Health
Harsana Showumni, Feel Better Health Center
Carrie Singley, Howard County Medical Center
Heather Sites, Howard County Office on Aging and Independence
Lauren Soummers, LCSW-C, Howard County Health Department
Erica Taylor, Howard County Office of Children and Families
Patrice Tucker, United Healthcare Community Plan
Amanda Toohey, Johns Hopkins Howard County Medical Center
Joan Webb Scornaienchi, HC DrugFree
Matt Wilson, Howard County Health Department
Antigone Vickery, Howard County Health Department
Chynae Vicks, Howard County Health Department
Amanda Vu, UMD Horowitz Center for Health Literacy

Staff Present:

Ashton Jordan, Howard County Local Health Improvement Coalition
Maribet Rivera-Brute, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
Welcome and Introductions	<p>Ms. Reena Rambharat welcomed everyone virtually and in person to the Full LHIC meeting. Ms. Rambharat Introduced Ms. Maribet Rivera-Brute to continue the meeting.</p> <p>Ms. Rivera-Brute set meeting rules (Chat Box to submit questions, raising Virtual Hand) and recording notification. Ms. Rivera-Brute then reviewed the agenda before introducing Ms. Antigone Vickery for Welcome & Opening remarks.</p> <p>Ms. Vickery welcomed in-person and virtual members to full LHIC meeting. She mentioned to the group the hard work that the multiple partner agencies have conducted over the last several months on the HCAS (Howard County Health Assessment Data). A press release at the end of the month and a sneak peek during the meeting today. Ms. Vickery introduced Dr. Jeanette Nazarian.</p> <p>Dr. Nazarian stated that she was thrilled to start the new year with a great group and partnerships. Mentioned that the Emergency Department has been having unprecedented volume. The new Behavioral Health Unit opened December 7th for patients with emergent mental health support, which allows patients with mental health challenges to be seen quicker and faster and are able to receive quality care. Looking forward to a productive year.</p>	<p>LHIC website: https://www.hclhic.org/</p> <p>Community Request Form: https://www.hclhic.org/about/contact</p>
Presentations and Survey Results	<p>Ms. Rivera-Brute gives Ms. Rambharat kudos for LHIC supports, organizing meetings and leading LHIC as well as a reminder to online meetings to enter name and org in chat box and gave recording reminder.</p> <p>Ms. Rivera-Brute presented the State Health Improvement Plan (SHIP) data to the group. Related materials posted on the LHIC website and available for download.</p> <p>Ms. Rivera-Brute introduced Ms. Bernadette Bindewald to continue the data portion of the presentation. This data was presented at the last Steering committee meeting. Data Points in Bold are included in 2024 SHIP goals:</p> <p>Healthy Beginnings Data Points:</p> <ul style="list-style-type: none"> • Infant Mortality • Low Birthweight Births • Late or No Prenatal care • Teen Births • Preterm Births • Cesarean Births • Maternal Deaths 	

	<p>*Metrics in Bold included in 2024 SHIP goals</p> <p>Infant Mortality rate – 2.8x higher in Blacks than Overall (2020) Low birthweight births – 42% higher in Blacks than Overall (2022) Maternal Deaths between 2010 and 2022 – 10 (60% in Black women)</p> <p>HCHAS survey – first survey came out in 2012 and repeated every 2 years. Now on a 3-year cycle. This survey is a collaborative effort between The Horizon Foundation, Johns Hopkins Howard County Medical Center (JHHCMC) and the Howard County Health Department.</p> <p>HCHAS 2024-Race and Impact on Healthcare</p> <p>In 2024, 3 new questions were added, which were a series about race, whether people felt that race impacted the healthcare services received. A summary of the responses is below:</p> <ul style="list-style-type: none"> • 27% felt their race/ethnicity negatively impacted the quality of healthcare service (to some degree) • 43% of Hispanics and 36% of African Americans felt their race/ethnicity had a profoundly negative impact on the quality of healthcare service <p>Ms. Rivera-Brute presented the Community Schools Needs Assessment SY 23-24 which included the following information:</p> <p>Schools - Stevens Forest ES, Deep Run ES, Laurel Woods ES, Homewood Center Food Insecurity - Access to healthy foods/snacks outside of school hours and building. Medical Service's Needs - Primary Care, dental, vision, hearing, behavioral health, vaccinations, *prenatal care and *pregnancy test (*Homewood Center). Barriers - Transportation, language, insurance, housing/homelessness, stigma.</p> <p>Ms. Bindewald presented the Healthy Living Data Points (Slide 1) which included the following data points:</p> <p>Slide 1</p> <ul style="list-style-type: none"> • Adult Overweight & Obese (Overall, Black) – 59.8% of adults are overweight or obese and 68.3% of Black adults are Overweight or Obese • Adolescent Obesity (Overall, Black, Hispanic) – Obesity increased in High school students from 6.5% (2016) to 9.7% (2022). Highest for Black (12.4%) and Hispanic (21.7%). Highest 	
--	---	--

	<p>rate in Hispanic males (25.5%).</p> <ul style="list-style-type: none"> • Pediatric Overweight-43.8% of High school students report physical activity for at least 5 days per week (2022) • Binge Drinking, past 30 days • Daily Fruit Consumption-Decreased from 71.9% (2017) to 57.9% (2021) • Smoking-Current • Routine Checkup-past year • Healthy weight (Overall, Black) • Leisure time activity • Food Insecurity (Overall and by race)-Increased 6.4% (2017) to 9.7% (2022). Food insecurity is highest for Black (18%) and Hispanic (12%) residents. <p>*Metrics in Bold included in 2024 SHIP goals</p> <p>Slide 2</p> <ul style="list-style-type: none"> • Mobility Disability • Arthritis-doctor diagnosed • Hip Fracture-Inpatient visits per 1,000 • Fall related Death Rate-Fall related deaths are increasing 9.3 deaths per 100,000 (2014-2016) to 10.2 deaths per 100,000 (2020-2022) • Falls-ED visits per 1,000 (Overall, 55+) • Hypertension-doctor diagnosed (More common in Blacks 34.5% (2022) but decreased among Blacks from 46.7% (2013) • Chronic Obstructive Pulmonary Disease (COPD)-doctor diagnosed • Asthma-ED visits per 1,000 • Diabetes- doctor diagnosed – Increased 8% (2014), 12% (2024) • Prediabetes- doctor diagnosed • Ischemic Heart Disease hospitalizations • Coronary Heart Disease hospitalizations • *Metrics in Bold included in 2024 SHIP goals <p>Ms. Rivera-Brute presented findings from the CAC CNA 2023 survey to Community Focus Groups 2024:</p> <ul style="list-style-type: none"> • 55 total male respondents – 20 reported disabling health conditions • 332 total female respondents – 60 reported disabling health conditions <p>The reported health conditions were:</p> <ul style="list-style-type: none"> • 30%-dental help • 25%-vision help 	
--	---	--

	<ul style="list-style-type: none"> • 23%-BP help • 20%-BG help • 15% hearing aid help • 35% smoke cigarettes • 45% reported disabilities <p>Ms. Rivera-Brute presented the LHIC Food Insecurity Among Under-Resourced 2022-2023 Survey report which included the following:</p> <ul style="list-style-type: none"> • Blacks are statistically more food insecure • Bilingual homes, irrespective of Hispanics or not, are more food insecure relative to English-only speaking home • Main barriers include cost and language (bilingual included) • Needs mentioned by respondents included: <ul style="list-style-type: none"> ○ Awareness of food places ○ Community gardens, farmers markets, mobile food pantries, etc. <p>Ms. Bindewald introduced additional Healthy Minds Data Points which included:</p> <p>Any Mental health condition-hospitalization (Overall, Black, Women) Depression - Doctor diagnosed – Adults reporting diagnosed depression increased from 25.3% (2016) to 16.5% (2022) Depression-ED visits (Overall, Black, Women)</p> <p>Students feeling sad or hopeless (Overall, Black, Women) Increased from 23.3% (2013) to 31.9% (2022). Highest rate in females (43.6%), Hispanics (41.4%) and Blacks (33.7%) Days Mental Health not good (8+ days)</p> <p>Suicide deaths and hospitalizations (Overall, Black, Women) Anxiety-ED visits (Overall, Black, Women) Any substance use disorder-ED visits Alzheimer's deaths and hospitalizations (Overall, Black, Women)</p> <p>Firearm related Assault deaths (Overall, Black, Women) Increasing in Howard County with yearly average 6 (2015-2018) to 14 (2019-2022). 92% male, 83% Black (2022)</p> <p>Ms. Rivera-Brute opened the portion of meeting for questions:</p> <p>Question 1 from in-person participant- There was a community-based focus group like where people talking about similar things, different things, kind of how is that, you know, overlap?</p>	
--	---	--

	<p>Response from Ms. Vicks - I think social determinants of health like cost of living is increasing. Cost of groceries and cost of healthier options, making time to exercise, spend time with children, doctors' visits, decline in mental health etc., data fatigue from some black community members and feeling helpful, as well as making too much to qualify for assistance, but not enough to be self-sufficient with the high cost of living.</p> <p>Response from Ms. Rambharat - We are aware that there are a lot of factors that make up this data and it was added to get a more complete picture. Ms. Vicks believes that providing those safe spaces to share these thoughts and feelings from the community is needed.</p> <p>Question from Onsite Member - What is the county doing in terms of programing or suggesting smaller organizations to address some of the barriers?</p> <p>Response from Ms. Rambharat - Participate in the HCHAS, community surveys, working with other agencies to identify and address these issues, as well as figuring out which areas can LHIC address and what parts can HCHD address.</p> <p>Question from Dr. Kelly Russo – How did we recruit the focus group participants?</p> <p>Response from Ms. Vicks - CHW's conduct outreach to people who have been referred, have worked with in the past, referrals from other community organizations etc. We offered incentives, everything from childcare, meals, found locations that were accessible via public transportation, and a gift card incentive.</p> <p>Question from Ms. Shannon Harris - A large majority of the quantitative data cited most of the significant issues being amongst Blacks. I was wondering if there is any significance or distinction being made amongst those two terms/phrases/groups?</p> <p>Response from Ms. Bindewald-They are being treated as synonyms and how people self-identified.</p> <p>Question from onsite participant-A lot of data focused on Blacks/African American, White, Hispanic. What about the Asian community? We don't see it. Is that because the numbers are so small?</p> <p>Response from Ms. Bindewald -In our community, we have a good-sized Asian population. But often, they're very similar to the</p>	<p>CHIP survey link:</p>
--	---	--------------------------

	<p>White community, so we're not seeing the same disparities that we see amongst Hispanics and Blacks. I think just the gestational diabetes that was unusual. Sometimes we can't look at smaller groups just because of the counts.</p> <p>Question from Ms. Erin Ashinghurst - Did the information include data from people experiencing housing insecurity or homelessness?</p> <p>Response from Ms. Bindewald -From the variety of data sources used, HCHAS didn't specifically ask and that data wasn't presented. Data will be coming out later in the month regarding these points.</p> <p>Question from Ms. Beatrice Oseiamoh-My organization can assist with some of these issues and wanted to know some of the resources that can be used with her organization and in outreach areas.</p> <p>Response from Ms. Rambharat included the offer of referral for Ms. Oseiamoh to the LHIC website and offered to host a presentation for her organization and sharing resources, gathering information and collaboration.</p> <p>Question from in person participant - With the increase in firearm deaths, is there a way to have a group that could focus on violence prevention, that might be something to consider, especially if the rates are increasing, along with it being considered a community concern. Also, with people feeling disempowered and just other compounding issues, are there people or groups that listen to the communities, take feedback and help establish corrective action?</p> <p>The response from Ms. Rivera-Brute responded that that is a great idea, and she had previously attended a presentation from the group Healthy Places by Design and topics included social connected communities and programming. Ms. Riviera-Brute stated that the upcoming presentation will have some updates on that.</p> <p>Ms. Rivera-Brute presented the FY 2026-2028 CHIP Development Update Presentation. FY22-25 saw a 13% increase in membership.</p> <p>Includes 6 workgroups:</p> <p>*Growing Healthy Families Workgroup</p> <ul style="list-style-type: none"> • Started November 2023 • Organized 2024 Black Maternal Health Week Event • Promoted resources, information and classes to improve birth 	https://www.surveymonkey.com/r/HCLHIC_CHIP25
--	---	---

	<p>outcomes</p> <ul style="list-style-type: none"> • Website updates <p>*Chronic Disease Prevention & Management Group</p> <ul style="list-style-type: none"> • Promotion of evidence-based chronic disease classes • LHIC website updates with Health Action Item and classes • Place-based outreach events with residential communities • Promotion of nutrition education sessions • Note: Cancer Coalition formed under Cancer Control Program <p>*Food Security Committee</p> <ul style="list-style-type: none"> • Started: June 2022 • Survey of community members + Roundtables with partners • Hosted Pop-Up pantries (Schools + Communities) • Updated partner Food + Nutrition Resource Guide • Created + translated digital and print Food Pantry brochures • Created interactive Food Connection Map with poster • Created short pantry spotlight videos • Initiated + supported container garden at senior community • Funded community gardens at 2 Title I Elementary Schools <p>*Movement Group</p> <ul style="list-style-type: none"> • Convene collaborative Walktober initiative - 2021: 27 events; 2022: 22 events; 2023: 47 events; 2024: 71 events • Promote physical activity year-round • Free and low-cost movement activities in CAREAPP folder and flyer • Walk & Bike to School: resources and social media campaign • Falls Prevention initiative • Resources on website including flyers • Promotion of events • Pilot project with partners with specific residential communities <p>*Healthy Minds & Suicide Prevention Coalition</p> <ul style="list-style-type: none"> • Suicide Prevention Campaign across lifespan • Suicide Prevention Forum and Veterans Mental Health presentation • Outreach events and focus on mental health • Three LHIC webpages created/updated regularly • Mental Health, Suicide Prevention, Veterans Resources • Program Guide + CAREAPP Favorites folder • Promotion of classes and events • Safe Homes Brochure creation 	
--	--	--

	<p>*Health Literacy Advisory Committee</p> <ul style="list-style-type: none"> • Ended: May 2024 • 11 community focus groups conducted in 2021 • Healthy Lifestyle messages created • Pilot Healthy Lifestyle campaign launched with plans for expansion • Disability Resources page created • Disability Inclusion Grant: <ul style="list-style-type: none"> ○ 6 Health and Human Services Questions added to CAREAPP Intake Form ○ Living Well in the Community classes for individuals living with disabilities ○ Accessibility Assessment of Health Department <p>New workgroup: Community Health Worker Learning Collaborative (CHWLC)</p> <ul style="list-style-type: none"> • Offers a peer learning opportunity for CHWs to share resources and facilitate discussion among partners who support and employ CHWs across the County. <p>Includes 4 Grant-Funded projects totaling \$158,400:</p> <ul style="list-style-type: none"> • CareFirst: Healthy Lifestyle in Residential Communities 2022: \$50,000 • Maryland Department of Health: Food Security Project 2022: \$20,000; 2023: \$19,400 • Maryland Department of Health: Disability Inclusion Project 2023: \$25,000; 2024: \$15,000 • Maryland Department of Health: Walkability Primer Academy 2024: \$10,000 <p>Ms. Rivera-Brute presented the FY26-28 CHIP Process Timeline. She stated that we are currently in Phase II (December 2024-February 2025).</p> <p>For Phase I:</p> <ul style="list-style-type: none"> • Full LHIC meeting was held in October 2024 and the current CHIP processes were reviewed at that time • In November 2024, the Steering Committee convened and the Vision for that group as well as a review of current CHIP processes and goals for new the plan were discussed at that time <p>Phase II:</p> <ul style="list-style-type: none"> • Data Assessment and review included in December 2024 • Root Cause Analysis of Issues at Workgroup Meetings included in January 2025 • Community Input to be reviewed in February 2025 	
--	--	--

	<p>Phase III:</p> <ul style="list-style-type: none"> • Reviewing Issue Profiles, Assets & Community Input included for March 2025 • CHIP to be drafted and feedback collected from Steering & Full LHIC committees included for April 2025 • Voting & Finalization included in May/June 2025 <p>Ms. Rambharat invited Mr. Matt Castner to share updates on JH/HCMC's plan with the coalition. Mr. Castner replied that they are working very closely with the Health Department to identify the community's health priorities, working on the role of the Hospital in meeting the community's needs when they're at the Hospital, or even before they reach the Hospital.</p> <p>Question from onsite participant-Is the acquisition of Hopkins taking over, has it changed in its focus on being a community hospital, or is it more?</p> <p>Mr. Castner replied that Howard County General Hospital was purchased by Johns Hopkins in 1998, so the current change is more around the name. It is still really focused on the community. The relationship with Johns Hopkins helps the community.</p> <p>Question from chat – Is the Food Insecurity Committee part of Health Living?</p> <p>Ms. Rambharat confirmed that it is a part of the Healthy Living group, along with the Movement Group and the Chronic Disease Prevention Management group.</p>	
Member Announcements, Resource Sharing and Networking	<p>Ms. Rivera-Brute stated that the 2024 Annual Report is available, and the link was shared in the chat box.</p> <p>Howard County Perinatal Equity and Care for Everyone (P.E.A.C.E.) Project is sponsoring two Diaper Giveaway Days on January 28, 2025, and April 1, 2025, from 10:30 am-12:30 pm while supplies last. No registration required.</p> <p>Howard County P.E.A.C.E. Project is also offering RSV and TDAP vaccines.</p>	<p>2024 Howard County Health Department Annual Report: https://www.howardcountymd.gov/sites/default/files/2025-01/2024</p> <p>North Laurel Community Center 9411 Whiskey Bottom Rd. Laurel, MD 20723</p> <p>Info on RSV/TDAP vaccine offerings: https://www.howardcountymd.gov/peace-project</p>

	<p>Howard County Child Care Fair happening January 25, 2025.</p> <p>Howard County Office of Children and Families offering the Grand Connections Series. Next session occurs on February 1, 2025.</p> <p>National Girls & Women in Sports Day (NGWSD) occurring February 2, 2025.</p> <p>University of Maryland at Baltimore (UMB) offering Health Principles and Toolkits for Head Start Webinar February 3, 2025.</p> <p>Howard County Seed Drive to be held on January 25, 2025.</p> <p>HopeWorks Thriving Together: Survivor Mental Health Awareness & Wellbeing Group.</p>	<p>Registration Link: https://www.eventbrite.com/e/howard-county-child-care-fair-2025-tickets-1037059040507?aff=oddtcreator</p> <p>Grand Connections Series Link: https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/146479?onlineSiteId=0&from_original_cui=true</p> <p>NGWSD Link: https://www.hcrpsports.org/ngwsd</p> <p>UMB Link: https://umd.zoom.us/j/9wJz2iVnu8c7YdlxFKM-jlt</p> <p>Howard County Library/Seed Drive: https://howardcounty.librarycalendar.com/event/howard-county-seed-drive-292030?fbclid=IwZXh0bgNhZW0CMTAAR1lBauRh1XEYI8vb0vioX7DekjJAKYsB0CXozYkeRv1drZApmszl2OsNbQ_aem_-RiZvAbNMlnOmytQQFzLVw&mc_cid=9e44a15518&mc_eid=1a2b12a8c5</p> <p>Thriving Together: https://www.eventbrite.com/e/thriving-together-tickets-938678611997?aff=oddtcreator</p>
--	---	--

	<p>National Alliance on Mental Illness (NAMI) Howard County Veteran Connection Support Group – Held Online.</p> <p>Howard County Office on Aging and Independence to host Older Adult Mental Health Forum on January 28, 2025.</p> <p>Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP): Pediatric Primary Care Training Series.</p> <p>Upcoming Events shared via Chat:</p> <p>Ms. Blair Innis from Public Policy Partners, shared that the Legal Resource Center for Public Health Policy is tracking public health legislation during the MD legislative session. Bi-weekly Zoom meetings are also occurring to discuss specific bills of interest. Interested parties can email publicheath@law.umaryland.edu for access to the tracker and/or Zoom link.</p> <p>Ms. Melissa FitzGibbon from the Howard County Public School System, shared that the Road to Kindergarten workshops being January 2025. Links with flyers (multiple languages available in link).</p> <p>Amanda Vu from the UMD Horowitz Center for Health Literacy, shared that she was excited to take part in these discussions and offer the support of the organization to make sure that communications and materials are in plain language. The Center for Health Literacy also hosts lots of workshops and webinars, along with trainings for CHW's and people that interface with the community.</p>	<p>NAMI: https://namihowardcountymd.org/event/online-veteran-connections-support-group-2-2/2025-01-06/</p> <p>Registration: https://bit.ly/HoCo_MentalHealthForum</p> <p>BHIPP: https://mdbhipp.org/training/</p> <p>Road to Kindergarten Workshop: https://news.hcps.org/news-posts/2024/11/road-to-kindergarten-workshops-begin-jan-21-2025/</p>
Next Steps & Wrap-up	<p>Ms. Rambharat wrapped up the meeting with the following: the next meeting will be on April 17, 2025, from 9 am to 11 am. The meeting ended at 10:46 am.</p>	

Respectfully submitted by LaTonya Love,
Administrative Specialist II
Bureau of Assessment, Planning & Community Engagement,
Howard County Health Department
Website: www.hclhic.org Facebook: www.facebook.com/hclhic Twitter: [@hclhic](https://twitter.com/hclhic)