



Howard County Local Health Improvement Coalition
Chronic Disease Prevention & Management Workgroup
November 13, 2024
10:00 AM – 11:00 AM
Virtual via Zoom

Minutes

Members Present:

Maria Candanoza, HC Health Department
JaKaiya Frisby, American Lung Association
Shannon Harris, HC Health Department
Jennifer Lee, Office on Aging and Independence (OAI)
Chris Miller, Johns Hopkins Howard County Medical Center
Sun Nicolas, HC Health Department
Sophie Okoma, Johns Hopkins Howard County Medical Center
Mike O'Rourke, Man 2 Man Prostate Cancer Support Group
Crystal Pope, Johns Hopkins Howard County Medical Center
Reena Rambharat, HC Health Department
Heather Sites, Office on Aging and independence (OAI)
Veronica Tassie, Johns Hopkins Howard County Medical Center

Staff Present:

Maribet Brute, HC Local Health Improvement Coalition
Stephanie Foster, HC Local Health Improvement Coalition
Ashton Jordan, HC Local Health Improvement Coalition

| Topic/Agenda | Discussion | Action/Follow-up |
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| Welcome and Introductions | <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: https://www.hclhic.org/home/meeting/2024?catId=361</p> |
| Announcements | <p>Mr. Jordan shared the following announcements:</p> <ul style="list-style-type: none">The Full LHIC meeting will be January 16, 2025 at 9am. It will be hybrid and refreshments will be available in person. | <p>Members can register for the LHIC meeting here: https://www.eventbrite.com/e/2025-hclhic-full-coalition-</p> |

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| | <ul style="list-style-type: none"> • Sensory-Friendly Sundays are hosted Sundays at the Robinson Nature Center at 10:30 am – 12:00 pm. • Priority Partners is hosting their the “Healthy Holidays” An Adult Weight Management Class on November 19 from 12:00pm – 1:00pm | <p>meetings-tickets-1022732690007?aff=oddtcreator</p> <p>Members interested in attending the Sensory-friendly Sundays can register here: https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/140795?onlineSited=0&from_original_cui=true</p> <p>Members interested in the Healthy Holidays Adult Weight Management Class can get more information here: https://www.ppmco.org/get-free-support/health-wellness-classes/healthy-holidays/</p> |
| <p>Review of Previous Meeting</p> | <p>Mr. Jordan gave an overview of the last meeting.</p> <ul style="list-style-type: none"> - Giant Healthy Living Team Informational Presentation - Reviewed Living Well Class Schedule Updates & CDPMG Materials - Reviewed updated CDSMP Materials & Men’s Health Awareness Presentation | <p>Members are urged to review the past minutes available at: https://www.hclhic.org/home/meeting/2024?catelid=361</p> <p>Members can view the updated HCLHIC chronic disease webpage here: https://www.hclhic.org/healthy/chronic-disease</p> |
| <p>Community Health Improvement Plan Overview & Feedback</p> | <p>Mr. Jordan introduced Ms. Reena Rambharat, HC Health Department, to provide an overview of the Community Health Improvement Plan.</p> <p>Ms. Rambharat gave an overview of the FY 26-28 Community Health Improvement Plan (CHIP) and stages of the planning process.</p> <ul style="list-style-type: none"> • CHIP is the Community Strategic Plan and LHIC is responsible for the strategic plan every 3 years. • Ms. Rambharat would appreciate members being a part of the steering committee, and/or joining various work groups to share feedback during the | |



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| | <p>process, as well as participating in the Full LHIC meeting.</p> <ul style="list-style-type: none"> • The final CHIP Strategic Plan will be presented at the July 17, 2025 Full LHIC Meeting. • The CHIP Strategic Plan will be aligned with the Hospital Community Health Needs Assessments (CHNA) and Maryland Department of Health (MDH) State Health Insurance Assistance Program (SHIP). • Plans are to streamline the number of workgroups from six to four: <ul style="list-style-type: none"> ○ Growing Healthy Families ○ Health Minds & Suicide Prevention ○ Community Healthcare Worker Learning Collaborative ○ Combine the Movement Group, Chronic Disease Prevention & Management Group, and Food Security Committee into the Healthy Lifestyles Workgroup, that will focus on the aspect of chronic disease prevention & management, physical activity as well as access to healthy food. | |
| <p>CDPMG Action Plan Review</p> | <p>Mr. Jordan, provided a review of the work the CDPMG workgroup has done towards their action plan.</p> <p>CDPMG’s overarching goal was to increase culturally appropriate, accessible and inclusive education on chronic disease prevention and support for management of chronic disease and related health conditions in Howard County. The workgroup completed 4 objectives to achieve this goal.</p> <ul style="list-style-type: none"> • Objective 1 <ul style="list-style-type: none"> ○ 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>Members were urged to view the updated health action item, CDSMP flyers and poster, and nutrition resources webpage here:</p> <p>https://www.hclhic.org/healthy/chronic-disease</p> |

- Objective 2
 - 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 support for management of chronic diseases and related health conditions.
- Objective 3
 - 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.
- Objective 4
 - 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.

Ms. Rambharat requested feedback from the group on the LHIC CDPMG Workgroup successes, improvements needed, any issues needing to be addressed before transition into Healthy Lifestyle workgroup.

- Ms. Heather Sites, OAI, mentioned that having the support from the HC Health Department and Johns Hopkins Howard County Medical Center proved helpful for coordinating and running the chronic disease self-management workshops. Ms. Sites also offered the idea of focusing on blood pressure screening with the Healthy Lifestyle Workgroup. She also emphasized the need to expand the delivery of the CDSMP classes in Chinese and Korean.
- Ms. Jennifer Lee, OAI, shared that the workgroup was able to create a one-stop shop for chronic disease prevention and management resources.
- Mr. Mike O’Rourke, emphasized that men and men’s health tend to take a back burner when discussing chronic disease. Further he mentioned there may be some consensus that nutrition plays a big part in the



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| | <p>occurrence of prostate cancer so it may be conducive to focus on that in Healthy Lifestyle Workgroup in some capacity.</p> <ul style="list-style-type: none">Ms. Chris Miller, Johns Hopkins Howard County Medical Center, questioned how can we educate the younger population about chronic disease prevention. Ms. Miller stressed that educating people about their hereditary chronic disease risks and starting that conversation earlier can lead to more aware adults if they start taking responsibility at a younger age. | |
| Next Steps & Wrap-up | <p>Mr. Jordan mentioned the next CDPMG workgroup meeting will be June 5th 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 11:00 AM.</p> | <p>Members can register for the LHIC meeting here: https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtcreator</p> |

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