WELCOME!
We Will begin shortly!!

All participants are muted upon entry.

Please use the Chat Box to submit questions and share announcements.

Please raise your Virtual Hand before unmuting to speak.

This meeting will be recorded. Presentation and recording will be posted at www.hclhic.org.

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THE HEALTH DEPARTMENT AND YOU

Howard County Local Health Improvement Coalition

Full Coalition Meeting

January 16, 2025

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HOWARD COUNTY HEALTH DEPARTMENT

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GOAL & AGENDA

GOAL: Present Howard County Health Data with Preview the 2024 Howard County Health Assessment Survey and Share Updates on the FY 26 – 28 Community Health Improvement Plan.

AGENDA:

A. Welcome & Introductions

B. Howard County Data Presentation

D. FY 26-28 Community Health Improvement Plan (CHIP) Update

E. Member Announcements, Resource Sharing, and Networking

F. Next Steps and Wrap-up

WELCOME & OPENING REMARKS

Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department &

Johns Hopkins Howard County Medical Center

Please use the Chat Box or Raise your Hand to ask questions

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Data Presentation

Bernadette Bindewald, MS, MPH
Epidemiologist
Howard County Health Department

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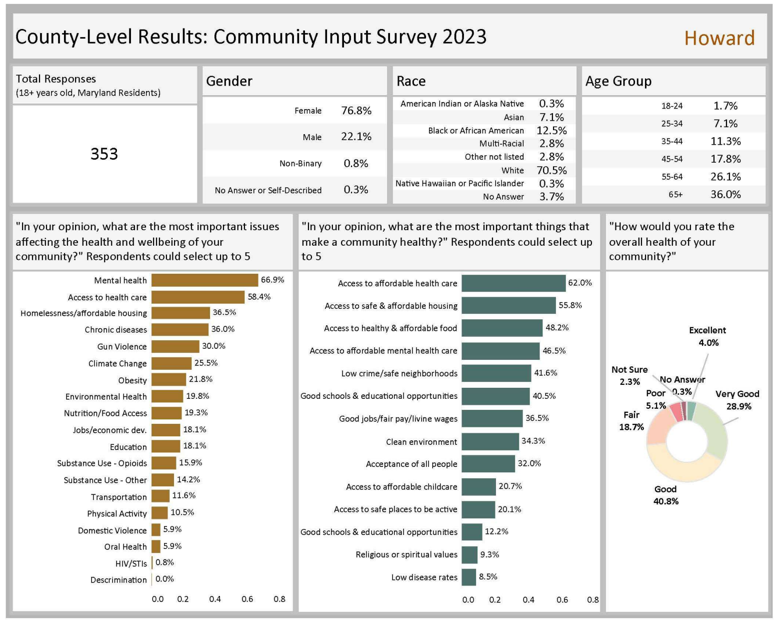
SHIP Data



Healthy Beginnings: Data Points

- **Infant Mortality** (Overall, Black)
- **Low Birthweight Births** (Overall, Black)
- **Late or No Prenatal Care** (Overall, Hispanic)
- Teen Births (under 18)
- **Preterm Births** (Overall, Black)
- Cesarean Births (Overall, Black)
- **Maternal Deaths** (Overall, Black)

Metrics in **bold** are included in 2024 SHIP goals.

Healthy Beginnings: Data of Interest

- Infant Mortality Rate is **2.8 times higher** in Blacks than Overall (10.1 vs 3.6 per 1000 live births) (2020)
- Low Birthweight Births are **42% higher** in Blacks than Overall (13.1% vs. 9.2%) (2022)
- 10 Maternal Deaths occurred between 2010 and 2022 in Howard County, **60%** were in Black women.

Data Source: MD Vital Statistics Administration, 2010-2022

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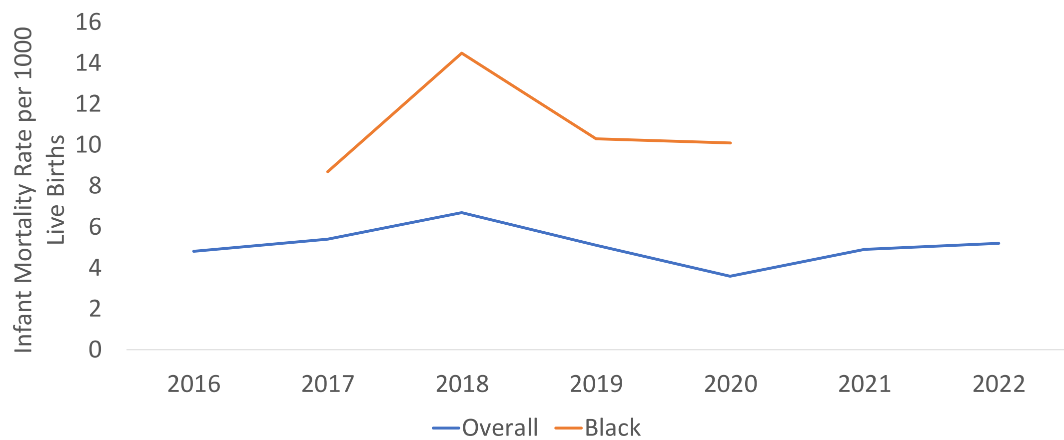
Infant Mortality in Howard County: Overall and Black



Data Source: MD Vital Statistics Administration, 2016-2022

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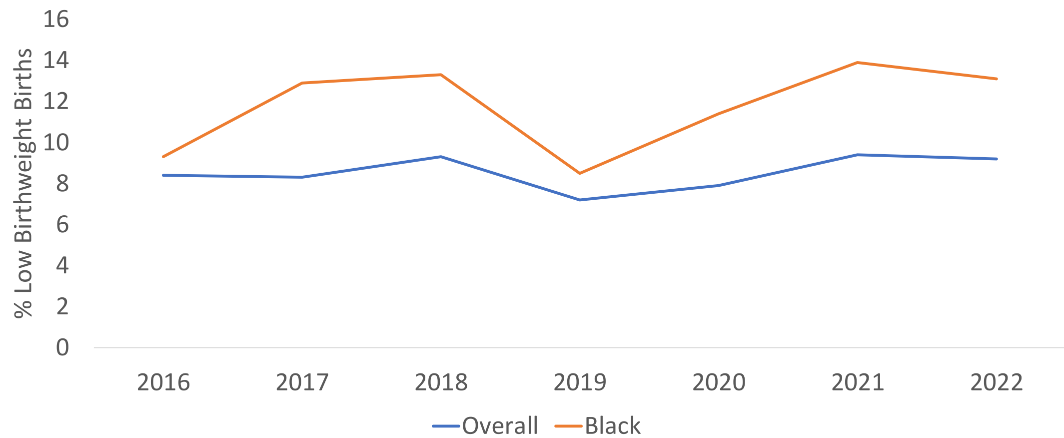
Low Birthweight Births in Howard County: Overall and Black



Data Source: MD Vital Statistics Administration, 2016-2022

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HCHAS 2024-Race and Impact on Healthcare

- New in 2024: 3 questions on impact of race on healthcare service
- 27% felt their race/ethnicity negatively impacted the quality of healthcare service to some degree.
  - 15% felt the impact was at least a 3 on a 0 to 5-point scale (0 = no impact, 5 = strong impact)
- 43% of Hispanics and 36% of African Americans felt their race/ethnicity had a profoundly negative impact on the quality of health care service (3 or higher on a 5-point scale)

Data Source: Howard County Health Assessment Survey, 2024

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Community Schools Needs Assessment SY23 - 24

- **Schools:** Stevens Forest ES, Deep Run ES, Laurel Woods ES, Homewood Center
- **Food Insecurity:** Access to healthy foods/snacks outside of school hours and buildings
- **Medical Service Needs:** Primary Care, dental, vision, hearing, behavioral health, vaccinations, *prenatal care, *pregnancy test
- **Barriers:** Transportation, language, insurance, housing/ homelessness, stigma

(*Homewood Center)

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Healthy Living: Data Points (Slide 1)

- Adult Overweight & Obese (Overall, Black)
- Adolescent Obesity (Overall, Black, Hispanic)
- Pediatric Overweight
- Binge Drinking, past 30 days
- Daily Fruit Consumption
- Daily Vegetable Consumption
- Smoking – Current
- Routine Checkup – past year
- Healthy weight (Overall, Black)
- **Leisure time activity**
- **Food Insecurity** (Overall and by race)

Metrics in **bold** are included in 2024 SHIP goals.

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Healthy Living: Data Points (Slide 2)

- Mobility Disability
- Arthritis – doctor diagnosed, limitations, hospitalizations
- Hip Fracture – Inpatient visits per 1,000
- Fall-related Death Rate
- Falls – ED visits per 1,000 (Overall, 55+)
- **Hypertension** – doctor diagnosed, medication, ED visits
- COPD – doctor diagnosed
- **Asthma – ED Visits per 1,000** (Overall, Black, **Children**)
- Diabetes – doctor diagnosed, hospitalizations
- Prediabetes – doctor diagnosed
- Ischemic Heart Disease hospitalizations
- Coronary Heart Disease – doctor diagnosed

Metrics in **bold** are included in 2024 SHIP goals.

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Healthy Living: Data of Interest (Slide 1)

- **59.8%** of adults are overweight or obese and **68.3%** of Black adults are overweight or obese. (2022)
- Obesity **increased** in High School students from **6.5%** (2016) to **9.7%** (2022). Obesity is highest for Black (**12.4%**) and Hispanic (**21.7%**) students. The highest rate of obesity is in Hispanic males (**25.5%**).
- Food insecurity is **increasing**: **6.4%** (2017) to **9.7%** (2022). Food insecurity is highest for Black (**18%**) and Hispanic (**12%**) residents.

Data Source: Behavioral Risk Factor Surveillance System, American Community Survey, and Youth Risk Behavior Survey

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Healthy Living: Data of Interest (Slide 2)

- Daily fruit consumption **decreased** from **71.9%** (2017) to **57.9%** (2021).
- **43.8%** of high school students report physical activity for at least 5 days per week. (2022)
- Diabetes prevalence is **increasing**: **8%** (2014), **12%** (2024).
- Hypertension is more common in Blacks: **34.5%** (2022) but **decreased** among Blacks from **46.7%** (2013).

Data Source: Behavioral Risk Factor Surveillance System, Howard County Health Assessment Survey, Youth Risk Behavior Survey

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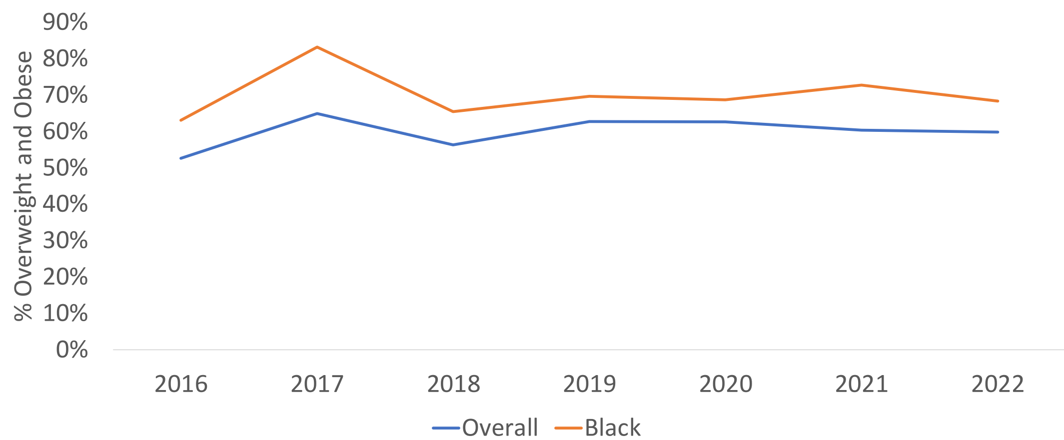
Overweight and Obesity in Adults in Howard County



Data Source: Behavioral Risk Factor Surveillance System, MD-IBIS, 2016-2022

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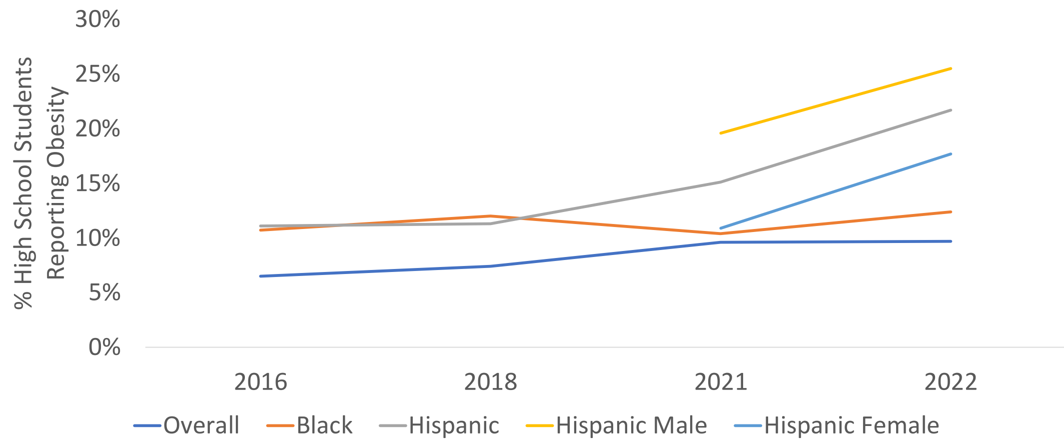
Youth Obesity in Howard County



Data Source: Youth Behavioral Risk Behavior Survey, 2016-2022

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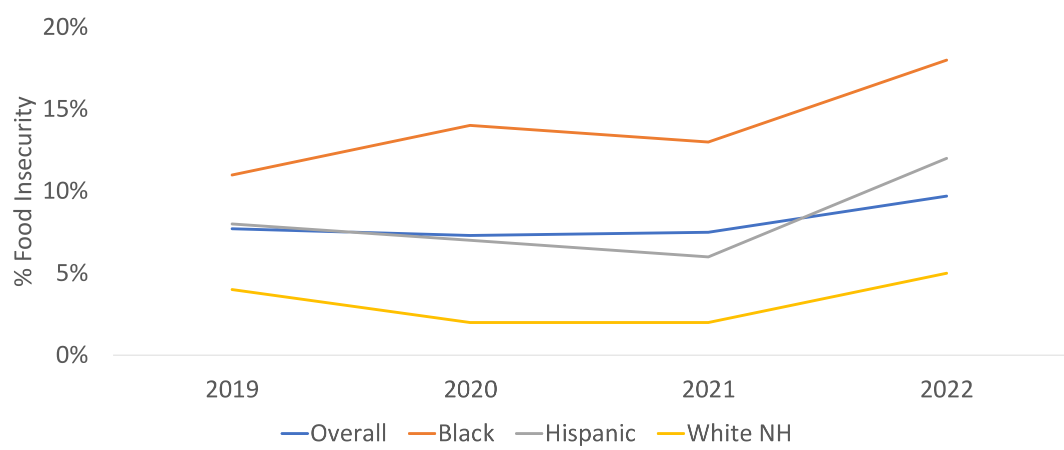
Food Insecurity in Howard County



Data Source: American Community Survey, 2019-2022

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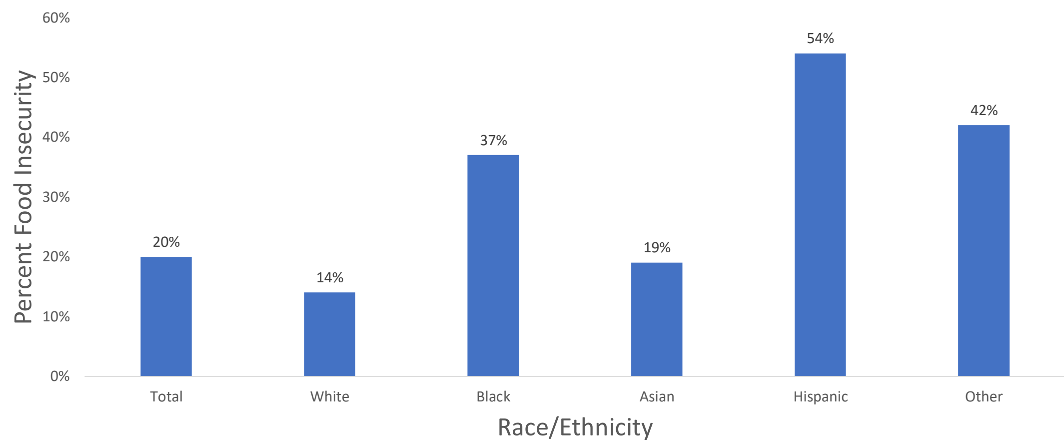
HCHAS 2024: Food Insecurity-Hunger Vital Sign



Data Source: Howard County Health Assessment Survey, 2024

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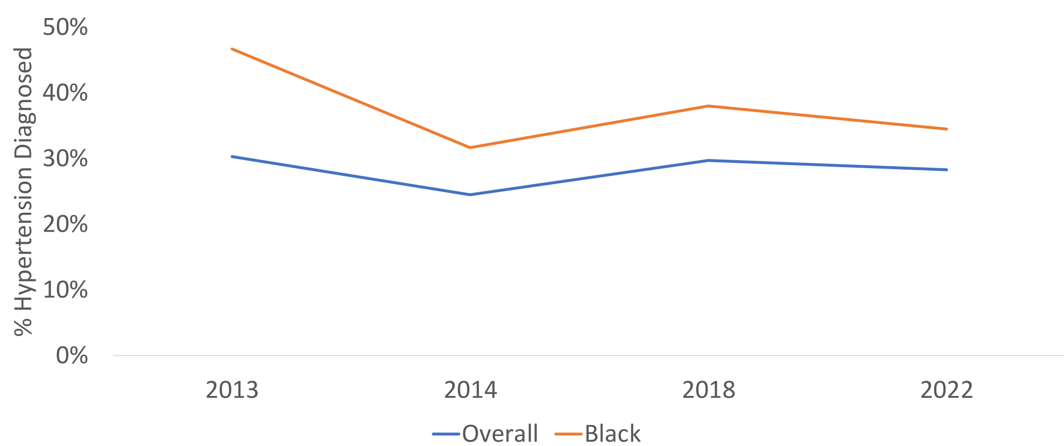
Hypertension in Howard County



Data Source: Behavioral Risk Factor Surveillance System, MD-IBIS, 2013-2022

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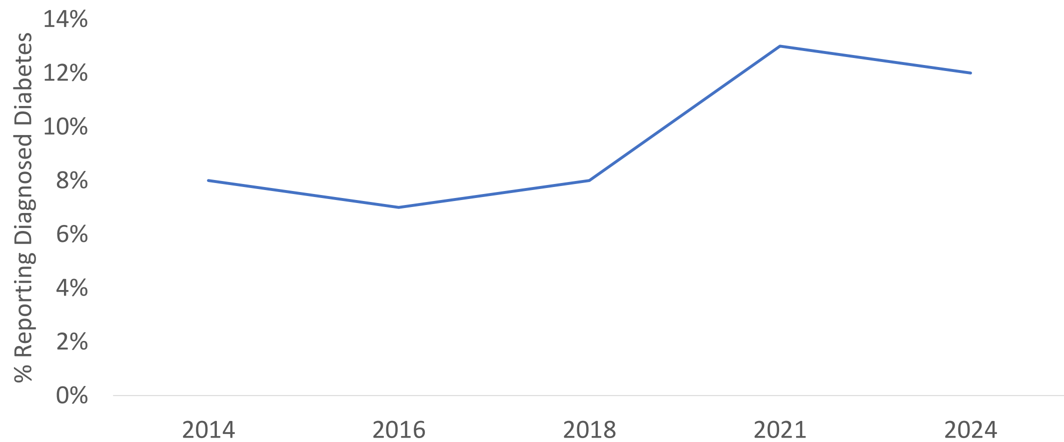
Diabetes in Howard County



Data Source: Howard County Health Assessment Survey, 2014-2024

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Community Action Council CNA 2023

Source: 2023 CNA Client Survey, males with a disabling condition

Source: 2023 CNA Client Survey, females with a disabling condition.

Source: Community Action Council of Howard County, [Community Needs Assessment Report 2023]

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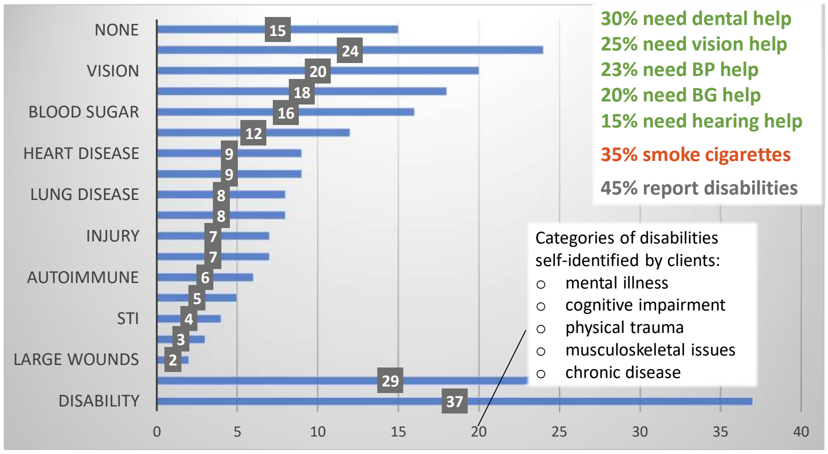
Day Resource Center: Medical Conditions 2024



Source: Grassroots Day Resource Center, Health Services Needs Assessment, 2024

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Food Insecurity Among Under-Resourced 2022/23

- Blacks are statistically more food insecure
- Bilingual homes, irrespective of Hispanics or not, are more food insecure relative to English-only speaking homes
- Main barriers: cost and language (bilinguals included)
- Needs:
  - Awareness of food places
  - Community gardens, farmers' markets, mobile food pantries

Source: LHIC Howard County Community Food & Nutrition Security Survey Report, 2023

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Community Focus Groups 2024

- "Healthy foods are expensive." "Diet, more vegetables, whole grains." "Mostly, we Hispanics don't like [leafy greens, we eat] rice and tortilla."
- "With depression and anxiety, it is difficult to be compliant with diabetes care…I lack motivation to take proper care."
- "I seem very anxious…I can eat and eat and eat when I'm very nervous. That anxiety is also related to weight."

Source: HCHD Community Focus Groups on Managing Chronic Disease, 2024

Healthy Minds: Data Points

- **Any Mental Health Condition – hospitalization** (Overall, Black, Women)
- Depression – doctor diagnosed
- Depression – ED visits (Overall, Black, Women)
- **Students feeling sad or hopeless** (Overall, Male, Female, Black, Hispanic)
- Days Mental Health Not Good (8+ days)
- **Suicide deaths** and hospitalizations (Overall, Black)
- Anxiety – ED visits (Overall, Black)
- Any Substance Use Disorder – ED visits
- Alzheimer's deaths and hospitalizations (Overall, Black)
- **Firearm-Related Assault deaths** (Overall, Black)

Metrics in **bold** are included in 2024 SHIP goals.

Healthy Minds: Data of Interest (Slide 1)

- Adults reporting diagnosed depression **increased** from **14.2%** (2016) to **16.5%** (2022).
- Youth reporting hopelessness **increased** from **23.3%** (2013) to **31.9%** (2022), with the highest rates in females (**43.6%**), Hispanics (**41.4%**) and Blacks (**33.7%**).
- Youth considering suicide **increased** from **14.1%** (2013) to **15.7%** (2022), with the highest rates in females (**20.9%**), Hispanics (**18.6%**), and Blacks (**16.2%**).

Data Source: Behavioral Risk Factor Surveillance System, MD-IBIS, and Youth Risk Behavior Survey

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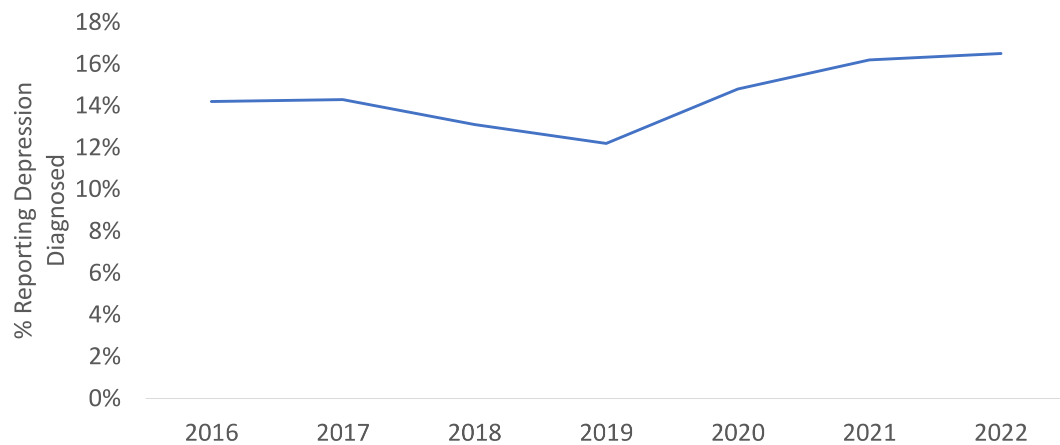
Depression Diagnosis in Howard County



Data Source: Behavioral Risk Factor Surveillance System, MD-IBIS, 2016-2022

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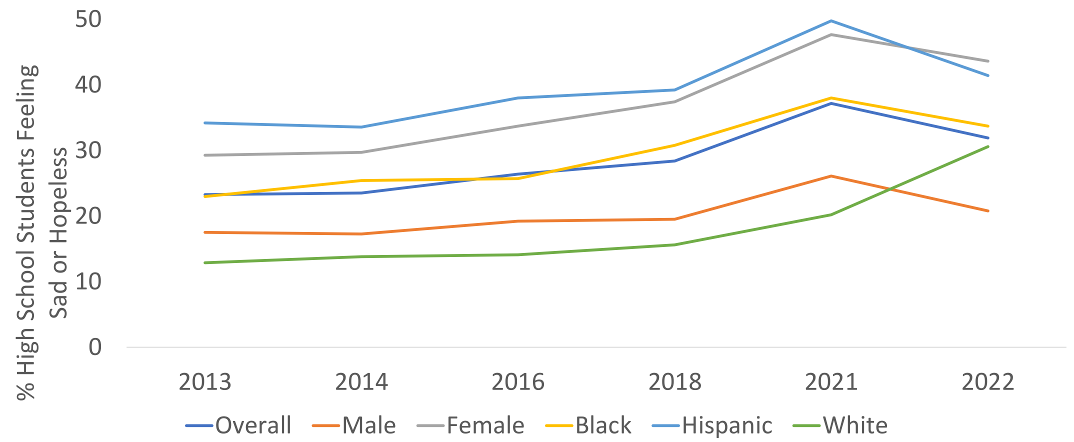
Youth Feeling Sad or Hopeless in Howard County



Data Source: Youth Behavioral Risk Behavior Survey, 2013-2022

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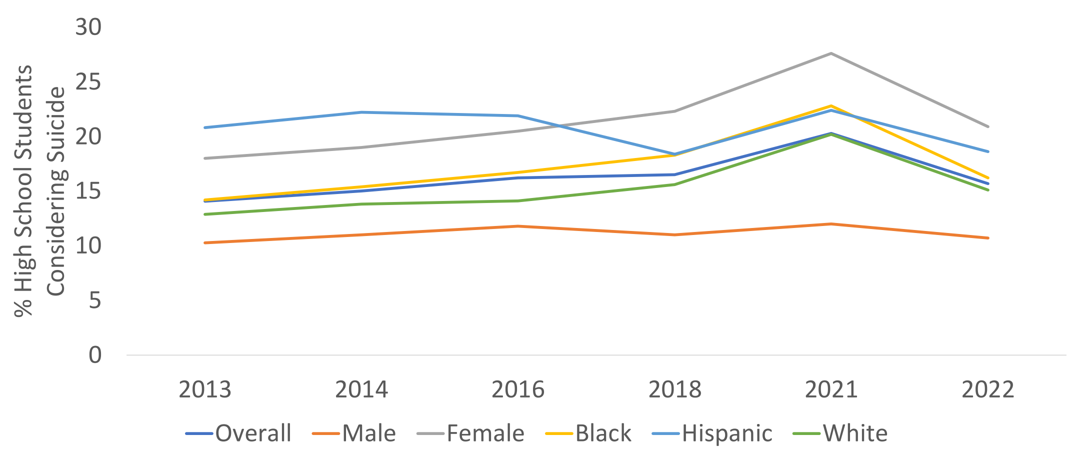
Youth Considering Suicide in Howard County



Data Source: Youth Behavioral Risk Behavior Survey, 2013-2022

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Data Resources

- 2016 Maryland Behavioral Risk Factor Surveillance System, accessed at https://ibis.health.maryland.gov on [Nov 15,2021].
- 2017 Maryland Behavioral Risk Factor Surveillance System, accessed at https://ibis.health.maryland.gov on [Nov 15,2021].
- 2018 Maryland Behavioral Risk Factor Surveillance System, accessed at https://ibis.health.maryland.gov on [Nov 15,2021].
- 2019 Maryland Behavioral Risk Factor Surveillance System, accessed at https://ibis.health.maryland.gov on [Nov 15,2021].
- 2020 Maryland Behavioral Risk Factor Surveillance System, accessed at https://ibis.health.maryland.gov on [November 1, 2024].
- 2021 Maryland Behavioral Risk Factor Surveillance System, accessed at https://ibis.health.maryland.gov on [November 1, 2024].
- 2022 Maryland Behavioral Risk Factor Surveillance System, accessed at https://ibis.health.maryland.gov on [November 1, 2024].

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HCHAS 2024-Mental Health Data

- Treatment for any mental health condition increased from 7% (2014) to 16% (2021) to 23% (2024).
- 29% of respondents reported feeling socially isolated from others for at least several days during the prior two weeks. (2024)

Data Source: Howard County Health Assessment Survey, 2014-2024

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Community Focus Groups 2024

- "In the wake of COVID people became antisocial and don't know how to deal with others on a basic and professional level. They lack empathy, not taking time to dig deeper and establish relationships."
- "The winter season is like the hardest one because the day is so short, then the darkness makes one feel lower in energy."

Source: HCHD Community Focus Groups on Managing Chronic Disease, 2024

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BREAK – 10 MINUTES

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FY 26 – 28 CHIP Development Update

Maribet Rivera-Brute, MPH

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FY 22 – 25 CHIP Highlights

- Membership: **Increase of 13%**

	FY 22 Membership (7.02.2021)	FY 25 Membership (10.29.2024)
Individual	512	670
Organizational	180	235

- 6 Workgroups and great partner engagement
- 4 Grant-funded projects totaling **$158,400**

Growing Healthy Families Workgroup

Improve birth outcomes for people of color in Howard County to advance efforts toward reducing health disparities.

- **Started:** November 2023
- Organize 2024 Black Maternal Health Week event
- Promote resources, information and classes to improve birth outcomes
- Update website with resources

Chronic Disease Prevention & Management Group (CDPMG)

Focuses on the prevention and management of illnesses related to chronic diseases such as cancer, tobacco, and diabetes.

- Promotion of evidence-based chronic disease classes
  - Flyers and posters with class offerings
  - Link to CAREAPP favorites folder with 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

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Food Security Committee

Goal is to reduce food insecurity and advance efforts towards nutrition security for Howard County residents.

- **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

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Movement Group

Focuses on exercise and movement throughout the year including the State of Maryland's Walktober initiatives in October.

- 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

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Healthy Minds & Suicide Prevention Coalition

Works to encourage residents to have conversations about mental health and to promote help-seeking behaviors.

- 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

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Health Literacy Advisory Committee (HLAC)

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:
  - 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

New workgroup: Community Health Worker (CHW) Learning Collaborative

Offers a peer learning opportunity for CHWs to share resources and facilitate discussion among partners who support and employ CHWs across the County.

Grants

- 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

TOTAL: $158,400

FY 26 – 28 CHIP Process Timeline

- Using **Modified** Mobilizing for Action Through Planning and Partnerships (MAPP) 2.0 Framework

Phase I		Phase II			Phase III				New CHIP
Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul

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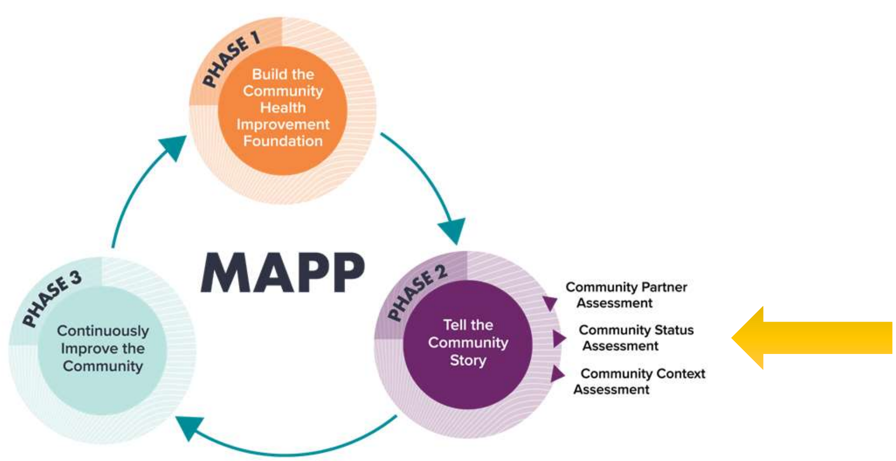
Current MAPP Phase



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PHASE I

- Build the Community Health Improvement Foundation
  - *This phase invites many partner organizations and people to plan for MAPP*

Components	Timeline	Responsible
• Review current CHIP with co-chairs • Review CHIP process at full LHIC meeting	Oct	LHIC staff

• Convene Steering Committee
  • Visioning
  • Review current CHIP + goals for new plan
	Nov	LHIC staff
		St. Cmte.

PHASE II

- Tell the Community Story
  - *This phase includes preparation, application, and analysis of the three assessments*

Components	Timeline	Responsible
Data Assessment & Review	**Dec**	• Epi • St. Cmte.
Root Cause Analysis of Issues at Workgroup Meetings	By Jan	• QI • Partners
Community Input	Feb	• CHWs • LHIC staff

PHASE III

- Continuously Improve the Community
  - *This phase centers on developing the CHIP by priority issues and applying and evaluating strategies by community partners*

Components	Timeline	Responsible
• Review Issue Profiles, Assets & Community Input • Discuss potential goals, objectives, activities, timeline, responsibility, metrics	**Mar**	St. Cmte.
• Draft CHIP • Feedback from Steering Committee & full LHIC	Apr	St. Cmte. LHIC
• Voting + Finalization	May + June	LHIC

FY 26 – 28 CHIP

- Alignment with:
  - Hospital CHNA
  - MDH SHIP
- **Member Survey:** Feedback on Mission, Vision, Values, Priorities, Comms.
- **Roundtables with Workgroups:** January 2025
- **Year 1** - FY 26: July 2025 – June 2026
- **Year 2** - FY 27: July 2026 – June 2027; *Mid-Point: December 2026*
- **Year 3** - FY 28: July 2027 – June 2028; *End-Point: June 2028*

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Member Announcements, Resource Sharing and Networking

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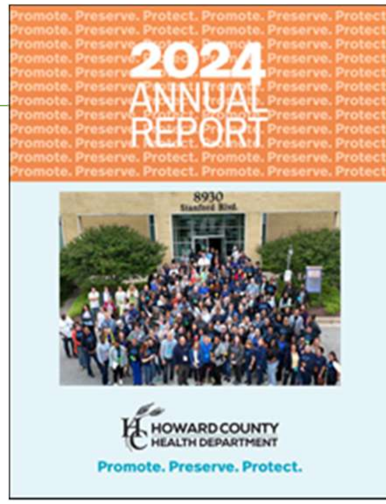

[Howard County Health Department Annual Report 2024]

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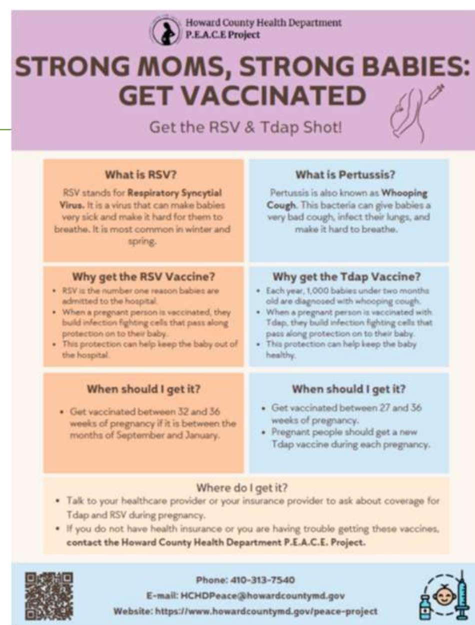

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[Howard County Child Care Fair]()

[Office of Children and Families Introducing the Grand Connections Series]()

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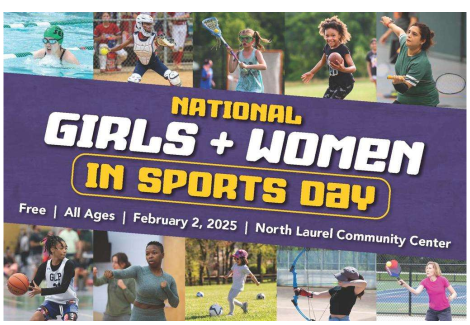

[National Girls and Women in Sports Day]()

SCHOOL OF
PUBLIC HEALTH
HOROWITZ CENTER FOR HEALTH LITERACY

[Health principles and toolkits for Head Start Webinar]()
February 3, 10 AM

[Howard County Seed Drive]()
January 25, 1 - 4 PM
Howard County Library, Miller Branch

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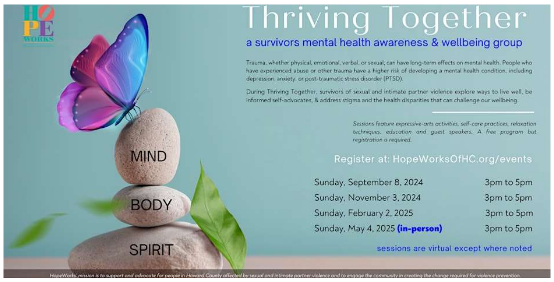

[Thriving Together: Survivor Mental Health Awareness & Wellbeing Group]

[Veteran Connection Support Group – Online]

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BHIPP
Maryland Behavioral Health Integration in Pediatric Primary Care

[Maryland Behavioral Health Integration in Pediatric Primary Care Training Series]

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MEMBER ANNOUCEMENTS

Please share any updates by typing them into the Chat Box.
You may also unmute your microphone to speak.

Thank you!

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NEXT STEPS & WRAP UP

2025 Quarterly Hybrid Full Coalition Meetings:
Register

- **April 17, 2025, at 9:00 - 11:00 am**
- **July 17, 2025, at 9:00 - 11:00 am**
- **October 16, 2025, at 9:00 - 11:00 am**

Presentations and recording will be posted at www.hclhic.org

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Thank you!

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