



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

## Minutes

### Members Present:

Citlali Bacmeister, Luminus Network  
Karen Basinger, University of Maryland Extension  
Anna Beavan, LindaBen Foundation  
Maria Jose-Candanoza, HC Health Department  
Matthew Castner, Johns Hopkins Howard County Medical Center  
Shakia Colbert, CareFirst Engagement Center  
Connie Ford, HC Health Department  
Cindy Li, Community Health Initiative  
Emily Luyo, Priority Partners MCO  
Octavia Peterson, American Heart Association  
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>
<b>Announcements</b>	<p>Mr. Jordan, provided the following announcements to the workgroup:</p>	<p>Members can register for the LHIC meeting here: <a href="https://www.eventbrite.com/e/">https://www.eventbrite.com/e/</a></p>

- The Full LHIC meeting will be April 18 at 9am. It will be hybrid and refreshments will be available in person.
- Black Maternal Health Week is April 11 – 17. The HC Health Department will hold a Community Care Panel Discussion on April 20 at 10:30am in celebration of Black Maternal Health Week. The Discussion will be at Elkridge Branch Library.
- Upcoming Living Well: Diabetes Self-Management workshop will be in Spanish on April 17 at 12pm. The workshop will be at the North Laurel 50+ Center.
- Upcoming Living Well with Chronic Disease workshop will start April 18 at 6:30pm. The workshop will be at 11065 Little Patuxent Parkway Suite 200.

Workgroup members provided the following announcements:

- Priority Partners is offering childbirth classes in English and Spanish.

[2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreat](https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreat)  
[or](#)

Members interested in attending the Community Care Panel Discussion can register here:

<https://www.eventbrite.com/e/black-maternal-health-week-celebration-tickets-861039832317>

Members interested in signing up for Living Well: Diabetes Self-Management (Spanish) can register here:

[https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/131372?onlineSiteId=0&from\\_original\\_cui=true](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/131372?onlineSiteId=0&from_original_cui=true)

Members interested in the signing up for the Living Well with Chronic Disease workshop can register here:

<https://livingwellwithchronicdisease.events.hcgh.hopkinsmedicine.org/register/registration/select>

Members interested in more information on Priority Partners Childbirth classes can visit here:

<https://www.ppmco.org/get-free-support/health-wellness-classes/baby-basics-part-1-and-2/>



<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>- Karen Basinger, University of Maryland Extension, gave an overview of the nutrition-based resources and support she offers Howard County residents.</li> <li>- Workgroup reviewed the Office on Aging and Independence Living well website.</li> <li>- Discussed partner prevention and nutrition-based efforts/emphasis on prevention efforts and nutrition.</li> </ul>	<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>Menthol Awareness Updates</b></p>	<p>Mr. Jordan Introduced Ms. Connie Ford, HC Health Department, to provide updates to the workgroup on Menthol Awareness.</p> <p>Ms. Ford provided updates on Menthol Awareness focusing on:</p> <ul style="list-style-type: none"> <li>• Importance of menthol             <ul style="list-style-type: none"> <li>○ Menthol flavors making it easier to begin smoking and harder to quit</li> <li>○ Focused advertising on minority and youth populations</li> <li>○ Allowed in cartridge based and disposable e-cigarettes</li> <li>○ Increased use among high school students</li> </ul> </li> <li>• Menthol Statistics             <ul style="list-style-type: none"> <li>○ Maryland data showed increase in Menthol cigarette use among blacks and those insured by Medicaid</li> <li>○ Prohibiting the sale of Menthol cigarettes will decrease death due to cigarette use</li> <li>○ Menthol has seen an increased shift in preference among smokers</li> </ul> </li> <li>• Tobacco Cessation Resources             <ul style="list-style-type: none"> <li>○ HCHD offers Tobacco/Vaping prevention an Cessation classes in individual and group settings</li> <li>○ Maryland Quitline houses information for individuals looking to quit</li> <li>○ CAREAPP also houses resources to quit</li> </ul> </li> </ul>	<p>Members interested in more information on Menthol awareness and available information on tobacco prevention and cessation resources can email Connie Ford here: <a href="mailto:cford@howardcountymd.gov">cford@howardcountymd.gov</a></p>

<p><b>Workgroup Achievements &amp; Action Plan Updates</b></p>	<p>Mr. Jordan iterated the goal of the CDPMG workgroup, and how CDPMG tracks their progress towards the goal by tracking chronic disease related events and evidence-based classes.</p> <p>From January – March 2024 CDPMG partners have held:</p> <ul style="list-style-type: none"> <li>• 6 Chronic disease related events with about 200 HOCO residents reached</li> <li>• 12 chronic disease evidence-based classes with about 130 completers</li> </ul> <p>Mr. Jordan iterated that the LHIC is not taking credit for the work partners are doing, they are tracking the work done by CDPMG partners to get a clearer representation of chronic disease efforts in the county.</p> <p>Mr. Jordan shared that the action plan for CDPMG has been updated to include a nutrition-based focus. The focus will be on promotion of nutrition-based resources through a created flier that highlights different nutrition-based efforts going on in the county.</p>	
<p><b>Review Updated CDSMP Materials</b></p>	<p>Mr. Jordan, showcased the newly created nutrition program and resource flier that will be made available on the HCLHIC website. Further the group went over the updated Health Action Item (National Minority Health Month). The Chronic Disease Self-Management Programs (CDSMP) flier have been translated into 5 languages and is available on the HCLHIC website. Lastly a CDSMP poster was made for another way partner can promote Howard County Chronic Disease Self-Management Programs.</p> <p>Ms. Maria Jose-Candanoza, HCHD, shared information about the HCHD partnership with PAVE, Parents Against Vaping &amp; E-cigarettes.</p> <ul style="list-style-type: none"> <li>• HCHD Community Health Workers have been trained to provide PAVE presentations around Howard County.</li> <li>• Presentations have been able to be offered in Spanish which has increased attendance.</li> </ul> <p>Ms. Jose-Candanoza shared that in the following week a Diabetes Self-Management workshop at the North</p>	<p>Members were urged to view the updated health action item and CDSMP fliers here: <a href="https://www.hclhic.org/healthy/chronic-disease">https://www.hclhic.org/healthy/chronic-disease</a></p>



Laurel 50+ Center will be in Spanish. She will be lead facilitator for the workshop.

Ms. Cindy Li, Community Health Initiative, provided insight on her experience giving a PAVE presentation.

- Ms. Li mentioned that information learned from presentation is invaluable for parents looking to prevent or stop their child from using e-cigarettes.
- She mentioned that one challenge she finds when promoting tobacco prevention and cessation resources is the lack of people who want to sign up.
- She suggested a group setting for those interested in signing up for a tobacco cessation class but feel like talking to a professional is too much pressure. She inquired if there is Howard County peer group for tobacco cessation.
- Further she suggested presenting to PTA's (Parent Teacher Associations) to reach those in need as well as get parents the information they need to prevent tobacco use in their children.

Ms. Anna Beaven, LindaBen Foundation, shared that she is also having a harder time getting referrals for the tobacco prevention/cessation resources.

- She inquired about ways we can increase awareness of these resources.
- She mentioned being cognizant through awareness efforts that some individuals may want to deal with this specific issue privately

Ms. Emily Luyo, Priority Partners, shared that she has also seen challenges in getting parents to attend these informational presentations even with incentives offered.

- She mentioned that working with PTO's (Parent Teacher Organizations) may be a good opportunity to offer presentations on health

	<p>information relevant to children/youth/teenagers as these meetings get a lot of attention.</p> <p>Ms. Rambharat, mentioned the orientations/back to school nights they have at the beginning of the school year as opportunities to present relevant information.</p> <p>Mr. Matt Castner, mentioned reaching out to the PTA of Howard County as good starting point to incorporating student health specific presentations in PTA agenda's going forward.</p> <ul style="list-style-type: none"> <li>• Mr. Castner mentioned that many PTA's at this time are looking for funding to keep their PTA's going due to lack of engagement from parents.</li> <li>• Further he mentioned a community health provider he is in connection with that is interested in partnering with the hospital regarding smoking cessation.</li> </ul>	
<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 11:00 AM.</p>	

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