

**HOWARD COUNTY LOCAL HEALTH IMPROVEMENT COALITION**

**November 14, 2019**

Matthew Wilson, Delegate  
Howard County Health Department

Benjamin Barnwell, Delegate  
Howard County Local Children's Board

Rodney Oldham, Coordinator  
Howard County Local Health Improvement Coalition

**Howard County LHIC**  
Local Health Improvement Coalition

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**INSTRUCTIONS**

**Computer/ Video: Participant controls in the lower left corner of the Zoom screen**

Using the icons in the lower left corner of the Zoom screen, you can:

- Mute/Unmute your microphone (far left on computer); Mute/Unmute button on phone
- All lines will be muted to minimize background noise
- Lines will be unmuted at the end for discussion/questions
- Please mute yourself during discussion/questions if not speaking
- View Participant list on computer— opens a pop-out screen that includes a "Raise Hand" icon that you may use to raise a virtual hand
- Please raise your virtual hand to ask question or make a comment during the discussion
- Question/ comment can also be added to the chat box throughout the meeting

*❖ Not a Video Call...you cannot see us and we cannot see you...we can only hear you.*

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**PURPOSE & AGENDA**

**GOALS:** Identify relationship between birth outcomes and healthy weight; discuss strategies for providing implicit bias training to providers; and identify action group for fruit and vegetable consumption project.

**AGENDA:**

- Welcome & Introductions
- Member Announcements
- Birth Outcomes and Healthy Weight
- Implicit Bias Training
- Increasing Fruit and Vegetable Consumption
- Next Steps for full work group and full work group meeting wrap-up

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### ANNOUNCEMENTS











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### RECAP OF LAST MEETING – AUGUST 15, 2019

- Program Updates
  - Will Dunmore, HCRP July Parks and Recreation Month Activities
  - Jessica Monaghan, Dancel Y in Ellicott City Open Door Program Update
  - Maria Carunungan, WIC Farmer’s Market Redemption Update and Breastfeeding Month Programs
- Walk Maryland Day
- Overview of HCHAS Data specific to fruit and vegetable consumption and action group survey results

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### WALK MARYLAND DAY 2019 - UPDATE



	2018	2019
HoCo - Walking Events	10	12
Statewide - Walking Leaders/Walks	108	118
Statewide- Schools	88	61
HCHD Walk	1,954 miles (7 days)	2,807 miles (10 days)

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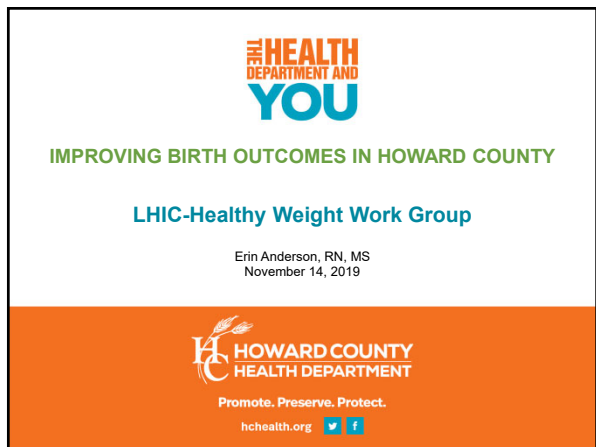
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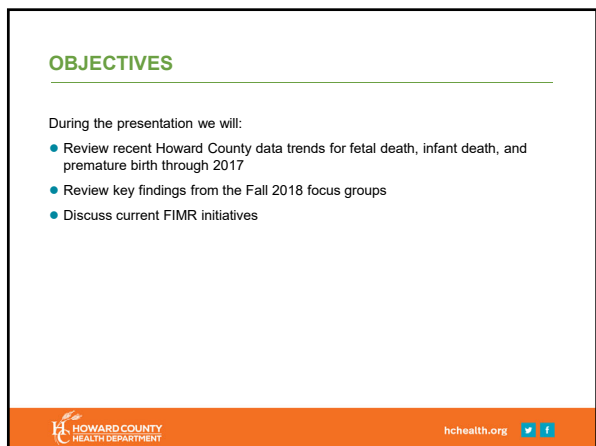
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### 2018 PRELIMINARY DATA

The remainder of the presentation will focus on data through 2017, however, the 2018 Infant Mortality Report was released at the end of October and the preliminary data is not moving in the right direction in Howard County

Howard County	2017	2018
Infant Mortality rate (All Races)	5.4	6.7
Non-Hispanic White	**	4.1
Non-Hispanic Black	8.7	14.5
Maryland	2017	2018
Infant Mortality rate (All Races)	6.5	6.1
Non-Hispanic White	4.0	4.1
Non-Hispanic Black	11.2	10.2



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### HOWARD COUNTY DATA: BIRTH STATISTICS

#### Birth Demographics, Howard County, 2017

Race / Ethnicity	Howard County Total Births	Howard County % of Births	Maryland % of Births
White Non-Hispanic	1,446	40.9%	42.4%
Black Non-Hispanic	804	22.8%	32.2%
Asian Non-Hispanic	875	24.8%	7.7%
Hispanic	381	10.8%	17.1%
<b>Total Births</b>	<b>3,533</b>	<b>100%</b>	<b>N = 71,589</b>



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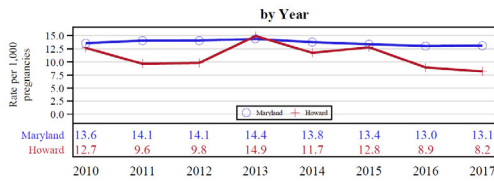
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### HOWARD COUNTY DATA: FETAL/INFANT MORTALITY RATES

#### Fetal-Infant Mortality Rates

Fetal-infant mortality rates (FIMR) represent the number of fetal (older than 20 weeks gestation) or infant deaths (younger than 365 days old) per 1,000 pregnancies in that year. NOTE: Source is linked infant birth and death certificate records which exclude records not linked due to certificate errors or migration and results in lower FIMRs than those in Maryland VSA reports.

Of the 3,543 pregnancies in Howard in 2017 there were 8.2 fetal or infant deaths for every 1,000 pregnancies.



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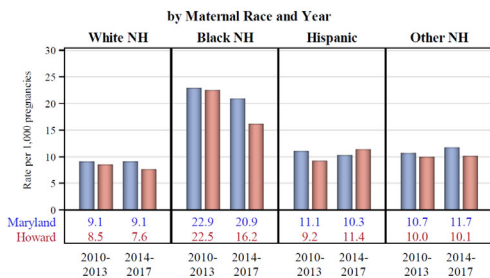
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### HOWARD COUNTY DATA: FETAL/INFANT MORTALITY RATES



Source: Maryland Vital Statistics Administration Linked Infant Birth-Death Certificate File  
 \*Rates based on less than 5 events are suppressed. NH: non-Hispanic. Other NH includes American Indian and Asian or Pacific Islander.



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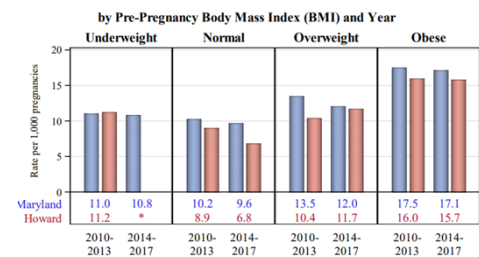
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### HOWARD COUNTY DATA: FETAL/INFANT MORTALITY RATES



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### HOWARD COUNTY DATA: INFANT DEATH CAUSES

Preterm birth is the leading cause of infant death in Howard County followed by congenital abnormalities. One of every five infant deaths is caused by disorders relating to short gestation and low birth weight.

#### Leading Causes of Infant Death, Howard County, 2013-2017

Cause of Death	ICD-10 Codes	Rank
Preterm Birth	P07	1
Congenital Abnormalities	Q00-Q99	2
Pregnancy Complications	P01	3
SIDS	P95	4
Respiratory Distress	P22	5
Sepsis	A41 P36	5
Accidents	V01-X59, Y85-Y86	6
Pulmonary Hemorrhage	P26	6
Chorioamnionitis	P02.7	6

Source: Maryland Vital Statistics Administration



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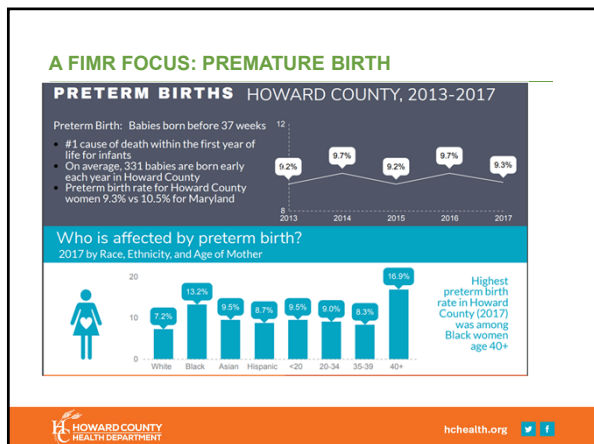
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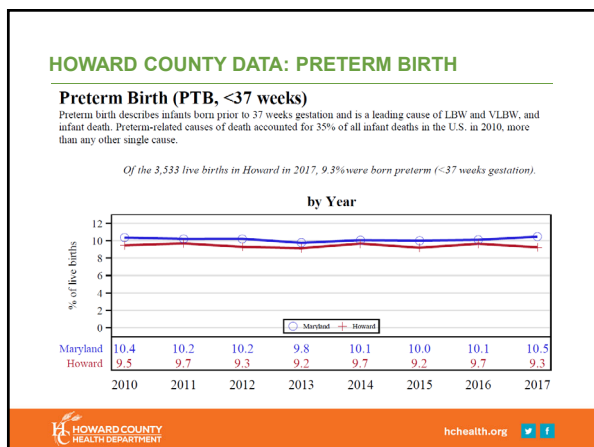
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### A FIMR FOCUS: PRETERM BIRTH

#### Risk Factors for Preterm Birth, Howard County, 2017

When Risk Factor is Present, Preterm Birth Prevalence is Higher.

Risk Factor	Preterm (%)	Risk Factor	Preterm (%)
No Prenatal Care	15.0%	Gestational Diabetes	11.4%
Multiple Births (twins, triplets, etc.)	59.4%	Chronic Hypertension	28.1%
Advanced Maternal Age (≥40 years)	16.9%	Pregnancy Associated Hypertension	24.3%
Fertility Treatment (ART)	28.1%	Previous Preterm Birth	26.0%
Smoking During Pregnancy	15.1%	Three or more prior pregnancies	15.9%
Obesity (Pre-Pregnancy)	11.3%	Underweight (Pre-Pregnancy)	13.0%

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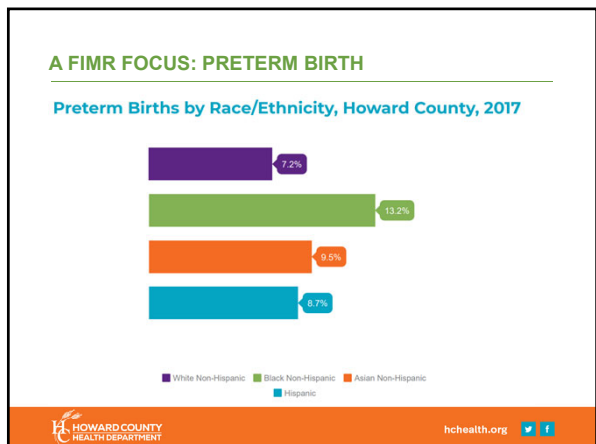
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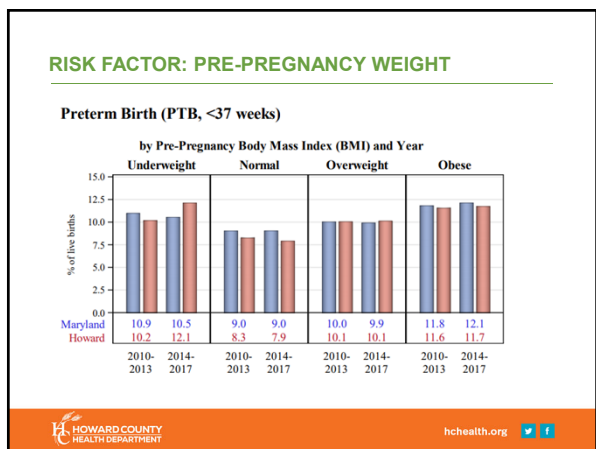
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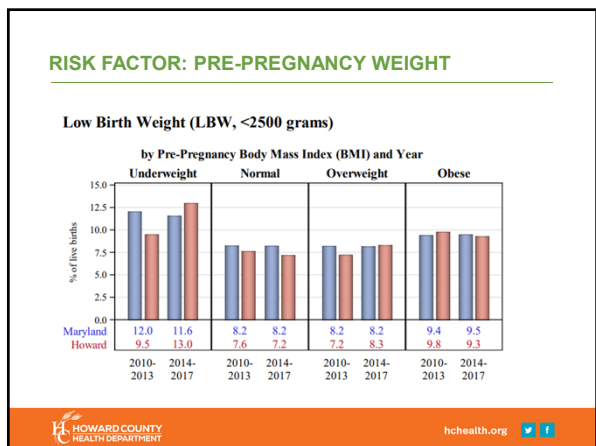
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### FOCUS GROUPS 2018: SUMMARY

- Howard County Health Department staff in collaboration with Johns Hopkins Center for Communication Programs to plan and implement focus groups on maternal/child health
- Twenty women between the ages 18-45 who were considering pregnancy, were currently pregnant, or had recently delivered, participated in one of three focus groups held between August 9, 2018 and October 4, 2018 in Howard County
- A focus group moderator guide was used to facilitate discussion on topics including preterm birth, safe sleep practices, and health messaging



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### FOCUS GROUPS 2018: KEY FINDINGS

#### Healthy Pregnancy and Preterm Birth Risk

- Participants consistently identified that good prenatal care was an important part of having a healthy pregnancy
- Most participants consider being active an important part of pregnancy, but some expressed not being sure about limits to physical activity and others described barriers to physical activity
- Many participants identified stress management as an important component of a health pregnancy, but identified barriers (other children/family demands, jobs, the quantity of new information given to pregnant mothers)



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### FOCUS GROUPS 2018: KEY FINDINGS

#### Supporting Providers in Improving Quality of Care

- Doctors and doctor's offices were most often identified as key sources of trusted, credible information for pregnancy education and safe sleep education
- Prenatal visits were described as an important aspect of having a health pregnancy and lowering the risk of preterm birth
- Some women described the potential for improved interactions at providers' offices. For example, participants expressed undesirable interactions where providers made assumptions about socio-economic status and access to specific services based on appearance, race, or accent/language



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**CURRENT FIMR INITIATIVES**

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**Implicit Bias Discussions**

- The FIMR and Community Action Teams will be partnering with the Local Health Improvement Coalition to present a series of Implicit Bias discussions for our OB providers and other members of the community at large
- In person speaker to attend a future OB Meeting to introduce the discussion (Goal: January)
- Follow up lunch time webinar that will be recorded, archived, and made accessible to extend the reach to more staff, other social service providers, and the community at large (Goal: Early February)
  - The Health Department will be pursuing CME and Social Work CEU's for the webinar

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**QUESTIONS?**

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- Erin Anderson, FIMR/CAT Coordinator:
  - [eranderson@howardcountymd.gov](mailto:eranderson@howardcountymd.gov)
  - 410-313-7538

Thank you!!!

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**IMPLICIT BIAS**

“The attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner.”

- Cause us to have feelings and attitudes about other people based on characteristics such as race, ethnicity, age, and appearance.
- Develop over the course of a lifetime through exposure to direct and indirect messages.

https://www.law.washington.edu/students/streetlaw/lessons/Crim/ImplicitBias.ppt

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**PROFESSIONALLY IMPLICIT BIAS IMPACTS:**

- The judgments we form about individuals (patients, clients, co-workers), situations, and circumstances that are based on stereotypes
- Interpretation of behavior and use of practices and measures
- Effective interaction with individuals (patients, clients, co-workers) and others
- How these judgments impact our ability to effectively interact with individuals (patients, clients, co-workers), and others to facilitate positive outcomes for health and the development of a supportive environment

Adapted from: <https://safesupportivelearning.ed.gov/sites/default/files/standing%20up%20to%20implicit%20bias%20-%20final.pptx>

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**IMPLICIT ASSOCIATION**

Project Implicit was founded as a multi-university research collaboration in 1998 (University of Washington, Harvard University, University of Virginia).

- Website for Project Implicit:  
<http://www.projectimplicit.net/index.html>

The IAT measures implicit attitudes and beliefs that people are either unwilling or unable to report.

- Website to view IAT Tools:  
<https://implicit.harvard.edu/implicit/>

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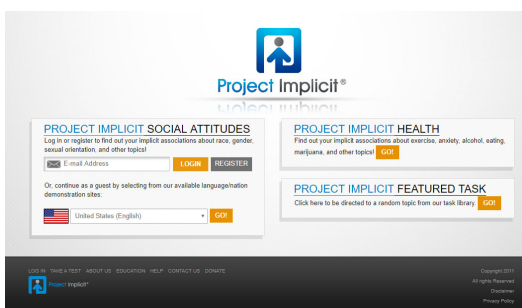
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**IMPLICIT ASSOCIATION**



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### IMPLICIT BIAS TRAINING FOR BEHAVIORAL HEALTH PROVIDERS



- Is implicit bias something your organization has engaged around? If so, how? If not, do you know why?
- What strategies would your organization support to address implicit bias?
- What actions/recommendations would this work group make for LHIC actions to address implicit bias among providers across all LHIC Priority Areas?

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### NUTRITION DATA AND ACTIVITIES

- Action Group Recap
- HCHAS
- Increasing Fruit and Vegetable Consumption Project

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### RECAP OF LHIC NUTRITION ACTION GROUP SURVEY FINDINGS – AUGUST 2019

- General Findings
  - 66 respondents (WIC, Farmer's Market, etc.)
  - Generally more aware of food assistance programs (i.e. food pantry, FARMS, WIC, SNAP, etc.) than education programs and services
  - 54.4% stated that they hadn't attended nutrition education classes in the county because they didn't know about the available services
  - 39.7% stated that they would like to see information at the public library; 31.8% at community events; and 28.6% at community centers
- If respondent was aware of programs, barriers to use cited were:
  - childcare (13%)
  - not interested (11%)
  - cost (6.5%)
  - transportation (4.4%)
  - embarrassment (4.4%)

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### NUTRITION – FINDINGS FROM THE 2018 HCHAS


Daily fruit consumption and daily vegetable consumption continues to trend downward in Howard County.




**FRUIT**  
1 in 9 eat fruit three times or more per day.  
11%



**VEGETABLES**  
1 in 11 eat vegetables three times or more per day.  
9%





**SODA**  
1 in 12 drink regular soda daily.  
8%

 Daily fruit consumption is significantly lower in households earning less than \$100,000 a year, and among residents who are divorced, widowed, never married, or part of an unmarried couple.

Daily vegetable consumption is lower among African-American residents; people living in households earning less than \$50,000 per year, and widowed or never married residents.

Source: HCHAS 2018

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### PDSA Cycle: Increase Fruit and Vegetable Consumption (December 2019–June 2020)

June

- Summarize results
- Make recommendations for adoption, adaption or abandonment of intervention



- Survey to determine baseline fruit/vegetable consumption
- Analyze survey data to establish baseline



Dec

- Develop intervention
- Implement intervention
- Administer post intervention survey

Jan-Apr

- Analyze survey data
- Develop alternative/additional intervention materials

May

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### FRUIT AND VEGETABLE CONSUMPTION PROJECT ACTION GROUP



- Work Group members that are interested in being involved in this project should email [lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov) by November 22, 2019.
- Please contact Rodney Oldham at [roidham@howardcountymd.gov](mailto:roidham@howardcountymd.gov) with questions or for additional information.



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**WRAP UP AND NEXT STEPS**

**FULL HCLHIC MEETING**  
01/30/20  
8:30-10:30am  
Non-Profit Collaborative

**WORK GROUP MEETING**  
03/19/20  
9:00-10:30am  
Barton A & B

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