



Howard County Local Health Improvement Coalition
Chronic Disease Prevention & Management Workgroup
April 12, 2023
10:00 AM – 11:00 AM
Virtual via Zoom

Minutes

Members Present:

Erin Ashinghurst, Accessible Resources for Independence (ARI)
Maria Blanco, HC Health Department (HCHD)
Zoha Fatima, Food and Care For All
Connie Ford, HC Health Department (HCHD)
JaKaiya Frisby, American Lung Association
Rhonda Holbrook, African American Community Roundtable
Allysin Houle, HC Health Department (HCHD)
Anna Katz, Grassroots Crisis Intervention
Jennifer Lee, Office on Aging and Independence (OAI)
Lynn Meija, LindaBen Foundation
Christina Miller, HC General Hospital (HCGH)
Sunyoung Nicholas, HC Health Department (HCHD)
Tosin Olateju, Food and Care For All (FCFA)
Crystal Pope, HC General Hospital (HCGH)
Temitope Alao-Sanni, Office on Aging and Independence (OAI)
Nette Stokes, Just Living Advocacy

Staff Present:

Ashton Jordan, HC Local Health Improvement Coalition
Vanda Lerdboon, HC Health Department
Sonya Lloyd, HC Health Department
Reena Rambharat, HC Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
Welcome and Introductions	Ashton Jordan, Community Engagement Coordinator, for the Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 10:02 AM. Mr. Jordan provided a welcome to members in attendance and had members introduce themselves.	Members are urged to review the past minutes available at: https://www.hclhic.org/home/MeetingYears/357
Announcements	Mr. Jordan, provided the following announcements to the workgroup:	To register for the April Full LHIC meeting, visit:

	<ul style="list-style-type: none"> • The next Full LHIC meeting will be April 20th, 2023 at 8:30 AM – 10:30 AM • Resource guides have been updated • Health Action Item will be updated to No Menthol Sunday for May <p>Ms. Vanda Lerdboon, HCHD, shared that No Menthol Sunday will be May 21st, 2023. She also shared that HCHD will be sponsoring a maternal health fair happening April 22nd, from 10:00 AM – 2:00 PM at St. Johns Baptist Church. River High School will be hosting a discussion on student drug use on May 10th.</p> <p>Ms. Jennifer Lee, OAI, shared that the Ellicott City 50+ center is hosting a Community Kickoff Event May 10th, and the Elkrige Community Center will be hosting an ageism discussion May 9th. There is a veterans claim clinic and resource fair May 3rd at Glenn Oaks Ballroom. The Local Children’s Board will be hosting a “Getting Ahead” Symposium May 27th, at the Harriet Tubman Cultural Center.</p> <p>Ms. Sonya Lloyd, HCHD, shared and overviewed the Howard County Food Connection Map as well as the Food Pantry & Hot Meals brochures. She also shared the Movement & Exercise Programs flyer.</p> <p>Ms. Christina Miller, HCGH, shared that the Cancer Resource Center has an ongoing weekly walking group at Lake Kit. She also shared that they are launching a yoga class for patients and caregivers.</p>	<p>https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207</p> <p>Members are asked to view and share the updated Chronic Disease Self-Management Programs Resource Guide here: https://www.hclhic.org/healthy/chronic-disease</p> <p>Members are asked to view and share the updated Mental Health & Suicide Prevention Programs Resource Guide here: https://www.hclhic.org/healthy/suicide-prevention</p> <p>Members are asked to view and share the updated Veterans Resource Guide here: https://www.hclhic.org/resources/veterans-resources</p> <p>Members are asked to view and share the updated HC Food & Nutrition Resource Guide here: https://www.hclhic.org/healthy/eating</p> <p>Members are asked to view and share the updated HC Movement & Exercise programs flyer here: https://www.hclhic.org/healthy/physical-activity</p>
<p>Healthy Lifestyle Campaign Overview & Tobacco & Chronic Disease Grantees Experience</p>	<p>Mr. Jordan gave an overview of the Healthy Lifestyle Campaign “Healthy Howard County”. The campaign is located on the Howard County Health Department webpage. He iterated that this campaign was created to fill the gap and create culturally appropriate, accessible, and inclusive messages to promote healthy lifestyles for Howard County residents.</p>	<p>Members may review the Healthy Howard County Campaign at: https://www.howardcountymd.gov/healthyhowardcounty</p>



Ms. Connie Ford, HCHD, introduced the tobacco and chronic disease grantees. She iterated that 5 organizations were awarded for spearheading campaigns related to tobacco prevention and cessation as well as chronic disease prevention and management.

Ms. Rhonda Holbrook, African American Community Roundtable, gave an overview of the Taking Off Pounds Sensibly (TOPS) program. Ms. Holbrook mentioned that the program had exceeded memberships goals with 15 enrolled participants. She shared that with the wide range of ages in the program it may be hard for individuals more “high-tech” to connect with the TOPS program because the program is more “low-tech”.

Ms. Erin Ashinghurst, Accessible Resources for Independence (ARI), gave an overview of the Health and Disability Campaign. She shared that they purchased a healthy community living curriculum, evidence-based wellness curriculum developed by people with disabilities at the University of Maryland to guide their efforts. She shared there is a need for more trauma informed care programs and trauma informed public health staff. Another barrier was the unmet basic needs faced by the populations they interacted with.

Ms. Nette Stokes, Just Living Advocacy, gave an overview of the Health and Wellness Program. She shared that a common challenge faced by community members they were serving was the priority of not letting their families going hungry. This priority coupled with lack of resources/income would often prevent community members from only purchasing what is considered healthy foods. Another challenge expressed was parents not believing it was not the place of Just Living Advocacy to impart teen smoking and vaping information to the community as teens are minors.

Ms. Zoha Fatima, Food and Care for All (FCFA), gave an overview of the Preventative Chronic Disease & Tobacco

	<p>Use (P-CAT) Program. Ms. Fatima mentioned that they have a lot of engagement and participation among those enrolled in the program. She shared that they allow participants to shop at the food pantry for healthy food items after P-CAT meetings. This allows participants to directly apply what they are learning before getting home. One challenge shared was participant attrition and dealing with unforeseen life events that may happen to the populations they interact with.</p> <p>Ms. Lynn Meija, LindaBen Foundation, gave an overview of the Hunger Free weekends, Blessing in a Backpack initiatives, and emergency food program mobile food market. Ms. Meija shared that they also provided Harpers Choice Middle school with an anti-vaping workshop as well as fitness events and sports equipment for more physical activity. She shared that they expanded the amount of youth served for the Hunger free weekend & Blessing in a backpack initiative from 24 to over 200.</p> <p>Ms. Anna Katz, Grassroots Crisis Intervention, gave an overview of their efforts to combat food insecurity and increase chronic disease prevention and management among the residents they interact with. Ms. Katz shared that they provided healthy meals to residents in need and that the meals were donated by community members. She mentioned that they put up posters with nutrition information for the people standing in line waiting for food with the hopes that they are reading and absorbing the information in these posters. Diabetes friendly menus were created for residents dealing with or trying to prevent diabetes. There was a success with pushing less sugary drinks and they had been popular among the residents. Once funds were expensed for meals, they switched to offering fruits and vegetables so that residents were still able to receive and eat healthy food items.</p>	
<p>Next Steps & Wrap-up</p>	<p>Mr. Ashton Jordan mentioned the next CDPMG workgroup meeting will be June 14th at 10:00 AM.</p> <p>Mr. Jordan adjourned the meeting at 10:58 AM.</p>	

Howard County LHIC

Local Health Improvement Coalition



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Respectfully submitted by
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