

# WELCOME! WE WILL BEGIN SHORTLY!!

**Participants will be muted upon entry.**

When the line is opened, please mute yourself during discussion/questions if not speaking



**Please use the Chat Box to submit questions and share announcements!**

**You may also raise your “virtual” hand during the Q&A sessions.**

**This meeting will be recorded...** Presentation and recording will be posted at [www.hclhic.org](http://www.hclhic.org)

For additional information or questions contact [lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov)

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## HOWARD COUNTY LOCAL HEALTH IMPROVEMENT COALITION

October 21, 2021



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**Howard County LHIC**

Local Health Improvement Coalition

## GOAL & AGENDA

**GOAL:** Present data from the 2021 Howard County Health Assessment Survey and review the 2022-2025 HCLHIC Strategic Plan priorities and review survey feedback from the Action Alert

**AGENDA:**

- A. Welcome & Introductions
- B. 2021 Howard County Health Assessment Survey (HCHAS) Data Presentation
- C. 2022 – 2025 HCLHIC Strategic Plan (Community Health Improvement Plan)
- D. Action Alert Survey Feedback Review
- E. Virtual Stretch Break & Networking
- F. Member Announcements, Resource Sharing and Networking
- G. Next Steps and Wrap-up

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**WELCOME & OPENING REMARKS**

# Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department &  
Howard County General Hospital

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**COVID UPDATE**

## COVID-19 UPDATE

**Lenora Painter, MS, RN**

*Director, Bureau of Bureau of Public Health Preparedness and Response  
Howard County Health Department*

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## HOWARD COUNTY COVID-19 VACCINE SUMMARY

12 + At least one Dose %	12 + Fully Vax %	18 + At least One Dose %	18 + Fully Vax %	65 + At least One Dose %	65+ Fully Vax %	Total Number of Vaccines Given
<b>94.3%</b>	<b>87.9%</b>	<b>94.8 %</b>	<b>88.5%</b>	<b>99.9 %</b>	<b>94.6 %</b>	<b>119,798</b>

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## CASES AND POSITIVITY

22,704 11,731 264  
Total Cases    Total Active Cases    Total Deaths

Confirmed Cases - 7 Day Avg per 100k

### Race & Age

Race	Cases	Death	Percent of Cases	Percent of Deaths
Unknown	6,748	142	29.9%	29.9%
White	6,598	142	29.2%	54.0%
Black	4,522	70	20.0%	26.6%
Asian	2,095	29	9.3%	11.0%
Hispanic	2,058	22	9.1%	8.4%
Other	569	22	2.5%	8.4%

Age	Cases	Death	Percent of Cases	Percent of Deaths
<10	1,649	8	7.3%	3.0%
10-14	1,015	8	4.5%	3.0%
15-18	1,236	8	5.5%	3.0%
19-24	2,660	8	11.8%	3.0%
25-49	9,130	37	40.4%	14.1%
50-64	4,549	37	20.2%	14.1%
65+	2,335	218	10.3%	82.9%

Positivity Rate - 7 Day Avg

Cases - Daily

<https://www.howardcountymd.gov/health/covid-19#cases-dashboard>

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## COVID RESPONSE

**Phase 1: March 2020**


- Mitigation
- Testing
- Outbreaks Tracking
- Contacts Tracing

**Phase 2: December 2020**

- Vaccination Clinics
- Community-based Clinics

**Phase 3: Fall/Winter 2021**

- Pediatric Vaccinations
- Boosters



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## 2021 HCHAS

### Howard County Health Assessment Survey (HCHAS) Data Presentation

**Linda Ashburn, MPH**  
*Director, Bureau of Assessment, Planning & Communications  
Howard County Health Department*

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## HOWARD COUNTY HEALTH ASSESSMENT SURVEY

Columbia Association  
Horizon Foundation  
Howard County General Hospital  
Howard County Health Department

- Every 2 years: 2012, 2014, 2016, 2018
- 2020 survey was delayed until 2021

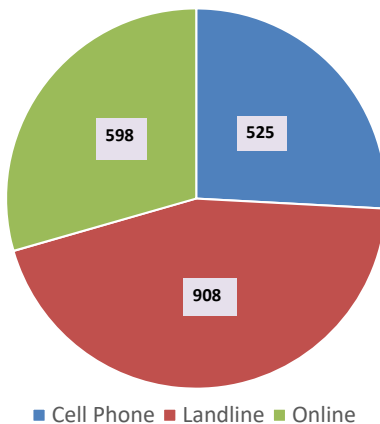
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## HOWARD COUNTY HEALTH ASSESSMENT SURVEY

Survey Collection Type (2,031 Total)



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## FINDINGS

### Mental Health and Substance Use



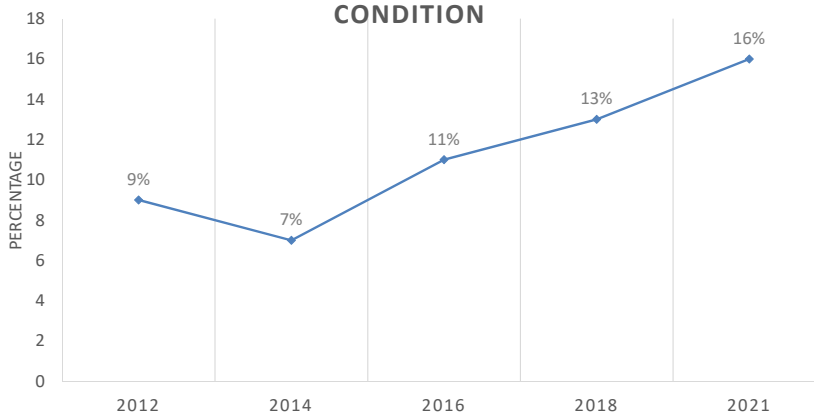
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## MENTAL HEALTH IN ADULTS

### UNDER TREATMENT FOR MENTAL HEALTH CONDITION



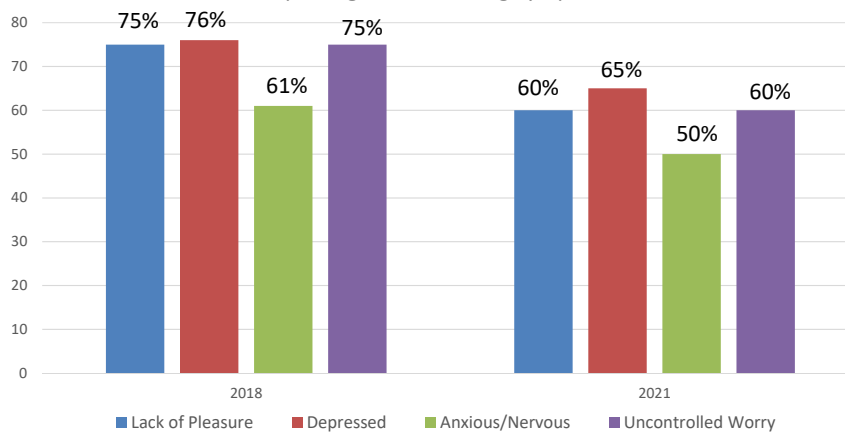
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## MENTAL HEALTH SYMPTOMS IN LAST TWO WEEKS

### Reporting NEVER Feeling Symptoms



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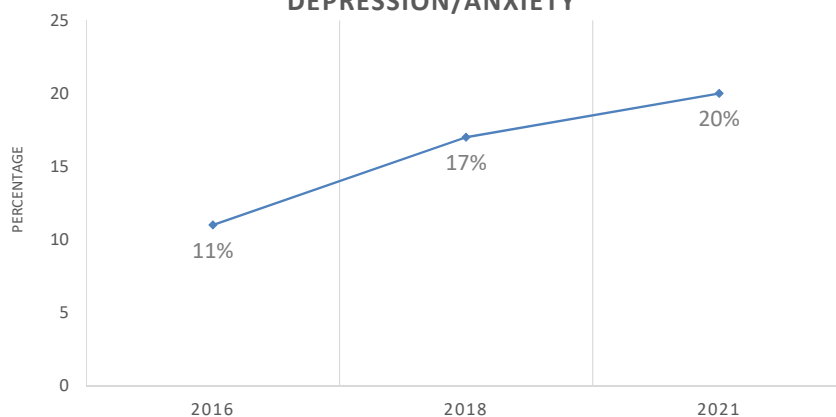
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## DEPRESSION AND ANXIETY IN CHILDREN

TOLD BY HEALTH PROFESSIONAL CHILD HAS DEPRESSION/ANXIETY



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## VAPING

E-cigarettes Use Increased in Respondents Aged 18-44

- Daily Use

2018	2021
2%	5%

- Some Days

2018	2021
2%	4%

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## BINGE DRINKING IN PAST 30 DAYS

- Occasions of binge drinking remained steady from 2016 to 2018.
- In 2021, there was a significant increase in those reporting 5 or more occasions of binge drinking.

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## FINDINGS

### Chronic Disease and Healthy Lifestyle



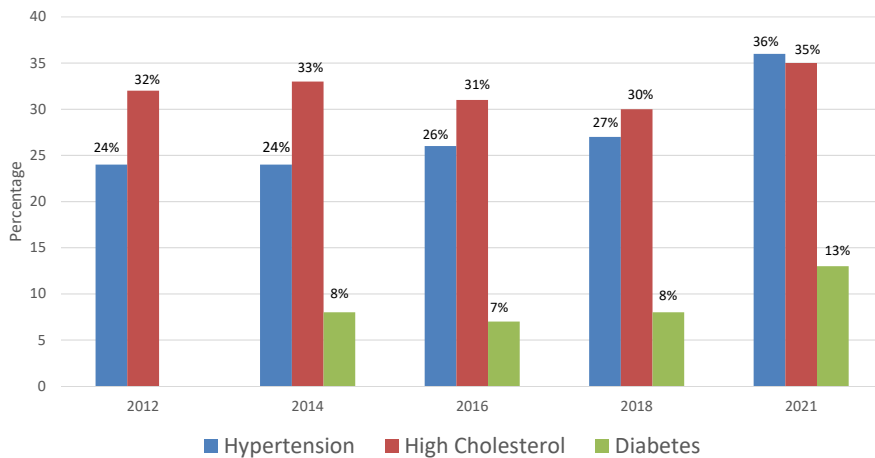
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## DIAGNOSED CHRONIC DISEASES

Told have Chronic Disease by Health Care Professional



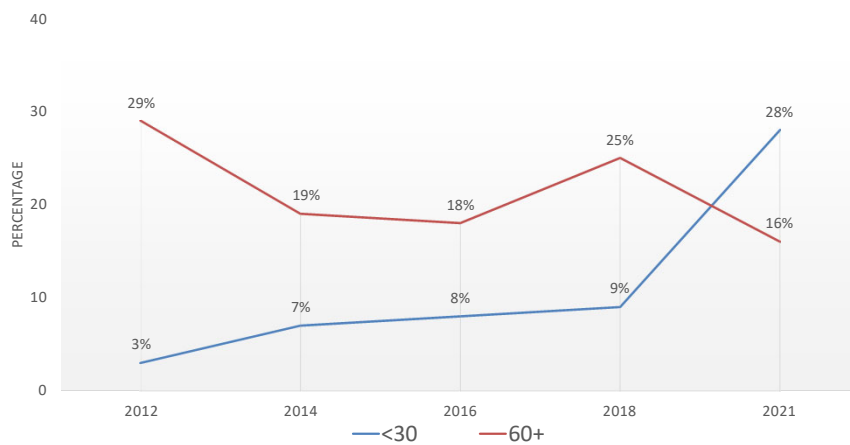
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## AGE AT DIABETES DIAGNOSIS

Diagnosis of Diabetes in Younger and Older Age Groups

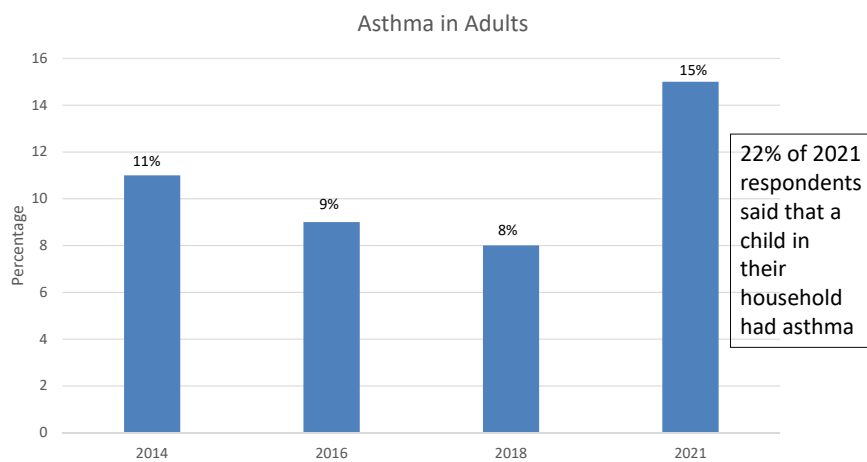


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## ASTHMA



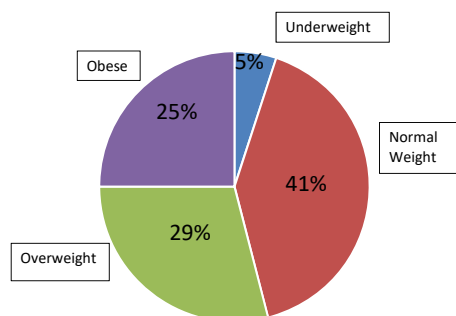
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## WEIGHT IN ADULTS

Weight Categories Based on Body Mass Index Calculation

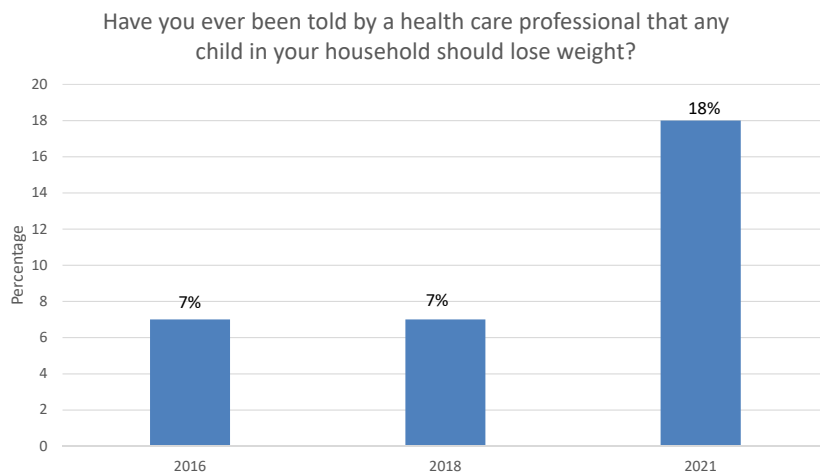


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## OVERWEIGHT IN CHILDREN



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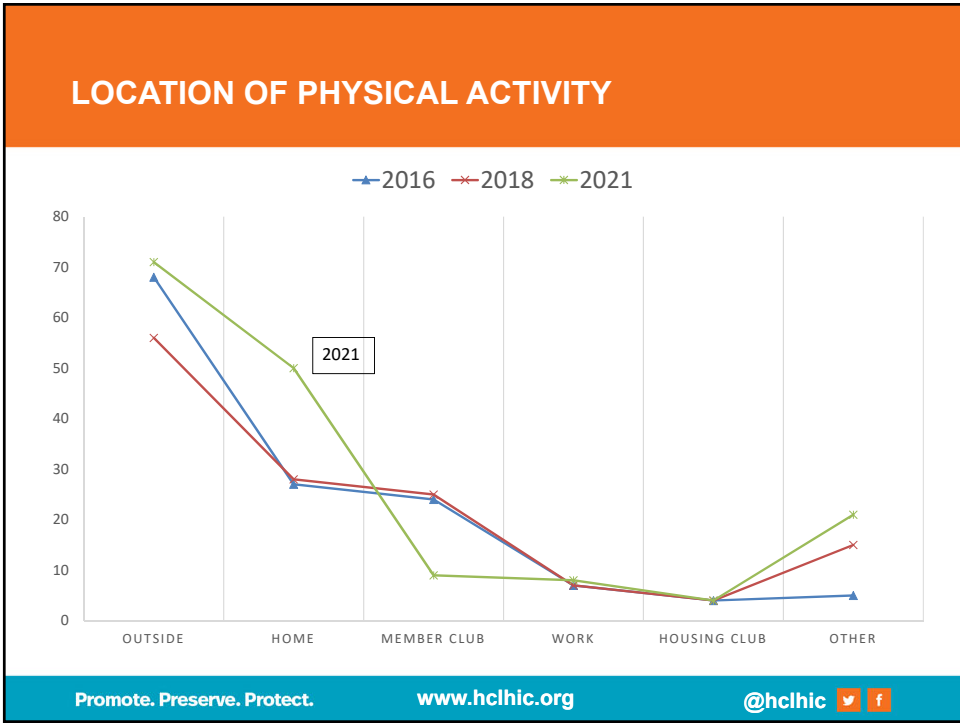
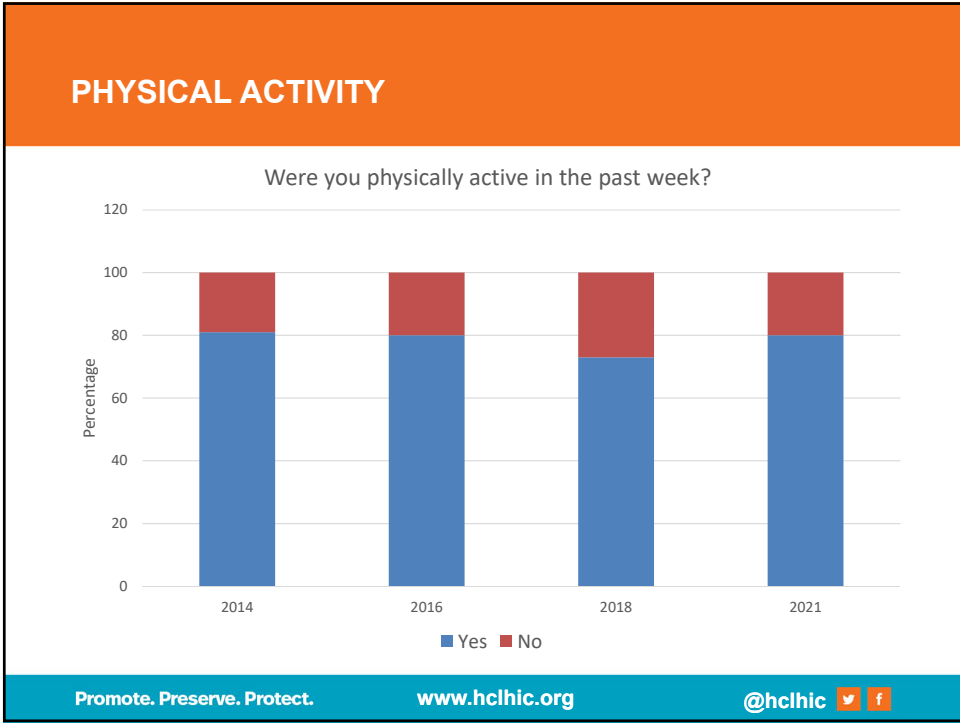
## SUGARY DRINKS AND HEALTHY EATING

- Regular soda and sports drinks consumption increased with fewer people reporting they rarely or never drink them
- There was a slight increase in children drinking 1 or more sodas per day (4% to 10%)
- Vegetable and fruit consumption increased; however
  - 32% eat vegetables less than once a day
  - 38% eat fruit less than once a day

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## FINDINGS

Healthcare Systems:

How Residents Use the Healthcare System and How the Healthcare System Responds to the Needs



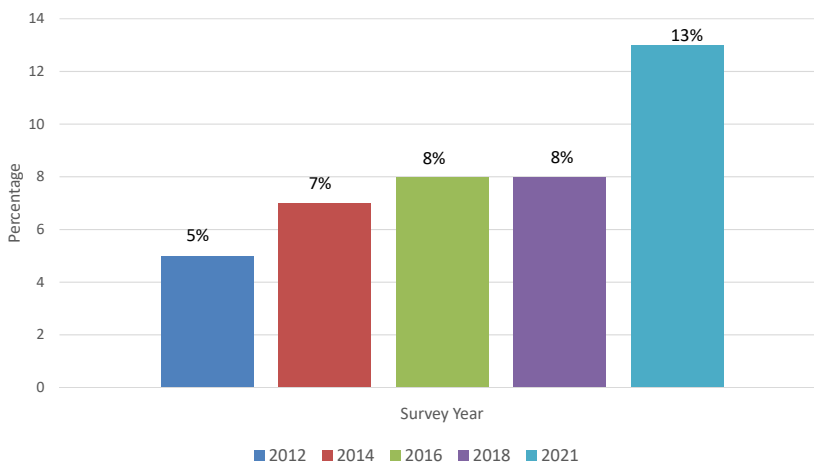
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## VISITED EMERGENCY ROOM INSTEAD OF DOCTOR APPOINTMENT

Percentage Used ER Instead of Doctor Appointment in Past Year

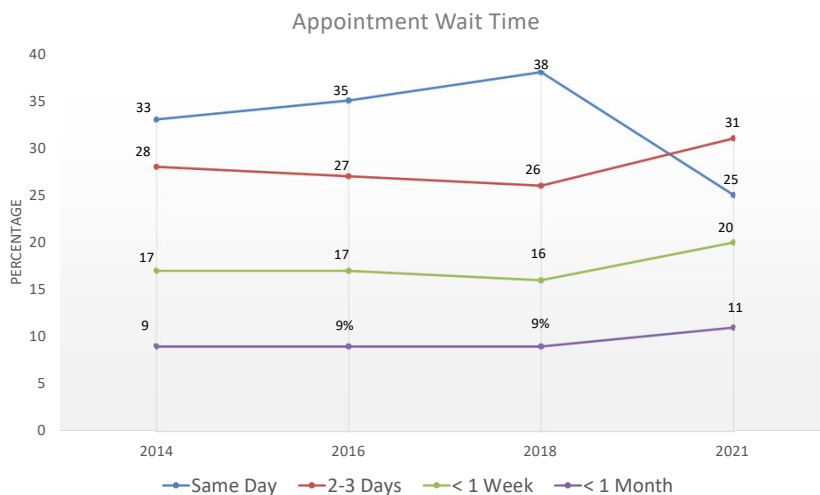


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## WAIT TIME FOR MEDICAL APPOINTMENT (FOR ISSUE TO BE RESOLVED QUICKLY)

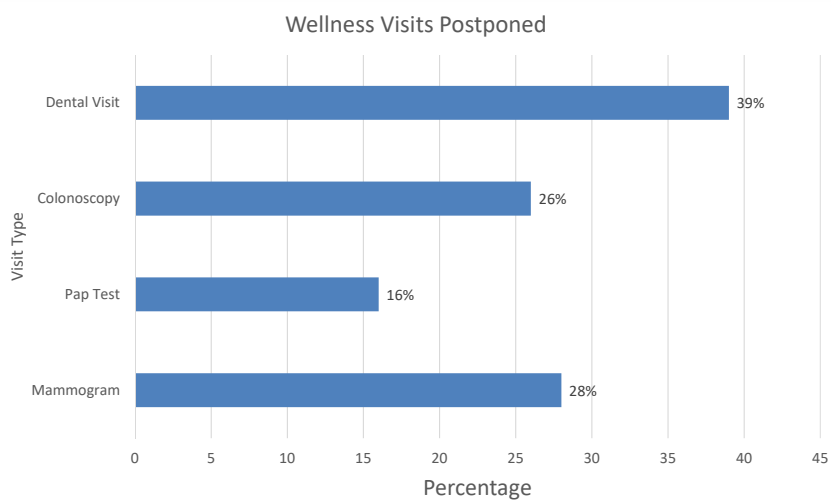


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## CARE POSTPONED DUE TO COVID CONCERNS



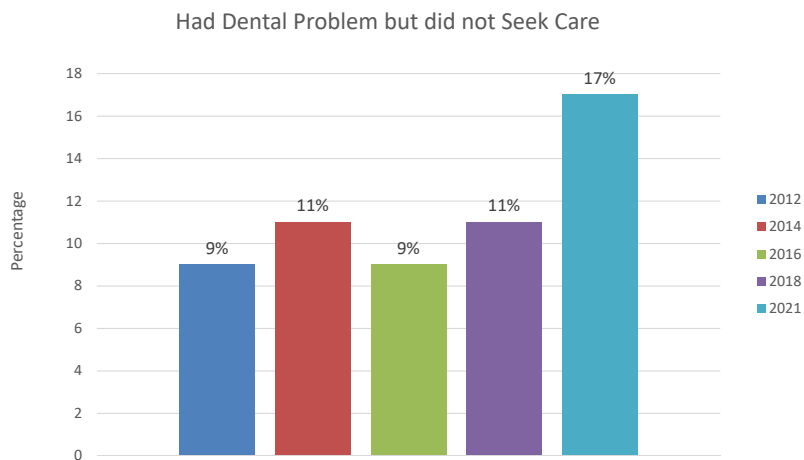
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## UNRESOLVED DENTAL PROBLEMS



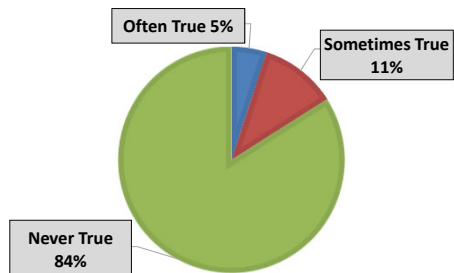
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## FOOD INSECURITY

THINKING OF THE FOLLOWING STATEMENT "I WORRIED WHETHER MY FOOD WOULD RUN OUT BEFORE I GOT MONEY TO BUY MORE." WAS THAT OFTEN TRUE, SOMETIMES TRUE, OR NEVER TRUE FOR YOU IN THE LAST 12 MONTHS?



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## OTHER CONSIDERATIONS

- Differences Exist by Age, Race, Gender, Education and Employment Status
- Findings Need to be Considered in the Context of Economic Challenges and Disparities
- There is Hope Moving Forward

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## WHERE TO FIND REPORTS

### View Reports

- Health Assessment Survey
- Birth Outcomes Report
- Community Health Indicators Report Card

Health Department Website:

<https://www.howardcountymd.gov/health/reports-data>

Howard County Local Health Improvement Coalition Website:

<https://www.hclhic.org/community/data>

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## STRATEGIC PLANNING PROCESS



[The Association for Community Health Improvement's Community Health Assessment Toolkit](#)

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## PHASES AND KEY FINDINGS

### **PHASE I – July**

- Member Survey: Aging across lifespan, social isolation, social media engagement, community presence

### **PHASE II – September**

- Two virtual community forums: Physical activity events: outdoors/virtual; Expanded healthy eating classes, subsidized farmer's market, community gardens; Other concerns: Isolation, Aging, Chronic diseases
- Four Round table discussions (Healthy Beginnings, Healthy Living, Mind Health and Community Engagement Grantees): Increased awareness and access to (free/low-cost) classes, activities and resources across the lifespan, policy changes, cultural considerations, chronic diseases and communicating with priority populations through trusted navigators and outreach efforts.

### **PHASE III – October**

- Draft priorities, feedback survey, present at October's Full LHIC Meeting
- Review by co-chairs, vote and finalize
- Form Workgroups and Action Groups

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## DRAFT COALITION PRIORITIES

**Through strategic Community Engagement** the Howard County Local Health Improvement Coalition works to promote health and to prevent and support management of chronic diseases across the lifespan.

- 1. Healthy Beginnings:** Engage community members in culturally appropriate and accessible healthy lifestyle activities related to prevention and care for gestational diabetes, maternal and child health and prevention of pediatric obesity.
- 2. Healthy Living Priority:** Engage community members in culturally appropriate and accessible healthy lifestyle activities and health promotion related to chronic disease prevention and care, increased physical activity and healthier food and beverage choices.
- 3. Healthy Minds Priority:** Engage community members across the lifespan in culturally appropriate and accessible activities and health promotion to decrease social isolation and support mental health.

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## PROPOSED PLAN GOALS AND SAMPLE STRATEGIES

**Goal 1:** Engage residents in healthy lifestyle activities by increasing awareness, access and culturally appropriate communications related to physical activity and nutrition resources in Howard County

- Plan, implement and evaluate a Social Marketing campaign to disseminate messages around healthy lifestyles for residents across the lifespan in Howard County.

**Goal 2:** Encourage Howard County residents of all ages and abilities to walk and move for improved physical and mental health

- Plan, implement and evaluate Howard County Walktober initiatives comprised of a calendar of events and webinars around walking/moving to encourage Howard County residents of all ages and abilities to walk and move for improved physical and mental health.
- Establish a Walking Action Plan comprised of Walktober plans and a toolkit to encourage Howard County residents of all ages and abilities to walk and move for improved physical and mental health year-round.

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## PROPOSED PLAN GOALS AND SAMPLE STRATEGIES

**Goal 3:** Increase culturally appropriate and accessible messaging around chronic disease prevention and support for management-related health conditions for all ages and abilities.

- Convene quarterly Chronic Disease Management Community Provider forums to ensure awareness and access to resources and coordinated community planning.

**Goal 4:** Collaborate with internal and external partners to *facilitate programs/events to engage residents in reducing stigma and increasing awareness* around mental health topics across the lifespan *and increase awareness of and access to community resources* in Howard County.

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## PROPOSED PLAN GOALS AND SAMPLE STRATEGIES

**Goal 5:** Engage Howard County residents of all ages and abilities in culturally appropriate and accessible health promotion of internal and external partner resources and classes through communication channels and outreach efforts

- Convene quarterly Communications team meeting to plan, implement and evaluate Communication messaging through the HCLHC and partners.
- Increase community outreach and education targeting hard-to-reach priority populations in their place of residences.

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## ACTION ALERT

**Howard County LHIC**  
Local Health Improvement Coalition



**MEMBER ACTION ALERT**

October 18, 2021

[Click Here to Read Digest Newsletter](#)

[Click Here to Read Member Announcements and Other Updates](#)

**ACTION REQUESTED – Complete and Share**  
HCLHC 2021-2025 Strategic Plan and Website Survey

The Howard County Local Health Improvement Coalition (HCLHC) works to improve health outcomes and reduce health disparities in Howard County.

HCLHC is seeking your feedback on Howard County's 2022 - 2025 Community Health Improvement Plan or the HCLHC Strategic Plan and the re-designed HCLHC website. Please take a few minutes to share your feedback with us by **Wednesday October 27, 2021** to help us achieve healthy communities in Howard County.

Link to Action Alerts:

<https://www.hclhc.org/membership/action-alert>

Link to Survey:

[https://www.surveymonkey.com/r/HCLHC\\_Web\\_Plan\\_2021](https://www.surveymonkey.com/r/HCLHC_Web_Plan_2021)



Feedback on Strategic Plan and Website. Please use the chat box to share feedback or take a few minutes to complete the survey

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## VIRTUAL STRETCH BREAK



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## MEMBER ANNOUNCEMENTS, RESOURCE SHARING AND NETWORKING



1. Calendar of events:  
<https://www.howardcountymd.gov/health/walktober-2021>
2. Community-focused Webinars
  - a) Kids and families
  - b) General public
  - c) Older individuals
  - d) Individuals with disabilities
3. Toolkit – maps to promote walking/moving year-round

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## HOCO WALKTOBER 2021

1. Calendar of events:  
<https://www.howardcountymd.gov/health/walktober-2021>
2. Community-focused Webinars around walking/moving
  - a) Kids and families
  - b) General public
  - c) Older individuals
  - d) Individuals with disabilities
3. Toolkit – to promote walking/moving year-round

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HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE

**VIRTUAL PROGRAMS  
OCTOBER 2021**

**Howard County**  
Office on Aging & Independence

Please note the password for all FREE PROGRAMS is Fall50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT

**Three out of four people using heroin began with the use of prescription medication**

**Drug Take Back Day**  
in Howard County

**Saturday, October 23**  
10 a.m.–2 p.m.

Dispose of unwanted or expired medications & sharps (needles, syringes & EpiPens) at HC DrugFree's convenient drive-thru collection

**Wilde Lake Village Center parking lot**  
5305 Village Center Drive, Columbia, near The UPS Store

For details, go to [www.HCDrugFree.org](http://www.HCDrugFree.org)

Adults volunteer at:  
<https://www.surveymonkey.com/r/AdultVolOct23-21>

**HCDrugFree**  
Empowering the Community

Message provided by HC DrugFree & the Howard County Police with funding from Howard County Health Department, MDH & SAMHSA

Found here:  
<https://www.hclhic.org/healthy/chronic-disease>

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## HELP SPREAD THE WORD ABOUT CAREAPP

**Sharing CAREAPP:**  
A Guide for Spreading the Word

CAREAPP is a Howard County Health Department program that connects County residents to community programs and services, including resources for food, health, housing, transportation, education, employment assistance, and more.

- **Add a Search box or hyperlink on your website to <https://findhcreources.org/>**

- **Distribute CAREAPP postcards**

- **Promote on Social Media**
- **New to CAREAPP? Contact Natalie Hall, [nhall@howardcountymd.gov](mailto:nhall@howardcountymd.gov)**

Link to Toolkit: <https://www.hclhic.org/resources/access-to-care>

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## TOBACCO GRANT - GENERAL PURPOSE

The Howard County Health Department seeks to fund community-based organization(s) to reach **populations/groups identified as at risk for tobacco/vape use, or having a known health disparity related to tobacco, and advance health equity efforts** to provide anti-tobacco/vaping use prevention, education, and cessation resources. *Tobacco use, including cigarette smoking, cigar smoking, and smokeless tobacco use, remains the leading preventable cause of death in the United States.*

### Project must address one of the following grant objectives:

1. Reduce initiation of use for all tobacco products among youth
2. Increase awareness among adults about youth vaping
3. Promote and provide referral to smoking cessation resources and services
4. Influence social norms and public health policies regarding tobacco products

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## TOBACCO GRANT - REQUIREMENTS

### Funding

- **Funding period:** November 15, 2021 - May 31, 2022
- **Award amount:** up to \$3,000
- Half of the funds will be issued upon award and contract execution. The second payment will be issued upon receipt of mid-term report.

### Reporting

- **Reports due:** February 15, 2022 and May 31, 2022; report all activities, outcomes, and expenditures on the provided reporting template
- **Required attendance:** 2 grantee meetings and 1 Howard County Local Health Improvement Coalition (HCLHIC) meeting; be prepared to provide updates on the progress of the project

### Application

- **Electronic application due:** October 31, 2021 to [LHIC@howardcountymd.gov](mailto:LHIC@howardcountymd.gov)
- Project proposal must meet 1 of the stated grant objectives
- Applicant must be a current non-profit or for-profit group in Howard County; and registered and in "Good Standing" with the State

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## TOBACCO GRANT - INFORMATIONAL SESSION

An informational session about the application and review process will be held on **Friday, October 22, 2021 at 10:00am – 11:00am via Zoom**. Register [here](#). Attendance is optional. Recording will be posted on <https://www.hclhic.org/>

**Electronic application due:** October 31, 2021 to [LHIC@howardcountymd.gov](mailto:LHIC@howardcountymd.gov)

Applications will be reviewed by a committee and awardees selected by November 12<sup>th</sup>.

For additional information, contact [lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov)

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## MEMBER ANNOUNCEMENTS, RESOURCE SHARING AND NETWORKING

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

**Thank you!**

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## NEXT STEPS & WRAP UP

**2022 Quarterly Full Coalition Meetings:**

Register [here](#) (format to be determined)

- January 20, 2022 8:30-10:30am
- April 21, 2022 8:30-10:30am
- July 21, 2022 8:30-10:30am
- October 20, 2022 8:30-10:30am

Presentations and recording will be posted at  
[www.hclhic.org](http://www.hclhic.org)

For additional information or questions contact  
[lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov)