

## Howard County Local Health Improvement Coalition

Full Coalition Hybrid Meeting Minutes

October 20, 2022, 8:30 am – 10:30 pm

In-person: Heroes Room, Howard County Health Department

Virtual: Zoom

### Minutes

#### Members Present:

Barbara Allen, James Place Inc.  
Linda Ashburn, HC Health Department  
Erin Ashinghurst, Accessible Resources for Independence  
Candace Ball, HC Local Children's Board  
Karen Basinger, University of Maryland Extension  
Andrea Bendig, Wellness Strategies Group  
Alice Blayne-Allard, The Phoenix Group  
Debby Bors, University of Maryland Student  
Tracy Broccolino, Community Action Council of HC  
Mark Burkom, HC Dept. of Recreation & Parks  
Regina Clay, CareFirst  
Katie Collier, Congruent Counseling Services  
Ana Cortes, United Healthcare  
Dana Couch, NAACP Howard County Chapter  
Lisa DeHernandez, HC Health Department  
Akasha Dotson, HC Dept. of Comm. Resources & Services.  
Chris Eatough, HC Office of Transportation  
Tiffany Erbeling, Horizon Foundation  
Connie Ford, HC Health Department  
Aleisa Fries, Leaders of Tomorrow Youth Center  
JaKaiya Frisby, American Lung Association  
Natalie Hall, HC Health Department  
Alice Harris, Equity Fellow - Horizon Foundation  
Laura Henderson, HC Health Department  
Meredith Hochman, Central Maryland Health Education Center  
Loretta Hoepfner, American Academy of Pediatrics  
Latrice Jackson, Humanim  
Victor Jimenez, Regional Transportation Agency  
Lois Joellenbeck, HC Health Department  
Janet Jones, Qlarant  
Anna Katz, Grassroots Crisis Intervention Center  
Chris Kelter, Accessible Resources for Independence  
Elizabeth Kromm, HC General Hospital  
Julie Kwedar, MDOT MVA Highway Safety Office

Michelle LaRue, CASA  
Vanita Leatherwood, HopeWorks  
Jennifer Lee, HC Office on Aging & Independence  
Vanda Lerdboon, HC Health Department  
Matthew Madera, HC Government  
Sam Mancuso, United Therapeutics  
Ilise Marrazzo, HC Health Department  
Tracy Novak, HC General Hospital  
Ekere Ekandem Olojola, HC Public School System  
Olateju Oluwatosin, Food and Care For All  
Peters Omoregie, HC Office on Aging & Independence  
Cristina Oviedo, Community Member  
Emily Paterson, Maryland Poison Center  
Tavia Patusky, Columbia Association  
Emily Phillips, HC Health Department  
Stephanie Reid, HC Health Department  
Carrie Ross, Community Action Council of HC  
Maura Rossman, HC Health Department  
Razan Sahuri, University of Maryland - Extension  
Sally Seen, HC General Hospital  
Glenn Schneider, Horizon Foundation  
Joan Webb Scornaienchi, HCDrugFree  
Sonia Su, Kits to Heart  
Terri Taylor, Howard County Fire & Rescue Services  
Theresa Taylor, Community Ecology Institute  
Laura Torres, HC General Hospital  
Kerry Wargo, Maryland Department of Health  
Jennifer White, Horizon Foundation  
Matt Wilson, HC Health Department  
Jada Woodley, Community Member  
Yolanda Wright, Alzheimer's Association  
Antigone Vickery, HC Health Department  
Chynae Vicks, HC Health Department

#### Staff Present:

Reena Rambharat, HC Local Health Improvement Coalition

Ashton Jordan, HC Local Health Improvement Coalition

**Guest Present:**

Briana Hudson, University of Maryland Greenebaum Comprehensive Cancer Center

Topic/Agenda	Discussion	Action/Follow-up
<b>Welcome and Introductions</b>	<p>Ms. Reena Rambharat, Director of the Local Health Improvement Coalition (HCLHIC) of the Howard County Health Department (HCHD), called the meeting to order at 8:30 am.</p> <p>Ms. Rambharat provided a welcome to members in attendance and asked members to enter their name and organization in the chat box. She also stated the goal of the meeting was to present updates on HCLHIC workgroup activities and collaborative partner initiatives.</p> <p>Dr. Maura Rossman, Howard County's Health Officer and co-chair of HCLHIC, gave opening remarks. She thanked the staff for their hard work and brought up the topic of chronic health conditions and the disparities they create. She offered examples to the Coalition on how to live a healthier lifestyle that aligns with the three key priority areas.</p> <p>Dr. Elizabeth Kromm, Howard County General Hospital's Vice President of Population Health and Advancement &amp; co-chair of HCLHIC gave remarks on what the hospital has done regarding staff wellness. Dr. Kromm mentioned that the hospital created a food pantry, though funding, for staff. She explained that they were able to work with the Community Action Council in Howard County to turn their site into a community food bank. Dr. Kromm mentioned that this partnership has enabled them to provide greater access to those in needs of sustenance from the community.</p>	<p>Guests and those interested in joining the HCLHIC may access information about membership at: <a href="https://www.hclhic.org/membership/become-a-member">https://www.hclhic.org/membership/become-a-member</a></p> <p>Past minutes and today's presentations are available at: <a href="https://www.hclhic.org/home/MeetingYears/1">https://www.hclhic.org/home/MeetingYears/1</a></p>
<b>Presentation(s): Movement Initiatives</b>	<p>Ms. Rambharat introduced the Movement workgroup initiatives the HCLHIC. She also mentioned the importance of infrastructure that facilitates movement and the partners helping specifically improve movement infrastructure around Howard County.</p> <p><b>The following presentations were made:</b></p> <p><b>Office of Transportation Walking &amp; Biking Infrastructure Updates</b> Christopher Eatough, Bicycle and Pedestrian Coordinator for the Howard County Office of Transportation mentioned the pedestrian master plan, "WalkHoward."</p> <ul style="list-style-type: none"><li>• He explained that this plan was an update to the 2009 pedestrian master plan and adopted by council in 2020.</li><li>• The plan includes frameworks and suggestions for all the pedestrian infrastructure improvements for the county.</li></ul>	<p>More information about Walk Howard can be found on the website at: <a href="https://walkhoward.org/">https://walkhoward.org/</a></p> <p>More Information about Howard County Walktober 2022 can be found at: <a href="https://www.howardcountymd.gov/walktober22">https://www.howardcountymd.gov/walktober22</a></p> <p>To watch the podcast HCC produced on Walktober: <a href="https://www.podbean.com/ew/pb-yva8r-12c966c">https://www.podbean.com/ew/pb-yva8r-12c966c</a></p>

	<p>Mr. Eatough mentioned that pedestrian improvements are made through county capital projects and developer projects. He informed the group of another initiative called “BikeHoward” which emulates the “WalkHoward” initiative but has sole focus on improving biking infrastructure.</p> <p>Mr. Eatough shared info on the “Complete Streets” project. Recommendations for the “WalkHoward” plan included:</p> <ul style="list-style-type: none"> <li>• New sidewalks in over 1000 locations, sidewalk repair in over 492 locations,</li> <li>• Bus stops to add ADA element in 421 locations and safety equipment in over 92 locations,</li> <li>• Build or upgrade 512 curb ramps, to repair or replace 67 cross walks, and</li> <li>• Shorten crossing distance with 53 pedestrian refuges or curb extensions.</li> </ul> <p>Mr. Eatough mentioned the challenges faced when working on improving walking infrastructure:</p> <ul style="list-style-type: none"> <li>• Retrofitting roads so that they can have sidewalks,</li> <li>• County does not own enough right-away which can slow down the process of acquiring sidewalks,</li> <li>• Locations conflicts (i.e., utilities).</li> </ul> <p>He mentioned Route 1 area has the most problems facing it regarding pedestrian infrastructure and safety. Further, he emphasized the project’s focus on school zones and the need for safe school walk zones. He gave a detailed overview of the current project priority areas and where they are working on expanding school walk zones and bike/pedestrians’ pathways.</p> <p>Mr. Eatough shared photos of past project locations after walking infrastructure was improved. He shared that they partnered with Downtown Columbia to create the Downtown Columbia Walk Audit to survey residents on their experiences walking Downtown Columbia.</p> <p>Dr Rossman asked if “walking with a purpose” was included in the pedestrian master plan. Mr. Eatough explained that “walking with a purpose” is a focus of the pedestrian master plan.</p> <p>Dr. Rossman asked how the HCLHIC can help future efforts. Chris mentioned to continue stressing the importance of walkability in our own world.</p>	
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	<p>Glenn Schneider of Horizon Foundation mentioned in the chat: “If you are ready to advocate for better, safer, streets, sidewalks, and intersections, please consider joining Streets for All, Howard County. Check out the Coalition's website at <a href="https://hcstreetsforall.org/">https://hcstreetsforall.org/</a>. We've successfully advocated for record funding for street, path, and intersection improvements and have been advocating for projects in previously "ignored" communities.”</p> <p><b>HCLHIC Movement Workgroup Updates</b>  Ms. Natalie Hall, Howard County Health Department, introduced the Walktober 2022 initiative.</p> <ul style="list-style-type: none"> <li>Ms. Hall mentioned that several different events have happened in connection with Walktober. A few include: <ul style="list-style-type: none"> <li>October 12<sup>th</sup> was walk to school day and there were Howard County schools that participated.</li> <li>October 22<sup>nd</sup> is the Out of Darkness Walk for suicide prevention/awareness event</li> <li>The Trunk or treat event on October 22<sup>nd</sup></li> </ul> </li> </ul> <p>Ms. Rambharat shared that the messaging used for Walktober includes representative language for people of all abilities.</p> <p>Dr. Rossman shared that it might be good for us think about ways we can normalize being outside so we can encourage more movement.</p> <p>Ms. Cris Oviedo shared a link to a podcast from Dragon Digital Radio on Walktober</p>	
<b>Presentation(s): Food Security Initiatives</b>	<p><b>HCLHIC Food Security Committee Updates</b>  Ms. Rambharat introduced the topic of Food &amp; Nutrition Security Initiatives.</p> <ul style="list-style-type: none"> <li>Coalition received an award from the Maryland Department of Health, Center for Chronic Disease Prevention &amp; Control to establish a committee to address food insecurity in Howard County.</li> <li>Committee created a survey to find out from the community what barriers they faced to food accessibility and what they needed to aid them access food.</li> <li>The committee will host a Food &amp; Nutrition Security roundtable in Spring of next year to identify gaps and potential solutions to food and nutrition insecurity.</li> </ul> <p>Dr. Rossman asked the Coalition:</p> <ul style="list-style-type: none"> <li>What are the needs they are hearing from the community in terms of food needs and food insecurity?</li> </ul>	<p>Learn more about the Horizon Foundation’s Healthier Choices Coalition by visiting the website: <a href="https://www.thehorizonfoundation.org/portfolio/healthier-choices-coalition/">https://www.thehorizonfoundation.org/portfolio/healthier-choices-coalition/</a></p> <p>Join the Healthier Choices Coalition at <a href="https://www.hoconext.org/">https://www.hoconext.org/</a></p>

	<ul style="list-style-type: none"> <li>• If the partners have real need for assistance in supplying residents with what they need especially now around the holidays?</li> </ul> <p>Ms. Carrie Ross, Howard County Food Bank Director mentioned:</p> <ul style="list-style-type: none"> <li>• The increase in price on goods that they used to get for relatively cheap has put pressure on food banks.</li> <li>• They are receiving more clients putting more stress on the food bank's ability to provide for everyone.</li> <li>• She mentioned that their clients are no longer mainly seniors on fixed income or social security. They have received a large influx of clients who are younger and don't have children but can't make ends meet.</li> </ul> <p>Dr. Rossman asked if they had the funding needed to support the influx of clients. Ms. Ross mentioned that they did have funding but due to the increase in clients, the funding will run out quicker than previous year.</p> <p>Ms. Cris Oviedo mentioned how it may be better for us to push community members toward education on growing own food instead of pushing families to the food bank. She offered the ideas:</p> <ul style="list-style-type: none"> <li>• Utilizing the partnerships fostered with places like Freetown Farm to create community gardens for residents to take part</li> <li>• Emphasizing the importance of sustainable practices that educate residents on how to provide for themselves.</li> <li>• Empowering residents by teaching them grow their own food.</li> </ul> <p>Ms. Rambharat asked if Ms. Oviedo had residents who were interested in facilitating a community garden in their area. Ms. Oviedo mentioned that upon implementing community gardens, the community members would come out and get involved.</p> <p>Karen Basinger of the University of Maryland Extension mentioned in the chat that the Extension can help with community gardens, and they can match with either Master Gardeners or Watershed stewards since many are looking for projects.</p> <p>Mention was also made in the chat about "Community Fridges is also a great method. People can add food and others can take it away.  <a href="https://www.vox.com/platform/amp/the-goods/22285863/community-fridges-neighborhoods-free-food">https://www.vox.com/platform/amp/the-goods/22285863/community-fridges-neighborhoods-free-food</a>"</p>	
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	<p>Laura Torres also mentioned in the chat: “Baltimore City has a community garden program in food desert neighborhoods. There are local models out there like the Freetown Farm in Columbia... the HC master gardeners would likely be willing to partner on some of these project ideas”</p> <p>Vanita Leatherwood of HopeWorks mentioned: “One model: HopeWorks has a garden at CEI to grow food to supplement the food at our shelter and for our clients. Our volunteers, youth leaders, and staff work in the garden. We think of it as self care to spend time there.”</p> <p>Ms. Hall asked if the food banks needed assistance delivering the food to residents? Ms. Ross mentioned that the Roving Radish and Neighbor Ride aid them in delivering food to their clients.</p> <p>Ms. Lisa DeHernandez, mentioned partnering with certain organizations that may be able to donate garden tools and equipment to help set up community gardens or patio gardens. Ms. Ross mentioned that the food bank this past summer partnered with Sharps Farm who was able to give them easier plants to grow like eggplants, tomatoes, and green bell peppers.</p> <p>Laura Henderson, HCHD WIC Program, mentioned in the chat: “Supply chain issues - specifically foods and formula that are provided by WIC are difficult to find and families don't have time and transportation to search for these specific items.”</p> <p><b>Horizon Foundation’s Healthier Choices Coalition</b></p> <p>Ms. Alice Harris, lead Equity Fellow for Horizon Foundation, introduced to the group the Healthier Choices Coalition.</p> <p>Ms. Harris shared stories of why she chose to be a part of this Coalition and why addressing healthier food choices is imperative to combatting certain health disparities. She also explained that through research and past work the committee learned that food assistance programs such as the national school lunch program, WIC, and the supplemental nutrition system program are key to increasing access to food and decreasing food insecurity across the state.</p> <p>Ms. Harris mentioned the priorities recommended for the Horizon Foundation to focus on for next year which are:</p> <ul style="list-style-type: none"> <li>• Expanding SNAP benefits and healthy food infrastructure that accept SNAP dollars,</li> <li>• Visiting the public schools to propose a healthier food options plan, and</li> </ul>	
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	<ul style="list-style-type: none"> <li>Exploring the use of food warning labels added to food products.</li> </ul> <p>She also mentioned that there was a lack of farmers markets in Howard County that currently accepted SNAP Benefits.</p> <p>Ms. Harris recommended to local government officials the possibility of bringing fresh food to areas underserved and utilizing county farms, who are already partners, to supply the fresh food. Months after the initial recommendation, officials formally accepted the recommendation. A Mobile fresh food market in Howard County is expected to launch in the summer of 2023.</p>	
<b>Presentation(s): Chronic Disease Initiatives</b>	<p><b>Chronic Disease Prevention &amp; Management Group Updates</b></p> <p>Ms. Vanda Lerdboon, Howard County Health Department, provided an update to the Coalition on what the workgroup has been doing.</p> <ul style="list-style-type: none"> <li>Mentioned the strategies (i.e., place-based initiatives, community-based activities) used by the workgroup to achieve their primary goal of increasing access to educations and support for chronic disease prevention and management.</li> <li>Shared that the Health Department awarded funds to organizations addressing chronic disease prevention and management in Howard County: <ul style="list-style-type: none"> <li>One awardee is the Food and Care for All Inc that started a program focusing on preventing chronic disease and tobacco use (P-CAT) which will be an 8-month program consisting of interactive focus group sessions.</li> </ul> </li> </ul> <p><b>Office of Community Outreach &amp; Engagement</b></p> <p>Ms. Briana Hudson, Program Manager in the Community Health Awareness, Messages, and Prevention (CHAMP) Lab within the Department of Behavioral &amp; Community Health at the University of Maryland School of Public Health mentioned the aims of the Office of Community Outreach and Engagement (COE). Ms. Hudson explained that their goal is to apply COE strategies to inform the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center (UMGCCC) research and make an impact along the cancer continuum in the catchment area.</p> <ul style="list-style-type: none"> <li>The Catchment Area is the area of counties in Maryland that UMGCCC primarily serves.</li> <li>One of the 10 priority counties is Howard.</li> <li>Mentioned that they serve as the liaison between the cancer center and the community.</li> </ul>	<p>Interested in enrolling in the Food and Care For All Preventing Chronic Diseases and Tobacco Use in Howard County (P-CAT-Howard) Program, send an email to <a href="mailto:talasanni@fcfaglobal.org">talasanni@fcfaglobal.org</a></p> <p>To access the COE community request form:</p> <p><a href="https://umdsurvey.umd.edu/jfe/form/SV_1BrB4gtMVW22DWZ">https://umdsurvey.umd.edu/jfe/form/SV_1BrB4gtMVW22DWZ</a></p>

	<p>UMGCCC prioritizes are lung, prostate, breast, colorectal, and cervical cancers.</p> <p>Ms. Hudson iterated:</p> <ul style="list-style-type: none"> <li>• The main goals for UMGCCC are cancer screening &amp; prevention, and early detection.</li> <li>• Details on the community cancer needs assessment that was done on the catchment area.</li> <li>• UMGCCC is also conducting community health advisor training with the hopes of pushing residents to become an advocate for health in their communities.</li> </ul> <p>Ms. Rambharat posed the question if the COE follows up with residents as part of the Community Health Advisors program. Ms. Hudson replied that they do follow up and offer them materials to continue advocating for health in their community on their own.</p> <p>Dr. Rossman, asked if Howard County was considered a “catchment area.” Also, she asked if COE was utilizing HPV experts to aid in preventing and reducing the occurrence of HPV related cancers. Ms. Hudson mentioned that Howard County is in the catchment area and that they do have a medical expert on staff who is able to address medical questions from residents.</p>	
<p><b>Member Announcements, Resource Sharing &amp; Networking</b></p>	<p>Ms. Rambharat gave a brief overview of the 2022 Full Coalition meetings:</p> <ul style="list-style-type: none"> <li>• The January meeting focused on maternal &amp; infant health, discussing the focus groups conducted to assess healthy lifestyle messages, as well as the strategic plan.</li> <li>• In April, the meeting focused on legislative updates, launching the suicide prevention campaign, as well as presenting the final strategic plan.</li> <li>• In July, the meeting included discussing the different workgroups, presenting the new adult dental benefits, discussion with the Tobacco engagement grantees about their experiences.</li> </ul> <p>Ms. Rambharat shared that the HCLHIC:</p> <ul style="list-style-type: none"> <li>• Applied for and received three grants,</li> <li>• Two new Coordinators</li> <li>• Grown to 546 individual members and 197 member organizations.</li> </ul> <p>Ms. Rambharat shared some Member announcements:</p>	<p>To access the Older Adult Mental Health Forum on Tuesday October 25, 2022. <a href="#">Register here</a></p> <p>Mental Health First Aid. Register at <a href="http://www.hcgh.org/event">www.hcgh.org/event</a>. For more information about this course, please email <a href="mailto:HCGH-J2BH@jhmi.edu">HCGH-J2BH@jhmi.edu</a></p> <p>The Maryland Department of Health Maternal and Child Health Bureau RFA: The RFA is available for review on the eMaryland Marketplace Advantage (<a href="#">eMMA</a>). Further information can be found within the solicitation. If your organization is not registered as a vendor on eMMA, the link to register</p>



	<ul style="list-style-type: none"> <li>The Older Adult Mental Health Forum that will be hosted virtually on October 25<sup>th</sup> from 11am-1230pm.</li> <li>Information on the grant opportunity being funded by the MDH Maternal and Child Health Bureau was shared. <ul style="list-style-type: none"> <li>Funding will go towards organizations to provide training for providers and those working in prenatal care to improve maternal health in Maryland.</li> </ul> </li> </ul> <p>Members shared the following in the chat:</p> <ul style="list-style-type: none"> <li>HopeWorks' ARTiculation: expressive arts support &amp; education group for survivors next meets December 4 <a href="http://hopeworksofhc.org/events">hopeworksofhc.org/events</a> <ul style="list-style-type: none"> <li>ARTiculation is for chronic pain conditions support. RESTORATION is HopeWorks chronic pain support group for the community, next meets January 8</li> </ul> </li> <li>Ms. Oviedo: "Join the FB group Howard County Latino and share resources, invitations in Spanish preferably <a href="https://www.facebook.com/groups/581250392700070/?ref=share">https://www.facebook.com/groups/581250392700070/?ref=share</a>"</li> </ul>	<p>as a vendor is: <a href="https://procurement.maryland.gov/business-community/">https://procurement.maryland.gov/business-community/</a>.</p> <p>Questions regarding this solicitation should be sent by email to <a href="mailto:phpa.procurement@maryland.gov">phpa.procurement@maryland.gov</a> with the procurement ID (PHPA-2028 / BPM0321321) in the subject line.</p>
<b>Next Steps &amp; Wrap-up</b>	<p>Ms. Rambharat thanked participants for joining and informed them that the recording will be made available via the HCLHIC website. The next hybrid full Coalition meeting to be held on January 19, 2023. That meeting will have a presentation on:</p> <ul style="list-style-type: none"> <li>Healthy Lifestyle in Residential Communities Project: final data, lessons learned and next steps</li> <li>Veterans Mental Health by Jessica LaFave, Community Engagement and Partnership Coordinator, Suicide Prevention, VA Maryland Health Care System</li> </ul> <p>Ms. Rambharat adjourned the meeting at 10:30 am.</p>	<p>Members are encouraged to review the minutes from Full HCLHIC and HCLHIC Work Group Meetings on the website under meeting portal: <a href="https://www.hclhic.org/home/meetingportal">https://www.hclhic.org/home/meetingportal</a></p> <p><i>2023 Quarterly Full Coalition Meetings:</i> <a href="#">Register</a></p> <ul style="list-style-type: none"> <li>January 19, 2023, 8:30-10:30am</li> <li>April 20, 2023, 8:30-10:30am</li> <li>July 20, 2023, 8:30-10:30am</li> <li>October 19, 2023, 8:30-10:30am</li> </ul>

Respectfully submitted by  
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Howard County Local Health Improvement Coalition