



## Howard County Local Health Improvement Coalition

Health Literacy Advisory Committee

May 12, 2023

10:00am - 11:00am

Virtual via Zoom

### Minutes

#### Members Present:

Erin Ashinghurst, Accessible Resources for Independence

Michelle Clark, Howard County Health Department

Lisa DeHernandez, Howard County Health Department

Gastón Gomez, Howard County Public School System

Kristine Nellenbach, Kennedy Krieger Institute

Latrice Price, Infinite Legacy

Cristina Oviedo, Howard County Latino Commission / Howard County Community College

Matt Wilson, Howard County Health Department

#### Staff Present:

Ashton Jordan, HC Local Health Improvement Coalition

Reena Rambharat, HC Local Health Improvement Coalition

Chynáe Vicks, Howard County Health Department

Topic/Agenda	Discussion	Action/Follow-up
<b>Welcome and Introductions</b>	<p>Chynáe Vicks, Howard County Health Department, called the meeting to order at 10:02am.</p> <p>Ms. Vicks gave a welcome to the workgroup members before sharing announcements.</p>	
<b>Announcements</b>	<p>Ms. Vicks shared the following announcements with the workgroup members:</p> <ul style="list-style-type: none"><li>- The Movement workgroup will be meeting May 23<sup>th</sup> from 12pm – 1:00pm.</li><li>- The Food Security Committee will be meeting June 8<sup>th</sup> from 11:00am – 12:00pm.</li></ul>	<p>Members interested in joining or getting more information about the other LHIC workgroups please contact HCLHIC: <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a></p>

	<ul style="list-style-type: none"> <li>- The Chronic Disease Prevention &amp; Management Workgroup (CDPMG) will be meeting June 14<sup>th</sup> from 10:00am – 11:00am.</li> <li>- The Healthy Minds &amp; Suicide Prevention Coalition will be meeting July 6<sup>th</sup> from 2:00pm – 3:00pm.</li> <li>- The Next quarterly LHIC Meeting will be July 20, 2023 from 8:30am – 10:30am.</li> <li>- The Howard County Food (All locations and City-specific ones) are now complete. More information will be provided in the next LHIC Action Alert along with a Google Form for partners to request print copies of these and the Food Map poster.</li> <li>- Changes are coming to Medicaid this year, renewals won't be automatic. If working with community members who receive Medicaid, please inform them that they may no longer be able to continue receiving benefits if they have not completed their renewal. They need to check in to be sure their contact info is up-to-date so that they can receive important notices on any changes to their health insurance.</li> </ul> <p>Ms. Cristina Oviedo, Howard County Latino Commission shared the following announcements:</p> <ul style="list-style-type: none"> <li>- There is a Howard County Latino Facebook Group that post a combination of resources, community asks, jobs, etc.</li> <li>- Ms. Oviedo has created WhatsApp chats for Howard County Latino Resources, and Howard County Latino Jobs, where workgroup members can share resources, information, jobs etc.</li> </ul> <p>Ms. Michelle Clark, Howard County Health Department, introduced herself as the new Director of Strategic Initiatives.</p>	<p>Members were directed to register for the Full LHIC meeting here:  <a href="https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207">https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207</a></p> <p>Members were directed to view the HC Food brochures, food connection map, food map poster, and the food and nutrition resource guide for providers here:  <a href="https://www.hclhic.org/healthy/eating">https://www.hclhic.org/healthy/eating</a></p> <p>Members working with community members who would like more information on changes to renewals for Maryland Medical Assistance were instructed to contact:  <a href="mailto:medicaid@howardcountymd.gov">medicaid@howardcountymd.gov</a>  or call 410-313-5845</p> <p>Members interested in joining the Howard County Latino Facebook group were directed here:  <a href="https://www.facebook.com/groups/581250392700070/?ref=share_group_link">https://www.facebook.com/groups/581250392700070/?ref=share_group_link</a></p> <p>Members interested in joining the Howard County Latino Recursos WhatsApp group were directed here:  <a href="https://chat.whatsapp.com/HPKLqWC9y25IAVhMzN4haV?fbclid=IwAR2licd_nT5iiP2US93SD8rotp2osZeC65bAT1bTN5X1KAQpvcbrnT3agsg&amp;mibextid=S66gvF">https://chat.whatsapp.com/HPKLqWC9y25IAVhMzN4haV?fbclid=IwAR2licd_nT5iiP2US93SD8rotp2osZeC65bAT1bTN5X1KAQpvcbrnT3agsg&amp;mibextid=S66gvF</a></p>
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<p><b>Review Living Well in the Community Curriculum/ Healthy Lifestyle Campaign Discussion</b></p>	<p>Ms. Erin Ashinghurst, Accessible Resources for Independence (ARI), gave an overview of the Living Well in the Community Curriculum, an evidence-based wellness curriculum developed in partnership with Centers for Independent Living. Participants in the program will set and achieve quality of life goals and build skills to support their health and wellness. Topics include:</p> <ul style="list-style-type: none"> <li>- Goal setting</li> <li>- Building Support</li> <li>- Staying on Course</li> <li>- Healthy Communication</li> <li>- Seeking Information</li> <li>- Eating Well</li> <li>- Physical Activity</li> <li>- Advocacy</li> <li>- Maintenance</li> </ul> <p>She also shared comments made by participants that touted the Living Well Program’s ability to create a holistic opportunity to gain skills and improve confidence to improve the health of people living with disabilities. She iterated that if the right opportunity arose and they had the capacity that they are interested in implementing this program in Howard County.</p> <p>Ms. Oviedo mentioned that she began a new partnership with a well-established independent Latino news avenue. She will be participating in weekly segments where she announces upcoming Latino events and shares Latino resources. She urged partners to send any resources they would like shared to the Latino community through this channel to her.</p>	<p>Members were directed to view the Healthy Community Living Curriculum presentation here:  <a href="https://bit.ly/HealthyCommunityLivingCurriculum">https://bit.ly/HealthyCommunityLivingCurriculum</a></p> <p>Members were directed to view the Healthy Howard County Campaign here:  <a href="https://www.howardcountymd.gov/healthyhowardcounty">https://www.howardcountymd.gov/healthyhowardcounty</a></p>

Ms. Vicks introduced Ms. Lisa DeHernandez, Howard County Health Department, to give a brief update on the Healthy Lifestyle Campaign. Ms. DeHernandez shared that the campaign materials have been translated into Spanish and Korean with more languages pending. She shared one of the Spanish graphics to receive feedback from the group.

Ms. Oviedo and Mr. Gaston Gomez, Howard County Public School System, pointed out the discrepancies with the Spanish translations used in the materials. Ms. Maria Blanco, Howard County Health Department, also shared the sentiments of Ms. Oviedo and Mr. Gomez and suggested edits that would fix some of the discrepancies.

Ms. DeHernandez mentioned that she will share the Spanish, Korean, and other language translations once available to bilingual workgroup members to aid in correcting any discrepancies.

Ms. Vicks then asked members to brainstorm ideas that would help the community they serve better receive the messages from the healthy lifestyle campaign.

Ms. Reena Rambharat, Howard County Health Department, inquired if there would be a toolkit with the images in different languages for community members and providers to download and share through social media. She also inquired if there will be a request form available for partners to request materials to hand out in person. Ms. Vicks informed the group that these items could be made available in the future.

Ms. DeHernandez shared that any digital creative can be added to the Healthy Howard County webpage for promotion purposes.

Ms. Kristine Nellenbach, mentioned that she runs the Resource Center at Kennedy Krieger and has noticed that a lot of people take the brochures when they visit the hospital. She iterated that brochures take up less space and allows her to put out more materials. She also



	<p>shared those digital materials could be checked for compatibility with screen readers.</p> <p>Ms. Ashinghurst mentioned that magnets, jar grips, and brochures would be nice for the community of people living with disabilities. She iterated that readability (font size and text is key) and images reflective of the disability community are important. She mentioned multiple opportunities to view/listen to the materials/resources in free or low-cost third spaces (libraries, CILs, community centers, affordable housing communities, etc.) could be conducive, as well.</p> <p>Mr. Gomez iterated that once materials are ready to be disseminated, his team of Hispanic Achievement Liaisons would be happy to share in schools, during parent events, etc.</p> <p>Mr. Gomez wished everyone a Happy Mother's Day!</p>	
<p><b>Next Steps &amp; Wrap-up</b></p>	<p>Ms. Vicks adjourned the meeting at 10:50 AM</p>	<p>Members interested in tabling at one of our future health department events please contact: <a href="mailto:ajordan@howardcountymd.gov">ajordan@howardcountymd.gov</a></p> <p>Members interested in the LHIC promoting their upcoming event(s) please contact: <a href="mailto:ajordan@howardcountymd.gov">ajordan@howardcountymd.gov</a></p>

Respectfully submitted by:  
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