



# Howard County Local Health Improvement Coalition

## Movement Workgroup Meeting

January 23, 2024

### Howard County LHIC

Local Health Improvement Coalition



Promote. Preserve. Protect.

[www.hclhic.org](http://www.hclhic.org)

[@hclhic](https://twitter.com/hclhic)

# GOAL & AGENDA

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**Meeting Goal:** Plan, create and promote falls prevention initiatives to improve the health of the Howard County community.

## **AGENDA:**

- A. Introductions, Previous Meeting Recap, Member Announcements
- B. Howard County Falls Data
- C. Falls Assessments in the Home – Howard County Health Department
- D. Fitness Data Summary – Office of Aging and Independence
- E. Howard County Falls Discussion
- F. Next Steps and Wrap-up

# Member Announcements

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# Movement Logo and Flyer



### Movement & Exercise Programs

**Howard County LHIC**  
Local Health Improvement Coalition

**HOWARD COUNTY HEALTH DEPARTMENT**

<p><b>Fun Run with Feet First Sports</b></p> <p>Join our weekly Fun Run every Thursday at Feet First Sports. We meet at 5:45 pm and run at 6 pm. Choose your distance (2, 3, 4, or 6 miles). Call 410-992-5800 for more information.</p>	<p><b>Walk with East Columbia Branch Library</b></p> <p>Let's walk together every Monday at 9:30 am. Meet outside in front of the East Columbia Library. Call 410-313-7700 for more information.</p>
<p><b>Monday Morning Meanderings</b></p> <p>Group walk at Lake Elkhorn hosted by The Village in Howard. Meet at the dock at 10:00 am every Monday. Call 301-980-0622 for more information.</p>	<p><b>Walk with a Doctor</b></p> <p>Talk with a Doctor while walking. Meet 9 am on the 3rd Saturday each month at Lake Kittamaqundi. Call Columbia Association at 410-381-0526 for more information.</p>

For more physical activity programs visit <https://findhcreources.org/> or aim your phone at the QR code !



# Wise Steps to Prevent Falls Class – January 25

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# National Girls & Women in Sports Day - February 4

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**North Laurel Community Center**  
**February 4 | FREE**  
**All Ages & Levels**  
Celebrate the power and passion sports invokes in all of us!

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**Multi-Sport Clinic**  
11-2pm  
**Watch Inspiring Sports Movie**  
3-6pm

  [www.hcrpsports.org/ngwsd](http://www.hcrpsports.org/ngwsd)


# Kick Out Cancer Event – February 7

**Kick Out Cancer Event**

**Wednesday, February 7 at 8:45 am**



In honor of World Cancer Day and the ongoing battles many face, please join us, as we partner again with the Claudia Mayer/Tina Broccolino Cancer Resource Center to raise funds and awareness of local resources available to you. A fun-filled Cardio Kickboxing class will be led by Fitness Coordinator, Michelle Rosenfeld. Come dressed in the “color of cancer” you support. **\$5 Suggested Donation for CMTBCRC.**

 **Howard County**  
Office on Aging & Independence

Bain 50+Center  
5470 Ruth Keeton Way, Columbia, MD  
21044  
410-313-7213 (voice/relay)

# Howard County Falls Data

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# Falls Assessments in the Home

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# Fitness Data Summary

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# Howard County Falls Discussion

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- **Falls Prevention as a Priority in the Action Plan**
- **Falls Prevention Resources (Update Infographics)**
- **Falls Prevention Week – September 22 to the 28 (Promote)**

# LHIC Falls Prevention Infographics

## Fall Prevention

### Fall Myths vs. Facts

**Myth:** A fall won't happen to me.

**FACT:** Every second an older adult falls. Over 1 in 4 older adults fall each year.

**Myth:** I won't get hurt if I fall.

**FACT:** Falls are responsible for 95% of all hip fractures and are the #1 cause of injury-death in older adults.



**Myth:** One fall isn't a big deal.

**FACT:** If you fall, your risk of falling again doubles.

**Myth:** Falling is a part of aging.

**FACT:** Taking steps to prevent falls can keep you safe and independent.

### 4 Things YOU Can Do to Prevent Falls



#### Speak Up

Tell your doctor if you feel unsteady or have fallen. Regularly review medications and discuss any side effects.



#### Have Eyes Checked

Check with your eye doctor and update eyeglasses every year, if needed.



#### Keep Moving

Strength and balance exercises can help promote brain health, build muscle strength and prevent falls.



#### Make Your Home Safe

Keep floors and walkways clear of tripping hazards like rugs and electrical cords. Always use handrails on stairs.



## Local Fall Prevention Resources

Resource	Services	Contact/Website
<b>Howard County Health Department</b>	Facilitates enrollment into quality healthcare by assisting clients with applying for health insurance and providing services to help clients navigate the Medicaid system.  Provides Adult Evaluation & Review Services (AERS) to help County residents to remain safe at home by connecting them with services and supports that can foster their independence and personal well-being.	410-313-5845  hchealth.org
<b>Howard County Department of Community Resources and Services  Office on Aging and Independence</b>	Provides information about local, state and federal programs, businesses, and non-profit organizations serving older adults, caregivers, and their families in Howard County.  The Stepping On programs provides participants with education and resources to help reduce falls and increase confidence, strength and balance. Topics include: Falls/Risks; Safe Footwear; Review of Medications; Home Hazards/Vision; Public/Community Safety; and, Strength/Balance Exercises.  The Stepping Up Your Nutrition programs provides participants with information about malnutrition and increased risk of falls and offers strategies for eating better and improving health.	410-313-1234 (voice/relay) 1-844-627-6465 (844-MAP-LINK)  <a href="http://www.howardcountymd.gov/aging">www.howardcountymd.gov/aging</a>
<b>Howard County Local Health Improvement Coalition</b>	Provides Chronic Disease Self-Management; Chronic Pain Self-Management; Food Assistance and Nutrition Education resources.	410-313-6204  www.hclhic.org
<b>Maryland Access Point</b>	Provides information and assistance for County residents to plan for immediate and future needs. Assistance and benefits; Referrals to programs and services for individuals, families and caregivers; Home modification and repair; Planning for the future; and, Educational programs	410-313-1234 (voice/relay) 1-844-627-6465 (844-MAP-LINK)  marylandaccesspoint.211md.org/

11/2021

# LHIC Falls Prevention Infographics

## Fall Prevention

Maintain your health and independence by reducing fall risks

### Prevention at Home

1. Have good lighting
2. Secure rugs
3. Install handrails in the bathroom
4. Use handrails on stairs
5. Clear floors of tripping hazards
6. Keep kitchen items within reach
7. Wear footwear with firm, non-skid soles

### Reduce Your Fall Risk

- Stay Active
- Monitor Your Medications
- Check Your Vision
- Avoid Balance Issues

Howard County LHIC  
Local Health Improvement Coalition

HOWARD COUNTY HEALTH DEPARTMENT  
HEALTH INSURANCE YOU

If you think you are at an increased risk of falling, talk to your healthcare provider about your concerns and possible solutions.

410.313.6204 | [hclhic.org](http://hclhic.org)

# NEXT STEPS & WRAP UP

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**2023 Quarterly Hybrid Full Coalition Meeting:**

**[Register](#)**

**April 18, 2024, 9:00 - 11:00 a.m.**

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

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



Thank you

LHIC Team

[LHIC@howardcountymd.gov](mailto:LHIC@howardcountymd.gov)

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