



## Howard County Local Health Improvement Coalition

Movement Workgroup Meeting

March 19, 2024

11:00am to 12:00pm

Virtual via Zoom

### Minutes

#### Members Present:

Daniel Besseck, Howard County Fire and Rescue  
Bernadette Bindewald, Howard County Health Department  
Matthew Castner, Johns Hopkins Howard County Medical Center  
Johnia Curtis, Howard County Health Department  
Rachel Filar, Howard County Office on Aging and Independence  
Natalie Hall, Howard County Health Department  
LaTonya Love, Howard County Health Department  
Chimezie Ndukoba, Howard County Health Department  
Tavia Patusky, Columbia Association  
Michelle Rosenfeld, Howard County Office on Aging and Independence  
Terri Taylor, Howard County Department of Fire and Rescue Services  
Carly Shilling, Howard County Office on Aging and Independence  
Matt Wilson, Howard County Health Department

#### Staff Present:

Ashton Jordan, Howard County Local Health Improvement Coalition  
Reena Rambharat, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
<b>Welcome and Introductions</b>	<p>Ms. Reena Rambharat, Director, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 11:01am.</p> <p>Ms. Rambharat provided a welcome to members in attendance and thanked participants for joining the meeting. She shared the goal of this meeting was to plan, create and promote falls prevention initiatives to improve the health of the Howard County community.</p>	<p>LHIC website: <a href="https://www.hclhic.org/">https://www.hclhic.org/</a></p>

<p><b>Announcements</b></p>	<p>Ms. Rambharat shared that Sonya Lloyd has moved on to another position in the Health Department and LHIC is recruiting for her replacement.</p> <p>Ms. Rambharat shared that the next full quarterly LHIC meeting will be hybrid at 9:00am on Thursday, April 18, 2024, at the Howard County Health Department (HCHD) and online via Zoom.</p> <p>Ms. Rambharat shared that she met with Disability Partnerships, a Non-Profit organization working to engage individuals with disabilities with physical activity. The events are free and open to anyone, and they are looking for opportunities to collaborate.</p>	<p>Previous LHIC meeting minutes:  <a href="https://www.hclhic.org/home/MeetingYears/357">https://www.hclhic.org/home/MeetingYears/357</a></p> <p>Register for next full LHIC meeting:  <a href="https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator">https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtcreator</a></p> <p>Link to Disability Partnerships website:  <a href="https://www.disabilitypartnerships.org/">https://www.disabilitypartnerships.org/</a> and list of events:  <a href="https://www.disabilitypartnerships.org/events">https://www.disabilitypartnerships.org/events</a>.</p>
<p><b>Previous Meeting</b></p>	<p>Ms. Rambharat said that previous meeting minutes can be found on the LHIC website. At the last meeting, there was discussion about falls in Howard County and the Assessments and Nurse Monitoring Supervisor outlined the work of her team with home visits. Michelle Rosenfeld also shared information about the Office on Aging and Independence (OAI) 50+ Center fitness pass. The group discussed potential Fall activities during Falls Prevention week between September 22 to 28, 2024 similar to the Walktober calendar of events in addition to the updated resources.</p>	<p>Movement meeting minutes:  <a href="https://www.hclhic.org/home/meeting/2024?categoryid=364">https://www.hclhic.org/home/meeting/2024?categoryid=364</a></p>
<p><b>Howard County Falls Data Presentation &amp; Discussion</b></p>	<p>Ms. Rambharat introduced Bernadette Bindewald, Epidemiologist with the HCHD to give an overview of Falls data as follows:</p> <ul style="list-style-type: none"> <li>• 19.6% of How. Co. residents ages &gt;45 reported falls in the past 12 months</li> <li>• 22,949: Estimated # of falls in 1 yr.</li> <li>• 21.5%: Falls reported by Males</li> <li>• 17.6%: Falls reported by Females</li> <li>• 37.4%: Falls reported by residents with 1 or more disability</li> <li>• 17.1%: Falls reported by residents with no disability</li> <li>• 8.4%: Residents that reported an injury related to fall in past 12 months</li> <li>• 131 deaths (2018-2021) related to falls with 32.75 deaths yearly average with 94%: age 65+ and 56%: age 85+</li> <li>• Between 2018-2021: 50.4%: Male deaths and 49.6%: Female deaths; 76.3%-White, 10.7%-Black, 13.0%-Asian</li> </ul> <p>Ms. Rambharat opened the floor to questions and discussion from the group, which included the following:  Are there were any seasonal aspects regarding falls data?</p>	

- Presentation didn't cover specific months, but suspected seasonal aspects

Where did the data regarding estimated number of falls come from?

- BRFSS and CDC using weighted samples

Were hospitalization rates taken into account?

- Hospitalization rates were reviewed (length of stay, etc., but not presented)

Is the Fall data in Howard Co. a result of Howard Co. having an increased aged population or is the risk to the elderly increasing?

- Could be increased aging population or an increase of older population moving to How. Co.

With How. Counties' aging population, how does the group get started in helping to reduce the number of falls and promoting fall prevention in target demographic group?

- Target the aging population and disabled population

Is the number of falls within a certain demographic area (Higher income residents, etc.)

- Heat map could be created to show where the falls are happening

When How. Co. Fire and Rescue report to Fall calls, is there an assessment made to risk factors?

- Fire and Rescue/EMT do not have the capacity/training to follow up or gather resources. Community Health Team are trained on fall risk prevention.

Could Epi. Team compile top 5 zip codes in How. Co. with most falls and collaborate with Fire and Rescue to compare data?

- 21042, 21043, 21044, 21045 and 21046

Is ER visits figure from Presentation capturing all area Hospitals or only in JHHCMC?

- Data captures all area Hospitals but only How. Co. residents.

Is it possible to create a map that narrow data down to zip codes and then further to specific senior centers, skilled care centers, etc. to focus intervention efforts?

- Epi team states that it is possible to create this map

Are there any standards that the senior living facilities held to in relation to fall prevention, like grab bars, etc.?

- 21% of Fire and Rescue are for Assisted Living facilities. There are no regulations required these facilities to install these protections legally. Providing Fall education to these facilities may be a way to start. A lot of these facilities are just not equipped to provide specialized equipment (Toilet, Tub height,

	<p>etc.).</p> <p>Can the Loan Closet assist these residents?</p> <ul style="list-style-type: none"> <li>• Loan Closet requires a physician or physical therapy referral and can assist in those instances.</li> </ul> <p>Movement group members agree the two separate components are Prevention and Reaction.</p> <p>Ms. Rambharat opened the floor to comments which included the following:</p> <p>Mr. Besseck mentioned collaboration with senior living facilities; meeting with leasing groups and identifying deficiencies door to door. Can and will be labor and time intensive. Staff is available and could start with the communities that have the most falls.</p> <p>Ms. Rambharat suggested that we could re-evaluate as time goes on to see if initiatives are working.</p> <p>Ms. Hall suggested that we use carefully crafted messages that show intent and respect to this community.</p> <p>Ms. Taylor (In Chat) suggested the use of Veteran Organizations to assist.</p>	
<b>Action Plan Updates</b>	<p>Ms. Rambharat reviewed the potential changes to the Action Plan related to Falls including addition of the Falls Prevention week ‘calendar of events’ similar to Walktober and Falls Prevention resources and information that will require flyer creation and updates for plain language, pilot testing, translation and printing.</p>	
<b>Upcoming Partner Events</b>	<p>Ms. Rambharat opened the floor for partner events and sharing. The following upcoming partner events were noted:</p> <ul style="list-style-type: none"> <li>• Older Americans Month in May: Senior Health &amp; Fitness</li> <li>• Columbia Association Events</li> <li>• <a href="#">Children’s Discovery Fair</a>: April 13<sup>th</sup></li> <li>• Black Maternal Health Week event: April 20<sup>th</sup> at 10:30am – 12:30pm at the Elkridge Branch Library</li> <li>• Howard Co. Greenfest: April 13<sup>th</sup></li> <li>• BikeAround &amp; Block Party on Saturday, May 4<sup>th</sup> from 9:00am – 12:00pm (Colorburst Park located in the Merriweather District)</li> <li>• Bike to Work Day on Friday, May 17<sup>th</sup> from 3:00pm – 5:30pm (Colorburst Park located in the Merriweather District)</li> <li>• Lakefront Live: Beginning Late May 2024</li> <li>• Blood Drive at Supreme Sports Club: June 26<sup>th</sup></li> </ul>	<p>Children’s Discovery Fair registration link:  <a href="https://www.eventbrite.com/e/childrens-discovery-fair-tickets-796205129977">https://www.eventbrite.com/e/childrens-discovery-fair-tickets-796205129977</a></p> <p>Members are asked to assist with prompting the events</p>
<b>Next Steps &amp; Wrap-up</b>	<p>Ms. Rambharat wrapped up the meeting with the following: the next meeting will be on Wednesday May 22, 2024 at 1:00 – 2:00pm. The meeting ended at 12:02pm</p>	

Respectfully submitted by LaTonya Love,  
Administrative Specialist II  
Bureau of Assessment, Planning & Community Engagement,  
Howard County Health Department

Website: [www.hclhic.org](http://www.hclhic.org) Facebook: [www.facebook.com/hclhic](https://www.facebook.com/hclhic) Twitter: [@hclhic](https://twitter.com/hclhic)