



Howard County Local Health Improvement Coalition
Chronic Disease Prevention & Management Workgroup
February 14, 2024
10:00 AM – 11:00 AM
Virtual via Zoom

Minutes

Members Present:

Stephanie Arnouk, HC health Department
Citlali Bacmeister, Luminus Network
Karen Basinger, University of Maryland Extension
Maria Jose-Candanoza, HC Health Department (HCHD)
Matthew Castner, Johns Hopkins Howard County Medical Center
JaKaiya Frisby, American Lung Association
Nicole Guimaraes, Luminus Network
Emily Hodson, Chase Brexton Health Care
Jennifer Lee, Office on Aging and Independence (OAI)
Cindy Li, Community Health Initiative
Christina Miller, Johns Hopkins Howard County Medical Center
Sunyoung Nicolas, HC Health Department (HCHD)
Mike O'Rourke, Man to Man Prostate Cancer Support Group
Crystal Pope, Johns Hopkins Howard County Medical Center
Moses Pounds, Man to Man Prostate Cancer Support Group
Heather Sites, Office on Aging and independence (OAI)

Staff Present:

Ashton Jordan, HC Local Health Improvement Coalition
Vanda Lerdboon, HC Health Department
Sonya Lloyd, HC Health Department
Reena Rambharat, HC Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
Welcome and Introductions	Ashton Jordan, Community Engagement Coordinator, for the Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 10:00 AM.	Members are urged to review the past minutes available at: https://www.hclhic.org/home/meeting/2023?catelid=361

	<p>Mr. Jordan provided a welcome to members in attendance and had members introduce themselves in the chat box.</p>	
<p>Announcements</p>	<p>Mr. Jordan, provided the following announcements to the workgroup:</p> <ul style="list-style-type: none"> • Priority Partners is hosting their Get Heart Smart workshop March 26th from 12pm to 1pm. • University of Maryland Extension will be offering nutrition classes at the 50+ Centers and offering new program Dining with Diabetes in 2024 <ul style="list-style-type: none"> ○ The Next Nutrition Talks will be at Ellicott City 50+ Center on February 15th from 11am to 12pm. ○ The next Dining with Diabetes class will be at the Elkrigde 50+ Center on March 25th From 1pm To 2pm. • The Office on Aging and Independence Are hosting heart healthy nutrition classes. <ul style="list-style-type: none"> ○ The next heart healthy nurtrion class will be February 16th at the Ellicott city Center from 1030 am to 1130am. • Howard County Health Department (HCHD) and MomCares are hosting diaper giveaways. <ul style="list-style-type: none"> ○ The next one is Feb. 27 from 10am to 12pm • Ms. Reena Rambharat, HCLHIC, mentioned that the DancelY is offering opportunities for community organizations to come share information and resources at their Wednesdays Breakfasts, which occur every third Wednesday of the month from 9am to 1130am. 	<p>Members interested in more information about the Get Heart Smart class can visit here: https://www.ppmco.org/get-free-support/health-wellness-classes/get-heart-smart/</p> <p>Members interested in more information on Nutrition Talks or the Dining with Diabetes program can Reach out to Karen Basinger here: kbasinge@umd.edu</p> <p>Members interested in more information about the heart healthy nutrition class can visit here: https://www.howardcountymd.gov/aging-independence</p> <p>Members interested in the diaper giveaways can visit here: https://www.howardcountymd.gov/peace-project</p> <p>Members interested in providing information or resources to DancelY during Wednesday Breakfast can reach out to Ashton Jordan here: ajordan@howardcountymd.gov</p>



<p>Review of Previous Meeting</p>	<p>Mr. Ashton Jordan gave an overview of the last meeting.</p> <ul style="list-style-type: none"> - Dr. Michelle Holder presented information on Irie Caribbean Cooking and culturally appropriate diets - The workgroup discussed the connectivity between nutrition and chronic disease as well as ongoing nutrition based efforts. 	<p>Members are urged to review the past minutes available at: https://www.hclhic.org/home/meeting/2023?catelid=361</p>
<p>Presentation on Nutrition-based Programs through University of Maryland Extension</p>	<p>Mr. Jordan introduced Ms. Karen Basinger, University of Maryland Extension, to present on the nutrition-based efforts she provides Howard County residents.</p> <p>Ms. Basinger shared an overview of the classes she offers:</p> <ul style="list-style-type: none"> • Fresh Conversations which are classes to learn about various nutrition topics like eating healthy, cooking for one or two, and making sure to get good dental care are geared for the 50+ centers. There is a nutrition lesson that is attached to the Fresh Conversation newsletter available to those that want it. • Karen has been doing nutrition talks through the 50+ centers which focus on healthy eating as someone ages. • The newest program is Dining with Diabetes which consists of 4 lessons with a follow up class. The class is about how to eat healthy with diabetes and how to make it easy for people. • There is a Food Preservation series which teaches participants the essentials of preserving foods through drying, canning, and freezing. • Food Ventures will be classes in the future for cottage food producers to learn how to bring their food to market, manufacture it safely, and fulfill Maryland regulations on food entrepreneurship. • Further she iterated that she serves Howard County residents and is looking for more opportunities to serve the community and their nutrition needs 	<p>Members interested in more information on Fresh Conversations, Nutrition Talks, Dining with Diabetes, or Food Preservation can contact Ms. Karen Basinger here: 410-313-1908</p>

	<p>Ms. Rambharat, inquired if the classes included translated materials for communities with limited English proficiency. Ms. Basinger informed the workgroup that the next step for the classes she offers is to provide translated materials.</p> <p>Ms. Vanda Lerdboon, HC Health Department, inquired on he eligibility of the Dining with Diabetes class. Ms. Basinger iterated that Dining with Diabetes is open to all regardless of age while Fresh Conversation is only available for those at the 50+ centers. Further Ms. Lerdboon inquired what is the best way to refer someone to the classes and if a schedule was available. Ms. Basinger iterated that there is a schedule available and they can give her a call to set up a class not scheduled.</p> <p>Ms. Stephanie Arnouk, HC Health Department, mentioned that setting up a live masterclass on zoom could be beneficial for a virtual audience who can't attend in-person. They could get recipe cards beforehand so they can shop in advance and be prepared for the live class.</p> <p>Ms. Jennifer Lee, Office on Aging and Independence, inquired if any of the classes or information presented was pre-recorded. Ms. Basinger informed the workgroup that there are not pre-recordings of the classes.</p>	
<p>Office on Aging and Independence Living Well Website Overview</p>	<p>Ms. Heather Sites, provided an overview of the new OAI Living Well Website. This website was created to give community members another way of signing up for Living Well classes.</p> <p>Living Well offers FREE community-based workshops in a small group setting aimed at helping adults become stronger and better educated in managing ongoing health conditions. OAI offers Living Well Chronic Disease Self-Management and Diabetes classes. These are available in English and Korean and will be available in Spanish soon.</p>	<p>Members were urged to review the OAI Living Well website here: https://www.howardcountymd.gov/livingwell</p>



	<p>Ms. Christina Miller, Johns Hopkins Howard County Medical Center, inquired on what if any data can be provided on how many people are signing up from the website. Ms. Heather iterated that they are seeing success and higher enrollment rates in the Living Well classes but would have to bring back raw numbers of sign-ups from the website at a future meeting.</p> <p>Ms. Citali Bacmeister, Luminus Network, shared that they have advertised the Spanish language Chronic Disease Self-Management class to their clients. She mentioned that some clients do have difficulties registering from the bit.ly link available.</p>	
<p>Discussion on Partner Prevention and Nutrition-based Efforts</p>	<p>Mr. Jordan, opened the floor up for workgroup members to discuss their prevention and nutrition-based efforts for the year.</p> <p>OAI is currently running Heart Healthy Nutrition Classes throughout the month of February.</p> <p>Ms. Cindy Li, Community Health Initiative, mentioned that during COVID-19 they hosted cooking classes for teens where they sent out recipes early and purchased ingredients together. Further she iterated that Stephanie’s idea of a cooking masterclass through Zoom may be beneficial when trying to reach teens. Ms. Rambharat shared that she has taken virtual cooking classes and thoroughly enjoyed the experience.</p> <p>Ms. Emily Hodson shared that Chase Brexton not only provides only how to eat healthy with diabetes but also other chronic conditions like HIV.</p> <p>Mr. Jordan showcased the updated health action item featuring heart health month information and resources. Further he showcased the updated Chronic Disease Self-Management program (CDSMP) flier.</p>	<p>Members were urged to view the updated health action item and CDSMP flier here: https://www.hclhic.org/healthy/chronic-disease</p>

Next Steps & Wrap-up	<p>Mr. Jordan mentioned the next CDPMG workgroup meeting will be April 10th 2024 at 10:00 AM. Mr. Jordan mentioned he would send out a CDPMG workgroup feedback survey for workgroup members to fill out.</p> <p>Mr. Jordan adjourned the meeting at 11:00 AM.</p>	
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Respectfully submitted by
Ashton Jordan, MSPH
Community Engagement Coordinator
Howard County Local Health Improvement Coalition