



Howard County Local Health Improvement Coalition

Full LHIC Meeting Minutes
July 19, 2023 8:30 am – 10:30 pm
Hybrid – In-person (Heroes Room)
Minutes

Members Present:

Michael Altenburger, CareFirst Engagement Centers Linda Ashburn, HC Health Department Temitope Bada, HC Health Department Anna Beavan, LindaBen Foundation Bernadette Bindewald, HC Health Department Maria Blanco, HC Health Department Shannon Blount, HC Public School System Michelle Clark, HC Health Department Abby Cobb, HC Health Department Samantha Cribbs, HC Health Department Johnia Curtis, HC Health Department Lisa DeHernandez, HC Health Department Shae English, HC Health Department Olivia Farrow, Ascension (St. Agnes) Rachel Filar, HC Office on Aging & Independence Connie Ford, HC Health Department JaKaiya Frisby, American Lung Association Melissa Ganey, Humanin Alison Gerber, HC Office on Aging and Independence Patricia Hagen, WinterGrowth Natalie Hall, Howard County Health Department Nayanie Henriquez, HC Health Department Michelle Holder, Food at the Center Blair Innis, Center of Excellence on Problem Gambling Lois Joellenbeck, HC Health Department Janet Jones, Qlarent Julie Kwedar, MDOT MVA Highway Safety Office Alice Lee, HC Health Department Jennifer Lee, HC Office on Aging & Independence Marcus Lee, Community Member Vanda Lerdboon, HC Health Department

Christina Miller, Cancer Resource Center Courtney Mellberg, Community Action Council Jeanette Nazarian, JHU HC Medical Center Chimezie Ndukuba, HC Health Department Kristen Nellenbach, Kennedy Krieger Institute D'Paul Nibber, Horizon Foundation Sunyoung Nicolas, HC Health Department Emily Paterson, Maryland Poison Center Emily Phillips, HC Health Department Crystal Pope, JHU HC Medical Center Sherry Price, Maryland Physicians Care Sandra Price, HopeWorks of Howard County Stephanie Reid, HC Health Department Leah Richey, University of Maryland Melissa Rosenberg, Autism Society Maura Rossman, HC Health Department Kelly Russo, HC Health Department Temitope Alao-Sanni, Community Member Joan Webb Scornaienchi, HC DrugFree Sally Seen, JHU HC Medical Center Terri Taylor, HC Fire Department/ SafeKids Lisa Terry, HC Office of Veterans and Military Families Jennifer Thomas, WellSky Brooke Thornton, Cancer Resource Center Nakia Weable, Feet First Sports Jennifer White, Horizon Foundation Ken Wolfson, Center of Excellence on Problem Gambling Antigone Vickery, HC Health Department Chynáe Vicks, HC Health Department

Eileen Zeller, MOMS Demand Action for Gun Sense for America

Staff Present:

Reena Rambharat, HC Local Health Improvement Coalition Ashton Jordan, HC Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
Welcome and	Reena Rambharat, Director of the Local Health Improvement	Guests and those interested in
Introductions	Coalition (HCLHIC) for the Howard County Health	joining the HCLHIC may access
	Department (HCHD), called the meeting to order at 8:30 am.	information about membership at:
		https://www.hclhic.org/membershi
	Ms. Rambharat provided a welcome to members in	p/become-a-member
	attendance. She also stated the goal of the meeting was to	
	provide updates on HCLHIC workgroups, present Air Quality,	
	Asthma and Chronic Obstructive Pulmonary Disease	Past minutes and today's
	initiatives, and Medically Tailored Meals in support of the	presentations are available at:
	Healthy Beginnings, Healthy Living, and Healthy Minds	https://www.hclhic.org/home/Mee
	priorities.	tingYears/1
	Ms. Rambharat introduced Dr. Maura Rossman, Health	Guests and those interested in
	Officer of the Howard County Health Department, gave	reviewing the NACo award can
	gratitude to the LHIC for continuing to work to improve the	access the abstract at:
	health of the Howard County community. She iterated that	https://www.naco.org/resources/a
	the involvement of the community is one of the greatest	ward-programs/healthy-lifestyle-
	aspects of the LHIC.	<u>residential-communities-project</u> .
	Ms. Rambharat introduced Dr. Jeanette T.M. Nazarian, Chief	
	Medical Officer of the Johns Hopkins Howard County	
	Medical Center.	
	Ms. Rambharat provided a recap of what was discussed	
	during the last LHIC meeting. During the last coalition	
	meeting data on the food nutrition survey was presented.	
	Ms. Rambharat shared that the Healthy Lifestyle &	
	Residential Communities project efforts received a NACo	
	achievement award.	
HCLHIC	Ms. Rambharat gave an overview of the updated	Learn more about the HCLHIC
Workgroup	workgroups that make up the LHIC. She explained that LHIC	workgroups and co-chairs at:
Updates	workgroups are formed from the priorities outlined in our	https://www.hclhic.org/about/our-
•	Community Health Improvement Plan (CHIP). The three	team
	priorities in our CHIP are healthy beginnings, healthy living,	
	and healthy minds.	If you are interested in joining one
	 Health Beginnings 	or more of the workgroups, please
	 Healthy Beginnings workgroup (name to be 	email us at
	determined)	LHIC@howardcountymd.gov
	Healthy Living	
	 Chronic Disease Prevention & Management 	If you are interested in joining one
	Group	or more of the workgroups, please
	 Food Security Committee 	email us at
	 Movement Group 	LHIC@howardcountymd.gov
	Health Minds	



- Healthy Minds and Suicide Prevention Coalition
- Covering all workgroups is the Health Literacy Advisory Committee

Ms. Rambharat introduced Samantha Cribbs, Howard County Health Department, to provide an overview on the Healthy Beginnings workgroup. Ms. Cribbs shared that the health departments maternal and infant health priorities align very well with the LHICs priorities. Ms. Cribbs shared the health departments priorities for maternal and infant health are:

- Reducing disparities in maternal and infant health
- Increasing awareness and education of available maternal and infant health services in Howard County
- Growing the maternal and infant health workforce

Ms. Rambharat introduced Temitope Alao-Sanni to provide updates on the Chronic Disease Prevention and Management Workgroup (CDPMG). Ms. Alao-Sanni shared that CDPMG members have held 26 chronic disease related outreach events and activities and have reached over 2000 Howard County community members. She also shared that CDPMG members have hosted 23 chronic disease related evidence-based programs / classes with 153 completes.

Ms. Rambharat introduced Courtney Mellberg, Community Action Council of Howard County, to provide updates for the food security committee on behalf of Carrie Ross. Ms. Mellberg shared that Howard County food pantry and hot meals brochure are available in five languages, digitally and in print. She stated that there is a form to request the Howard County Food Connection Map as well food pantry brochures. She shared that there was a pop-up food pantry at Owen Brown in April. She shared that there was a container garden set up for Owen Brown residents in May. She also mentioned that the Food Security Roundtable sessions are going to be held in September. Community gardens were set up at Bryant Woods and Talbott Springs Elementary schools by the Community Ecology Institute with funding from the LHIC's Care First Grant.

Members were directed here to view the LHIC Healthy Eating page with digital materials and request form:

https://www.hclhic.org/healthy/eating

Members were directed here to view the latest Pop-Up pantry video:

https://www.youtube.com/watch?v=BejmsdKAEEM&t=19s.

Members were directed here to view the Container Garden video: https://www.youtube.com/watch? v=uAvF1T8zylY

Members were directed to here to review food and nutrition data: https://www.hclhic.org/community/data

Members were directed here to view the Howard County Walktober webpage:

https://www.howardcountymd.gov/walktober

Ms. Rambharat introduced Chynae Vicks, Howard County Health Department, to provide updates on the Health Literacy Advisory Committee (HLAC). Ms. Vicks stated that the healthy lifestyle campaign has started with an initial broad approach through the health department called Healthy Howard County, and this will transition to LHIC using messages targeting individual groups soon. She mentioned that materials are available for the general Healthy Howard County campaign in the form of fliers, postcards, and posters. She also shared that the general healthy Howard County campaign materials are available in 6 languages: English, Spanish, Chinese, Korean, French, Russian. Ms. Vicks mentioned that we have had a presentation from One Language that focused on their efforts on language access and plain language training. She iterated that it's not just about translating materials but making sure that the messages we are creating and trying to send are being the received the way we intended. Ms. Rambharat shared that HLAC has been in conversation with the Horowitz Center. She also mentioned that the team received a small grant from the Maryland Department of Health to involve individuals with disabilities in our work.

Ms. Rambharat introduced Stephanie Reid, HCHD, to provide updates on the Healthy Minds Suicide Prevention Coalition (HMSPC). Ms. Reid announced that Jessica Fisher is the new Suicide Prevention Coordinator for the Bureau of Behavioral Health. Ms. Reid shared that the HMSPC have had presentations on military culture training from Jonathan Hollands with the Maryland Department of Veterans Affairs and gun violence solutions from Janel Cubbage with Johns Hopkins Center for Gun Violence Solutions. In April HMSPC participated in the Our Turn to Talk documentary. This was sponsored by NAMI and HCPSS. In May they had a presentation on addressing adolescent substance use in Howard County. They also helped with the Howard County Rainbow Conference for LGBTQ+ plus youth, families and community members. They hosted a series of workshops for parents on healthy social media habits for their children. Ms. Reid mentioned that the next HMSPC next meeting will be held on September 7th. During that meeting they plan to discuss data from the Youth behavior risk survey for HC youth, as well as have a presentation from Dr. Cassandra Crifasi to go over more information on voluntary safe storage.





	Ms. Rambharat then introduced Natalie Hall, HCHD, to provide updates on the Movement group. Ms. Hall shared that they are working on Walktober initiatives for October. She mentioned that they have a calendar of physical activity events that will be promoted during the month of October. Ms. Rambharat mentioned that Natalie and movement group have been working on a Walk to School social media campaign promoting safe walking to be launched when school starts.	
CAREAPP Updates	Ms. Rambharat introduced Natalie Hall, CAREAPP Engagement Coordinator, to provide CAREAPP updates. Ms. Hall shared that in FY23 there were 10,000 users that conducted over 23,000 searches within CAREAPP's network of 2,611 resources. She shared that CAREAPP has two different sites, one that is for the public and one for the provider. One the provider site there are tip sheets that go over the basic tools of navigating CAREAPP as a provider. Findhelp, the vendor utilized, offers live monthly webinars called: • 101 (Program Navigation) Training • 201 (Program Management) Training She then shared that the CAREAPP phone app will be launching soon! Dr. Rossman iterated that the analytics report is incredibly useful for care providers seeking funding as the analytics can gives us detailed information on what is being searched and the amount of HC residents searching for a particular thing. The analytics provide us the information we need to go to our funders or justify our work.	Members were directed here to review CAREAPP Tip Sheets: https://www.hccareapp.org/login Members interested in attending 101 (Program Navigation) Training August 1st from 1pm-2pm can register here: https://go.findhelp.com/nationwide 101a Members interested in attending 201 (Program Management) Training July 20th from 1pm-2pm can register here: https://go.findhelp.com/nationwide 201a
Air Quality, Asthma & Chronic Obstructive Pulmonary Disease Presentation	Ms. Rambharat introduced JaKaiya Frisby, Manager of health Promotions for the American Lung Association, to present on Air Quality, Asthma & Chronic Obstructive Pulmonary Disease. Ms. Frisby gave an overview of the history of the American Lung Association. She shared that the ALA is one of the oldest voluntary health organizations and was one of the first to tackle smoking as one of the nation's leading health risk and make a connection between air pollution and lung disease. She shared that they have updated accessibility features on the ALA website to help individuals who may be visually impaired or have hearing impairments. The website is also available in several languages: Arabic, Chinese,	

English, Filipino, French, German, Korean, Russian, Spanish and Vietnamese.

Ms. Frisby provided a detailed overview of the Air quality index. The Air Quality Index is split into 4 different categories: the index value, name, color category, and advisory. She mentioned that you can check the air quality in your zip code, city, or state using the AirNow website. The American Lung Association created an article on 10 tips to protect yourself from unhealthy air.

Ms. Frisby provided Howard County Asthma and COPD data. She informed those in attendance that the CARES in Howard County CARES stands for COPD, Asthma Resources with Educational Support. She iterated that the Howard County CARES program was designed to address the increase in prevalence and disparities associated with asthma and COPD rates in Howard County, Maryland. Ms. Frisby mentioned that while there isn't a single specific thing that has attributed to the increase in COPD and asthma prevalence in HC to things that may have had an effect include obesity and the COVID-19 pandemic.

Ms. Frisby provided an overview of the American Lung Association resources for patients and caregivers.

Ms. Frisby mentioned that the CARES project is offering a limited number of scholarships to individual in Howard County, Maryland that are interested in becoming trained facilitators or participating in professional educational courses for free.

Natalie Hall inquired if you needed to be 50+ to be apart of the Better Breathers Club since it's hosted at the Bain 50+ center. Ms. Frisby answered that there is no specific age requirement to be join the Better Breathers Club. Ms. Hall further inquired if any of the programs are offered in other languages. Ms. Frisby answered that the online Asthma Basics program is offered in Spanish, but the other programs are only offered in English for the time being. Dr. Rossman inquired if the Enhancing Care for Children with Asthma quality improvement program was used in school clinics. Ms. Frisby replied that she will provide the contact information for the coordinator of the Enhancing Care for Children with Asthma program to better answer Dr. Rossman's question.

Shannon Blount, HCPSS, inquired if the data was able to capture harder to reach populations like those without insurance or that may be undocumented. Ms. Frisby



answered that it was not but that in the future hopefully they will be able to reach and impact those harder to reach communities. She iterated that they plan to get their youth focused programs in schools to impact some of those harder to reach youth.

Terri Taylor, Howard County Fire Department, shared that they are taking less people to the hospital because they can treat and release. Ms. Taylor mentioned that this could influence the data presented.

Home Delivered Medically Tailored Meals Program

Ms. Rambharat introduced Alison Gerber, Nutrition Program Manager for the Office on Aging and Independence to present on the Home Delivered Medically Tailored Meals Program. Ms. Rambharat shared, that results from the food and nutrition survey sent out to Howard County residents indicated an interest in medically tailored meals.

Ms. Alison Gerber gave an overview of the senior nutrition program. The senior nutrition program is federally funded through the Older Americans Act. Ms. Gerber shared that this program is designed to promote the general health and well-being of older adults. The program goals include:

- Reduce hunger
- Reduce food insecurity
- Reduce malnutrition
- Promote socialization
- Promote health and well-being of older adults

The senior nutrition program has two separate meals programs: congregate and home delivered. Ms. Gerber explained that congregate meals are offered at the following 50+ centers:

- Bain
- Elkridge
- Ellicott City
- North Laurel
- Glenwood

Ms. Gerber iterated that not only does the congregate meal program allow older residents to receive healthy meals, but it also presents them with opportunities for social engagement, information on healthy aging, and meaningful volunteer roles.

Mr. Gerber explained the home delivered meals for the senior nutrition program has two options. The traditional home delivered meals are served to individuals that meet

state regulations, are frail, homebound, or isolated individuals who are 60 and over, caregivers, or persons with disabilities. Meals on Wheels of Central Maryland is the vendor for the traditional home delivered meals.

Ms. Alison Gerber then gave an overview of the medically tailored meals program. This is the second option for home delivered meals under the senior nutrition program. Medically tailored meals are meals approved by the Registered Dietitian Nutritionist (RDN) based on the nutritional assessment referral by healthcare provider to address the medical diagnosis and symptoms. Ms. Gerber shared that while this option does usually have a waitlist one way to bypass that waitlist is through contracts with healthcare providers. Ms. Gerber then gave a brief overview of the "Food is Medicine" continuum as well as the benefits of medically tailored meals.

Ms. Alison Gerber overviewed the medically tailored meals program in Howard County. Moveable feast is the vendor for the medically tailored home delivered meals. Meal options include heart healthy, diabetic, kidney-friendly, soft, low lactose, no red meat, and no seafood. Eligibility for the Howard County medically tailored meals program consists of being a Howard County resident aged 60 years or old, having a diagnosis of chronic disease, are mostly homebound with limited mobility, having limited access to food or difficulty preparing meals. Ms. Gerber briefly went over the Howard County Client demographic information for those receiving medically tailored meals.

Ms. Alison Gerber gave an overview of the referral process for the home delivered medically tailored meals program in Howard County. Ms. Gerber explained that clients would contact Maryland Access Point (MAP) of Howard County to be screen for eligibility. Once qualified MAP will complete referral. Moveable Feast receives referral and contacts client to select medical diet and set up delivery schedule. Ms. Natalie Hall shared that utilization of CAREAPP can mitigate some of the extra steps required for the current referral process. Melissa inquired why the medically tailored meals program only offers 6 meals to residents who qualify. Ms. Gerber answered that this had to do with the projections for funding.

Ms. Shannon Blount inquired about the differences between going through Moveable Feast and the Howard County program. Ms. Gerber answered that going through



	Moveable Feast requires an extensive packet of information	
	that needs to be included and there's a waiting list.	
	It was inquired if this program has tried to partner with	
	congregations to increase participants? Mr. Gerber	
	explained that the program initially only had 30 spots but	
	going forward they are planning to expand to serve more	
	Howard County Residents.	
Member	Ms. Rambharat shared the following announcements with	Interested in collaborating with
Announcements,	those in attendance:	us for Walktober, complete this
Resource Sharing	Howard County Health Department's will be hosting	form:
& Networking	Pop-up Farmer's Markets	https://forms.gle/29LgaqL384k
	O August 11th at 10:00am to 12:00pm (also WIC	ebV1B8
	breast feeding event)	Columbia Community Care
		Essential Resources Day:
	o September 12th 11:00am to 1:00pm	https://bit.ly/3pVwi5h
	Howard County Walktober 2023 Calendar	Unity in the Community
	Columbia Community Care Essential Resources Day	Resource Fair:
	 July 29th at 10am – 4pm at Wilde Lake Interfaith 	https://www.howardcountymd
	Center	.gov/children-families/unity-
	Unity in the Community Resource Fair	community-resource-fair
	○ July 29th at 11am – 3:00pm at East Columbia	Older Adult Mental Health
		Forum:
	Library Park	https://bit.ly/3D4DaQM
	Older Adult Mental Health Forum	National Night Out:
	 July 25th at 11am – 12:30pm 	https://www.howardcountymd
	National Night Out:	.gov/police/national-night-out-
	 August 1st at 6:00 – 9:00pm at Wilde Lake 	<u>0</u>
	Middle School	Chronic Disease Self-
	Chronic Disease Self-Management Education Programs	Management Programs:
	D: :: (I	https://www.hclhic.org/health
		<u>y/chronic-disease</u>
	in CAREAPP	Mental Health & Suicide
	Mental Health & Suicide Prevention Programs	Prevention Programs:
	 Digital flyer available linking to mental health 	https://www.hclhic.org/health
	and suicide prevention resources in CAREAPP	y/suicide-prevention
	Crossing Guards Needed	Crossing Guards Needed: (4) (2) (2) (3)
	 The Howard County Police Department is in dire 	https://bit.ly/3rzmA9i
	need of Crossing Guards. They need at least 15	Supporting Communities with Origid and Pain Management
	additional guards due to the expanded walk	Opioid and Pain Management
		on Aug 17, 2023 03:00 PM:
	zones. If they can't get enough crossing guards,	https://www.zoomgov.com/m
	they will have to divert police officers to assist.	<u>eeting/register/vJlsd-</u> 6hrjspHGBsvNzCozCJG6cbyelhz
		tl
1	1	<u>u</u>

	 Local Interactive Network of Knowledge Sharers (LINKS) sessions Leaders of Tomorrow Youth Center 1:1 Arts Mentoring Members shared the following announcements: Janet Jones from Qlarent announced the upcoming Local Interactive Network of Knowledge Sharers (LINKS) sessions. LINKS Session 3 will be August 17^{th-3:00} pm – 4:00 pm and LINKS Session 4 will be November 16th 3:00 pm – 4:00 pm. Sally Seen from Johns Hopkins Howard County Medical Center announced that the Howard County Medical Center has received another three years of accreditation from the state for their community health worker training program. Crystal Pope from Johns Hopkins Howard County Medical Center announced that they have scheduled the annual Latino Health Fair for September 30th from 12:00 pm to 4:00 pm. Stephanie Reid announced that there will be a BHA presentation on 988 updates Tuesday August 29th from 9:30 am to 10:30 am. 	The Power Of Partnership on Nov 16, 2023 03:00 PM: https://www.zoomgov.com/meetin g/register/vJlscO2vrj0vHQfLySJkDO _LP1FCFfHWaKM Members interested in more information on Leader of Tomorrow Youth Center 1:1 Arts mentoring program can reach out to Aleisa Fries here: 1on1@lytc.net
Next Steps & Wrap-up	Ms. Rambharat thanked participants for joining and informed them that the minutes will be made available via the LHIC website. Ms. Rambharat mentioned the next hybrid full Coalition meeting to be held on October 19, 2023. Ms. Rambharat adjourned the meeting at 10:30 am.	Members were encouraged to review the minutes from Full HCLHIC and HCLHIC Work Group Meetings on the website under meeting portal: https://www.hclhic.org/home/meetingportal Members were encouraged to register for the 2023 Quarterly Full Coalition Meetings: Register October 19, 2023, 8:30-10:30am

Respectfully submitted by
Ashton Jordan, MSPH
Community Engagement Coordinator
Howard County Local Health Improvement Coalition