



**Howard County Local Health Improvement Coalition**  
Chronic Disease Prevention & Management Workgroup  
December 13, 2023  
10:00 AM – 11:00 AM  
Virtual via Zoom

## Minutes

### Members Present:

Michael Altenburger, CareFirst  
Citlali Bacmeister, Luminus Network  
Maria Jose-Candanoza, HC Health Department (HCHD)  
Samantha Cribbs, HC Health Department (HCHD)  
JaKaiya Frisby, American Lung Association  
Nicole Guimaraes, Luminus Network  
Natalie Hall, HC Health Department (HCHD)  
Nayanie Henriquez, HC Health Department (HCHD)  
Emily Hodson, Chase Brexton Health Care  
Michelle Holder, Food at the Center  
Jennifer Lee, Office on Aging and Independence (OAI)  
Cindy Li, Community Health Initiative  
Lynn Meija, LindaBen Foundation  
Sunyoung Nicolas, HC Health Department (HCHD)  
Crystal Pope, HC General Hospital (HCGH)  
Heather Sites, Office on Aging and independence (OAI)  
Nette Stokes, Just Living Advocacy Inc.  
Dwight Walker, Chase Brexton Health Care

### 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
<b>Welcome and Introductions</b>	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: <a href="https://www.hclhic.org/home/meeting/2023?catId=361">https://www.hclhic.org/home/meeting/2023?catId=361</a>

	<p>Mr. Jordan provided a welcome to members in attendance and had members introduce themselves in the chat box.</p>	
<p><b>Announcements</b></p>	<p>Mr. Jordan, provided the following announcements to the workgroup:</p> <ul style="list-style-type: none"> <li>• The Chronic Disease Self-Management Program flier has been updated</li> <li>• The Office on Aging and Independence will be hosting a Chronic Disease Self-Management workshop at the Elkridge 50+ center starting in January 2024</li> <li>• University of Maryland Extension will be offering nutrition classes at the 50+ Centers and offering new program Dining with Diabetes in 2024</li> <li>• Priority Partners is hosting their Healthy Holidays workshop December 14<sup>th</sup> from 12:00 PM – 1:00 PM</li> <li>• Priority Partners is hosting their Let’s Get Physical workshop December 19<sup>th</sup> from 12:00 PM – 1:00 PM</li> <li>• Priority Partners will be hosting their Breathe Easier: Managing Asthma December 19<sup>th</sup> from 1:00 PM – 2:00 PM</li> <li>• JaKaiya Frisby, American Lung Association, the Asthma Educator Institute has closed for registration right now but there are opportunities for training in 2024.</li> </ul>	<p>Members were urged to view the updated CDSMP flier here: <a href="https://www.hclhic.org/healthy/chronic-disease">https://www.hclhic.org/healthy/chronic-disease</a></p> <p>Members interested in more information about the Elkridge 50+ Center Chronic Disease Self-Management Program can visit here: <a href="https://bit.ly/WinterLivingWell">https://bit.ly/WinterLivingWell</a></p> <p>Members interested in more information on the 50 + center nutrition classes or Dining with Diabetes program can Reach out to Karen Basinger here: <a href="mailto:kbasinge@umd.edu">kbasinge@umd.edu</a></p> <p>Members interested in more information about the Healthy Holidays class can visit here: <a href="https://www.ppmco.org/get-free-support/health-wellness-classes/healthy-holidays/">https://www.ppmco.org/get-free-support/health-wellness-classes/healthy-holidays/</a></p> <p>Members interested in more information about the Let’s Get Physical class can visit here: <a href="https://www.ppmco.org/get-free-support/health-wellness-classes/lets-get-physical/">https://www.ppmco.org/get-free-support/health-wellness-classes/lets-get-physical/</a></p> <p>Members interested in more information about the Breathe Easier: Managing Asthma workshop can visit here: <a href="https://www.ppmco.org/get-free-support/health-wellness-classes/breathe-easier-managing-asthma/">https://www.ppmco.org/get-free-support/health-wellness-classes/breathe-easier-managing-asthma/</a></p>



		<p><a href="#">classes/breathe-easier-managing-asthma/</a></p> <p>Members interested in more information on the American Lung Association programs visit here:  <a href="https://www.lung.org/local-content/md/cares">https://www.lung.org/local-content/md/cares</a></p>
<p><b>Review of Previous Meeting</b></p>	<p>Mr. Ashton Jordan gave a overview of the last meeting.</p> <ul style="list-style-type: none"> <li>- Vanda led a navigation through CAREAPP as a provider as well as how to create and log referrals</li> <li>- Workgroup members were provided an overview of Howard County evidence-based chronic disease and tobacco programs</li> </ul>	
<p><b>Presentation on Irie Caribbean Cooking Presentation</b></p>	<p>Mr. Jordan Introduced Dr. Michelle Holder, Founder of Food at the Center, to present on Irie Caribbean Cooking. Dr. Holder shared that in February on Valentines she will be apart of an event providing a presentation on food in the Caribbean.</p> <p>Dr. Holder iterated that someone’s health more than just their physical health but also their mental and social well-being. She emphasized the evidence-based Mediterranean diet program and the benefits it has not only to physical health but also the mental and social health of participants. Further she shared that the Flava Mi Plate curriculum she created was an adaptation of the Mediterranean diet program, to be used for Caribbean diets.</p> <p>Dr. Holder shared her mother’s health story and how her health behavior has changed since 1997. Her mother’s health behavior changes were what inspired Dr. Holder to create the Flava Mi Plate curriculum. Eating healthy foods can be difficult when you’ve become accustomed to unhealth foods. This curriculum was made for Caribbeans who needed to change their</p>	<p>Link to Food at the Center Website:  <a href="https://www.foodatthecenter.com/">https://www.foodatthecenter.com/</a></p> <p>Members interested in more information on Food at the Center can contact Dr. Michelle Holder here:  <a href="mailto:mbholder@foodatthecenter.com">mbholder@foodatthecenter.com</a></p> <p>Memebtrs interested in more information on Maternal &amp; Infant Health program can contact Samantha Cribbs or Nayanie Henriquez here:</p> <p>Samantha Cribbs  <a href="mailto:scribbs@howardcountymd.gov">scribbs@howardcountymd.gov</a></p> <p>Nayanie Henriquez  <a href="mailto:Nhenriquez@howardcountymd.gov">Nhenriquez@howardcountymd.gov</a></p>

diet but still wanted the same flavors they were used to. The aims of the curriculum include:

- Help people learn how to make healthy foods taste good
- Reduce sodium Intake
- Create more enjoyable plant forward meals
- Promote Physical Activity
- Cultivate enriching social connections

Dr. Holder provides salt-free spice blends as well as in-person and virtual cooking classes so that people are able to learn how to cook healthy foods for themselves. She shared a few testimonials from community members who used her salt-free spice blends or took her cook class. Dr. Holder iterated that one of the frameworks that guide Food at the Center is the Health Belief Model.

Ms. Lynn Mejia, LindaBen Foundation, inquired if the reason people who migrate to America have a hard time adjusting to the food because of our use of GMOs. Dr. Holder iterated that she is not a food scientist but she can see GMOs having an impact. She mentioned that access to healthier foods is harder in some of the tropical islands which can play a part in some of the food decisions made by Caribbeans.

Ms. Citali Bacmeister, Howard County Public School System, inquired if there is a socio-economic aspect to the quality of food diets? Dr. Holder iterated that she believes income does factor into food choices. The prevalence of food deserts and food swamps and retail red lining makes it difficult for lower income individual to access healthy foods.

Ms. Reena Rambharat, HC Local Health Improvement Coalition, shared that Roving Radish will be moving to Ellicott City. She also suggested to the group to incorporate salt-free spice blends and virtual cooking class into CDPMG initiatives and efforts for 2024.

Ms. Jennifer Lee, Office on Aging and Independence (OAI) mentioned that the chronic disease self-management workshops offered by OAI include a participation folder for participants that includes

Members interested in more information on the Just Living Advocacy Inc. can contact Nette Stokes here:  
[nette@justlivingadvocacy.org](mailto:nette@justlivingadvocacy.org)

Members interested in more information on the What's In Season blog can visit here:  
[https://chasebrexton.org/blog?combine=What%27s+in+Season&field\\_category\\_target\\_id=All](https://chasebrexton.org/blog?combine=What%27s+in+Season&field_category_target_id=All)

Members interested in more information on the Chase Brexton food pantry can email Emily Hodson here:  
[ehodson@chasebrexton.org](mailto:ehodson@chasebrexton.org)



relevant information from the workshop. OAI would be able to include recipe cards or virtual cooking class information in these folders

Ms. Samantha Cribbs, inquired if Dr. Holder offers specialty classes for picky eating children, participants with chronic disease, pregnant mothers. Dr. Holder shared that they would like to in the future offer specialized classes. She shared that sometimes parents will have their children in the virtual cooking classes with them and they are able to share that knowledge and information with their children through food.

Mr. Jordan invited Ms. Nette Stokes, Just Living Advocacy Inc., to speak about her organization efforts to support impoverished single mothers in Howard County. Ms. Stokes inquired if the spice blends have different spice levels according to dietary needs. Dr. Holder mentioned that she currently keeps spice blends mild but can offer spice level considerations in the future.

Ms. Vanda Lerdboon, HC Health Department, inquired if the classes will be offered in-person or virtual. Dr. Holder mentioned that she offers virtual and is planning in-person in the future.

Mr. Jordan invited Ms. Emily Hodson, Chase Brexton Health Care, to briefly go over the What's in Season blog on the Chase Brexton website. She also shared that they have food pantry through partnership with the Maryland Food Bank. The nutritionist provides pamphlets to consumers that teaches them how to easily prepare in-season vegetables.

Ms. Crystal Pope, Johns Hopkins Howard County Medical Center, inquired if nutritional facts are available for the foods made in the virtual cooking classes. Dr. Holder shared that that is something she may be able to incorporate in the future.

<b>Next Steps &amp; Wrap-up</b>	<p>Mr. Jordan mentioned the next CDPMG workgroup meeting will be February 14<sup>th</sup> 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>	
---------------------------------	---	--

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