



Howard County Local Health Improvement Coalition

Full LHIC Meeting Minutes

January 18, 2024, 9:00 am – 11:00 pm

Hybrid – In-person (Heroes Room) & Virtual (Zoom)

Minutes

Members Present:

Michael Altenburger, CareFirst Engagement Center
Miriam Anderson, The Healthy Church
Linda Ashburn, Howard County (HC) Health Department
Erin Ashinghurst, Accessible Resources for Independence
Senam Attipoe, Stillborn and Infant Loss Support
Karen Basinger, University of Maryland Extension
Andrea Bendig, Wellness Strategies Group LLC
Shannon Blount, HC Public School System
Bernadette Bindewald, HC Health Department
Maria Jose Candanoza, HC Health Department
Matthew Castner, Johns Hopkins (JH) HC Medical Center
Kelly Chase, Maryland Primary Care Physicians
Michelle Clark, HC Health Department
Shakia Colbert, CareFirst Engagement Center
Samantha Cribbs, HC Health Department
Jen Dawson, Maryland Physician's Care
Lisa DeHernandez, HC Health Department
Nancy Ervin, University of Maryland Extension
Shar Ferrell, CareFirst Engagement Centers
Jessica Fisher, HC Health Department
Connie Ford, HC Health Department
Marilyn Berchie-Gialamas, Trinity Wellness
Natalie Hall, HC Health Department
Terri Hansen, HC Office on Aging and Independence
Misty Harding, Accessible Resource for Independence
Nayanie Henriquez, HC Health Department
Blair Inniss, Legal Resource Center
Lois Joellenbeck, HC Health Department
Rachel Krut, JH HC Medical Center
Kelly Kryspin, Autism Society of Maryland
Julie Kwedar, Maryland Highway Safety Office
Jennifer Lee, HC Office on Aging and Independence
James LeMon, HC Public School System

Toni White-McCoy, BOOM Shake Fitness
Jeanette Nazarian, JH HC Medical Center
Chimezie Ndukuba, HC Health Department
Kristine Nellenbach, Kennedy Krieger Institute
D'Paul Nibber, Horizon Foundation
Megan O'Connell, Community Member
Emily Paterson, Maryland Poison Center
Tavia Patusky, Columbia Association
Octavia Peterson, American Heart Association
Tamisha J. Ponder, Sankofa Health & Wellness
Crystal Pope, HC Medical Center
Latrice Price, Infinite Legacy
Victoria Rain, HopeWorks of HC
Leah Richey, University of Maryland Horowitz Center for Health Literacy
Kirk Rookwood, The Healthy Church
Michelle Rosenfeld, HC Office on Aging and Ind.
Carrie Ross, Community Action Council of HC
Maura Rossman, HC Health Department
Kelly Russo, HC Health Department
Joan Webb Scornaienchi, HC DrugFree
Sally Seen, JH HC Medical Center
Ivonne Segue, Luminus
Heather Sites, HC Office on Aging and Independence
Carrie Singley, JH HC Medical Center
Lauren Soummers, HC Health Department
Morgan Spliedt, HC Office on Aging and Ind.
Lisa Terry, HC Office of Veterans and Military Families
Dawn Brooks-Tharps, The Healthy Church
Lynn Rubin Traversa, University of MD Extension
Patrice Tucker, UnitedHealthcare Community Plan
Kerry Wargo, Community Member
Julius Weaver, Resolve MD

Vanda Lerdboon, HC Health Department
 Cindy Li, Community Health Initiative
 Ilise Marrazzo, HC Health Department
 Heidi Marine, Chase Brexton Health Care
 Melissa Melton, The Healthy Church

Matt Wilson, HC Health Department
 Antigone Vickery, HC Health Department
 Chynáe Vicks, HC Health Department
 Eileen Zeller, Moms Demand Action

Staff Present:

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

Topic/Agenda	Discussion	Action/Follow-up
<p>Welcome and Introductions</p>	<p>Ms. Reena Rambharat, Director of the Howard County Local Health Improvement Coalition (HCLHIC) of the Howard County Health Department (HCHD), called the meeting to order at 9:00am.</p> <p>Ms. Rambharat welcomed members and guests and reviewed the goal of the meeting to present updates and discuss the University of Maryland’s Horowitz Center for Health Literacy Consumer Health Information Hub efforts and workgroup support of healthy beginnings, healthy living, and healthy minds priorities.</p> <p>Dr. Jeanette Nazarian, Chief Medical Officer for Johns Hopkins Howard County Medical Center (JHHC MC), and co-chair of HCLHIC, shared updates related to the hospital’s efforts and the trends in hospitalization related to respiratory illnesses.</p> <p>Dr. Maura Rossman, Health Officer of Howard County, and co-chair of HCLHIC, gave gratitude to staff for their hard work and iterated the importance of getting vaccinated.</p>	<p>Members are urged to review the past minutes and presentations available at: https://www.hclhic.org/home/MeetingYears/1</p>
<p>HCLHIC Year in review</p>	<p>Ms. Rambharat reviewed the presentations given in 2023 at Full LHIC meetings.</p> <p>Ms. Rambharat shared the highlights from 2023 for the HCLHIC. Highlights included:</p> <ul style="list-style-type: none"> • Received NACo Achievement Award for our collaborative place-based efforts pertaining to 	



	<p>promoting healthy lifestyles to Howard County residents</p> <ul style="list-style-type: none"> • 2 health fairs at mobile home parks in the Summer • Funding from the Maryland Department of Health (MDH) for continuation of food security efforts and initiation of disability inclusion work • Launched Interactive Food Connection Map • Created accessible Food Pantry Brochures • Set up gardens at two Howard County Public Schools • Hosted 2 food security roundtable sessions • Successfully coordinated Walktober collaborative initiative • Started Food Pantry Spotlight video series • LHIC/HCHD inclusion in Columbia Association Community Quilt <p>Ms. Rambharat noted that none of the work would be possible without the collaboration of partners.</p>	
<p>Health Literacy Presentation</p>	<p>Ms. Leah Richey, University of Maryland Horowitz Center for Health Literacy, began her presentation on Maryland’s Consumer Health Information Hub and the resources provided by the Center. Ms. Richey gave a brief overview of the 2022 Maryland Law (HB1082) that designated the Horowitz Center for Health Literacy as Maryland’s Consumer Health Information Hub.</p> <p>Ms. Richey shared some of the products available on the hub. Some of the work done by the Horowitz Center includes attending LHIC meetings; creating a plain language checklist and language access tools; provided communication resources and website evaluation tools.</p>	<p>Members may access the Horowitz Center for Health Literacy Consumer Health Information Hub here: https://sph.umd.edu/research-impact/research-centers/horowitz-center-health-literacy/consumer-health-information-hub</p> <p>Members may access the Web Content Review Tool: https://umd.app.box.com/s/mrcs50zeskt6mgz1fzg5cwup9co84ak8</p> <p>Members interested in attending an upcoming Horowitz Center for Health Literacy webinar:</p>

	<p>Ms. Richey shared the Health Literacy for Community Health Workers (CHWs) training model. This model was developed with CHWs for CHWs and builds health literacy knowledge and skills to help community members find, understand, and use health information and services.</p> <p>Ms. Richey showcased the Web Content Review Tool and how it can help organizations review their web content so that users can find, understand, and use available information.</p> <p>Further, Ms. Richey shared that the Horowitz Center will begin hosting webinars providing tips and tricks for plain languages utilization, data visualization, and health literacy for CHWs training modules.</p> <p>Dr. Rossman inquired if the same plain language methods can be applied to verbal communication specifically multimedia like health information videos. Ms. Richey indicated that plain language methods can be applied to all forms of communication. The tips shared for verbal communication were:</p> <ul style="list-style-type: none"> • Being aware of how quickly you are speaking • How much information your conveying • Creating message that addresses audience priorities <p>It was inquired how the public would hear about the information resources housed in the Consumer Health Information Hub. Ms. Richey mentioned that the Hub was recently created, and the first goal was ensuring agencies and organizations were utilizing the hub then it would be promoted to public.</p> <p>Ms. Erin Ashinghurst, Accessible Resources for Independence, noted that Plain language materials available for new mothers expecting children with and without disability would be important for Howard County residents.</p>	<p>https://sph.umd.edu/research-impact/research-centers/horowitz-center-health-literacy/consumer-health-information-hub/hub-events</p> <p>Members interested in connecting with Leah Richey, can email her at: lsrichey@umd.edu</p>
<p>HCLHIC Workgroup Updates</p>	<p>Ms. Rambharat introduced the co-chairs to provide updates on their perspective workgroups.</p>	<p>Members may review the HCLHIC Action Plan on the HCLHIC website at:</p>



	<p>Jennifer Lee, Office on Aging and Independence, provided updates for the Chronic Disease Prevention and Management Group (CDPMG). CDPMG Updates included:</p> <ul style="list-style-type: none">• CDPMG members held 75 chronic disease related events and activities reaching thousands of HC community members.• CDPMG members hosted 35 chronic disease related evidence-based programs or classes with around 265 completers.• The Community engagement team had staff trained in Diabetes Self-Management Education• The LHIC Chronic Disease Health Action Item has been updated to feature Cervical Cancer Awareness resources and information.• Office on Aging and Independence has launched a Living Well website to provide another access point for community members to register for Living Well in the Community education-based classes.• Ongoing Chronic Disease Self-management programs (CDSMP) flier that has been updated for the 2024 schedule. <p>Ms. Carrie Ross, Community Action Council of Howard County (CAC-HC), provided updates for the Food Security Committee. Food Security Committee updates included:</p> <ul style="list-style-type: none">• The Food Connection Map, digital and print copies of food pantries and hot meals brochures and resource guide for providers updated.• Nutrition education will continue at Talbott Springs Elementary school at the gardens established.• Ace Hardware will be providing seeds for Owen Brown Place, and the Committee is requesting community members/partners assist with	<p>https://www.hclhic.org/community/action-plans</p> <p>To learn more about the HCLHIC workgroups and co-chairs, visit: https://www.hclhic.org/about/our-team</p> <p>If you are interested in joining one or more of the workgroups, please email us at: LHIC@howardcountymd.gov</p> <p>Chronic Disease webpage: https://www.hclhic.org/healthy/chronic-disease</p> <p>Healthy Eating webpage: https://www.hclhic.org/healthy/eating</p> <p>Food Security Roundtables Report can be found: https://www.hclhic.org/community/data</p> <p>Maternal/Infant/Child webpage: https://www.hclhic.org/healthy/child</p> <p>Suicide Prevention webpage: https://www.hclhic.org/healthy/suicide-prevention</p> <p>Physical Activity page: https://www.hclhic.org/healthy/physical-activity</p>
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growing seeds into seedlings to give to the residents.

- CAC-HC is exploring hosting a Pop-Up food pantry at Ducketts Lane ES in March (during Spring Break week) to support families when students do not have access to school meals.
- Food Security Roundtables Report finalized and available on LHIC website

Ms. Rambharat emphasized that she is working on the formation of a Food Council in Howard County and welcomes insight from LHIC members during the process.

Ms. Lynn Rubin Traversa, University of Maryland-Extension, highlighted the importance of a Food Council being set up in Howard County.

Ms. Nancy Ervin, University of Maryland-Extension, added that Snap-Ed has nutrition education lesson.

Ms. Karen Basinger, University of Maryland-Extension, suggested reaching out to North Laurel residents and the agriculture program to assist in growing seedlings for the seedling project.

Ms. Samantha Cribbs, Howard County Health Department, provided updates for the Growing Healthy Families Workgroup. Growing Healthy Families updates included:

- There were 20 partners who attended the first workgroup meeting.
- The LHIC's Maternal, Infant, Child Health webpage was updated with additional resource.
- Increased promotion of childbirth classes from JHHCMC.
- Recruitment is ongoing for MomCares doula training
- The first cohort of doulas have begun to take referrals for 2024
- Plans are in the works for the Black Maternal Health Week initiatives in April



	<p>Ms. Terri Hansen, Office on Aging and Independence, mentioned that April is National Minority Health Month and was curious if LHIC promotes that during April. Ms. Rambharat affirmed that LHIC promotes national month health observances and partner events associated with them through LHIC social media and newsletters.</p> <p>Ms. Jessica Fisher, Howard County Health Department, provided updates for the Healthy Minds and Suicide Prevention Coalition (HMSPC). HMSPC updates included:</p> <ul style="list-style-type: none">• Suicide Prevention and Mental Health programs flier has been updated for plain language• The LHIC Suicide Prevention- and Mental Health webpages updated• Further there will be a HMSPC interest flier circulating in the community so LHIC members should be on the lookout for that• Expanded development of goals and initiatives for 2024<ul style="list-style-type: none">○ Working on developing campaign to address lethal means and safe storage in Howard County○ Lighting up green in May for Mental Health Awareness <p>Dr. Rossman, asked Jessica to expand on her efforts bringing evidence-based programs into Howard County public schools. Sources of Strength is an evidence-based peer leadership and suicide prevention program for high school students in Howard County.</p> <p>Ms. Erin Ashinghurst, Accessible Resources of Independence, provided updates for the Health Literacy Advisory Committee (HLAC). Health Literacy Advisory Committee updates included:</p> <ul style="list-style-type: none">• The HLAC action plan has been updated to reflect the groups commitment to improve the	
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	<p>health and independence of people with disabilities.</p> <ul style="list-style-type: none"> ● First iteration of Disability Inclusion Grant project completed through funding from MDH to address disparities among individuals living with disabilities in Howard County. <ul style="list-style-type: none"> ○ Previous success has led to being awarded funding for second round of project in 2024. ● The Healthy Howard Campaign print materials are available on the Healthy Howard County webpage and materials are being translated in to six different languages. <p>Ms. Michelle Rosenfeld, Office on Aging and Independence, provided updates for the Movement Group. Movement Group updates included:</p> <ul style="list-style-type: none"> ● Movement group partners and members arranged 47 events during Walktober. ● The workgroup created a Movement logo to promote physical activity in Howard County. ● The Movement flier was updated to include free and low-cost physical activities in Howard County. ● Created a favorite’s folder in CAREAPP that lists 33 reduced cost and free exercise programs in Howard County. ● The group will be emphasizing falls prevention efforts along with ongoing movement efforts 	
<p>Member Announcements, Resource Sharing & Networking</p>	<p>Ms. Rambharat shared the following announcements:</p> <ul style="list-style-type: none"> ● The Howard County Health Department Annual Report was released. ● The Healthy Howard Campaign fliers are available in 6 languages. ● The Building A Healthier Maryland Survey is out and available. ● JHHCMC offers Childbirth and Parent education programs. 	<p>Members can access the Health Department's 2023 report that can be found on our Reports & Data webpage under the Annual Reports & Strategic Plan section: https://www.howardcountymd.gov/health/reports-data.</p> <p>Members can access Healthy Howard Campaign materials here: https://www.howardcountymd.gov/healthyhowardcounty</p>



	<ul style="list-style-type: none">• There will be a Howard County Child Care Fair at North Laurel Community Center on Sunday, January 28, 2024 from 10am to 1pm.• There will be a Family Care: Preparing for Pregnancy and Parenthood workshop on Saturday, January 27, 2024, at 1pm to 3pm via Zoom.• The Maryland Food Bank is launching a 12-week program and is looking for community members to join as Community Impact Navigators.• The LHIC Chronic Disease Self-Management Programs flier updated with 2024 schedule.• The Public Health Workforce at Maryland Centers for Independent Living is starting the I AM Series on January 29 from 2:00 pm - 3:30 pm.• The Maryland Department of Transportation Motor Vehicle Administration’s Highway Safety Office is accepting applications from groups and organizations seeking grants to fund traffic safety programs and projects that help reduce crashes, deaths, and injuries on Maryland roadways.• The HC Office of Transportation will host their Open House on January 30 at 4:30 at the Gateway Building in Columbia.• LHIC Movement & Exercise Programs flier updated with 2024 schedule and using plain language.• The LHIC Mental Health & Suicide Prevention Programs flier was updated using plain language.• The Healthy Minds & Suicide Prevention Coalition is recruiting members to join the workgroup and will begin circulating a HMSPC Interest flier in the community.	<p>Members were urged to complete and promote the Building A Healthier Maryland community survey link here: http://bit.ly/HealthierMD23; Partner survey link: https://bit.ly/HealthierMD23PHA</p> <p>Members interested in JHHCMC Childbirth & New Parent Education can visit here for more information: https://events.hcgh.hopkinsmedicine.org/child-parent/</p> <p>Members interested in the Howard County Childcare Fair can visit here for more information: https://www.howardcountymd.gov/2024childcarefair</p> <p>Members can register for the Family Care: Preparing for Pregnancy & Parenthood workshop here: https://www.eventbrite.com/e/family-care-tickets-778435520597?aff=oddtcreator</p> <p>Members can access information on the Maryland Food Bank Community Navigator program here: https://bit.ly/3HnQtOq</p> <p>Members interested in Rachell L. Gray Community Foundation Fresh Produce can find more information here: https://www.rlgcommunityfoundationhelp.org/</p>
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Next Steps & Wrap-up	<p>Ms. Rambharat thanked participants for joining and noted that the recording and other documents will be available on the LHIC website's meeting portal. She also noted that the next hybrid full Coalition meeting to be held on April 18, 2024.</p> <p>Ms. Rambharat adjourned the meeting at 11:03am.</p>	<p>Members are 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</p> <p><i>2024 Quarterly Full Coalition Meetings:</i></p> <p>Register</p> <ul style="list-style-type: none">• April 18, 2024 at 9:00 - 11:00am• July 18, 2024 at 9:00 - 11:00am• October 17, 2024 at 9:00 - 11:00am
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Respectfully submitted by
Ashton Jordan, MSPH
Community Engagement Coordinator
Howard County Local Health Improvement Coalition