



## Howard County Local Health Improvement Coalition

Health Literacy Advisory Committee

September 08, 2023

10:00am to 11:00am

Virtual via Zoom

### Minutes

#### Members Present:

- Erin Ashinghurst, Accessible Resource for Independence
- Lisa M. DeHernandez, Howard County Health Department
- Gaston Gamez, Howard County Public School System.
- Kelly Kryspin, Howard County Autism Society
- Kristine Nellenbach, Kennedy Krieger Institute
- Cristina Oviedo, Howard County Latino Commission/ Howard County Community College
- Latrice Price, Infinite Legacy
- Leah Richey, University of Maryland Horowitz Center for Health Literacy
- Nikki Savoy, Accessible Resource for Independence
- Matt Wilson, Howard County Health Department

#### Staff Present:

- Lindsay Hall, Public Health Intern of Howard County Local Health Improvement Coalition
- Sonya Lloyd, Howard County Local Health Improvement Coalition
- Reena Rambharat, Howard County Local Health Improvement Coalition
- Chynáe Vicks, Howard County Health Department

Topic/Agenda	Discussion	Action / Follow-up
<b>Welcome and Introductions</b>	<p>Chynáe Vicks, Howard County Health Department, called the meeting to order at 10:03am.</p> <p>Ms. Vicks gave a welcome to the workgroup members.</p>	<p>LHIC website:  <a href="https://www.hclhic.org/">https://www.hclhic.org/</a></p>
<b>Announcements</b>	<p>Ms. Vicks shared the following announcements with the workgroup members:</p> <ul style="list-style-type: none"> <li>• The ‘Living Well in the Community’ Survey deadline is today, September 8<sup>th</sup>, 2023. As part of its Accessible Resource for Independence (ARI) program, Accessible Resource for Independence is seeking Howard County residents who identifies as having a disability and/or chronic disease and are interested in living a healthier lifestyle. Being a part of ARI would provide these individuals with some tools and guidance to lead a healthier life. There are requirements, you must be 18 years of age or older, live with a disability or chronic disease individual, and live in one of the following projected zip codes: 21044, 21045, 20763, 20723, or 20794.</li> </ul>	<p>Members interested in joining or getting more information about the other LHIC workgroups please contact HCLHIC:  <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a></p> <p>Members were directed to register for the Full LHIC meeting here:  <a href="https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207">https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207</a></p> <p>La Alianza Latina:  <a href="https://www.howardcountymd.gov/boards-commissions/la-alianza-">https://www.howardcountymd.gov/boards-commissions/la-alianza-</a></p>

	<ul style="list-style-type: none"> <li>• The next full quarterly LHIC Meeting will be on Thursday, October 19, 2023, at 8:30am to 10:30am at the Howard County Health Department (HCHD) and online via Zoom.</li> <li>• The last Howard County Farmer’s Market Pop-Up will take place at the Howard County Health Department’s Ascend One Building ((HCHD) (8930 Stanford Blvd. Columbia, MD 21045 )) on Tuesday September 12, 2023 from 11am to 1pm.</li> </ul> <p>The following announcements were made...</p> <ul style="list-style-type: none"> <li>• Ms. Cristina Oviedo announced La Alianza Latina is planning three events for Hispanic Heritage Month:</li> <li>• ‘Latin Dance Night’ will be held on September 16<sup>th</sup> in Downtown Columbia</li> <li>• ‘Copa Com’Unidad Soccer Tournament/ Hispanic Heritage Month’ on September 26<sup>th</sup> at Troy Park, if interested in playing within the tournament contact Cristina</li> <li>• ‘La Alianza Latina Hispanic Heritage Event’ on October 14<sup>th</sup> at the Chrysalis</li> <li>• Cristina Oviedo has also shared about the Horizon Foundation Webinar that is taking place Wednesday, September 13<sup>th</sup> and Friday, September 15<sup>th</sup>. Horizon Foundation lead community change so everyone in Howard County can live a longer, better life. They are committed to improving health through innovative initiative, collaborative partnerships, strategic grantmaking and thoughtful advocacy.</li> <li>• Sonya Lloyd shared details about ‘Walktober’, which takes place in October. Walking is considered Maryland’s official exercise, hence the Local Health Improvement Coalition (LHIC) is having events throughout the month geared toward physical exercise. If interested in attending these events or if you are planning an event that has a big activity component to it and would like it to be added to our calendar of events, please fill out the survey on LHIC’s website.</li> </ul>	<p><a href="http://latina-commission">latina-commission</a></p> <p>Interested in playing soccer at ‘Copa Com’Unidad Soccer tournament’? Contact Cristina Oviedo: <a href="mailto:crisovi@hotmail.com">crisovi@hotmail.com</a></p> <p>For registration and more information about the Horizon Foundation Webinars: <a href="https://www.thehorizonfoundation.org/want-to-hear-about-what-were-learning-from-our-strategic-planning-process-register-now-for-our-upcoming-webinars/">https://www.thehorizonfoundation.org/want-to-hear-about-what-were-learning-from-our-strategic-planning-process-register-now-for-our-upcoming-webinars/</a></p> <p>‘Walktober’ webpage and Calendar: <a href="https://www.howardcountymd.gov/walktober">https://www.howardcountymd.gov/walktober</a></p> <p>Members interested in adding their physical exercise events to the LHIC’s Walktober calendar can fill out this form: <a href="https://docs.google.com/forms/d/e/1FAIpQLScIrFyQaWPRmTIRMXFXdDxdMMJ2wwevP7sdTf7NhGHj9_N9tQ/viewform">https://docs.google.com/forms/d/e/1FAIpQLScIrFyQaWPRmTIRMXFXdDxdMMJ2wwevP7sdTf7NhGHj9_N9tQ/viewform</a></p>
<p><b>Previous Meeting</b></p>	<p>Ms. Vicks has stated previous minutes can be found on the LHIC website. At the last meeting:</p> <p>The collaboration between The Health Literacy Advisory Committee and One Language, LLC was an interactive presentation based on perception and language. As learned from the presentation, perception and language can work together, particularly, when creating materials for outreach in the community.</p>	<p>Health Literacy Advisory Committee meeting minutes: <a href="https://www.hclhic.org/home/meeting/2023?catId=362">https://www.hclhic.org/home/meeting/2023?catId=362</a></p>

<p><b>Howard County Disability and Health Data Overview Presentation</b></p>	<p>Ms. Erin Ashinghurst, Deputy Director of Programs and Services at Accessible Resources for Independence, presented the initial summary of the community health needs, generally to promote quality of life with individuals who have disabilities and chronic illnesses in Howard County. The presentation was presented to better understand disability needs through data reviews, goals and actions steps, and implementation of the living well program.</p> <p>Ms. Ashinghurst noted data that is being presented was collected during COVID-19 pandemic. With data collection being taken during COVID-19, many individuals know individuals with disabilities died during the pandemic, and they would like to honor their memory and acknowledge the barriers that exist and persist for people with disabilities and dedicate this disability health equity work to the community.</p> <p>To start, Ms. Ashinghurst defined disability. She stated disabilities are often defined as condition that impede individuals' activities and interaction with the surrounding world. She also stated there are laws that surround disability and prevent disability discrimination, such as The Americans with Disabilities Act (ADA), and Disability and Health Data System (DHDS).</p> <p>Continuing, Ms. Ashinghurst informed that Maryland collects a set of six self-reported questions on functioning. As these questions are validated and endorsed by United States Health and Human Services Administration, Ms. Ashinghurst was able to get disability demographic data basics of Howard County residents. These data basics include nine percent (9%) non-institutionalized adults in Howard County reports having a disability, types of disabilities most prevalent among adults in Howard County are Ambulatory (4.7%), Independent Living (3.6%), and Cognitive (2.6%), and in-terms of areas with the highest prevalence of working age with any disability (above 7% population) include: Dayton, Ellicott City, Woodbine, Mt. Airy, Savage, Columbia, Hanover, and Jessup.</p> <p>In continuation, people with disabilities are significantly more likely to report experiencing poverty compared to people without disabilities, people with disabilities are less likely to report obtaining a bachelor's degree or higher than those without disabilities, and people with disabilities are more likely to experience days with "not good" mental health, and are less likely to report "excellent, very good, or good health" compared to people without disabilities.</p> <p>Additionally, Ms. Ashinghurst was also able to get data on prevalence of chronic conditions, preventative health behaviors, and type of health insurance. With the</p>	<p>Howard County Disability and Health Data – ARI presentation: <a href="#">Howard County Disability and Health Data ARI.pptx</a></p> <p>Erin Ashinghurst: <a href="mailto:eashinghurst@arinow.org">eashinghurst@arinow.org</a></p>
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	<p>prevalence of chronic conditions, Howard County residents with one or more disability are shown to have a significantly higher chance of a chronic conditions when compared to individuals without a disability. In terms of preventative health behaviors, individuals with disabilities in Howard County are less likely to report in engaging certain preventative health behaviors. Working age adults, 19 to 64 years, with disabilities are more likely to report having no health insurance, whereas those adults 64 years and older are likely to report using public health insurance.</p> <p>Furthermore, in 2021, a focus group was formed in Howard County which included 20 individuals with various types of disabilities, females, white individuals, individuals between ages 18-64, and individuals who have reported as American. Within the focus group, there was feedback on the description of health, COVID-19 harms, and COVID-19 perceived benefits.</p> <p>Within the focus group, some questions were based on the availability of fresh food, the challenge of movement, and water intake. Lastly, common barriers to health for people with disabilities was also stated. Some of these barriers may include:</p> <ul style="list-style-type: none"> <li>• Attitudinal (e.g., stigma, stereotyping, cultural competency)</li> <li>• Communication (e.g., small print, auditory message, technical language)</li> <li>• Physical (e.g., steps, walkway blockages, absence of accessible scales)</li> <li>• Social (e.g., less likely to be employed and more likely to experience poverty and/or violence)</li> <li>• Policy (e.g., lack of awareness/enforcement of existing laws, denying reasonable accommodations, lack of quality disability and health data, lack of adequate funding for healthcare programs that support community-based living)</li> </ul> <p>In conclusion, Ms. Ashinghurst stated key takeaways include health disparities existing between people with and without disabilities in Howard County, individuals with disabilities encounter barrier to healthcare access and show higher rates of behavioral risk factors, they are barriers to attaining good health for people with disabilities include stigma, communication challenges, physical obstacles, social determinants, policy gaps, and mostly everyone can help promote the health and well-being of people with disabilities.</p>	
<p><b>UMD – Horowitz Center for Health Literacy Presentation</b></p>	<p>Leah Richey, Health Literacy Specialist and Project Coordinator at University of Maryland Horowitz Center for Health Literacy, presented on the Maryland’s Consumer Health Information Hub.</p> <p>To begin, Ms. Richey spoke about the New Maryland Law</p>	<p>Maryland’s Consumer Health Information Hub Presentation: <a href="#">Maryland’s Consumer Health Information Hub Sept 2023.pptx</a></p>

– HB1082. Maryland Consumer Health Information Hub from the law of HB1082 went into effect July 1, 2022, while funding started July 1, 2023. This law designated the Horowitz Center for Health Literacy as the Maryland Consumer Health Information Hub.

HB1082 law requires state and local agencies to use plain language in public communications about health, safety, and social services benefits. Furthermore, HB1082 recognizes health literacy as critical to public health, health systems infrastructure, and essential to health equity.

Ms. Richey defined Health Literacy in a personal perspective, and organizational perspective. As Health specialists, we use the organizational perspective more than the personal perspective. Ms. Richey stated the organizational perspective of Health Literacy is based on how equitably providers of information and services enable the people of who they serve to use what they have to offer. Hence, we need to make sure we are putting our audience first, and community members at the center of our intentions.

Ms. Richey shared that the HUB has partners such as:

- State and Local government agencies
- Hospital and health systems
- Organizations – non-profit and community-based including those that serve their diverse neighbors
- Educators
- Elected Officials

As the HUB, they are there to support and share resources with these partners.

With these partners, the Hub hopes to produce products to share with stakeholders in Maryland, such as:

- Criteria, certifications, best practices
- Recommendations
- Training and Educational Sessions
- Templates and Model Language
- Reports

The first product that was formed within the HUB, was the MD Plain Language Checklist. This checklist was developed by the Maryland Health Benefits Exchange in partnership with the Maryland Department of Health and the Horowitz. This 17-item checklist can be found online and include links to other resources. This checklist has elements about audience focus, choosing titles and visuals to serve the audience interest, word choice and tone to use, clear call to action, and design and formatting.

Finally, Ms. Richey announced the MD Info Hub Convening on October 4, 2023 at College Park. Event is free. This is an opportunity to network, share tools and resources, and has hands-on activities. Registration is open online!

Leah Richey: [lsrichey@umd.edu](mailto:lsrichey@umd.edu)

MD Plain Language Checklist:  
<https://umd.app.box.com/s/oa2grlz01hu6mpowmrg3p1aa30b9sfm1>

MD Info Hub Convening:  
<https://sph.umd.edu/research-impact/research-centers/horowitz-center-health-literacy/consumer-health-information-hub>

<b>Next Steps &amp; Wrap-up</b>	Ms. Vicks adjourned the meeting at 10:58 AM	Members interested in tabling at one of our future health department events please contact: <a href="mailto:ajordan@howardcountymd.gov">ajordan@howardcountymd.gov</a>  Members interested in the LHIC promoting their upcoming event(s) please contact: <a href="mailto:ajordan@howardcountymd.gov">ajordan@howardcountymd.gov</a>
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Respectfully submitted by  
Lindsay Hall  
Public Health Intern  
Howard County Local Health Improvement Coalition

Website: <http://www.hclhic.org> Social Media: [@hclhic](#)