



Howard County Local Health Improvement Coalition
Chronic Disease Prevention & Management Workgroup
October 30, 2023
10:00 AM – 11:00 AM
Virtual via Zoom

Minutes

Members Present:

Michael Altenburger, CareFirst
Erin Anderson, HC Health Department (HCHD)
Maria Blanco, HC Health Department (HCHD)
Michelle Clark, HC Health Department (HCHD)
Samantha Cribbs, HC Health Department (HCHD)
Olivia Farrow, Ascension Saint Agnes Hospital
Jessica Fisher, HC Health Department (HCHD)
Connie Ford, HC Health Department (HCHD)
JaKaiya Frisby, American Lung Association
Nicole Guimaraes, Luminus Network
Lindsay Hall, HC Health Department (HCHD)
Natalie Hall, HC Health Department (HCHD)
Emily Hodson, Chase Brexton Health Care
Jennifer Lee, Office on Aging and Independence (OAI)
Cindy Li, Community Health Initiative
Tricia Mangold, HC Health Department (HCHD)
Lynn Meija, LindaBen Foundation
Christina Miller, Johns Hopkins Howard County Medical Center (JHHCMC)
Sunyoung Nicolas, HC Health Department (HCHD)
Octavia Peterson, American Heart Association
Crystal Pope, Johns Hopkins Howard County Medical Center (JHHCMC)
Suk Sweatman, MyLife Foundation
Shelby Thomas, Chase Brexton Health Care
Shuang Zhou, Community Health Initiative

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	<p>Ashton Jordan, Community Engagement Coordinator, for the Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 11:00 AM.</p> <p>Mr. Jordan provided a welcome to members in attendance and had members introduce themselves in the chat box.</p>	<p>Members are urged to review the past minutes available at: https://www.hclhic.org/home/MeetingYears/357</p>
Announcements	<p>Mr. Jordan, provided the following announcements to the workgroup:</p> <ul style="list-style-type: none"> • Priority Partners is hosting their Matters of the Heart workshop from 12:00 PM – 1:00 PM • Priority Partners is hosting their Jumpstart your Weight Loss workshop from 12:00 PM – 1:00 PM • The CDPMG action plan’s status has been updated. • The CDPMG health action item has been updated to showcase breast cancer information and resources. 	<p>Members interested in hearing more information about the Matters of the Heart workshop can visit here: https://www.ppmco.org/get-free-support/health-wellness-classes/matters-of-the-heart/</p> <p>Members interested in hearing more information about the Jumpstart your Weight Loss workshop can visit here: https://www.ppmco.org/get-free-support/health-wellness-classes/jumpstart-your-weight-loss/</p> <p>Members were urged to visit the LHIC’s chronic disease webpage here: https://www.hclhic.org/healthy/chronic-disease</p>
Overview of Evidence-Based Chronic Disease/Tobacco Programs Presentation & Discussion	<p>Ms. Vanda Lerdboon, HCHD, introduced the community-based organizations who would be funded under the Tobacco, Diabetes, and Chronic Disease grant. Organizations receiving funding are:</p> <ul style="list-style-type: none"> • Community Health Initiative • JustLiving Advocacy, Inc. • LindaBen Foundation, Inc. • Luminus Network for New Americans • My Life Foundation 	<p>Members were urged to visit the Mental Health First Aid – Adults CAREAPP card for future referrals: https://www.hccareapp.org/johns-hopkins-howard-county-medical-center--columbia-md--adult-mental-health-first-aid-program/6653455585902592?postal=21044</p>



Ms. Christina Miller, Johns Hopkins Howard County Medical Center, gave an overview of the Mental Health First Aid (MHFA) training available in Howard County. There is a training specific to adults who work with adults as well a training specific to adults who interact with adolescents aged 12-18. These trainings teach participants strategies for how to help someone in both crisis and non-crisis situation. Virtual and in-person options are available and referral can be made in CAREAPP.

Ms. Crystal Pope, Johns Hopkins Howard County Medical Center, described the Living Well in the Community self-management program topics, structure, purpose, and form of delivery. Crystal also overviewed several Living Well in the Community Programs.

The Living Well with Chronic Disease workshops focus on building confidence in ability to manage condition and maintain a healthy lifestyle for adults with at least one chronic condition and/or their caregivers. Virtual and in-person options are available and referral can be made in CAREAPP.

The Living Well with Cancer workshops focus on helping adults managing cancer or in remission and/or their caregivers address the fear of reoccurrence, fatigue, pain, nutrition. Virtual and in-person options are available and referral can be made in CAREAPP.

Ms. Jennifer Lee, Office on Aging and Independence, (OAI), overviewed two (2) additional Living Well in the Community workshops as well as two (2) exercise evidence-based program.

The Living Well with Diabetes workshops focuses on improving an individual's A1C and reduce the complications associated with diabetes for adults with diabetes and/or their caregivers. Unique topics covered include proper glucose monitoring, proper foot care, and recommended tests for prevention or delay of complications. Virtual, toolkit, and in-person options are

Members were urged to visit the Mental Health First Aid – Youth CAREAPP card for future referrals:

<https://www.hccareapp.org/johns-hopkins-howard-county-medical-center--columbia-md--youth-mental-health-first-aid-program/6165882786676736?postal=21044>

Members were urged to visit the Living Well with Chronic Disease CAREAPP card for future referrals:

<https://www.hccareapp.org/johns-hopkins-howard-county-medical-center--columbia-md--living-well-with-chronic-disease/4977342715920384?postal=21044>

Members were urged to visit the Living Well with Cancer CAREAPP card for future referrals:

<https://www.hccareapp.org/johns-hopkins-howard-county-medical-center--columbia-md--living-well-with-chronic-disease/4977342715920384?postal=21044>

Members were urged to visit the Living Well with Diabetes CAREAPP card for future referrals:

<https://www.hccareapp.org/johns-hopkins-howard-county-medical-center--columbia-md--living-well-with->

	<p>available in multiple languages and referral can be made in CAREAPP.</p> <p>The Living Well with Chronic Pain workshops focuses on building self-management strategies for individuals with chronic pain for adults with chronic pain and/or their caregivers. Unique topics covered include appropriate use of medications, how to balance activity with rest, tools for overcoming worst-case thinking, negative emotions, and strategies for communication. Virtual and in-person options are available and referral can be made in CAREAPP</p> <p>The Arthritis Foundation Exercise Program consists of low-impact exercise class that includes gentle range-of-motion and strength exercises. This program has been proven to help reduce pain and decrease stiffness for those with arthritis. Virtual and in-person options are available, and referral can be made in CAREAPP.</p> <p>The Better Balance classes are self-paced balance classes that includes walking, bar, and seated exercises. These classes are proven to help improve balance for those with a chronic condition affecting their balance or feel unsteady on their feet. The classes are only offered in-person, and referral can be made in CAREAPP.</p> <p>Ms. Sunyoung Nicolas, HCHD, gave an overview of the evidence-based Tobacco Cessation Program available to adults who live, work, or study in Howard County. The program focuses on helping individuals develop a quit plan as well as manage stress, cravings, and withdrawal symptoms. Individual/group virtual and in-person options are available, and referral can be made in CAREAPP.</p> <p>Ms. Vanda Lerdboon, went over CAREAPP Connections and explained that there are two types of referrals that can be made via CAREAPP: live referral & log referral. Ms. Lerdboon showcased how to navigate CAREAPP as a program provider/facilitator and how to create a live referral and how to log a referral.</p>	<p>diabetes/6400344141725696?postal=21044</p> <p>Members were urged to visit the Living Well with Chronic Pain CAREAPP card for future referrals: https://www.hccareapp.org/johns-hopkins-howard-county-medical-center--columbia-md--living-well-with-chronic-disease/4977342715920384?postal=21044</p> <p>Members were urged to visit the Tobacco/Vaping Use Prevention and Cessation CAREAPP card for future referrals: https://www.hccareapp.org/ward-county-health-department--columbia-md--tobacco-vaping-use-prevention-and-cessation/6010143007440896?postal=21044</p> <p>Members can access CAREAPP online here: https://www.hccareapp.org/</p>
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	<p>Mr. Jordan showcased how to navigate the chronic disease webpage and access the Chronic Disease Self-Management Programs flier.</p> <p>Ms. Lynn Meija, LindaBen Foundation, inquired if you could log a referral if referring an individual to a partner's website. Ms. Lerdboon navigated to the "log a referral" button available on CAREAPP.</p>	
Next Steps & Wrap-up	<p>Mr. Ashton Jordan mentioned the next CDPMG workgroup meeting will be December 13th at 10:00 AM.</p> <p>Mr. Jordan adjourned the meeting at 11:38 AM.</p>	

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