

Howard County Local Health Improvement Coalition

Full LHIC Meeting

3/26/15

Agenda

- ▶ Welcome & Introductions
 - ▶ Opening Remarks Maura Rossman
 - ▶ Announcements
 - Million Hearts Grant
 - LHIC Website
 - Hilltop Data Repository Update
 - Healthy Aging Work Group Update
 - LHIC Member Announcements
 - ▶ Approval of 2015–2017 Action Plans Jeananne Sciabarra
 - ▶ HCHAS Update Au'Sha Washington
 - ▶ Howard County SSB Sales Data Glenn Schneider
 - ▶ Work Group Reports
 - Healthy Weight Liz Clark
 - Access to Care Patricia Omaña
 - Behavioral Health Roe Rodgers–Bonaccorsy
 - ▶ Questions/Comments
 - ▶ Work Group Meetings
- Behavioral Health* ⇒ Barton B □ Access to Care ⇒ Severn □ **Healthy Weight** ⇒ Potomac

Welcome and Introductions

What have you done for ~~me~~ lately?



Opening Remarks

Maura Rossman, MD
Howard County Health Officer

Announcements

- ▶ Million Hearts Grant
- ▶ LHIC Website
- ▶ Hilltop Data Repository Update
- ▶ Healthy Aging Work Group Update
- ▶ LHIC Member Announcements
 - Get Active Howard County
 - [Bootcamp in the Park](#)
Saturdays, 8:00 a.m.
Centennial Park Pavilion H
 - Healthy Happy Hour
Saturday, April 25, 3:30 – 8:00
Haven on the Lake – Columbia
 - Other Member Announcements



Voting – Rules Established in Bylaws

- ▶ Establish quorum (simple majority)
 - 34 voting members
- ▶ Vote requires 2/3 majority to pass
- ▶ Each organization has one vote
 - The blue “V” on nametag indicates voting member
 - Organizations that joined after the open enrollment closed do not have a vote until next recruitment period
- ▶ Each work group also has one vote
 - Work group co-chairs have decided who will vote



BIENNIAL HOWARD COUNTY HEALTH ASSESSMENT

Au'Sha Washington
Research Associate
443-766-1220
awashington@thehorizonfoundation.org



BACKGROUND

Partners



Mission

To learn more about the health and wellness of Howard County residents and to better aid health programs, grants and efforts.

HCHAS = BRFSS + SF12+ HOCO

BRFSS

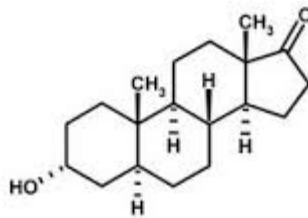
(Behavioral Risk Factor Surveillance System)

- World's largest ongoing telephone survey
- 31 years old
- Measures personal health risk behaviors
- Core questions + rotating questions
- Also tells us:
 - Almost Everything Health Related

SF 12

(Short Form Health Survey)

- Measures current physical and mental health status
- Validated by over 17,000 scientific studies
- Also tells us:
 - % at risk for depression
 - Expected per month medical expenditures

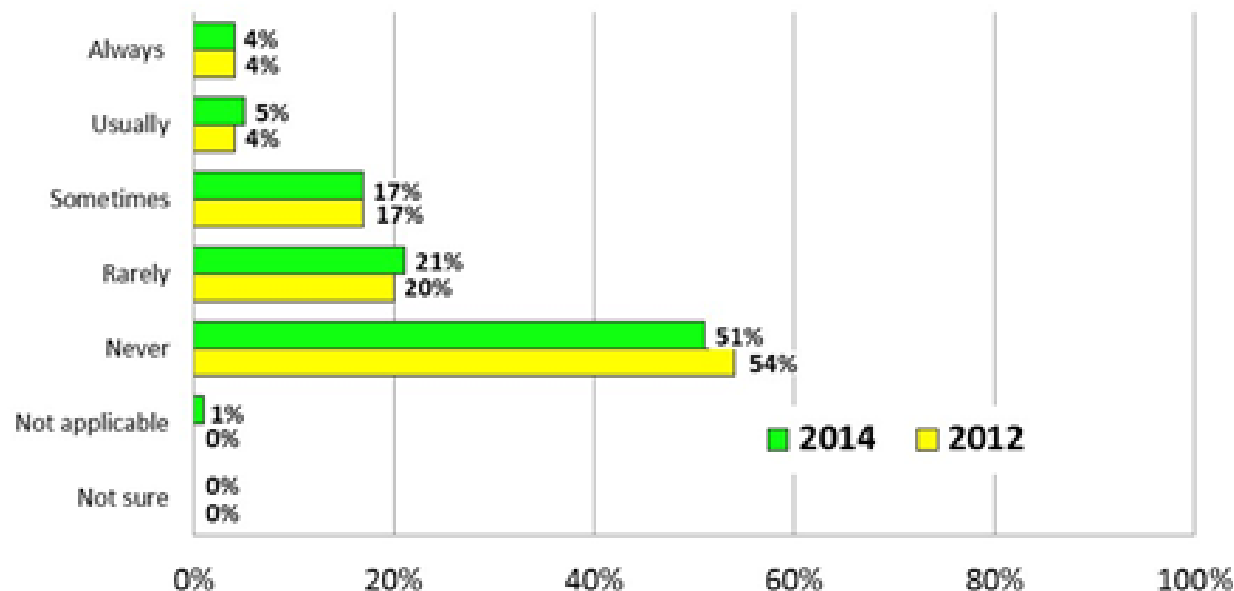


PRODUCTS

Executive Summary

One-quarter (26%) of Howard County residents said they worried at least sometimes in the prior 12 months about having enough money to pay vital expenses like your rent, mortgage, or food. Four percent said they “always” worried about that, 5% said they “usually did,” and 17% said they worried “sometimes.” The percentage who said they “never” worried declined slightly from 54% in 2012 to 51% in 2014.

Money Worries



QM28.1. How often in the past 12 months would you say you were worried or stressed about having enough money to pay vital expenses like your rent, mortgage, or food? Would you say you were worried or stressed---

Executive Summary

Money Worries					
2014 Planning District Breakouts	West County	Ellicott City	Columbia	Elkridge	Laurel
Always	3%	2%	6%	5%	5%
Usually	2%	3%	6%	7%	7%
Sometimes	14%	16%	20%	18%	16%
Rarely	21%	23%	20%	22%	21%
Never	59%	56%	46%	47%	51%
Not applicable	-	-	1%	1%	-
Not sure	-	1%	-	-	-

Money Worries					
2014 Race/ Ethnicity Breakouts	White	African-American	Asian	Hispanic	Others
Always	3%	8%	1%	4%	9%
Usually	4%	7%	6%	11%	16%
Sometimes	15%	23%	16%	28%	22%
Rarely	23%	19%	19%	23%	14%
Never	53%	42%	57%	28%	38%
Not applicable	-	-	1%	6%	-

Executive Summary

Money Worries					
2014 Education Breakouts	Less than 12th Grade	High School Diploma/GED	Some College	4-Year Degree	Postgraduate
Always	12%	8%	6%	3%	2%
Usually	15%	8%	7%	4%	2%
Sometimes	26%	22%	23%	15%	13%
Rarely	38%	17%	24%	24%	18%
Never	10%	43%	38%	54%	65%
Not applicable	-	-	2%	-	-
Not sure	-	1%	-	-	-

Money Worries					
2014 Marital Status Breakouts	Married	Divorced/ Separated	Widowed	Never Married	Unmarried Couple
Always	3%	10%	2%	6%	18%
Usually	4%	11%	6%	6%	2%
Sometimes	15%	24%	24%	18%	44%
Rarely	22%	20%	18%	20%	15%
Never	56%	35%	42%	48%	21%
Not applicable	-	-	2%	2%	-
Not sure/ Refused	-	-	5%	-	-

Infographic

www.howardcountyhealthsurvey.com

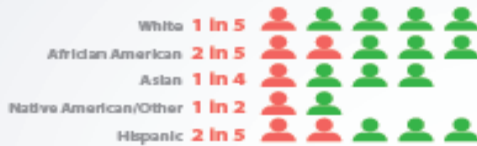
Howard County Health Assessment Survey

Mental Health and Addictions

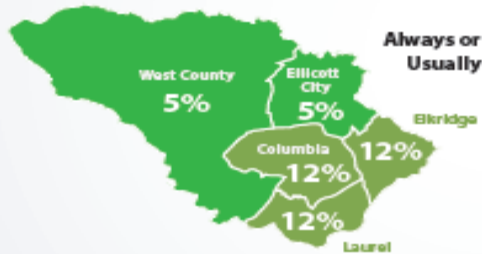


STRESS

Residents stressed about money for vital expenses, such as rent, mortgage, food*



*Those who were sometimes, usually or always stressed about being able to pay for vital expenses (rent, mortgage or food) in the last year.



MENTAL HEALTH

Taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem

By gender



By race



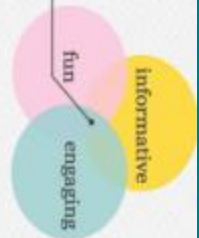
How do residents of Howard County measure up to the nation in terms of mental health?



Healthy ways to cope with stress

Exercise regularly, connect socially and ask for support from friends, family or a counselor.

Simplicity Metrics Research

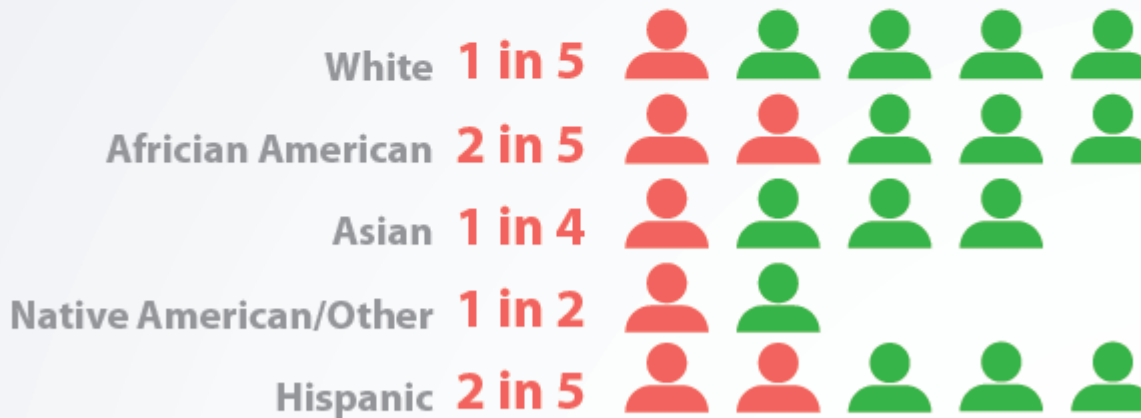


Infographic

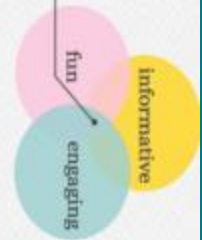


STRESS

Residents stressed about money for vital expenses, such as rent, mortgage, food*



**Those who were sometimes, usually or always stressed about being able to pay for vital expenses (rent, mortgage or food) in the last year.*



STAY TUNED!

- **Finalized Executive Summary and Infographics**
 - **HowardHealthCounts.Org**
 - **HowardCountyHealthSurvey.Com**
 - **Reflective Action Meeting**
 - **2016 HCHAS**





BIENNIAL HOWARD COUNTY HEALTH ASSESSMENT

Au'Sha Washington
Research Associate
443-766-1220
awashington@thehorizonfoundation.org



Infographic

Healthy ways to cope with stress

Exercise regularly, connect socially and ask for support from friends, family or a counselor.

How many drinks are okay?

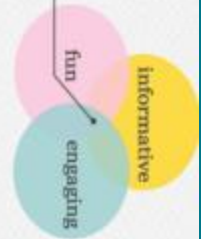
The National Institutes of Health recommends no more than one drink per day for women and no more than two for men.

Need a reason to quit?

Smoking harms nearly every organ of your body, causing diseases and affecting overall health. Quitting has immediate as well as long-term benefits for you and loved ones.

The Howard County Health Department offers free classes for those interested in quitting smoking. Call 410-313-6265 for more information.

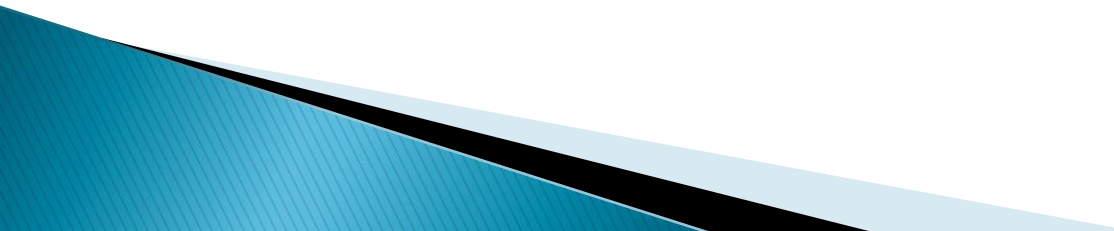
Simplicity Metrics Research



Howard County SSB Sales Data

Glenn Schneider
Horizon Foundation

Work Group Updates

- ▶ Healthy Weight – Liz Clark
 - ▶ Access to Care – Patricia Omaña
 - ▶ Behavioral Health – Roe Rodgers–Bonaccorsy
- 

Wrap-Up

- ▶ Questions/Comments
- ▶ Work Group Meetings
 - Behavioral Health ⇒ Barton B*
 - Access to Care ⇒ Severn*
 - Healthy Weight ⇒ Potomac*
- ▶ Please sign in if you haven't already
- ▶ Please leave nametags in work group meetings