

Chairperson: Audra Nixon
 Vice Chairperson: Jill RachBeisel
 Executive Secretary: Maura Rossman, M.D., Antigone Vickery
 Recorded By: Kandyce Hopkins

HOWARD COUNTY BOARD OF HEALTH
 June 28, 2022 Meeting Minutes

DATE: June 28, 2022
TIME: 6:00 p.m.
PLACE: Virtual - WebEx

Members Present: Audra Nixon; Erica Martin; Emily Greenberger; Jill RachBeisel; Melinda Kantsiper; Paloma Leon; Matt Reber
Members Excused: Jason Bashura; Judith Chernoff; Anthony Wisniewski
Members Absent: N/A
Staff: Maura Rossman, Health Officer; Kandyce Hopkins, Management Associate
Public: N/A

| Topic/Agenda | Discussion | Action / Follow-up |
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| Welcome and Call to Order | The meeting was called to order by A. Nixon at 6:05 p.m. | |
| Approval of Minutes Board Chair's Report | <p>A. Nixon proposed May's minutes for approval.</p> <p>A. Nixon presented the previously established Board priorities to new member P. Leon, to allow her to decide which sub committee she would like to join.</p> <p>A. Nixon provided additional information relevant to the priorities such as Howard County's 2021 Health Assessment Survey regarding Healthy Living: Weight, and Food & Beverage Choices; Chronic Disease: Diabetes & Hypertension; and Healthy Minds: Mental Health; Suicide Prevention; and Substance Misuse. She also clarified that as Board Chair, she does not have any conflicts of interest with any community partner organizations.</p> <p>Weight- 29% of adults are overweight; 25% are obese (37% Black, 27% White, 7% Asian).</p> | <p>Motion to accept May minutes by E. Martin, 2nd by M. Reber.</p> <p>A. Nixon proposed collaborating with a community partner to further address Board priority.</p> |

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| <p>Health Officer's Report</p> | <p>Food & Beverage Choices- 11% drink soda daily; 18% eat fruit 3 times or more daily; 16% eat vegetables 3 times or more daily; 32% eat vegetables less than once per day.</p> <p>Diabetes- 11% of resident have pre-diabetes; 13% have diabetes (increased from 8% for both in 2018); Increase from 9% to 28% from 2018 to 2021 of residents with pre-diabetes under age 30. Non-Hispanic Blacks with diabetes in 2019- 12%; Non-Hispanic Whites- 6.1% (BRFSS age-adjusted rate)</p> <p>Hypertension-Borderline or pre-hypertensive adults 5% (up from 1% in 2018; 6% male, 3% female); Adults with hypertension 36% (27% in 2018, 45% male, 28% female); 34% of individuals earning less than \$50k annually do not take meds for hypertension.</p> <p>Mental Health-26.27/1000 ER visits for mental health in 2020; 14% of HoCo residents reported 8+ bad mental health days vs. 11.3% in 2016 (BRFSS age-adjusted rate); 14.8% residents with doctor-diagnosed depression in 2020 vs. 12.2% in 2019 (BRFSS age-adjusted rate).</p> <p>Suicide Prevention- 8.3 3-year age adjusted rate per 100,000 in 2019 vs 7.6 in 2016</p> <p>Substance Misuse- 15.10/1000 ER visits for substance use disorder in 2020; cigarette smoking remains at 60% of residents receiving Substance Related Disorder (SRD) services vs 25.5% of those receiving mental health services.</p> <p>COVID-19- Case rate is high at 29.34/100,000; new admissions are low (below 10/100,000). The severity of the disease is lower than in the previous 2.5 years which is attributable to vaccine, therapeutics & testing. The variants that are most prevalent are BA.4 & BA.5, subvariants of omicron. These variants are more transmissible and able to evade the immune system. People are able to be re-infected with different subvariants. Although in a better place than last year, disease prevalence remains high. Babies 6 months & older are now approved for vaccination.</p> <p>Grant notification was received from MDH via CDC, (\$465,000) to fund health disparity work. The Health Department will utilize the concept of community health workers in zip codes and census tracts where data supports higher rates of chronic disease and health</p> | <p>.</p> <p>Dr. Rossman will present more in-depth information at the September meeting. A.</p> |
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| <p>Committee Reports</p> | <p>disparities. When disaggregating the data, income, race, ethnicity & geographic location plays a part in disparities. The funding will provide tuition for at least 40 individuals to become certified as community health workers. The goal is to partner with organizations who are interested in facilitating the use of trusted community health workers to advocate, educate and use other tools to improve overall health in these communities.</p> <p>The Health Department is moving forward with addressing maternal and infant health disparities among our black and brown moms and infants.</p> <p>There was a press release about broadening of youth suicide prevention work across the lifespan.</p> <p>Access to Care- N/A</p> <p>Mental Health- E. Martin was unable to speak before the Board of Education. She submitted a letter to them & was informed that the funds in question were no longer being reallocated & would remain with mental health. E. Martin submitted a copy of her letter to the Board of Education to the Board of Health.</p> <p>Workforce & Infrastructure- The goal of the subcommittee is to assist the Health Department & it's employees with support in their needs & initiatives. The committee met with HCHD's Behavioral Health Bureau. The Board advocated for additional staff for the Health Department.</p> <p>The meeting adjourned at 6:50 pm</p> <p>Next meeting is September 27, 2022.</p> | <p>Nixon & E. Martin are interested in collaborating the effort.</p> <p>A. Nixon will reach out to the Access to Care subcommittee to see who would be interested in serving as committee chair.</p> <p>The Mental Health subcommittee will meet prior to September's Board meeting & will provide the Board with updates. The Board will ask the Mobile Crisis Team to meet in the near future.</p> <p>P. Leon will decide which subcommittee to join.</p> |
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