



## FY 2022 Highlights



Healthy Harford has a long history of integrating Social Determinants of Health as a means of improving chronic disease and behavioral health outcomes. This collaborative Collective Impact modeling is unique because of its close partnerships with governments, businesses, non-profit organizations, health care organizations, families, neighbors and friends. Through these cooperative relationships, Healthy Harford has successfully promoted and improved the health, strength and vitality of Harford County. All accomplishments achieved have be made possible through the power of partnerships.

## Highlights

As the new normal continues to define itself, Healthy Harford remains true to our mission to utilize Collective Impact to address persistent population health challenges, and to focus on **Social Determinants of Health**. In CY21 over \$123,000 in grant funds have been directed to support healthy community initiatives including suicide prevention, youth wellness, minority health improvement, and assisting vulnerable senior populations to improve overall health outcomes.

A key measure this year has been to utilize the *Statewide Integrated Health Improvement Strategy Proposal* from the Maryland Health Services Cost Review Commission as a

framework for addressing population health needs, resulting in a focus on diabetes prevention, in particular for high-risk minority populations. Other priorities include behavioral health, smoking cessation, and addressing social determinants of health such as food access and transportation for vulnerable <sup>1</sup>ALICE populations and the elderly.



## Healthy Lifestyles & Resources

- \$30,000 for year two (total \$60,000) of the Minority Outreach and Technical Assistance (MOTA) grant from the Maryland Department of Health (MDH) Office of Minority Health to address diabetes prevention in Black and Brown communities. During FY22 the priority was to expand and diversify our Diabetes Prevention program (DPP) instructor staff; adding seven new instructors, including additional Black instructors, men, and Spanish language speakers. The Diabetes Prevention Program has grown through partnerships with the Walter and Betty Ward Y of Maryland, LASOS, Harford County Health Department (HCHD) Community Health Workers, and number of Faith based organizations. The Water Wednesday portion of this program designed to encourage participants to drink water and forgo sugar sweetened beverages has reached over 700 participants.
- \$5,000 grant from Battelle to support the Days of Taste program in two low income area elementary schools, bringing the total number of schools served in Harford County to ten. This grant supports a hands-on healthy cooking program for 4<sup>th</sup> graders, encouraging healthy nutrition, cooking skills, encouraging positive family dynamics.
- \$50,000 grant from the Dresher Foundation (year two) to provide much needed support and resources not covered by insurance for high-risk low income Medicare patients enrolled in with the Care Transformation Teams. Funded items include: transportation to medical appointments, hearing aids, dental services, biometric monitoring equipment, walking aids, groceries, adult diapers, and more.
- Healthy Harford continues to serve as a partner with Food, Family, and Community Partners in collaboration with Harford Community College, Harford County Government, HCPS, and the local farming community to improve access to healthy foods, and promote how healthy nutrition can support improved mental and physical health.
- Healthy Harford is the lead for the Harford County Food Access Workgroup. As part of this effort, HH is instrumental in working with

---

<sup>1</sup> ALICE – Asset Limited, Income Constrained, Employed

UMMS and UM UCH staff to promote the University of Maryland Medical System (UMMS) \$1.2 million gift to address food insecurity throughout the state.

- Healthy Harford, along with multiple UM UCH departments, and community partners are working to re-access and systemize smoking cessation referrals in order to improve elevated smoking rates in Harford County. The goal is to decrease the Harford County rates (16%) to be more in-line with Maryland state levels of 13.9%, which is comparable to goal of Healthy People 2030 (13.6%).



## Community Partnerships for Health

- The 2021 Community Health Needs Assessment (CHNA) was submitted as a cooperative data roadmap for the Harford County Health Department, UM UCH and Healthy Harford. This foundational document is updated every three years, and helps ground health priorities for our community.

### Behavioral Health:

- Healthy Harford is the Chair for the Local Health Improvement Coalition (LHIC) Behavioral Health workgroup.
- HH has helped reinvigorate the Harford County Trauma Institute through a partnership with the Klein Family Harford Crisis Center. The workgroup is now housed under the Behavioral Health LHIC with the goal of creating a trauma informed community and addressing both mental health and chronic disease through decreased Adverse Childhood Experience (ACE) scores.
- Suicide Prevention: Utilizing a \$38,000 grant from the MDH Behavioral Health Administration, the Local Health Improvement Coalition (LHIC) Behavioral Health - Suicide Prevention Workgroup worked to:
  - Host a regional suicide prevention training in April for advanced clinician certification in Family Attachment Therapy for over 85 clinicians.
  - Partner with law enforcement agencies to implement fatal means reductions through the distribution of gun locks and promotion of safe storage sites throughout the county.
  - Train over 500 residents in Question, Persuade, Refer (QPR) suicide prevention training.
  - Reduce the stigma of suicide through normalizing the conversation of mental health struggles.

- Update all existing *You are Not Alone* suicide prevention signs throughout the county, and partnering with HC Parks and Recreation to post 20+ new permanent signs at county owned parks.
- HH presents nutrition lectures throughout the county on how nutrition can impacts mental health.

#### Family Stability

- Healthy Harford sits on the Harford County Child Fatality Review Board to help improve system level changes to decrease child mortality.
- Connects with Faith community to link clergy to supportive services such as: Advanced Directives, mental health, and chronic disease prevention programs.
- Maintains a countywide list of food resources for groceries and prepared meals in the community to support vulnerable populations and works to address identified gaps.
- Blue Print for Success – HH serves as the Co-chair for the Student Supports subcommittee for the Harford County Public Schools Blue Print for Success. This legislative program aims to improve health and wellness for Harford County students and families facilitating their success.
- Improving SIDS education – by connecting UMUH Family Birthplace staff to the larger community for education and outreach.
- Partners with three high poverty elementary schools in Aberdeen, Edgewood and Riverside to improve health behaviors.

#### Chronic Disease

- Faith communities – Healthy Harford partners with faith communities in Edgewood and Aberdeen to develop obesity and chronic disease prevention programs including community gardens, fitness programs, and integration of Diabetes Prevention, Diabetes Self Management programs, and the Water Wednesday program within houses of worship, particularly within communities of color.
- Partnership with LASOS and Latino WIC at the HCHD to address diabetes in the Latino community. Supports Spanish language DPP instructor training, working to facilitate a Spanish language DPP class, in partnership with LASOS and UMUH, provided diabetes screenings and referrals for approximately 85 Latino residents at three LASOS community health fairs funded through a United Way Changemaker grant.
- Active Transportation – Transportation continues to be the number one barrier to care for many in our community. HH is an active

partner with the Baltimore Metropolitan Council, Baltimore Regional Planning Board, MDOT senior driving, HC Safety Traffic Board, HC Bike and Pedestrian Advisory Board, and Bike Harford to improve road safety and support bike, pedestrian, and public transportation. In 2021, HH participated in the Capital Improvement Plan for the Baltimore metropolitan region.

- Locally HH partners with JamSquad Cycling and local law enforcement to provide 100 to 150 bikes and helmets a year to low income neighborhoods to support school attendance, expand workforce options, and improve physical activity. This outreach also provides linkages into at-risk communities.
- HH provides public cooking demonstrations to increase education around the importance of healthy eating for improved physical and mental wellness. Recent partnerships include: MD Cooperative Extension and Harford Community College, Edgewood Head Start, Chosen Development Corp, Aberdeen, and a video series developed during the Covid19 pandemic. HH attends community events to promote mental and physical wellness and resources in the community, and services at KFHCC and UMUH.



## Access to Care Coordination

- Prioritizing *health equity, inclusion and diversity* in the community, through addressing minority health disparities, and providing culturally competent access and education. This includes partnerships with the Harford County NAACP, LASOS, Maryland Department of Health Office of Minority Health Community Stakeholders Advisory Group, Harford Community Action Agency Equity Workgroup, the United Way RUN Board, and the UM UMUH Equity, Diversion and Inclusion workgroup to ensure that health efforts are universally accessible to all residents.

Senior Wellness: Partnering with UMUH CTO and Occupational Therapy to integrate home fall risk assessments, hosting CarFit Senior Safe Driving program in partnership with Faith Community and UMUH CHO to facilitate safe driving and link senior population to services as needed.

- Maintains strong web and social media presence to ensure that residents are aware of resources and services available in the community, especially during Covid. Facebook and Instagram have over 3,353K followers. Our most viewed information is the updated Food Access matrix from the Food Access workgroup.
- Through community partners help to keep Harford residents updated on legislative changes or rules that may affect them. Worked with SeedCo to

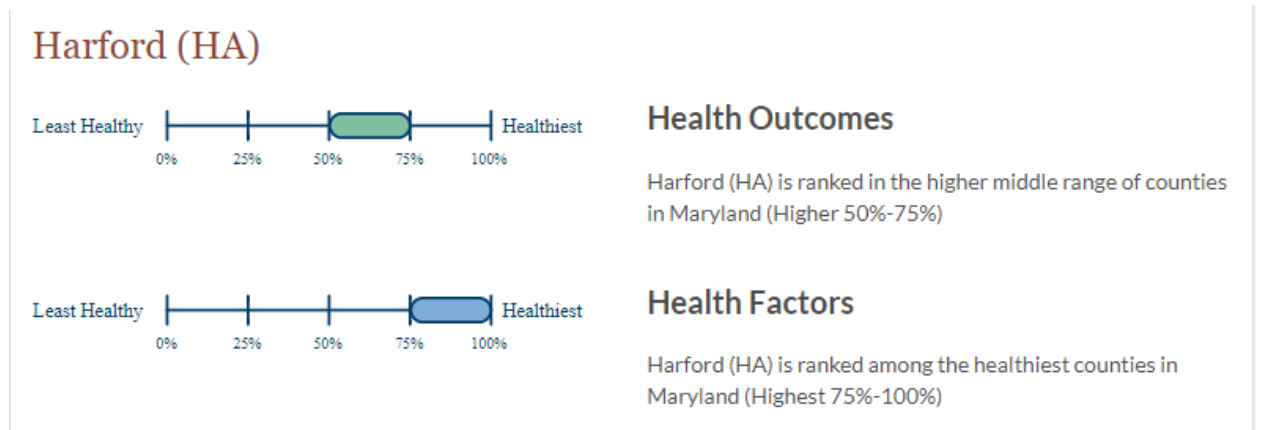
help promote April 2021 changes brought by the American Rescue Plan in health insurance coverage and affordability for those that purchase insurance via the Marketplace, then linked area nonprofits to training so that they could share information with their clients.

- HH works to reduce the stigma of mental health and champion the Klein Family Harford Crisis Center (KFHCC) and support mental health access in our community through outreach and community education.
- In 2021 HH participated in crisis mapping for Veterans Services and is presently participating in crisis services mapping for child and youth mental health services in our community.

# Robert Wood Johnson Foundation Community Health Rankings

Health Outcomes are where we are today

Healthy Factors are where we are headed tomorrow



## Health Factors in need of improvement

### Social determinants of health

- Children in poverty
- Limited access to healthy food for low income people
- Obesity rates are on par with the State (tends to be male and minority)

### Access to Care

- Lack of medical and mental health providers

### Built Environment

- Lack of social associations
- High solo car driving
- Limited physical activity
- Limited access to exercise opportunities

### Behavioral Health

- Drug overdoses
- Excessive drinking
- Smoking