

Baltimore County Health Coalition

2022 Quarterly Meeting

Della Leister, RN, Deputy Health Officer

Wednesday, June 1, 2022
WEBEX



Agenda

- Welcome and Introductions
- Data Review
- CHIP tracking
- New Subcommittees and Quarterly Committee Reports
- COVID Update
- Announcements

Data Review Obesity

Background

- Obesity occurs when dietary intake exceeds energy expenditure which is impacted by the built environment.
- The built environment dictates access to grocery stores or parks and trails which facilitates opportunities to purchase fresh fruits and vegetables and exercise, respectively.
- As a result, this report not only quantifies the prevalence of obesity but also reports on several behavioral indicators related to being physically active and healthy dietary practices in Maryland and Baltimore County (BC).

Background

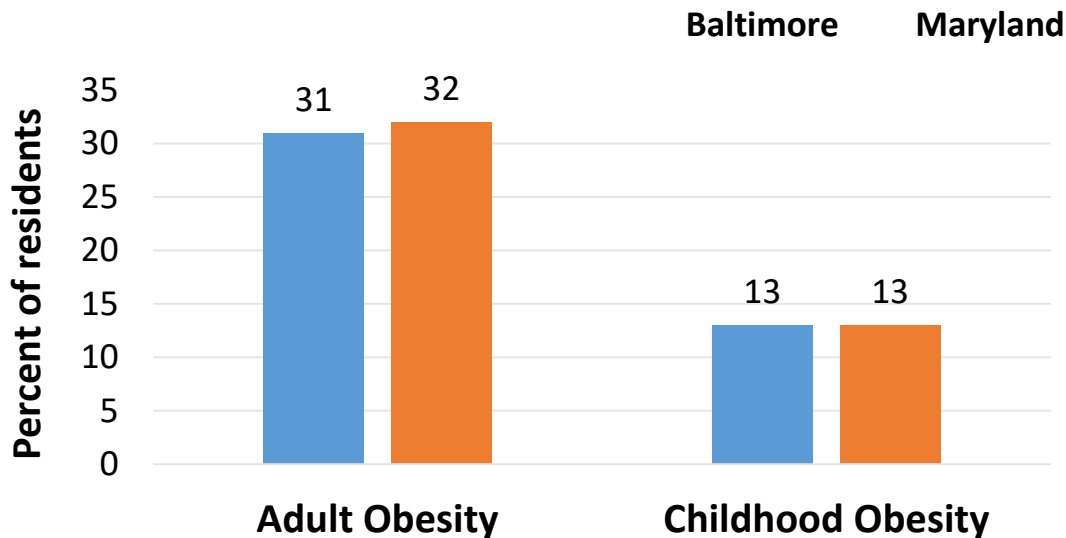
- In the United States, obesity has reached epidemic proportions.
 - From 2017 and 2018, an estimated 19% or 14 million youth and 40% of adults deemed as obese.
- Obesity contributes to 300,000 deaths per year associated with type 2 diabetes, cardiovascular disease, hypertension, stroke and certain types of cancer.
- Obese individuals are three times as likely to be hospitalized or die following COVID-19 diagnosis compared to individuals who were not obese.

Data Sources and Metrics

- **2019 Maryland Behavioral Risk Factor Surveillance System**
 - *Adult obesity*: based on self-reported weight and height, and defined as a body mass index (BMI) over 29 kg/m²
 - *Physical activity*: participated in leisure-time physical activity in past 30 days
 - *Fruit and vegetable consumption*: consumed less than one serving of fruit or vegetable per day
- **2018 Maryland Youth Risk Behavior Survey**
 - *Childhood obesity*: BMI at or above the 95th percentile by age and sex
- **United States Department of Agriculture**
 - *Food insecurity*: lack of access to food needed for an active, healthy life and limited or uncertain availability of nutritionally adequate foods
 - *Limited access to healthy foods*: low-income and do not live close to a grocery store
- **United States Census Bureau**
 - *Access to exercise opportunities*: access to locations conducive for participating in physical activity

Prevalence of Obesity in Baltimore County and Maryland

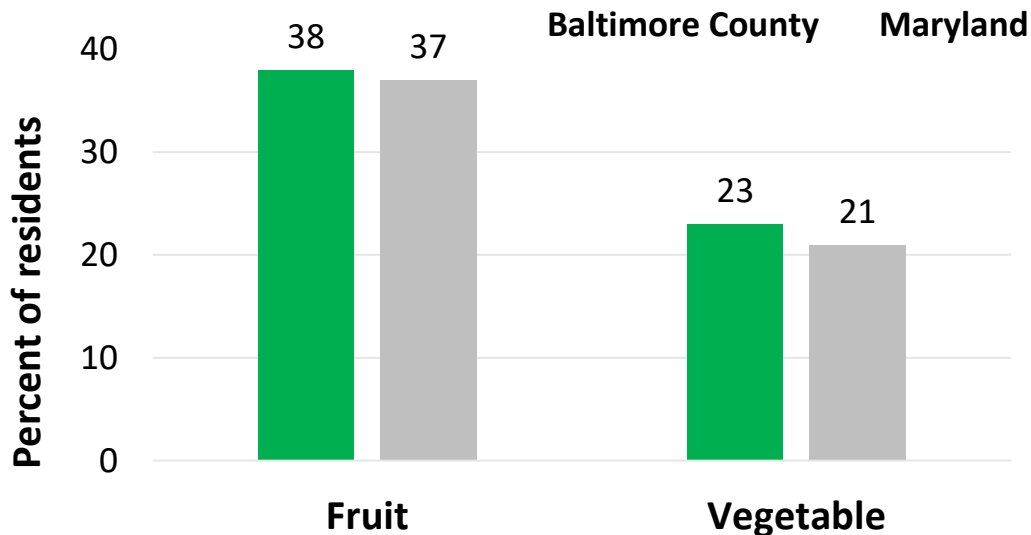
Estimates of obesity were equivalent among residents of Maryland and Baltimore County.



Fruit and Vegetable Consumption in Baltimore County and Maryland

A higher proportion of residents reported consuming less than one serving of fruits compared to vegetables.

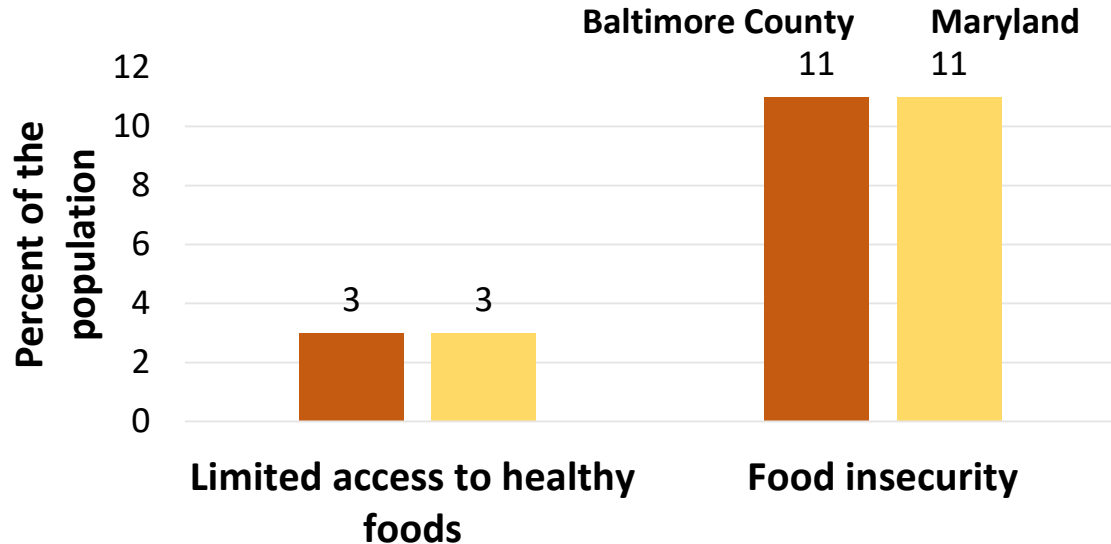
The majority of the population did consume at least one serving of fruits or vegetables per day.



Access to Healthy Foods in Baltimore County and Maryland

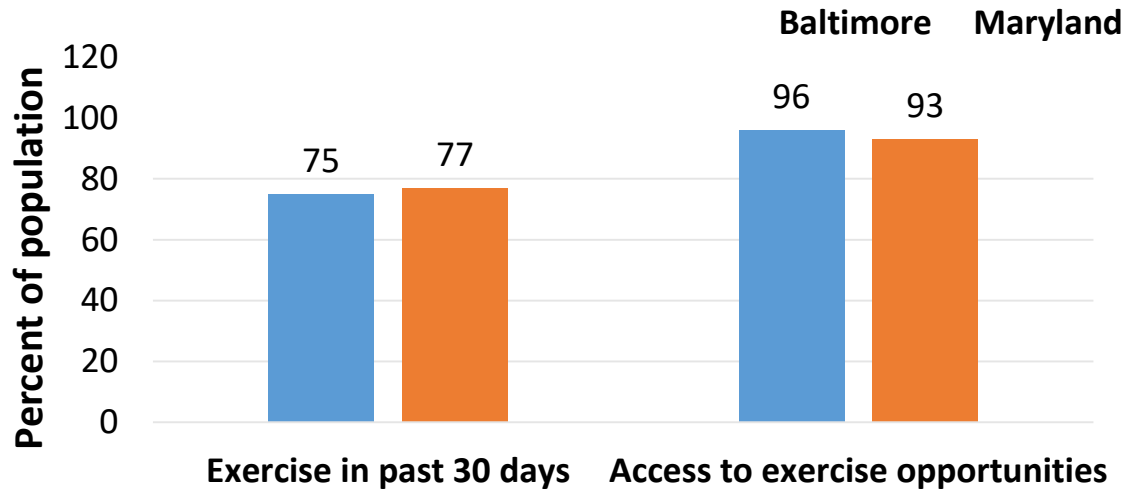
A low proportion of residents reported limited access to healthy foods (3%) or food insecurity (11%).

The majority of the population has access to healthy foods.

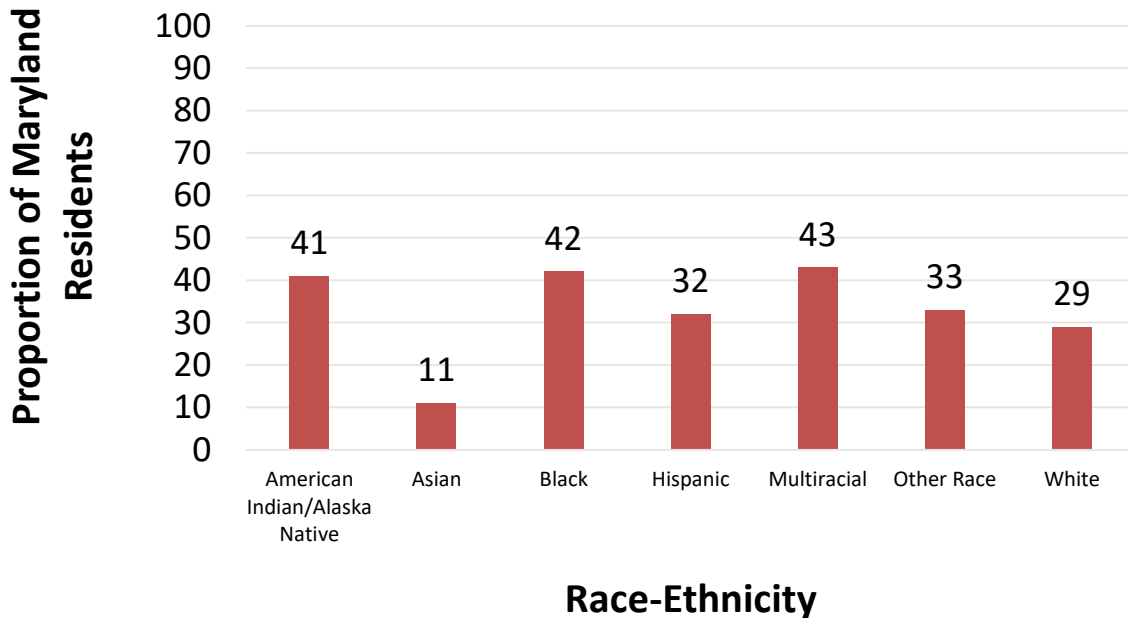


Physical Activity in Baltimore County and Maryland

Most residents reported participating in exercise activities within the past 30 days which coincides with the majority of BC and Maryland residents reporting access to exercise opportunities.



Prevalence of Adult Obesity by Race-Ethnicity in Maryland



Conclusion

- Across all indicators, estimates were equivalent between Baltimore County and Maryland residents.
- The prevalence of obesity for Maryland and BC residents are lower than national estimates.
- The environment may be conducive for practicing healthy habits as the majority of the population reported consuming at least one serving of fruits or vegetables per day, exercising within the past 30 days.
- The prevalence of adult obesity was relatively high.
 - The frequency, duration, and intensity of exercise reported within the last 30 days was not collected.
 - Proportion who met national guidelines for adequate fruit and vegetable consumption
 - Stratify by social or economic factors

Community Health Improvement Plan

Quarter 3 Jan-Mar 2022		Programs and Resources								
Partners	Primary Care Provider	Case Mgmt Programs	Tobacco Cessation Programs	Medication Assisted Therapy	Chronic Pain Self-Mgmt Program Begins 2/23/22	Community and Social Service	Mental Health Organizations	Mental Health Treatment	Peer Case Manager	Total Referrals by Partner
BCDH Bureau of ACE										0
BCDH Bureau of BH-CHS										
BCDH Bureau of Clinical Svcs						3		303	42	
University of MD St Joseph Medical Center					12					12
GBMC Greater Balto. Med Ctr										0
LifeBridge Health Northwest Hospital Ctr										0
MedStar Health										0
Total Referrals to each Resource	0	0	0	0	12	3		303	42	12

Community Health Improvement Plan

Quarter 3 Jan-Mar 2022		Programs and Resources					
Partners	Primary Care Provider	Case Mgmt Programs	Lifestyle Change Programs	Food/ Nutrition Resources Programs	Prevention T2 Diabetes Prevention Began 9/14/21	Prevention T2 Diabetes Prevention Began 1/5/22	Total Referrals by Partner
BCDH Bureau of ACE	211						211
BCDH Bureau of BH-CHS							
BCDH Bureau of Clinical Svcs							0
University of MD St Joseph Medical Center					12	11	23
GBMC Greater Balto. Med Ctr							0
LifeBridge Health Northwest Hospital Ctr	340	453	17				810
MedStar Health			14				14
Total Referrals to each Resource	340	453	31	0	12	11	1058

Community Health Improvement Plan

Quarter 3 Jan-Mar 2022	Programs and Resources									
Partners	Health Insurance Programs	Bilingual Healthcare Resources	Focus Groups							Total Referrals by Partner
BCDH Bureau of ACE										0
BCDH Bureau of BH-CHS	3995		8							4003
BCDH Bureau of Clinical Svcs										0
										0
										0
Total Referrals to each Resource	3995	0	8	0	0	0	0	0	0	4003

Hospital Reports Population Health

- Lifebridge
- Medstar
- GBMC
- University of Maryland SJMC
- Sheppard Pratt
- Other partners

GBMC Community Benefit Initiatives



Community Health Needs Assessment: Implementation Strategy (FY22-24 Focus Areas)



Health Disparities

- Address social determinants of health (SDOH), with a focus on food insecurity.
- Expand access to care for underserved and low income populations for Baltimore County and surrounding areas.



Behavioral Health (Mental Health & Substance Use)

- Expand access to mental health services for patients experiencing routine and crisis mental health needs.
- Promote early detection of substance use disorder and reduce overdoses due to opioids and other drugs.



Physical Health

- Develop health engineering strategies that guide patients, staff, and community members to make healthier choices.
- Provide patients and community members with tools to prevent and manage diabetes, heart disease, and obesity risk factors.



Joint Efforts

National Prescription Drug Take Back Day

GBMC HEALTHCARE

PRESCRIPTION DRUG TAKE BACK DAY
SAFE DISPOSAL OF UNNEEDED MEDICATION

**SATURDAY, APRIL 30, 2022
10 A.M. - 2 P.M.**

The drug overdose epidemic is a true public health crisis in the U.S.

The safe handling of unused or expired medications helps:

- protect the environment,
- prevent drug misuse, and
- prevent accidental poisoning.

Do your part by disposing of unused or expired medications at participating locations, including all Baltimore County Police Stations!

SCAN HERE
to find a location near you or more information on what is accepted.

The Federal Drug Enforcement Agency (DEA) in partnership with the Baltimore County Police will dispose of all medications collected.

	October 2021	April 2022
Total Law Enforcement Participation	33	36
Total Collection Sites	105	101
Total Weight Collected	10,349	10,922
Total Weight All Time	201,337	212,259

The goal of this initiative is to facilitate safe disposal of drugs by communicating and educating the community through campaigns.

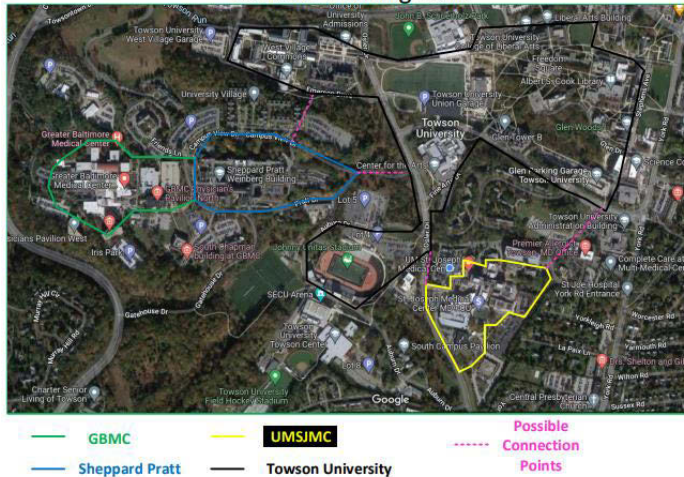
- Held April & October annually
- GBMC provided leadership with the April 2022 event
- Collaborative effort of county hospital systems and Baltimore County Department of Health

<https://takebackday.dea.gov>



Joint Efforts Built Environment/Walking Path Initiatives in Towson

Towson Walking Path



The goal of this initiative is to improve upon the already existing walking paths surrounding the GBMC campus as part of our initiative to increase patient, community and employee wellness.

Organizational goals and strategic priorities at each campus address the built environment. These priorities will improve:

- Safety
- Opportunities for exercise
- Social interaction/connectivity
- Aesthetics

A collaborative effort of GBMC, Sheppard Pratt, St. Joseph Medical Center and Towson State University

Joint Efforts

CDC Prediabetes Risk Assessment

Prediabetes Risk Assessment

THE SOONER YOU KNOW YOU HAVE PREDIABETES, THE SOONER YOU CAN TAKE ACTION TO REVERSE IT AND PREVENT TYPE 2 DIABETES.

More than 84 million (1 in 3) American adults have prediabetes, a condition where blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. What's more, nearly 90% percent of those people don't know they have it. Having prediabetes greatly increases the chance of developing type 2 diabetes and other serious health conditions. It's critical for Americans to learn their prediabetes risk, be screened regularly and take the steps necessary to delay or prevent type 2 diabetes.

A person with a high score on the online risk test (five or higher) is at significant risk for having prediabetes. However, only a blood test can determine an official diagnosis. **If you identify as pre-diabetic after completing the risk assessment, we recommend establishing care with one of our primary care practices above for further evaluation and an individualized treatment plan.**

[TAKE THE PREDIABETES ASSESSMENT »](#)



As part of our Physical Health priority area, the goal is to provide patients and community members with tools to prevent and manage diabetes, heart disease, and obesity risk factors.

The focus is to conduct community wide initiatives for early detection of diabetes with deployment of diabetes risk test.

- **From April 1 – May 23, the website received 264 clicks with the help of social media push from GBMC's Marketing Department.**
- **Our effort was geared toward social media promotion to target the communities beyond our practices to reach a larger audience.**



Maryland Volunteer Lawyers Service (MVLS)

GBMC and MVLS have partnered to identify mechanisms to improve aging in place and address the social determinants of health. With \$25,000 in funding from GBMC, MVLS undertook an intensive outreach campaign to the residents in the neighborhoods outlined by GBMC's Community Health Needs Assessment, primarily in the neighborhoods in and around Waverly/Greenmount



The door knocking campaign took place in three neighborhoods:

- Barclay
- Greenmount West
- East Baltimore Midway

600 bags were outreached in February 2022.

The goal is to inform and to prevent the residents from needing their services.



Subcommittee Reports

- Opioid Intervention and STOP legislation
- Tobacco
- Low Birth Weight FIMR CAT
- Homelessness
- New Subcommittee Food Security-

Ashley Wallington

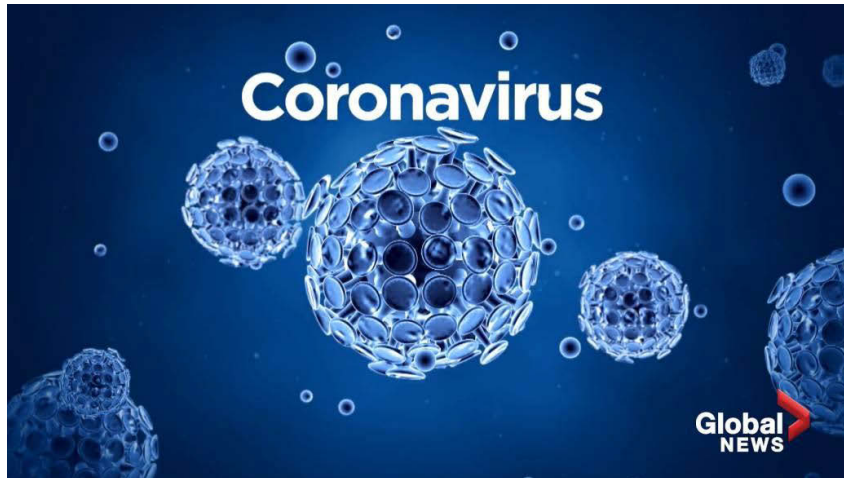
Food Maps

- <https://gis.mdfoodsystemmap.org>
- LHIC to promote two activities by December 2022 to improve food security
- Shuttle history
- COVID initiatives
- Other ideas?

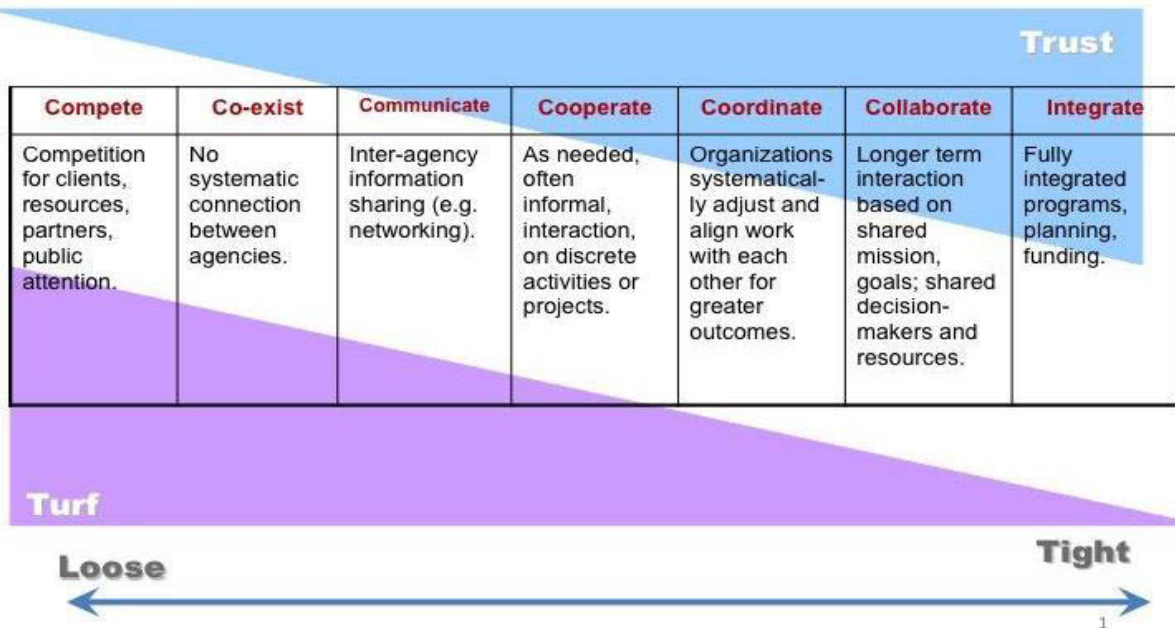
Food Map

<https://gis.mdfoodsystemmap.org>

COVID-19 Update and Sharing



The Collaboration Continuum



Announcements from the Group



Any Questions