



**HARFORD COUNTY**  
— LHC —

Harford County Health Department

# ***The Health of Harford County***

Annual LHIC Meeting

October 20, 2020

Marcy Austin

Acting Health Officer

Ronya Nassar, MPH

Christina Claypool, MPH, CHES

Shelby Graves, MPH, CHES



**Public Health**  
Prevent. Promote. Protect.

**Harford County  
Health Department**



# *Agenda*

- COVID-19 Update
- Snapshot of Harford County's Health
- Maternal and Infant Health
- Behavioral Health
- Chronic Diseases

# COVID-19 Key Points

## *As of 10/19/2020*



**COVID-19  
UPDATE**

# COVID-19 Key Points

## As of 10/19/2020

- **COVID-19** is the name of the disease caused by a new strain of coronavirus called SARS-CoV-2.
  - The U.S. continues to be the area with the highest cases and deaths worldwide
- **Spreads** easily from person to person and most commonly spreads during close contact (within 6 feet) when infected people cough, sneeze, sing, talk, or breathe (respiratory droplets). Can sometimes be spread from airborne transmission and less commonly through contact with contaminated surfaces.
- **Very contagious** and appears to spread more efficiently than the flu, but not as efficiently as measles, which is among the most contagious viruses known to affect people.
- **Symptoms** may appear 2-14 days after virus exposure and can include Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, and Diarrhea
- **Medication/Treatment** FDA has granted an Emergency Use Authorization for the use of Remdesivir to treat severe cases and convalescent plasma for hospitalized patients relatively early in the course of their disease. There are also evolving standards of care utilizing corticosteroids.



# COVID-19 Key Points

## As of 10/19/2020

- **Highest risk groups** are older adults and people with medical conditions such as Cancer, Chronic kidney disease, COPD, Heart conditions, Immunocompromised state (weakened immune system) from solid organ transplant, Obesity, Sickle cell disease, Smoking, Type 2 diabetes.
- **Preventive measures** include washing hands, avoiding close contact (6 feet), cover your mouth and nose with a face covering, cover coughs and sneezes, clean and disinfect frequently touched surfaces, and monitor your health daily.
- **Social distancing or physical distancing** means staying at least 6 feet (about 2 arms' length) from other people who are not from your household in both indoor and outdoor spaces.
- **If I test positive for COVID-19, what do I do?**
  - Stay home for 10 days since symptoms first appeared and are 24 hours fever free without the use of fever reducing medications and other symptoms of COVID-19 are improving.
  - Follow care instructions from your healthcare provider, stay home, except to get medical care, separate yourself from other people, monitor your symptoms and look for emergency warning signs (i.e. shortness of breath), call ahead before visiting the doctor, practice good hygiene, wear a face covering if you must be around people, and most importantly...rest and take care of yourself !



# COVID-19 Statistics

| AREA           | CASES        | DEATHS      |
|----------------|--------------|-------------|
| Worldwide      | 40.2 Million | 1.1 Million |
| United States  | 8.1 Million  | 219,880     |
| Maryland       | 136,154      | 3,895       |
| Harford County | 3,417        | 74          |

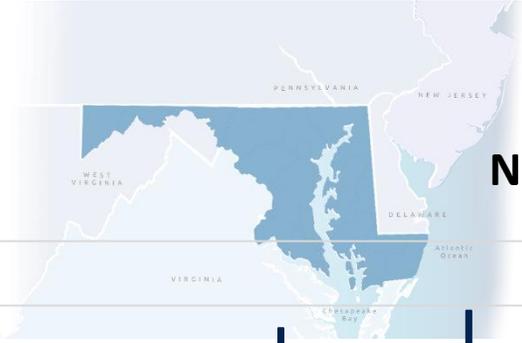
As of 10/12/20:

<https://coronavirus.jhu.edu/map.html>

<https://coronavirus.maryland.gov/>

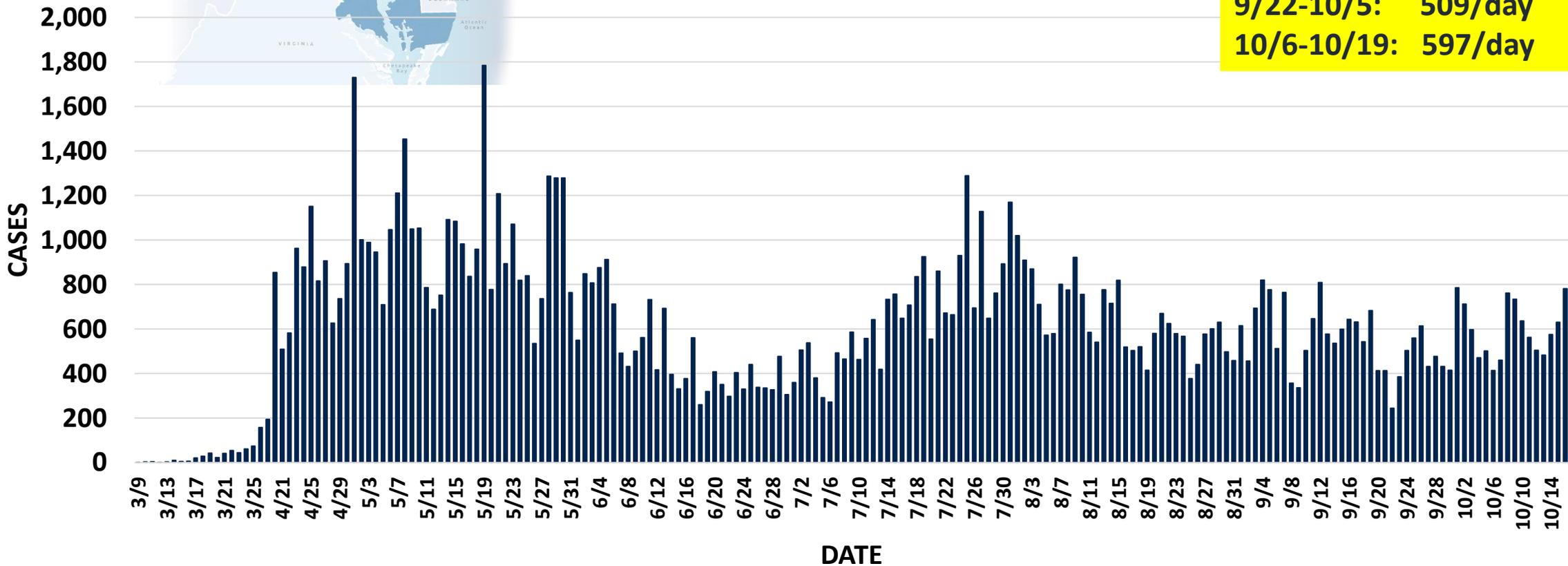


# Epi Curve for Maryland COVID-19 New Cases



Number of New COVID-19 Cases in MD

**MD new cases up 17%**  
**9/22-10/5: 509/day**  
**10/6-10/19: 597/day**

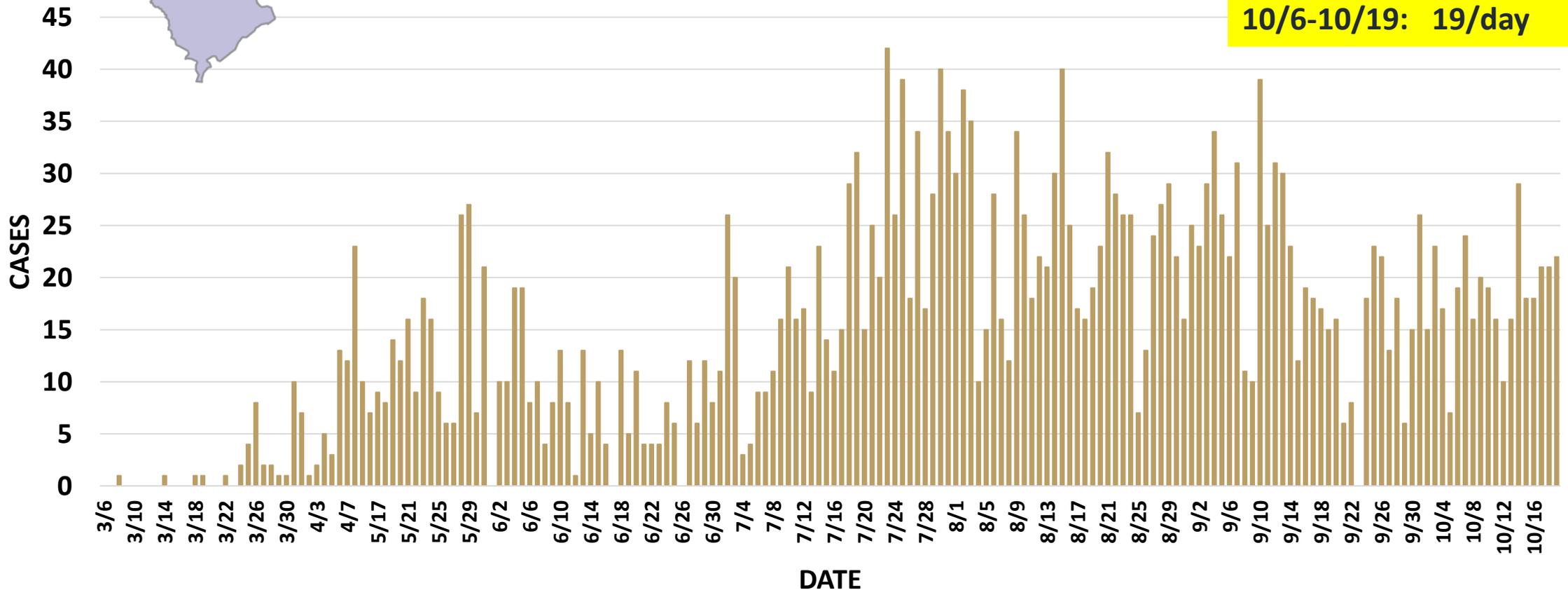


# Epi Curve for Harford COVID-19 New Cases



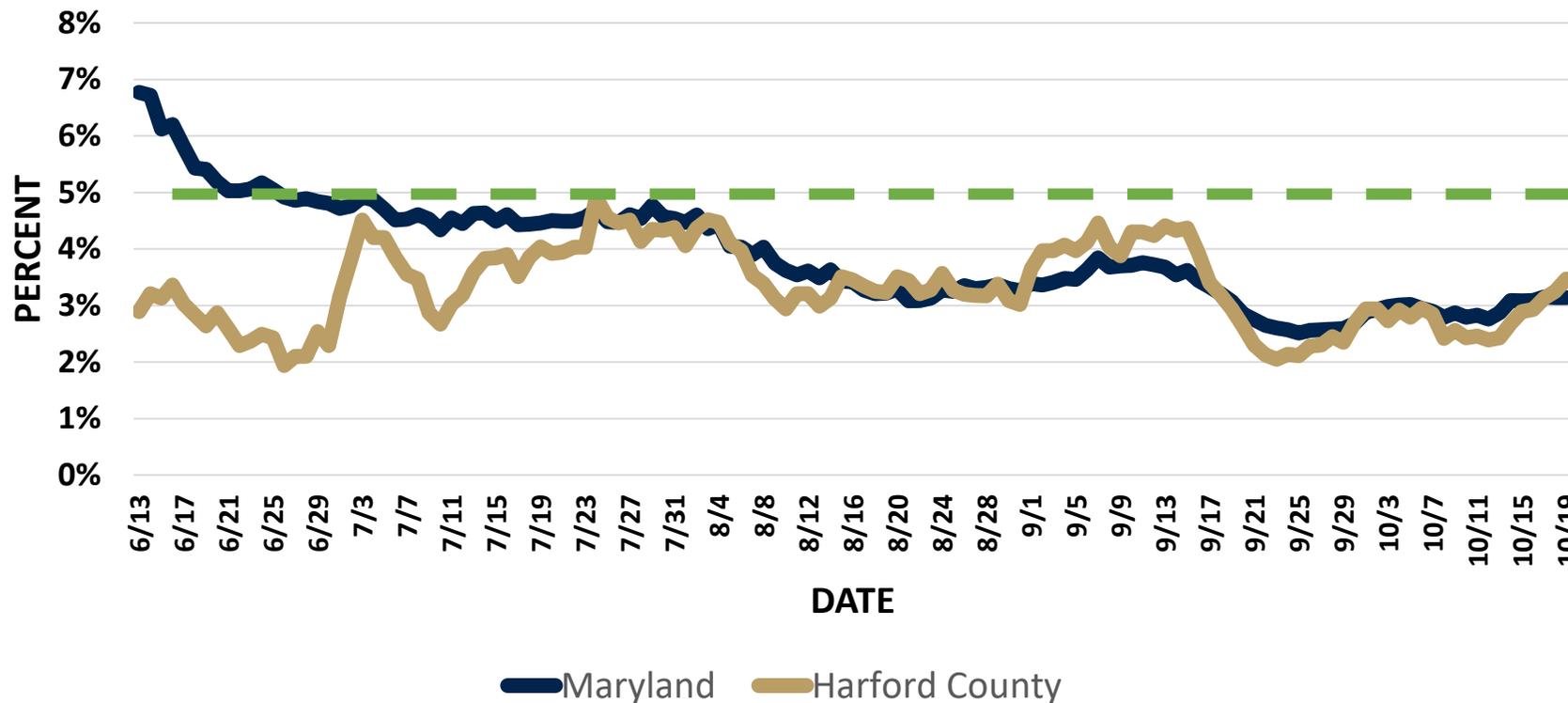
Number of New COVID-19 Cases in Harford County

Harford new cases up 27%  
 9/22-10/5: 15/day  
 10/6-10/19: 19/day



# COVID-19 Positivity Rate Maryland and Harford County

Maryland and Harford County 7-day Rolling  
COVID-19 Positivity Rate



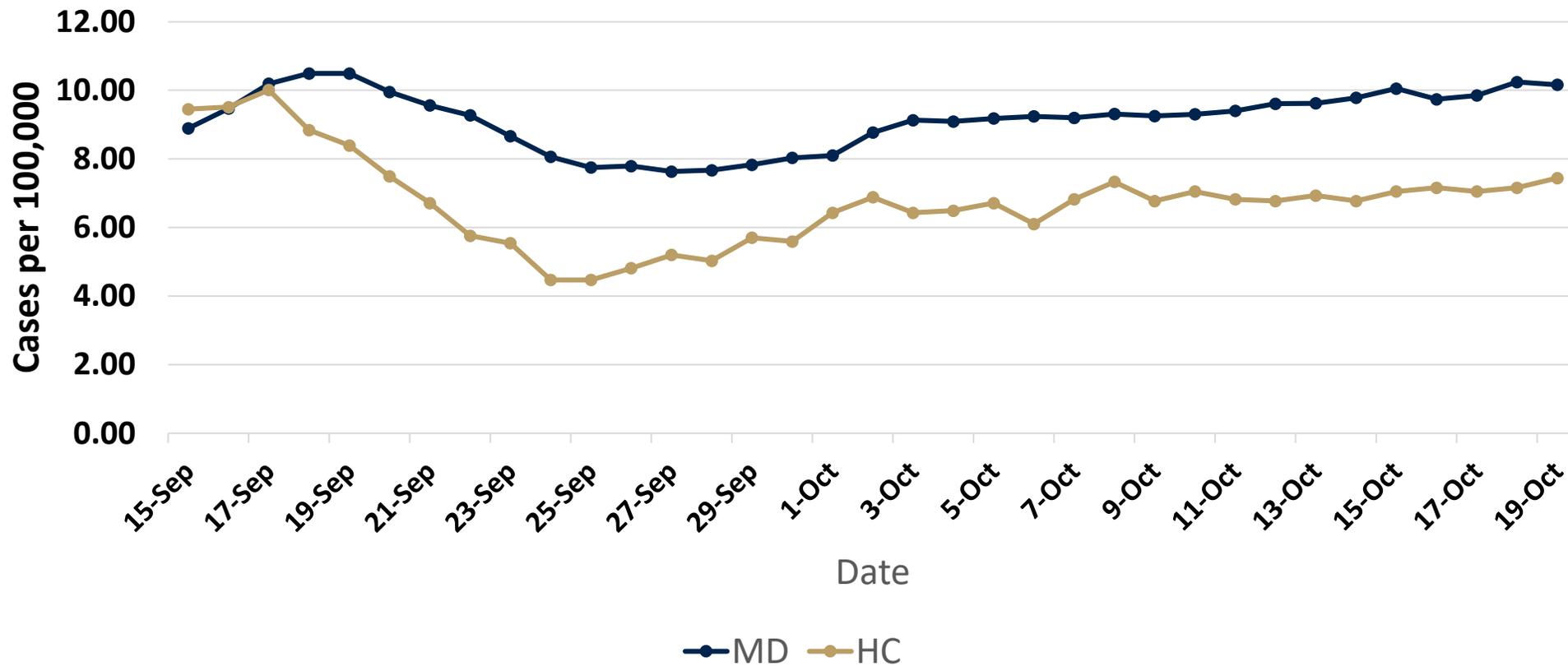
**MD positivity rate up 8%**  
9/22-10/5: 2.72%/day  
10/6-10/19: 2.96%/day

**Harford positivity rate up 11%**  
9/22-10/5: 2.49%/day  
10/6-10/19: 2.77%/day



# New COVID-19 Cases per 100,000

## Maryland and Harford New COVID-19 Cases per 100,000



MD new cases per 100,000 up 15%

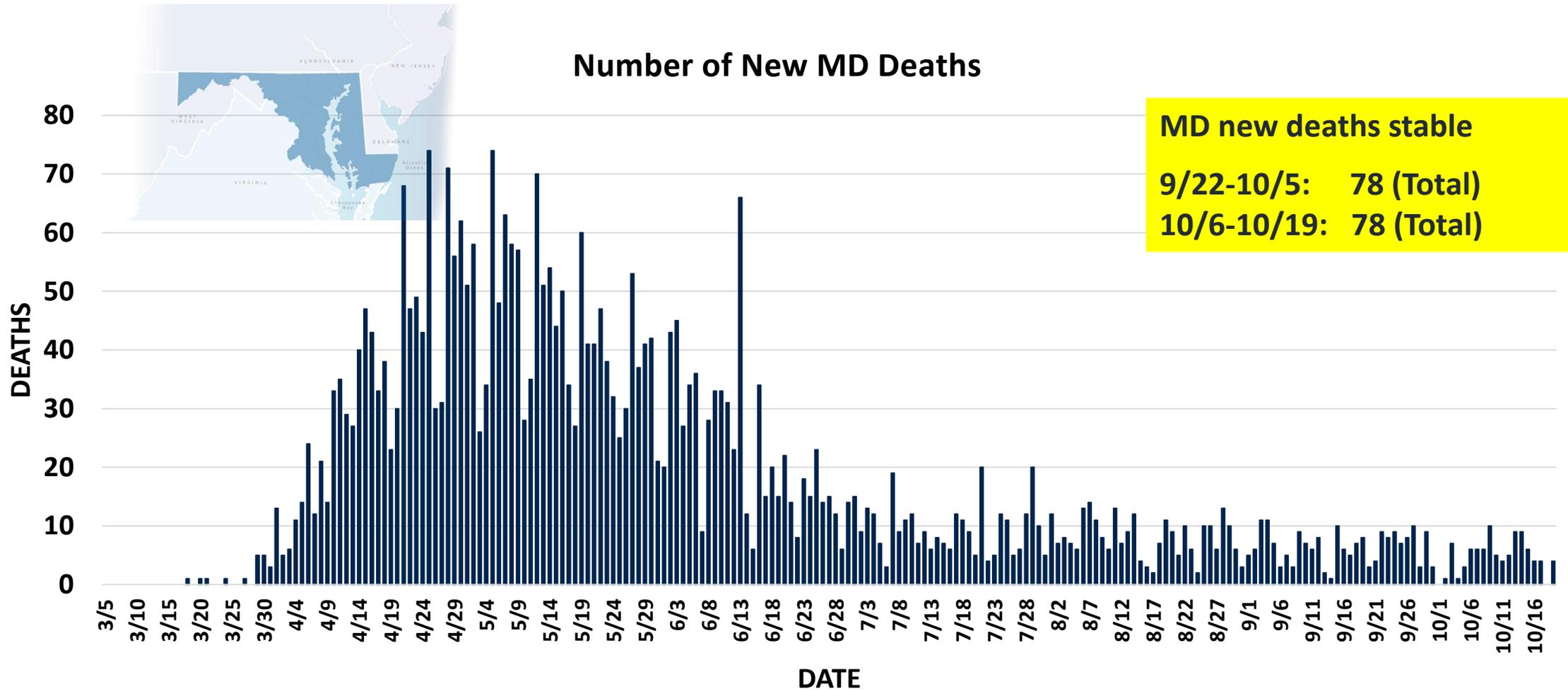
9/22-10/5: 8.35/day  
10/6-10/19: 9.63/day

Harford new cases per 100,000 down 22%

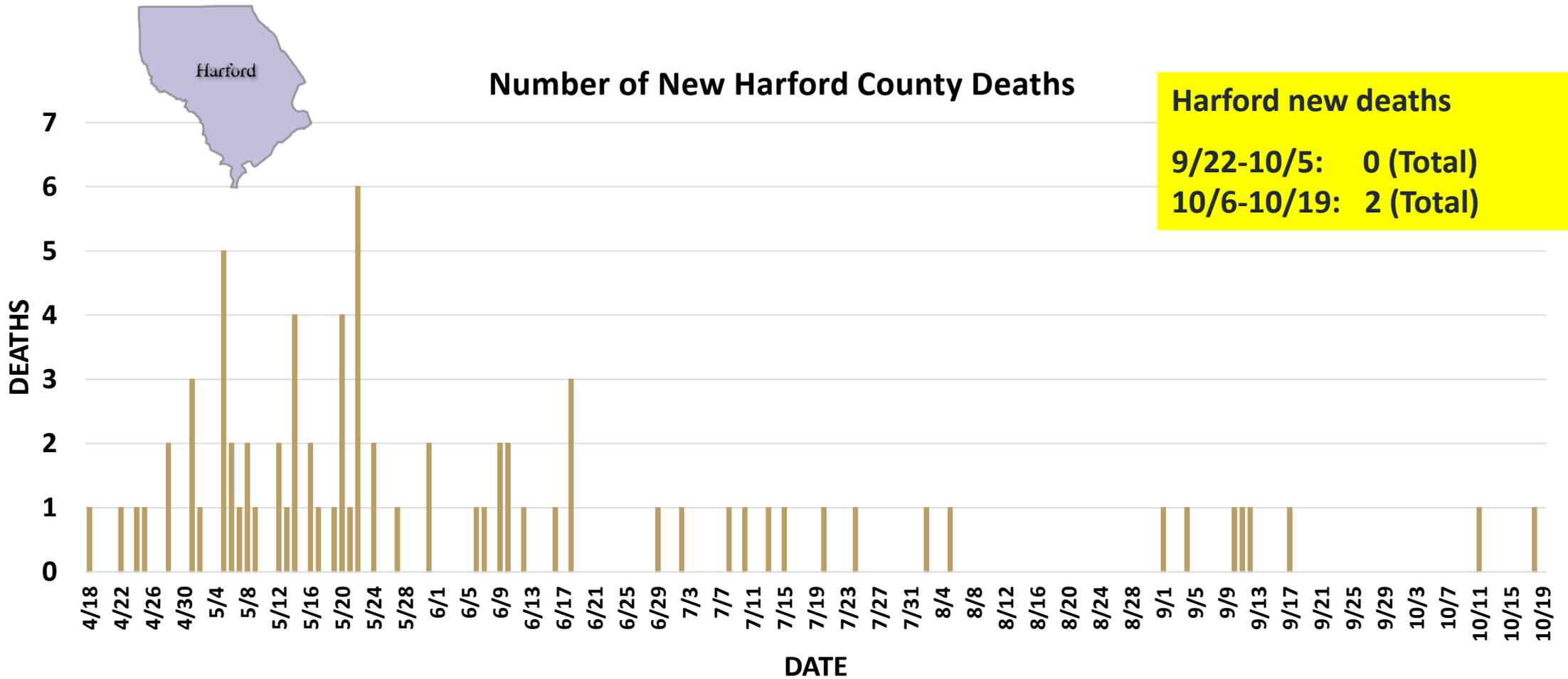
9/22-10/5: 5.68/day  
10/6-10/19: 6.94/day



# Epi Curve for Maryland COVID-19 New Deaths

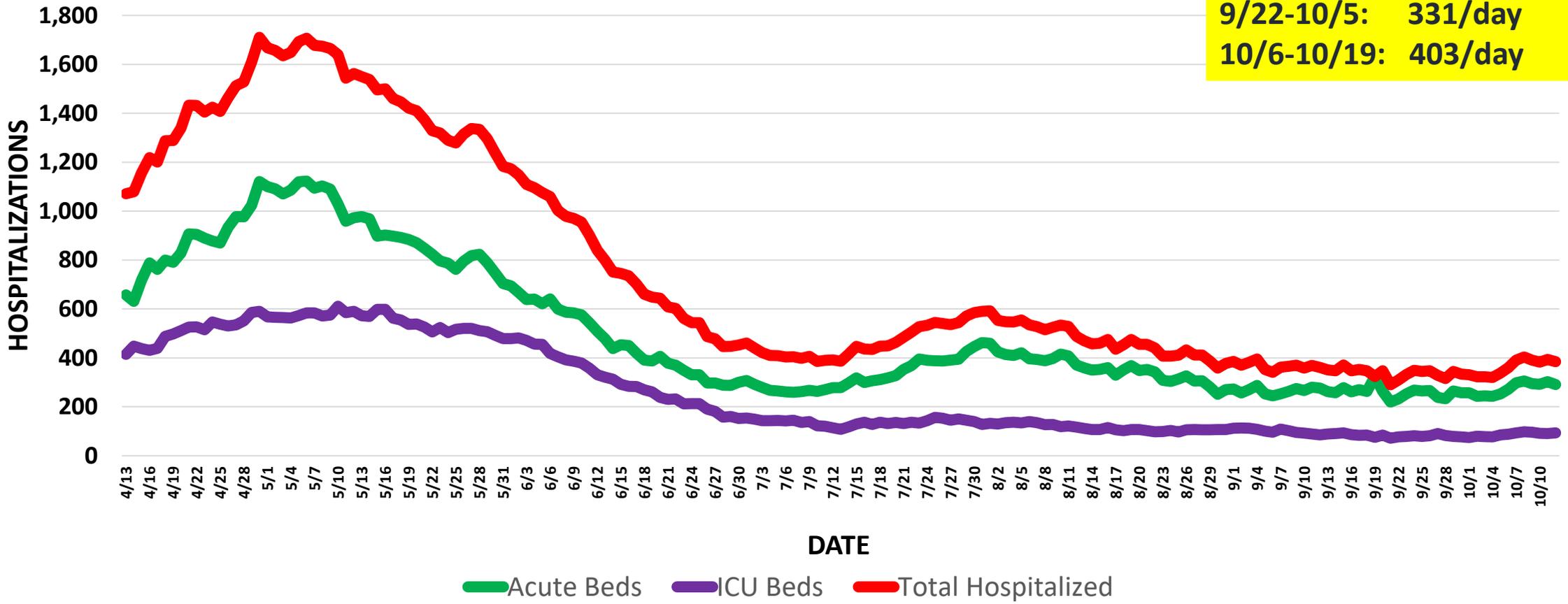


# Epi Curve for Harford COVID-19 New Confirmed Deaths



# Maryland COVID-19 Total Hospitalizations

Number of New COVID-19 Hospitalizations in Maryland



MD hospitalizations up 22%  
 9/22-10/5: 331/day  
 10/6-10/19: 403/day



# Harford County COVID-19 Testing

**COVID TESTING IS MOVING  
TO ABERDEEN ON OCTOBER 1ST!**

**NO DOCTOR'S ORDER. WEAR A MASK.  
MUST BE AGES 5+ APPOINTMENTS REQUIRED.**

REGISTER HERE:

<https://crispCOVID19.powerappsportals.com/new-patient/>

Mondays - 10 a.m. to 12 noon

Wednesdays - 8 a.m. to 12 noon

Thursdays - 3 p.m. - 7 p.m.

Fridays - 10 a.m. to 12 noon

650 McHenry Road (next to Target)  
beginning October 1st.



In partnership with:



UNIVERSITY of MARYLAND  
UPPER CHESAPEAKE HEALTH



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Harford County  
Health Department



**Public Health**  
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Harford County  
Health Department

# Snapshot of Harford County's Health

*Of Maryland's 24 jurisdictions, what is Harford County's 2020 health ranking? (1= most healthy, 24= least healthy)*

(A) # 1

(B) # 8

(C) # 10

(D) # 16

(E) # 24



# 2020 County Health Rankings: By Maryland Jurisdiction

## 2020 County Health Rankings for the 24 Ranked Counties in Maryland

Harford County ranks 8<sup>th</sup> of 24 for health outcomes and health factors.

| County         | Health Outcomes | Health Factors |
|----------------|-----------------|----------------|
| Allegany       | 21              | 19             |
| Anne Arundel   | 10              | 9              |
| Baltimore      | 15              | 11             |
| Baltimore City | 24              | 24             |
| Calvert        | 7               | 6              |
| Caroline       | 19              | 21             |
| Carroll        | 3               | 3              |
| Cecil          | 18              | 18             |

| County     | Health Outcomes | Health Factors |
|------------|-----------------|----------------|
| Charles    | 13              | 12             |
| Dorchester | 23              | 22             |
| Frederick  | 4               | 5              |
| Garrett    | 12              | 14             |
| Harford    | 8               | 8              |
| Howard     | 2               | 1              |
| Kent       | 16              | 10             |
| Montgomery | 1               | 2              |

| County          | Health Outcomes | Health Factors |
|-----------------|-----------------|----------------|
| Prince George's | 11              | 16             |
| Queen Anne's    | 9               | 4              |
| Somerset        | 22              | 23             |
| St. Mary's      | 6               | 13             |
| Talbot          | 5               | 7              |
| Washington      | 17              | 15             |
| Wicomico        | 20              | 20             |
| Worcester       | 14              | 17             |

For more information on how these ranks are calculated, view the tables at the end of this report and visit

[www.countyhealthrankings.org](http://www.countyhealthrankings.org)



# Life Expectancy

*What is the average life expectancy of a Harford County resident?*

- (A) 82 years
- (B) 81 years
- (C) 78 years
- (D) 77 years
- (E) 72 years



# Life Expectancy

*What is the average life expectancy of a Harford County resident?*

- (A) 83.38 years – Howard County
- (B) 84.44 years – Montgomery County
- (C) 78.84 years – Harford County**
- (D) 76.19 years – Cecil County
- (E) 72.78 years – Baltimore City

## Location – Location - Location

There's a 10-year geographic disparity in average life expectancy within Maryland.



# Life Expectancy

Harford County life expectancy is comparable to the U.S., but slightly less than the State's.



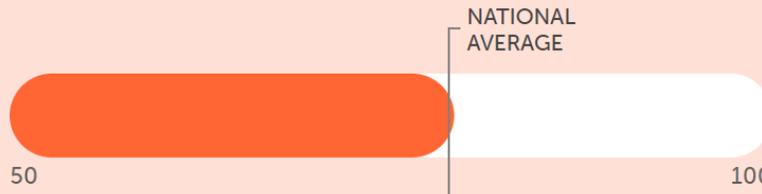
Harford County



**78.80**  
YEARS



Maryland



**79.14**  
YEARS



United States

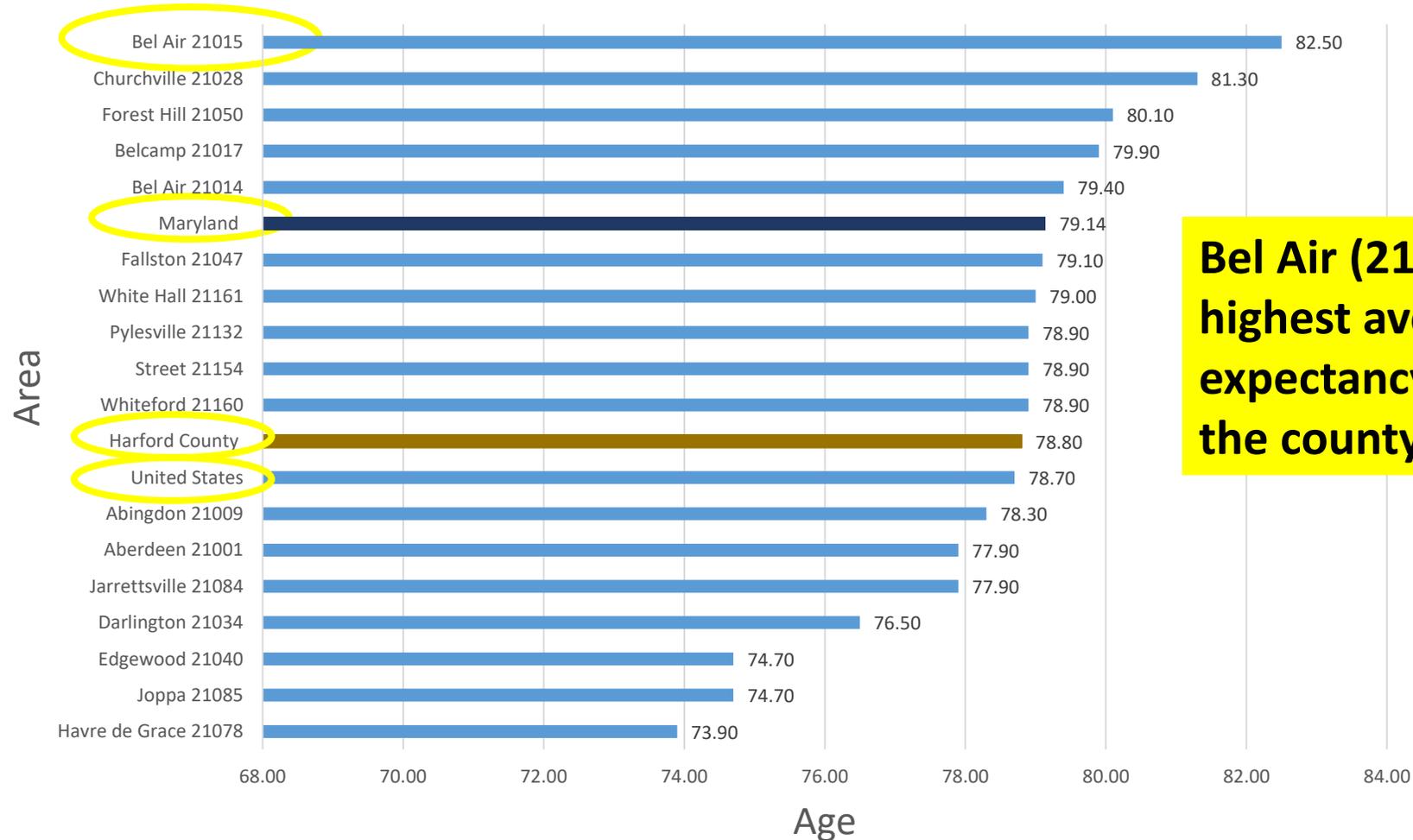


**78.70**  
YEARS



# Your Zip Code Matters More Than Your Genetic Code

Average Life Expectancy Age in Harford County Zip Codes



**Bel Air (21015) zip code has highest average life expectancy, compared to the county, state, and U.S.!**



# 2020 Health Indicators

## *Doing Better – Doing Worse*

| Health Indicators                          | Harford County | Maryland | Top U.S. Performers |
|--|----------------|----------|---------------------|
| <b><i>HARFORD COUNTY DOING BETTER</i></b>  |                |          |                     |
| Dentists (ratio)                           | 1,550:1        | 1,290:1  | 1,240:1             |
| Mammography Screenings (%)                 | 44%            | 41%      | 50%                 |
| Uninsured (%)                              | 5%             | 7%       | 6%                  |
| <b><i>HARFORD COUNTY DOING WORSE</i></b>   |                |          |                     |
| Adult Obesity (%)                          | 32             | 31       | 26                  |
| Sexually Transmitted Infections (per 100k) | 322.0          | 552.1    | 161.4               |
| Children in Poverty (%)                    | 10%            | 12%      | 11%                 |

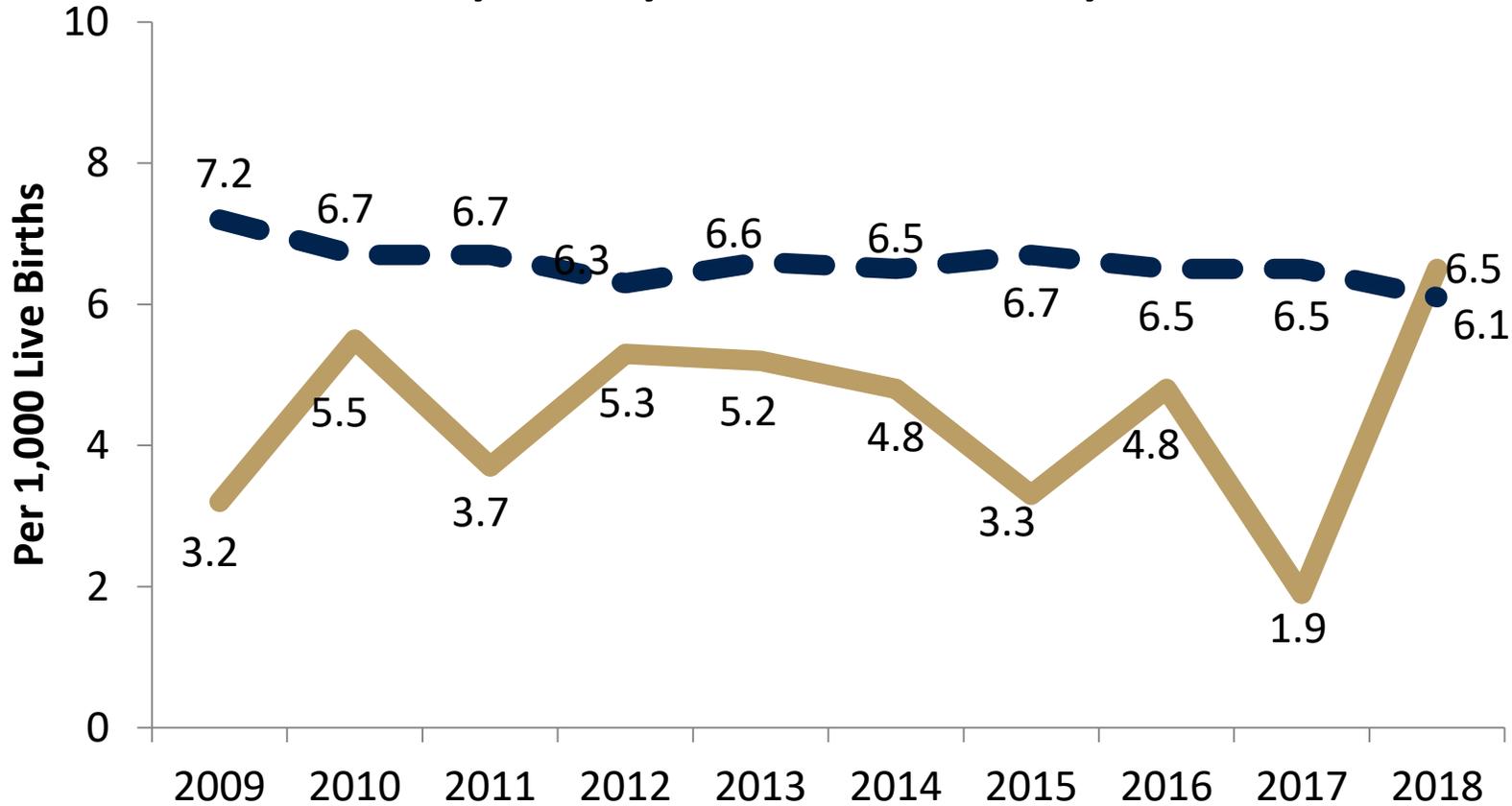
2020 County Health Rankings Report Data



# Maternal and Infant Health

# Infant Mortality

## Harford County & Maryland Infant Mortality Rate, 2009-2018



**In 2018, Harford County's infant mortality rate exceeded the State for the first time.**

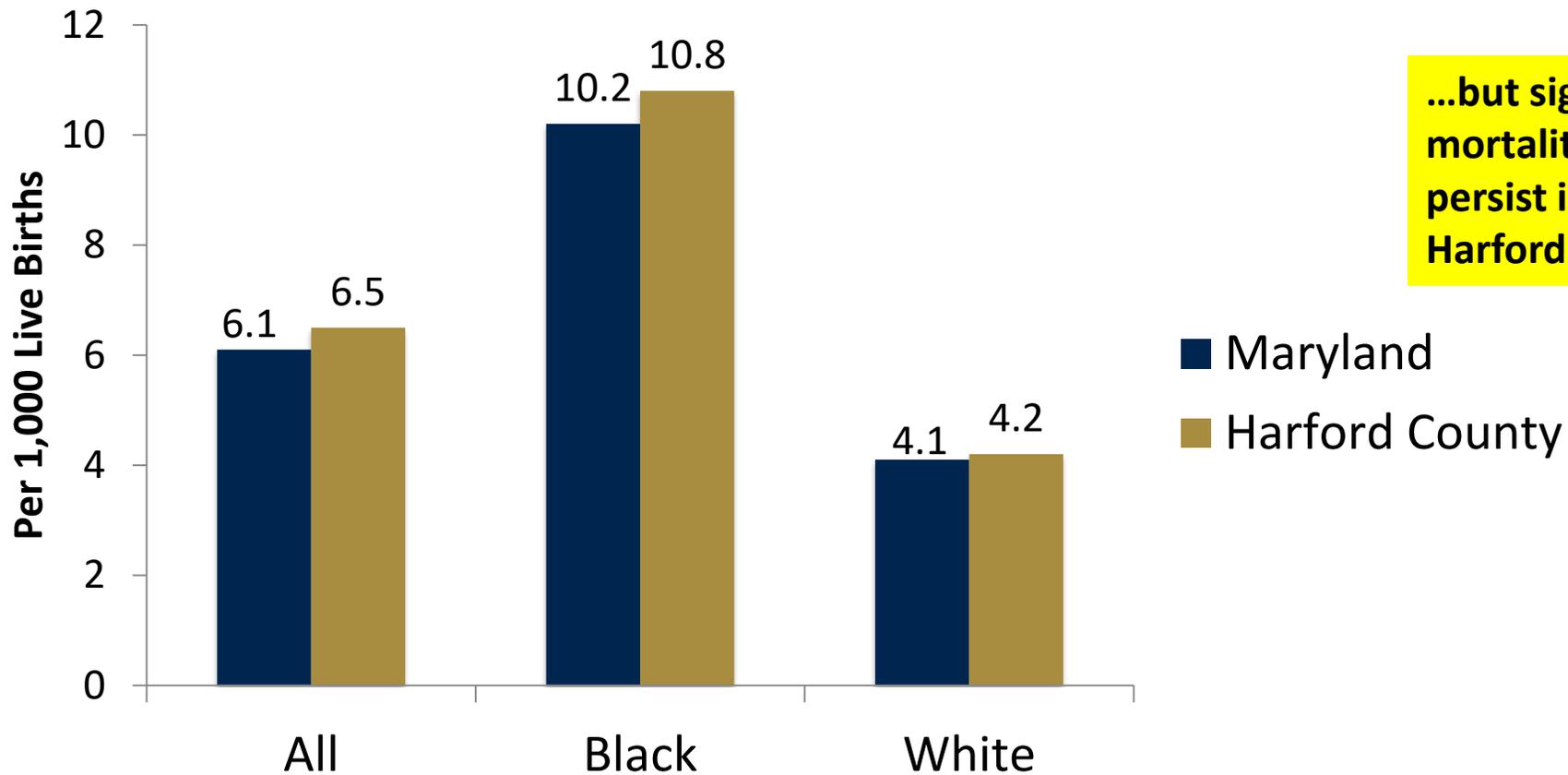
— Harford  
- - Maryland

Source: Maryland Vital Statistics



# Infant Mortality

## Harford County & Maryland Infant Mortality Rates by Race, 2018



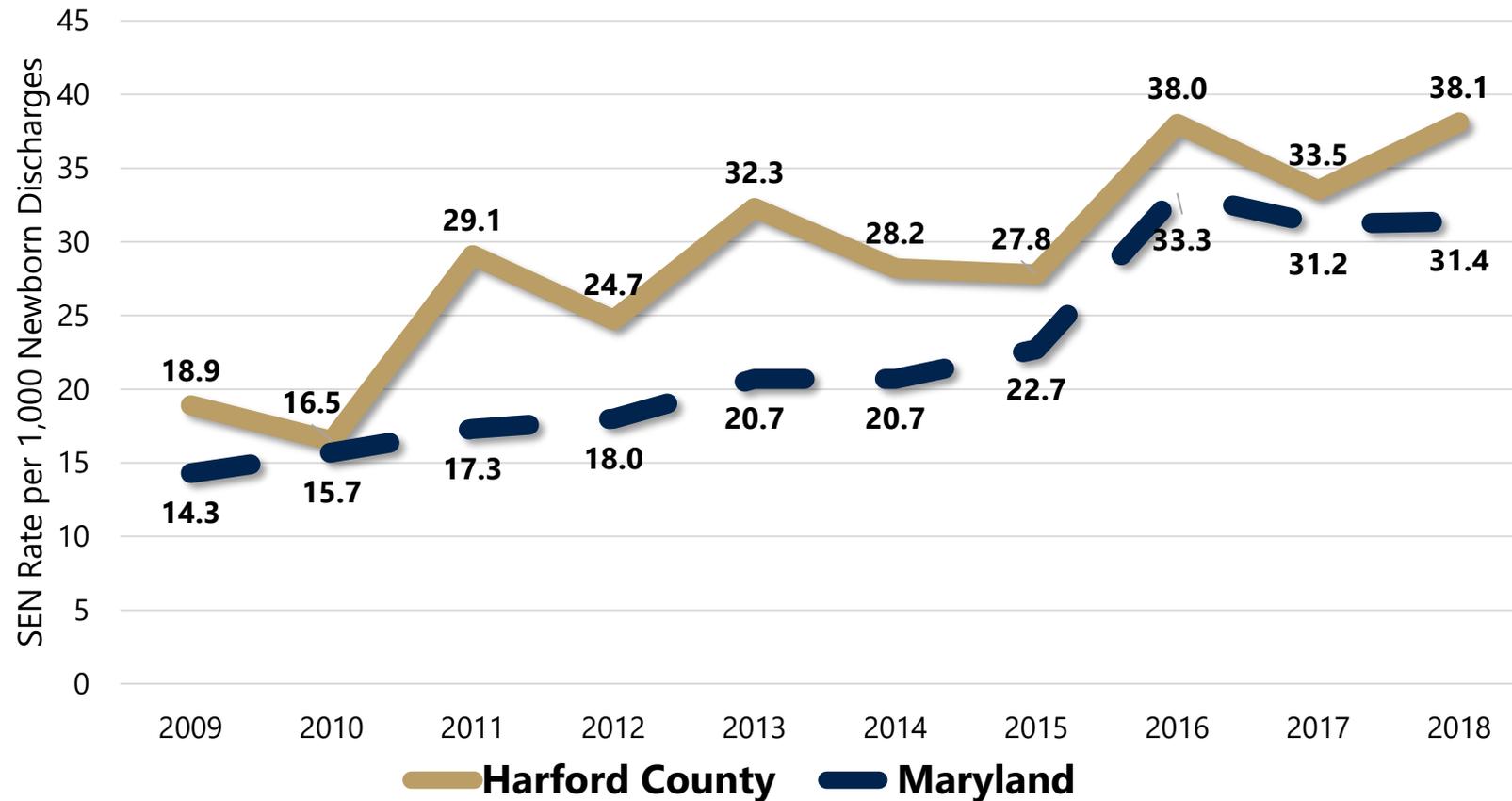
...but significant infant mortality racial disparities persist in Maryland and Harford County

Source: Maryland Vital Statistics



# Substance Exposed Newborns (SEN)

## Harford County & Maryland SEN Rates, 2009-2018



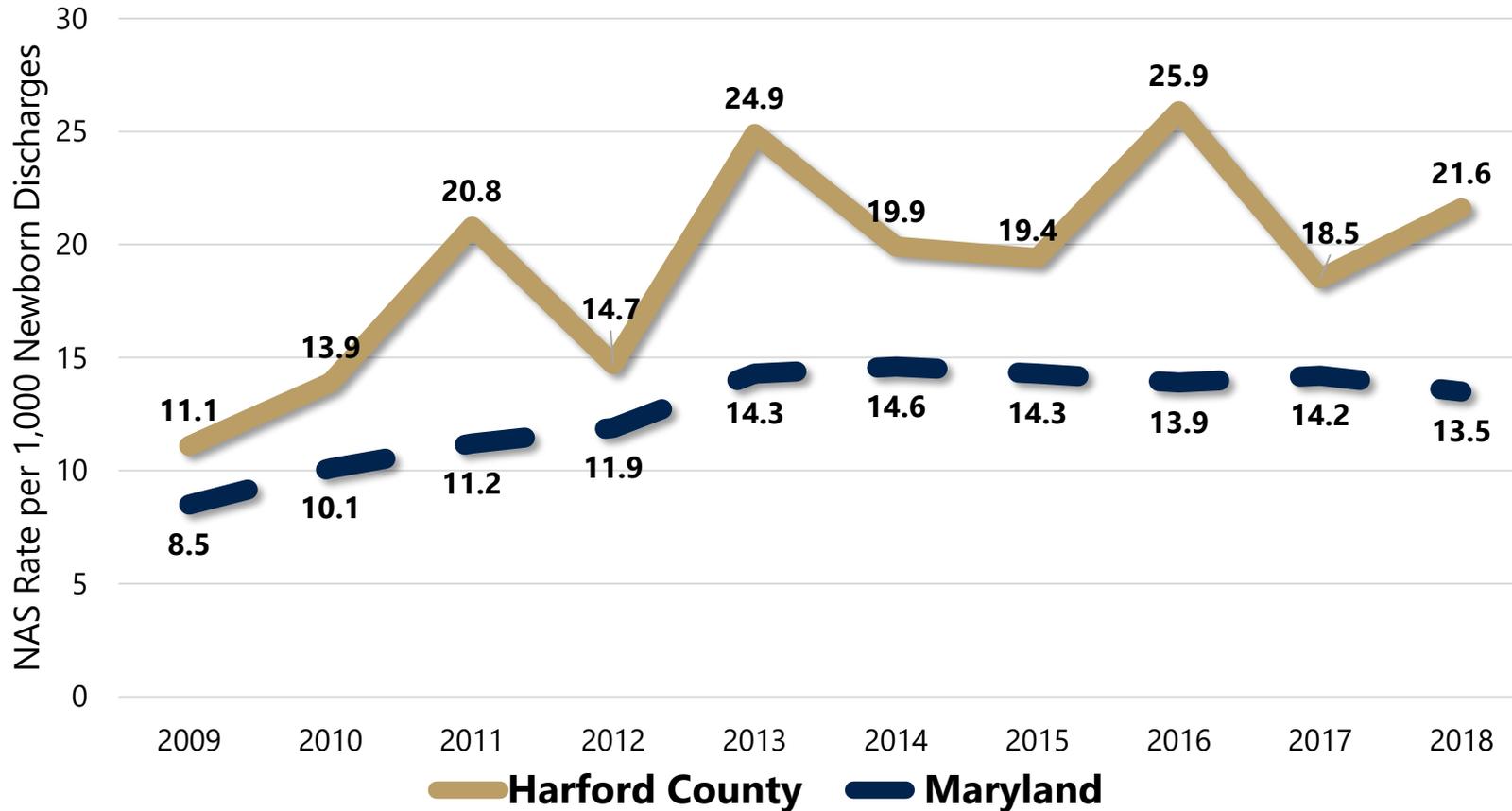
**Harford County rate has doubled over the past 10 years**

Source: HSCRC Hospital Inpatient Files (includes MD resident delivery discharges at MD hospitals only. Excludes MD resident newborns delivered out of state.)



# Neonatal Abstinence Syndrome (NAS)

## Harford County & Maryland NAS Rates, 2009-2018



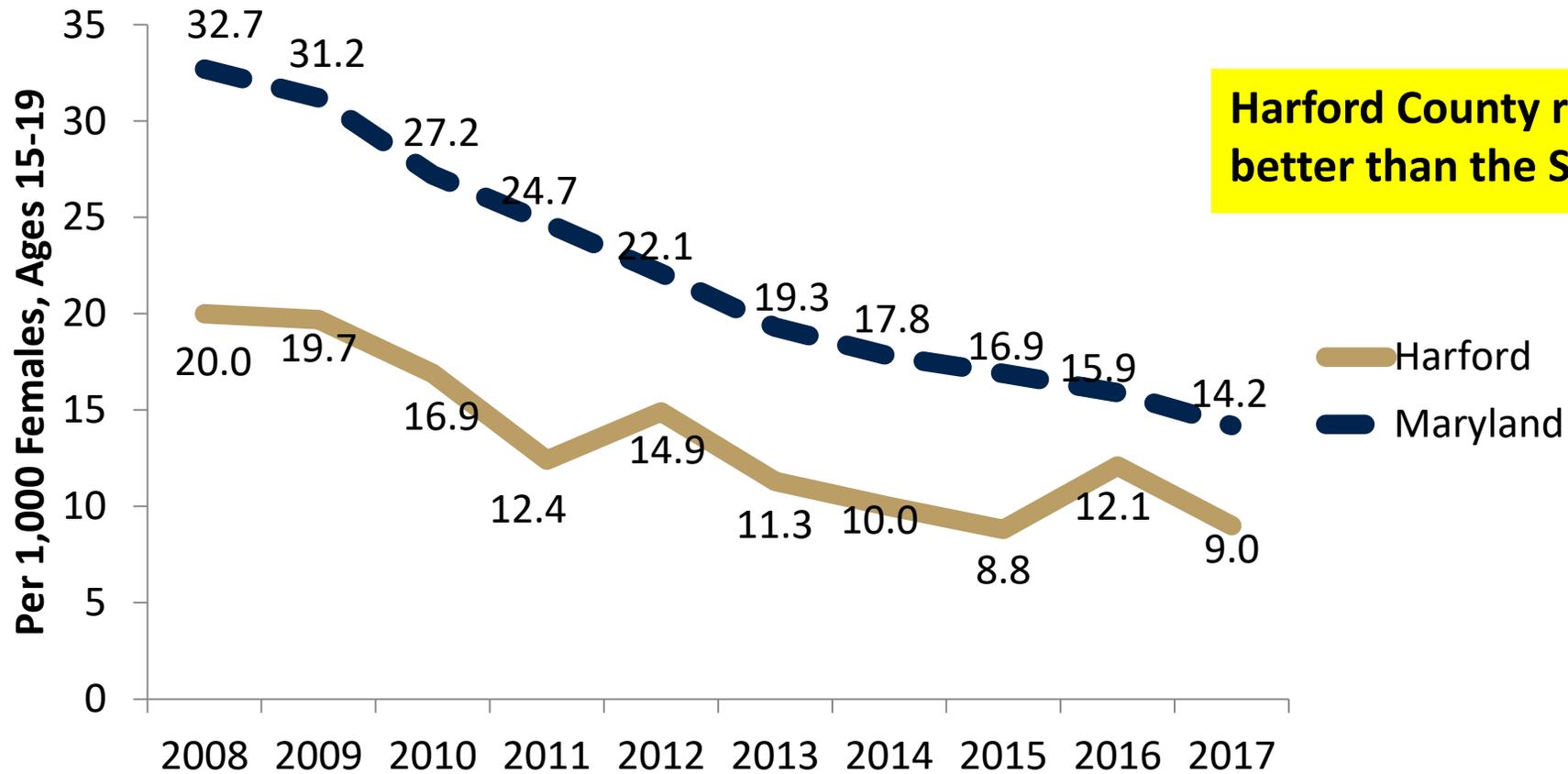
Harford County rate has been consistently higher than Maryland

Source: HSCRC Hospital Inpatient Files (includes MD resident delivery discharges at MD hospitals only. Excludes MD resident newborns delivered out of state.)



# Teen Births

## Harford County and Maryland Teen Birth Rates, 2008-2017

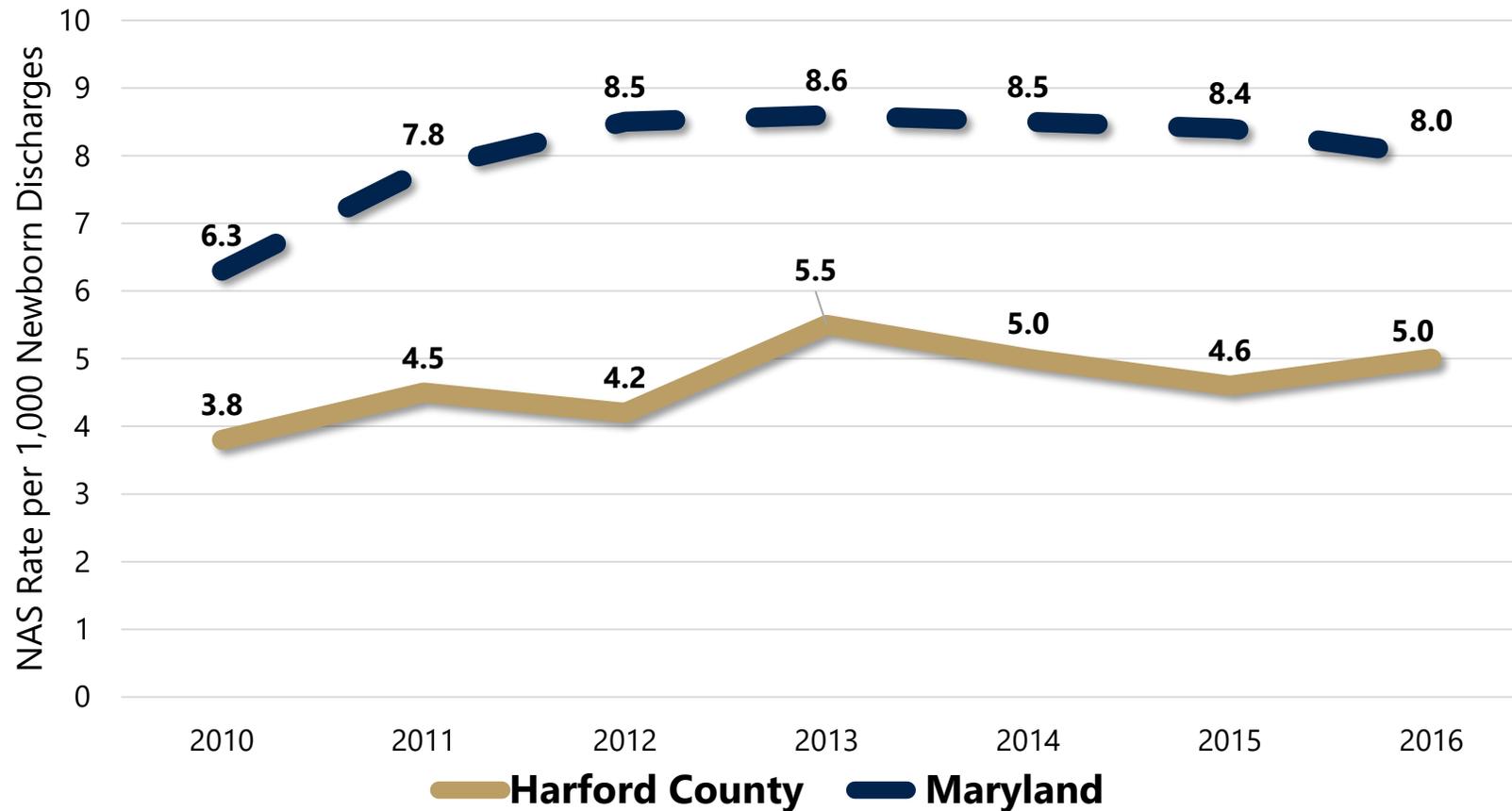


Source: Maryland Vital Statistics Reports



# Late or No Prenatal Care (PNC)

## Harford County & Maryland Late Prenatal Care, 2010-2016



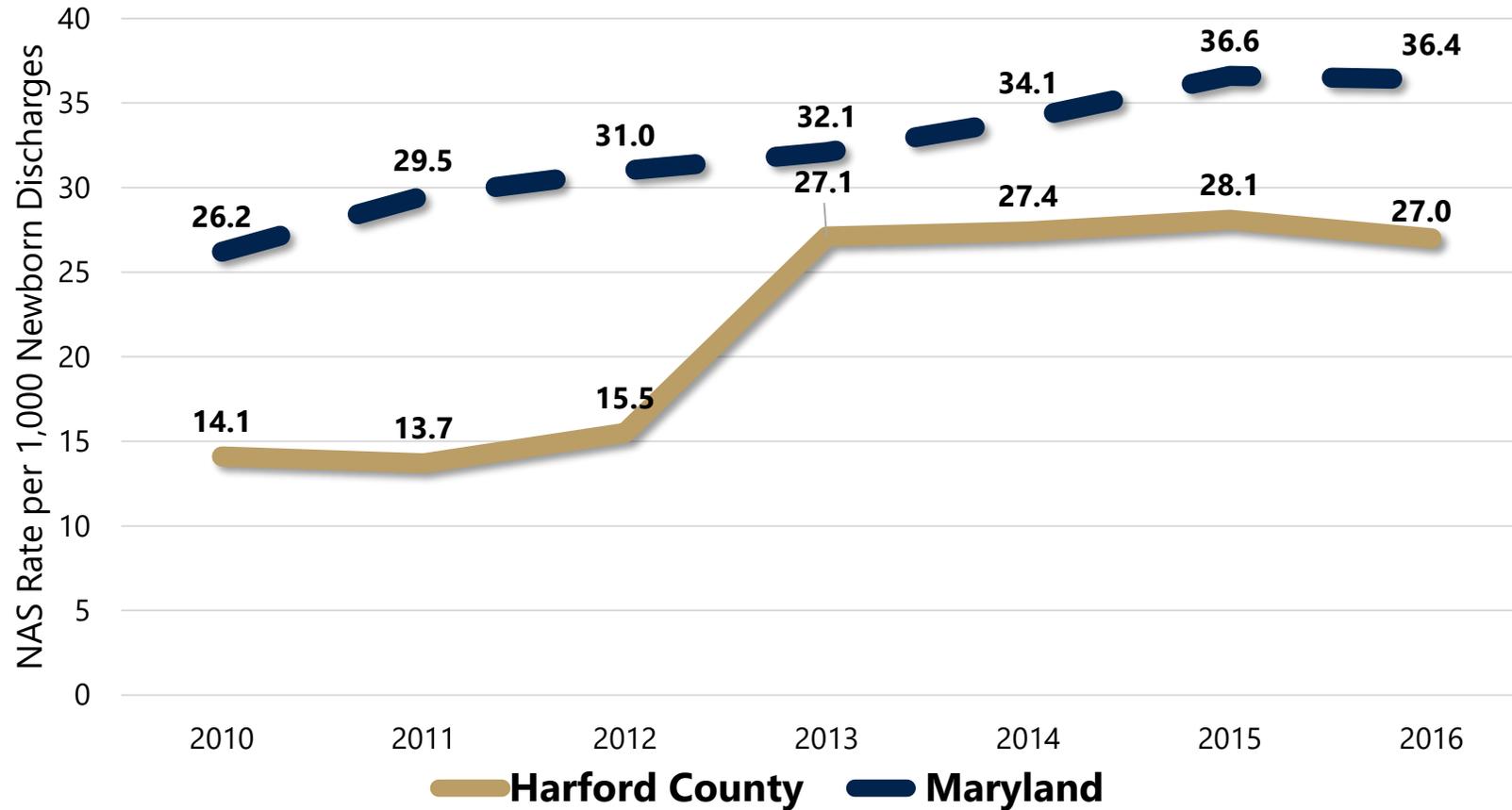
Of the 2,701 live births in Harford in 2016, 5% were to mothers who initiated late or no PNC.

Source: Maryland Department of Health. Harford County MCH Profile, 2018.



# Medicaid Births

## Harford County & Maryland Medicaid Births, 2010 -2016



Of the 2,701 live births in Harford in 2016, 27% were Medicaid paid births.

Source: Maryland Department of Health. Harford County MCH Profile, 2018. .



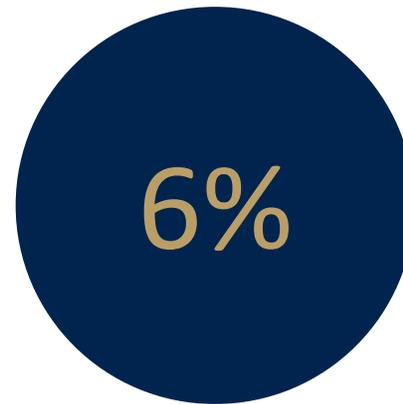
# Health Insurance

Percentage of population under age 65 without health insurance:

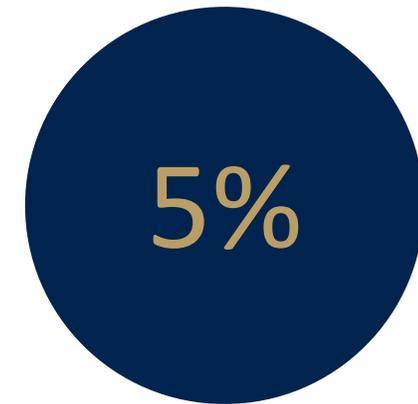
Maryland



Top US Performers



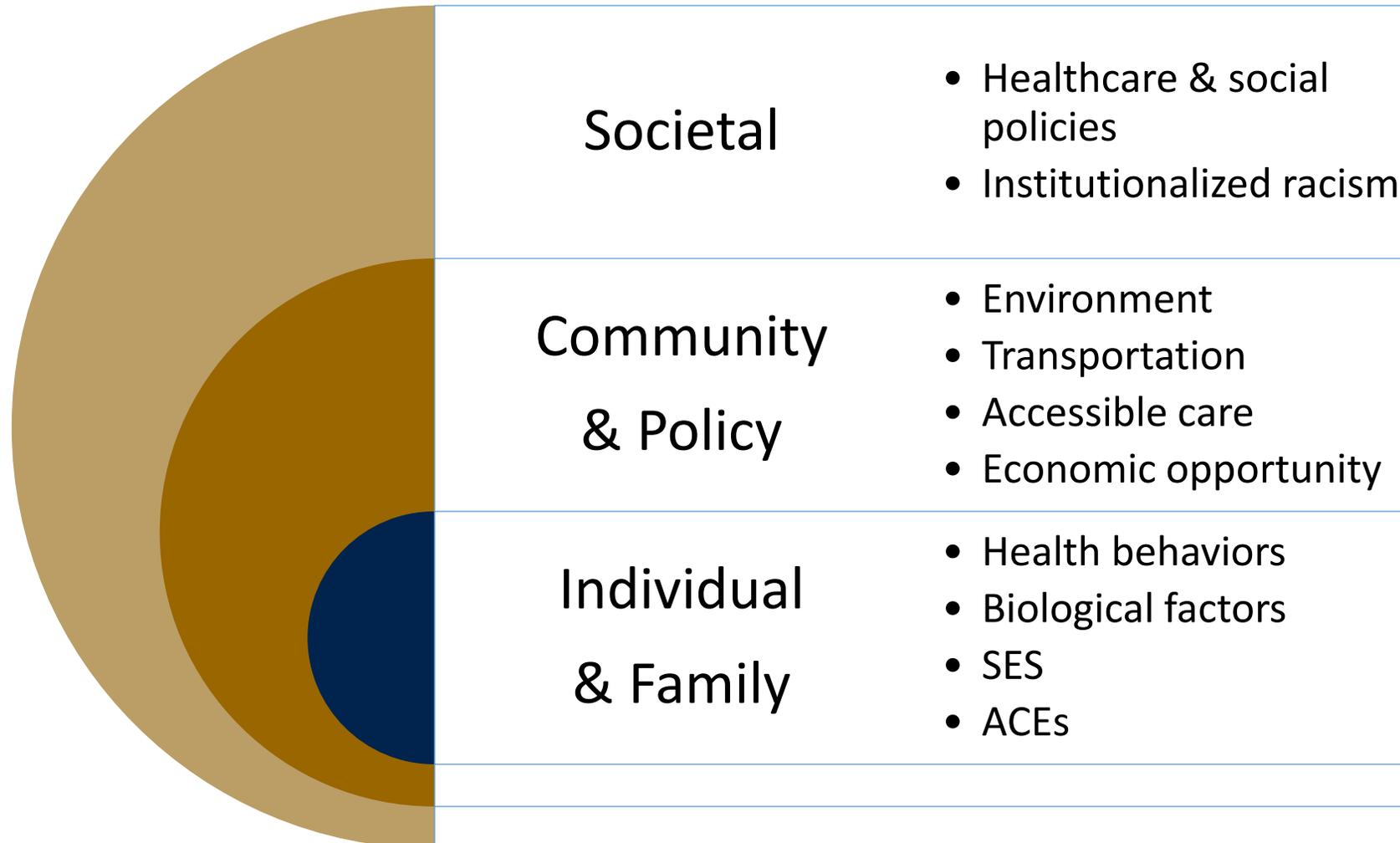
Harford County



Harford County uninsured percentage better than the state and top US performers!



# Social Determinants of Infant Mortality & Family Health



# The Impact of Racism on Maternal & Child Health



Menu ☰



Insights

## The Impact of Institutional Racism on Maternal and Child Health



Home » American Journal of Public Health



### Black Maternal and Infant Health

Deirdre Cooper Owens PhD, and Sharla M.

[+] Author affiliations, information, and corres

Accepted: June 14, 2019 Published Online:

**Abstract** Full Text Reference

The legacies of slavery today are seen in the high rates of maternal and infant death among African American women.

The deep roots of these patterns of child mortality are the commodification of enslaved Black women and the interests of slaveowners. Even today, Black women owe a debt to enslaved women who became the ancestors of the Black community.

Public health initiatives must acknowledge racism and implicit bias in medicine to address these disparities.

Infant mortality rates for America's Black babies are **more than twice** the rate of white babies

Black babies are more than **three times as likely** to die from complications related to low birthweight as compared to white babies in the U.S.

U.S. maternal mortality rates for Black women are **three to four times** higher than rates for white women

## black maternal Racism

Payne saw first-hand how poorly

ct that racism had," said Payne,

ferent standard, seen as more

in."

# Reducing Infant Mortality Across the Lifespan

## *Family Planning*

Preconception  
(Before Pregnancy)

Healthier women at the  
time of conception

## *Prenatal Care*

Prenatal  
(During Pregnancy)

Earlier entry into  
prenatal care

## *Regionalization*

Perinatal  
(After Birth)

Comprehensive high quality  
perinatal & neonatal care



Healthier  
Children &  
Adults

These interventions impact infant mortality, as well as other birth outcomes



# The HCHD Maternal & Child Health Unit

## MEGAN's Place:

- A trusted, safe, non-judgmental physical place for at-risk pregnant, postpartum women and their families to meet in Harford County – for information and guidance, referrals and services, care coordination and support.

## Healthy Families America:

- HFA is a national evidence-based home visiting program was designed to promote positive parenting, enhance child health and development and prevent child abuse and neglect.

## Home Visiting +

- The goal of the program is to reduce infant mortality, link families to community services, and promote safe sleep environments. Mothers are connected with an OB provider and mental health provider, as needed. They also complete home birth verifications, CFR activities, & lead follow-ups.



# Coming Soon: 1 N. Main Family Health Center

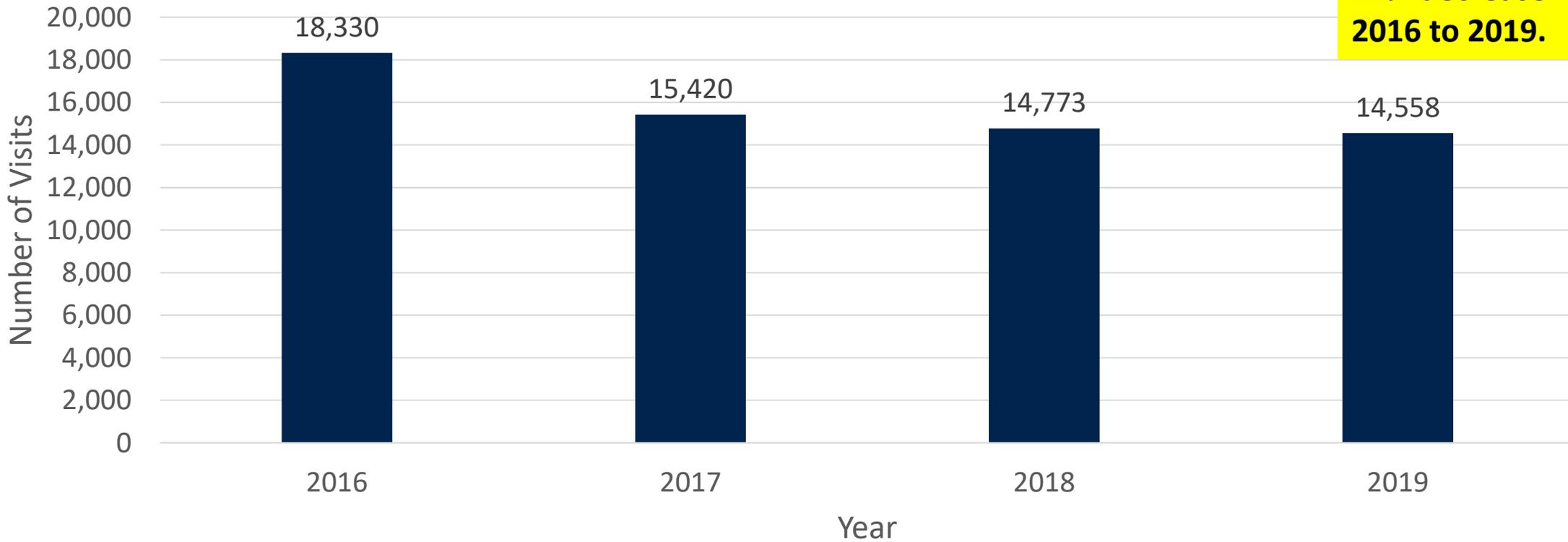
- **1 N. Main Family Health Center will soon offer:**
  - MD Health Insurance (MCHP)
  - Women, Infants, and Children (WIC)- Nutrition Services
  - Dental Care for Pregnant Women and Children
  - Youth and Adolescent Behavioral Health
  - Women's Health Services
  - Care Coordination



# Behavioral Health

# Substance Use

**Number of ED Visits by Harford County Residents for Any Substance Use Disorder, 2016-2019**

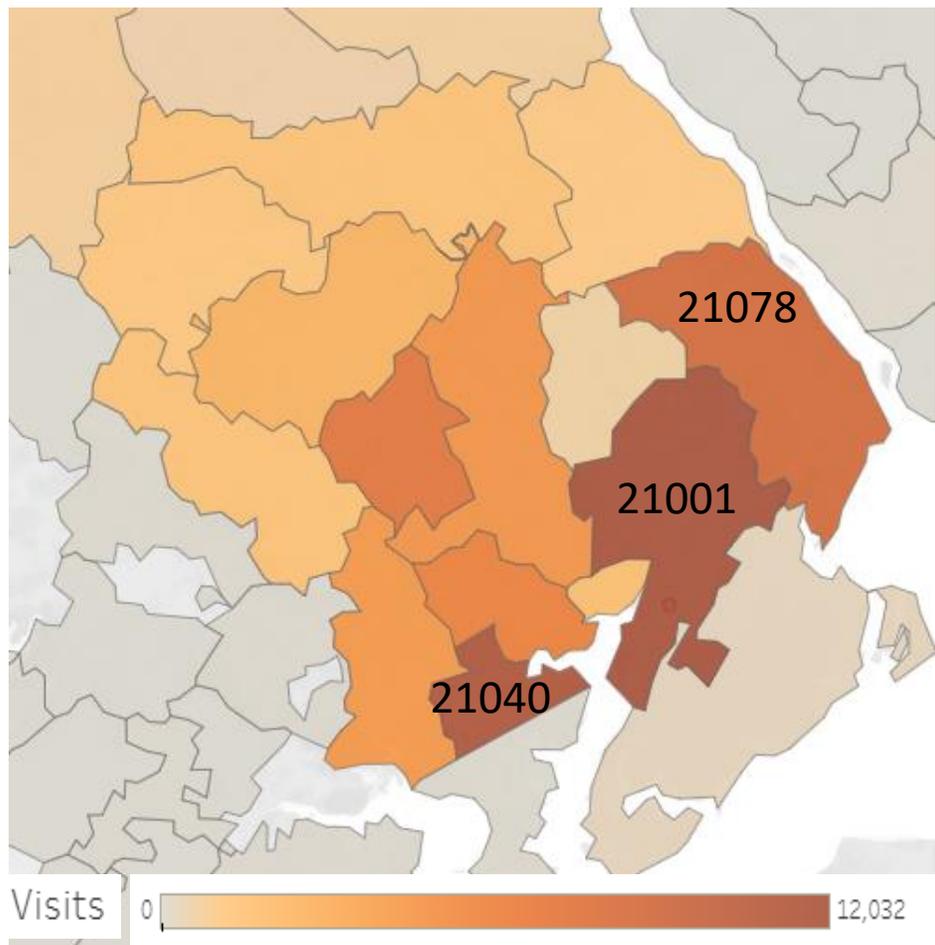


**Harford County Resident ED visits had a 21% decrease from 2016 to 2019.**

Source: CRISP Public Health Dashboard 2016 – 2019 ED Visits



# Substance Use



Harford County Zip Codes with the Highest ED Visits for Any Substance Use Disorder Condition:

- 21001- 12,032
- 21040- 11,440
- 21078- 8,373

Harford County Races with the Highest ED Visits for Any Substance Use Disorder Condition:

- White- 82%
- Black/African American- 15%
- Other- 2%
- Biracial- 1%

Source: CRISP Public Health Dashboard 2016 – 2019 ED Visits



# Substance Use and COVID-19

COVID-19 is an emerging, rapidly evolving situation.

• Get the latest public health information from CDC » • Get the latest research information from NIH » • NIH staff guidance »

Home » News & Events » News Releases

## NEWS RELEASES

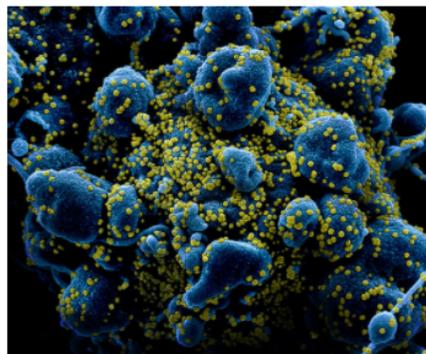
Monday, September 14, 2020

### Substance use disorders linked to COVID-19 susceptibility



A National Institutes of Health-funded study found that people with substance use disorders (SUDs) are more susceptible to COVID-19 and its complications. The research, published today in *Molecular Psychiatry*, was co-authored by Nora D. Volkow, M.D., director of the National Institute on Drug Abuse (NIDA). The findings suggest that health care providers should closely monitor patients with SUDs and develop action plans to help shield them from infection and severe outcomes.

By analyzing the non-identifiable electronic health records (EHR) of millions of patients in the United States, the team of investigators revealed that while individuals with an SUD constituted 10.3% of the total study population, they represented 15.6% of the COVID-19 cases. The analysis revealed that those with a recent SUD diagnosis on record were more likely than those without to develop COVID-19, an effect that was strongest for opioid use disorder, followed by tobacco use disorder. Individuals with an SUD diagnosis were also more likely to experience worse COVID-19 outcomes (hospitalization, death), than people without an SUD.



Colorized scanning electron micrograph of an apoptotic cell (blue) heavily infected with SARS-CoV-2 virus particles (yellow), isolated from a patient sample. Image captured and color-enhanced at the NIAID Integrated Research Facility (IRF) in Fort Detrick, Maryland. NIAID

A NIH-funded study found that people with substance use disorders (SUDs) are more susceptible to COVID-19 and its complications.

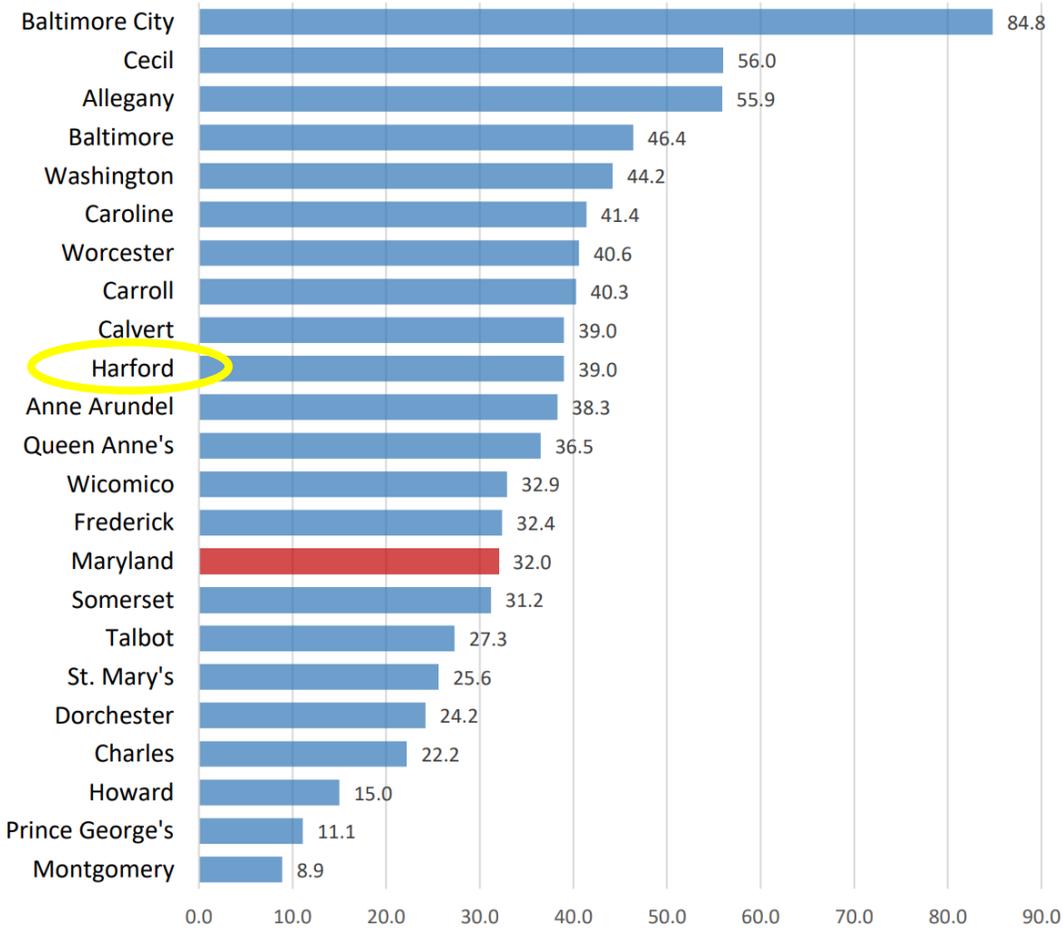
#### Other findings

- In the U.S., 15.6% of COVID-19 cases were individuals with a SUD.
- Strongest for opioid use disorder, followed by tobacco use disorder.
- Individuals with a SUD diagnosis were also more likely to experience worse COVID-19 outcomes (hospitalization, death), than people without a SUD.



# Drug Overdose Crisis

Age-Adjusted Mortality Rates for Unintentional Opioid-Related Intoxication Deaths by County 2016-2018



Harford County has the 10<sup>th</sup> worst drug overdose rate in Maryland

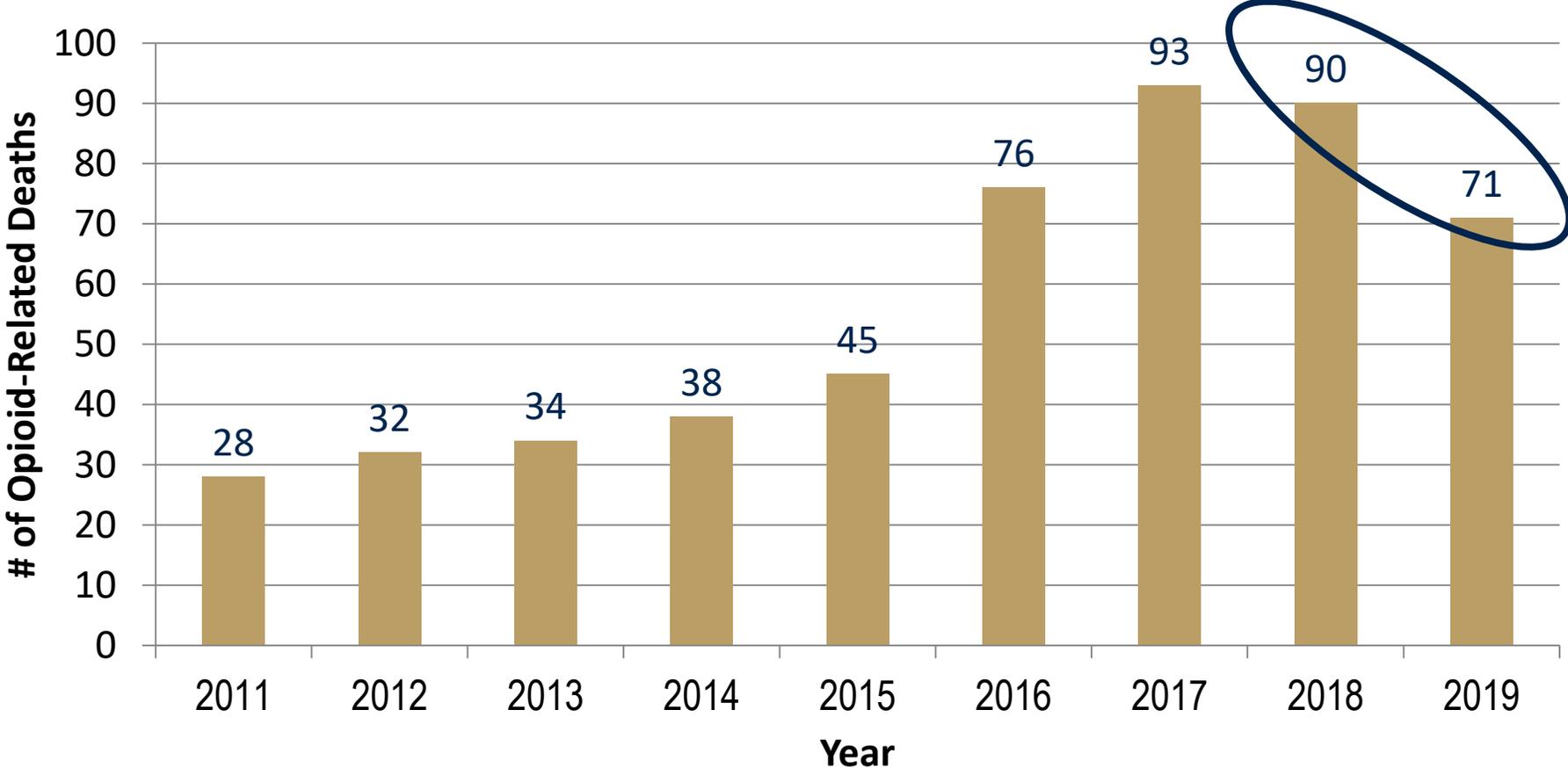
\* Age-adjusted to the 200 U.S. standard Population by the direct method.  
 \*\* Rates for jurisdictions with fewer than 20 deaths during this time period are not displayed due to instability.

Source: Maryland Drug and Alcohol-Related Intoxication Deaths, 2018



# Drug Overdose Crisis

## Harford County Opioid-Related Overdose Deaths, 2011-2019



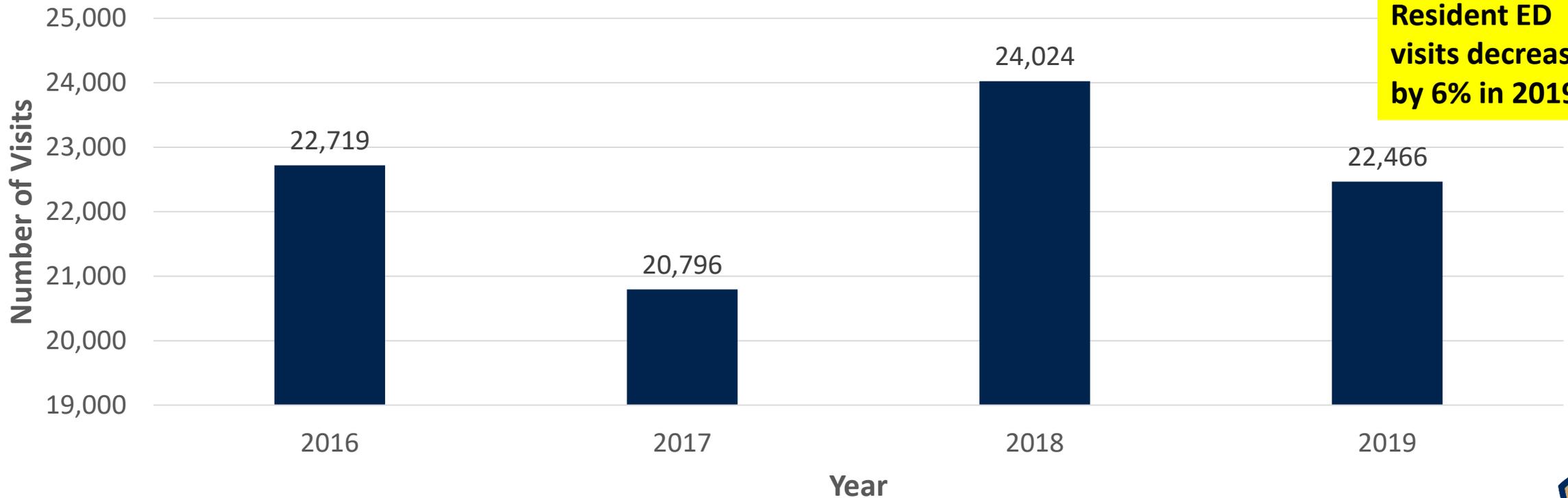
Harford County deaths down 21.1% in 2019...the 2<sup>nd</sup> straight reduction after 7 straight years of increases.

Source: Maryland Drug and Alcohol-Related Intoxication Deaths, 2018



# Mental Health

## Number of ED Visits by Harford County Residents for Any Mental Health Condition 2016-2019

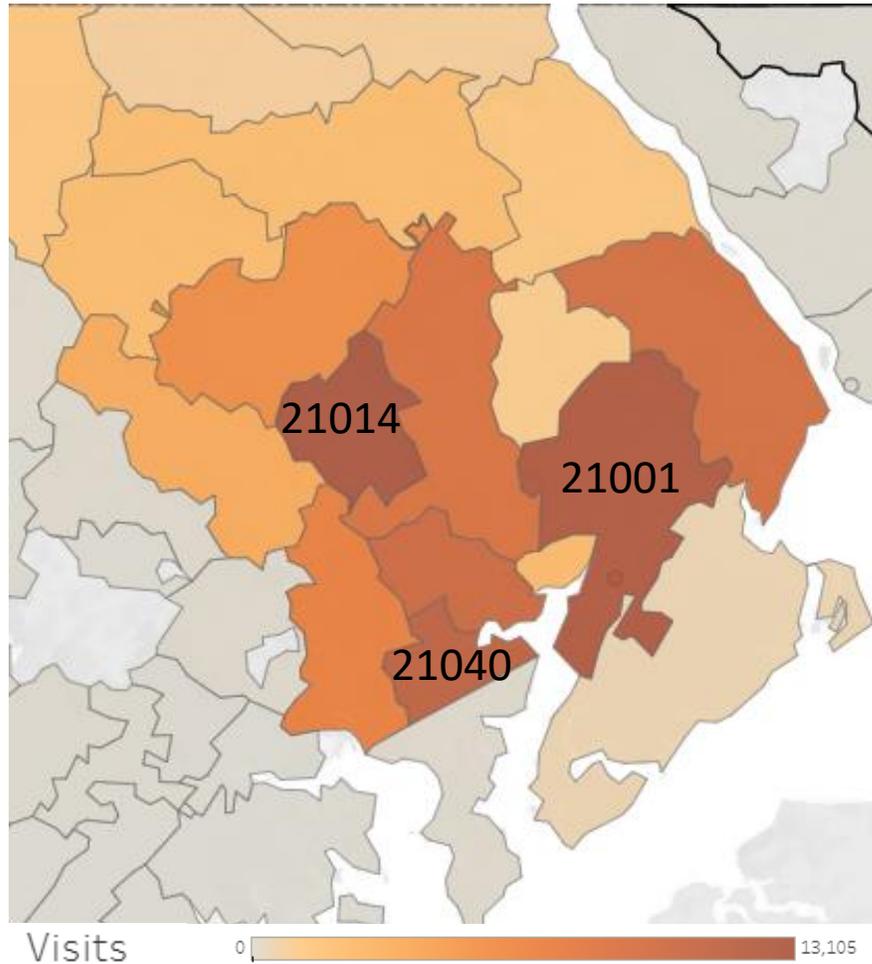


Harford County Resident ED visits decreased by 6% in 2019.

Source: CRISP Public Health Dashboard 2016 – 2019 ED Visits



# Mental Health



Harford County Zip Codes with the Highest ED Visits for Any Mental Health Condition:

- 21014- 13,105
- 21001- 12,452
- 21040- 11,264

Harford County Races with the Highest ED Visits for Any Mental Health Condition:

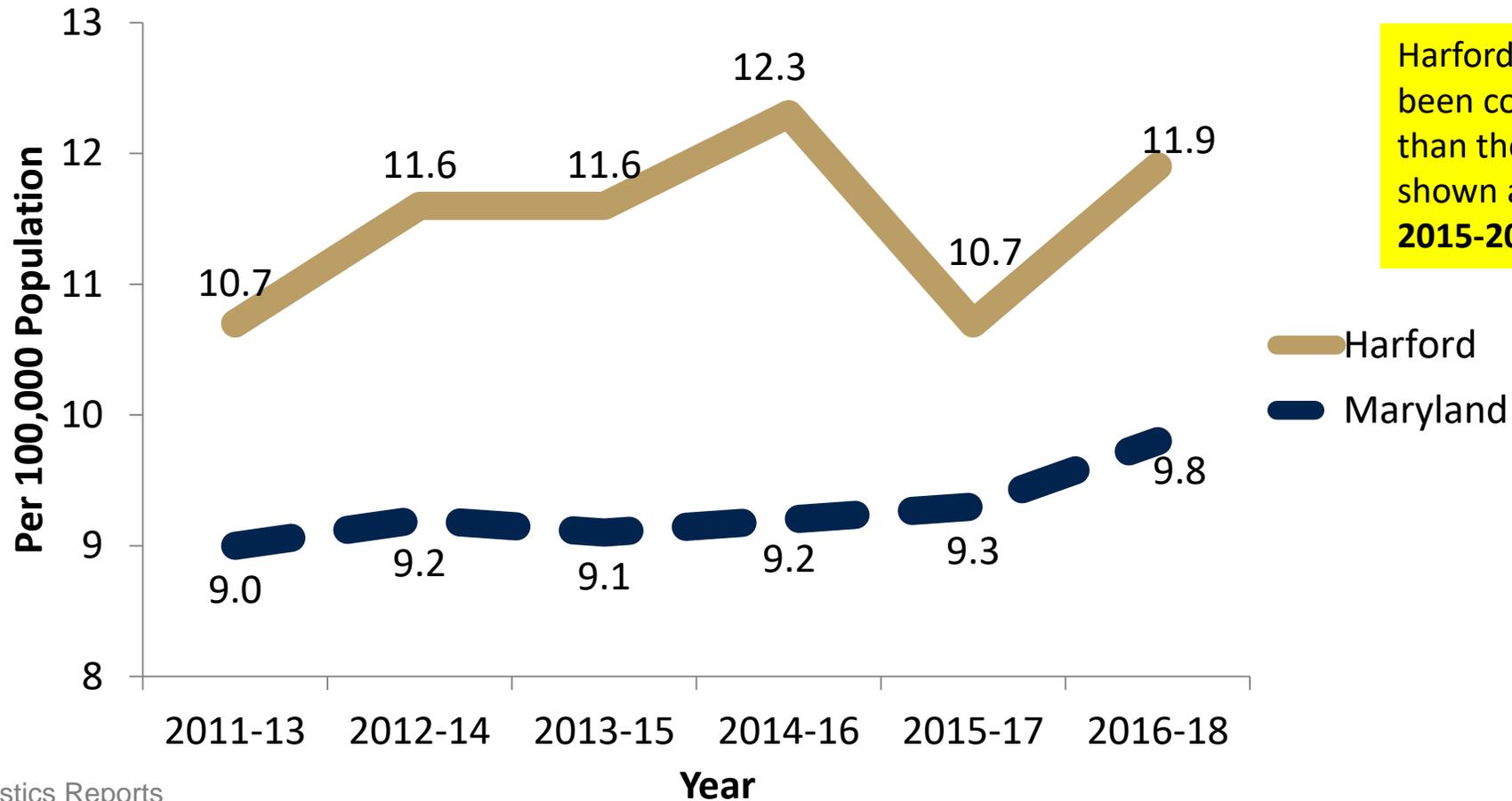
- White- 77%
- Black/African American- 19%
- Other- 3%
- Biracial- 1%

Source: CRISP Public Health Dashboard 2016 – 2019 ED Visits



# Mental Health

## Suicide Mortality Rates, Harford County and Maryland, 2011-2018

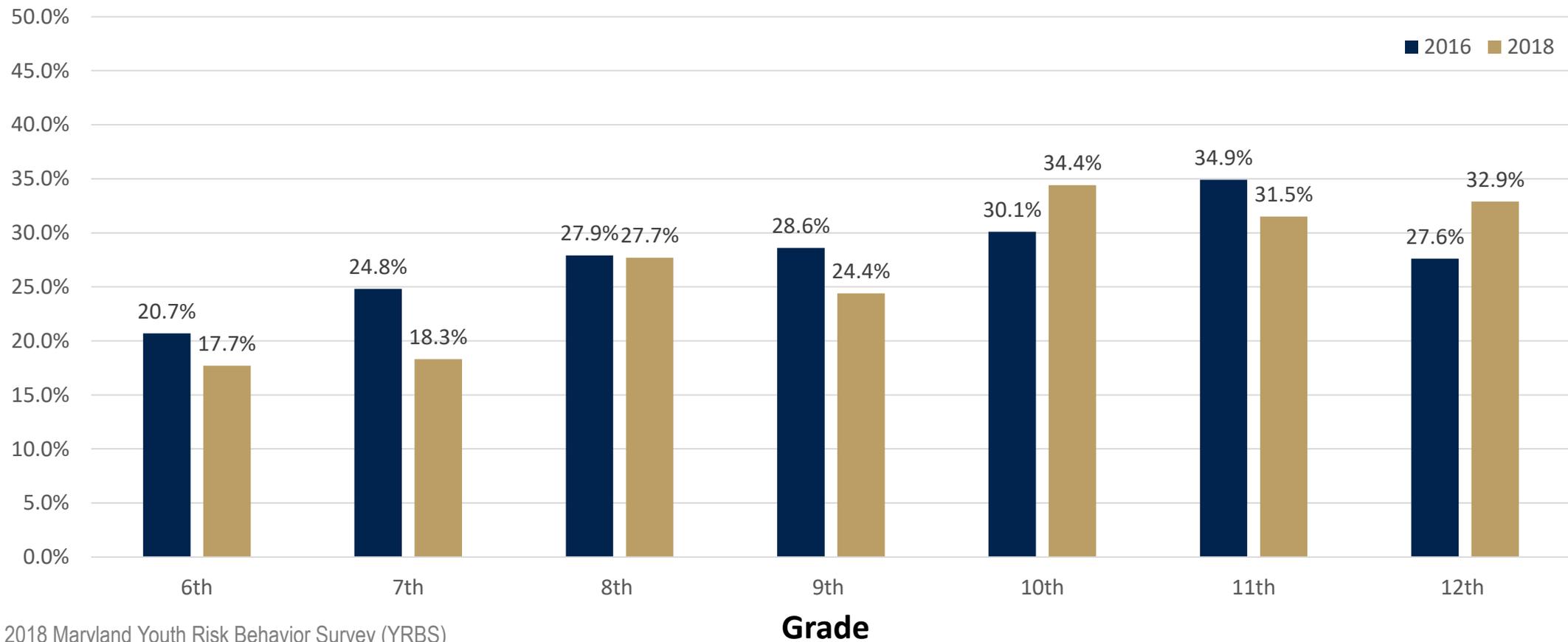


\*Age-Adjusted Rates  
Source: Maryland Vital Statistics Reports



# Mental Health

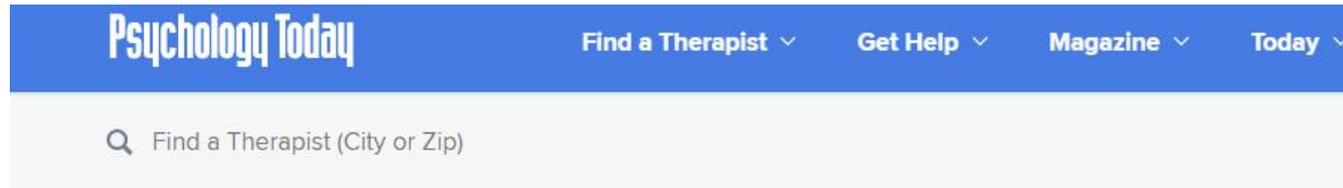
## Percentage of Harford County Students Who Felt Sad or Hopeless, 2016 and 2018



Source: 2016 & 2018 Maryland Youth Risk Behavior Survey (YRBS)



# Mental Health and COVID-19



Konstantin Lukin Ph.D.  
The Man Cave

## Toxic Positivity: Don't Always Look on the Bright Side

Truly process your emotions instead.

Posted Aug 01, 2019



Source: Getty Images

In the age of social media, we constantly see friends and family post about “having a positive attitude” or “having a positive outlook on life, all the time!” Being upbeat at times may be important, but it may come as a surprise to some that it is both okay and important to feel your more difficult feelings.

“Toxic positivity” refers to the concept that keeping positive, and keeping positive only, is the right way to live your life.

**It's okay to not be okay!**



# Mental Health and COVID-19



| <u>Toxic Positivity</u>                | <u>Non-Toxic Acceptance &amp; Validation</u>                               |
|--|--|
| "Don't think about it, stay positive!" | "Describe what you're feeling. I'm listening."                             |
| "Don't worry, be happy!"               | "I see that you're really stressed, anything I can do?"                    |
| "Failure is not an option."            | "Failure is a part of growth and success."                                 |
| "Everything will work out in the end." | "This is really hard, I'm thinking of you."                                |
| "Positive vibes only!"                 | "I'm here for you though, both good and bad."                              |
| "If I can do it, so can you!"          | "Everyone's story, abilities, limitations are different, and that's okay." |
| "Delete negativity."                   | "Suffering is a part of life, you are not alone."                          |

# Mental Health and COVID-19



## Your Mental Health is Important

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) leadership team recently reviewed 10 popular mental health apps. Each person picked an app to try for several weeks and then wrote a review. If you are looking to explore or recommend apps that address mental wellness, breathing, guided meditation and more, consider trying one of these apps to help decrease stress and promote a calm and peaceful mentality.

| Reviewer                 | APP Name  | Rating<br>★<br>1 to 5 | Basic Function and Summary<br>Review  | Fees<br>Associated   |
|--------------------------|---|-----------------------|---|--|
| Maggie Beetz             | Simple Habit<br>(IOS) <a href="#">Simple Habit</a><br>(Android) <a href="#">Simple Habit</a>    | ★★★★                  | Simple Habit is a great app that is easy to use, offers personalization options and reminders. The guided meditations are terrific, and the soundscapes are lovely. The sound quality is great and visually it's nice too. The free version of the app is pretty limited though.  | 7-day free trial, \$29.99/year sale (was \$89.99/yr.                                       |
| Marian Bland             | Insight Timer<br>(IOS) <a href="#">Insight Timer</a><br>(Android) <a href="#">Insight Timer</a> | ★★★★                  | Provides 45,000 free guided meditation sessions, introduction courses, talks, music, and resources/activities for parents and their kids. There have a diverse group of teachers (7,000) with meditations focused on sleep, anxiety, work, fear, relaxation, prayer, self-esteem etc. They had beginner and advanced courses. They have 10 session courses, but a membership is required.<br><br>It tracks your milestones when you take 10 session courses, however, a membership is required. | Membership is \$59.99/year   |
| Cynthia Petion           | Calm<br>(IOS) <a href="#">Calm</a><br>(Android) <a href="#">Calm</a>                            | ★★★★                  | This mindfulness app provides guidance for beginners to the very experienced person with relaxation skills. The Calm App is free. It offers a seven (7) trial days. You may choose guided or unguided sessions for meditation, sleep or relaxation.   | After 7 days a subscription is required that ranges from \$12.99 a month to \$59.9 a year. |
| Kathleen Rebert-Franklin | Headspace<br>(IOS) <a href="#">Headspace</a><br>(Android) <a href="#">Headspace</a>             | ★★★★                  | Provides free 3, 5, or 10 minute guided meditation sessions. 10 sessions are free. The 10 free sessions are for beginners. They're good, but you can't repeat them once you go through all 10. If you're more advanced, you would want the package that has the annual fee.   | Annual fee for longer medications/group session \$69.00 annually                           |

Continuation of App Review on Next Page

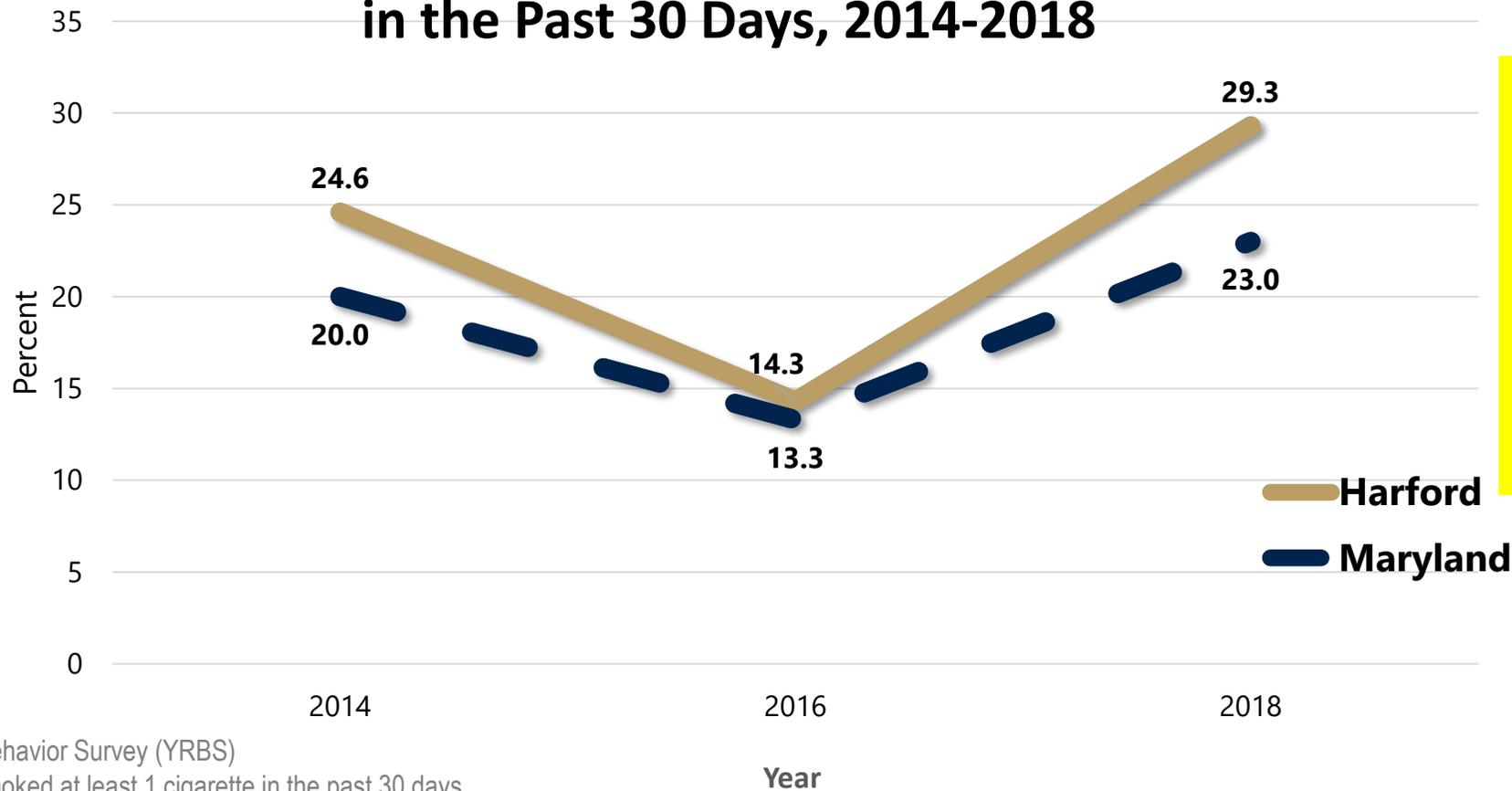
| Reviewer              | APP Name   | Rating<br>★<br>1 to 5 | Basic Function and Summary<br>Review  | Fees<br>Associated   |
|-----------------------|--|-----------------------|---|--|
| Iva Jean Smith        | Breathe to Relax<br>(IOS) <a href="#">Breathe to Relax</a><br>(Android) <a href="#">Breathe to Relax</a>                               | ★★★★                  | Easy to use. Mostly a breathing exercise to relax. Plays soothing music while the narrator tells you how to breathe. If you wear a fit bit or something similar, the app can monitor your heart rate. It has you rate your stress level before and after the breathing exercise.  | Free   |
| Aliya Jones           | Morning Pages<br>(IOS) <a href="#">Morning Pages</a>   | ★★★★                  | This is a great app if you are interested in journaling and being more accountable with your writing. It gives you plenty of space to write and will count your words. It is a great way to clear your mind at the end or start of your day. It will also analyze your mood based upon your writing. I like that you can lock the journal with a code.<br><br>It's like a blank electronic notepad or journal.            | \$29.00 annual fee   |
| Kim Jones             | Happify<br>(IOS) <a href="#">Happify</a><br>(Android) <a href="#">Happify</a>  | ★★★★                  | Happify is perfect for the person who wants to improve their positive outlet. This App identifies six skills that makes someone happy and then provides a variety of different activities for you to enjoy to improve your happiness. It has a lot of the same features as other apps like Calm and Headspace, and then some. It tracks your skills acquired (or Tracks activities completed).                            | Free, but for more tracks and activities you have to upgrade for \$15 per month. |
| Maria Rodowski-Stanco | Daylio<br>(IOS) <a href="#">Daylio</a><br>(Android) <a href="#">Daylio</a>   | ★★★★                  | Tracks a variety of activities as well as mood. It is very good at prompting you to complete daily monitoring, even multiple times a day. Allows you to monitor across multiple domains and you can do some modifications beyond the pre-set categories without paying for enhancement.   | Free   |
| Marion Katsereles     | Smiling Mind<br>(IOS) <a href="#">Smiling Mind</a><br>(Android) <a href="#">Smiling Mind</a>   | ★★★★                  | This is a mindfulness app made easy. Just choose a program (think: mindful eating, concentration, sport, or sleep) and it'll set you up with 10-minute meditations, complete with reminders if you want to keep up your mindful moments. You can also listen to body scans, which help to bring your attention to how your body is feeling. One thing we love: the Australian-based app features accents from down under. |  |
| Stephanie Slowly      | My Life Meditation by-Stop, Breathe, Think<br>(IOS) <a href="#">My Life Meditation</a><br>(Android) <a href="#">My Life Meditation</a> | ★★★★                  | A daily check-in that starts with a deep breath and a minute to focus on what's going on in your mind and body. Check off how you feel, mentally and physically on a scale of rough to great, with an option to enter specific emotions. You'll get a list of meditations. You can set a time limit complete with chimes or sounds to assist you through your session.  | Free   |

MDH BHA created a list of 10 popular mental health apps that were reviewed by their leadership team!

# Chronic Disease

# Smoking

## Harford County & Maryland High School Electronic Vapor Product Use in the Past 30 Days, 2014-2018



Harford County rate for electronic vapor product use has doubled from 2016-2018. Harford County is about 6% worse than the State in 2018

Source: Maryland Youth Risk Behavior Survey (YRBS)

Note: Students, Gr 9-12 who smoked at least 1 cigarette in the past 30 days

\* Data gap between 2010-2013 and 2014-2016



# Smoking



**In 2020, about 1.8 million fewer U.S. youth are current e-cigarette users compared to 2019.**

However

**3.6M**

U.S. youth still currently use e-cigs

There is a notable uptick in use of

**DISPOSABLE**

e-cigs by youth

More than

**8 out of 10**

current youth e-cig users use flavored e-cigs

Although there was a national decrease in e-cigarette use, there are still 3.6 million U.S youths still using e-cigarettes.

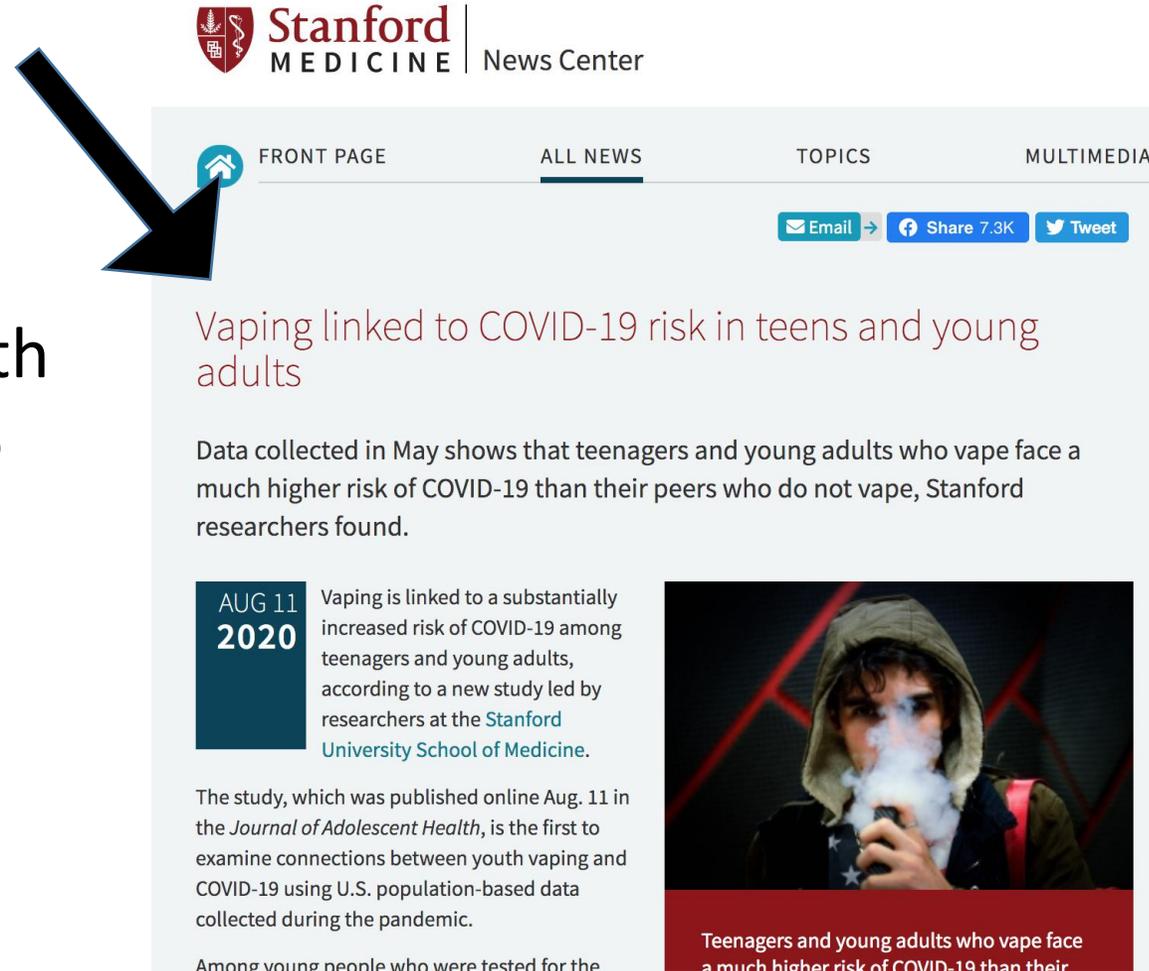


Source: National Youth Tobacco Survey, 2020



# Smoking

- Researchers at Stanford University found that those that vape are 5 to 7 times more likely to be infected with COVID-19 than those that do not vape.

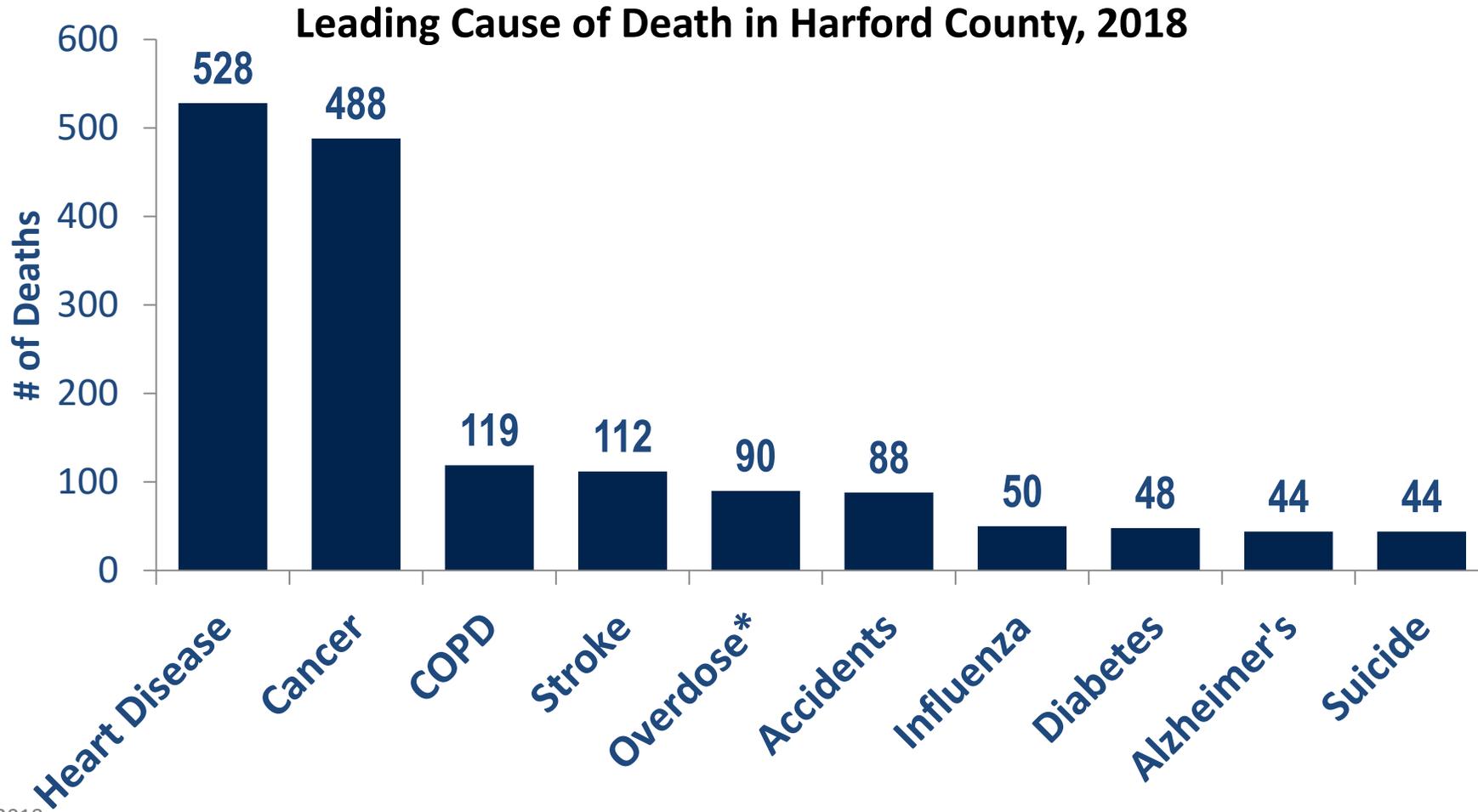


The screenshot shows the Stanford Medicine News Center website. At the top, the Stanford Medicine logo and 'News Center' are visible. Below the navigation bar (FRONT PAGE, ALL NEWS, TOPICS, MULTIMEDIA), there are social media sharing buttons for Email, Facebook (Share 7.3K), and Twitter (Tweet). The main article title is 'Vaping linked to COVID-19 risk in teens and young adults'. The sub-headline reads: 'Data collected in May shows that teenagers and young adults who vape face a much higher risk of COVID-19 than their peers who do not vape, Stanford researchers found.' A date box indicates 'AUG 11 2020'. The article text states: 'Vaping is linked to a substantially increased risk of COVID-19 among teenagers and young adults, according to a new study led by researchers at the Stanford University School of Medicine. The study, which was published online Aug. 11 in the *Journal of Adolescent Health*, is the first to examine connections between youth vaping and COVID-19 using U.S. population-based data collected during the pandemic.' A photograph of a person in a hoodie vaping is shown. A red banner at the bottom of the photo contains the text: 'Teenagers and young adults who vape face a much higher risk of COVID-19 than their peers who do not vape, Stanford researchers found.'

Source: Stanford Medicine



# Leading Cause of Death



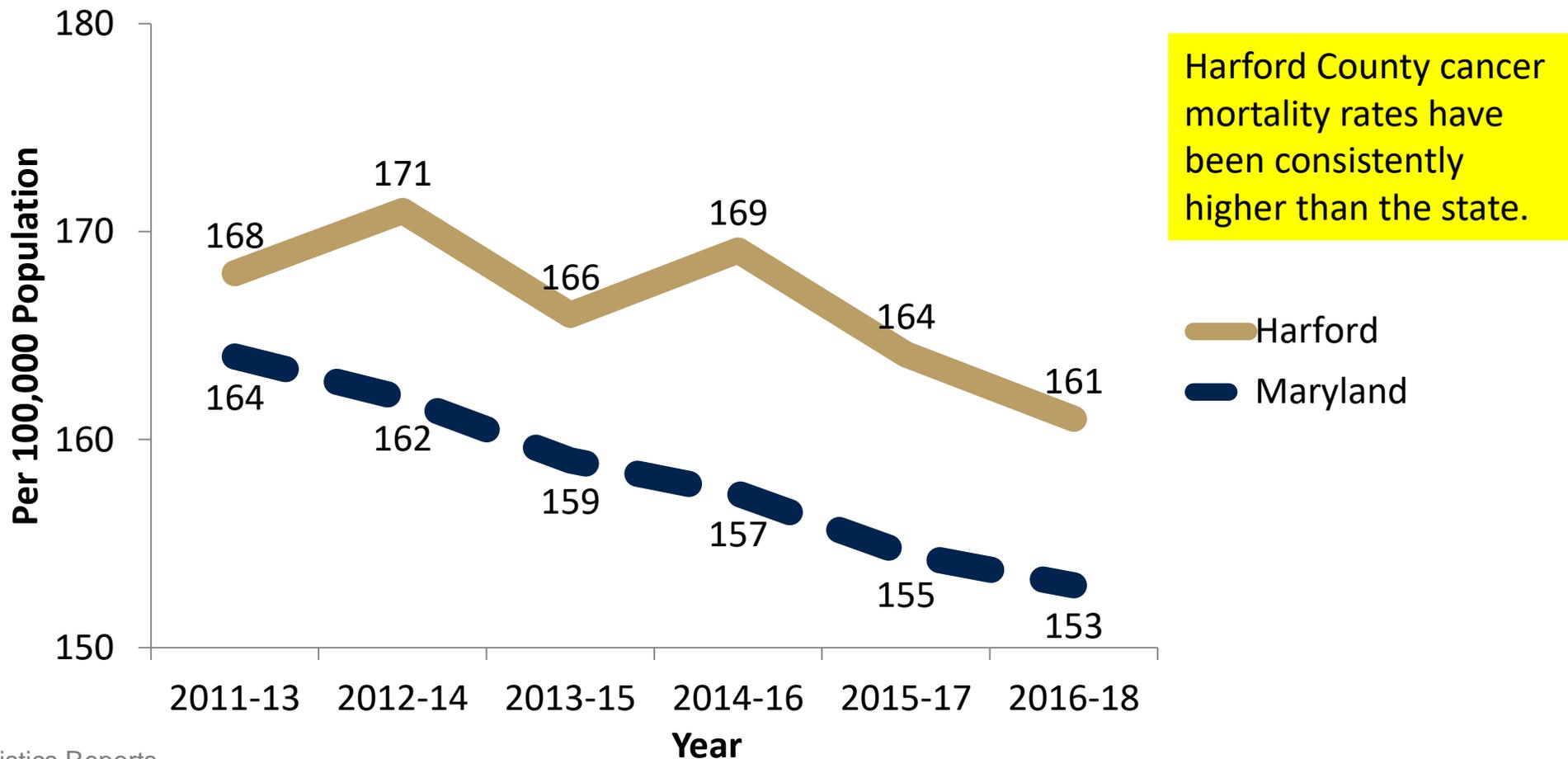
Source: Maryland Vital Statistics, 2018

Source: \* Maryland Drug and Alcohol-Related Intoxication Deaths, 2018



# Cancer

## Cancer Mortality Rates, Harford County and Maryland, 2011-2018

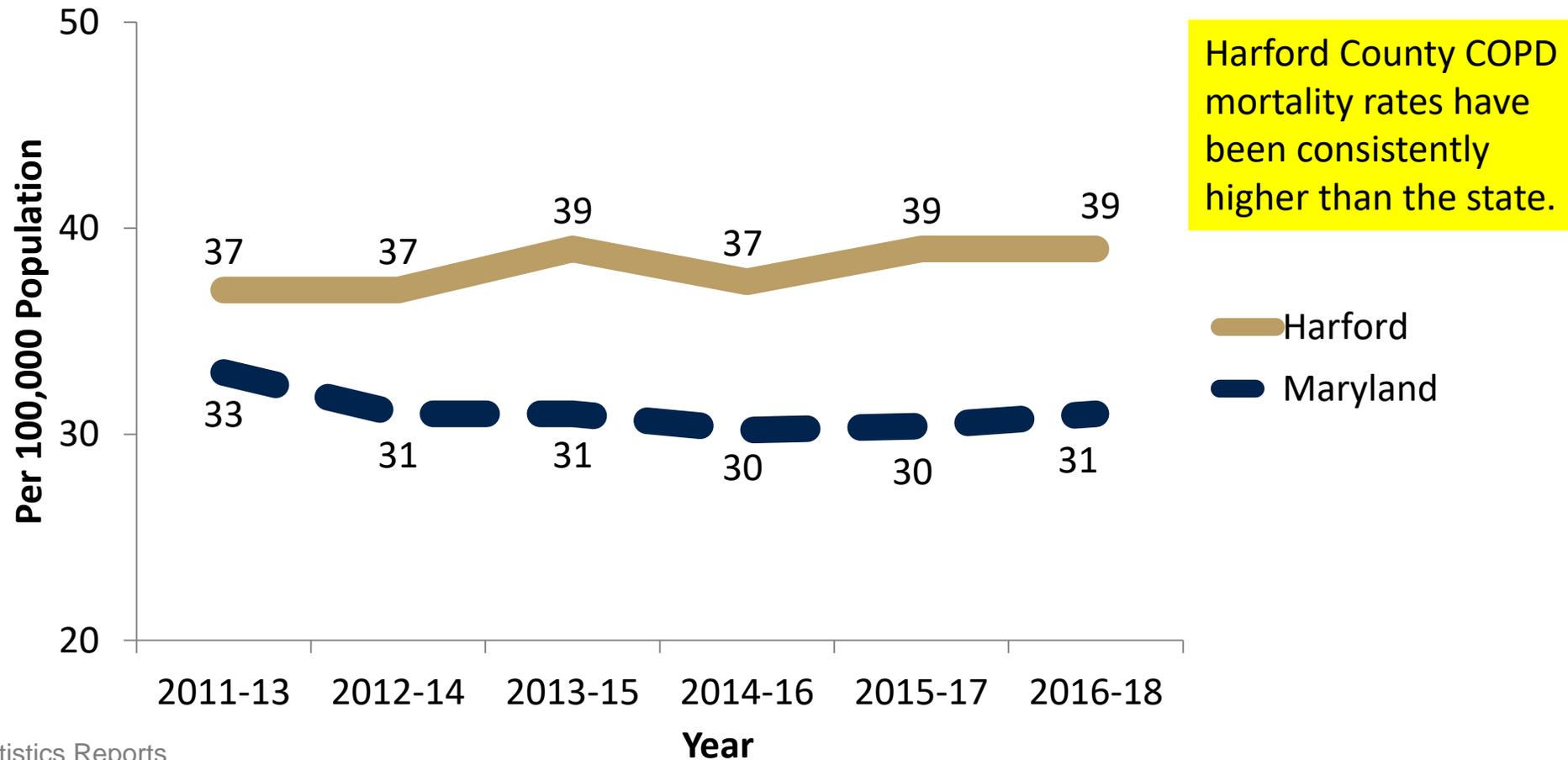


\* Age-Adjusted Rates  
Source: Maryland Vital Statistics Reports



# Chronic Obstructive Pulmonary Disease (COPD)

## COPD Mortality Rates, Harford County and Maryland, 2011-2018



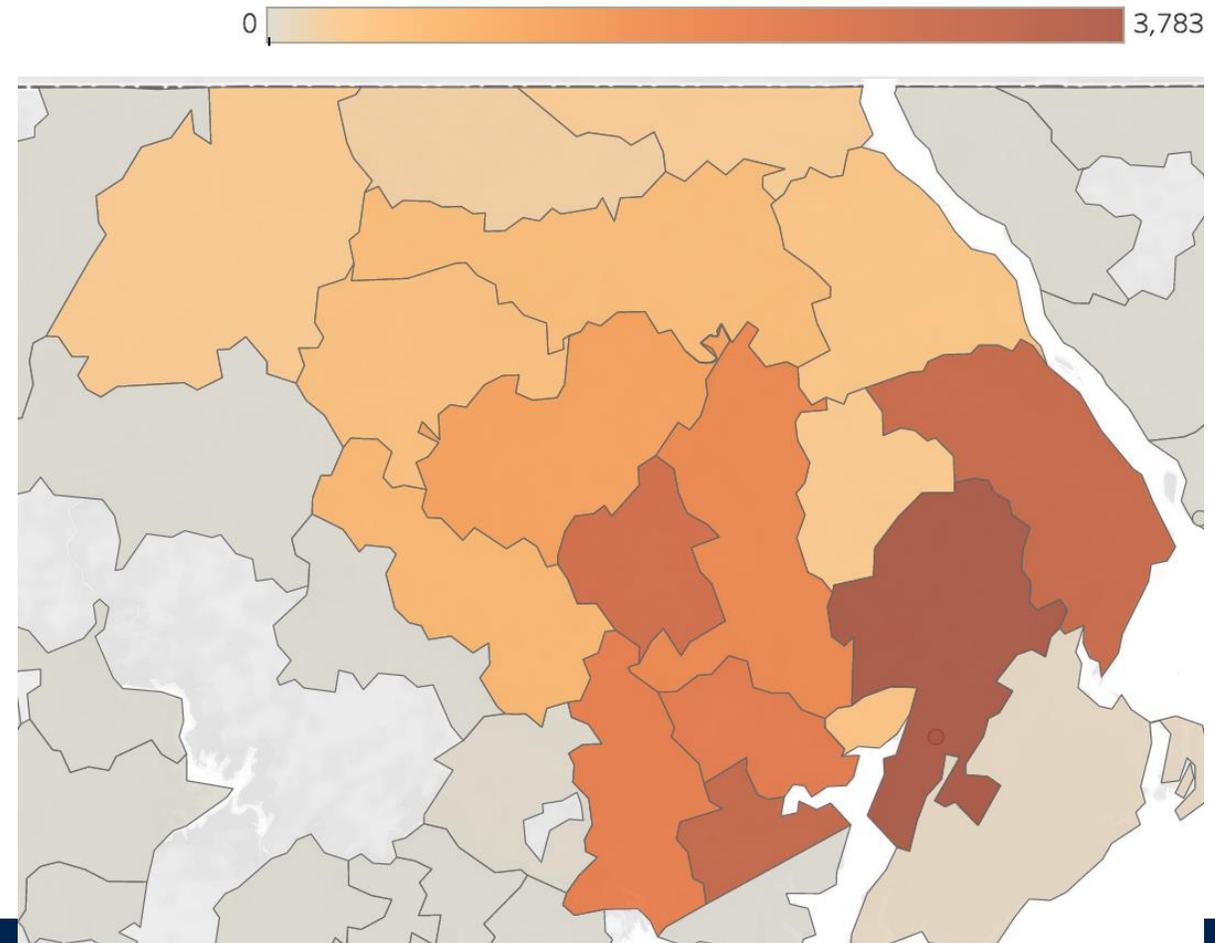
\* Age-Adjusted Rates  
Source: Maryland Vital Statistics Reports



# Chronic Obstructive Pulmonary Disease (COPD)

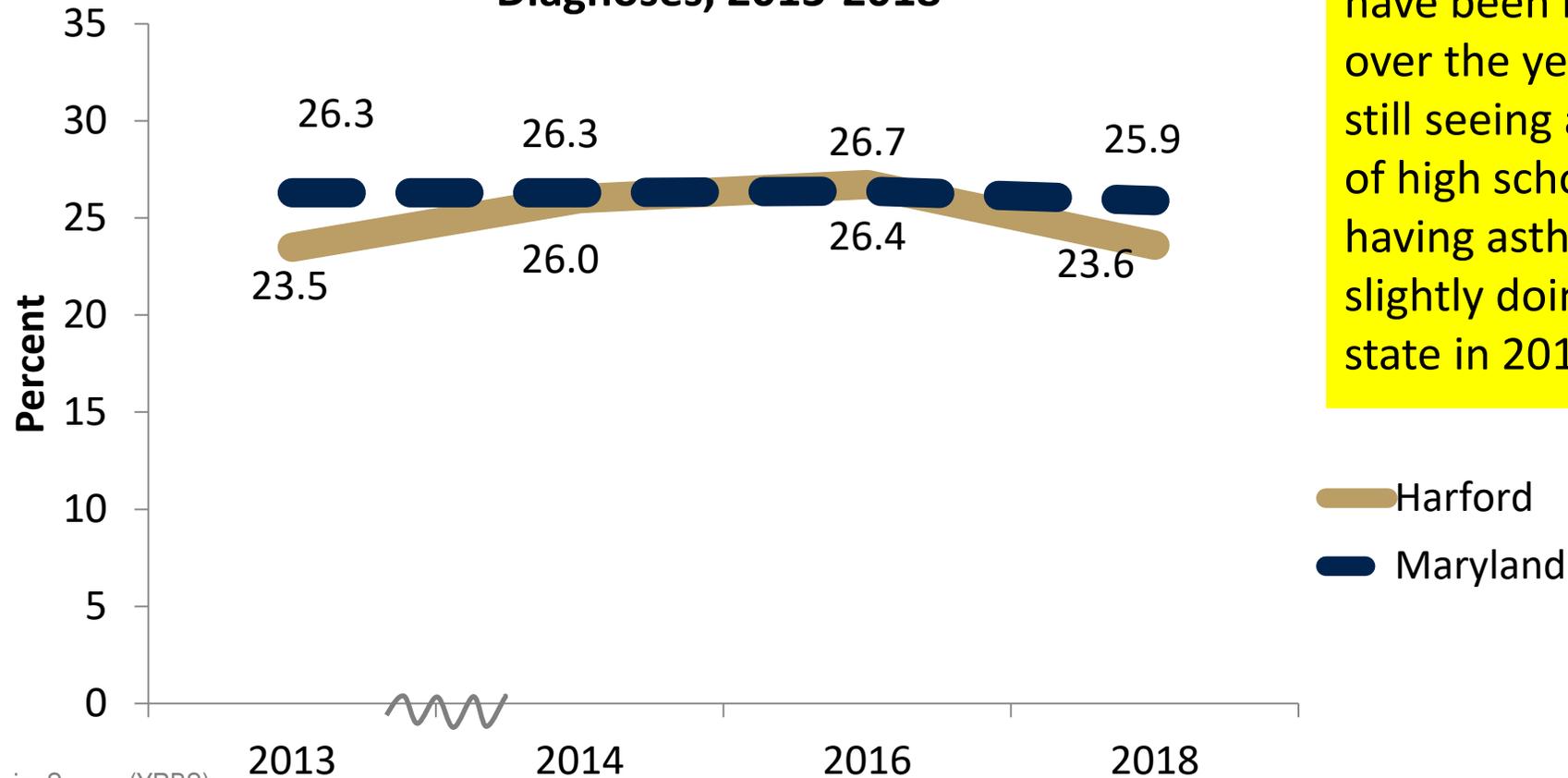
## ED Visits for COPD from 2016-2019 in Harford County

| Zip Codes with The Most Visits |       |
|--------------------------------|-------|
| 21001                          | 3,783 |
| 21040                          | 3,088 |
| 21078                          | 2,935 |



# Percentage of High School Students who had Ever Been Told by a Doctor or Nurse That They had Asthma

## Harford County & Maryland High School Asthma Diagnoses, 2013-2018



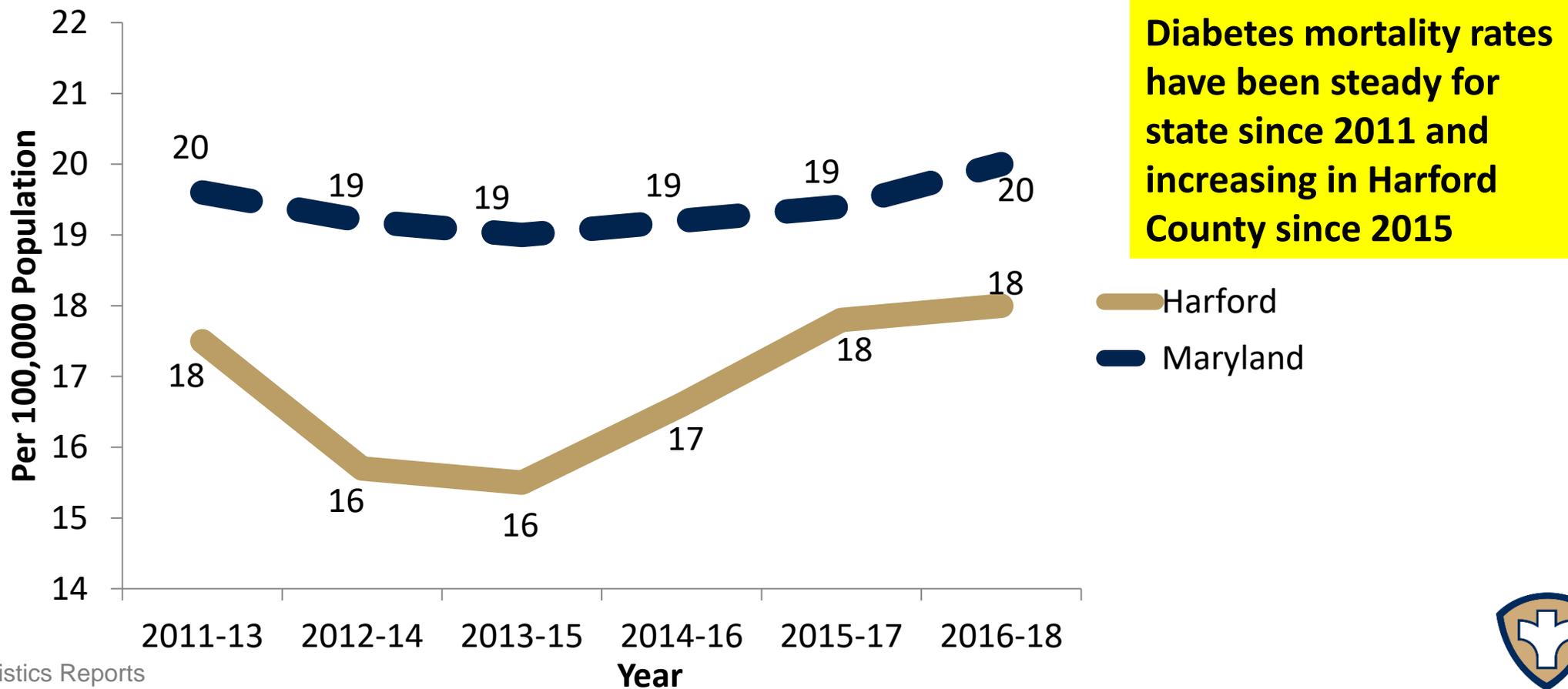
Rates of asthma diagnoses have been relatively steady over the years, but we are still seeing almost a quarter of high school students having asthma. Harford is slightly doing better than the state in 2018

Source: Maryland Youth Risk Behavior Survey (YRBS)  
\* Data gap between 2010-2013 and 2014-2016



# Diabetes

## Diabetes Mortality Rates, Harford County and Maryland, 2011-2018



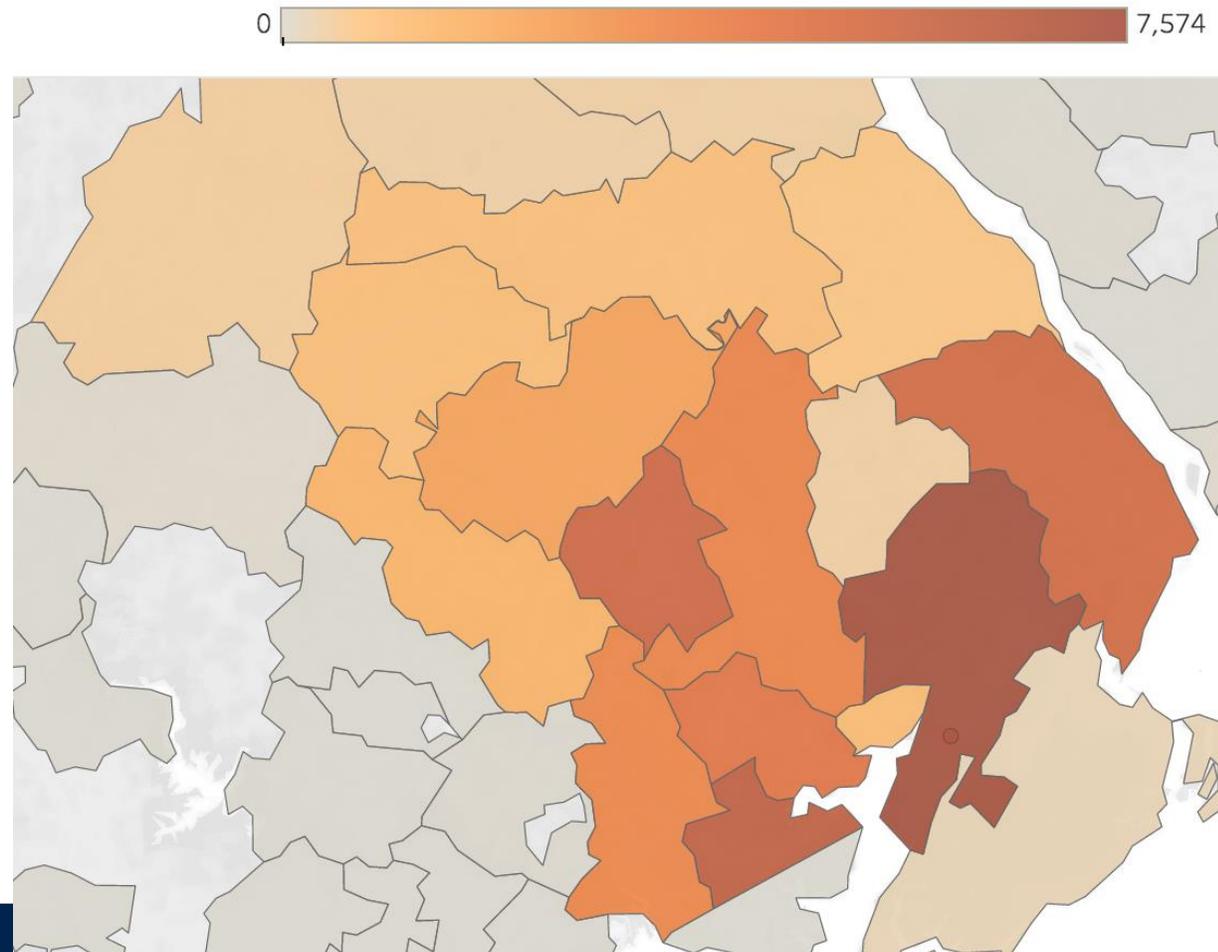
\* Age-Adjusted Rates  
Source: Maryland Vital Statistics Reports



# Diabetes

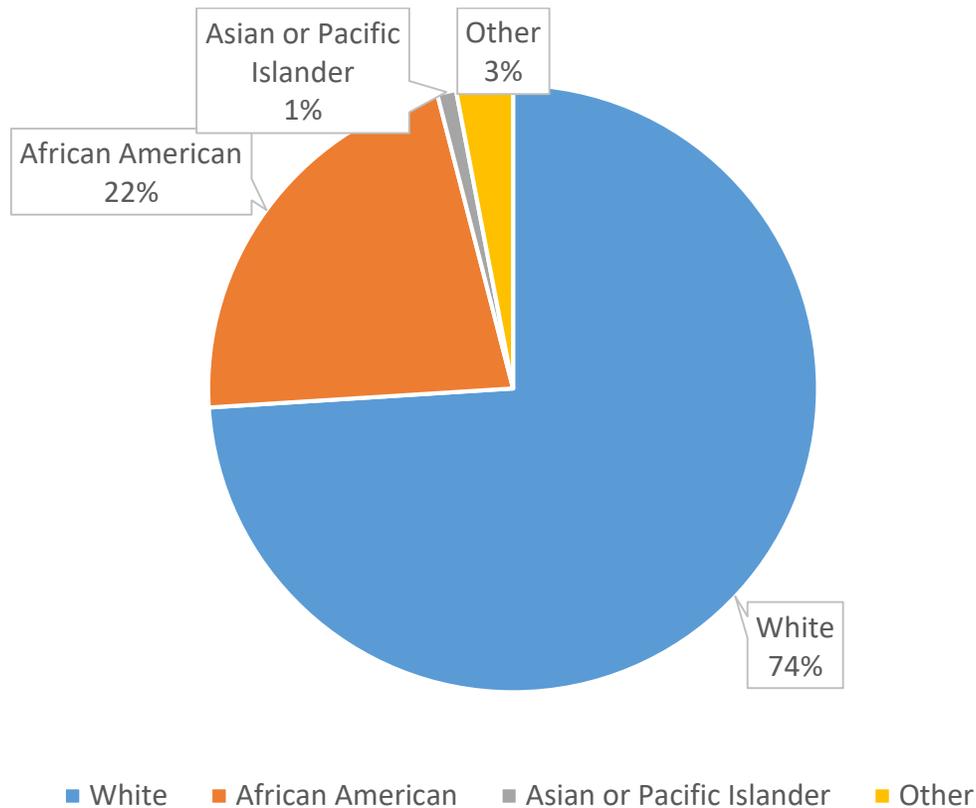
## ED Visits for Diabetes from 2016-2019 in Harford County

| Zip Codes with The Most Visits |       |
|--------------------------------|-------|
| 21001                          | 7,574 |
| 21040                          | 6,237 |
| 21014                          | 5,561 |



# Diabetes

2016-2019 Hospital Visits for Diabetes in Harford County by Race



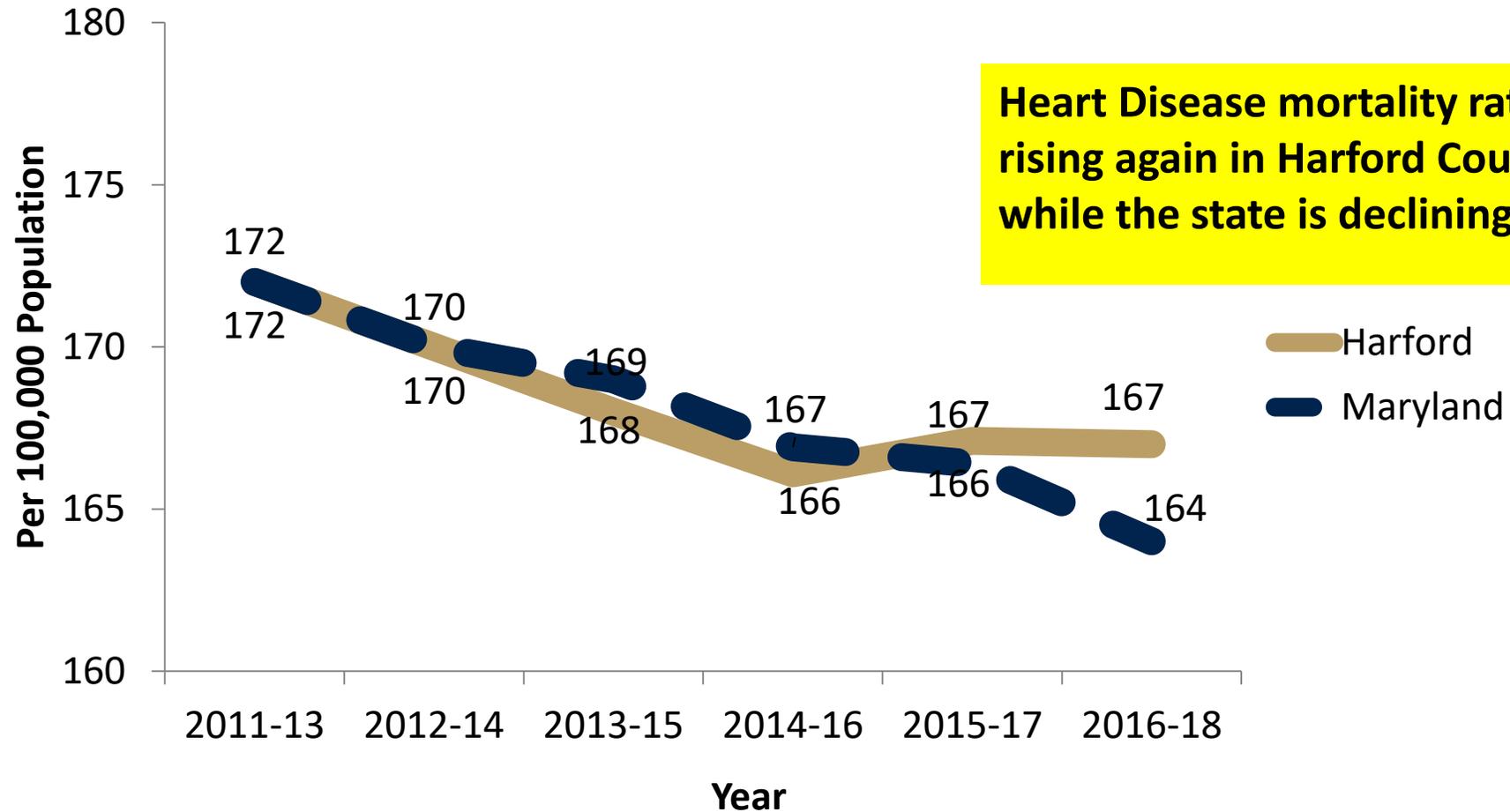
**Although the highest rates of diabetes-related hospital admissions were in Whites, those in certain minority groups are at higher risk for developing type 2 diabetes.**

Source: 2019 CRISP Data, Hospital Visits for Diabetes



# Heart Disease

Heart Disease Mortality Rates, Harford County and Maryland, 2011-2018

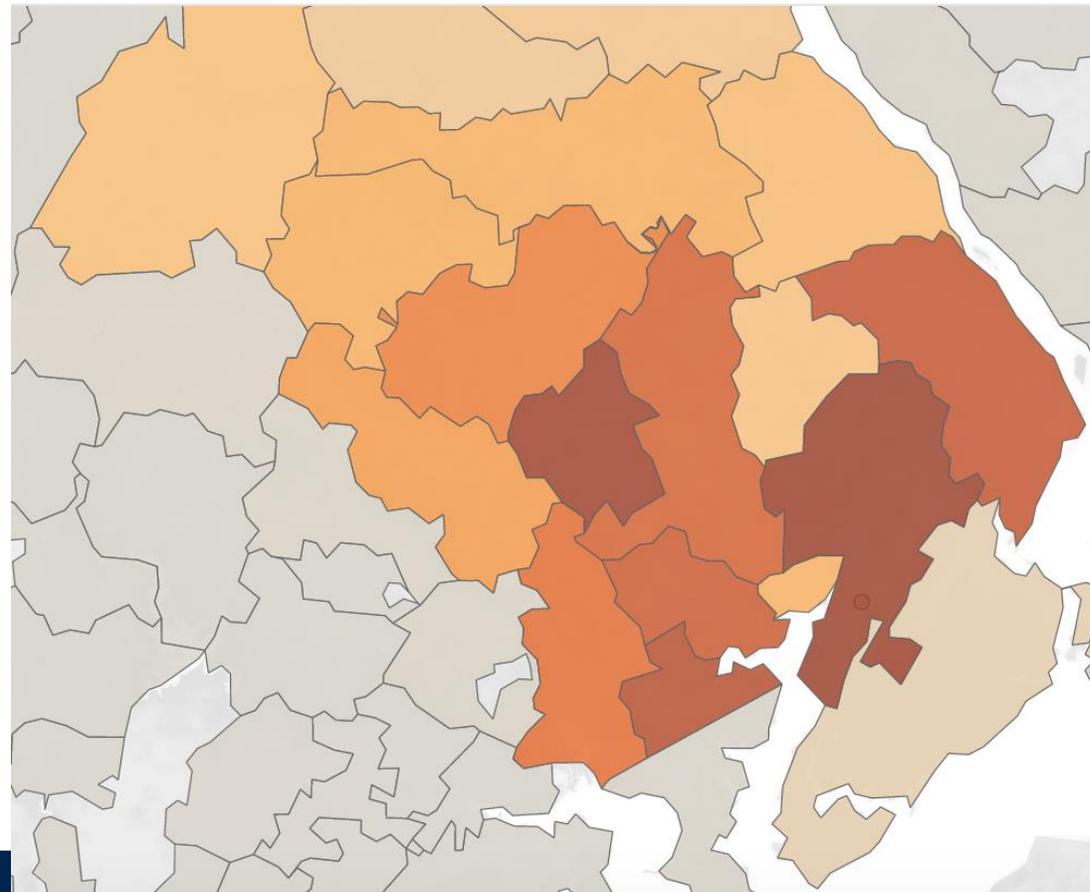


# Hypertension

## 2016-2019 ED Visits for Hypertension in Harford County

0 15,438

| Zip Codes with The Most Visits |        |
|--------------------------------|--------|
| 21001                          | 15,438 |
| 21014                          | 15,145 |
| 21040                          | 12,932 |



# Obesity

## Obese High School Students Harford County and Maryland, 2013-2018



**Obesity rates have been steady in Harford County and the State with Harford doing slightly better than the state**

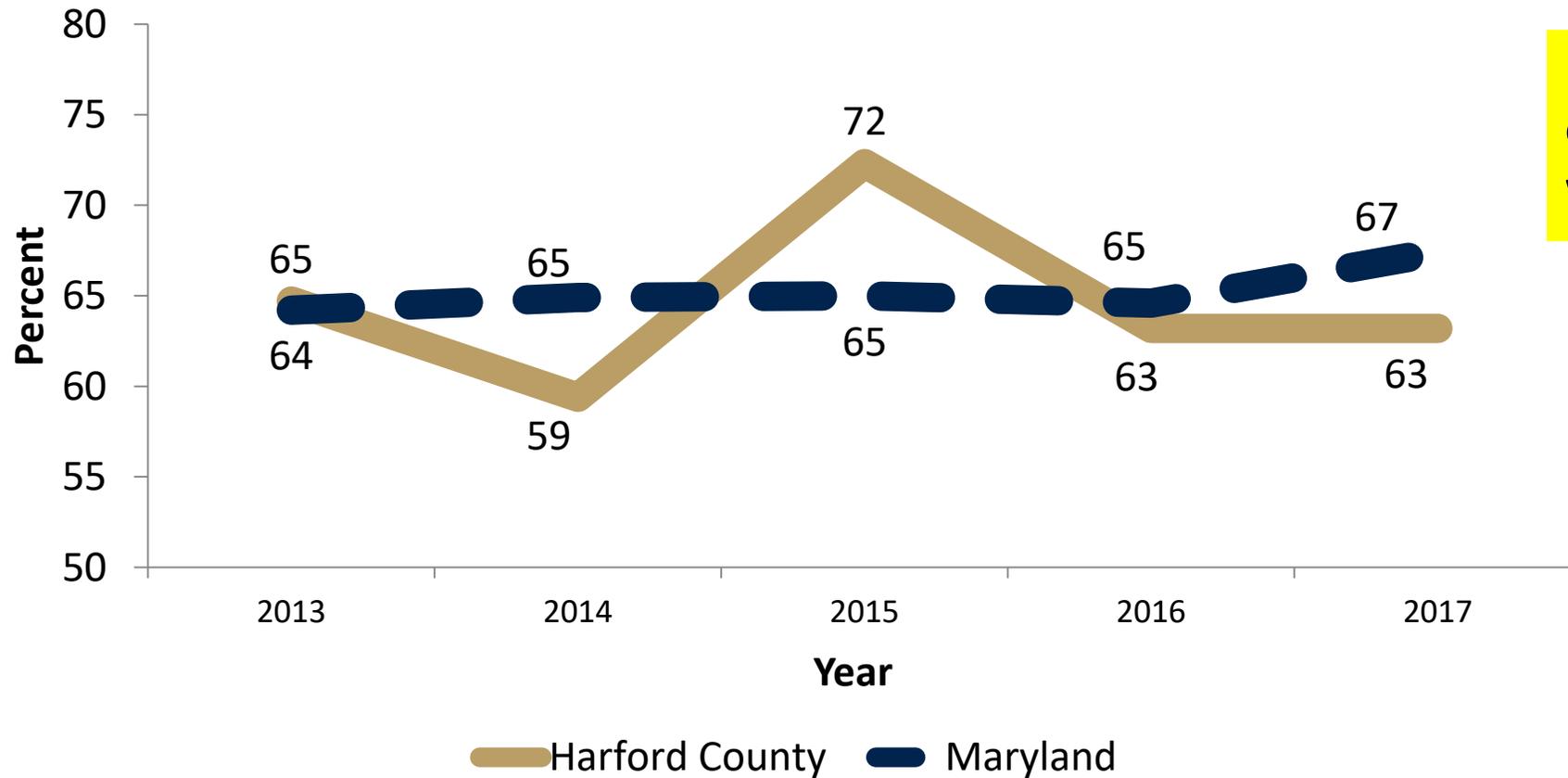
— Harford  
— Maryland

Source: Maryland Youth Risk Behavior Survey (YRBS)  
\* Data gap between 2010-2013 and 2014-2016



# Obesity

## Adult Overweight/Obesity Rates Harford County & Maryland, 2013-2017



**Rates comparable with the state.**



# Chronic Disease and COVID-19

Chronic Kidney Disease

COPD

Cancer

Heart Conditions

Immunocompromised State

Obesity and Severe Obesity

Sickle Cell Disease

Smoking

Type 2 Diabetes

**Certain underlying conditions have an increased risk for severe complications from the virus**



# Chronic Disease and COVID-19

Continue preventive services

Stay physically active

Eat healthy, well-balanced meals

Get plenty of sleep

Take care of your mental health



# In Summary

- Harford County has made progress with:
  - The second **decline in opioid deaths** in 7 years
  - The **lowest uninsured** rate in the State
  - **Lowest teen birth** rate
  - Better than state average rates for **diabetes and adolescent obesity** rates
- Concerning trends in Harford County include:
  - Although teen smoking has decreased, **teen vaping has increased**
  - **Infant mortality rate** has exceeded the State rate for the 1st time
  - **SEN and NAS rates** have doubled over the past 10 years
  - **Suicide, cancer, and COPD mortality** rates higher than the State average
- We need to focus on:
  - Strengthening the **behavioral health services** system infrastructure, especially for adolescent health
  - **Chronic disease prevention** with an emphasis on smoking and vaping prevention efforts
  - Focus on prevention services for **maternal-child and family health**

*Thank you!*

410-838-1500

[www.harfordcountyhealth.com](http://www.harfordcountyhealth.com)



**Public Health**  
Prevent. Promote. Protect.

**Harford County  
Health Department**

