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
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

<table>
<thead>
<tr>
<th>AREA</th>
<th>CASES</th>
<th>DEATHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worldwide</td>
<td>40.2 Million</td>
<td>1.1 Million</td>
</tr>
<tr>
<td>United States</td>
<td>8.1 Million</td>
<td>219,880</td>
</tr>
<tr>
<td>Maryland</td>
<td>136,154</td>
<td>3,895</td>
</tr>
<tr>
<td>Harford County</td>
<td>3,417</td>
<td>74</td>
</tr>
</tbody>
</table>

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

https://coronavirus.maryland.gov/
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

[Charts and data representing the new COVID-19 cases per 100,000 in Maryland and Harford from 15-Sep to 19-Oct, showing the case numbers and trends over the specified period.]
Epi Curve for Maryland COVID-19 New Deaths

Number of New MD Deaths

DEATHS

DATE

9/22-10/5: 78 (Total)
10/6-10/19: 78 (Total)
Epi Curve for Harford COVID-19 New Confirmed Deaths

Number of New Harford County Deaths

Harford new deaths
9/22-10/5: 0 (Total)
10/6-10/19: 2 (Total)

https://coronavirus.maryland.gov/
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

https://coronavirus.maryland.gov/
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:

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:
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 for the 24 Ranked Counties in Maryland

<table>
<thead>
<tr>
<th>County</th>
<th>Health Outcomes</th>
<th>Health Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allegany</td>
<td>21</td>
<td>19</td>
</tr>
<tr>
<td>Anne Arundel</td>
<td>10</td>
<td>9</td>
</tr>
<tr>
<td>Baltimore</td>
<td>15</td>
<td>11</td>
</tr>
<tr>
<td>Baltimore City</td>
<td>24</td>
<td>24</td>
</tr>
<tr>
<td>Calvert</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Caroline</td>
<td>19</td>
<td>21</td>
</tr>
<tr>
<td>Carroll</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Cecil</td>
<td>18</td>
<td>18</td>
</tr>
<tr>
<td>Charles</td>
<td>13</td>
<td>12</td>
</tr>
<tr>
<td>Dorchester</td>
<td>23</td>
<td>22</td>
</tr>
<tr>
<td>Frederick</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Garrett</td>
<td>12</td>
<td>14</td>
</tr>
<tr>
<td>Harford</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Howard</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Kent</td>
<td>16</td>
<td>10</td>
</tr>
<tr>
<td>Montgomery</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Prince George's</td>
<td>11</td>
<td>16</td>
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<tr>
<td>Queen Anne's</td>
<td>9</td>
<td>4</td>
</tr>
<tr>
<td>Somerset</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>St. Mary's</td>
<td>6</td>
<td>13</td>
</tr>
<tr>
<td>Talbot</td>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td>Washington</td>
<td>17</td>
<td>15</td>
</tr>
<tr>
<td>Wicomico</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Worcester</td>
<td>14</td>
<td>17</td>
</tr>
</tbody>
</table>

Harford County ranks 8th of 24 for health outcomes and health factors.

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)
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
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.

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

### Harford County

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

2020 County Health Rankings Report Data
Maternal and Infant Health
In 2018, Harford County's infant mortality rate exceeded the State for the first time.
...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.)
Harford County and Maryland Teen Birth Rates, 2008-2017

Harford County rates are better than the State.

Source: Maryland Vital Statistics Reports
Late or No Prenatal Care (PNC)

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

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

Health Insurance

Percentage of population under age 65 without health insurance:

- Maryland: 7%
- Top US Performers: 6%
- Harford County: 5%

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

Source: 2019 County Health Rankings Data
Social Determinants of Infant Mortality & Family Health

- Societal
  - Healthcare & social policies
  - Institutionalized racism

- Community & Policy
  - Environment
  - Transportation
  - Accessible care
  - Economic opportunity

- Individual & Family
  - Health behaviors
  - Biological factors
  - SES
  - ACEs
The Impact of Racism on Maternal & Child Health

Insights

The Impact of Institutional Racism on Maternal and Child Health

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.
Reducing Infant Mortality Across the Lifespan

**Family Planning**
- Preconception (Before Pregnancy)

**Prenatal Care**
- Prenatal (During Pregnancy)

**Regionalization**
- Perinatal (After Birth)

Healthier women at the time of conception

Earlier entry into prenatal care

Comprehensive high quality perinatal & neonatal care

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

Healthier Children & Adults
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
Harford County Resident ED visits had a 21% decrease from 2016 to 2019.
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
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

- 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

** Harford County has the 10th worst drug overdose rate in Maryland **
Harford County Opioid-Related Overdose Deaths, 2011-2019

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

Harford County deaths down 21.1% in 2019...the 2nd straight reduction after 7 straight years of increases.
Mental Health

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

Source: CRISP Public Health Dashboard 2016 – 2019 ED Visits

Harford County Resident ED visits decreased by 6% in 2019.
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
Suicide Mortality Rates, Harford County and Maryland, 2011-2018

Harford County rates have been consistently higher than the state, but has shown a 13% decrease in 2015-2017 data.

*Age-Adjusted Rates
Source: Maryland Vital Statistics Reports
Percentage of Harford County Students Who Felt Sad or Hopeless, 2016 and 2018

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

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

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

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

# of Deaths

- Heart Disease: 528
- Cancer: 488
- COPD: 119
- Stroke: 112
- Overdose*: 90
- Accidents: 88
- Influenza: 50
- Diabetes: 48
- Alzheimer's: 44
- Suicide: 44

Source: Maryland Vital Statistics, 2018
Source: * Maryland Drug and Alcohol-Related Intoxication Deaths, 2018
Harford County cancer mortality rates have been consistently higher than the state.
Chronic Obstructive Pulmonary Disease (COPD)

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

Per 100,000 Population

Harford County COPD mortality rates have been consistently higher than the state.

*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

<table>
<thead>
<tr>
<th>Zip Code</th>
<th>Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>21001</td>
<td>3,783</td>
</tr>
<tr>
<td>21040</td>
<td>3,088</td>
</tr>
<tr>
<td>21078</td>
<td>2,935</td>
</tr>
</tbody>
</table>

2019 CRISP Data, Hospital Visits COPD
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 mortality rates have been steady for the state since 2011 and increasing in Harford County since 2015.

* 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

<table>
<thead>
<tr>
<th>Zip Code</th>
<th>Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>21001</td>
<td>7,574</td>
</tr>
<tr>
<td>21040</td>
<td>6,237</td>
</tr>
<tr>
<td>21014</td>
<td>5,561</td>
</tr>
</tbody>
</table>
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 mortality rates slowly rising again in Harford County, while the state is declining.
## Hypertension

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

#### Zip Codes with The Most Visits

<table>
<thead>
<tr>
<th>Zip Code</th>
<th>Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>21001</td>
<td>15,438</td>
</tr>
<tr>
<td>21014</td>
<td>15,145</td>
</tr>
<tr>
<td>21040</td>
<td>12,932</td>
</tr>
</tbody>
</table>

CRISP Data, Hospital Visits Hypertension
Obesity rates have been steady in Harford County and the State with Harford doing slightly better than the state.

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.

https://pophealth.health.maryland.gov/Pages/SHIP-Lite-Home.aspx
Certain underlying conditions have an increased risk for severe complications from the virus.
### Chronic Disease and COVID-19

<table>
<thead>
<tr>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continue preventive services</td>
</tr>
<tr>
<td>Stay physically active</td>
</tr>
<tr>
<td>Eat healthy, well-balanced meals</td>
</tr>
<tr>
<td>Get plenty of sleep</td>
</tr>
<tr>
<td>Take care of your mental health</td>
</tr>
</tbody>
</table>
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