



February 2022 Newsletter

Public Health Brief: Heart Disease

Heart disease refers to several types of heart conditions. Coronary artery disease (CAD) (also referred to as coronary heart disease or ischemic heart disease) is the most common type of heart disease which can lead to a heart attack. CAD is caused by plaque buildup in the arteries that supply blood to the heart. Examples of other conditions related to heart disease include angina, atherosclerosis, atrial fibrillation, cardiomyopathy, congestive heart failure, pulmonary hypertension, and even mental health disorders. Some risk factors cannot be controlled such as age or family history. However, lifestyle changes and chronic conditions, such as the examples outlined below, can also impact a person's risk for heart disease.

To read the full brief, [click here](#).



Image: Heart Disease Brief

2021 Youth Pandemic Behavior Survey

Due to the COVID-19 pandemic, the Maryland Department of Health was unable to conduct the traditional in-person, annual Youth Risk Behavior Survey/Youth Tobacco Survey. The Maryland Department of Health opted for a smaller web-based survey for Maryland high school students that focused on how teens were coping with the pandemic.

For the full detailed findings from the survey, [click here](#).

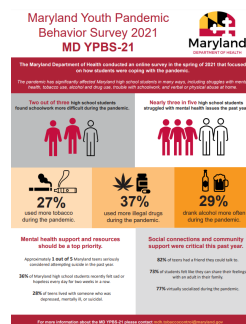


Image: Maryland Youth Pandemic Behavior Survey

Harford County Trauma Institute Conference

The Harford County Trauma Institute hosts a 1-day conference each year focused on making our community more trauma informed. The institute is excited to be planning an in-person conference after 2 years of virtual conferences and they would love to have some new planning committee members. The planning committee meets on the first Thursday of each month. Our next meeting is scheduled for Thursday, March 3 at 9:00am. The Conference will be held on Friday, October 14, 2022, 8:45 - 3:45pm. If you would like to

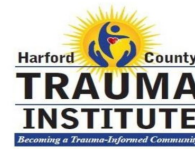


Image: Harford County Trauma Institute Logo

Let's Talk About it Series

Have you seen our "Let's Talk About It" series run by our minority health program? It's a bi-weekly broadcast engaging the audience in events, issues and questions concerning and surrounding Health in our community. New episodes come out every two weeks on Monday!

To view episodes, check out the health department YouTube channel [here](#).

February is Black History Month

February is Black History Month! This year's theme is Black Health and Wellness. The theme acknowledges the legacy of Black scholars and medical practitioners in Western medicine as well as other ways of knowing (e.g birthworkers, doulas, midwives, naturopaths, herbalists, etc.). Read the summary of this year's theme [here](#).

[Websites on Black Health and Wellness](#)

[Historical Materials and Guides on Black Health and Wellness](#)

Upcoming Events and Meetings

MHAAC | LHIC | OIT virtual meeting - March 29th, 2022 from 8:00 to 10:00 am via Google Meets.

Family Health virtual meeting - March 10th, 2022 from 2:00-3:30 via Google Meets

Chronic Disease Prevention and Wellness - TBD

If you would like to attend these meetings or need the virtual call-in information please email Christina Claypool (christina.claypool@maryland.gov) and Ronya Nassar (ronya.nassar@maryland.gov).

Publications of Interest

[**Ten-Year Differences in Women's Awareness Related to Coronary Heart Disease: Results of the 2019 American Heart Association National Survey: A Special Report From the American Heart Association**](#)

Source: American Heart Association/American Stroke Association Journal

[**Racial and Ethnic Disparities in Heart and Cerebrovascular Disease Deaths During the COVID-19 Pandemic in the United States**](#)

Source: American Heart Association/American Stroke Association Journal

[**Preventable Deaths From Heart Disease and Stroke Among Racial and Ethnic Minorities in the United States**](#)

Source: American Heart Association/American Stroke Association Journal

STAY CONNECTED

