



## **Family Health & Resiliency Workgroup**

Google Meets

November 10, 2022 | 2:00pm- 3:30pm

Janica Hudson, Melissa Wood, Silvana Bowker, Megan Jirsa, Bari Klein, Zill Raval, Felicia Hopkins, Michelle Peterson, Alejandra Huevo, Lenora Robinson, Marcy Austin, Ronya Nassar, Dr. Jamie Sibel (virtual)

### **1. Welcome & Housekeeping**

- a. Janica Hudson welcomed everyone for coming to the first meeting
- b. Community Announcements
  - i. Bari Klein, Healthy Harford has two new programs that are launching.
    1. Walk with the Doc, fourth Saturday of the Month
    2. Spanish Language Zumba Class
      - a. Ronya will share flyers with the group
  - ii. Silvana Bowker, December 1, 2022 at Mount Zion on Churchville Road, Holiday Resource Fair from 4:30-6:30 p.m.
- c. Janica reminded everyone of the priority of the group.
  - i. “Reducing racial and ethnic disparities within maternal and infant health within Harford County.”

### **2. Focus Groups**

- a. [The group was asked back in August to help select focus group questions.](#)
  - i. There were six main sections for the questions, health information and advice, preventive health care services, family friends and relationships, pregnancy and reproductive health, infant health, and health disparities.
  - ii. Health Information and advice questions: What does health mean to you? What would motivate you to practice some of those healthier behaviors?

- iii. Preventive Health Care Services: What things prevent you from going to the doctor? How well do you understand what the doctor/nurse says about your health or treatment?
  - iv. Family, friends, and relationships: How would you describe a “healthy family?” How do your relationships influence or affect your health?
  - v. Pregnancy and reproductive health: Did anything keep you from getting prenatal care as early as you wanted? When pregnant, who did you rely on for information about pregnancy, healthy, and babies?
  - vi. Infant Health: Where did you get your information about how to care for your baby? What does the term “infant (baby) safe sleep” mean to you?
  - vii. Health disparities: What things exist in neighborhoods where you live and work that help or hurt someone’s health? What barriers do you think exist in your neighborhood?
- b. Felicia Hopkins, brought up that we need to be conscious about how the wording in the questions are phrased so that we do not sound accusatory.
  - c. Silvana suggested trying the focus groups at the libraries around the county.

### **3. Closing**

- a. Next Steps:
  - i. Selecting a Moderator & Co-moderator (HCHD Pop Health Unit)
  - ii. Recruiting Participants (MEGAN’s Place and other groups, internal and external programs tbd). Family Health workgroup members will help with the second focus group.
  - iii. Setting up the Focus Group (HCHD Pop Health Unit)
  - iv. Hosting the Focus Group (MEGAN’s Place and HCHD Pop Health Unit)
  - v. Data Analyzation (HCHD Pop Health Unit)

**Next Meeting: Tentatively, February 23, 2023 at 2:00 p.m. at MEGAN’s Place.**