



**HARFORD COUNTY**  
— LHIC —

Harford County Health Department

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

Annual LHIC Meeting

December 5, 2023



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

**Harford County  
Health Department**



# Agenda

- A word from our Health Officer
- Harford County Profile Data
- LHIC Priorities
  - Family Health and Resiliency
  - Chronic Disease Prevention and Wellness
  - Behavioral Health (Mental Health/Substance Use)
- Questions

# A Message From Our Health Officer

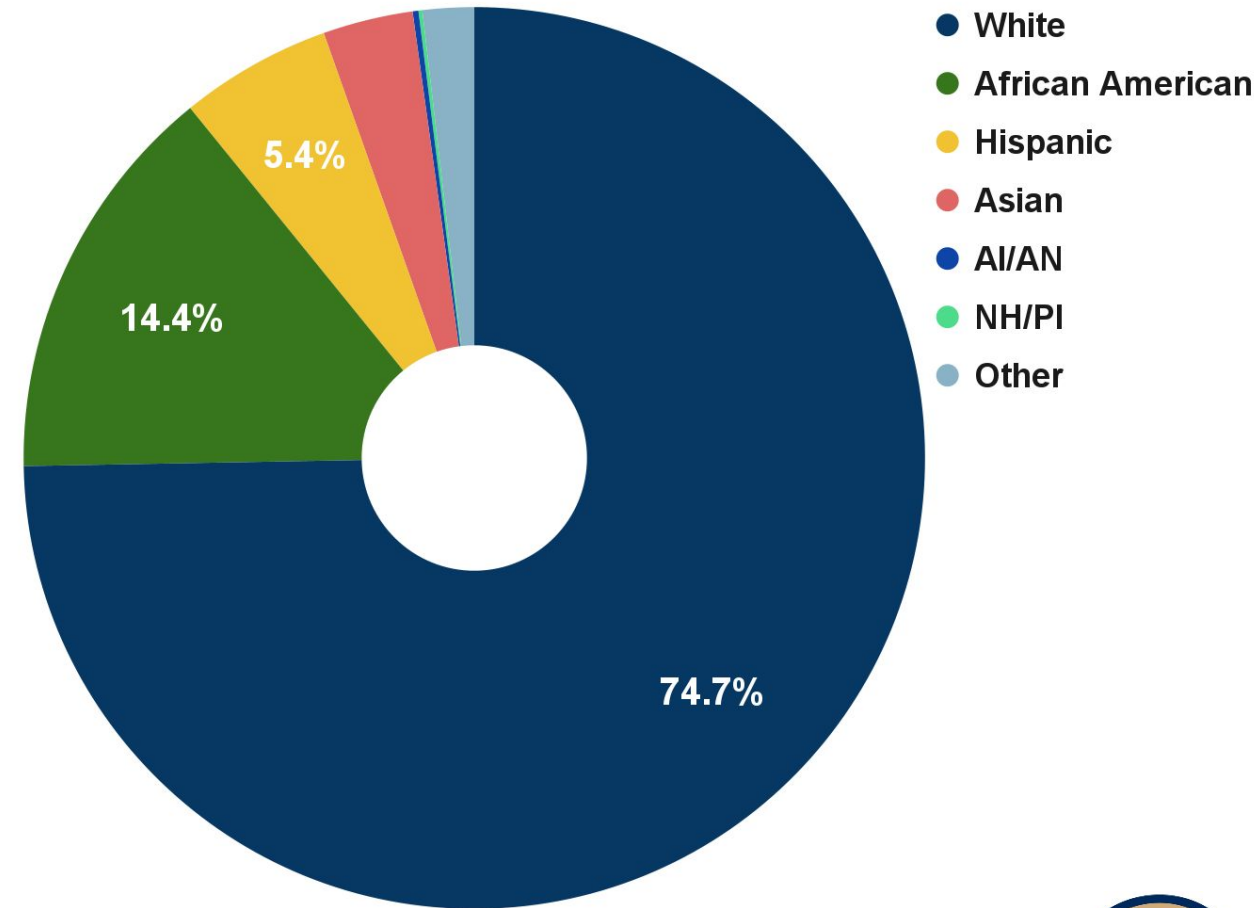
- The Harford County Health Department Executive Team
- A Word About Our Partnerships
- Thank You to Population Health
- Harford County Health Department - Programs for Children
- Passion Project - My Humble Beginning



# Harford County Profile

**Population By Race and Ethnicity,  
Harford County, Maryland, 2021 and 2022**

Harford County	2021 Census	2022 Census
<b>Total</b>	262,997	263,867
<b>White</b>	191,595	192,658
<b>Black/African American</b>	35,344	37,216
<b>Asian</b>	8,291	8,353
<b>American Indian / Alaskan Native**</b>	63	539
<b>Native Hawaiian and Pacific Islander</b>	251	361
<b>Hispanic**</b>	13,344	14,024



# 2023 County Health Rankings By Maryland Jurisdiction

**Harford County has ranked in the top 10 out of 24 counties in Health Outcomes and 6 out of 24 counties in Health Factors.**

**Outcomes:** length of life, quality of life, chronic disease prevalence and mortality.

**Factors:** health behaviors, clinical care, physical environment, and social and economic factors.

	<i>Health Outcomes</i>	<i>Health Factors</i>
<b>2019</b>	<b>10</b>	<b>7</b>
<b>2020</b>	<b>8</b>	<b>8</b>
<b>2021</b>	<b>10</b>	<b>5</b>
<b>2022</b>	<b>10</b>	<b>5</b>
<b>2023</b>	<b>10</b>	<b>6</b>



# 2023 Health Indicators

## *Better - Worse*

Health Indicators	Harford County	Maryland
<i>Harford County Doing Better</i>		
Uninsured (%)	4%	7%
Teen Birth Rate (per 1k births)	9	15
Sexually Transmitted Infections (per 100k)	357.8	535.9
<i>Harford County Doing Worse</i>		
Population to Primary Care Physicians (Ratio)	1,850:1	1,130:1
Population to Mental Health Providers (Ratio)	410:1	310:1
Adult Smoking (%)	14%	11%



# Top Health Priorities in Harford County

*Established in April 2021 at a Local Health Improvement Coalition (LHIC) Meeting.*

- Family Health and Resiliency
- Chronic Disease Prevention and Wellness
- Behavioral Health (Mental Health/Substance Use)



# Family Health and Resiliency





# Nuestra Comunidad/Our Community

Nuestra Comunidad is our care coordination program for the uninsured population in Harford County. Our incredible bilingual staff aids individuals in connection to a wide variety of medical services as well as obtaining resources such as food and transportation. The program has also begun holding events for the target population in order to build community and ensure individuals feel safe and at home here in Harford County.

*Nuestra Comunidad was featured in the monthly Community Health Resource Commission newsletter*



## Nuestra Comunidad Program

Harford County Health Dept.  
Family Health Center  
1 N. Main St.  
Bel Air, MD 21014

Monday through Friday  
8:00 am - 4:30 pm



### WHAT WE DO

Lots of things! We are here to help you. Call us to ask more. We do care coordination of services which includes:

- Finding you and your family healthcare, such as a doctor, a dentist, or mental health provider
- Help you to connect with places that can help with food, such as WIC
- Getting health insurance
- Assisting with reading or filling out forms, bills, etc.
- Support groups and events for your family's well being
- Home and community visits
- Services in YOUR language

**FREE SERVICES**  
Everyone Accepted!  
Insured/Uninsured

### WHO WE ARE

A team of passionate bilingual employees dedicated to helping the latino community in Harford County.

### HOW DOES IT WORK?

You will have an in-person or phone meeting to find out what services may benefit you and we will link you to those services!



## Harford County Health Department Implements Nuestra Comunidad Program to Support Uninsured Populations

The Harford County Health Department is currently implementing a CHRC grant to support its Nuestra Comunidad/Our Community program, which provides health care and care coordination services to uninsured and undocumented individuals in Harford County. The program is currently providing dental health, mental health, immunizations, and care coordination services. Participants are screened for social determinants of health and given referrals to social services for nonmedical needs. Participants work with a bilingual care coordinator, who helps them navigate the program, community resources, and address their needs.

The Harford County Health Department has been actively building relationships in the community. In April 2023, it hosted a Noches de Chicas/Girls Night where female youth participated in self-care routines, mental health exercises, enjoyed food, and played games to build a stronger sense of community. Staff also donated clothes and set up a free "shop" where girls selected the items they wanted to keep.

Halfway through implementation, the program has already exceeded its overall goals. It has delivered family healthcare services to 205 participants, including 158 youth clients. 85 individuals were referred to services to meet nonmedical needs.

To learn more about the Nuestra Comunidad program, click [HERE](#).



# Community Health Event

HAPPY HISPANIC HERITAGE MONTH FROM  
NUESTRA COMUNIDAD!

**CELEBRATE OUR CULTURE  
WITH THE  
HARFORD COUNTY  
HEALTH DEPARTMENT!**

*Join us for Food, Music, Kid Activities,  
Community Partners, Health Education  
and More!*

DATE: SATURDAY, OCTOBER 14, 2023

TIME: 12:00 P.M. TO 4:00 P.M.

PLACE: HARFORD COUNTY HEALTH DEPARTMENT  
1321 WOODBRIDGE STATION WAY,  
EDGEWOOD, MD 21040

WHO: EVERYONE, ALL AGES!



## Hispanic Heritage Month Community Event

On October 14th, our wonderful Nuestra Comunidad staff, as well as MANY more employees came out to provide a Hispanic Heritage Month event for the community. We had several spanish speaking staff on deck to ensure we were serving the population in the best way possible. The event included food, games, music, activities for kids, physical activity, health education, and resources from all over the community! We also partnered with University of Maryland Upper Chesapeake to provide free flu shots for the community. The event was a great success even after all the rain, we were able to serve about 50 families!



# Minority Health Program

## Minority Health Program: Community health workers dedicated to addressing minority health in Harford County!

- Care Coordination Services: Linking individuals to services at the health department and in the community
- “Let’s Talk About It” bi-weekly live stream: Can be viewed on Harford County Health Department Facebook and YouTube
- "A Time to Heal: Focus on the Family Series“ Events: Monthly healing events to discuss important health topics



# Minority Health Program

## Youth Symposium

### Event Statistics

Number of students attended: 70

Number of vendors attended: 16

### Activities

S.M.A.R.T. Goals and Affirmations

Rock Climbing

MixedFit Class

Educational Kahoot Game

Raffles with prizes

### Guest Speakers

Gabrielle Richmond, Miss Maryland 2022

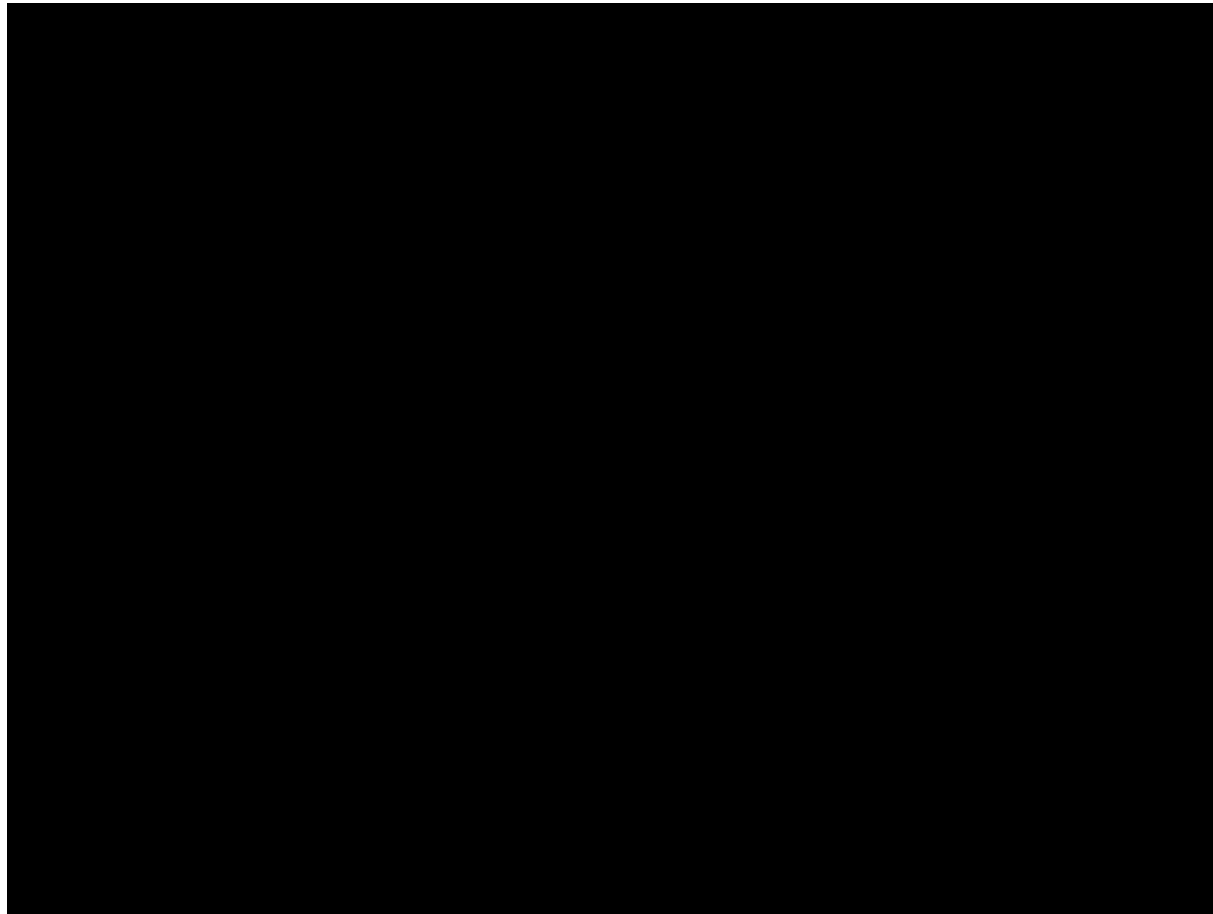
Dr. Theresa Felder, President of Harford Community College

Ronya Nassar, HCHD Director of Population Health and PIO



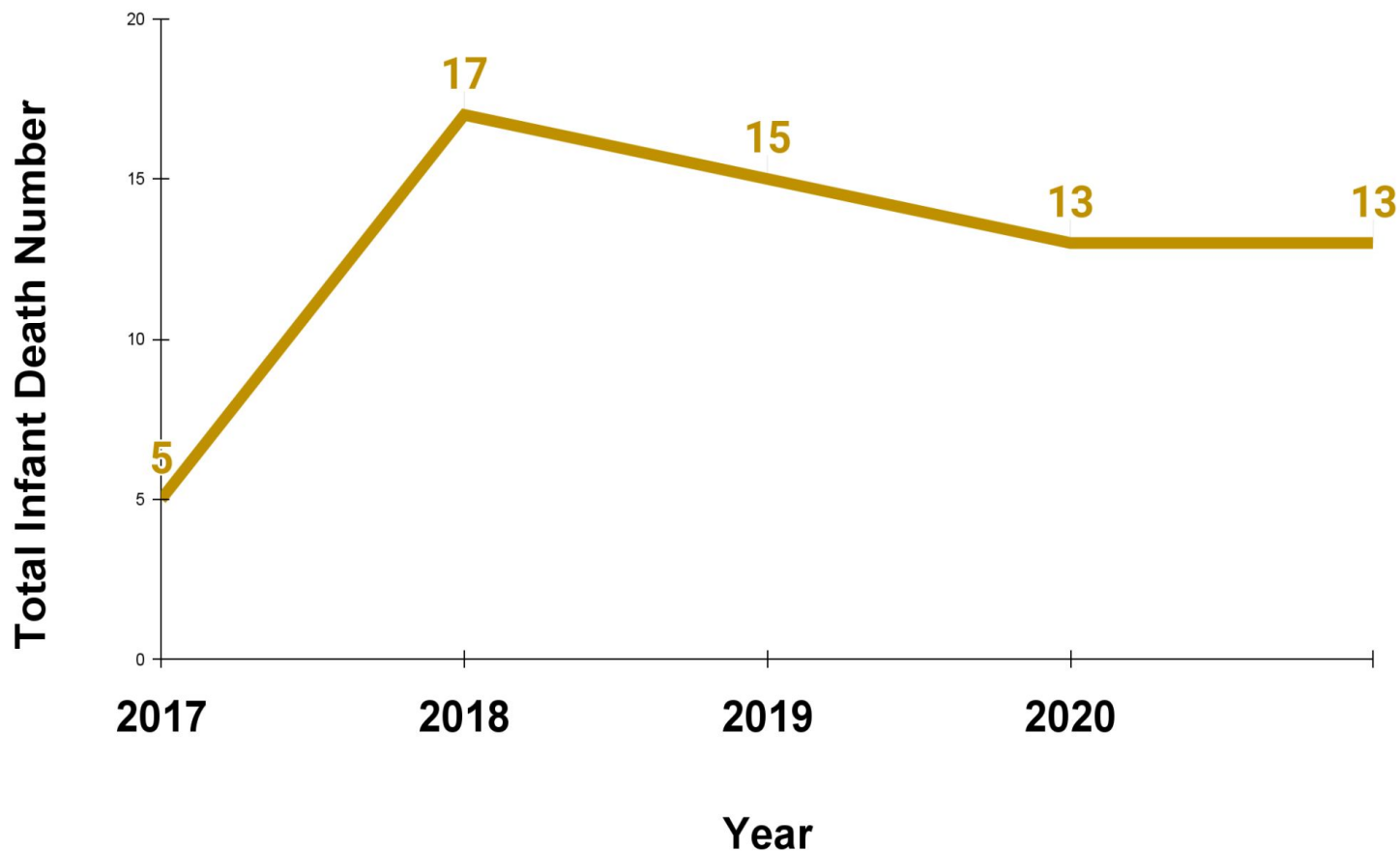
# Minority Health Program

## Youth Symposium Video



# Infant Mortality

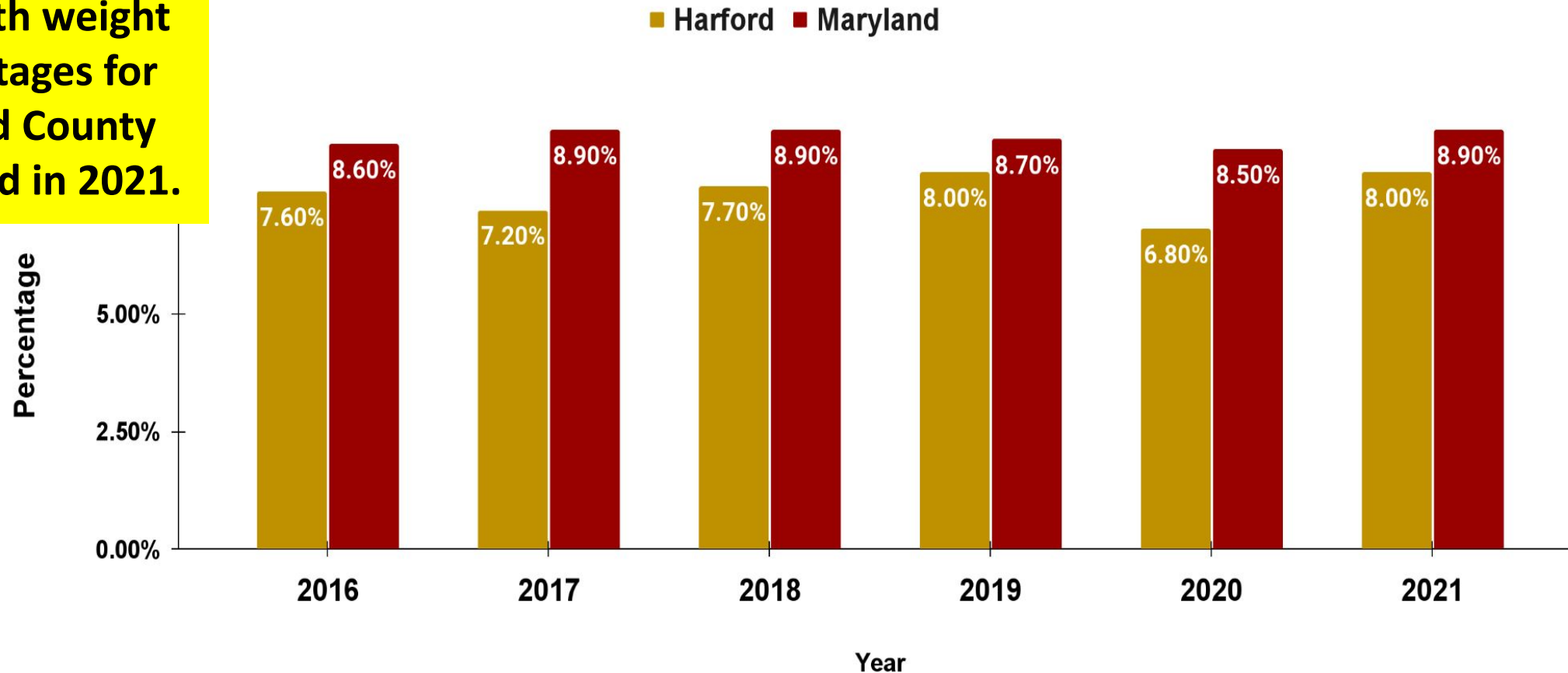
Harford County Number of Infant Deaths, 2017-2021



# Low Birth Weight

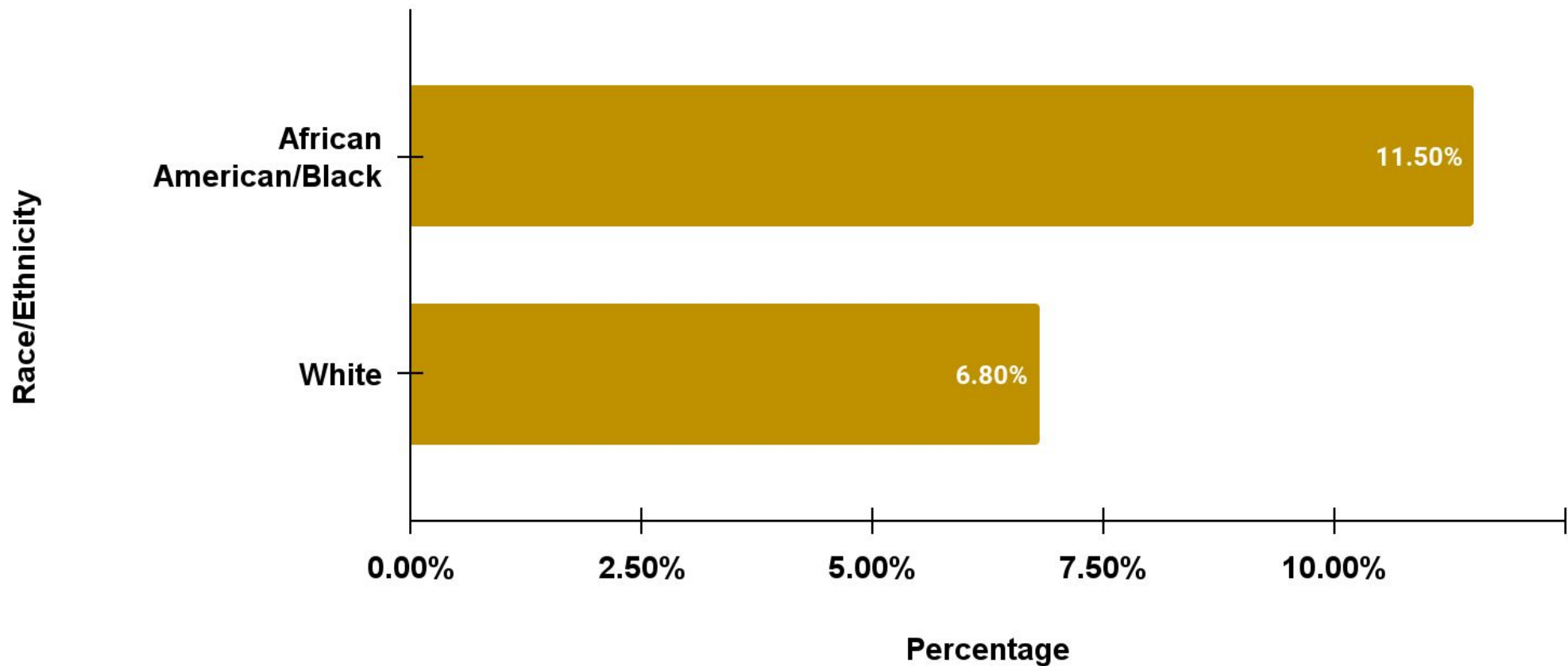
## Harford County and Maryland Low Birth Weight Percentage, 2016-2021

Low birth weight percentages for Harford County increased in 2021.



# Low Birth Weight

Low Birth Weight in Harford County by Race and Ethnicity, 2021

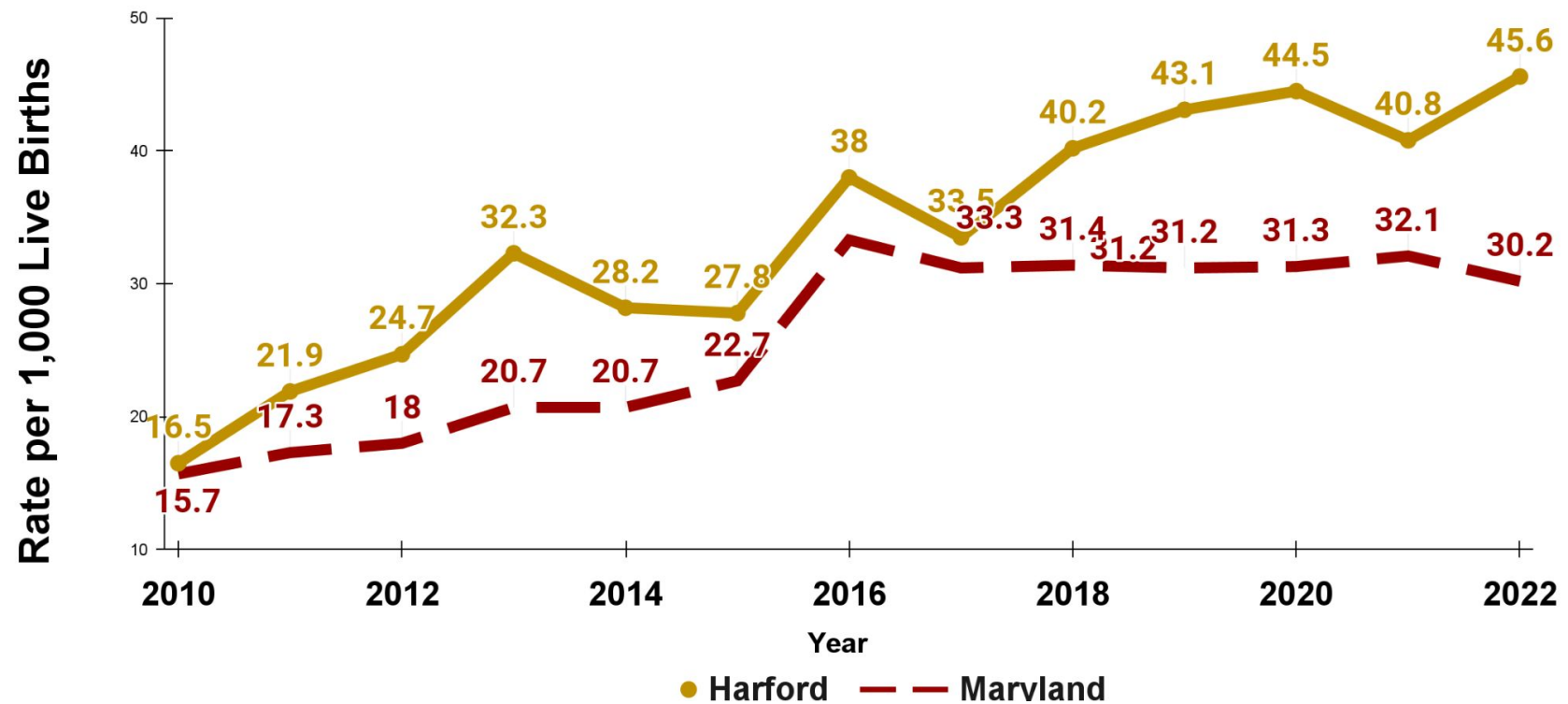




# Substance Exposed Newborns (SEN)

Substance Exposed Newborns Rates in Harford County and Maryland, 2010-2020

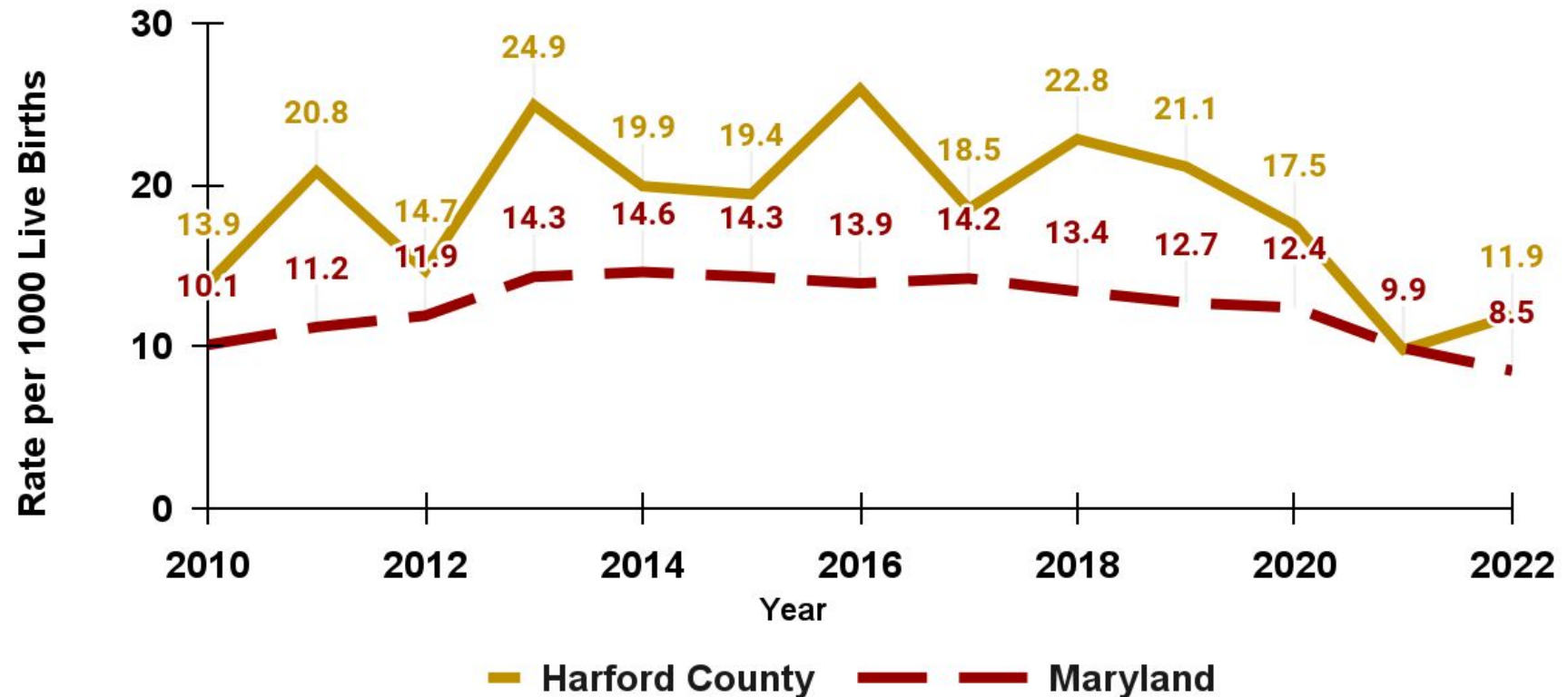
The SEN's rate in Harford County had a slight decline in 2021, but rose back up in 2022.



# Neonatal Abstinence Syndrome (NAS)

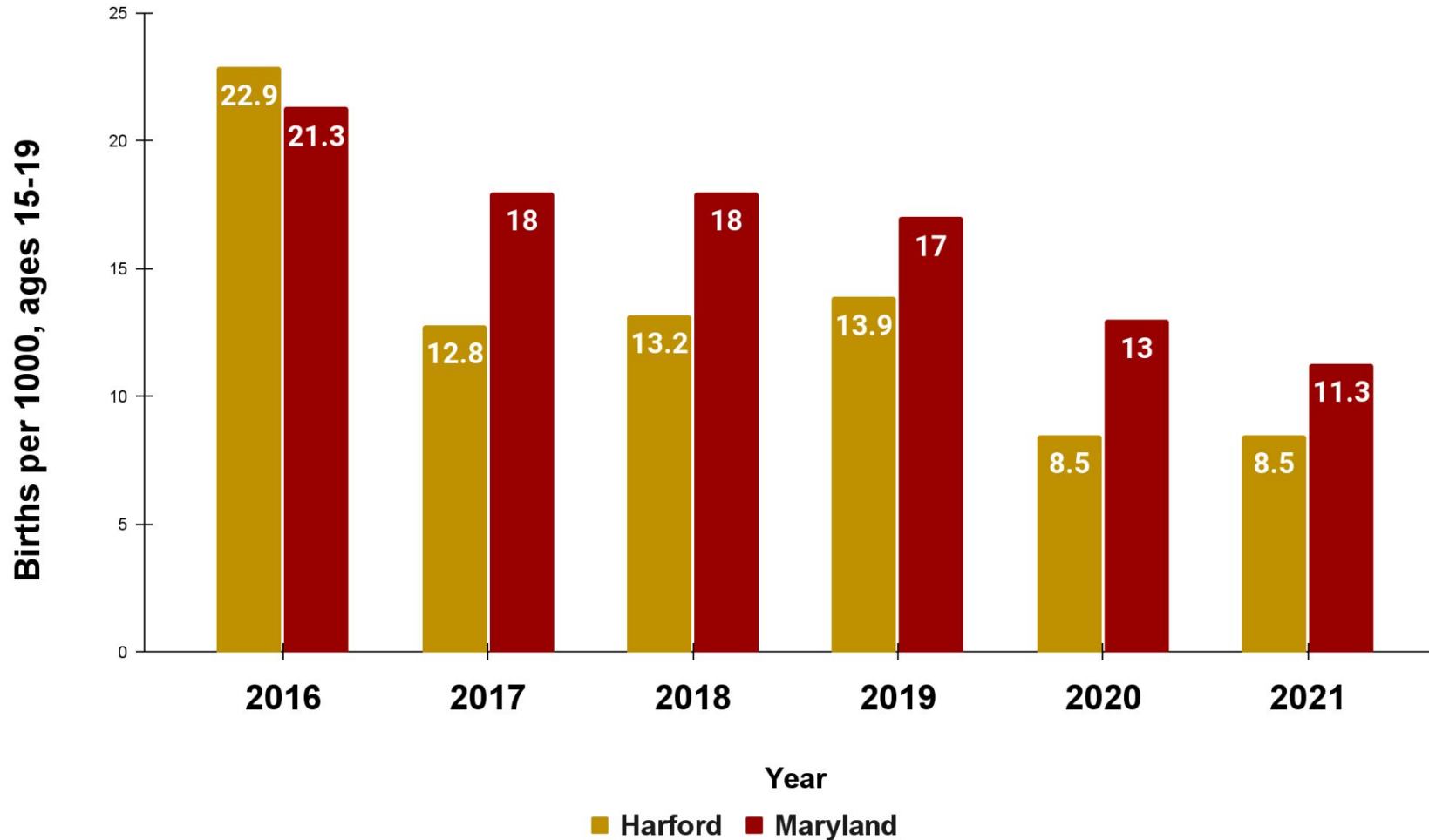
## Neonatal Abstinence Syndrome Rate in Maryland and Harford County, 2010-2020

Since 2010, the NAS rate has been higher in Harford County than the state average.



# Teen Births

## Harford County and Maryland Teen Birth Rates, 2016-2020



Teen birth rates have been declining for several years now and remain lower than the state in recent years.



# HUD Program

## HUD Grant: Healthy, Happy Homes

- **Eligibility**
  - Homeowner
  - At Least 62 years of age
  - Low-income Harford County resident
- **Home Modifications May Include**
  - Temporary ramp
  - Shower chairs
  - Handheld shower head
  - Raised toilet seat
  - Risers for chairs & sofas
  - Non-slip strips



## HEALTHY, HAPPY HOMES

A program to help seniors age comfortably in their own homes.

### Eligibility:

- Harford County Resident
- 62+ years of age
- Homeowner
- Have homeowners insurance
- Meet income guidelines

### Home Modifications May Include:

- Comfort height toilets
- Exterior and interior handrails
- Tub cut-outs
- Grab bars in the home
- Smart home technology
- Easy use door levers
- Smart pill dispensary

### About The Program

This grant program will provide minor to moderate home modifications that promote safety during self-care, reduce fall risk, and decrease the housing cost burden. This program is free to eligible seniors.



Call 410-877-1031, or email [kimberly.pruitt@maryland.gov](mailto:kimberly.pruitt@maryland.gov) or [carrington@imagemd.org](mailto:carrington@imagemd.org) for more information!

**The Right Turn**  
Rehabilitation Services

**Public Health**  
Prevent. Promote. Protect.  
Harford County Health Department

# Dental



Harford County Health Department  
**Dental Clinic**  
For Children (Ages 1-20) and Pregnant & Postpartum Women on Medicaid

## SERVICES

- Cleanings
- X-Rays
- Fluoride
- Sealants
- Oral hygiene instruction
- Nutritional education
- Restorations (Fillings)
- Extractions
- Root canals
- Crowns
- Space maintainers
- Referrals for specialty care when deemed necessary

## HOURS & LOCATIONS

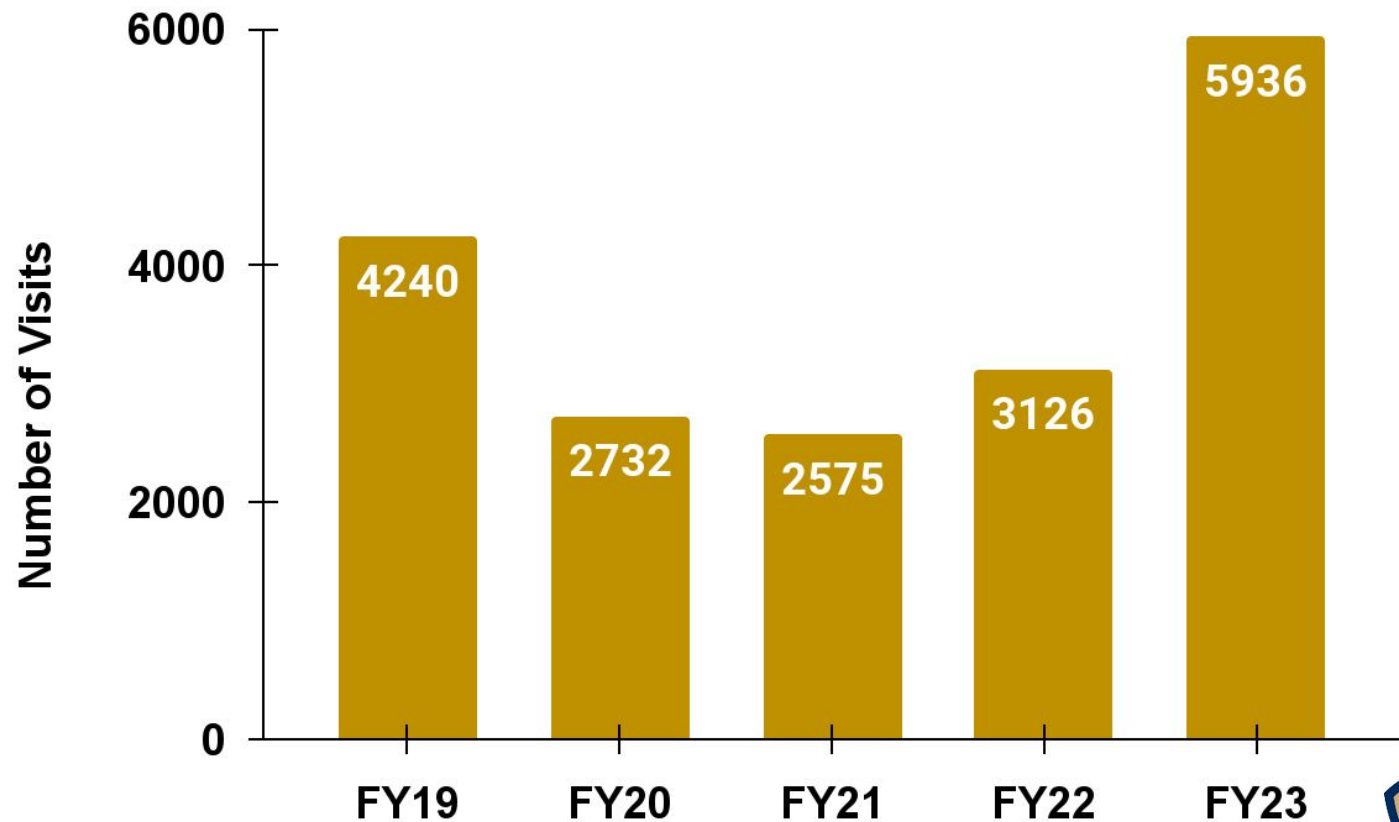
Monday to Friday, 8:00am-4:30pm

1 North Main St.  
Bel Air, MD 21014  
410-638-3060

2204 Hanson Rd.  
Edgewood, MD 21040  
443-922-7670

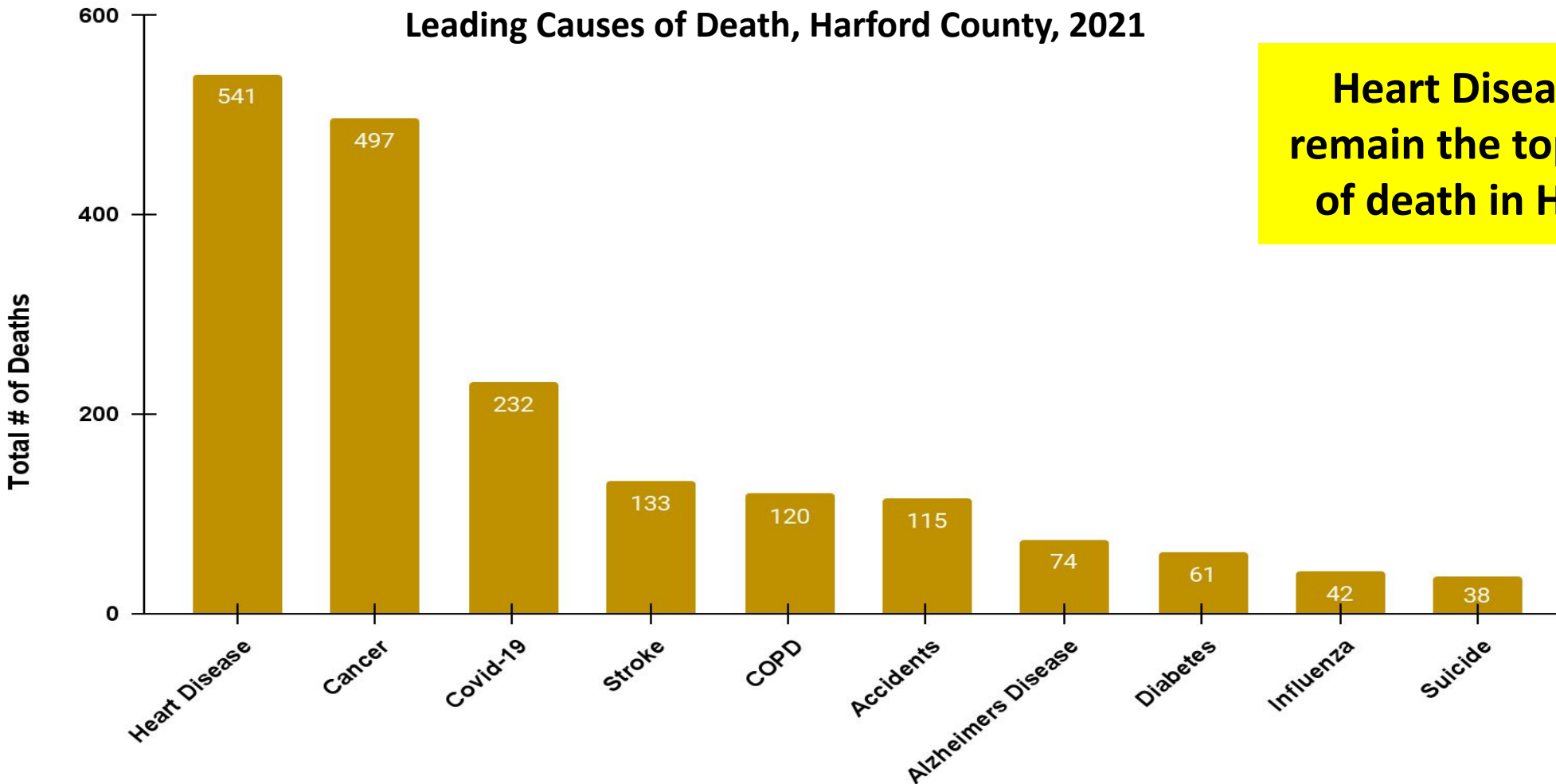


### Total Number of Clinic Visits, FY19 - FY23



# Chronic Disease & Wellness

# Top Causes of Mortality



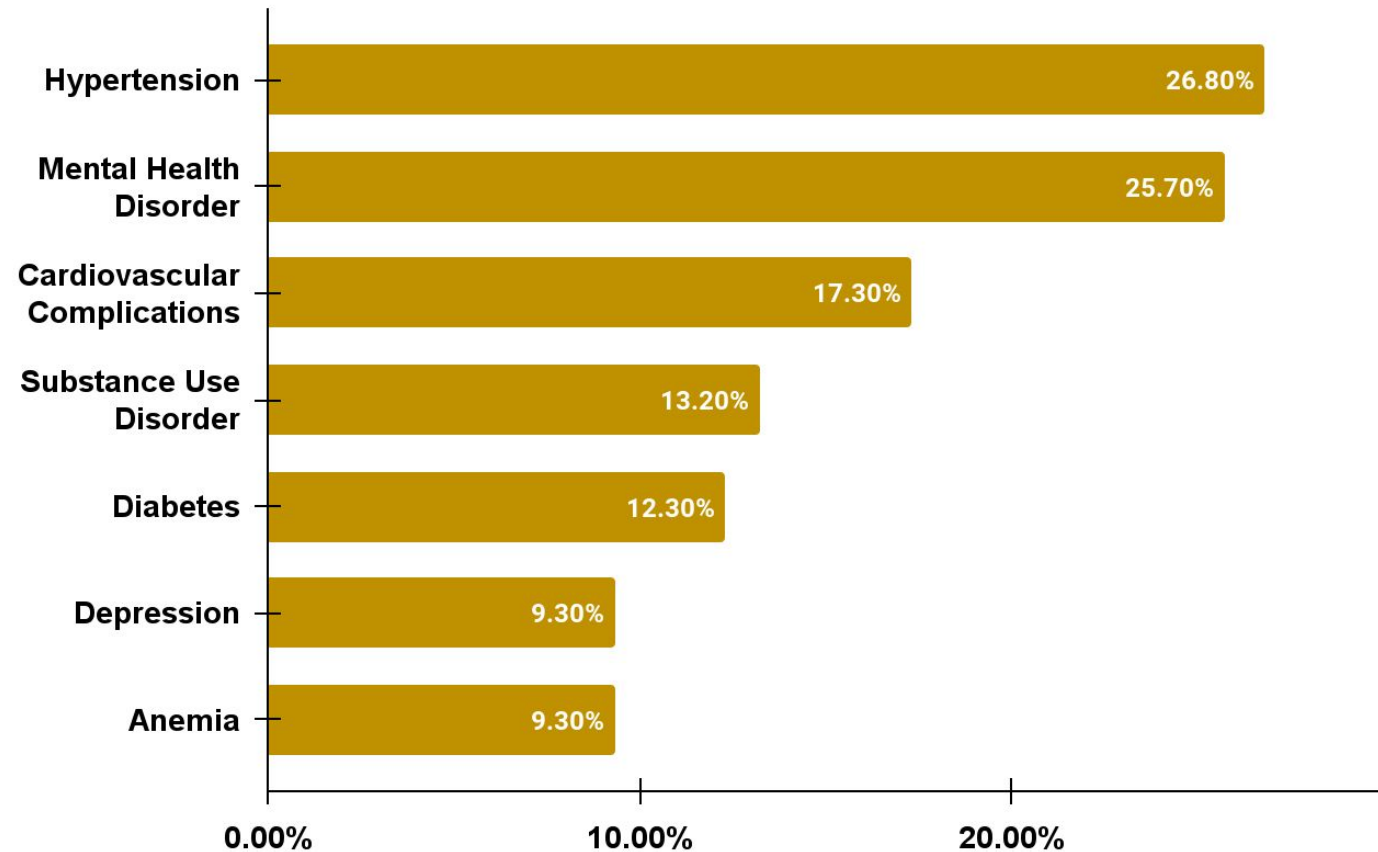
**Heart Disease and Cancer remain the top leading causes of death in Harford County.**



# Leading Chronic Conditions

Conditions Resulting in Most Hospitalizations in Harford County, 2022

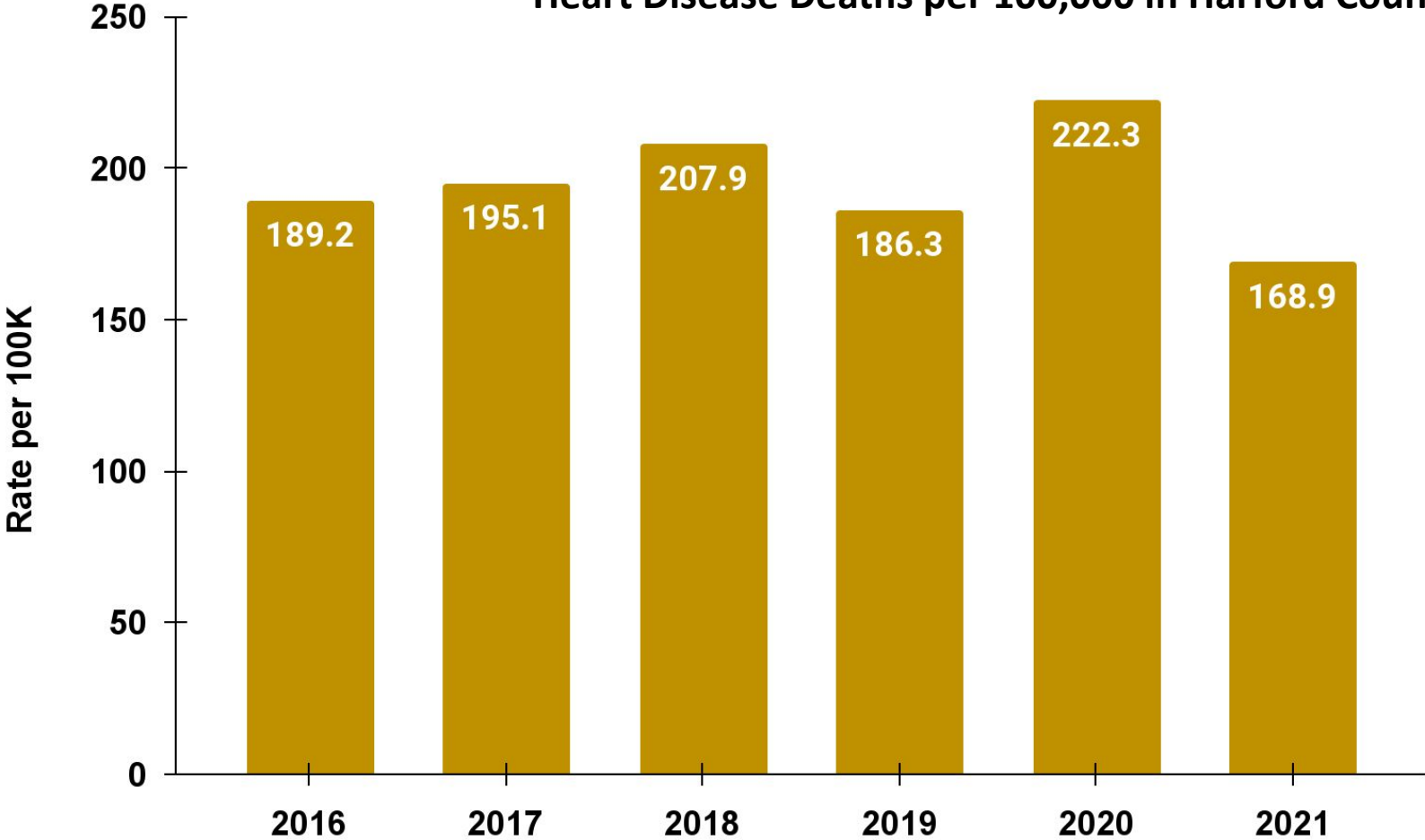
In 2022, the three chronic conditions resulting in the most hospitalizations in Harford County were **hypertension, mental health disorders, and cardiovascular complications.**





# Heart Disease

Heart Disease Deaths per 100,000 in Harford County, 2016-2021

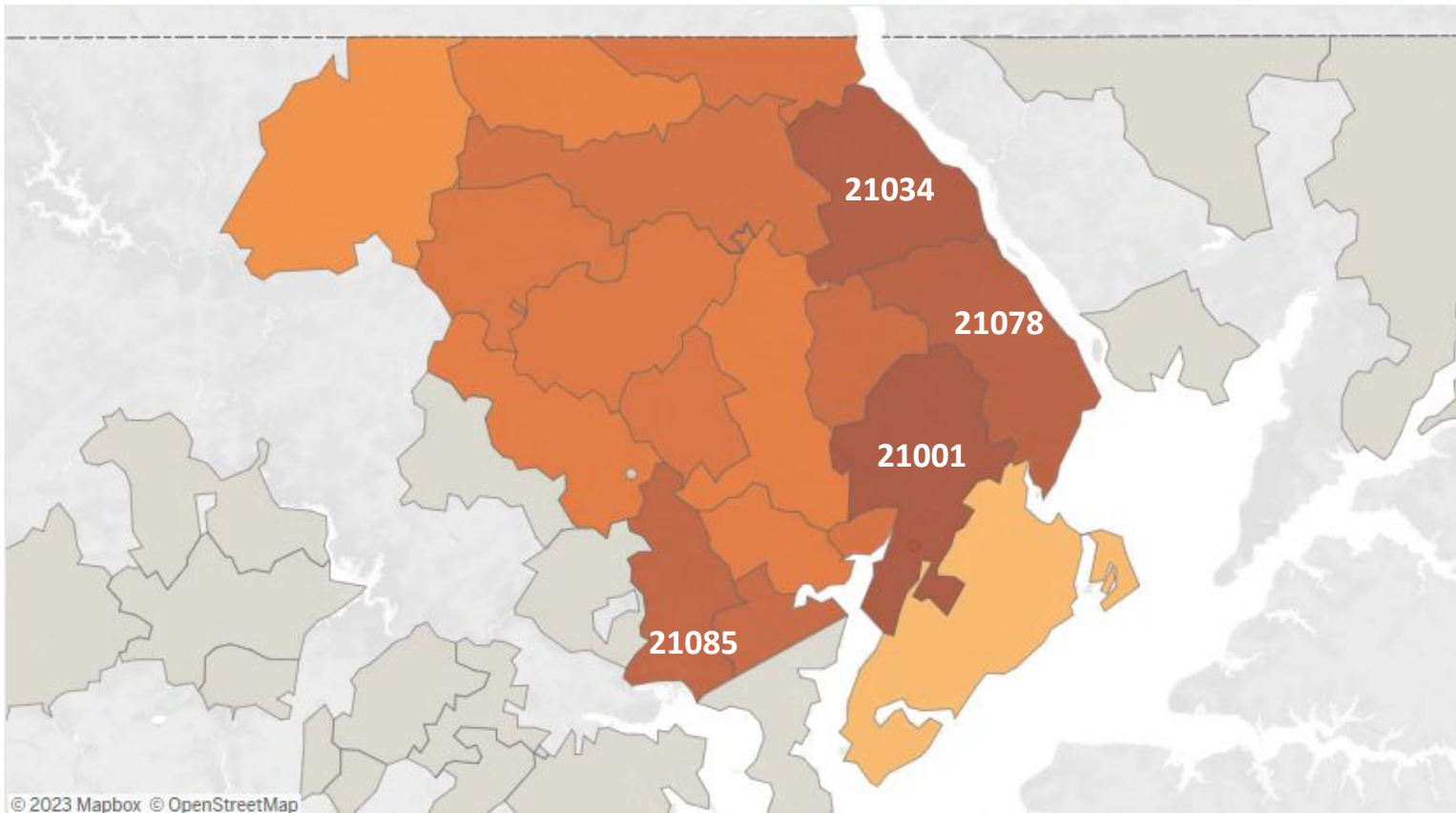


**Heart Disease mortality rates remained constant in previous years but saw a 24% decrease in 2021 from 2020.**



# Hypertension

Visits per 1000



## Harford County Zip Codes with the highest rates of hospitalizations for hypertension:

### 2021

Havre de Grace (21078) - 109.3 per 1000

Darlington (21034) - 109.1 per 1000

Aberdeen (21001) - 106.2 per 1000

### 2022

Aberdeen (21001) - 109.8 per 1000

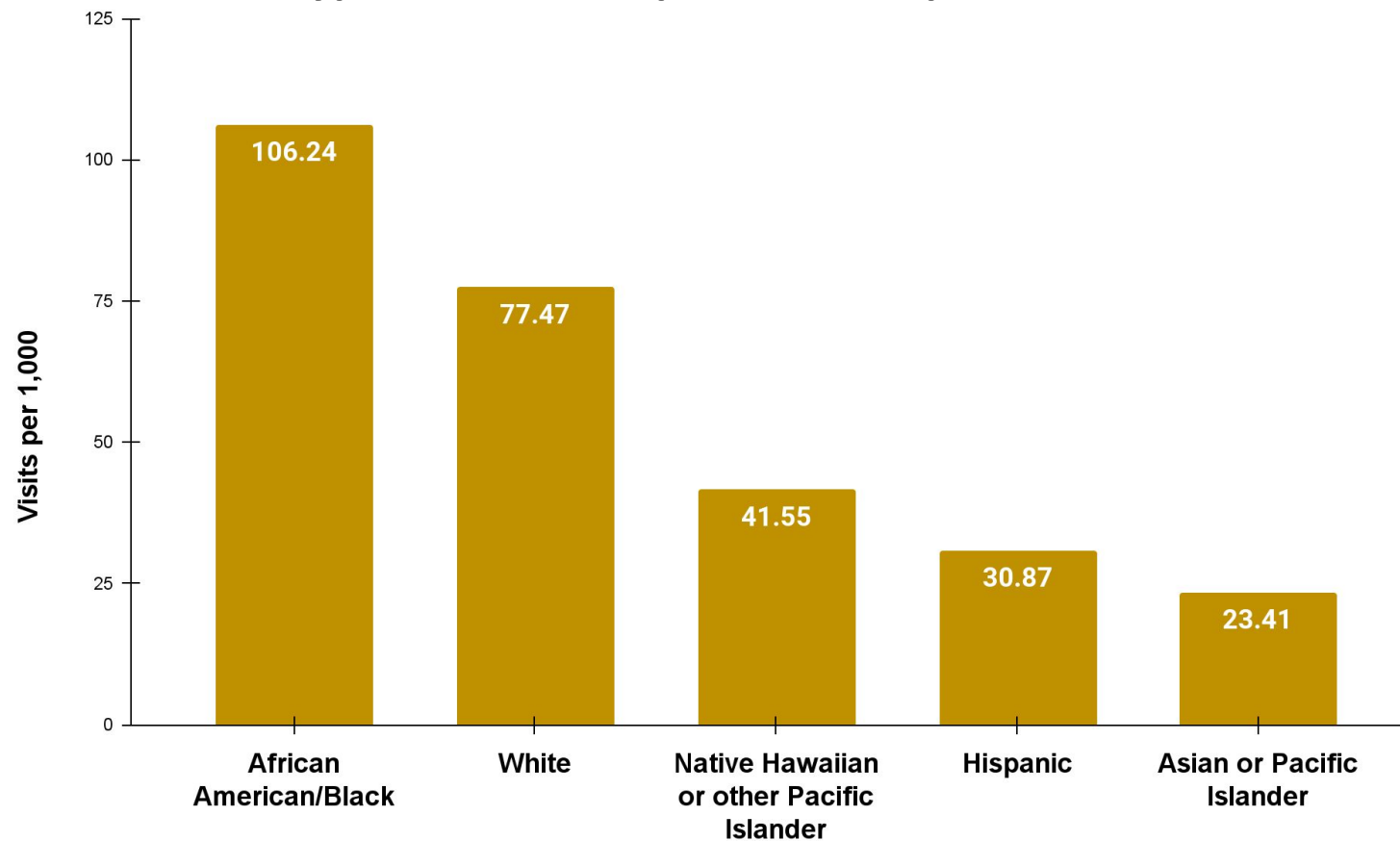
Darlington (21034) - 103.7 per 1000

Havre de Grace (21078) - 96.4 per 1000



# Hypertension

## Hypertension Hospitalizations per 1,000 in Harford County, 2022



**The African American/Black population has a significantly higher rate of hypertension hospitalizations than the other groups.**



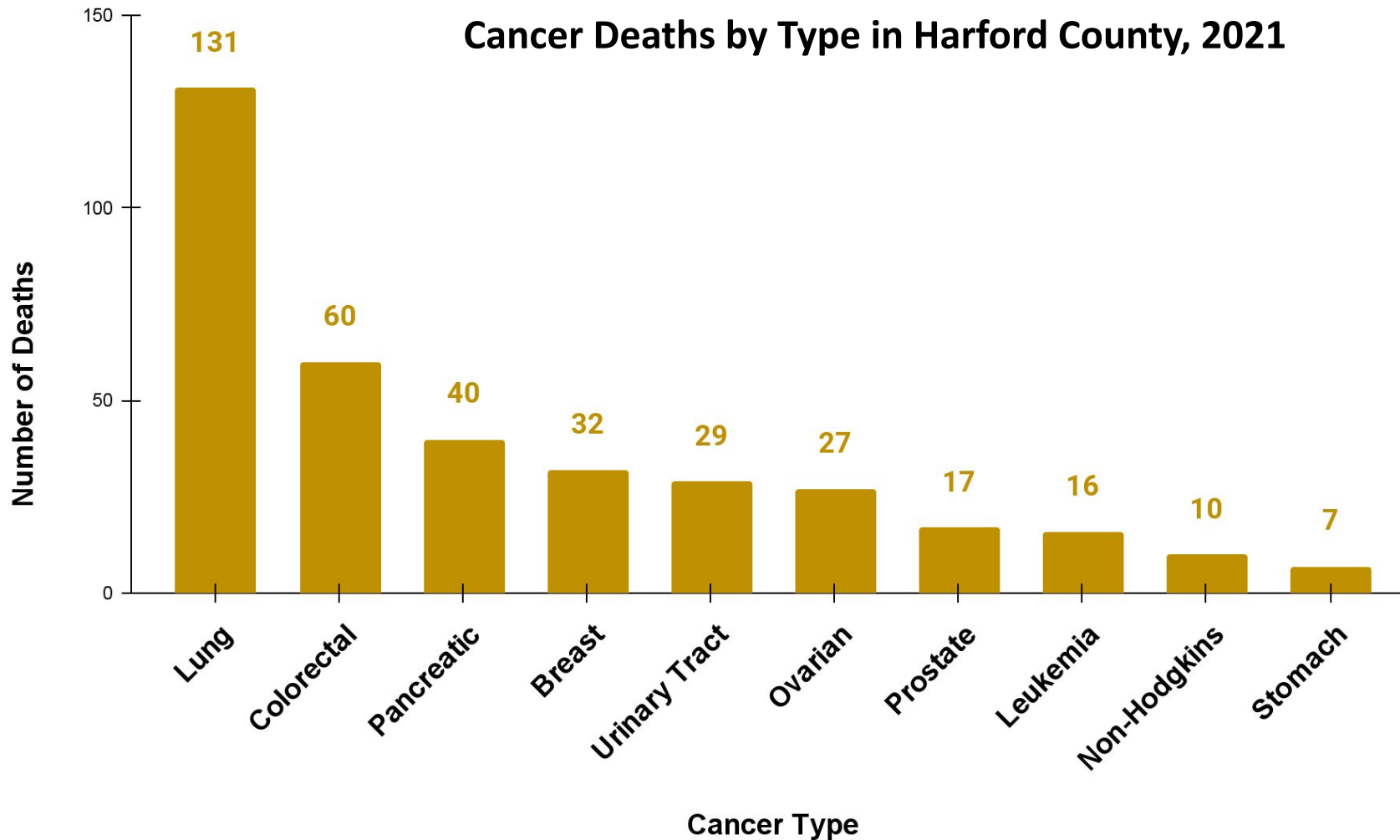
# Harford County Stroke Smart Proclamation



On November 3, 2023, UMUH, the Harford County Health Department, Harford County Government, Harford County Council, and stroke survivors celebrated Harford County's newly declared Stroke Smart status at the Aberdeen Medical Center as part of a Stroke Smart county. UMUH and partners are committed to educating the public on the signs/symptoms of stroke as well as the importance of calling 911.



# Cancer



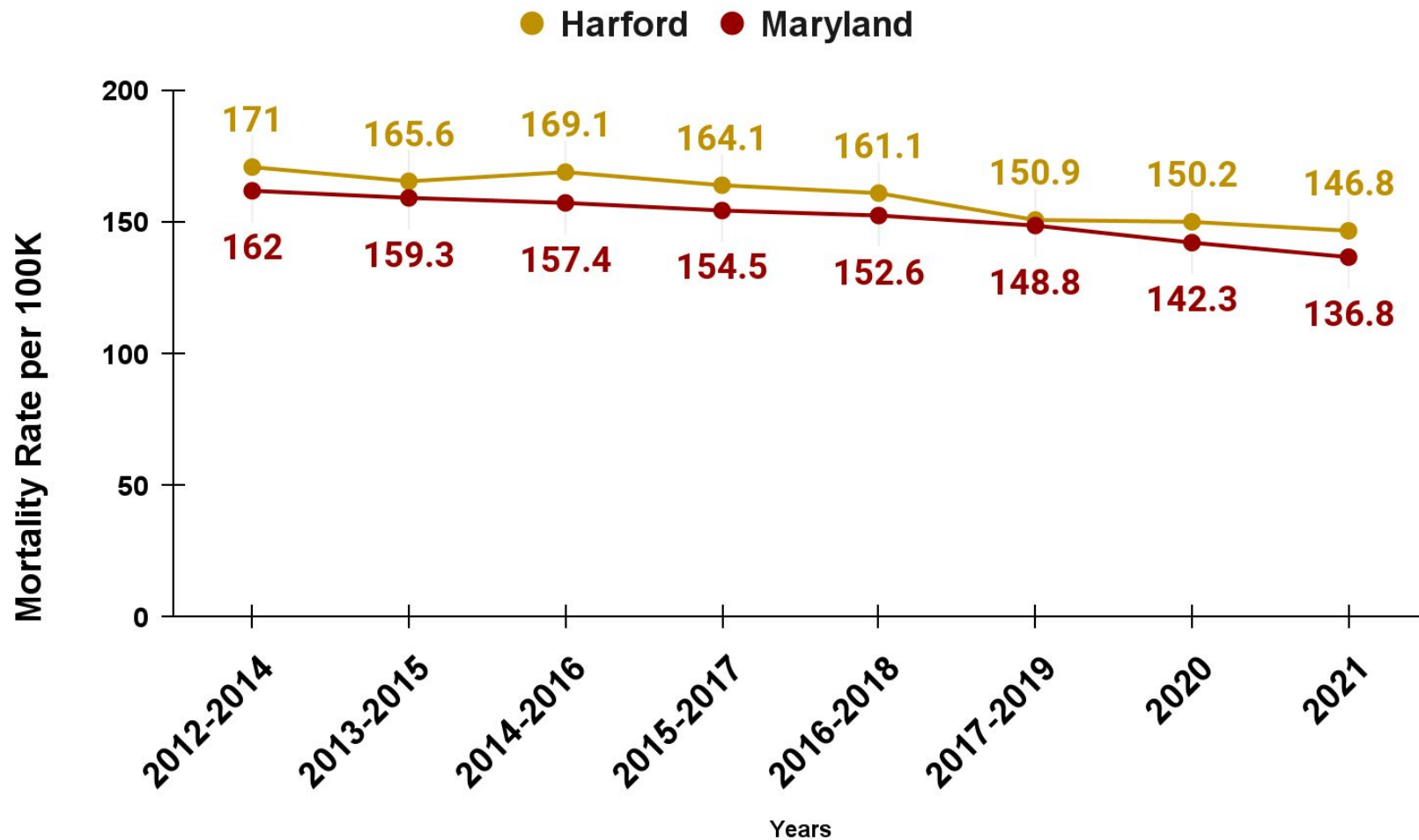
**Lung Cancer was the single cancer type resulting in the most deaths in Harford County in 2021.**

Not pictured in graph: There are 128 deaths from cancer classified as "Other"



# Cancer

## Age-Adjusted Cancer Mortality Rates in Harford County and Maryland, 2012-2021



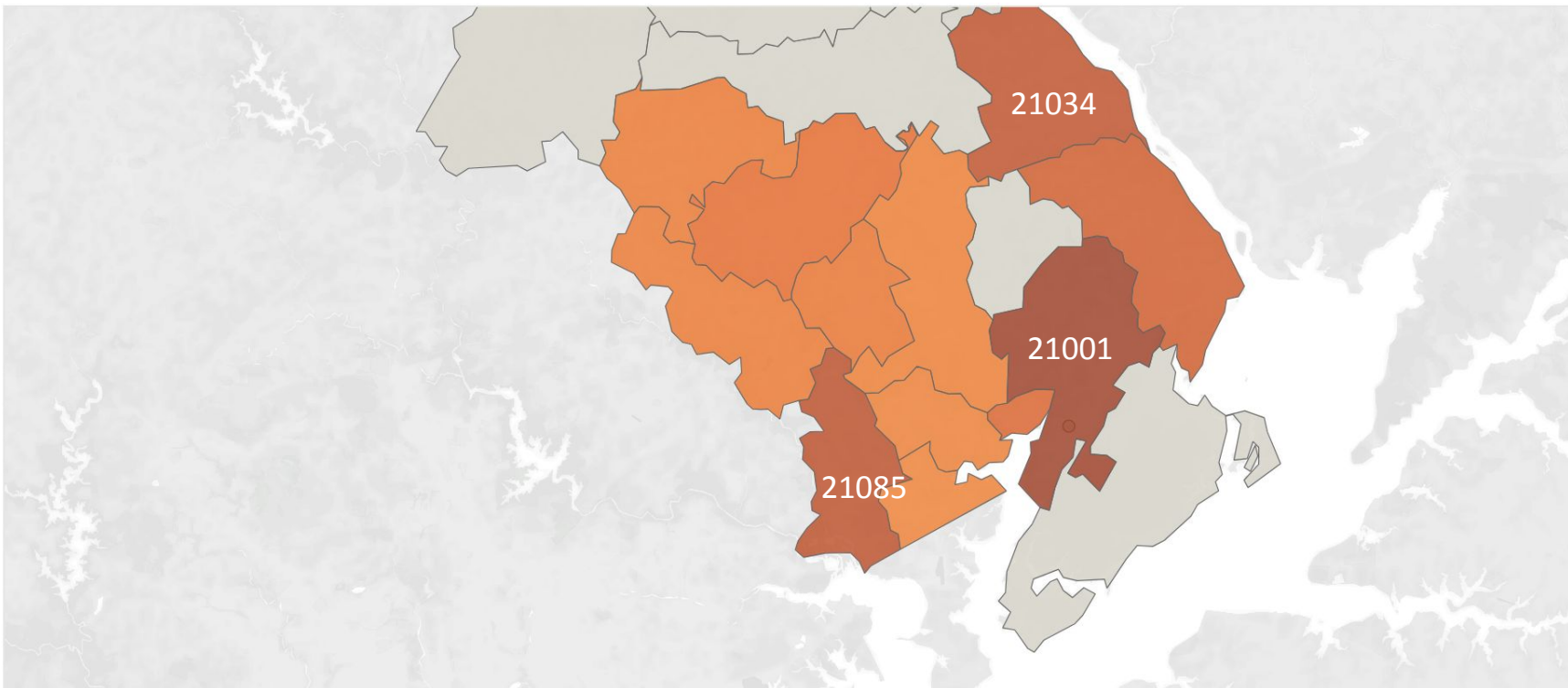
**Cancer mortality rates continue to decline in Harford County; however rates have historically been higher than the Maryland average.**



# Lung Cancer

## Lung Cancer Hospitalizations per 1000, by Zip Code, Harford County, 2020-2021

Visits per 1000



**Harford County Zip Codes with the highest rates of hospitalizations for Lung Cancer: 2020-2021**

Aberdeen (21001) - 5.14 per 1000

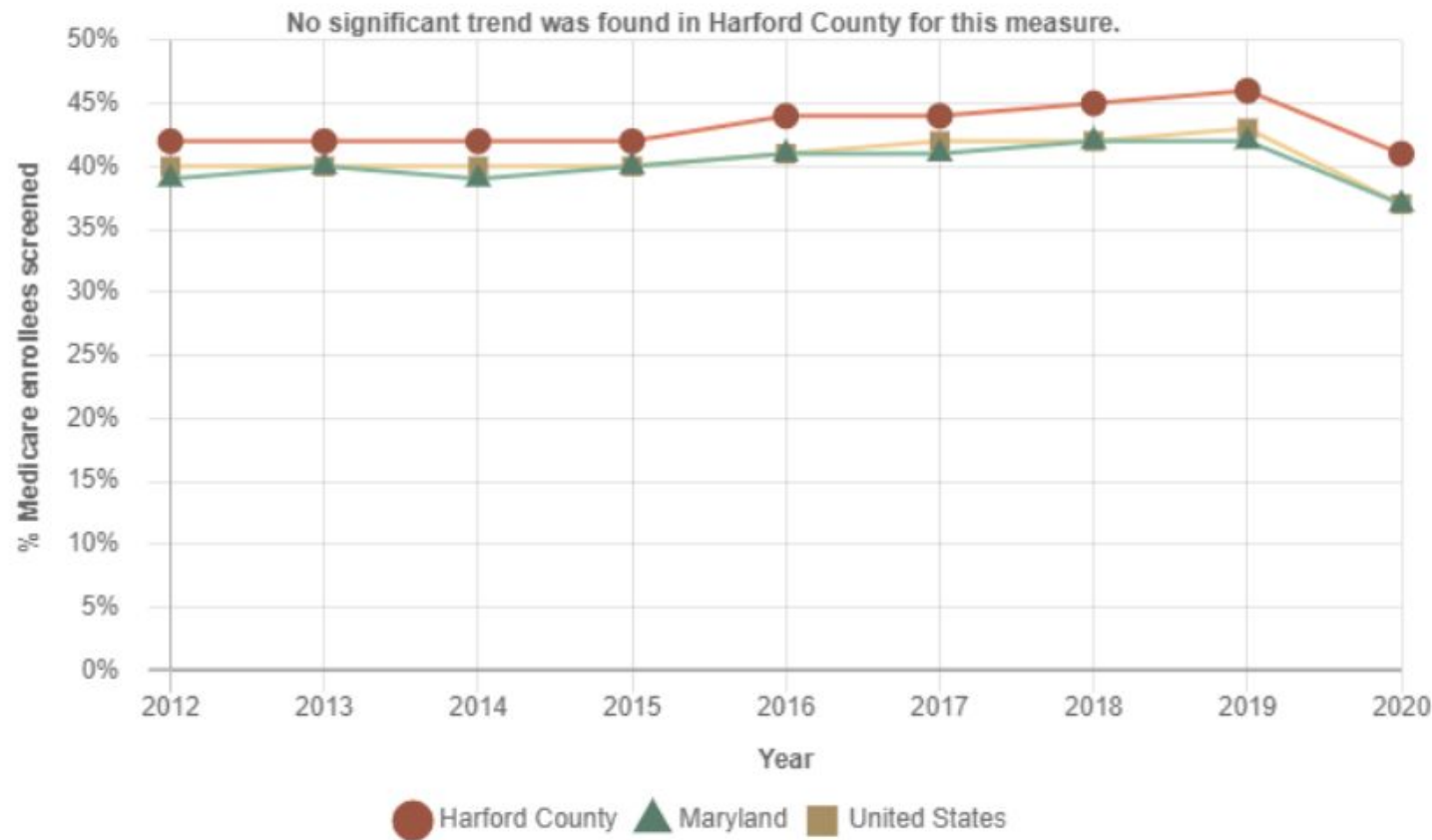
Joppatowne (21085) - 4.16 per 1000

Darlington (21034) - 4.02 per 1000



# Breast Cancer

Mammography Screening in Harford County, MD  
County, state and national trends



In Harford County, 41% of female Medicare enrollees received an annual mammography screening.

Disaggregated by Race	Value
<b>% Screened</b>	<b>41%</b>
Asian	29%
Black	41%
Hispanic	34%
White	42%





# Cancer Screening

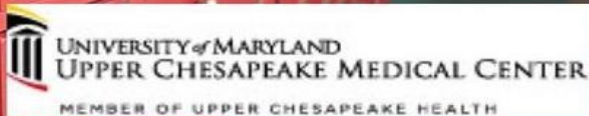
## Breast and Cervical Cancer Program

Join us for a clinic on December 6, 5-8 PM

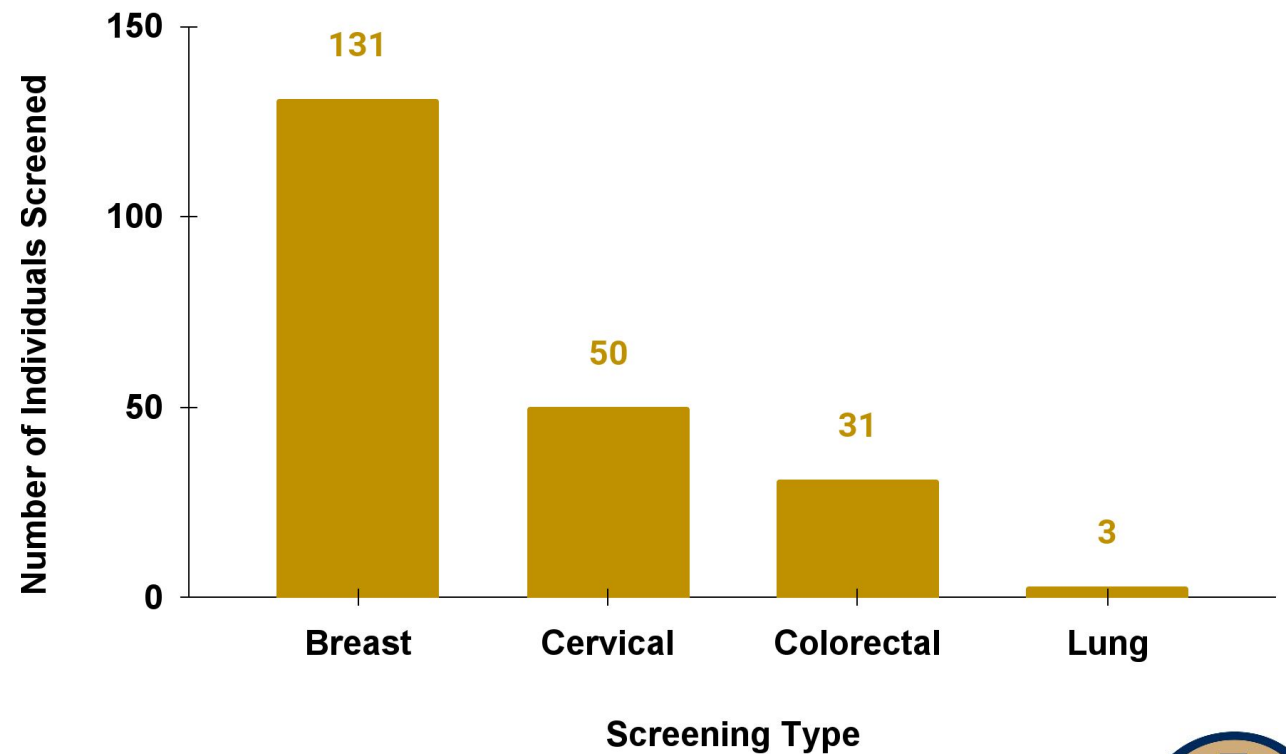
If you are a resident of Harford or Cecil County and do not have Health Insurance, you may qualify for NO-COST Breast and Cervical screening

Call the Kaufman Cancer Center at (443) 643-3767 or (443) 643-3792

Translation services available

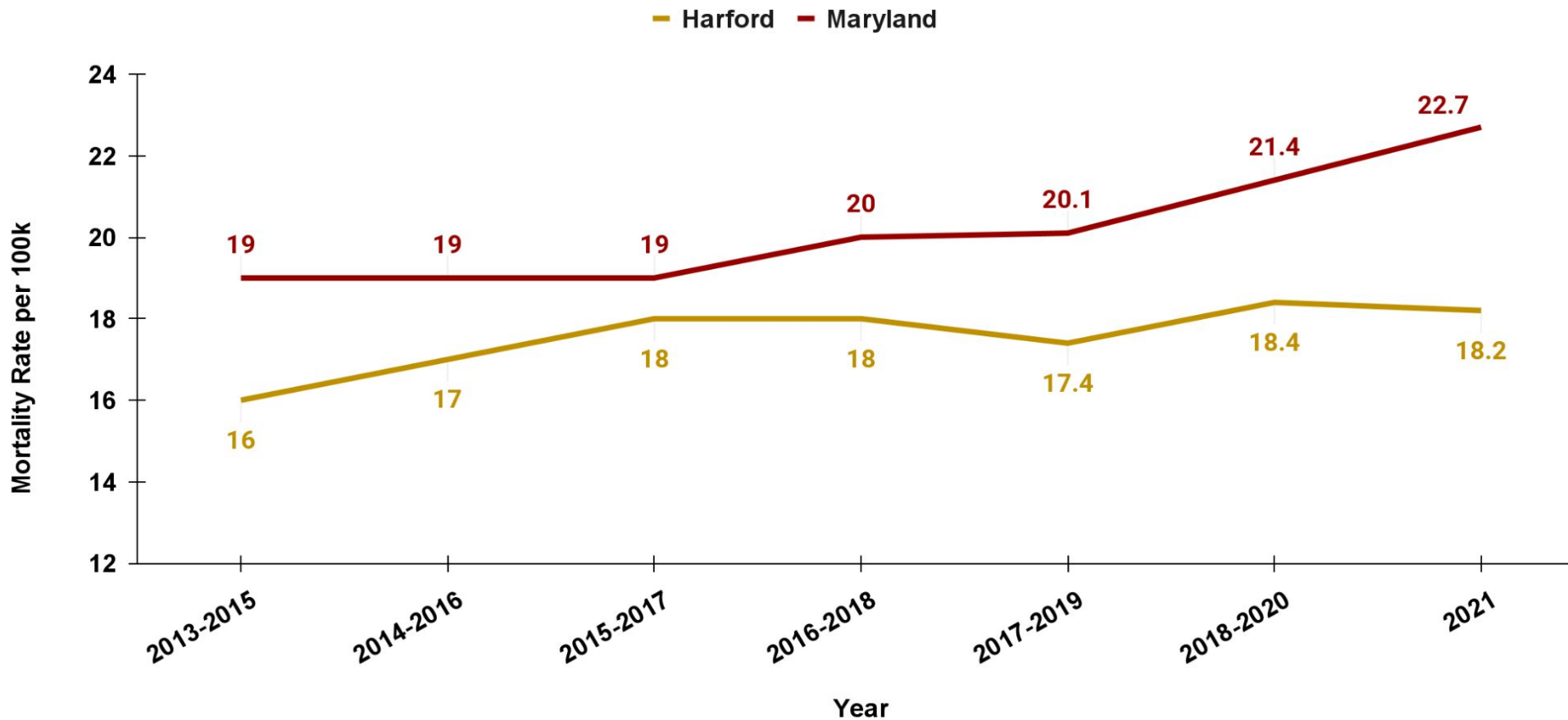


## HCHD Cancer Program Screenings by Type, HCHD, FY23



# Diabetes

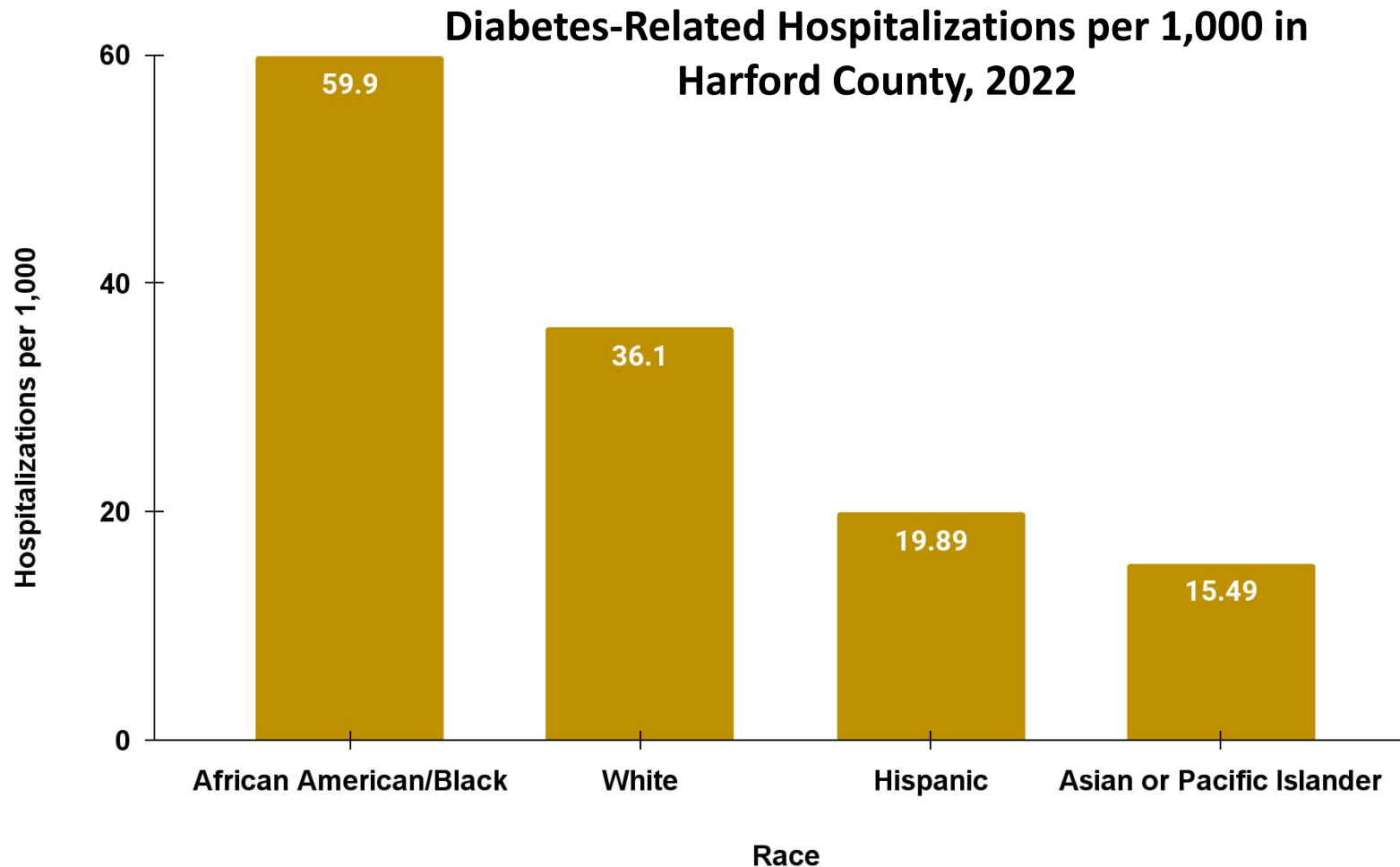
## Age-Adjusted Diabetes Mortality Rates in Harford County and Maryland 2013-2021



**Harford County has maintained a lower diabetes mortality rate than the state average since 2011.**



# Diabetes



**The African American/Black population has a significantly higher rate of diabetes hospitalizations than other races.**



# Diabetes



UNIVERSITY of MARYLAND  
UPPER CHESAPEAKE HEALTH  
COMMUNITY OUTREACH AND HEALTH IMPROVEMENT

## Diabetes Prevention Program - *PREVENT T2 DIABETES*



This FREE 12-month program is a combination of weekly and monthly sessions. By participating, you will have year-long access to:

- FREE weight scale, blood pressure cuff, and more to support your health goals
- Support from 2 lifestyle coaches and up to 15 participants with similar goals
- Learn to eat better without giving up all the foods you love
- Discover how to add more physical activity to your life
- Share stories, build new habits, and have fun!

### English & Spanish classes available!

Learn how to prevent or lower your risk of TYPE 2 DIABETES. Call us at 1-800-515-0044 to register today!

COULD YOU HAVE PREDIABETES?  
TAKE THE TEST AT:  
[www.cdc.gov/prediabetes/takethetest](http://www.cdc.gov/prediabetes/takethetest)

### Overall program goals:

- Weight loss, increased physical activity, reduction of A1C

### English

- April Cohort - 13 participants, 21 sessions complete
- May Cohort - 8 participants, 20 sessions complete
- October Cohort - 11 participants, 5 Sessions complete
- Average weight loss for *April* and *May* Cohorts is 3.45% of starting weight
- Average physical activity of 158 minutes/week
- Average decrease in A1c is .2% reduction

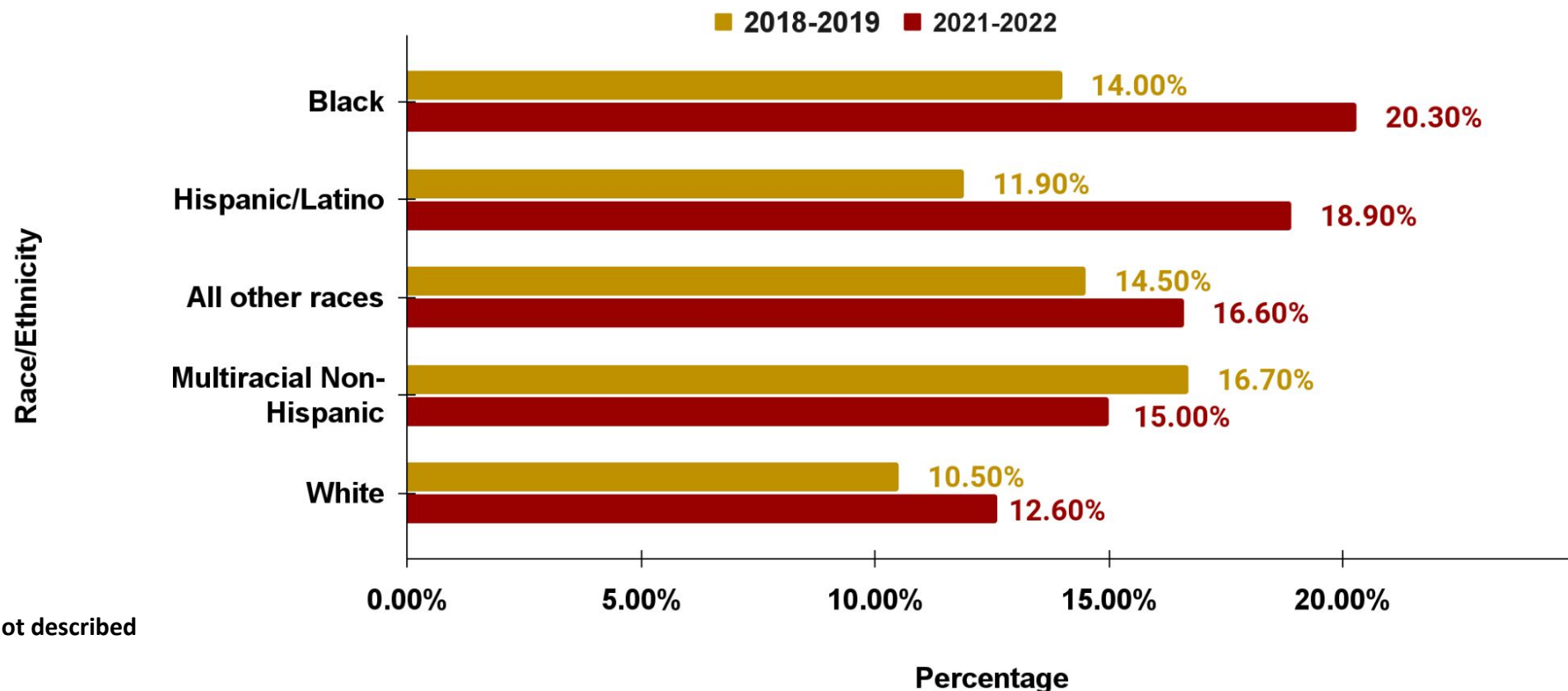
### Spanish

- July Cohort - 14 participants, 19 sessions complete
- Average weight loss of 2.67% of starting weight.
- Average physical activity of 150 minutes/week.
- A1c to be checked on December 6, 2023
- November Cohort - 14 participants
- Because the cohort is new, significant data has not been collected



# Youth Obesity

Percentage of students who had obesity ( $\geq$  95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts), Harford County, 2021-2022

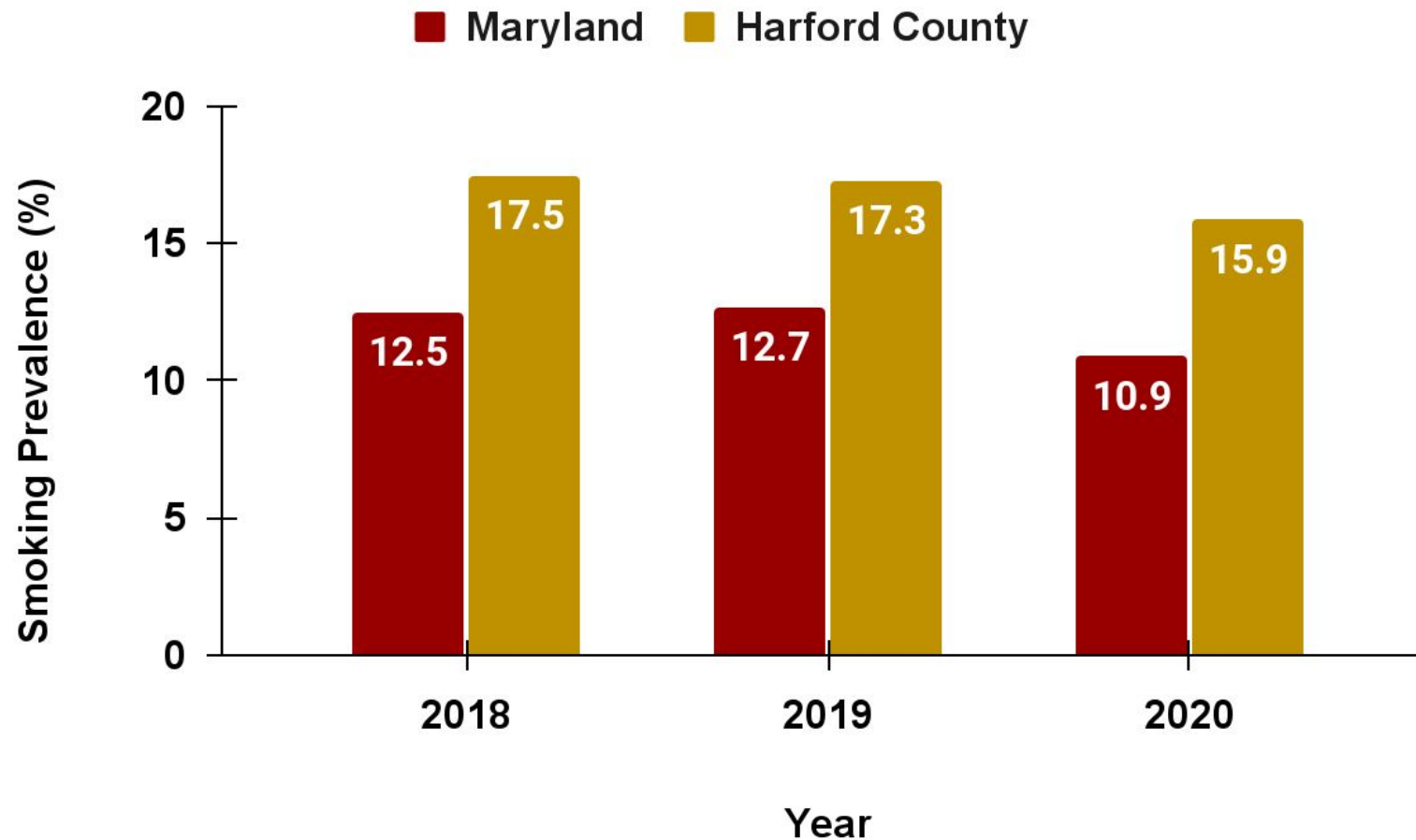


*All other races* was not described in 2021-2022 survey



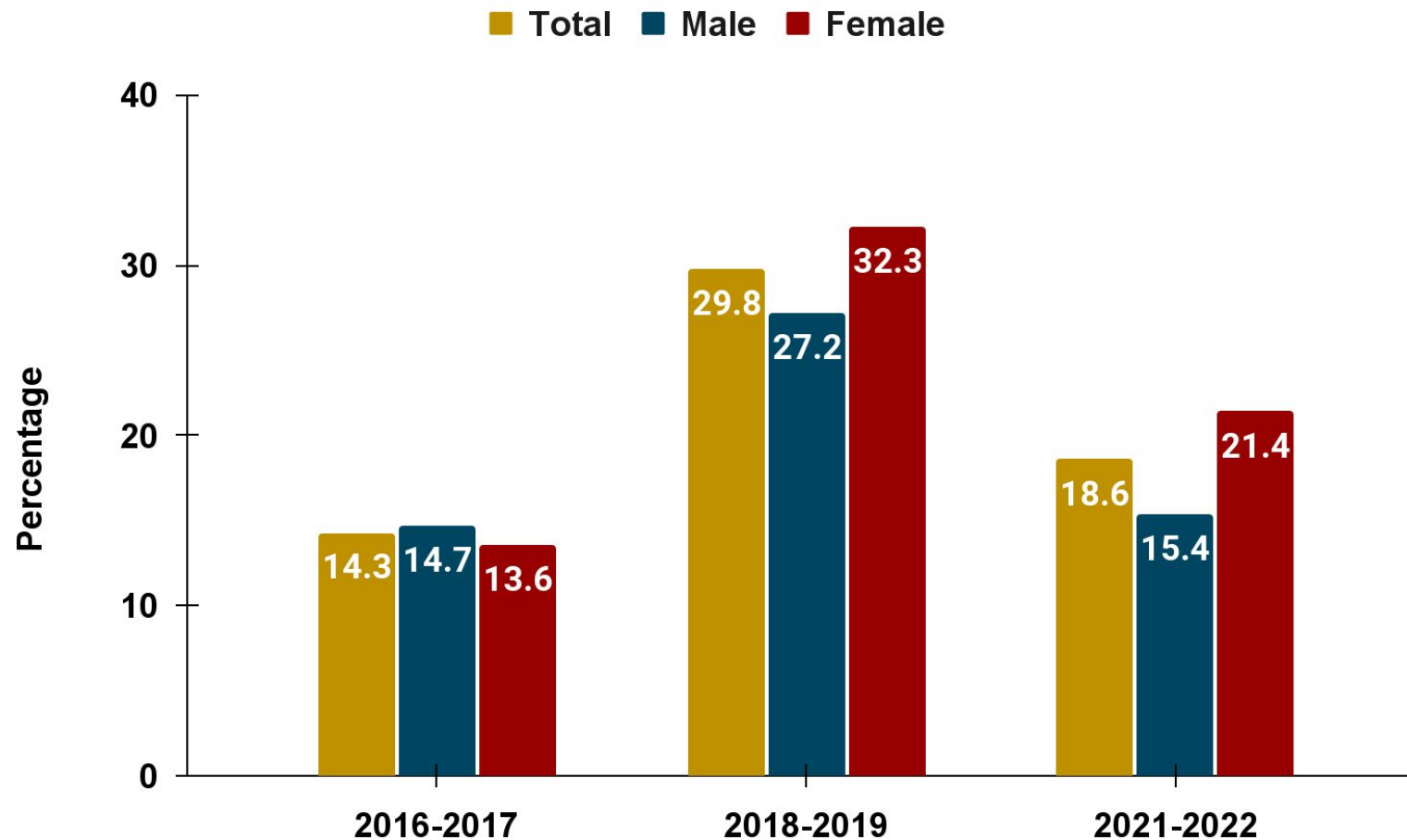
# Adult Smoking

Current Tobacco Use in Adults, Harford County, 2018-2020



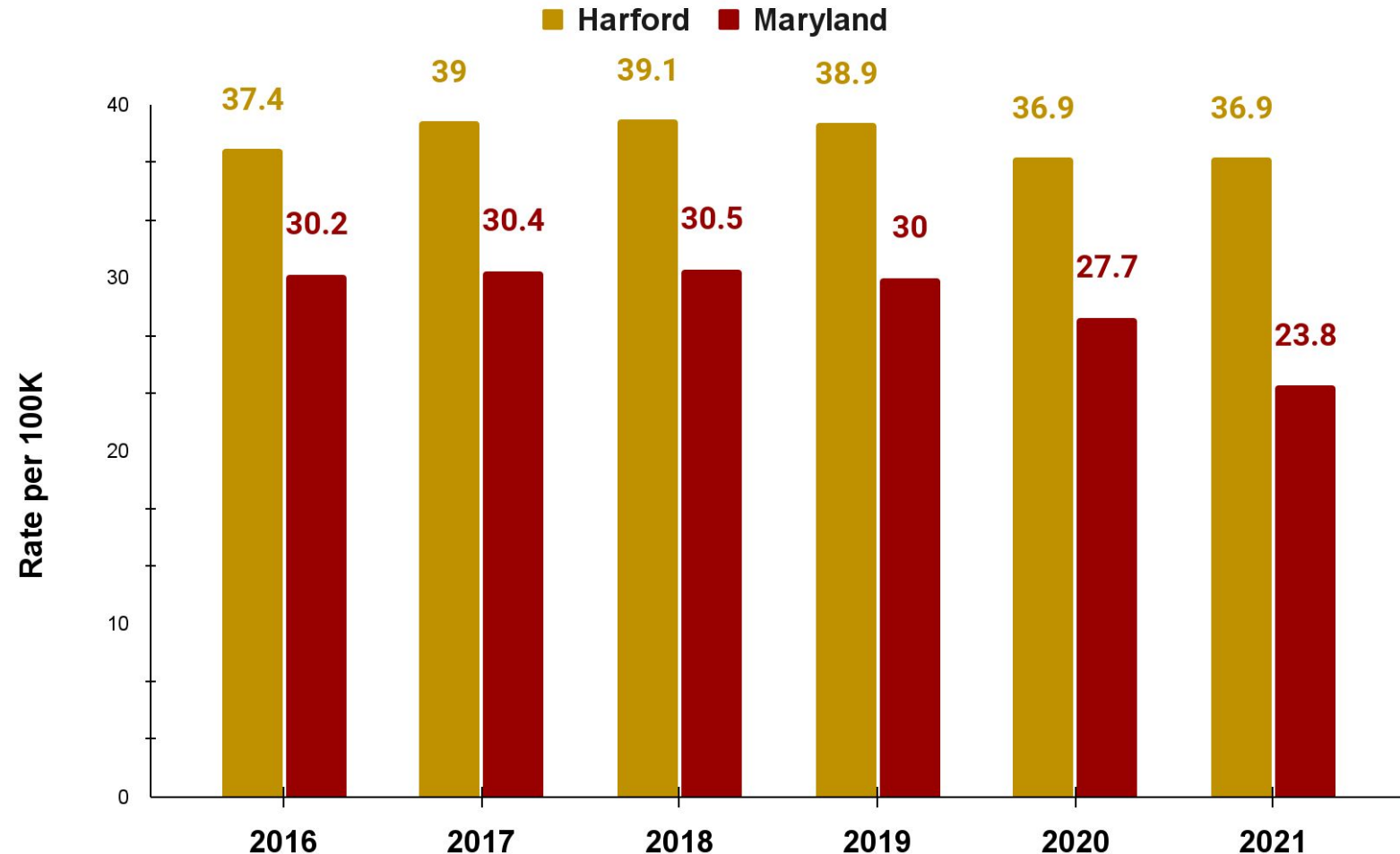
# High School Vape Use

Current Electronic Vapor Product Use in High School Students, Harford County, 2014-2022



# Chronic Obstructive Pulmonary Disease (COPD)

COPD Age-Adjusted Death Rates per 100,000, Harford County, 2016-2021



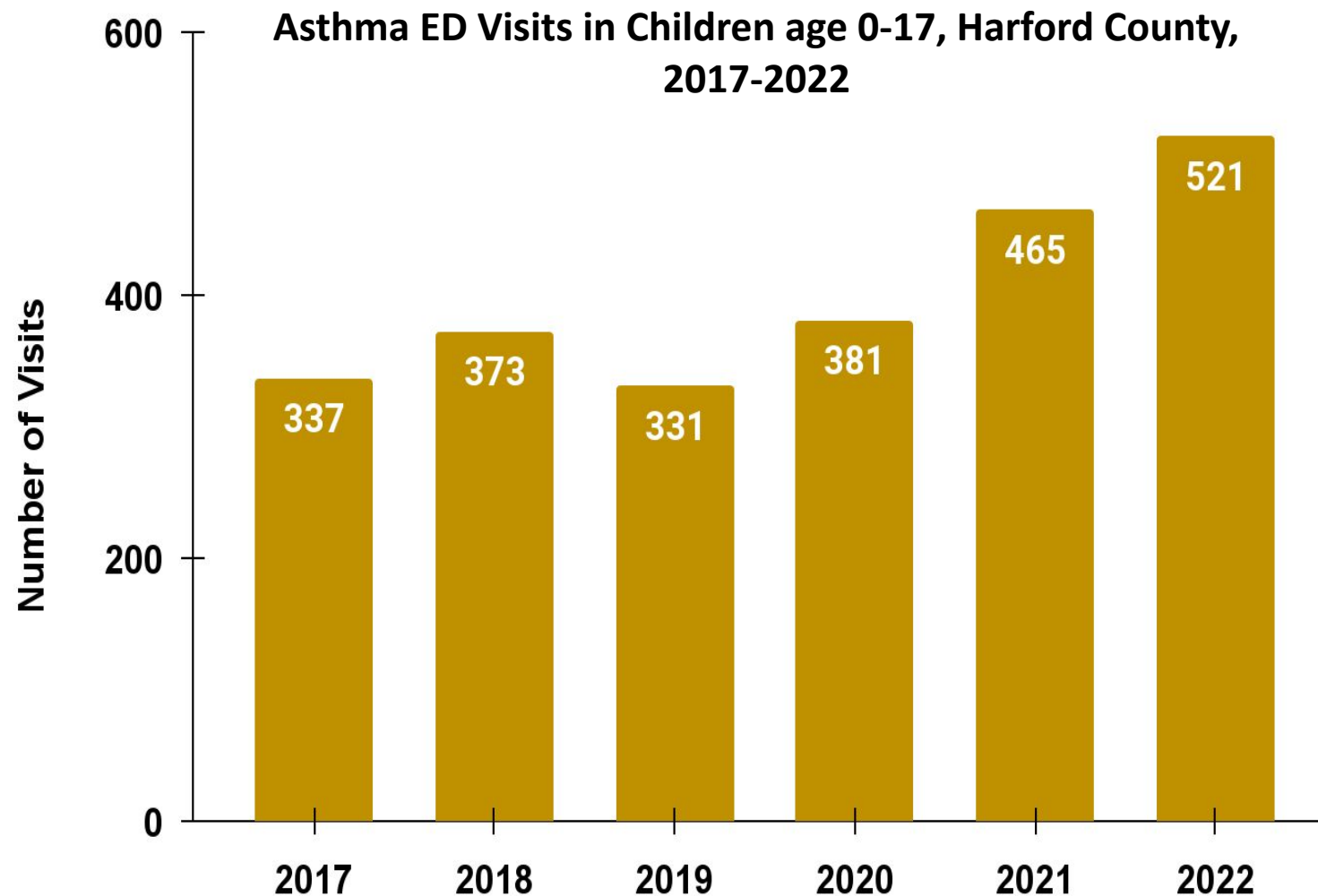
COPD rates have been higher in Harford County compared to the state for several years.





# Asthma

Harford County has seen a 57.4% increase in ED visits in children from 2019 to 2022



# Asthma

## Office of Lead & Asthma Prevention



### WHO WE ARE

Healthy Homes for Healthy Kids is a Maryland Department of Health Program between Medicaid, the Environmental Health Bureau, the Department of Housing and Community Development (DHCD), and the Harford County Health Department.

### SERVICES

- A home visiting program with a Nurse and /or Community Health Worker to educate about maintaining a Healthy Home - free of irritants and allergy-causing agents.
- Provide information, educational materials, and tools to maintain a Healthy Home based on the Principles of a Healthy Home: Dry, Well – Ventilated, Safe, Contaminant Free, and Clean.
- Work closely with you and your child's doctor to reduce symptoms and improve your child's health.
- Help parents reduce the environmental threats that can be harmful to their children.

### QUALIFICATIONS

- Are a Harford County Resident under the age of 19
- Enrolled in/eligible for Medicaid
- Have a Blood Lead level of 3.5 mcg/dL and above
- Have a diagnosis of Moderate to Severe Asthma

Call 410-942-7999 today to learn more about lead & asthma programs that can help you.

The Lead and Asthma Program provides home visiting services to families with children ages 0-19 who are diagnosed with moderate to severe asthma.

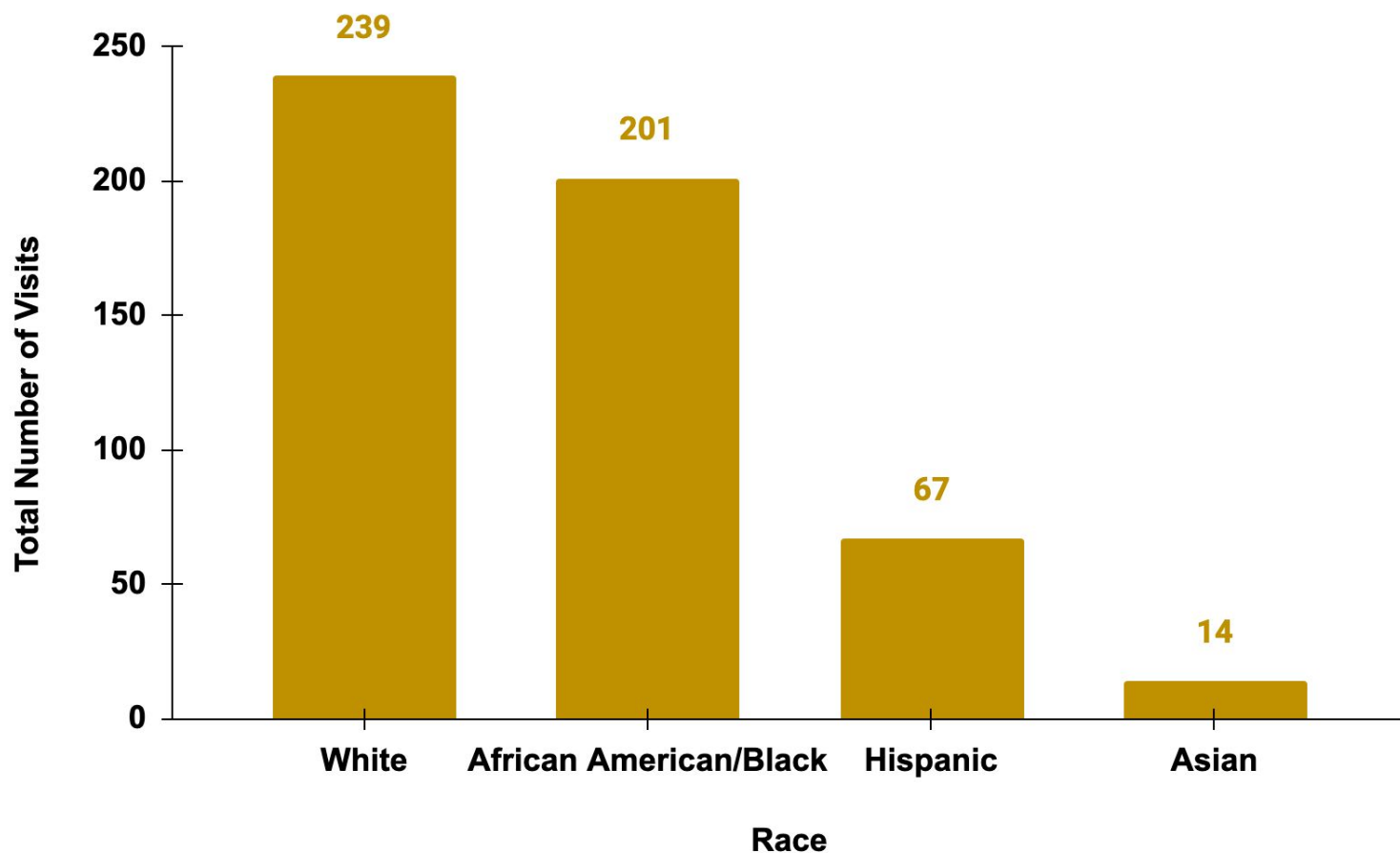
Services include the following:

- Review medications
- Help receiving an updated asthma action plan
- Provides supplies that help reduce environmental irritants and triggers including:
  - HEPA vacuum cleaner
  - Green cleaning supplies
  - Mattress covers
  - Pest management kits
  - Educational materials



# Asthma

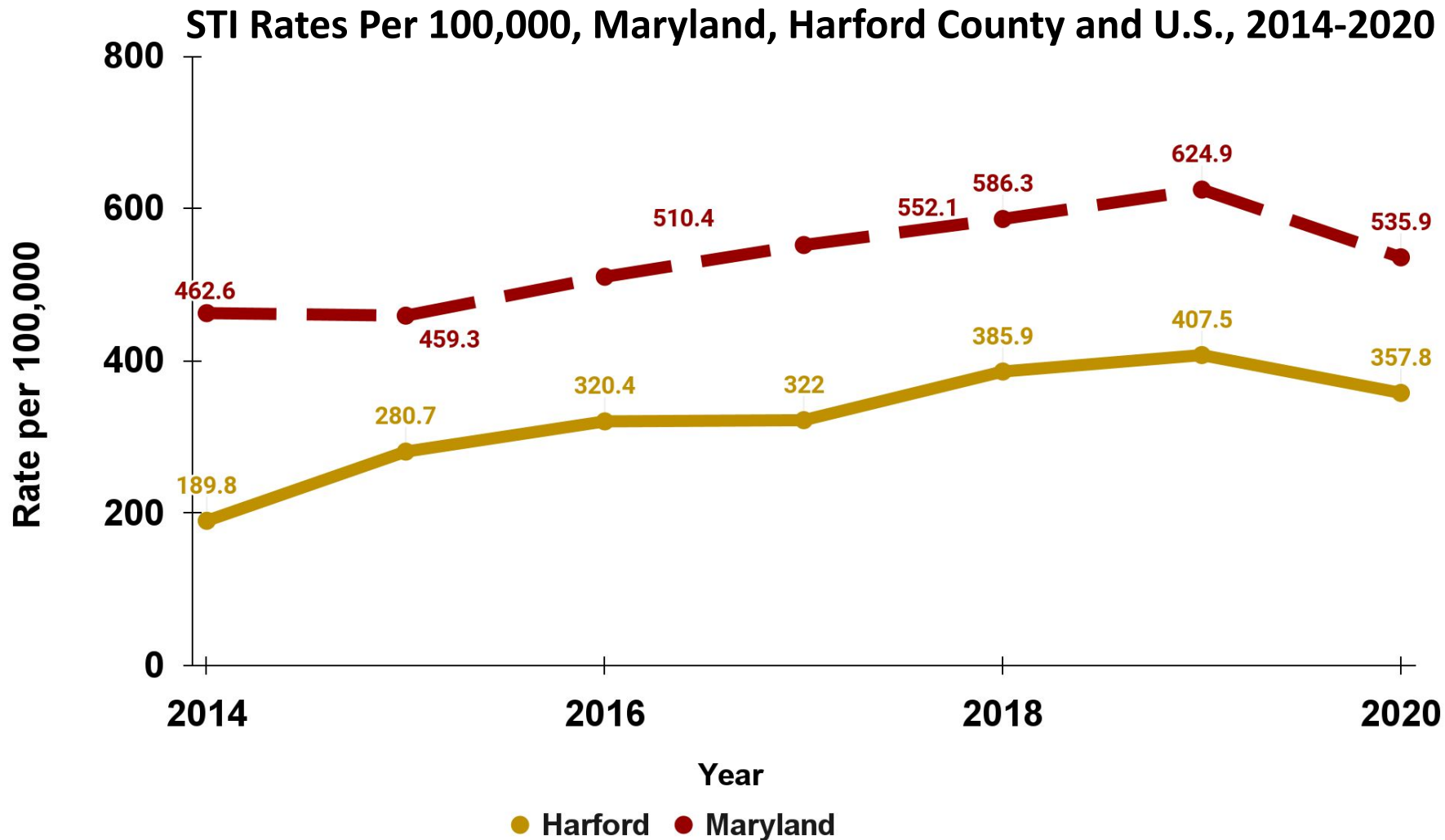
Asthma ED Visits by Race in Children age 0-17, Harford County, 2022



**African American/Black and Hispanic children have more pediatric asthma ED visits than expected based on total Harford County population.**



# Sexually Transmitted Infections

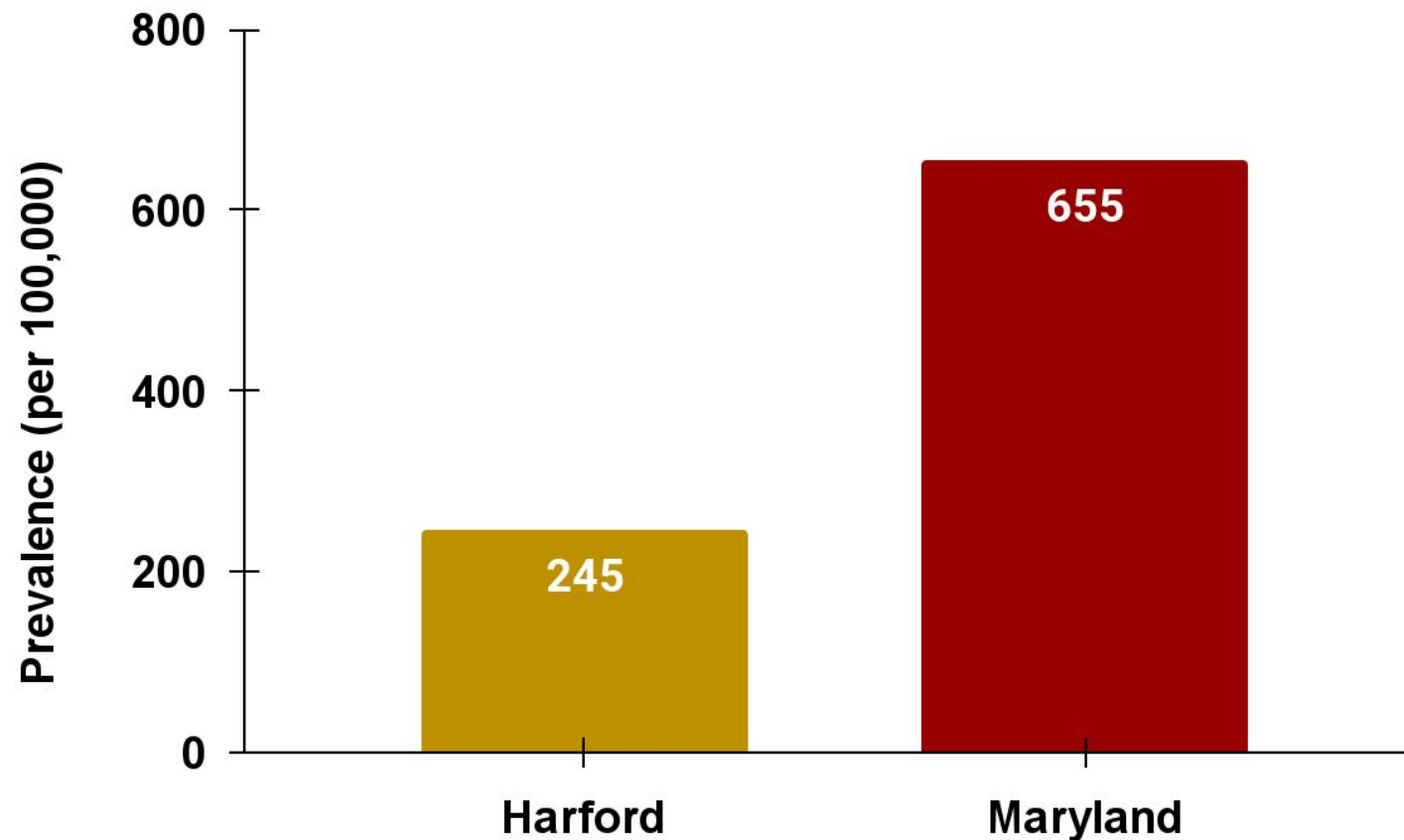


Harford County's STI rates are lower than the state average and saw a slight decrease in 2020. Although, this may be due to lack of testing during the pandemic.



# HIV

HIV Prevalence, Harford County & Maryland, 2020

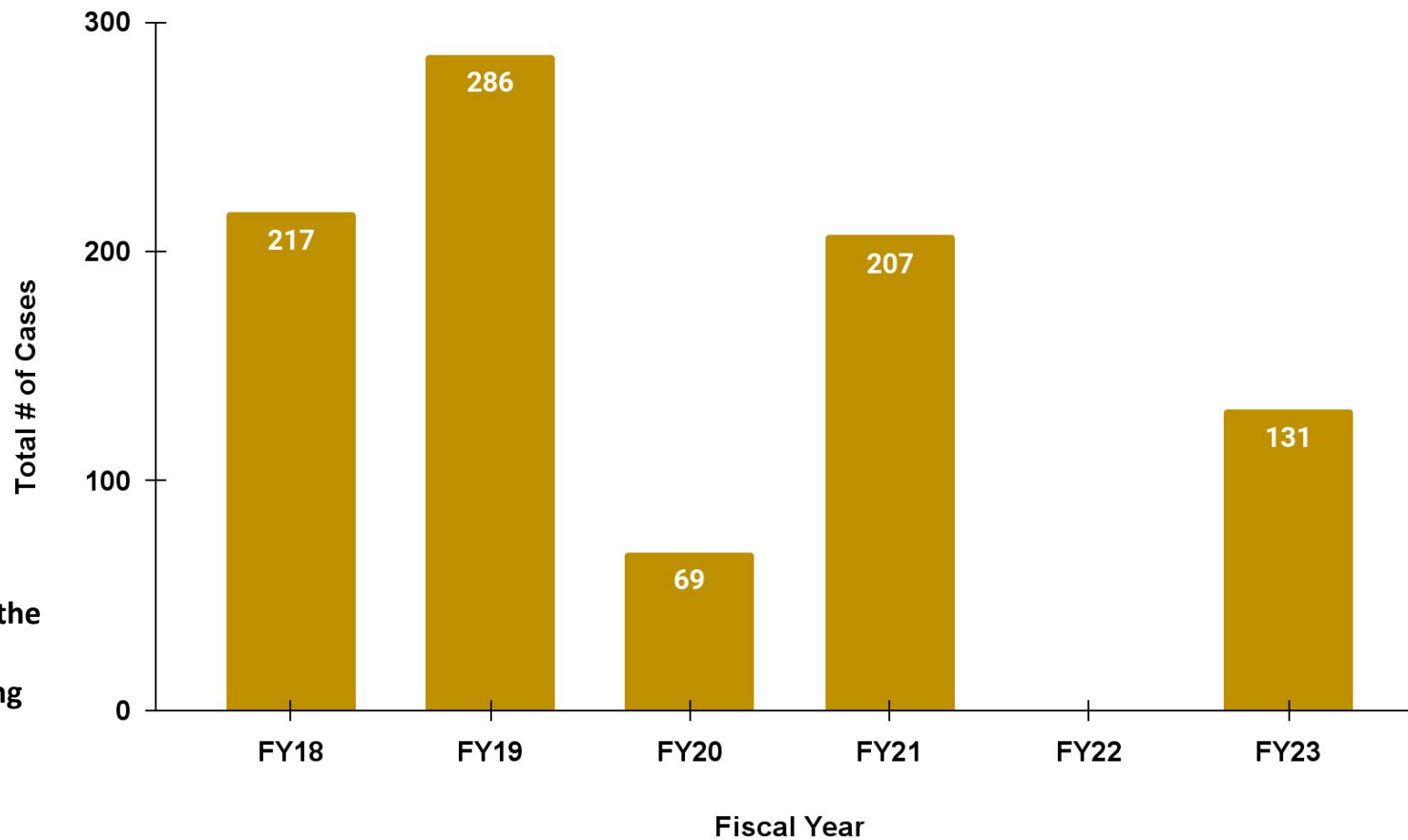


Harford County's prevalence for HIV is much lower compared to the state's HIV prevalence.



# Hepatitis C

## Hepatitis C Newly Reported Cases, Harford County, FY23



Hep C newly reported cases went down in FY23 compared to the previous years.

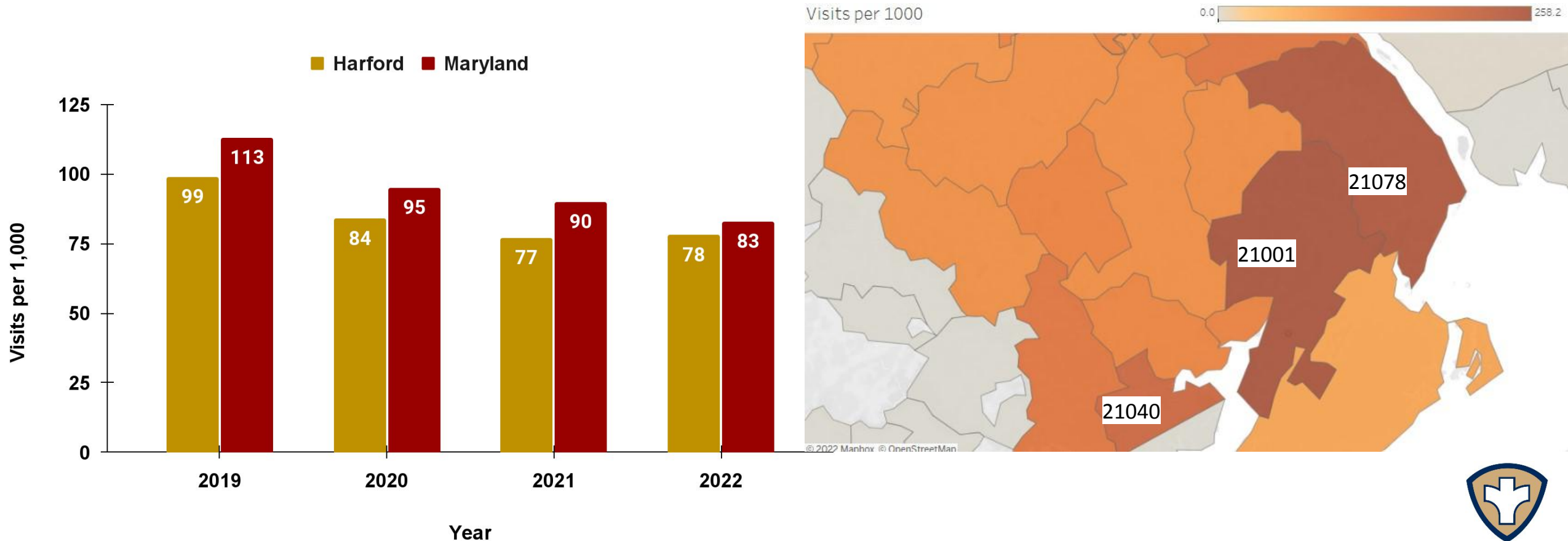
\*FY22 was reported as "0" due to the National Electronic Disease Surveillance System (NEDSS) being down.



# Behavioral Health

# Mental Health

## Hospital Visits per 1,000 for Any Mental Health Condition, Harford County and Maryland 2019-2022



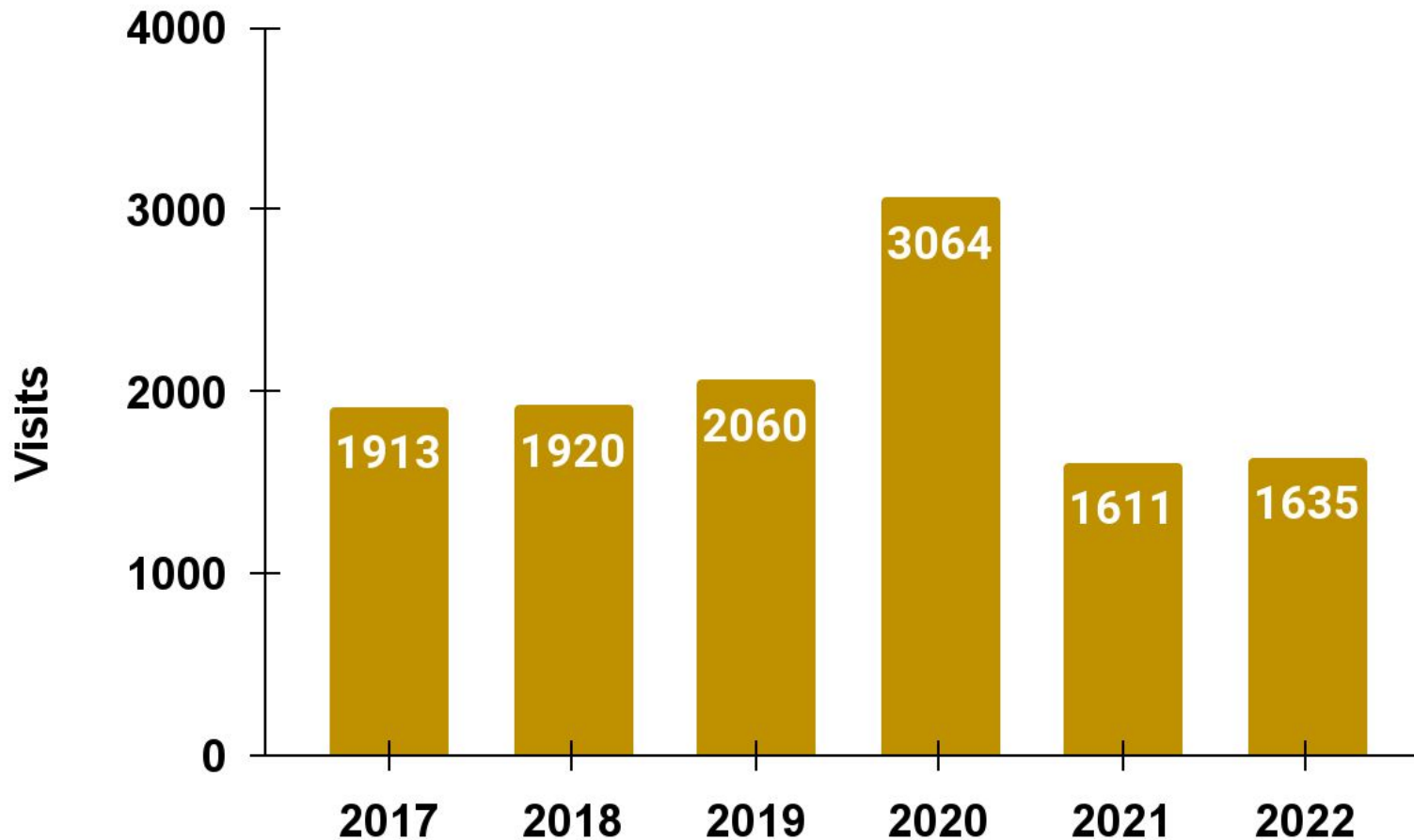
Source: CRISP Public Health Dashboard





# Anxiety

ED Visits for Anxiety, Harford County, 2017-2022

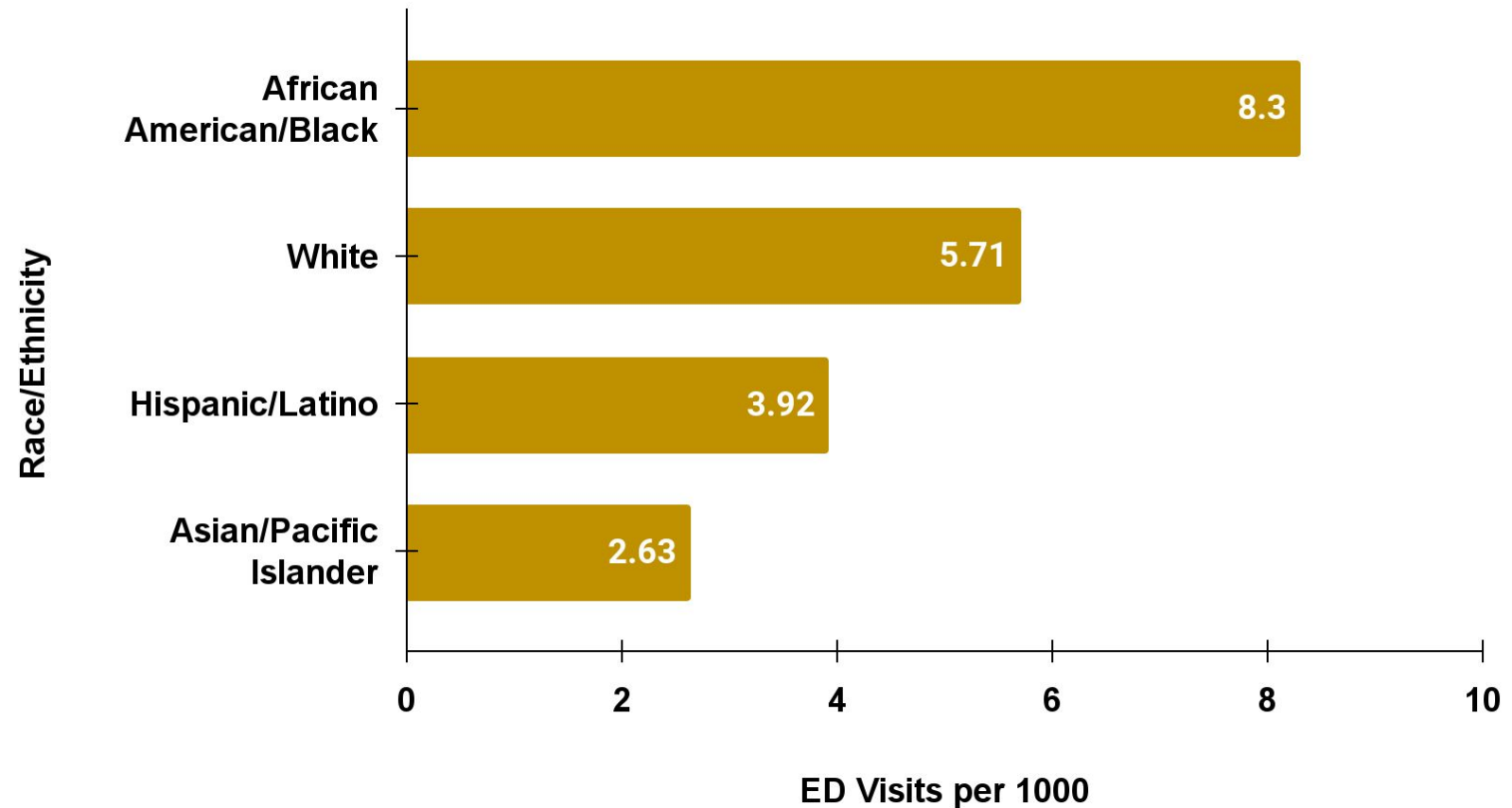


ED visits for anxiety have decreased by 46.6% since 2020.



# Anxiety

ED Visits for Anxiety per 1000, by Race, Harford County, 2022

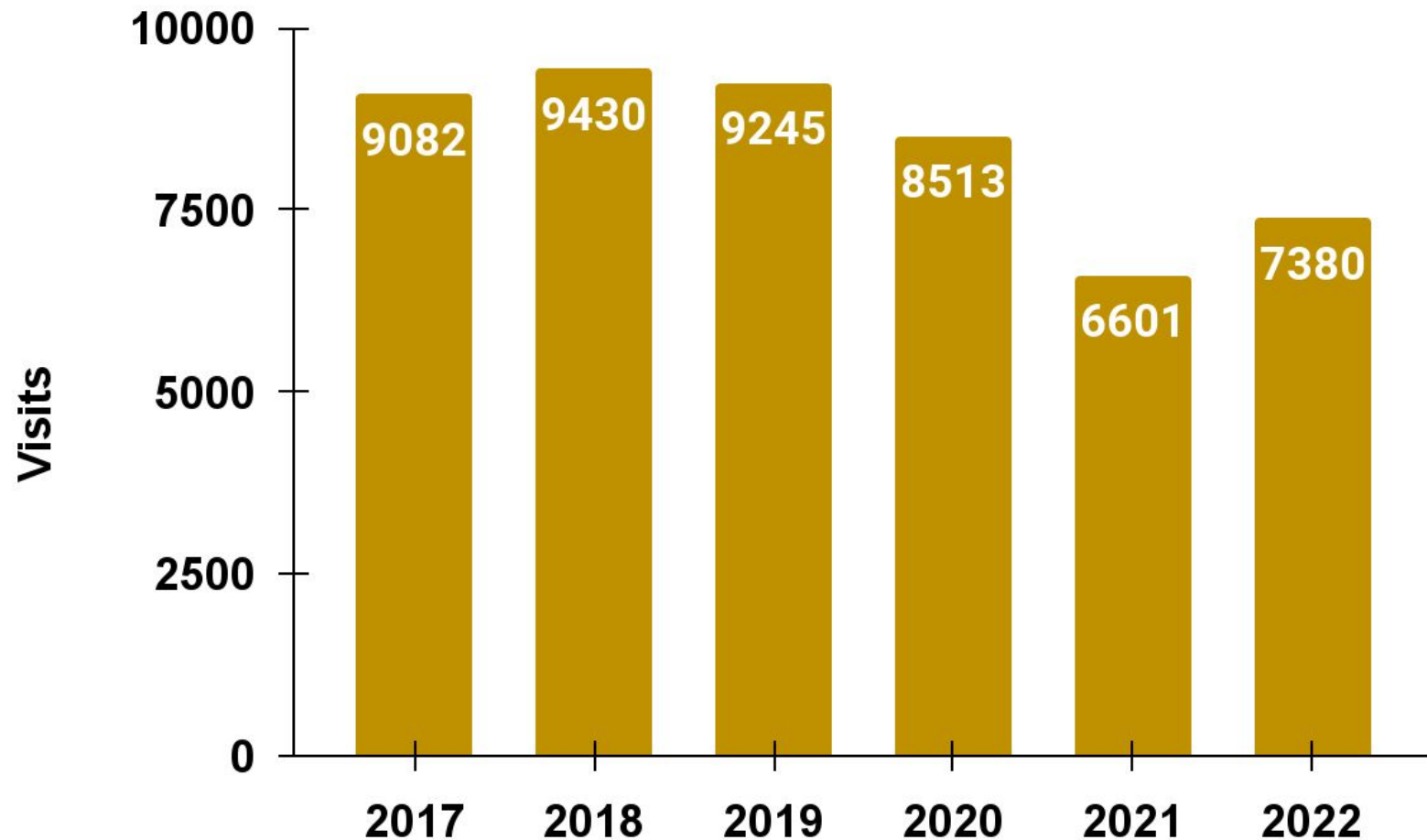


Rates of ED visits for anxiety are higher in the African American/Black population compared to others in Harford County.



# Depression

Hospitalizations for Depression, Harford County, 2017-2022



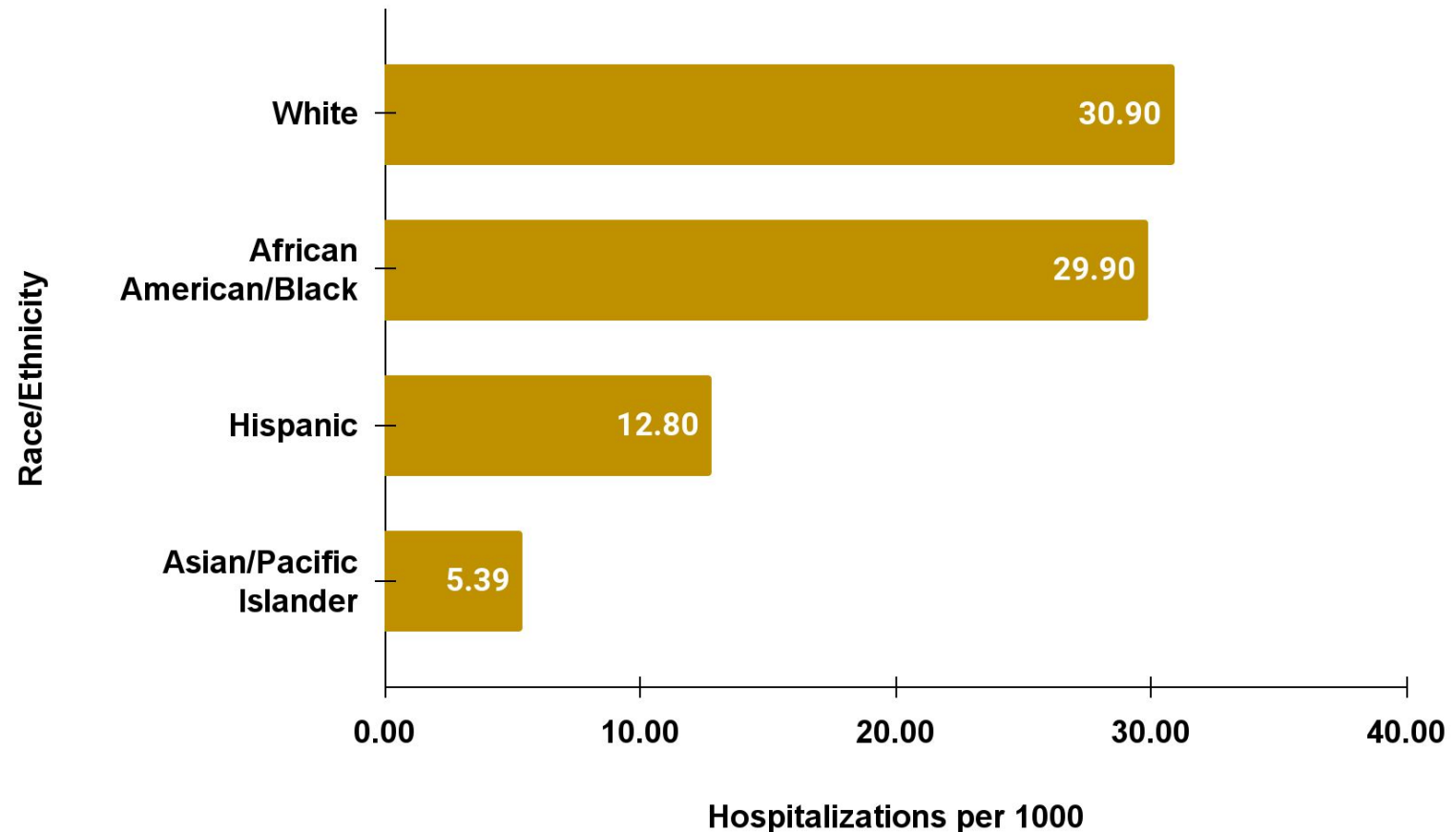
Hospital visits for depression have increased by 11.8% since 2021.



# Depression

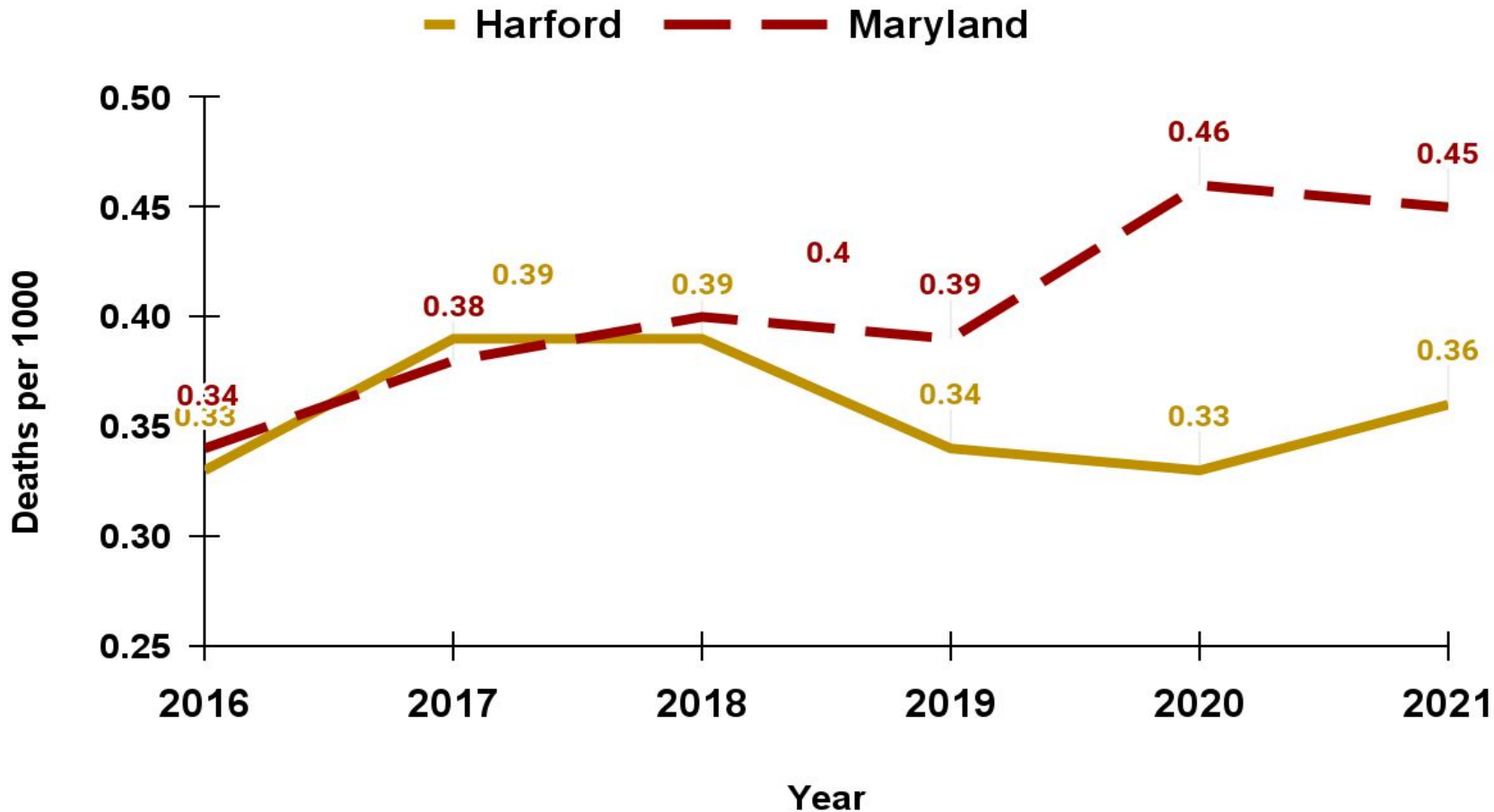
Hospitalizations for Depression per 1,000 by Race, Harford County, 2022

Rates of hospital visits for depression are almost equivalent in the African American/Black population compared to White population in Harford County.



# Substance Use

Total Intoxication Deaths per 1000, Harford County and Maryland,

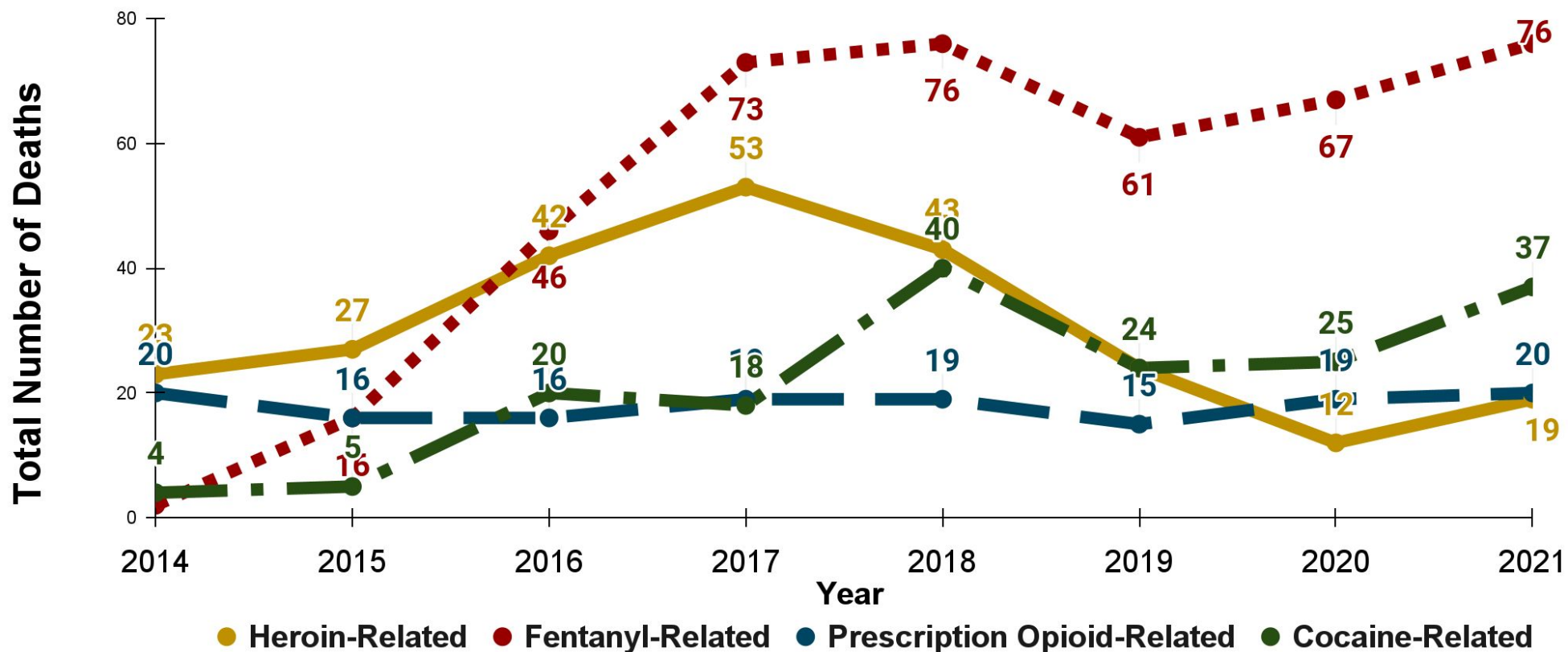


2021 saw a slight increase in intoxication deaths per 1,000 Harford Residents



# Substance Use

## Intoxication Deaths, Harford County, 2014-2021

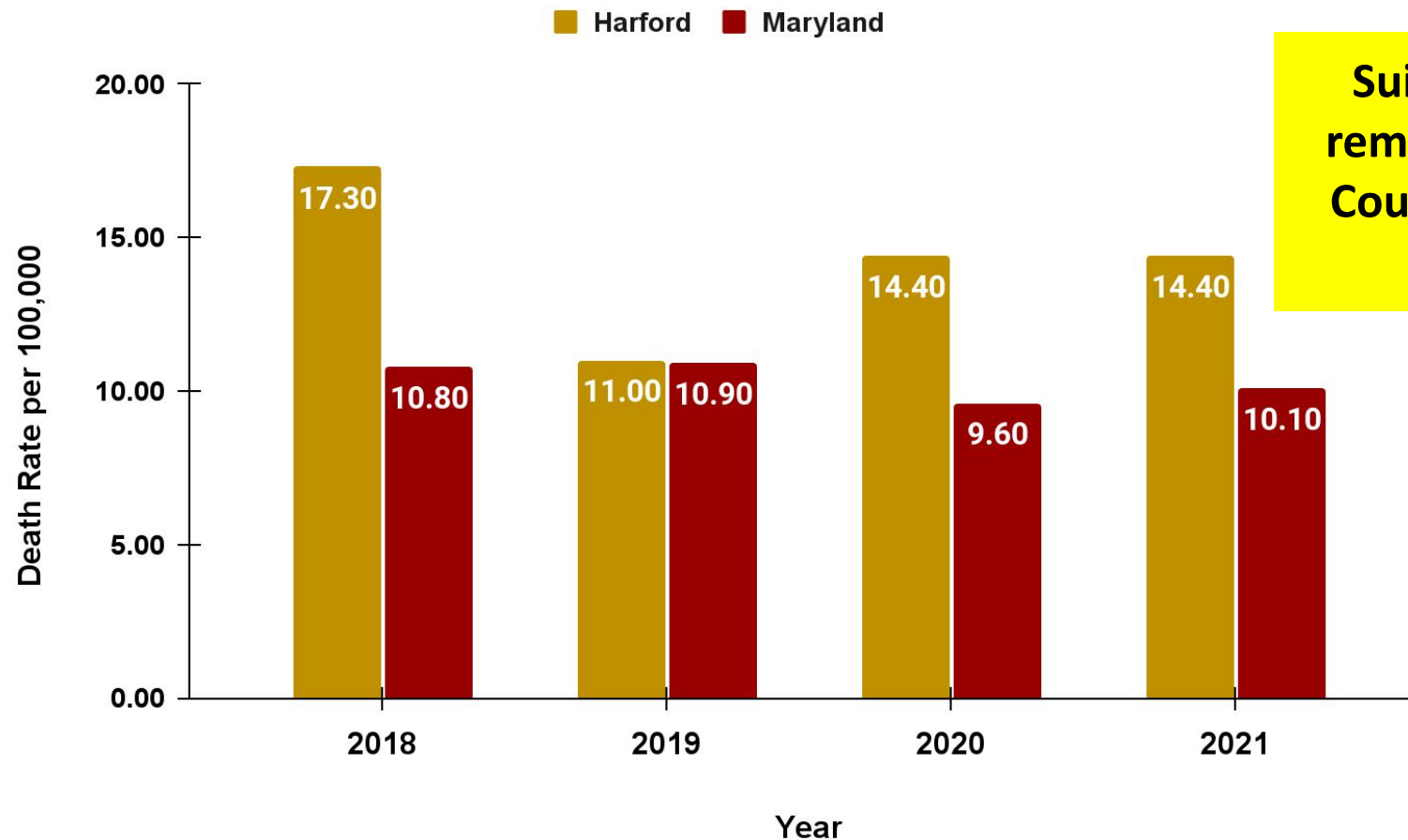


**Fentanyl-related deaths have increased dramatically since 2014, raising the overall number for opioid-related deaths each year. 2021 saw an increase in cocaine-related deaths.**



# Suicide

## Suicide Deaths, Harford County and Maryland, 2018-2021



**Suicide-caused deaths remain higher in Harford County compared to the state.**



# Behavioral Health Services

- Peer Recovery Program
- Community-based Behavioral Health Treatment and Support Services
  - Screening
  - Assessment
  - Psychiatric
  - Medication evaluation and management
  - Case Management
  - Family Education and Support
  - Peer Support Services
  - Individual Therapy/Counseling
  - Family Therapy/Counseling
  - Group Therapy/Counseling





# Summary

## Successes

- An increase in spanish speaking employees has really helped HCHD serve a very underserved population
- Harford County's uninsured population remains low
- Increased dental visits

## Opportunities

- Address upward trend in overdose fatalities, particularly fentanyl
- Address increase in recent trend in ED visits due to mental health conditions
- Address racial disparities that remain prevalent in Harford County regarding health outcomes due to chronic conditions





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*Thank you!*

410-838-1500

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



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# Annual LHIC Meeting December 5, 2023



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# Community Health Needs Assessment

## Key Informant Focus Group

### Additional Discussion Points

- Look at community development along Route 40 (Look at Southern Task Force)
- Better shelter system for homeless system and a way to get to them
- Community centers- utilize them to the fullest (More awareness)
- More work by partners on health equity (what are the partners piece of the puzzle)
- What more can be done with faith-based
- Create more ways to reach the younger community to get them more involved in understanding the issues
- Focus on financial wellness
- Work on silo with all community groups/ systems
- One place that is easily searched for programs: <https://harfordhelps.com/> and <https://www.findhelp.org/>
- Healthy Harford food insecurity work group

