



Healthy Eating Active Living (HEAL) Workgroup

July 21, 2022



Anne Arundel County
Department of Health

12:00 – 12:10 pm

Welcome + Outcomes (Alexis/Kristin)

- Welcome and Introductions
- Connections Exercise – *What is your favorite way to get in some exercise?*
- CareFirst Grant + Site Survey
- Today's Discussion

12:10 – 12:15 pm

Spring Community Meeting Readout (Alexis)

- Feedback + Brainstorming from healthy eating, active living breakout groups

12:15 – 12:35 pm

Whose in the Room? Series

- **Shawn Wingard**
 - Agricultural Sciences, Phoenix Academy
- **Pastor Sheryl Menendez**
 - Restoration Community Development Corp. and Light of the World Family Ministries

12:35 – 12:50 pm

What's Next (Alexis/Ann)

Focusing on Access to Care

- Are
- Group discussions/ [Jamboard](#)
 - Are these barriers still relevant? Are there others? Where have we made progress?
 - What role can HAAC play in reducing these barriers? What role can your agency/organization play?
- Looking Ahead: Workgroup Outreach/Events
- Updates, asks and offers

Agenda

Spring Community Meeting



Breakout Group Feedback: Healthy Eating, Active Living

Weight Categories Based on BMI



- **32%** of Anne Arundel adult residents report a **BMI greater than or equal to 30 kg/m²**
- From 2017-2019, **the prevalence of diabetes in all age groups, except 45-54, increased.**
- The prevalence of diabetes in the county is **higher in males.**
- Although the Black population is only 16.4% of Anne Arundel County residents, this community has a **higher prevalence of diabetes than white residents.**



What's the story behind the data?

- The increase among the 65+ community could have to do with insurance/medicare access
- Obesity rates are increasing nationally
- Portion sizes are too large, as well as increased sugar and sodium rates in foods
- Poor childhood nutrition education + unhealthy eating habits
- Finances - unhealthy food is less expensive
- Food deserts/swamps

What's currently working in the community?



What needs to shift or change?

- Community-based education efforts
- Farmers markets
- Parks & Recs getting people outside to exercise "Healthy Living Starts here" theme
- Diabetes screenings
- Food Fridays program
 - Office of Community Services works with the program to connect people to services and talk to people about healthy eating

- Return to being active after COVID-related isolation/social distancing
- Outreach to minority and hard to reach populations
- More age-specific family activities
- Transportation infrastructure
- Listening to community needs & tailor resources based on those discussions



Shawn Wingard

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Pastor Sheryl
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Health Care Access

- **23,561** county residents are uninsured
 - The **Hispanic population** is the highest uninsured demographic in the county.
- Anne Arundel County’s primary care physician, mental health provider and dentist ratio is **worse than the Maryland average**. There are less healthcare providers available to and serving residents.
- **77.2%** of total county residents reported receiving a routine check-up in the past year.
 - **9%** of residents were unable to see a doctor due to cost.

2020 Estimates	Percent of Residents Uninsured	Number of Residents Uninsured
White, Non-Hispanic	3.2%	12,475
Black, Non-Hispanic	4.5%	4,020
Hispanic	18.0%	7,892
Asian, Non-Hispanic	6.9%	1,485
Total	4.3%	23,561

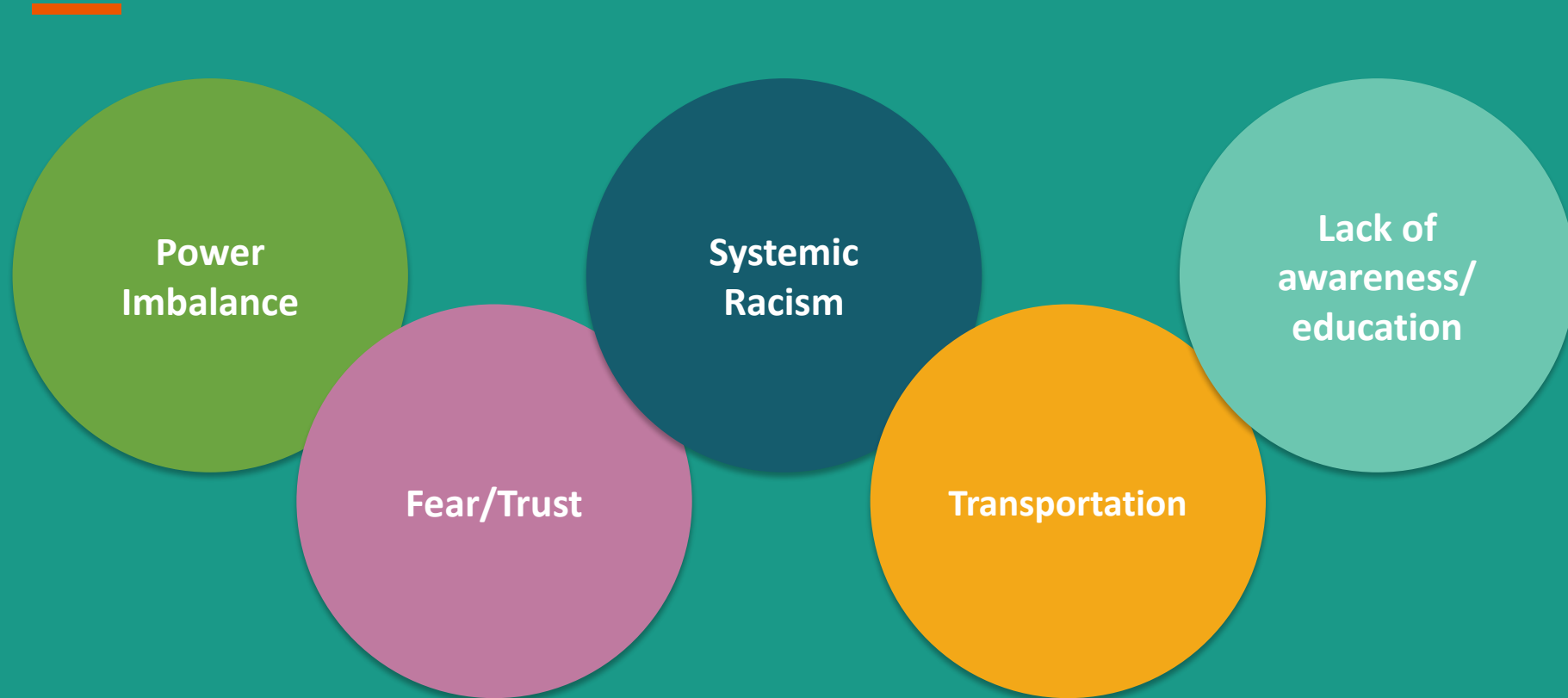
2021 Estimates	Anne Arundel	Maryland
Primary Care Physician Ratio	1,470:1	1,130:1
Mental Health Provider Ratio	490:1	360:1
Dentist Ratio	1,440:1	1,260:1

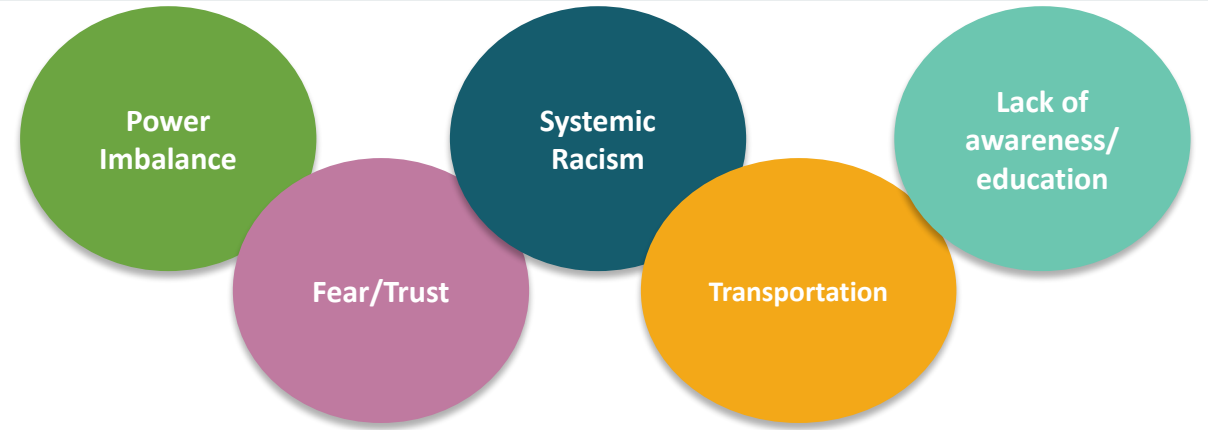
2019 Estimates	Black, NH	White, NH	Overall
Percent of residents reporting routine check up in past year	92.5%	74.0%	77.2%
Percent of residents unable to see a doctor due to cost	6.8%	8.7%	9.0%
Percent of residents reporting having one or more personal doctor	92.7%	84.7%	84.9%

Numbers may differ from previous reports due to changes in data sources. Sources used in previous years reports are no longer available.

Data Sources: U.S. Census Bureau, 2020 American Community Survey 5-year Estimates; CDC, 2019 Maryland BRFSS. CDC, 2019 Maryland BRFSS; Robert Wood Johnson Foundation, 2020 County Health Rankings; U.S. Census Bureau

Previously Identified Barriers to Care





- **Are these barriers still relevant? Are there others? Where have we made progress?**
- **What role can HAAC play in reducing these barriers? What role can your agency/organization play?**

What's Next?

- Confirm action items
- Next HEAL Meeting:
September 29, 12 – 1
pm
- Fall Community
Meeting: October 19
6:00 pm -7:30 pm

Contact:

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