



Frederick County Board of Health

May 18, 2023

- I. **Call to Order** – Dr. Barbara Brookmyer, Health Officer for Frederick County
- II. **Public Comment**
- III. **Approval of Minutes** from: [5/23/2022](#)
- IV. **Overview of the Board of Health**
- V. **Overview of the Health Department**
- VI. **Review of Community Health and Wellness Data**
- VII. **Review DRAFT Procedure for Recruiting, Reviewing, and Selecting Liaisons**
- VIII. **Upcoming Meetings:** October 2023
- IX. **Adjourn**



Frederick County, Maryland

Public Comment



Public Comment

The Frederick County Board of Health welcomes and encourages public comment.

Public comment is not intended to be a question-and-answer platform with the Board members. Generally, Board members will not respond to comments made.

Public comment is open to members of the public who are present in the room. Individual providing public comment have up to 3 minutes and will be asked to complete comments when the buzzer sounds. A total of 15 minutes is allocated for public comment on today's agenda.

Members of the public wishing to share additional comments with the committee may do so by emailing boardofhealth@frederickcountymd.gov.



Approval of Minutes



Overview of Board of Health



Frederick County Board of Health

- Maryland law establishes a Board of Health in each county.
- The local Board may adopt and enforce rules and regulations on any nuisance or cause of disease in the county as long as these are not contrary to and are at least as stringent as existing State laws, rules and regulations.
- The membership of the Board of Health consists of the seven County Council members and the County Executive
- The County Health Officer is the executive officer and secretary of the Board of Health.
- Meetings are required in May and October. Additional meetings can be added as needed.
- *soon Liaison to the Board positions will be added



Overview of Health Department



History of Public Health in Frederick County

In 1886, there was an ongoing epidemic of diphtheria in Frederick city.

The new health officer set out to improve the sanitary conditions and made recommendations to stop the spread of this disease in canneries, slaughter shops, compost heaps, hog pens, cesspools and privies, tanneries, streets and alleys, gutters and sewers along Carroll Creek.

DIPHTHERIA IN FREDERICK CITY.

From August, 1881, Frederick had been experiencing an excessive mortality from diphtheria. This disease was destroying on an average fifty children per annum, or 3 1-2 per cent. of the population of the city under ten years of age; and while there was great dissatisfaction at this state of affairs, and several spasmodic efforts had been instituted to detect the cause and arrest the further progress of this scourge, nothing of any practical value had been done.

During the first few weeks after my appointment, numerous verbal complaints were heard by me from the citizens of Frederick and its vicinity, and on August 25th the following letter was received, which is here given in full because it presents the prevailing sentiment of the community at that time, and because from this date was initiated your efficient action in seeking out the causes of that dreadful plague and inaugurating with the efficient aid of the City Health Department the measures which have effectually stamped it out.

LETTER FROM HON. MILTON G.
URNER.

Frederick, August 25th, 1886.



What is Public Health?

Definition:

Public health is the science of protecting and improving the health of people and their communities. Public health works to ensure basic protections exist, all people are safe in communities, and aims to prevent health threats before they occur. This work is achieved by promoting healthy lifestyles, researching disease and injury prevention, and detecting, preventing and responding to infectious diseases.

How:

- Population or community level focus
- Surveillance and data gathering
- Develop plans, programs, and policies
- Implement plans, programs, and policies
- Evaluate performance and outcomes



Foundational Public Health Services

Foundational Areas



Foundational Capabilities

Assessment & Surveillance	Community Partnership Development	Equity	Organizational Competencies
Policy Development & Support	Accountability & Performance Management	Emergency Preparedness & Response	Communications



Local health departments impact our lives every day





THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

*To protect and promote the
health of all people in all
communities*





Montevue
Asylum,
circa 1880



Health
Department
Dental Trailer,
circa 1950s



Current location of
the Frederick County
Health Department
on Montevue Lane



What makes FCHD Unique

Strong partnerships with county agencies, community organizations, and public advocates

Early adopters of benchmarking and quality improvement

- PHAB accredited in 2014

Forward thinking:

- Frequently pilot initiatives for Maryland Department of Health (and MSDE through the Developmental Center)



Our Mission

The mission of the Frederick County Health Department is to improve the health and well-being of the residents of Frederick County through programs to prevent disease and illness, promote wellness and safety and protect public health.

Our Vision

Frederick County leads as a community of health and wellness.



Health Department Divisions

1. Administration
2. Behavioral Health
3. Community Health
4. Developmental Center
5. Environmental Health
6. Equity Office – Golden Mile *new!*
7. Health Care Connection & Preparedness
8. Mental Health
9. Planning, Assessment & Communication
10. School Health

State divisions in black

County divisions in blue

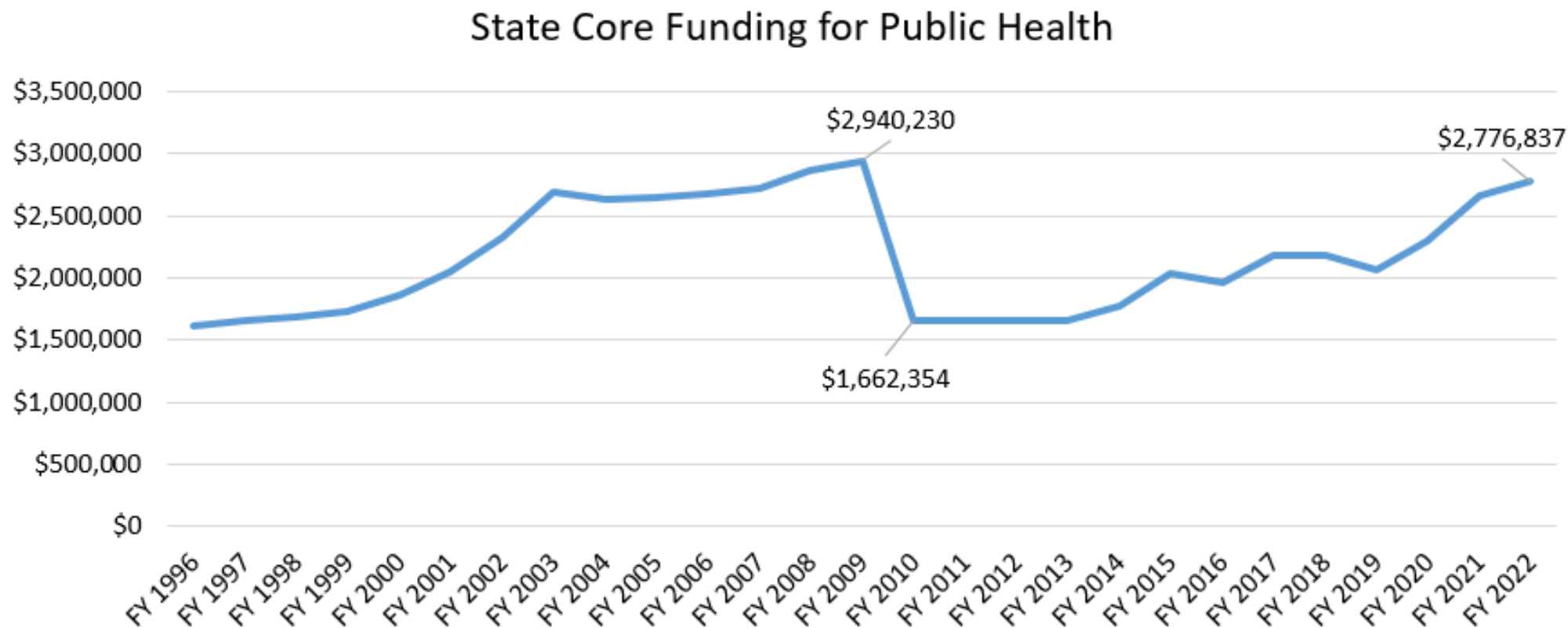


FY23 Staffing

	County	State	Total
Administration	1	10	11
Behavioral Health	0	55	55
Community Health (COVID)	(10)	63	73
Developmental Center	72	1	73
Environmental Health	0	19	19
Equity Office – Golden Mile	0	2	2
Health Care Connection & Preparedness	0	14	14
Mental Health	0	7	7
Planning, Assessment & Communication	0	3	3
School Health	108	0	108
TOTAL	191	174	365



Historical Financial Status



Public Health funding is chronically low.



Public Health 3.0: Chief Health Strategist

- Coined in 2016 by Acting Assistant Secretary US DHHS
- Public health is what we do together as a society to ensure the conditions in which everyone can be healthy.
- Built upon landmark 1988 *The Future of Public Health* by the Institute of Medicine and a follow-up 2002 report, *The Future of Public's Health in the 21st Century*.
- PH leaders serve as Chief Health Strategists, partnering across multiple sectors and leveraging data and resources to address social, environmental, and economic conditions that affect health and health equity.



Equality



In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.

Equity



In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.

Remove barriers



In the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed. The systemic barrier has been removed.

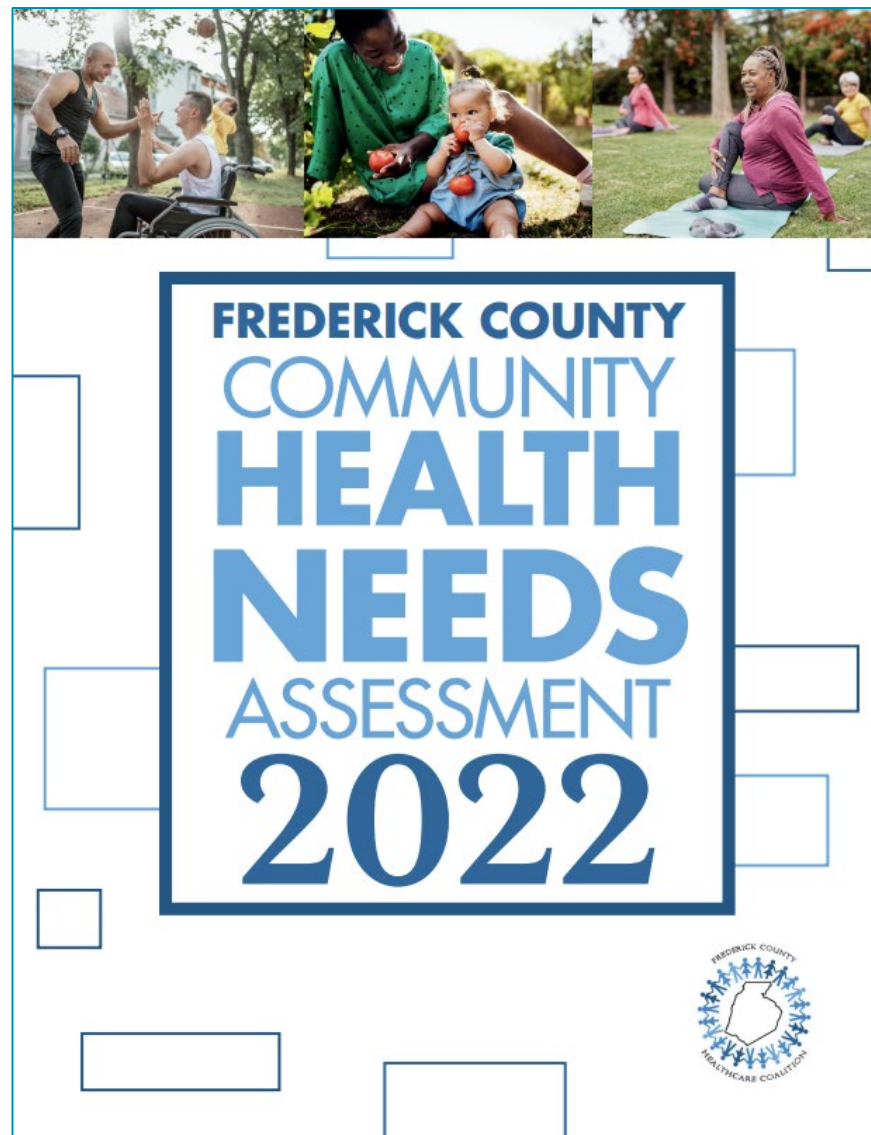


Review of Community Health and Wellness Data



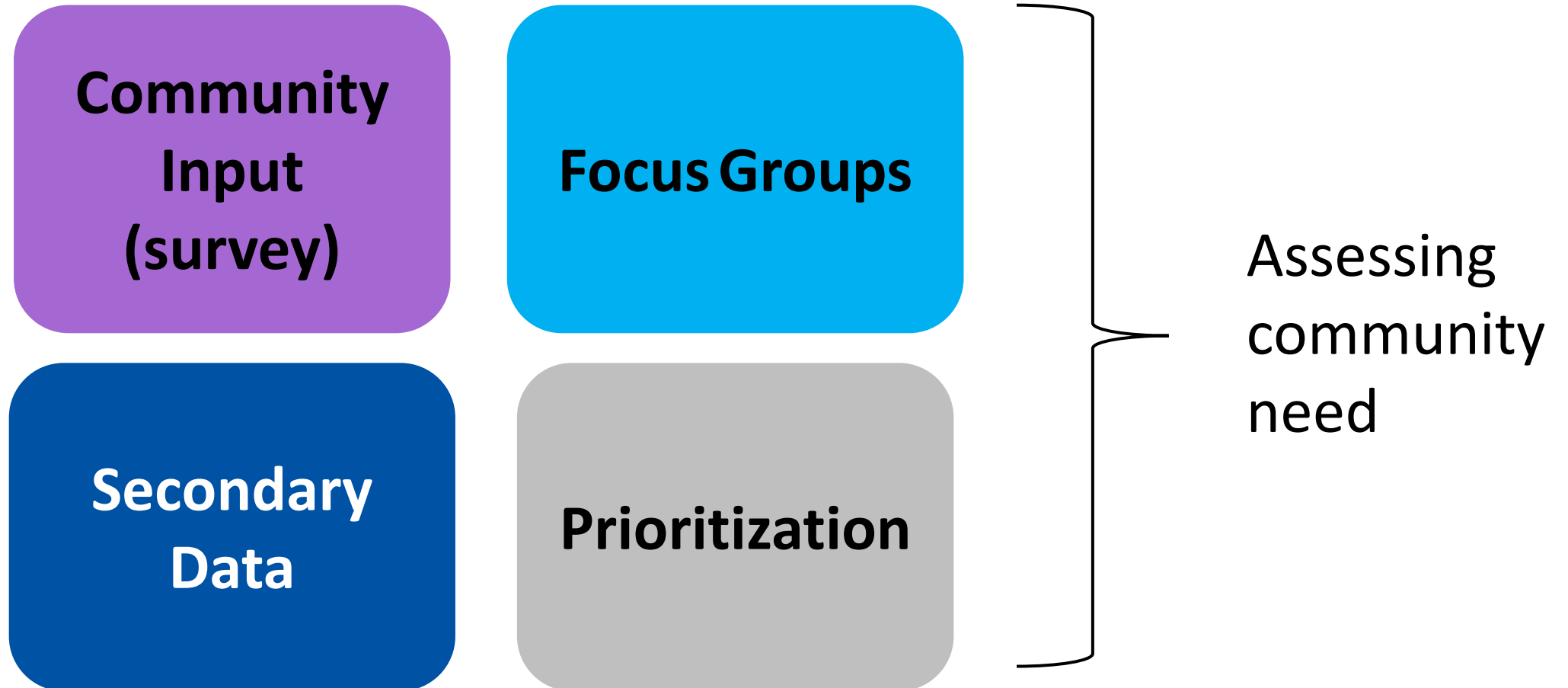
Local Data

- Community Health Needs Assessment
 - Collaboration with Health Care Coalition and Frederick Health Hospital
 - Every 5 years
 - Last completed 2022
 - 2023 will have an interim report





Four Report Components





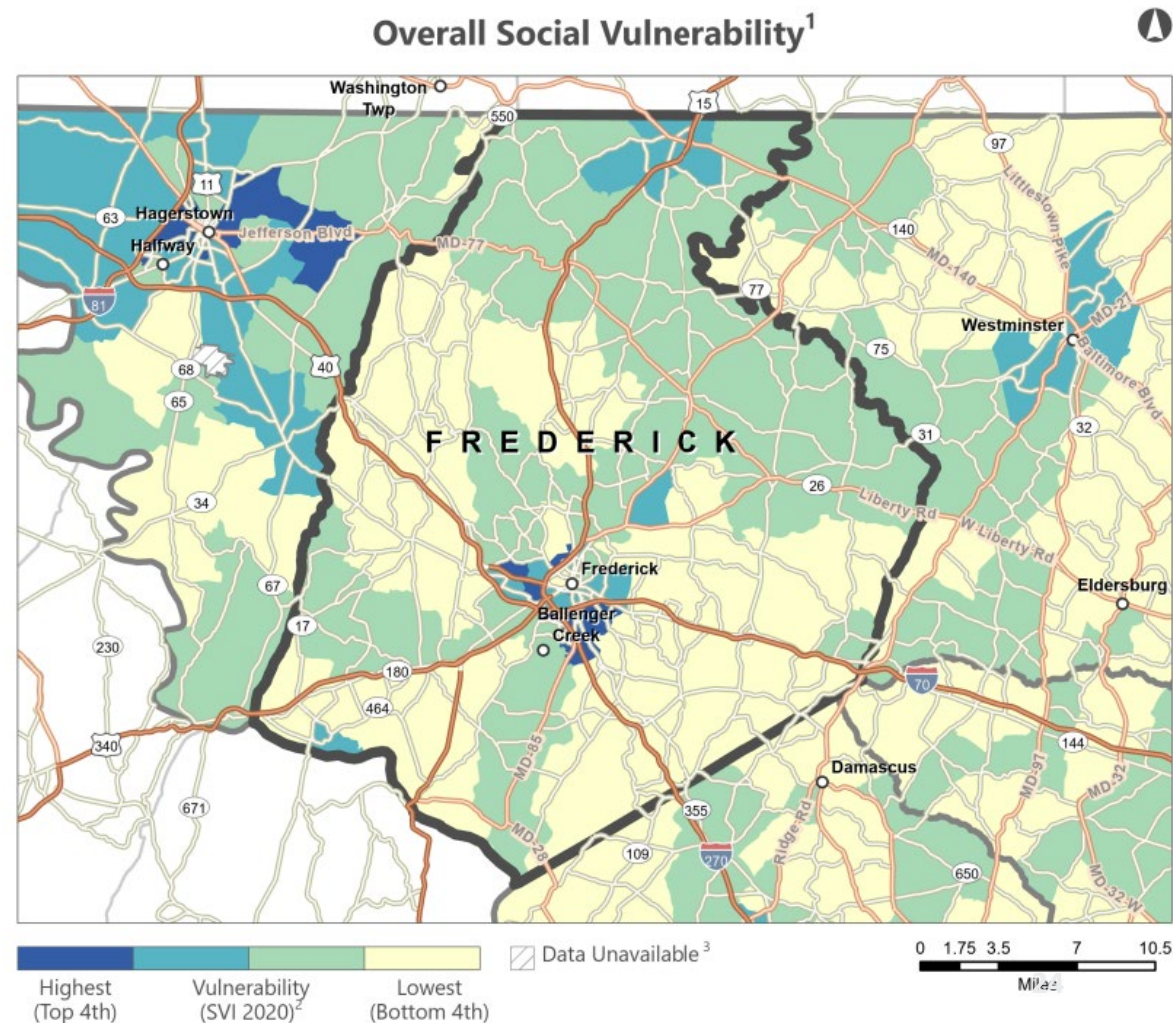
Geographic Disparities

- Different experiences in different parts of the county.
- CDC Social Vulnerability Index shows areas where our community is most vulnerable (darker blue)
- Place matters!
- Granular data matters!

Source: [CDC Social Vulnerability Index](#)

CDC/ATSDR Social Vulnerability Index 2020

FREDERICK COUNTY, MARYLAND

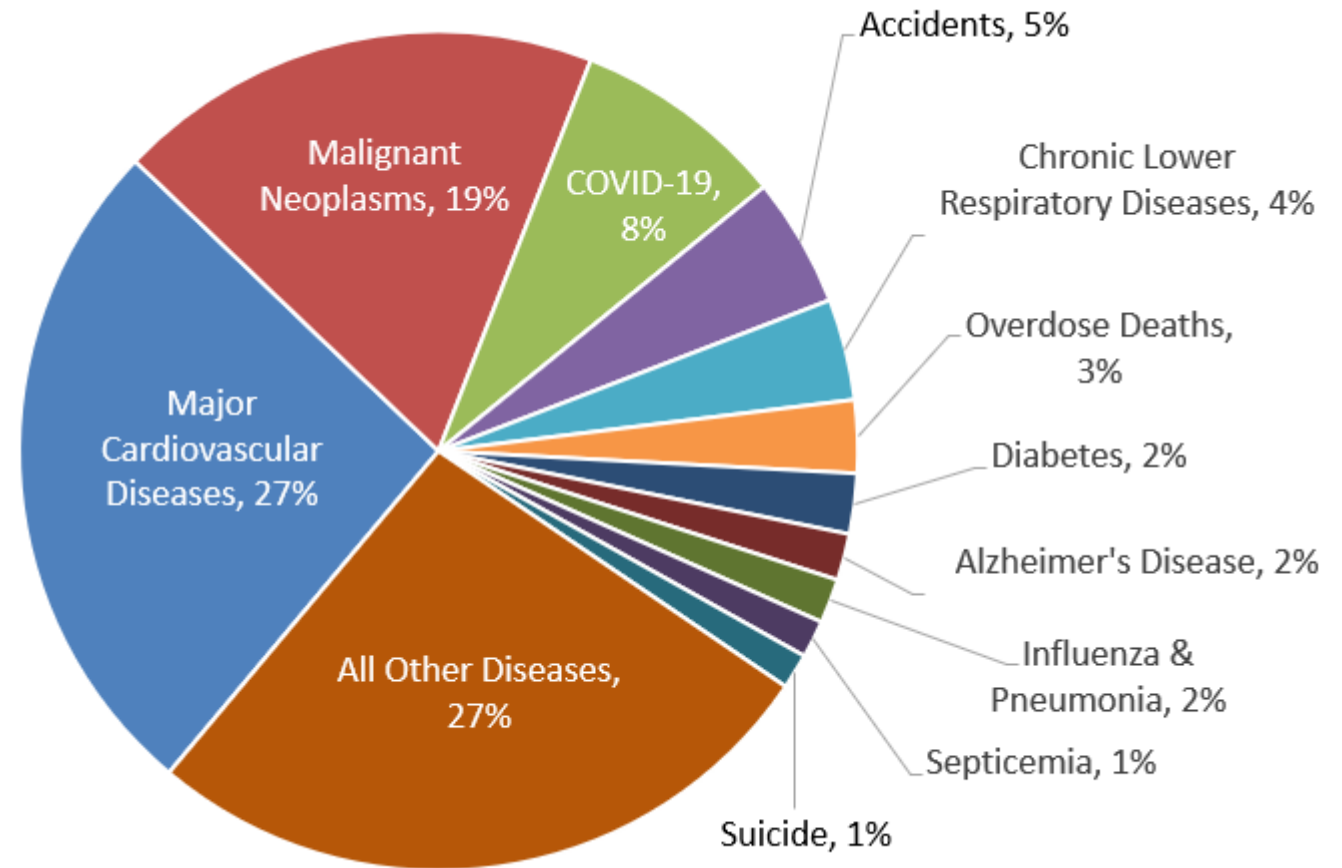


Leading Causes of Death in Frederick County, 2020

- Cardiovascular Disease, 594
- Malignant Neoplasms, 429
- COVID-19, 188
- Accidents, 144
- Chronic Lower Respiratory Diseases, 89
- Overdose Deaths, 64
- Diabetes, 53
- Alzheimer's Disease, 41
- Influenza & Pneumonia, 39
- Septicemia, 33
- Suicide, 31

All Other Diseases: 544

TOTAL: 2219





Data shows health disparity

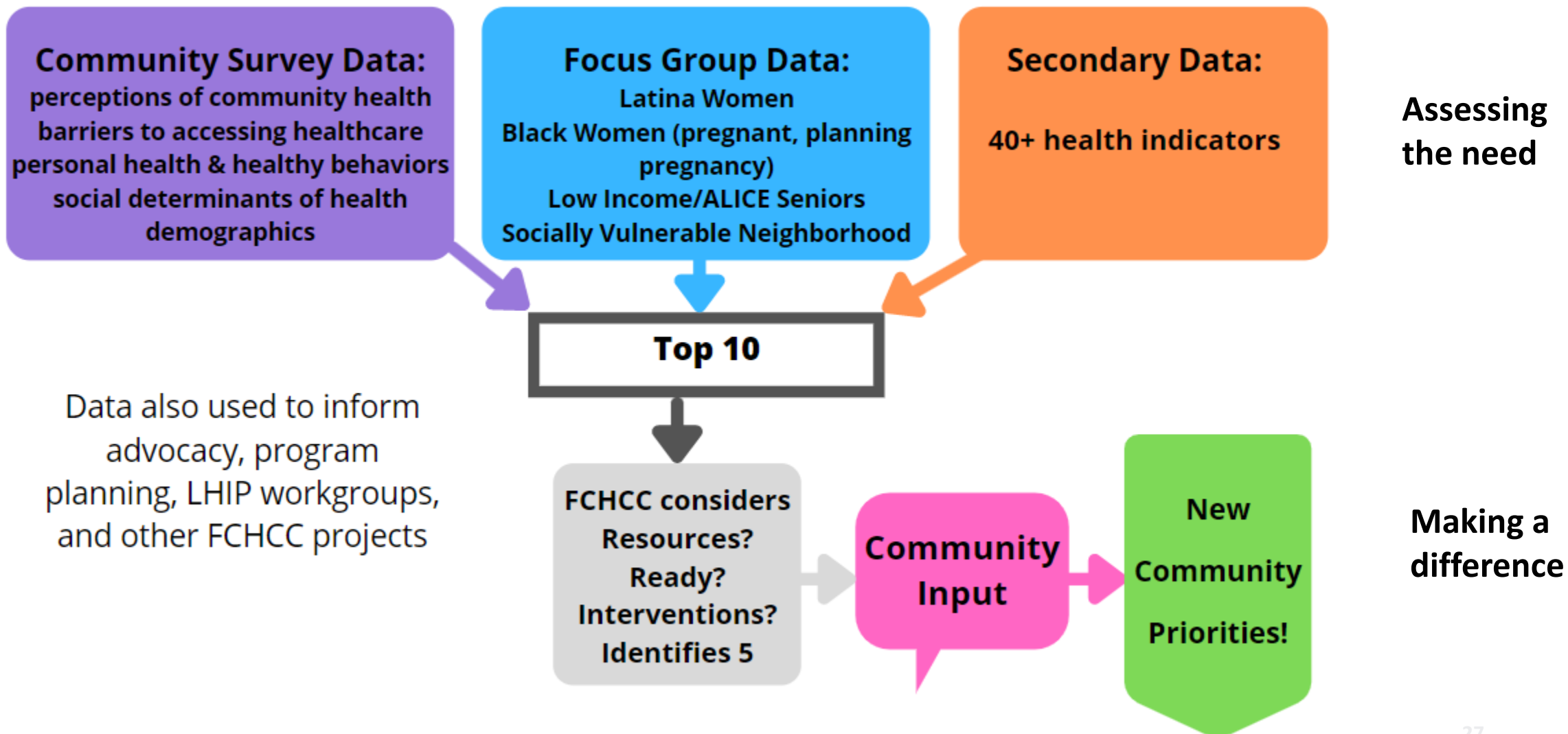
Disparities

- When we have data by race, ethnicity, gender, zip code, etc., we can identify disparities and adjust our programs and services to better address our community's needs.
- Working with the state to get more disaggregated data.

Health Indicator	Data Source	Disparities Identified		
		Gender	Race/ Ethnicity	Details
Adverse Childhood Experiences (ACEs in adolescents) (1+)	2018 YRBS			Vary by question
Binge Drinking	2019 BRFSS & 2018 MD YRBS			White female adolescents
Breast Cancer (incidence)	2019 MD CRF Report	N/A		Black
Colorectal Cancer (incidence)	2019 MD CRF Report			Men and Black
C-section Births	2019 MD Vital Stats	N/A		Black
Early Prenatal Care (did not get)	2019 MD Vital Stats	N/A		Hispanic, Black
Electronic Vapor Product Use (Adults & adolescents)	2019 BRFSS & 2018 MD YRBS			White female and multiple race male adolescents
Infant mortality	2019 MD Vital Stats	Data not Available		Black
Low birth weight	2019 MD Vital Stats	N/A		Blacks, Hispanic, White
Lung Bronchus Cancer (incidence)	2019 MD CRF Report		-	Men
Melanoma Cancer (incidence)	2019 MD CRF Report		Insuff. data	Men
No Physical Activity (Adults & Adolescents)	2019 BRFSS & 2018 MD YRBS			Black and Hispanic female adolescents
Obesity (adults & adolescents)	2019 BRFSS & 2018 MD YRBS			White and Hispanic female adolescents
Oral Cancer (incidence)	2019 MD CRF Report		Insuff. data	Men
Preterm birth	2019 MD Vital Stats	N/A		Black, Asian, Hispanic
Prostate Cancer (incidence)	2019 MD CRF Report	N/A		Black
Teen birth rate	2019 MD Vital Stats	N/A		Black and Hispanic
Tobacco Use (Current adult Smoker & Current Cigarette use adolescents)	2019 BRFSS & 2018 MD YRBS			Male Hispanic adolescents



Assessing the Need + Making a Difference





Community Priorities based on 2022 Report





Local Health Improvement Plan

- Workgroups continue to meet on the topics of:
 - Adverse Childhood Experiences (ACEs)
 - Diabetes
 - Mental Health
- Quarterly community meetings are held to keep community updated on progress. Next meeting July 18 @11am.

Health.FrederickCountyMD.gov/LHIP





New Data for 2023 Interim Health Report



Youth Risk Behavior Survey (YRBS)

The Maryland YRBS is a CDC-sponsored survey of students in Maryland public **middle and high schools**, focusing on **behaviors that contribute to the leading causes of death and disability**, including but not limited to, alcohol and other drug use, tobacco use, sexual behaviors, unintentional injuries and violence, and poor physical activity and dietary behaviors.





By the Numbers: 2021-22 Frederick County YRBS

- Survey Administration from Sept. 27, 2021 – January 28, 2022 (state range)
- 11 Frederick County middle and 10 high schools surveyed
- 4,495 Frederick County students completed surveys
 - 1,282 middle school students
 - 3,213 high school students
- Over % overall response rate
 - 85% middle school students
 - 84% high school students

A lot of questions!!
82 for Middle School survey
99 for High School survey



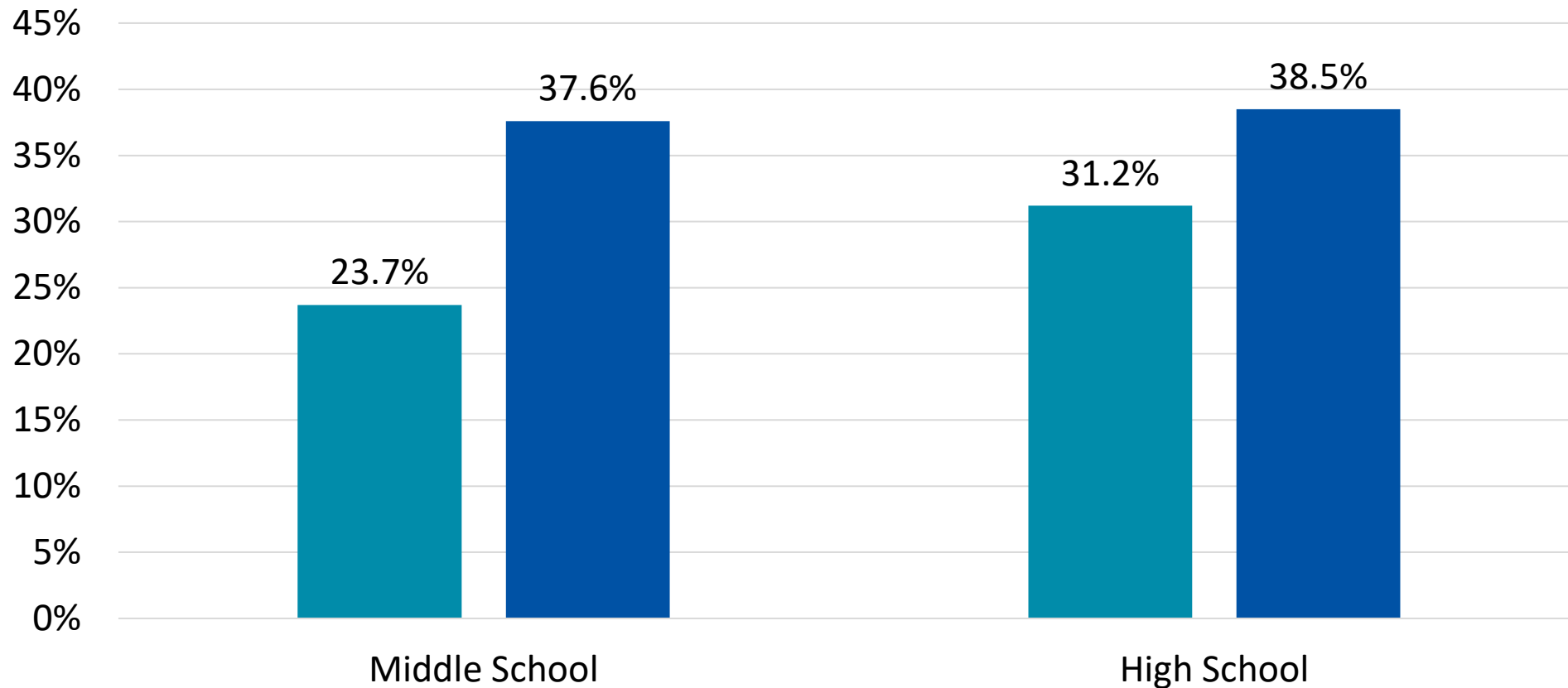
Overall Trends from the 2021-2022 YRBS

- Despite the return to in-person learning environments, Maryland's students are undoubtedly **still feeling the effects of the pandemic** which have contributed to the **poor mental health outcomes** found on the most recent YRBS.
 - **Female students and students identifying as LGBTQ+** were significantly **more likely** to report these mental health issues.
- Changes in youth lives related to virtual learning and social isolation may have contributed to the **rapid decline of most substance misuse** including tobacco, alcohol, marijuana, and other illicit substances.



Mental Health

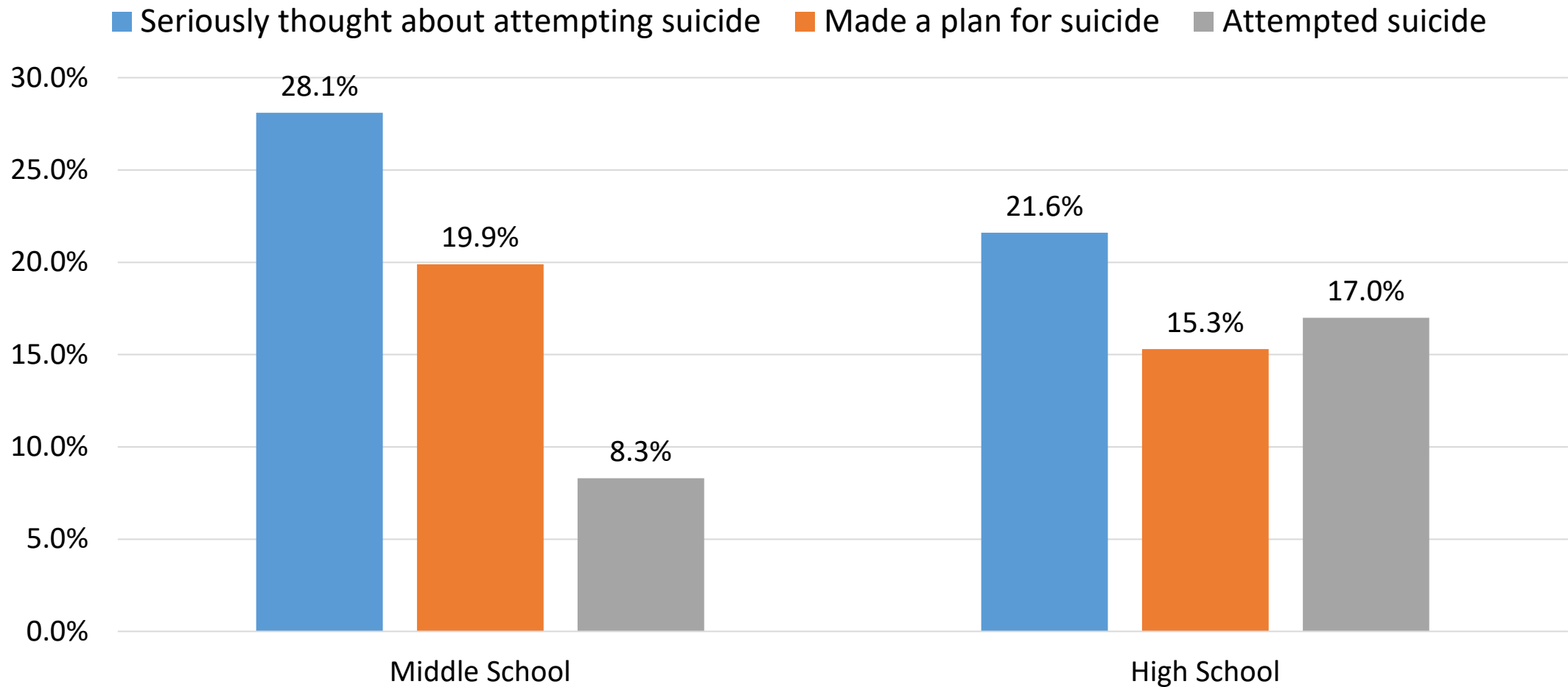
- Mental health was most of the time or always not good 30 days before survey
- Felt sad or hopeless almost every day for 2 weeks, stopped usual activities



Sad/hopeless in 2018:
22.4 % middle
31.2% high school



Suicide

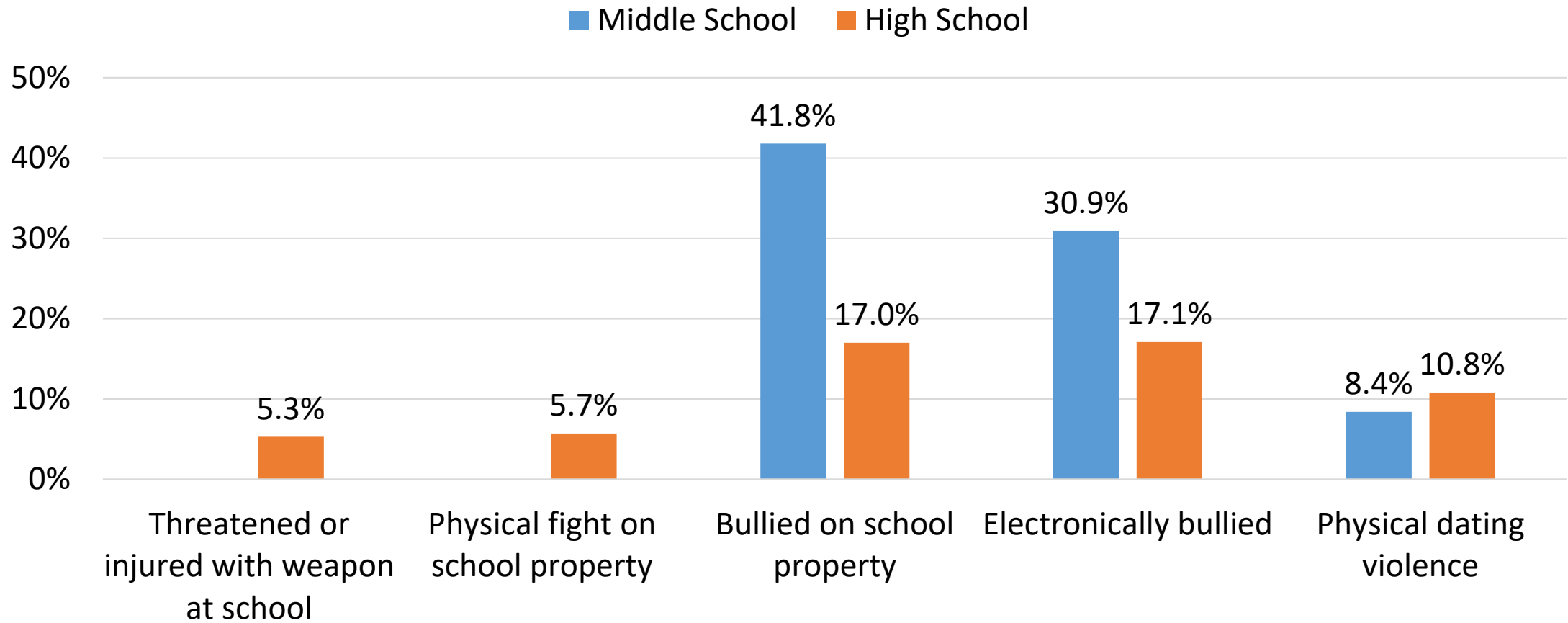


2018: 18.2% thought of suicide, 10.3% planned a suicide, 4.9% attempted suicide

2018: 16.9% thought of suicide, 14.2% planned a suicide

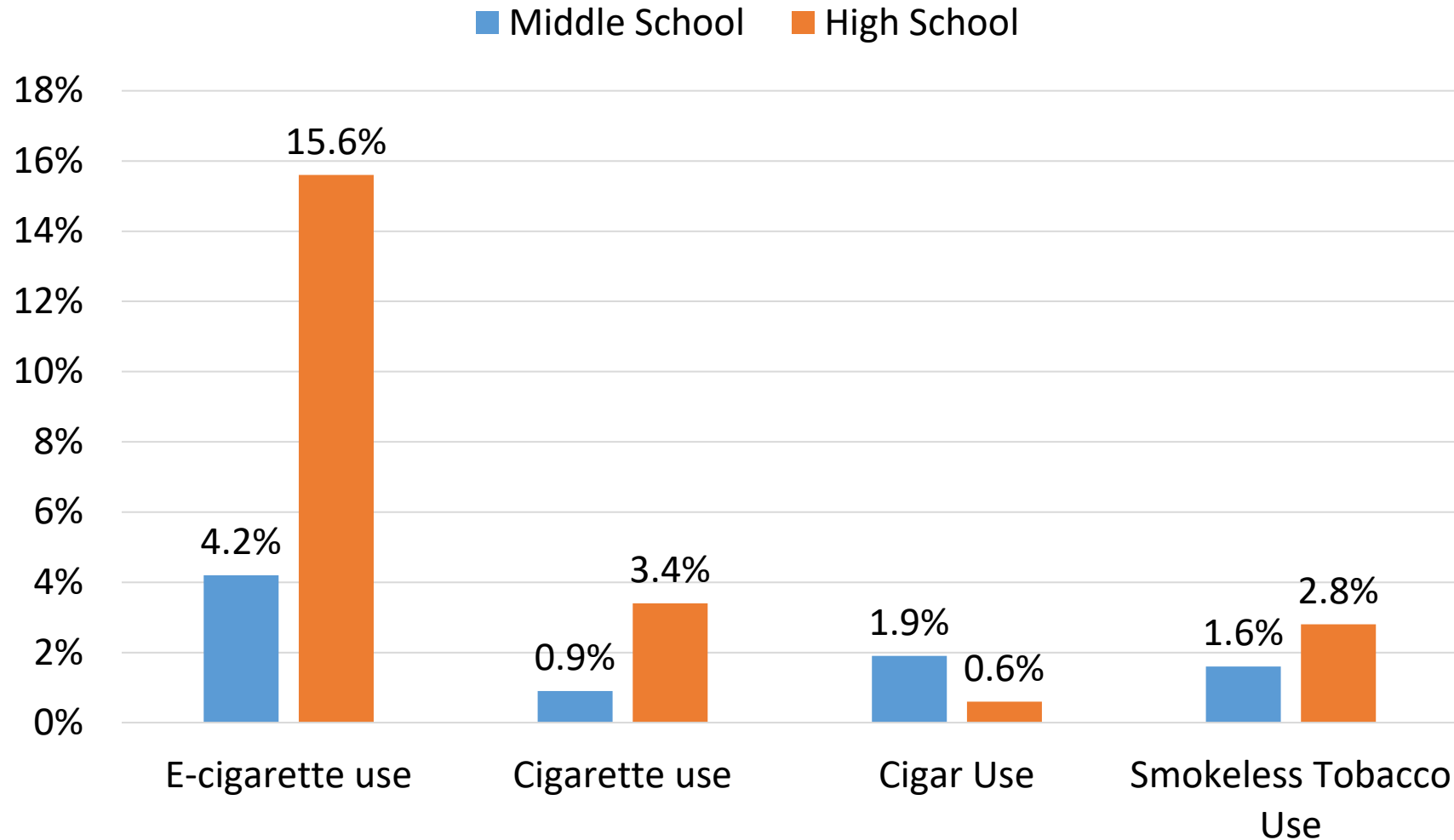


Violence





Substance Use in Last 30 Days



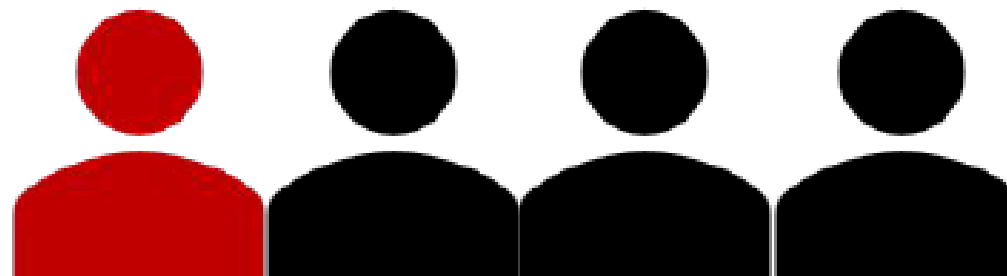
Decrease across most tobacco products between survey years 2018-19 and 2021-22.



Substance Use – Current Alcohol Use

About **1 in 4** (24.2%) of high school students currently drink (last 30 days). 6.3% of middle school students currently drink

2018: Middle School 6.2%, High School 20.9%



Over **1 in 10** (12.9%) of high school students binge drank in the past 30 days.

2018: High School 17.6%





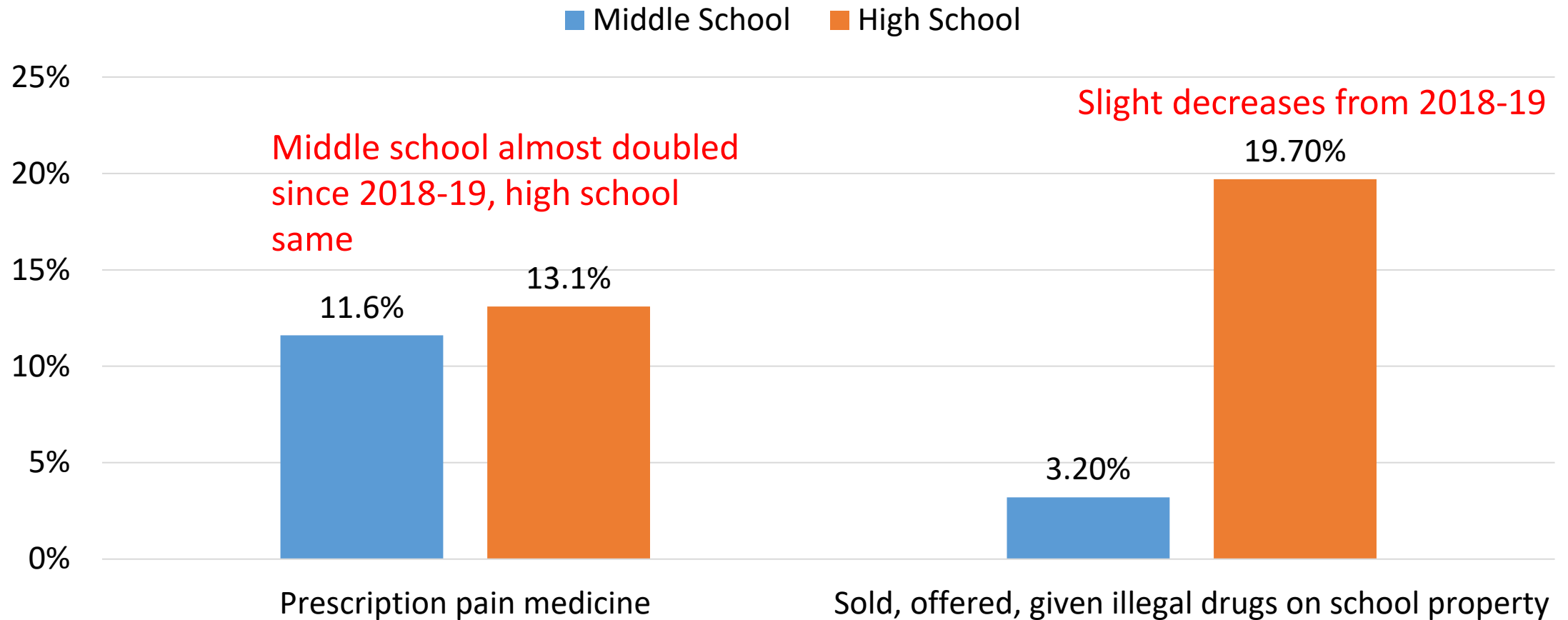
Substance Use – Cannabis Use

With the upcoming legalization of adult cannabis possession and use in July, the baseline for current cannabis use among high school students is important to know.

- **2.9%** of middle school students reported past 30 day use of cannabis. **2018: 3.4%**
- **13.6%** of high school students reported past 30 day use of cannabis. **2018: 19.6%**



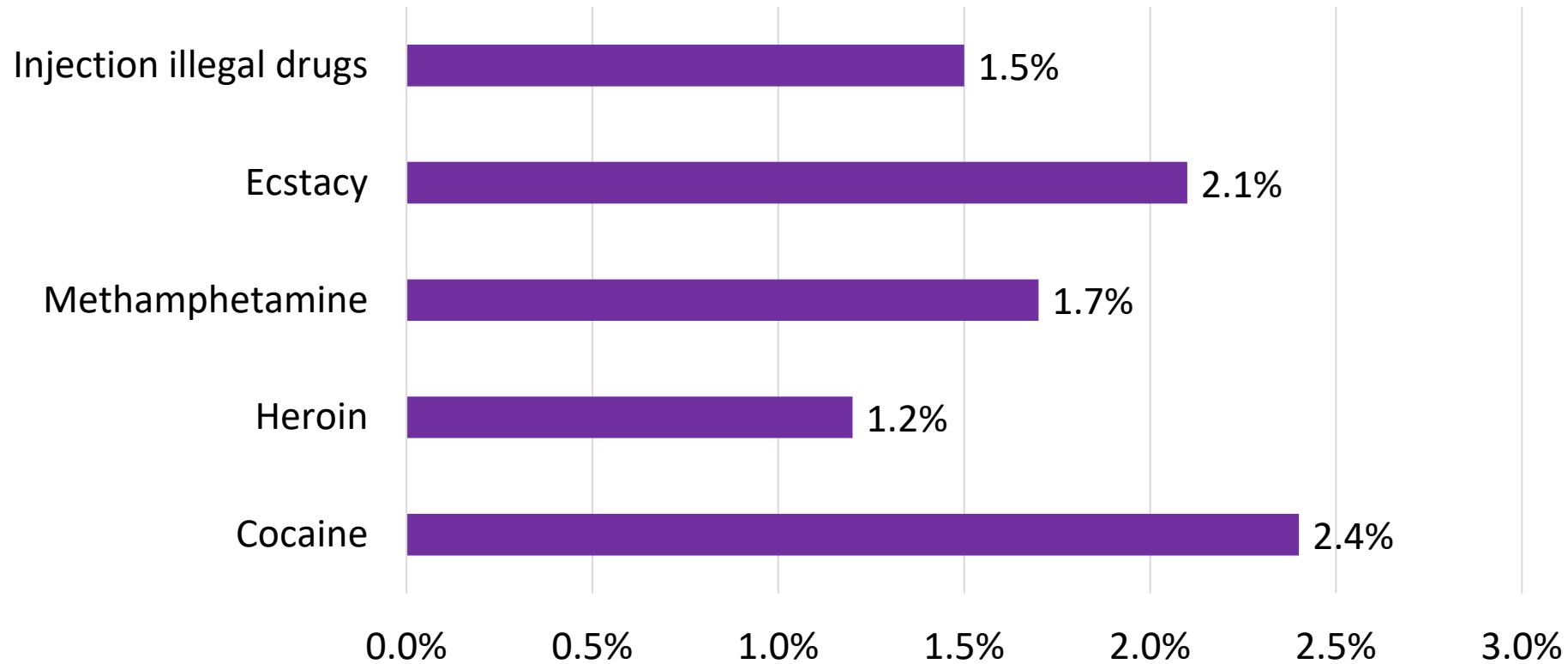
Substance Use – Other Substances





Substance Use – Other Substances, cont.

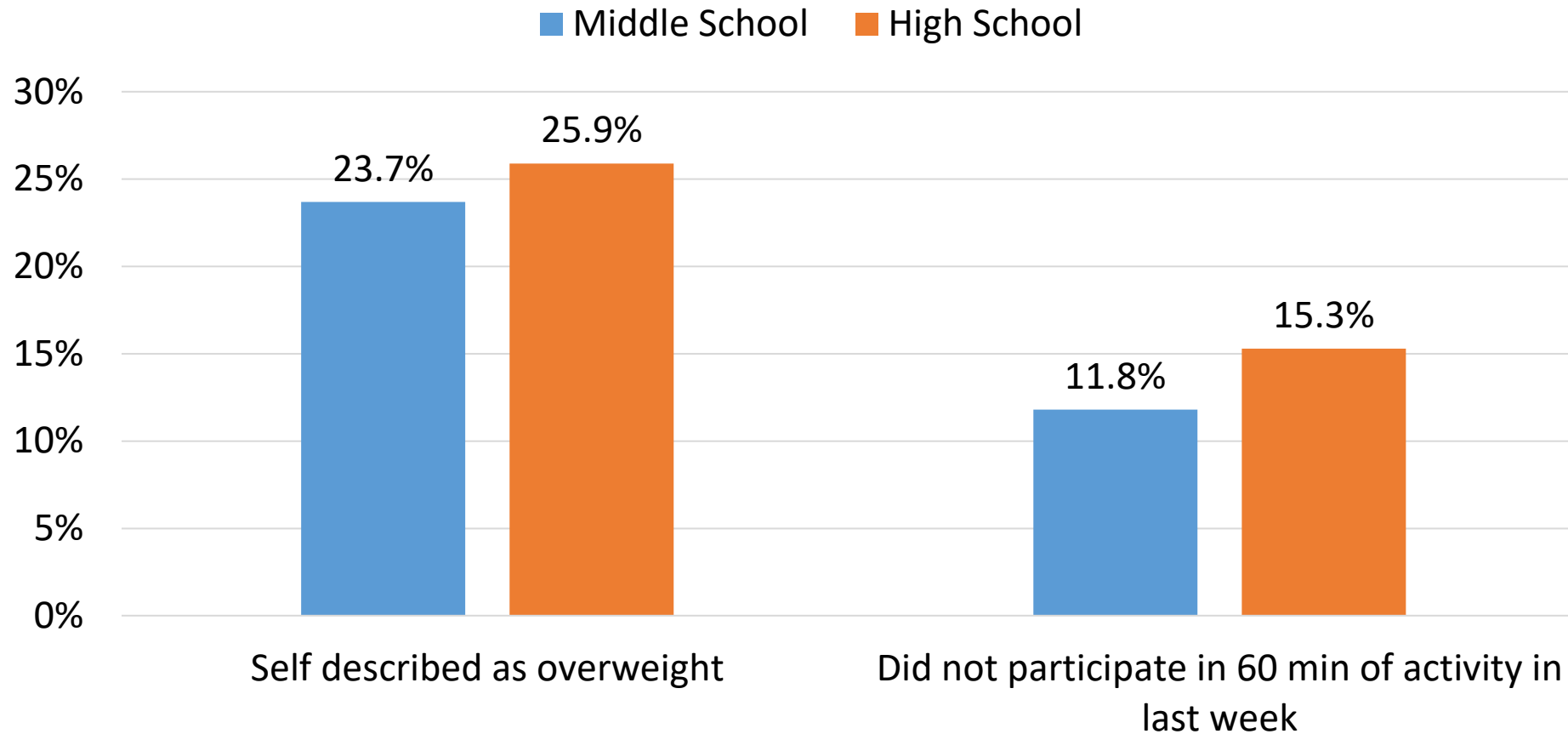
High School



Decrease across
all drug use
between survey
years 2018-19
and 2021-22.



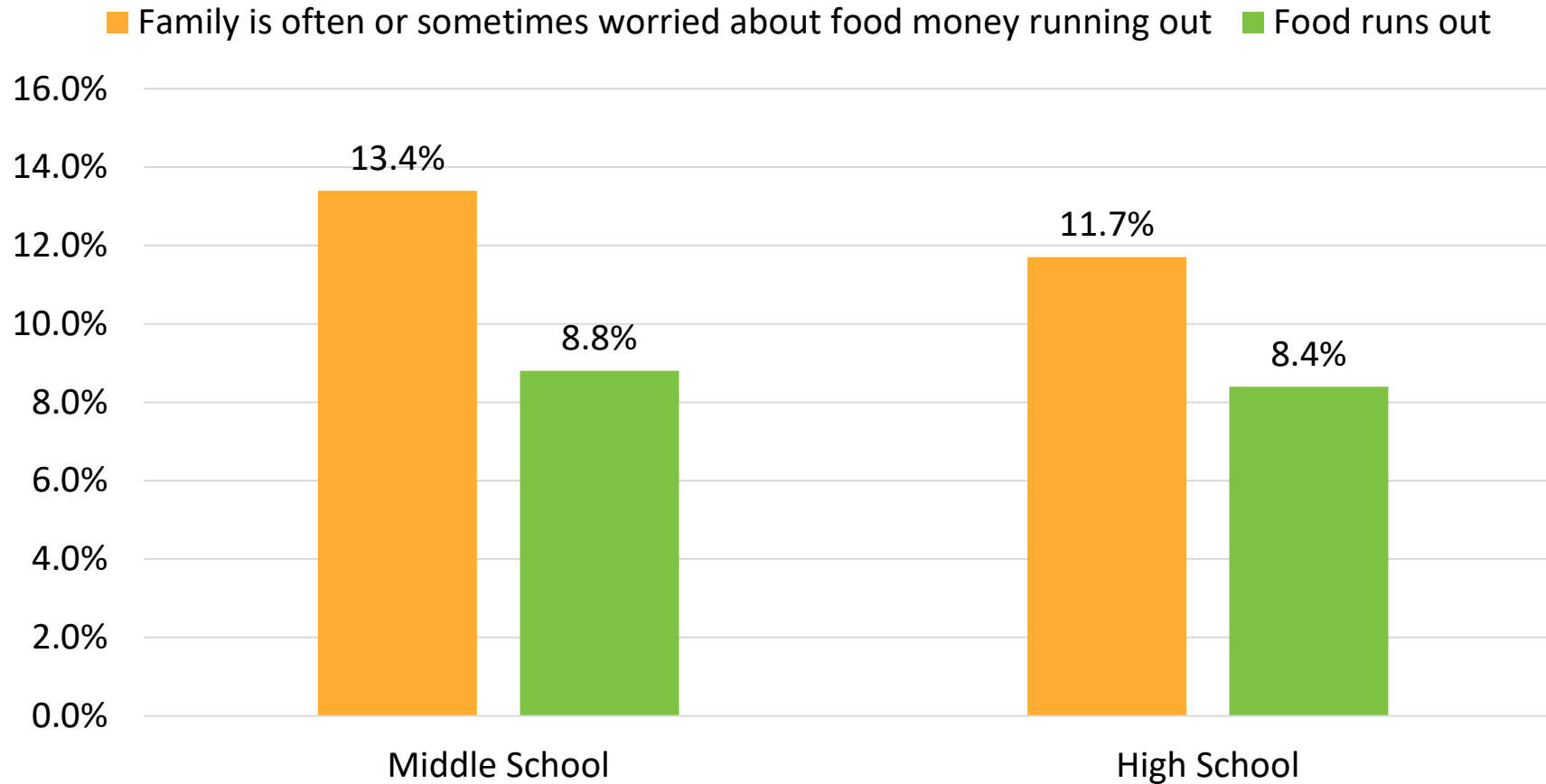
Physical Activity



No big changes between survey years 2018-19 and 2021-22.



Family Life – Food Insecurity



2021-22 somewhat better than 2018-19, but many pandemic-related assistance programs have ended.

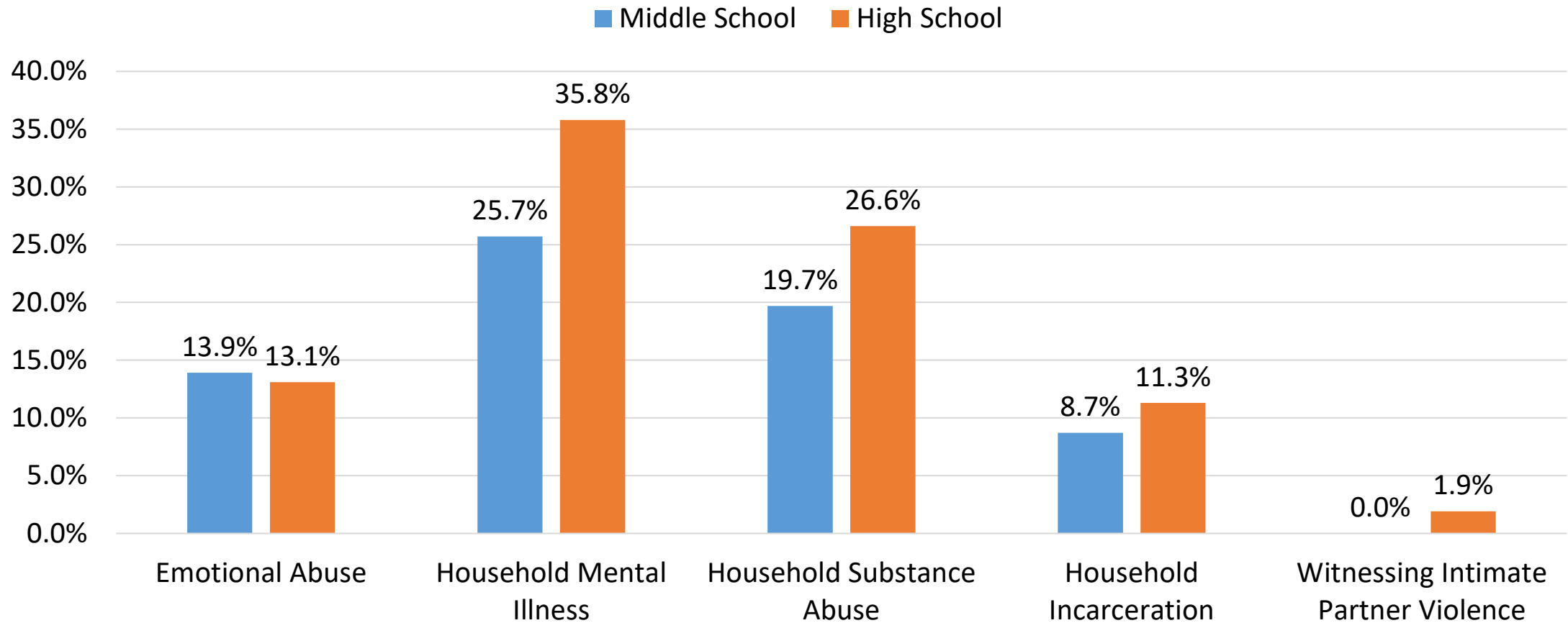


Adverse Childhood Experiences (ACEs)





Adverse Childhood Experiences (ACEs)

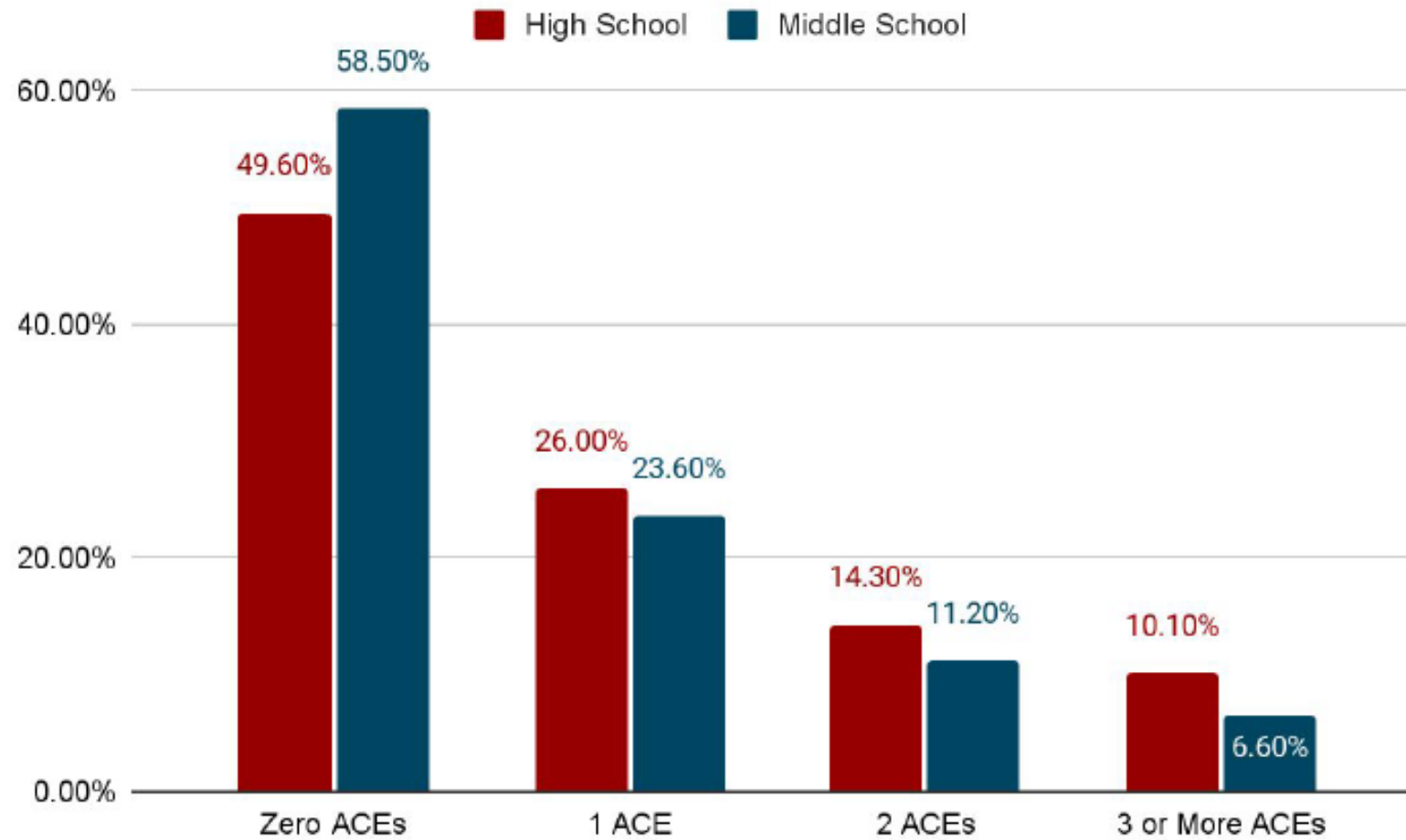




Adverse Childhood Experiences (ACEs)

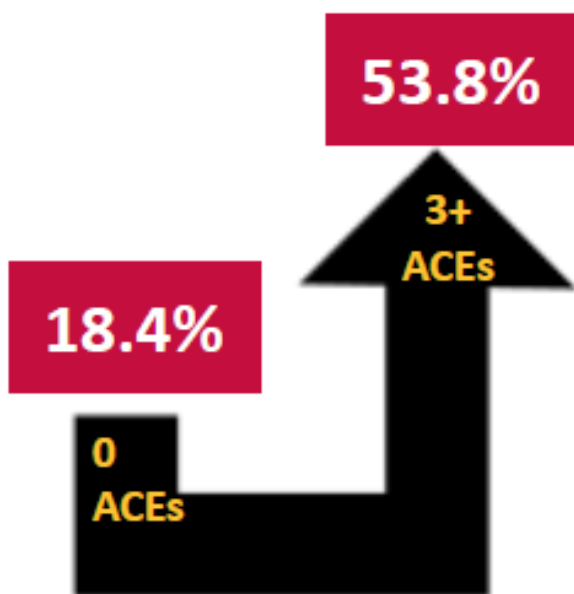


Students with Multiple ACEs – Frederick County

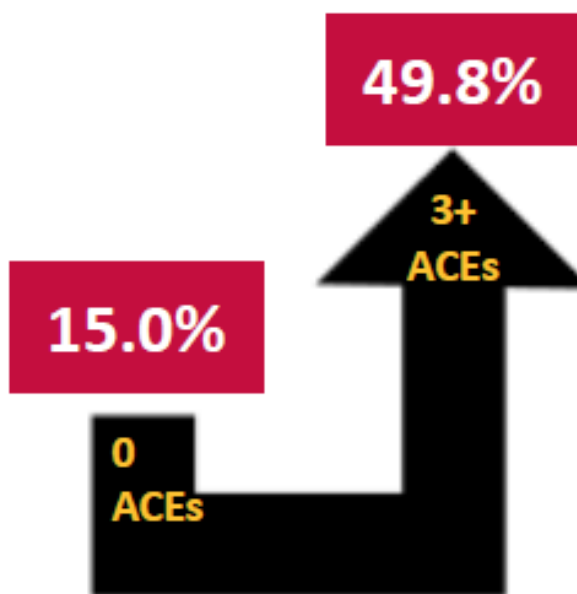




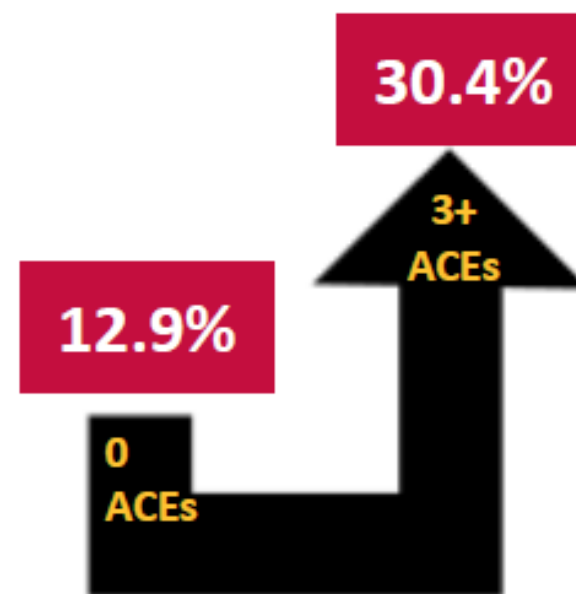
Multiple ACEs x Risk Behaviors – Frederick County



Mental Health Most
of the Time/Always
Not Good



Ever Sexual
Intercourse



Suicide
Attempt



Positive Childhood Experiences (PCEs)

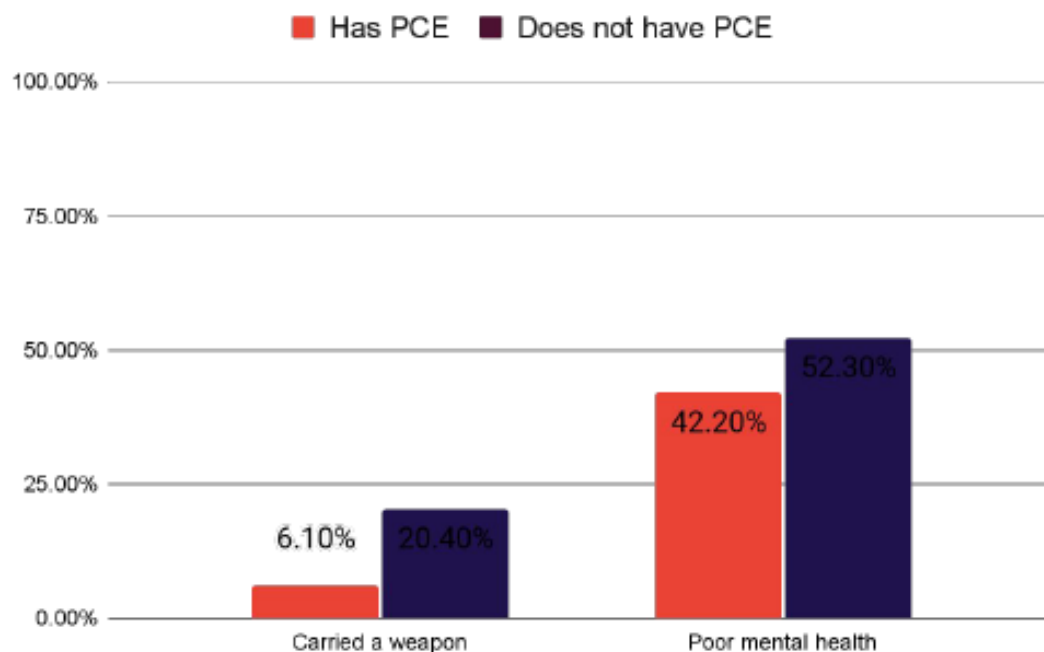


To mitigate the effects of ACEs, communities can focus on strategies that promote **positive childhood experiences**, which can lessen the effect of ACEs and reduce ACE exposure.

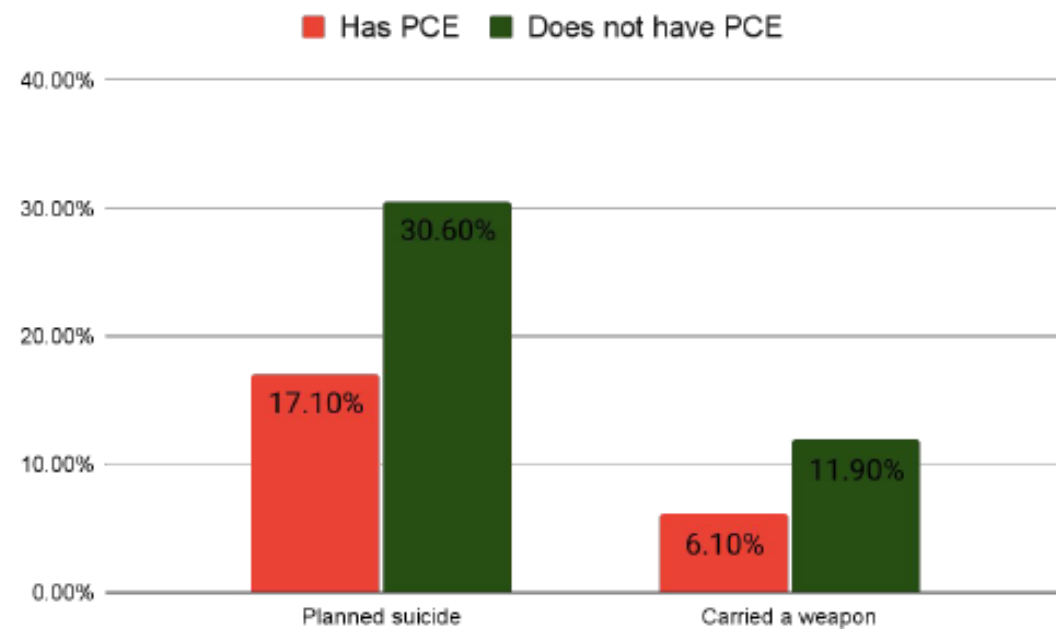


PCEs and Risk Behaviors (Students with 1 or more ACE) - Frederick County HS (2)

Food secure



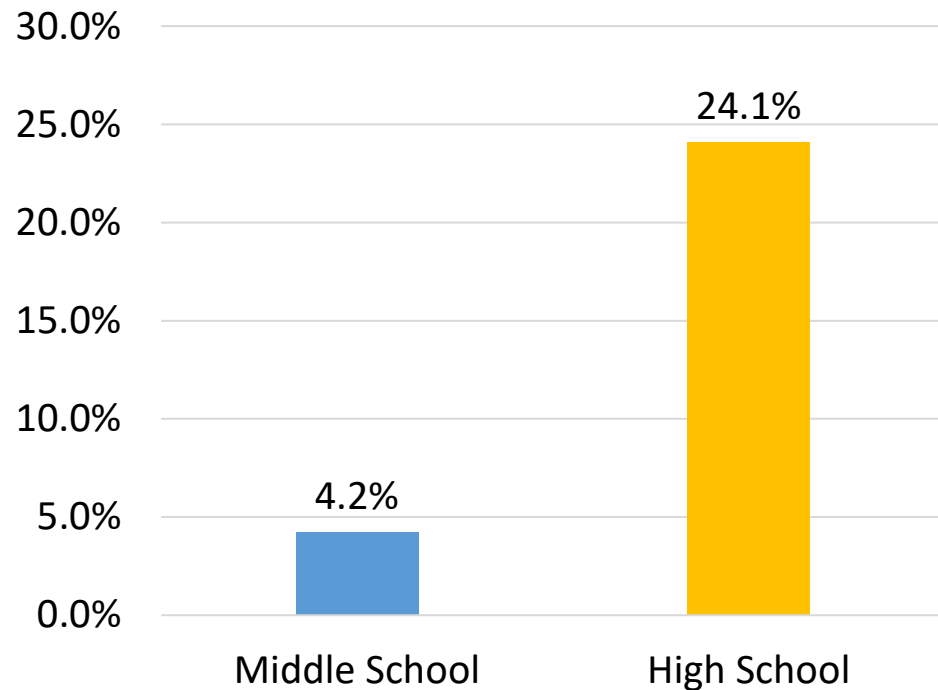
Two or more non-parent adult support



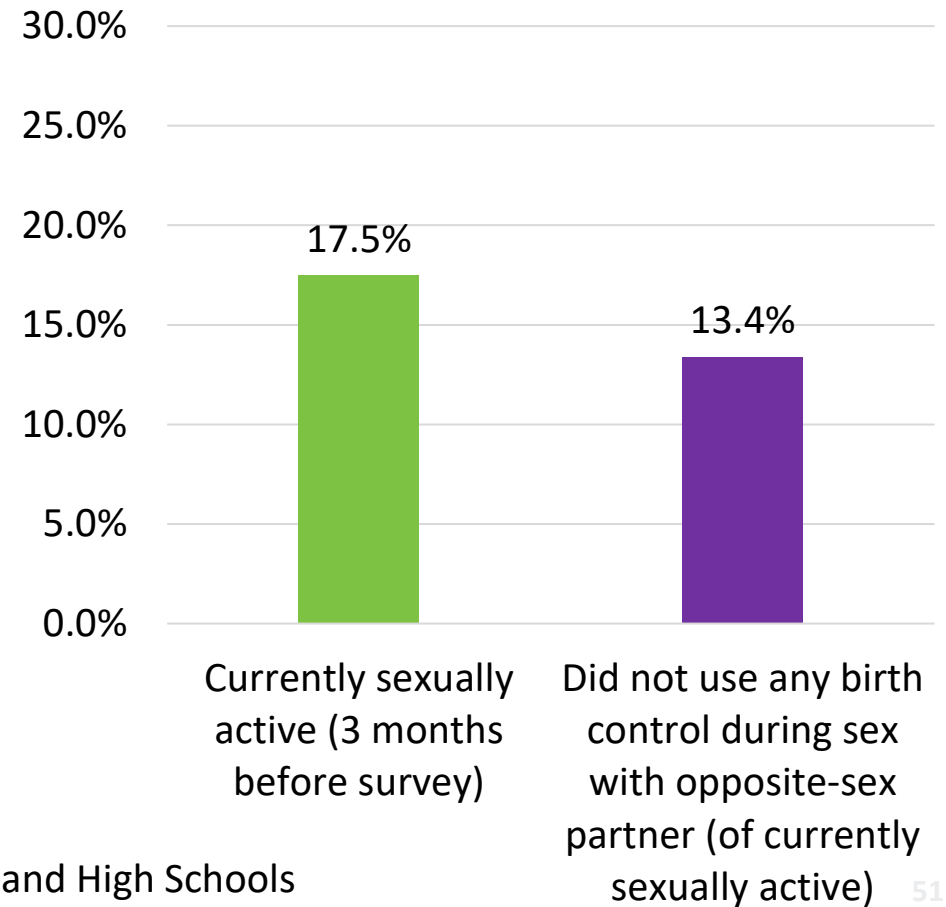


Sexuality

Ever had sexual intercourse



High School Sexual Activity





Disparities Among LGBT Students

- Sexual orientation and gender identity questions were asked on the high school YRBS survey.
- According to the 2021 Maryland Youth Risk Behavior Survey (YRBS), **26%** of Frederick County students sexually identified as **other than Heterosexual**.
 - Prevalence is two and a half times higher than in 2013 (10%), the first year of this report.
- The most frequently selected identity was **Bisexual (11%)**, while **4%** identified as **Gay or Lesbian**. The remaining students described themselves as **Other (5%)**, **Questioning (4%)**, and **Not Sure (2%)**.
- Among all students, **3.4%** identified as **Transgender**.
 - Of all Lesbian, Gay, and Bisexual (LGB) students, 11% identified as Transgender. Within Other/Questioning students, 18% identified as Transgender.
- **Overall, LGBT students continue to have more personal challenges and risk behaviors compared to their Heterosexual counterparts in areas such as mental health issues, physical health concerns, weaker parental ties, bullying, sexually activity, and substance use.**



Final Thoughts

- Increases in poor mental health outcomes call for **improved access to mental health support in school and at home** and **increasing positive childhood experiences** through peer supports, school-based extracurricular activities, and adult support.
- As students return to school, we hope that there are programs in place to **educate and re-emphasize the harms of substance use**.
- The next YRBS data set (2022-2023) will be released early 2024 and will include the full 8 question ACEs module on the high school survey.
- The next YRBS administration is scheduled for Fall 2024.



Interim Community Health Assessment

- Coming soon – summer of 2023
- Updated data shared with community and LHIP





Review DRAFT Procedure for Recruiting, Reviewing, and Selecting Board of Health Liaisons



An Act To Establish a Board of Health

- Frederick County Council passed legislation April 18, 2023 to establish a Board of Health and the County Executive signed it April 25 for an effective date of June 17, 2023.
- Under Md. Code Ann., Health-Gen. § 3-201(b), the county's "governing body" [Council + Executive] was its ex officio board of health, unless and until the county established a board of health. Under Health-Gen. § 3-306(c) the health officer is the executive officer and secretary of the county board of health.



Bill No. 23-06
Concerning: Establishing a Board of Health
Introduced: March 7, 2023
Revised: _____ Draft No. _____
Enacted: April 18, 2023
Effective: June 17, 2023
Expires: June 5, 2023
Frederick County Code, Chapter 1-2
Section(s) 900-905

COUNTY COUNCIL FOR FREDERICK COUNTY, MARYLAND

By: Council Member Jerry Donald

AN ACT to: Establish a Board of Health in Frederick County.

Date Council Approved: 4/18/2023 Date Transmitted to Executive: 4/25/2023
Executive: Junica Fitzgerald Date Received: 4/25/2023
Approved: ✓ Date: 4/25/23
Vetoed: _____ Date: _____
Date returned by County Executive with no action: _____
By amending:
Frederick County Code, Chapter, 1-2 Section(s) 900-905
Other: _____



Board of Health Powers and Duties

Chapter 1-2: Administration
Article XVIII. Board of Health

1. Have the powers and duties granted to a local board of health under State law including those provided in Title 3 of the Health-General Article of the Annotated Code of Maryland.
2. Assist and cooperate with the Secretary of the Maryland Department of Health in health-related matters, including behavioral health.
3. Have general responsibility for the health and sanitary interest of the people of the County including the investigation and study of the causes of disease, epidemics and nuisances affecting public health, behavioral health, the prevention of contagious diseases and the preservation of health.
4. Advise the County Executive and County Council on health matters including behavioral health.
5. Have the power to administer oaths, issue subpoenas and apply for injunctive relief.
6. At the request of the County Executive or a majority of the County Council, the Frederick County Health Officer (or their alternate) will convene a meeting of the Board of Health to review and make recommendations on any matter related to public health.



Board of Health Membership

Membership =

- ✓ The 7 County Council members
- ✓ The County Executive
- ✓ The Frederick County Health Officer

- ✓ Executive officer and secretary = the Frederick County Health Officer

- ✓ All members have full voting privileges



NEW Liaison Positions - Qualifications

Purpose: Liaisons shall serve as a resource, provide information and data, and answer questions as needed or requested by the Board of Health.

The Board shall appoint the following 6 liaisons:

- ☐ An Epidemiologist
- ☐ A nurse
- ☐ A mental health professional
- ☐ A veterinarian
- ☐ A member from the Frederick Chamber of Commerce, and
- ☐ One (1) person with a science related background



NEW Liaison Positions – Appointment Terms

- Liaisons shall be appointed and confirmed by a majority of the Board of Health
- Liaisons shall have no voting privileges, and will not be counted in determining the presence of a quorum
- Liaisons will serve without compensation.
- With the exception some of the initial appointments, the term of office of each of the members shall be for a period of three (3) years.
 - Of the initial 6 appointed liaisons,
 - 2 shall be appointed for a term that expires in 1 year,
 - 2 shall be appointed for a term that expires in 2 years, and
 - 2 shall be appointed for a term that expires in 3 years



NEW Liaison Positions – Appointment Terms, cont'd

- Liaisons may be reappointed but may not serve more than 2 full consecutive 3-year terms.
- Vacancies shall be filled on the same basis as the original appointments for unexpired terms and shall be filled with a person of the same or similar background of the liaisons being replaced.
- Liaisons shall continue in office until their successors are appointed and qualified.



Board of Health - Meetings

- The Fredrick County Board of health shall meet in May and October of each year and at any other time the Board considers necessary.
- Meetings shall take place at a Frederick County location which is open and accessible to the public.
- A majority of the members shall constitute a quorum for the transaction of business.
- Any motion of the Board requires the affirmative vote of at least five (5) members to pass.

Liaison Recruitment – Next Steps in the Process

Determine application content

- ☐ Demographic information (name, whether reside/work in FCo, zip code, e-mail address, age decile, R/E, SOGI (optional))
- ☐ List to select one of the five liaison areas of expertise applying to fulfill (one per application)
- ☐ Questions asking about interest in serving, qualifications, availability for evening in-person meetings, disclosure of potential professional or financial conflict of interest.

Determine recruitment process

- 5 general expertise areas - post Public Notice of recruitment in the Frederick News Post 2 Saturdays in a row in addition to posting on social media, distributing through e-mail distribution channels and issuing a media release. An online and paper application will be available. [see next slide example of draft notice]
- 1 specific organization source – contact Chamber of Commerce directly with same information to solicit a recommendation and completion of an application



DRAFT Public Notice of Liaison Recruitment

PUBLIC NOTICE

Frederick County Board of Health

The Frederick County Board of Health ("Board") is seeking applications from individuals interested in serving as liaisons on the Board.

The Board shall consist of the seven Frederick County Council members, the County Executive, and the Frederick County Health Officer. The BOH meets in May and October of each year and at any other time it considers necessary.

The Board has the powers and duties granted to a local board of health under State law including those provided in Title 3 of the Health-General Article of the Annotated Code of Maryland. The Board also has the general responsibility for the health and sanitary interest of the people of the County including the investigation and study of the causes of disease, epidemics and nuisances affecting public health, behavioral health, the prevention of contagious diseases and the preservation of health. The Board is to advise the County Executive and County Council on health matters including behavioral health.

Liaisons shall serve as a resource, provide information and data, and answer questions as needed or requested by the Board of Health. The Board shall appoint the following liaisons:

1. An epidemiologist;
2. A nurse;
3. A mental health professional;
4. A veterinarian; and
5. One (1) person with a science related background.

The liaisons shall be appointed and confirmed by a majority of the Board. The liaisons shall have no voting privileges and will not be counted in determining the presence of a quorum. The liaisons will serve without compensation.

For more details about the Board and to complete the online application, please go to (website address where application will be found) or contact the Frederick County Health Department to request an application form by contacting xxx, 301-600-xxx or xxx(add e-mail address).

Deadline to apply: 4:00 p.m. on Friday, (month and day), 2023



Liaison Recruitment – Next Steps in the Process

Determine selection process for appointment

- Packet of all applications distributed to all members
- All members review applications – closed session and narrow down to 1 applicant
- All members vote on applications – open session vote on single applicant per category

Are there preferences of interest, for example:

- preference for Frederick County residents and Frederick County workers
- preference for current employment experience in an area of selected expertise
- preference for others, e.g., years of experience in selected expertise, region of county, ??

Assign staggered terms with the areas of expertise with the greatest # of applicants being assigned the shorter initial terms.

Timing - Set July 1 – June 30 as the term to reduce the confusion with the majority (all but 2) of the Boards and Commissions in Frederick County Government. (Ideally the liaisons would be appointed and oriented before the October meeting.)



BoH Liaison – Onboarding Planning

Onboarding to include:

1. Board of Health local and State legislative documents
2. In-person orientation prior to the first Board of Health meeting occurring after appointment
3. Open Meetings Act training
4. Corporate Compliance/Conflict of Interest training



Board of Health - Website

Board of Health

Maryland law establishes a Board of Health in each county. The local Board may adopt and enforce rules and regulations on any nuisance or cause of disease in the county as long as these are not contrary to and are at least as stringent as existing State laws, rules and regulations. The membership of the Board of Health consists of the seven County Council members and the County Executive. The County Health Officer is the executive officer and secretary of the Board of Health. The Board of Health follows these [Rules of Procedure](#).

The next Board of Health meeting is scheduled for:

- May 18, 2023 at 6pm. Meeting will be held in the 1st floor hearing room at Winchester Hall, 12 E. Church Street. Frederick, MD

Board of Health's meetings can be listened to by phone while the meeting is occurring by calling 855-925-2801 and entering meeting code 8751.

Past meetings can be viewed in the [video archives](#) under "Other Boards and Commissions".

Email boardofhealth@frederickcountymd.gov or text (301) 900-5811 for assistance.

Update: New legislation from the County Council that once enacted will established a new liaison role for the Board of Health (see [April 18, 2023 County Council meeting](#) at 56 minutes). An application process is being developed and there will be a public announcement and application process opens for submissions.

Proposed Regulations

- None

Current Regulations

- None

Past Regulations

- [BOH 01-2021](#)
- [BOH-01-2020](#)
- [BOH 02-2020](#)
- [BOH 02-2021](#), expired 2/12/2022

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Frederick County Board of Health

May 18, 2023

- I. **Call to Order** – Dr. Barbara Brookmyer, Health Officer for Frederick County
- II. **Public Comment**
- III. **Approval of Minutes** from: [5/23/2022](#)
- IV. **Overview of the Board of Health**
- V. **Overview of the Health Department**
- VI. **Review of Community Health and Wellness Data**
- VII. **Review DRAFT Procedure for Recruiting, Reviewing, and Selecting Liaisons**
- VIII. **Upcoming Meetings:** October 2023 [??sooner to review and appoint Liaisons??]
- IX. **Adjourn**