

The Five CHANGE Sectors

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The Five CHANGE Sectors in Columbia, MD (ZIP Code 21046)

Introduction

The Community Health Assessment and Group Evaluation (CHANGE) tool establishes a structured method to measure community health requirements through evaluation of five key sectors community at large, community institution/Organization (CIOs), Health care, Schools and worksites. These sectors play a crucial role in influencing public health outcomes, as they impact education, environmental, behavioral, and policy-driven factors. This study evaluates Columbia MD ZIP code 21046 by assessing its current health conditions through the CHANGE sectors while identifying both positive aspects and necessary betterment zones.

Community at Large Sector

In evaluating the community at large, Local grocery stores near my community include Giant Food, located at 6480 Freetown Road, about an 11–15-minute drive away. Costco Wholesale is located 4.4 miles away at 66 Marie Curie Drive, Elkridge, MD 21075 — about an 11-minute drive. Costco Wholesale do offer fresh and organic fruit similar to the Giant food which is known for offering wide variety of groceries, pharmacies and provide online shopping and those products are locally sourced, 100 percent sustainable seafood, healthy options and everyday essential. For Costco Wholesale they sell tobacco products even the Costco has been removing cigarette and other tobacco products from sale. The tobacco products are available and

sold behind counters and buyer request. The nearest recreational parks are Lake Elkhorn parts which is rated good, and it offer walking trails and green spaces. The review shows the part is well maintained, allow fishing, skating, biking in walking trail. The sidewalk infrastructure in Columbia is in good condition and well maintained, providing safe pedestrian pathways.

Community Institution/Organization (CIO) Sector information

The faith centers located in Columbia, MD Zip Code 21046 is around eight and those religious organization are spread in Columbia, MD. Alcohol and tobacco are available at multiple liquor stores and smoke shops in the area—about two smoke shops and three bars or liquor stores. The communities still have community center which is known Bain 50+ which serves senior community hub. The community still has youth organization known as YMCA which offer various program for youth. The community still has wellness organizations which are spread in less than 10 minutes' drive. Those wellness organization include Salvere health and fitness, Laurel Wellness Center, Nourishing Journey, LLC, Sage light integrative wellness center and other wellness spread across other zip codes. There is still a higher education in 30-mile radius which is known as Howard community college which is around 5 miles radius in my community while the University of Maryland is within 30 miles.

Health Care Sector Information

There are several facilities located in my community which include Kaiser Permanente Columbia Gateway medical center, but the largest facility is John Hopkins Howard County Medical Center which is 14 to 16 minutes' drive based on the route selected. The facility was established in 1973 as a short-stay hospital with a 59-bed capacity, but it has since grown to 262 licensed beds. The number of staff members exceeds 2,000, and there are over 1,000 affiliated

physicians across nearly 100 clinical specialties. The hospital is a private, not-for-profit community healthcare provider that operates under a community-based board of trustees (Johns Hopkins Howard County Medical Center, n.d.).

School Sector Information

The local school district for the Howard County Public School is 16.8 miles and 24 minutes' drive. The total number of students served in the district. The current enrollment in this public school district is around 57,633 students. School levels include elementary (Pre-K to 5), middle (grades 6–8), high school (grades 9–12), and special schools. The student population includes 25,987 elementary students, 13,129 middle school students, 18,254 high school students, and 263 in special schools. These are public schools serving mostly a suburban community.

Approximately 30.2% of students receive free or reduced-price lunch. The median household income of students in this district is \$75,000 or more (HCPSS, n.d.).

The school meets the USDA Smart Snack standards as part of Policy 9090 on wellness through nutrition and physical activity, which requires that all food and beverages marketed and promoted on campus during the school day meet the USDA Smart Snacks guidelines and the Maryland Nutrition Standards for all foods sold in schools, in compliance with established board policies and administrative procedures (Howard County Public School System, n.d.). The school offer physical education class each day through offering recess as daily component of all elementary and middle school student physical, social and academic development. The school offer comprehensive health courses which include health relationship sexual health, health promotion, healthy eating, social/emotional wellness, drug prevention/use, violence prevention, personal safety, gender identity.

Worksite Sector

The Worksite sector assesses economic activity and employment opportunities. The primary employer in Columbia is professional, scientific and technical services with healthcare social assistance taking second place as major employer in the city. According to John Hopkins Howard County Center, the facility is the second biggest employer in the county. The community has several private offices for legal firms and investment includes Portner & Shure, P.A. The community has several restaurants which include Cazbar 2.6 miles and 30 minutes' drive, Grotto Pizza and An Loi. The restaurants are around 1- 4. The community has a commercial retail store which is moderate cost-retail stores such as target and WalMart are presented. The community houses several government related offices including Howard County Government even though there are no major federal courthouses and DBI presence.

Summary of Two Surprising Finding

Two surprising findings were the number of bars and tobacco shops available in my community. I was not aware the extent to which smoking was prevalent. Another surprising finding was the strong presence of faith-based organizations, indicating an extensive network that contributes to community engagement and social well-being

Conclusion

Columbia MD runs as a metropolitan area that delivers developed infrastructure and first-class healthcare facilities and exceptional academic establishments. Residents maintain excellent

life quality because the community provides parks as well as sidewalks together with accessible grocery stores that sell fresh produce and many supporting organizations. The worksite sector inside Columbia MD presents employment possibilities in multiple settings that range from federal agencies to private business offices and retail spaces and restaurants. Despite its positive attributes degrading welfare situations remain as ongoing problems for the community. This evaluation shows that Columbia has established a powerful health and wellness but still there is high presence of liquor stores, bars and cigarette indicating a growing concerns facility the community.

References

Howard County Public School System. (n.d.). *Policy 9090 – Wellness through nutrition and physical activity*. <https://policy.hcpss.org/9000/9090/>

HCPSS. (n.d.). *Strategic call to action: About us*. <https://hcpss.org/about-us/facts/>

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