

Community Engagement Workgroup – Healthy Harford

March 11, 2013

In attendance: Kathy Kraft- Upper Chesapeake Health (UCH), Bari Klein (UCH/Harford County Health Department -HCHD), Mary Hastler (Harford County Public Library), Rebecca Hartwig (Pediatrician), Meg Deem (Harford County Government), Kathy Burley (Harford Community College), Susan Kelly (HCHD), Julie Mackert (HCHD), Matt Backert (Abingdon, Y of Central Maryland), Russ Moy (HCHD), Marlon Demby (Inner County Outreach -ICO), Vickie Johnson (ICO), Carole Boniface (Department of Community Services), Shanna Jay (Parks and Recreation), Jane Howe (University of Maryland Master Gardeners), Andrea Pomilla (Office on Aging) , Karen Milford (Brad’s Produce), Bruce Clarke (Laurrapin Grill Restaurant) , Laura McIntosh (HCHD), Mallory McCloskey (HCHD), John Fitzgibbons (community resident), Gale Sauer (APG), Jayne Klein (Klein’s Shoprite), Keith Warner (Sheriff’s Office), Laura Natali (Klein’s Shoprite), Alan Doran (Department of Community Services)

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Welcoming remarks from Kathy. Everyone introduced themselves - new attendees include Matt Backert, Marlon Demby, Vickie Johnson, Shanna Jay, John Fitzgibbons, and Laura Natali. Moving forward we will resume our regular monthly meeting schedule.

Susan gave an update on the formation of the Wellness Commission outlined in the Obesity Task Force Final Report. Work has been ongoing with Councilwoman Lisanti and she will keep us updated on the progress.

Bari distributed a handout on what has been accomplished since the Obesity Task Force Final Report was issued in October 2012 (attached).

Healthy Harford Day – Scheduling was discussed. Bari pointed out that last year we chose Oct 13th because in October the crowds diminish and the Farmer’s Market (FM) is interested in bringing in other venues. We chose the 2nd week so as not to conflict with Apple Fest during the first week, but we did run up against the Baltimore Marathon, Monster Dash, sports practices, and Havre de Grace Graw Day. The question on the table was whether we want to stay with the same date, location, and time or are there other suggestions.

Bruce suggested making it an entire week leading up to the day, and mentioned that Havre de Grace is looking to expand the Farmer’s Market. Jayne suggested linking it with a race/walk and focus on children – perhaps linking it with the Bel Air Town Run (RASAC), as well as expanding the hours beyond the 8-12. Karen noted that the morning hours conflict with sports practices. Keith cautioned that the Farmer’s Market already has all the necessary permits (so we didn’t have to pull any) and securing permits now is more challenging than it once was. Mary mentioned the Library’s car show in April which draws about 2,500, would be a good place to advertise. Susan said that people like to keep things the same (i.e. staying with the Farmer’s Market) as they come to expect/schedule it. Someone asked about the run Harford County Health Department (HCHD) used to have, but it was explained that the HCHD no longer has grant money to fund it. Julie said we could however link to the Upper Chesapeake Health (UCH) Celebration Run in Havre de Grace, and Kathy thought the hospital would be amenable.

Healthy Restaurants – Jayne presented an overview of the draft guidelines (attached). Bruce said the 2013 trend is towards smaller plates with a greater vegetable to protein ratio. Gale asked about guidelines about staff safety that were originally proposed, i.e., smoking on premises, and Kathy explained that was being handled by the Tobacco Workgroup so as to avoid overlap. Susan explains that if staff leaves the grounds to smoke, management doesn't necessarily have control over smoking, so it makes sense to work with the municipality directly. The Healthy Restaurant committee will be meeting with Harford County Economic Development to see how restaurants in this program can be promoted. Jayne and Kathy will meet with Bruce March 27th to enlist Laurrapin as one of the first restaurants in the program.

Healthy Families – Mary presented the draft guidelines (attached). Jane and Keith stressed that there needs to be an educational component to help residents understand how to make those changes. Bari suggested short videos on the website with local subject matter experts. Suggested topics from the group included: how to reduce sugar in your diet, what is the difference between different kinds of fats/oil. Alan suggested tying this program in with supporting the Healthy Restaurant program. Gale asked how the program would be structured to keep the momentum going. Mary responded that the program would last 8 weeks and then would be relaunched, much in the way the libraries structure the Summer Reading program; can even tie it back to kids' schools for participation competition. John and Keith questioned about accountability and/or tracking, but Mary explained that the program was primarily motivational and would be self-monitored. John suggested that every two weeks participants should receive an e-mail to offer encouragement to stay motivated, and tips. Jayne concurred adding that messages should be kept simple – Don't drink soda, drink more water. Bruce suggested encouraging spritzers – juice with soda water/seltzer for a healthier "homemade" version of soda. Russ mentioned that for sustainability, and to lead into the next phase of Healthy Workplaces, we should encourage churches and businesses to sign up as 'families' for this program, to get them on board.

Healthy Physicians – Rebecca started by saying that physicians are a challenging group to engage given their time constraints. The program would need to have a value add to their practice to encourage them to participate. The present structure is to:

- Start by encouraging interest through teaser information grams regarding childhood obesity in Harford County (HC)
- Kathy and Bari will attend May 2nd Physician's meeting to make a brief presentation on Healthy Harford (HH)
- A short survey will be presented to physicians to see what would benefit them in addressing obesity with their patients.
- Dinner and a Specialist presentation
- Workshop teaching motivational interviewing (MI).

Gale suggested Carlos DeClemente from Department of Health and Mental Hygiene as an MI instructor. Russ said this program should marry with Healthy Families program to help package information. Gale mentioned the Fit Families program at Franklin Square and Mary reminded the group of the HH/Arena Club partnership for the Family Fit 4 Life program. Rebecca said that Bel Air Athletic Club also has a similar program.

Community Gardens – Jane talked about the University of Maryland Grow It/Eat It program available on the web with local workshops offered mostly through the libraries. Harford County also has designated Community Garden Consultants. Shanna talked about Parks and Recreation's interest in starting community gardens in Harford County, but that they wanted to get a feel for what was already being done in the community so that there was no redundancy. She talked about the community garden in

Edgely Grove in Fallston, but that it was not a success due to its location. It was a learning experience though and they are more focused on how they are going to proceed this time. Community Gardens are now part of the goals in the new Parks and Recreation Land Use plan. They would like to work with municipalities as there are sustainability grants for municipalities. They are working with Master Gardeners to help prevent people from making irreversible mistakes. Gale mentioned partnering with local homeless shelters. Marlin spoke about the proposed garden at Aberdeen Bible Church and how it will be part of their after school program and will be used to feed parishioners. Gale mentioned the Daniel Fast program she is using at APG which is vegan based, has a spiritual component, and encourages eating lots of vegetables.

Karen talked about eating healthy by preserving the harvest so families would have fresh produce/products on hand all year round. She said there was a large community interest in canning, but a lack of certified instructors. She also explained Community Supported Agriculture (CSA) to the group. Jane explained a bit about how canning rules have changed and that people should be wary of any instructions printed before 1971. She said they have Train the Trainers for preserving techniques at the University of Maryland and will forward the information for distribution. They no longer teach preserving in the public schools.

Roundtable

Mary – Library is presently doing a series on Civil War history, she completed her first triathlon (at the Arena Club), and the library's auto show will be in April.

Bari – Encouraged feedback on the website and Facebook page, to spread the word regarding both, and to send ideas and events that the group would like included.

Matt – Healthy Kids Day at the Y of Maryland is April 27th. Would like to encourage everyone to participate, as well as attend.

Julie – HCHD Rabies Clinics will be held the end of April and beginning of May (check out the HH calendar or HCHD website for exact dates)

Marlin/Vickie - ICO will be hosting a Wellness Fair in Festival Park, geared towards healthy eating and families, 1500 people usually attend. There is also a crab feast which raises money for their summer camp program and three-day camping trip with the kids.

Shanna – she is the contact person for any group interested in adopting a park.

Keith – since his retirement, he is back with the Sheriff's Office (SO) teaching at the training academy at Harford Community College. Also working to make the SO staff and families healthier, esp. in light of the two officers they lost last year.

Andrea – She is the Health Coordinator at the Senior Centers. They partner with UCH for café topics on mind/spirit and nutrition topics which are very popular. Have had a huge success with the \$10 pre – order Produce Bag program. This is coupled with free delivery, recipe cards, and classes. 800 bags of produce were delivered last year. They could use volunteer help with deliveries. Karen suggested putting HH magnets in the bags.

Karen – Opening Day at Brad's Produce is April 16th.

Alan – Volunteer Expo is March 23rd at Patterson Mill Middle High School. Bike to Work Day is May 17th.

Bruce – Laurrapin Grill has their own garden for the restaurant at Mt. Felix Winery.

Gale - Her Command screened the movie Forks Over Knives, hosts a Biggest Loser healthy living competition, and Live well Bookclub. They discuss challenges 30 minutes a week. Also has a Danielfast program in cooperation with the Chaplin. She is working with Alan to have APG as a satellite site for a Bike To Work Day rally.

Laura – Klein's Shoprite is offering free one-on-one nutrition counseling, kids cooking programs, and in-store diabetes tours. She will forward the link to the store calendar of events.

