

Community Engagement Workgroup – Healthy Harford

August 8, 2013

In attendance: Kathy Kraft (Upper Chesapeake Health), Bari Klein (UCH/Harford County Health Department -HCHD), Susan Kelly (HCHD), Julie Mackert (HCHD), Laura McIntosh (HCHD), Mallory McCloskey (HCHD), Gale Sauer (APG), Jayne Klein (Klein’s Shoprite), Keith Warner (Sheriff’s Office), Laura Natali (Klein’s Shoprite), Alex Burkett and Alan Doran (Department of Community Services), Meg Deem (HC government), Kerry Graves and Matthew Muench (American Diabetes Association), Shanna Jay (Parks and Rec.), Terry Troy (LMB, community member, Matt Backert (Y of Central MD), John Fitzgibbons (APG), Janet Gleisner (Planning and Zoning), Rebecca Hartwig MD (Pediatrician), Jane Howe (Cooperative Extension),

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Welcoming remarks from Bari. Everyone introduced themselves - new attendees included Kerry Graves from the American Diabetes Association.

Get Healthy Harford Program – Bari gave a brief overview of the program which is a partnership with the Harford County Public Libraries. The Get Healthy Harford program started out as the Healthy Family program, but morphed into the Get Healthy Harford program as the subcommittee decided it should have more of a call to action. The program is designed to encourage Harford County residents to make small changes in their daily lives to improve their health. Using the slogan – *Choices become actions, actions become habits, and good choices lead to healthy habits*, the program encourages residents to select two to three small changes from a checklist that they then integrate into their lives. When those changes have become habits, they are then encouraged to make two changes and so forth.

Participants can sign up in person at any of the public library branches or at the 5 area community Activity (Senior) centers throughout the county. They can also register on-line through a portal on the Public Library website, which will also be accessible via a link from the Healthy Harford website. Upon registration, participants will receive a Healthy Harford t-shirt and a window-cling for their car. These items need to be picked up in person. Participant can also bring their completed checklist to Healthy Harford Day on September 28th to be entered into a drawing for a \$100 gift basket. Our goal is have 500 people enroll in the program, which will begin now (in early August) and run through Healthy Harford Day on September 28th.

Healthy Harford Day – Healthy Harford Day planning is progressing nicely. So far we have 28 vendors, which is already ahead of last year. Interest from the public is growing daily. Issues with the event layout and banners have been resolved and we are presently working with the market, the Town of Bel Air, and the county to address the traffic flow issues to avoid any potential car/pedestrian problems. We are still in need of people to volunteer to help with set up and tear down of the event.

Community Gardens – Shana has reported that the first official garden will be in Darlington. The Francis Silver garden should be up and running by next spring. They are still in need of funding and publicity and are going to be partnering with the Dublin/Darlington recreation council. Jane Howe will be the project director. The next proposed gardens will be in Bel Air and Edgewood.

Healthcare Providers – We are still working on a program for the fall to help educate local area physicians on the importance of talking openly with their patients and their families about obesity. More details to come.

Healthy Community Planning Board – The Healthy Community Planning Board Bill Number 13-28 passed the County Council in May. This bill will now allow the County Executive to appoint an 11 member board whose job it will be to advise the Council regarding the public health impact of decisions they may be called upon to make. The board will be a Non-binding Advisory Board that advocates for healthy living. The preliminary list of possible nominees will be assembled in the fall.

Healthy Restaurants – Jayne provided an update on this program. The criteria have been set and the group has met with some area restaurants and Harford County Tourism both of which expressed interest. There is still some debate as to how recipes will be reviewed if menu items change frequently. Emphasis may need to be switched from locally owned mom and pop restaurants to those with more of a fixed menu.

Roundtable

Gale – Readiness and Resiliency fair in November. Mandate as of April - DOD Army is more sensitive to the impact of things that affect wellness.

SARC event 21st of September at the Equestrian Center. \$5 entrance

Advocacy work is ongoing to connect the two sections of the Ma & Pa trail. Rally to take place in November.

Diabetes Association has a partnership with Klein's/Shoprite. Rally Week to stop diabetes. From now until August 25th, donate a dollar to the American Diabetes Assoc. Healthy Kids Snacks and receive a free cholesterol screening.

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 Lurrappin as one of the first restaurants in the program.

Round Table