

Harford County Local Health Improvement Process - Obesity Task Force
Healthy Harford - Community Engagement Workgroup
Friday, April 11, 2014, 8:30am
Harford Community College, Edgewood Hall

Meeting Minutes

Attendance: Bari Klein- Healthy Harford, Kayla Twain – American Diabetes Association, Mallory McCloskey – Harford County Health Department (HCHD), Gale Sauer – Aberdeen Proving Ground (APG), Alex Walker – Department of Community Services, Keith Warner – Harford County Sheriff’s Office, Susan Kelly – HCHD, Suzanne Streeter – Harford County Office on Aging, Mary Beth Stapleton – Harford County Public Schools (HCPS), Janet Gleisner – Department of Planning and Zoning, Martha Valentine – Cultural Arts, Marlana McKenna – Office of Sustainability, Kathy Burley- Harford Community College, Mike Castrignano – Y of Central Maryland, Molly Mraz – HCHD, Russ Moy - HCHD, Laura Natali - Klein’s Shoprite, Patty Kapelanczyk – Harford County Public Libraries, Kelli Zentkovich – HCHD WIC, Julie Mackert – HCHD, Shanna Jay – Harford County Parks and Recreation, Jayne Klein – Klein’s Shoprite, Mary Nasuta – HCPS, Jane Howe – UMD Cooperative Extension.

Healthy Community Planning Board (HCPB) – the member listing for the HCPB was distributed to the group. This will also be distributed via email.

Physician Obesity Presentation is scheduled for May 7th at University of Maryland Upper Chesapeake Medical Center. Dr. Moy and Dr. Peter Gaskins, a University of MD Pediatric Cardiologist will be giving this presentation. The intention of this presentation is to educate local physicians about obesity in the Harford County community. Due to space limitations, this will be open only to physicians.

The first **Healthy Harford Newsletter** was distributed this past week (Wednesday) as a beta test, and Bari asked for any advice or feedback. It was noted that many committee members did not realize that the newsletter was from Healthy Harford, so it was suggested that the title be changed. Patty said that she sent the upcoming healthy events on to staff, but she did not share the whole newsletter because sometimes too much information too often can be a turnoff. The rest of the committee will offer more feedback once they have chance to review the newsletter.

County Health Rankings – Dr. Moy, Deputy Health Officer, presented a quick overview of the Robert Wood Johnson Foundation 2014 County Health Rankings. The Rankings assess all U.S. counties by “Health Outcomes”, such as morbidity and mortality, and “Health Factors”, which include four categories: health behaviors, clinical care, socioeconomic factors, and the physical environment. Dr. Moy pointed out that the intention of the Rankings is to raise awareness about factors contributing to health and to motivate the communities to focus on those areas in need of improvement in their communities. Out of 24 Maryland jurisdictions, Harford County ranked 10th in health outcomes and 6th in health factors. Dr. Moy distributed a handout outlining areas where Harford County ranked worse than the state, reaffirming the current priorities of our Local Health Improvement Coalition: obesity, tobacco, and behavioral health. On the last page of the handout was a list of additional data resources, including the new interactive Local Health Improvement Process data website funded through DHMH. Health Officer Susan Kelly also added that there is a link to the 2014 County Health Rankings on the Health Department’s website that compares Harford County to other counties in Maryland as well as to the state itself. Rankings measurements differ slightly from year to year,

and this year's assessments included things like food index, number of mental health providers, and number of alcohol related driving deaths. Toolboxes are also available with strategies on how to make improvements.

Aberdeen Ironbirds Healthy Challenge – Last year, Healthy Harford partnered with the Harford County Public Libraries and Community Services Activity Centers to launch the GET HEALTHY Harford program. This year Healthy Harford is partnering with Ripken Stadium for their Aberdeen Ironbirds Healthy Challenge. Preliminary documents about the program were distributed. As with GET HEALTHY Harford, the program goal is to encourage positive lifestyle changes in the community at large. The general program format is to launch the program on May 17th at the 2014 Ironfest Family Fun Day at the stadium. During this event, at all Ironbirds home games and at sponsor events in the community, participants will be invited to engage in healthy events (screenings, lectures, exercise classes, etc.) and will receive an “entry card” for each event they participate in. This card will then be placed in a giant hopper from which names will be drawn for tickets and prizes. Prizes include: 12 month membership to the Arena Club, Ironbirds season tickets, and more. Details are still to be discussed on how Healthy Harford can integrate its partners into to this challenge.

Mary Nasuta, Nurse Coordinator for HCPS mentioned that she had heard preliminary discussion about a large hands-only CPR community event at Ripken Stadium. She did not have any details at this time, but would look into it.

Healthy Harford Day this year will be September 27th, 9-1 at 119 Hays Street, Bel Air. A sign-up sheet for planning committees was passed around, and Bari requested that everyone sign up a committee. Healthy Harford Day sponsorship packets were distributed and it was requested that members please solicit potential sponsors for our event as income from sponsorships was the only way to grow this event and move it from a small grassroots health fair to a major Harford County health event. This year this will also be a charge for vendor tables in order to cover table and chair expenses. At \$40, however, the cost is very reasonable in comparison to other local and regional events. An EventBrite weblink for sponsorship and vendor registration for the event will be set up next week and all committee members will be notified when it is live.

Round Table Call Out: Addendum

Harford County Public Schools – The HCPS has an employee wellness program through Care First called Your Way Together, it's similar to Weight Watchers. 15 schools participated and interest was so high, they turned people away. They also have a Walking Works program where teams compete and track their mileage across the country. Other activities can also be converted to steps. Program highlight: program has a smartphone app. Staff also use My Fitness Pal app.

Two elementary schools have running programs: Red Pump Elem.- Girls Run Nation and Bel Air Elem. Running Club, which now includes more grades. HCPS partners with HCC College nursing students for program. School health fairs are popular. Prospect Mill did theirs during the book fair to increase attendance.

Harford County Health Department – This week is public health week. The HCHD is presently developing a worksite wellness program. In partnership with the Healthiest Maryland Institute, they will be working on a walking event in September. May is Lyme Disease Awareness Month and the HCHD will be having educational materials at the public libraries. April 29 and May 3rd they will be hosting public rabies clinics for \$5 per animal. The HCHD will also be at the Anita Leight Estuary Center Wade, June 1 to talk about water quality.

Through the Community Transformation Grant: an online School Wellness Fair toolkit has been created, and 80 childcare providers were trained in incorporating physical activity and nutrition into their programs. Staff members have also been working on tobacco free multiunit housing. In Aberdeen, 80% of residents would possibly be open to smoking restrictions within 25 ft. of the building. Also working with HdG Housing Authority.

WIC – staff offer healthy shopping tours to their clients. They will be Healthy Kids Day at the Y on April 26th, EpiCenter health fair on May 3rd, and Earth Day Celebration in Aberdeen.

Planning and Zoning – Two Safe Routes to School Grants were submitted: Southampton Middle side walk extension, and Emmorton Elementary walkability assessment. A new required element for SRTS grants is that support for walking and biking to school has to be school policy. There are two pots of money that are coming available: one for trails (possible partnership with HCC) and one for bike racks.

American Diabetes Association – The ADA has a program called Living with Type 2 Diabetes. It is a 12 month support program that includes:

- Care4life Diabetes – This program sends personalized text messages to help you learn healthy eating habits, remember medications and appointments, and stay motivated
- 5 informational packets to help you learn to live well with diabetes
- 3 free issues of our award-winning Diabetes Forecast magazine
- Tasty and healthy recipes for you and your family
- A monthly e-newsletter with tips, stories and more resources
- Access to our online community and local events

They have a lot of great information on their website including an employee portal for accessing information and healthy recipes. The Walk to Stop Diabetes is October in Baltimore.

APG - They are currently running a slim down challenge. This round, the number of participants that have stuck with the program to the end has doubled from 20 to 40. Many have lost 5-12% of their body weight. APG is focusing on the Performance Triad of sleep/nutrition/and physical activity which will launch May 7th. This is

part of the larger DOD Ready and Reliance campaign. They use the President's Challenge software to monitor activity, but don't recommend it for nutrition. Awards ceremonies have motivated others to join in the challenge. APG will host a satellite Bike to Work Day on May 14th.

Parks and Rec. – After a year of research, they are starting their first community garden in Darlington. Partnering with the Dublin/Darlington Rec Council and the UMD Master Gardeners, this will be the pilot program for the county. The location is a good one because this area was highlighted as a food insecure area.

Sherriff's Office – Their fitness program is going strong. They use the Pebble to monitor steps and other activities, each precinct, other than the home base, has a fitness center, and they partner with UCH for screenings. Some SO staff members have taken nutrition and personal training classes and so the SO uses their internal expertise for reference. Motivated by the fitness program training, Keith ran his first half marathon. The SO is also encouraged to learn that their training programs help recruits increase their fitness and improve their chances of being accepted into the SO.

Sustainability Office – They are launching community outreach efforts to let the public know that they are a sustainability resource. Clear your Clutter Day is April 26th at the HCC.

Community Services - Bike to Work Day is May 16th, Prescription Drug Take Back Day is April 26th. Sharon Lipford will be teaching a Mental Health First Aid Class in the near future.

Y of Central MD – Healthy Kids Day is April 26th. The Y is working with the UCH Cancer Center exercise program. They also use the Pebble step tracker for staff wellness.

Harford Community Collage – The College is kicking off their employee wellness program. They have a number of different programs: lectures, tastings, brown bag lunches, screenings, walking program, etc. that employees can participate in and win points. The points go towards earning payout for participation.

Harford County Public Libraries – They are a resource for information. They also host many health related talks and seminars. HCPL has a worksite wellness program and uses give-a-ways as incentives. Right now their focus is encouraging more water consumption.

UMD Master Gardeners – Friends of Darlington Library are donating the raised beds for the new community garden. The design will be modular for each access. The Master Gardeners are available free of charge to consult with any community, faith based, or communal garden, but not individual residences. An improved version of the garden grow mat that Jane showcased at an earlier meeting can be purchased on-line at urbneath. Note: before starting any garden project test the soil, and do not use rain barrel water on eatables.

Office on Aging – Senior Centers have a wealth of programs including: gardening, diabetes education, monthly blood pressure screenings and other tests, cooking demonstrations, eating well classes, and \$10 produce boxes (3 times during the growing season). All programs are open to residents 55+. They are revamping their lunch program to be more appealing to active seniors, and are looking to connect with seniors in the northern end of the county. A grassroots healthy living/weight watchers type group was started by members in the HdG Center. The Senior Centers are a good way to get information out to the community so send them your info and flyers, and they will promote them.

Klein's Shoprite – April 22nd begins their next 6 week program. This current one is called. "Spring into Health" and takes place each Tuesday 5-6pm at the Festival Shoprite. This fun educational program is free and each week they cover a different topic. May is Women's Health month and Celiac Disease Awareness month. Laura

is available for in-store demonstrations, healthy shopping tours, individual counseling, and publishes monthly nutrition newsletter as well.