

Harford County Local Health Improvement Process- Obesity Task Force
Healthy Harford-Community Engagement Workgroup
Thursday, June 12, 2014, 8:30am
Harford Community College, Edgewood Hall, Room 132

Meeting Minutes

Attendance: Bari Klein- Healthy Harford, Mallory McCloskey – Harford County Health Department (HCHD), Gale Sauer – Aberdeen Proving Ground (APG), Mary Beth Stapleton – Harford County Public Schools (HCPS), Mike Castrignano – Y of Central Maryland, Molly Mraz – HCHD, Russ Moy - HCHD, Laura McIntosh - HCHD, Julie Mackert – HCHD, Mary Nasuta – HCPS , Robin Stokes-Smith- University of Maryland Upper Chesapeake Health, Susan Twigg- HCHD, Elizabeth Driskoll, Citizen- Shawn Duffy – The People’s Republic of Orange Awareness.

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Guest speaker, Susan Twigg, RN - Harford County Health Department, Cancer Prevention Program

Susan gave a presentation on the Cancer Prevention Program, in particular different types of screenings available through her program and how the program promotes healthy lifestyles as an important measure for cancer prevention.

Susan spoke about the Healthy Kids Campaign (HKC) which teaches kids about proper nutrition to help keep their bodies healthy and prevent disease. The HKC provides recipes with guidelines to make sure the recipes meet healthy standards. Susan also spoke about Super Kids Nutrition, a website that geared towards children which provides articles aimed at helping children develop healthy habits for healthy lifestyles. Parents are able to sign up and then children can use the interactive games and tools.

Health Education is part of the cancer program and the program has numerous educational handouts including recipe makeovers, journals to record screening results, and activity resources to help promote prevention.

Susan is a member of the Harford Count Cancer Coalition whose goal is to make Harford the healthiest community in Maryland. As this is the goal of Healthy Harford, our mission is well served by this new partnership. People make healthy lifestyle changes for a number of reasons, cancer prevention being one of them.

Healthy Howard- Family Wellness Event

Presentation was given highlighting the recent Family Wellness Day in Howard County. This event is similar to Healthy Harford Day and the intent was to see if there were any ideas we would like to incorporate in this year’s event. Things they group discussed were:

- Big bouncy house at entrance
- Great signage
- Hand washing station
- Food tastings

- CPR by Howard County Fire Department
- Acupuncture
- Blood Pressure Screenings
- Boot camp
- Workouts
- CPR
- High school Mascot Races

Mary Nasuta expressed an interest in having a mascot race for Healthy Harford Day to engage the teen population of the community. Other mascots were discussed including the Iron Bird mascot and the Y of Central Maryland mascot.

Other ideas were suggested like dance teams and step squads and the Boy Scouts. Bari asked if anyone had a connection to a scout troop to please contact her.

Healthy Harford Day

Bari gave a brief update on Healthy Harford Day (HHD). There are 20 confirmed participants but the goal is to double that number. The price structure this year is to reward early enrollees so the price for vendors increases after July 15th. Before July 15th the cost is \$20 for non-profits and \$40 for businesses. After July 15th, prices will increase by \$10 for each category. Current vendors list was discussed and a brainstorming list of potential additional asks was generated based on the "What would you as a consumer like to see? These ideas included:

Peace Yoga
 Sierra Club
 Something for hearing (audiology and/or speech pathology)
 Kayaking
 Insurance
 Mental Health-
 Swimming lessons
 Dance Schools
 Karate
 Golf
 MedStar
 Farm to Table
 Lohr's Orchard
 Cooking demos (registered)
 Barre Xtreme – (registered)

Meeting adjourned at 9:35am