Harford County Local Health Improvement Process
Healthy Harford-Obesity Workgroup
Thursday, March 12th, 2015, 8:30am
Harford Community College, Edgewood Hall

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Attendees: Bari Klein (Chair); Derek DeWitt (Boys and Girls Club), Julie Mackert (Harford County Health Department - HCHD); Shane Grimm (Planning and Zoning), Charles Odhiambo (HCHD), Kim Theis (University of Maryland Upper Chesapeake Health - UM UCH), Rebecca Hartwig (Physician), Anne Otih (Boys and Girls Club), Tim Wills, Jenny King, Angela Teague (Klein's Shoprite), Carly Andrews (MD Spine Institute), Madelyn Danner (Harford Community College), Susan Twigg (HCHD), Gale Sauer (APG), Ginny Popiolek (Harford County Public Schools), Robin Stokes-Smith (UM UCH) Suzanne Streeter (Office on Aging), Angela Saccenti (Arena Club),

The group had previously talked about Health Behaviors in the past. Now we need to measure things that are more tangible. (3 years would be feasible).

- Next phase: look at data, share, move forward as group.
- Talked about Social Determinates of Health
- Review of the Obesity Task Force and how the Advisory Board came to be.

How can we bring funding to our community?

- Program with Doctors partnering with sheriff's department-Where were the people coming from (zip codes) to go to the emergency room. Talk to police to look at maps and overlay where crime was happing.
- No transportation is sometimes a reason why people end up at the ER.
- Talked about the ACE test- 10 question test to measure trauma. Trauma connected to adult obesity.

Secondary Data Profile- Hospital Draft- HC Community Health Needs Assessment, data is used for Strategic Plan (Hand out).

- Cancer is higher in HC than the national average. Ginny asked the question- How many people in the county access medical diagnostic tests? Is education the problem?
    - We end up asking the public through survey questions, 2nd piece of the Assessment.
    - Look into racial/social disparities for prostate cancer.
    - Some people may not realize they are having a throat/mouth cancer screening at the dentist.
    - The survey may not have reached a representative population of the county; the participants were mostly college educated.
    - Translators at Family Intake Center with schools may be helpful.

A brief discussion was held on the types of data collected by each organization in attendance.

Planning & Zoning

- Update to the Master Land Use plan is going to be a Thematic Approach.
    - Connected Community Wellness-better access to biking/walking(multi modal).
    - Connecting the Heroin problem to wellness and the community. Policies/strategies/initiative (using education, treatment and recovery.
    - Nick K.: Safe Routes to school.
        - Only 13% kids walk to school.
        - Kids who walk/bike are better learners.
        - What changes can we make to encourage walking?
        - Focusing on Emmorton Elementary.
        - Walking School Bus: new marketing campaign is necessary. Volunteers should be finger printed to be sure it's safe.
        - 200 students on Walk to School Day.
        - Red Pump is the Gold Standard.
        - Suggested to talk to SRO & Bob B. w/ HCPS about school safety.

Office on Aging

- Promotes Healthy Living
- They gather information on attendance and kinds of activities.
- Has a capability to break down data by zip code or age.
- Diabetes piece-looking at the male population.

ShopRite

- Programs for a wide range of ages.
- 6 week program is very small
- Working with HCPS

APG

- Dept. of Army looks at 5 function areas
- Performance Triad- 1.) Sleep, 2.) Nutrition, 3.) Activity
- Education-blog, wellness page and public page
- President's challenge-online, it's awarded. Lots of positive feedback with this program.
- They look at qualitative statistics.
- **Social Determinates**
    - Well Employed
    - Safe Streets
    - Education
    - Income
    - Marriage Rates
    - Trauma
    - Obesity-cultural change that is necessary-connected it to tobacco.

Spineworks

- Looks at demographics to help with other health issues.

Pediatrics Partners

- Using electronic medical records.
- Possibly ask questions to children, youth, young adults about trauma impacts.
- ACE score could help to uncover other mental illnesses.

Boys & Girls Club

- They look at participation, meals served, youth outcomes & initiatives.
- Kids take surveys for youth tobacco. This correlates to attendance & activities they participate in. Aggregate data should be available.
- East side of Aberdeen is a food dessert. Massive Community Garden & Education near Hall's Cross Roads. Working with Master Gardeners.

Schools

- Wellness teams-grant to establish 15 champion schools.
- Church Creek ES- 1st school for Farm to Table program.
- Fitness Gram

Arena Club

- Weight Loss Program-healthy education
    - Tracking lbs. lost, 2700 lbs. lost, about 20 lbs. per person.
    - Kids program focused on 8-12 year olds.
    - Summer program with Ripken.
    - 60 Day Session if referred by Dr. for program.

Cancer Prevention

- Data from sets are used to direct services.
- Program with New Health Center, working with Dr.'s to get people over 50 to get colon cancer screenings.
- Helping with copays and deductibles.
- Faith Activity Nutrition (FAN)-help with diversity Pilot Program

Wrap-Up

Harford County does not have Health in its vision plan.
Healthy Harford Day is September 26th.
April 16th is next meeting.