

Harford County Local Health Improvement Process
Healthy Harford-Obesity Workgroup
Thursday, April 16th, 2015, 8:30am
Harford Community College, Edgewood Hall

The beginning of the meeting was focused on an overview of Healthy Harford and the Obesity Workgroup; Built Environment, Access to Healthy Foods, and Community Engagement.

The group then went around the room and each representative spoke about their groups programs and agendas for the coming months.

Keith Warner with the Sheriff's Department explained that the department is trying to figure out what direction they want to go in with Health. They are using the "pebble" for tracking fitness. They are looking at what the department gets out of the program, less days out sick, lower medical bills, etc. Joe Nina, a personal trainer, has been working with staff.

Badges for Baseball-youth services partners with Ripken Foundation usually in Edgewood, Aberdeen, and Bel Air. They also talk about healthy eating.

Keith also is affiliated with **United Way**, this group is focusing on family stability and healthy eating. They are looking to partner with **Healthy Harford**. **Harford County** will have a campaign. An emergency grant or Food Kitchens have been discussed.

Shane Grimm with Planning & Zoning presented an update to the County Master Plan. The county is unveiling their **Harford NEXT** project which is a thematic approach to updating the plan. There are six themes that were discussed.

1. Grow with Purpose
2. Economic Vitality
3. Environmental Stewardship-preservation of Ag lands
4. Preserving our Heritage-valuing cultural resources
5. Mobility & Connectivity-multi-modal transportation/mixed-use
6. Promoting Healthy Communities
 - a. Promotes active lifestyle
 - b. Access to healthy food & preventative health services
 - c. Healthy childhood development
 - d. Combating addiction & heroin epidemic

Timeline for Harford NEXT

- Public Input Launch- April 2015
- Meetings-Community Advisory-Summer 2015
- Draft & Public Comment-Winter 2015/2016
- Final-Spring 2016

Contact information: 410-879-2000 or www.harfordcountymd.gov
Updating the Master Plan generally leads to comprehensive re-zoning. Set questions will be available to guide feedback from the public. The county needs marketing to make this work.

Dr. Reier discussed Dan Buettner's Blue Zones-areas in the world that are the healthiest.

Bike to Work Day- May 13 APG North, May 15 Bel Air, May 22 APG South

Connectivity to Cecil County was also discussed.

Mallory McCloskey discussed Access to Healthy Foods & Community Engagement-

- Preventing Cancer Funding-Faith Based to improve health behaviors.
- Apply for mini grants offered to congregations up to \$3,500 depending on the scope of the project. "The Daniel Plan"-nationwide program
- There is a webpage to expand.

Other Events and Projects going on in the county

- Boys & Girls Club is working on a Community Garden.
- Summer Mobile meals for kids. Ages 2-18.
- Share our strength- Super Market Tours
- Abingdon Library- Health Education
- LASOS-Health Education for kids
- Office on Aging partners with Master Gardner's and B&G Club.
- Seeds of change.com-Aberdeen Garden Contest

Next meeting is June 11, 2015.