

Harford County Local Health Improvement Process
Healthy Harford-Obesity Workgroup
Thursday, January 14th, 2016, 8:30am
Harford Community College, Darlington Hall

Attendees: Bari Klein (Chair); Julie Mackert (Harford County Health Department - HCHD); Mallory McCloskey (HCHD), Charles Odhiambo (HCHD), Kim Theis (University of Maryland Upper Chesapeake Health - UM UCH), Angela Teague (Klein's Shoprite), Linda Meyers (Office on Aging), Jane Howe (Master Gardeners), Vickie Johnson (Inner County Outreach), Mary Nasuta (Harford County Public Schools - HCPS), Robin Stokes-Smith (UM UCH), Mary Beth Stapleton (HCPS), Missie Wakefield (Chesapeake Spokes), Jerre Taylor (Chesapeake Spokes), Rob Reier (Chiropractor), Joann Johnston (HCHD), Russell Moy (HCHD), Angela Saccenti (Arena Club), Kathy Burley (Harford Community College), Karen Hensley (UM UCH)

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Fresh Healthy Vending Presentation

Forest Hill residents Steve and Erik presented on their business Fresh Fit Vending (FFV). Machines are free to locations and filled with a selection of healthy options. Offerings are determined by the location hosting the machines, and FFV can track what is being sold via smartphone so that merchandise can be changed or replenished in a timely manner. The machines accept all means of payment including credit card, and their "push" dispensing mechanism ensures that products do not get stuck in the machine. Prices are determined by base cost with the addition of how much the location host would like to add on. Finally machines are available in both refrigerated and non-refrigerated options. Their contact information is:

SteveHenneman - email: steve.freshfit@gmail.com phone: [410-841-8367](tel:410-841-8367)

Healthy vending is a great way to improve the healthy food environment of our community.

Donation Presentation

Chesapeake Spokes, one of Harford's local cycling clubs, presented Healthy Harford with a \$500 check to support its Helmet Program. For years, Chesapeake Spokes members have partnered with Healthy Harford and donated their time and resources to professionally fit children and low income adults with quality bike helmets. They have been a fixture at Healthy Harford Day for years as part of the Greg Krause Helmet Foundation and have participated in other events throughout Harford County as well. A huge thanks to Jerre Taylor and Missie Wakefield for coming out to present the check on behalf of the club.

Harford County Public Schools Updates (HCPS) - Maryland Student Wellness Action Plans & Fuel Up to Play 60 Grant

Mary Nasuta, Nurse Coordinator for the HCPS, reported on the new supportive program for obese children called *Maryland Student Wellness Actions Plans*. This program engages schools, pediatricians, families, and community resources to provide wrap around support to help these children regain their mobility and achieve a healthy weight. You can read more about this program via Mary's blog entry on the Healthy Harford website: www.healthyharford.org.

Mary Beth Stapleton, Grants Coordinator for HCPS, presented an overview of the new Fuel Up to Play 60 grant that was awarded to Deerfield Elementary. This program will bring expanded physical activity and healthy eating to the school. This allows Healthy Harford to partner with HCPS to bring the Days of Taste program to yet another Harford County elementary school. Days of Taste is a three day program that teaches kids the following:

- Day One → basic elements of taste and how to blend tastes to create delicious foods;
- Day Two → field trip to visit a local farm so they can experience where real food comes from; and
- Day Three → partners with a local chef who teaches them how to use all of their learned knowledge to create a healthy salad and homemade dressing.

Days of Taste is brought to Harford County through the great work of Riva Kahn from the American Institute of Wine and Food and Sherifa Clark of Laurrapin Grill in Havre de Grace. [Click here](#) to learn more about the program. The Harford County Days of Taste program was featured in the 2015 holiday issue of Harford Style, which you may still be able to find on local news stands.

Advance Directives - Worksite Wellness

Discussions began on Healthy Harford's work to normalize end of life talks and help make Advance Directives readily available to all Harford County residents. As end of life decisions are one of the most stressful events in many people's lives, the intent is to:

- Reduce the stress on families;
- Empower people to take control of this aspect of their health care; and
- Provide support and education on a local level to increase education and access to resources.

Next Meeting → March 10th, 8:30am in Darlington Hall, Harford Community College