

**Healthy Harford/LHIC Obesity Workgroup Meeting**  
**Harford Community College – Edgewood Hall**  
**April 6, 2017**  
**8:30 AM**

**Attendees:** Bari Klein, Chair; Matthew Frosolone, Parks and Rec; Judy Lauer, UM UCH; Suzanne Streeter, Office on Aging; Kim Theis, UM UCH; Mallory Callahan, Health Department; Jayne Klein, Klein's Shoprite; Anthony Alston, Planning and Zoning; Gale Sauer, APG; Joyce Steinberg, St. Margaret's Catholic Church Wellness Ministry; Robin Stokes-Smith, UM UCH; Nikija Shuman, Health Department, Cancer Prevention; Jane Howe, UMD Master Gardeners.

November meeting minutes were reviewed and approved.

**County Health Rankings**

The newly released 2017 RWJF County Health Rankings were discussed, including changes from last year's 2016 ranking. It was noted that despite the fact that Harford County's (HC) overall ranking fell this year to 10 from 5, health indicators influenced by the work of our LHIC workgroup, i.e. obesity, food environment index, physical inactivity, access to exercise opportunity, and injury deaths, held steady or improved.

*Quality of Life* issues ranked by indicators such as self-reported poor or fair health, poor physical health days and poor mental health days were worse in the 2017 report (using mostly 2015 data) dropping our ranking from 4<sup>th</sup> to 10<sup>th</sup> place, but our overall *Health Outcomes* (how we as a county feel today) actually improved, moving us up from 7<sup>th</sup> to 5<sup>th</sup> place. Our *Health Factors* (how the health of our community will look in the future based on present factors/behaviors) ranking also improved from 9<sup>th</sup> to 8<sup>th</sup> place.

The largest impact on our ranking drop was in the *physical environment* category where HC dropped from ranking 17<sup>th</sup> in 2016 to 21<sup>st</sup> in 2017. This category includes air pollution particulate matter (slightly improved over last year), drinking water violations (no change from last year), severe housing problems (slightly improved over last year), and driving alone to work and long commute – driving alone (both the same as last year). Since our data did not worsen, it is not that Harford County's physical environment is headed in the wrong direction, but that other counties are making improvements in these areas much faster than Harford County.

**LHIC Action Plan**

The 2015-2017 LHIC Obesity Action Plan was reviewed and the progress on each objective noted as the Action Plan will sunset this year. Data on adult and youth obesity is based on Maryland Department of Mental Health and Hygiene (MD DHMH) State Health Improvement Process (SHIP) data, and the action plans were developed by this committee, see attached. This document will be updated by the committee with new goals for 2018-2020 in the fall.

### **Healthy Harford Health Business Program**

Healthy Harford will be partnering with the Harford County Chamber to pilot a Healthy Business designation program for local businesses. The program is based on a CDC worksite wellness survey, and will allow businesses to achieve bronze, silver, or gold designation. The draft application package will be sent to the workgroup for review.

### **Healthy People Healthy Parks Series**

After six successful years of our signature Healthy Harford Day event, it was decided to move our health and wellness message out into the community with smaller, targeted, diverse events. For this, we have partnered with Harford County Parks and Recreation, as well as others, to host a series named Harford County Healthy People Healthy Parks. This program is a series of six differently themed events at six local parks between the months of May and October. The idea is to introduce residents to the wonderful parks we have in our community and highlight opportunities for residents to utilize existing green spaces for improved wellness. The first event launch will be on May 6<sup>th</sup> will feature family-friendly activities at Annie's Playground in Fallston; see attached flyers.

### **Harford County Public Schools Child Care Grant**

Healthy Harford, the Harford County Health Department, and Harford County Public Schools were awarded a \$60,000 grant from MD DHMH to elevate the wellness policies/programs of all of our 54 local schools to a common standard. Funds were used to hire a retired physical education educator to lead the charge to ensure all wellness teams were supporting the district School Wellness Policy and developing and implementing policy, systems, and environmental change to improve the nutrition, physical activity, and mental health in each school. Success stories were shared at two district-wide meetings and support was provided to help replicate best practices. Examples of best practices included: fruit and vegetable tasting days, brain breaks, indoor physical activity centers, school gardens, food pantries, increased access to water, etc. One school decided to repurpose under-utilized space behind their performance stage and create an indoor activity space. Engagement with this space was so successful that we received an additional \$10,000 in supplemental funding to replicate this project at other elementary schools.

### **Hall's Crossroads Good Neighbors Program**

Healthy Harford and the Obesity LHIC are partnering with Hall's Cross Roads Elementary's (HCRE) Good Neighbors program to improve school wellness. HCRE is a Title I school, and upwards of 30% of the school population experiences homelessness at any given time. Current wellness projects include: starting an on-site food pantry, bringing the Days of Taste program to the school in the spring of 2017, linking HCRE with the community garden at the Aberdeen Boys and Girls Club across the street, and implementing an in-classroom dental hygiene program where children will brush their teeth after breakfast and lunch while at school (fall 2017).

## **Days of Taste®**

The Days of Taste Program has been slowly expanding here in Harford County since its introduction four years ago. This Farm to Chef discovery-based program teaches 4<sup>th</sup> grade school children about where their food comes from, and the value of fresh food from multiple perspectives, e.g., nutrition and health, food preparation, farming and the environment, career opportunities, the social aspects of eating with friends and family. For 2017, six elementary schools will participate in the program. Some local funding support was secured via a grant from the HC Department of Agriculture to support the farm visits, and a sponsorship from QED was awarded specifically to support the program at Halls Cross Roads.

The Days of Taste program is provided free of charge so that all children can participate regardless of income. This program brings together professional chefs, farmers, and community volunteers in a three-day program that teaches children the basics of taste, introduces them to different food in a fun and accessible way, and empowers them with the skills to create and enjoy delicious healthy food. This focuses on taste and food - universal topics that interest all children, regardless of their background, language skills or academic abilities, encourages children to develop a positive attitude toward healthy eating and making better food choices. The program consists of Day 1 – a lesson in the classroom that talks about food, seasonality, and the taste profiles which children sample and combine, Day 2 – a visit to a working farm, and Day 3 – creating a unique salad and dressing with a professional Chef. With Title I schools, we also try to secure funds so that children can take home a salad kit that will feed 4-6 people, and recreate their salad at home for their families. Please visit [www.tastewisekids.org](http://www.tastewisekids.org) for more information on this program.

## **Car Fit Program**

Car Fit is a free interactive and educational program that teaches mature adults how to make their personal vehicle “fit” for maximum safety. This 30-minute personal inspection includes key “fit” issues such as positioning the driver a safe distance from the air bags, side mirror adjustments, seat belt adjustments, proper seat height and head restraint positioning to help optimize safety. Occupational Therapists assist with tools and tips for sitting comfortably without knee, hip, and back pain, getting in and out of the vehicle safely, and comfortably looking over the shoulder when changing lanes. This program is being offered by appointment only at the St. Mary Magdalen Mission on June 21<sup>st</sup> in partnership with St. Margaret’s Church, AAA, AOTA, UM Upper Chesapeake, the HC Health Department, and the HC Office on Aging. We are looking for people to be trained as Car Fit technicians to assist with the event. The free training will take place at the Health Department offices on 120 South Hays in Bel Air 9-12 on May 31<sup>st</sup>. To register for either the training or to secure a Car Fit appointment, please contact HealthLink at 1-800-515-0044; flyers attached.

## **Advanced Directives**

*82% of people say it is important to put their end of life wishes in writing, but only 23% have actually done so. – California Healthcare Foundation 2012.*

Making end-of-life decisions for a loved one is one of the most stressful events a family undergoes. Preparation, conversations, and support can help prevent this. To decrease avoidable stress, Healthy Harford is working with both the Faith and the Secular community to assist people with drafting their Advance Directives. Currently our website ([healthyharford.org](http://healthyharford.org)) hosts an Advance Directives page that links users directly to *mydirectives.com* a free web-based site where residents can record their Advance Directives and have those Advance Directives automatically up loaded to CRISP, the Chesapeake Regional Information System Program, for easy retrieval by hospital personal in the event they are needed. Mydirectives.com will also send out annual reminds to both the owner of the Advance Directives and their designated Health Proxy to prompt updates to the document if necessary.

Healthy Harford and the Obesity LHIC recently received a grant for \$2,500 from the MD DHMH to host two public Advance Directive presentations and workshops. These workshops, hosted in partnership with the Alzheimer Foundation, UM Upper Chesapeake, HC Health Department and the Office on Aging will speak to the spiritual, legal and financial questions surrounding end of life care and Advance Directives, including the cost of dementia care and what Medicare and Medicaid will and will not cover.

The first public Advance Directives presentation will be at the EpiCenter in Edgewood on May 25<sup>th</sup>, time still to be determined. A second event will take place in Havre de Grace. Food will be provided.

#### **Roundtable**

4/6/17	Healthcare Consumer Focus Group – Harford County Public Library
4/28/17	MLB Pitch Hit & Run – Harford Community College
4/30/17	Diabetes Hope & Healing Event – St. James AME Church
5/27/17	Youth Fishing Derby – Friends Park

The next meeting will be held on Thursday, June 8<sup>th</sup> at 8:30 a.m. – location to be determined.