



**HARFORD COUNTY**  
**LHIC**

**Chronic Disease Prevention & Wellness Workgroup**  
**Harford Community College Chesapeake Center**  
**January 29, 2020 | 8:30-10:00 a.m.**

- Recap
  - Vickie and Molly welcomed the group and gave an overview of the meeting.
  - Grant money may be coming in that will focus on LHIC redesign and diabetes to help us think creatively and strategically for our next approach.
  - Vaping and tobacco use still in our background and will continue to give updates for the group and health literacy will always be the forefront along with media literacy, a component of health literacy.
- Vaping Contest Info
  - Ronya reached out to Montgomery County, PA to get information about their vaping contest. Montgomery County provided us with their guidelines and vaping contest flyer. Their first contest was a success and winning posters can be found here: <https://www.montcopa.org/3271/Youth-Vaping-Prevention-Resources>
  - Students learn about media literacy in in middle school health class. We are looking to have the students participate in the contest as a part of class and then they will be able to submit the project in the contest if they want. For high school, this would be offered to all of the students.
  - LHIC would vote on the winners. Winners would be recognized at Board of Education and Board of Health. They would also be recognized on social media and 1st place winners will get their posters enlarged and laminated to be put around the schools.
  - Project would be due at the end of February and LHIC members would vote at the March meeting, if plans roll out soon.
  - Grading criteria will be shared with LHIC members ahead of time.
  - Suggestions from members of other places to put the winning posters- TV ads, grocery stores, pharmacies, other online websites.
  - Christina Claypool and Molly Mraz worked together to create a media literacy infographic to be given to students along with the guidelines of the contest. Ronya will email out the infographic for LHIC members to review again or to hand out to their consumers.
- Vaping Town Hall
  - UMUCH would like to hold a town hall meeting on vaping. Vickie mentioned the issue of acquiring space to hold the town hall, John Carroll mentioned that we could use their auditorium, but now it's play season so there aren't any open days
  - Would like to have a panel with a variety of professionals to discuss vaping issues.
  - Patterson Mill and Bel Air High School would be ideal.
  - Audience would be parents and general knowledge, ideally we would like parents to then bring this info back to their children or friends.

- Councilman Wagner suggested Mount Christian smaller campuses and would be able to reach faith based community.
- Vickie mentioned that there have been 9 cases in the emergency room from vaping.
- Ronya updated everyone with 2018 Youth Risk Behavior Survey Results, which should be available to everyone online through the MDH website mid-February
  - Percentage of students who ever used an electronic vapor product
    - High School- 43%
    - Middle School- 19.6
- Diabetes Prevention Program Explained
  - Terry Broemm presented on the DPP program offered to the Community from UMUCH.
    - DPP is a year long program and participants have to qualify first 16 weeks they come for an hour and learn lifestyle changes...helps put knowledge into action.
      - Participants have to be older than 18 cannot have diabetes already. Participants must be overweight, have a family history of diabetes, been told that they are pre-diabetic or have metabolic syndrome and can have a history of gestational diabetes.
    - DPP is from the CDC and is evidence-based on research.
    - Meet weekly, weigh them privately, and help them track their foods to help make them aware and encourage them to move.
    - Then meet monthly until the end of the year.
    - The program is free.
    - Looking for places to hold the classes, they have offered it at bowling alleys, doctors' offices, wherever they can get people.
    - Take A1C first weeks, six months and at a year.
    - May not always prevent but will prolong you from getting diabetes.
    - Participants do get incentives and freebies like exercise bands and they report back on what work and what didn't work.
  - Councilman Wagner suggested how we should care for underserved population for nutrition.
  - Concern about the school lunches was also brought up- but has improved in the past few years.
  - First raised concern about Physical activity in youth.
  - Ronya updated everyone with the most recent data here about physical activity.
    - Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)
      - High School- 37.3%
      - Middle School- 55.5%
    - Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)
      - High School- 18.2%
      - Middle School- 31.3%
  - People raised concern about how much it costs now to belong to a sport.
- Living Well: Diabetes Self-Management Program Explained
  - Designed for people with type 1, 2, or prediabetes.

- Free 6-week program that teaches how to manage your diabetes, ways to maintain or increase physical activity level, and how the food you eat can affect your blood sugar.
- Also evidence-based and comes from Stanford University.
- Participants will learn how to read nutrition labels, plan healthy and balanced meals, keep blood sugar numbers in check, lower stress, communicate better with family, friends, and health care professionals, and set goals using action plans.
- The book that is provided is very health literate and is also free to participants.
- An issue with both classes is physically getting people to the classes.
  - Vickie mentioned the importance of creating a process for referrals.
- There are also several diabetes support groups at the senior centers during the day in Edgewood, Bel Air, and Aberdeen at Grace United Methodist Church.
- Discussion
  - Terry spoke about CHARGE which is a program for healthy people, but could have some help with knowledge on how to stay healthy. There is focus on mindfulness and spirituality and based on research.
  - The YMCA offers some programs, but they do have to charge people for their programs.
  - Dr. Moy mentioned how this is the number one priority at the State right now.
- Next Steps
  - Ronya will send out information about the next meeting through email. If you have not completed the Survey Monkey Link she sent out earlier this month, please do so. <https://www.surveymonkey.com/r/LJQ3FXT>
  - **Next meeting will be held on Wednesday, March 11th from 8:30-10:00 a.m. at Harford Community College Chesapeake Center.**

Attendance:

Name	Organization	Name	Organization
Ronya Nassar	HCHD	Shelby Graves	HCHD
Vickie Bands	UMUCH	Greg Sober	YMCA Central MD
Robin Stokes	UMUCH	Marcy Austin	HCHD
Dottie Ruff	HCHD	Russell Moy	HCHD
Bill Wiseman	HCHD	Molly Mraz	HCHD
Debbie Assaro	HCHD	Sarah Will	HCHD
Christina Claypool	HCHD	Antonella Natal	UMUCH
Councilman Rob Wagner	Harford County Council	Kristie Willats	UMUCH
Debbie Button	Harford County Council	Judy Lauer	UMUCH
Joyce Steinberg	St. Marg. & ShopRight	Mary Jo Beach	HCHD
Susan Twigg	HCHD	Marissa Abbey	TUNE
Cindy Dawson	HCHD	Jon Leishman	Harford County Govt.
Terri Broemm	UMUCH	Laura Messick	Harbor of Grace