



HARFORD COUNTY LHIC

May 2020 Newsletter

Public Health Brief: Senior Health

The percentage of the United States' population that is 65 years or older is gradually increasing, reaching 15% in 2016, with a projected rise to 25% or 98 million in 2060. Maryland and Harford County's percentages of elderly, comparable to the United States', are expected to have similar increases. Aging brings on increased risk for chronic illnesses such as type 2 diabetes, arthritis, and cancer. The risk for Alzheimer's disease and other forms of dementia also increases with age.



Image: Seniors

Focusing on preventive measures can help older adults to live longer and healthier lives. Preventing chronic illness involves staying up to date with doctors' appointments, health screenings for diseases such as hypertension and cancer, maintaining a healthy weight, consuming a healthy diet and staying physically active. Better physical function can help reduce the risk of falls and fall-related injuries, which are more frequent in older adults.

Read the full brief [here](#).

Professional Development and Resources

May is Mental Health Awareness Month. The Region V Public Health Training Center offers free courses on mental health. Click the links below to enroll. You can learn about coping strategies for COVID-19 related stress [here](#).

[A Physician's Role in ACE's](#)

[Behavioral Health 101](#)

[Suicide Prevention Through Motivational Interviewing](#)

The Maryland Rural Health Association (MRHA) will have a virtual Maryland Rural Health Conference October 19 – 20, 2020. You can learn more [here](#).



Image: Region V Public Health Training Center
Logo and MRHA Logo

Families Strong

Families Strong is a support group for families affected by substance use disorder. The group is adapted from an evidence-based model that uses

a peer-led support group approach. Families Strong is a 9-week closed group that meets weekly for 2 hours.

The support group has discussions and activities about:

- Self care
- Positive self talk
- Self empowerment
- Increased social support
- Alumni connections

Remote meetings are available to all Marylanders. You can learn more or sign up at [here](#).



Image: Families Strong Flyer

Upcoming Events and Meetings

If you or someone you know would like to join any of the LHIC work groups (Behavioral Health, Chronic Disease Prevention and Wellness, or Family Health and Resiliency), please email Ronya Nassar at ronya.nassar@maryland.gov.

The Tuesday, May 26th MHAAC | LHIC | OIT meeting will take place virtually via Google Meets from 8:00-10:00AM. If you have any questions, you can contact Shelby Graves at shelby.graves@maryland.gov

- Join by Google Meets: <https://meet.google.com/tpm-rvhk-ptk>
- Join by Phone: +1 617-675-4444 PIN: 227 926 348 8152#

Publications of Interest

[Geographic Differences in COVID-19 Cases, Deaths, and Incidence — United States, February 12–April 7, 2020](#)

Source: Morbidity and Mortality Weekly Report

[Presymptomatic Transmission of SARS-CoV-2 — Singapore, January 23–March 16, 2020](#)

Source: Morbidity and Mortality Weekly Report

[COVID-19 Among Workers in Meat and Poultry Processing Facilities — 19 States, April 2020](#)

Source: Morbidity and Mortality Weekly Report

Contact Ronya Nassar at ronya.nassar@maryland.gov with questions, comments, or to be added to the LHIC email list.

Harford County Health Department | www.harfordcountyhealth.com

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