



**Chronic Disease Prevention & Wellness Workgroup & Harford County LHIC Members**  
**Harford Community College Chesapeake Center**  
**June 29, 2021 | 8:00-9:00 a.m.**

**Attendance was in person and over Google Meets. Below is the in-person attendance:**

Robin Stokes- UMUCH	Kristie Willats- UMUCH	Terri Broemm- UMUCH
Kim Theis- UMUCH	Vickie Bands- UMUCH	David Bishai- HCHD
Molly Mraz- HCHD	Ronya Nassar- HCHD	Christina Claypool- HCHD

- **Recap**
  - Ronya Nassar, Health Policy Analyst for the Harford County Health Department, welcomed the group to the meeting. Ronya introduced Molly Mraz and Vickie Bands, co-chairs for the Chronic Disease LHIC meeting.
  - Ronya gave a recap of the last meeting in January 2020.
    - University of Maryland Upper Chesapeake Diabetes Prevention Program/ Diabetes Self-Management Education facilitators explained their evidence based programs to the group.
- **Diabetes Strategy**
  - Ronya Nassar reviewed basic biology of diabetes and the need for a multi-faceted strategy.
  - **Elements of LHIC diabetes strategy**
    - Food environment
    - Mass communication
    - Exercise
    - Pre-diabetes program
- **Open Discussion of Strategy**
  - Participants were asked, “What do you think are factors in Harford County contributing to diabetes?”
    - Education is a big factor.
    - People know what they are supposed to do but are not motivated.
    - We need to focus on the route 40 corridor.
    - Treatment management
    - A majority of people treated in primary care sector
    - Cost of healthy eating. Less health options are more convenient than healthy foods.
      - Fruits and vegetables are expensive
    - Access to care and access to a dietician can be a problem.
    - Exercise is cheap and should be encouraged more.
    - Many people use Patient First as their primary care and they don’t have the time to go through prevention factors and no regularity.
    - Food pantries - they get food but don’t know how to use it or cook it.
    - Overall plan to educate.
    - Media is a factor. Ads promote unhealthy options.
    - A campaign to acknowledge we know people are busy but this is what you can do.

- Prediabetes is attention grabbing. Evidence-based program on diabetes
- Show people the consequences of diabetes - losing a foot, blindness, etc.
- Fear of personal safety walking outside. Doing something like dancing instead with a video on their phone.
- DPP - we need the community's help and health care providers. We need referrals. Everything people have mentioned are included in the programs. The program is free.
  - Programs are virtual and in person. We have seen huge success in tracking A1C.
  - The program will go into the community at a variety of locations.
- Speaking with diabetes patients about their barriers
  - Time has been a huge barrier. We are trying to encourage people to move more.
  - Looking at the environment people are living in.
- Common thread is education. Are we collaborating with HCPS? Ads can be impactful.
  - Healthy eating can look differently to different people and can depend on where people live.
  - The hospital has not gotten into grocery stores but they are at senior centers and in the community when allowed.
- Screenings
  - The hospital does referrals to go to your PCP but a nurse practitioner or physician is required to be at A1C screenings.
- **Cancer Program Update**
  - Sarah Will from the health department provided an update on the cancer prevention program.
    - Colorectal cancer screening
      - Update to age of average risk individuals to begin at age 45 years old.
    - Lung cancer screening
      - Anyone, age 50 to 80 years and >20 pack-year smoking history, and; current smokers or who quit smoking in the past 15 years.
    - The cancer program's contact number is 410-942-7930
- **Next Steps**
  - HCHD will be forming a tobacco workgroup to review tobacco programing/work plan. Ronya will send out a Google Form for interested members. Please email [Ronya.nassar@maryland.gov](mailto:Ronya.nassar@maryland.gov) if you are not part of the Chronic Disease Group and are interested in participating.
  - **Next meeting will be on Tuesday, July 27<sup>th</sup> at 8:00 a.m. at Harford Community College. If you feel more comfortable calling in, you can do so with the info below:**

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