



# HARFORD COUNTY LHIC

## July 2021 Newsletter

## SAVE THE DATE: LHIC Annual Meeting October 7th

We will be hosting our Annual LHIC Meeting this year in person on October 7, 2021 at Harford Community College from 8:00 a.m. to 12:00 p.m. The Annual Meeting has been a great way for members to network, discuss important health issues, and continue to work together to align our goals for a common cause: to improve health outcomes and access to care to achieve health equity!

Please RSVP by September 16th at this link [here](https://forms.gle/VWMc17js6LSrqZn7A). Light breakfast will be served and all are welcome to join!



Image: 2021 LHIC Annual Meeting Save the Date

## Public Health Brief: Skin Cancer

In the United States, the most common form of cancer is skin cancer. While some groups are at higher risk for developing skin cancer, anyone, regardless of age and race, can get it. The two main layers of the skin are the epidermis and dermis. Skin cancer develops in the epidermis, which is the upper/outer layer of the skin and is made up of three types of cells: squamous cells, basal cells, and melanocytes.

### Common types of skin cancer:

- **Basal and squamous cell carcinoma** are the most common type of skin cancer, developing in the basal and squamous cell layers of the skin, respectively. These cancers are usually treatable.
- **Melanoma** is the third most common skin cancer and the deadliest. This type of cancer develops in the melanocytes of the epidermis, which are the cells that give the skin its color.

JULY 2021

### SKIN CANCER

PUBLIC HEALTH BRIEF

Christina Claypool, Health Policy Analyst



**WHAT IS SKIN CANCER?**  
In the United States, the most common form of cancer is skin cancer. While some groups are at higher risk for developing skin cancer, anyone, regardless of age and race, can get it. The two main layers of the skin are the epidermis and dermis. Skin cancer develops in the epidermis, which is the upper/outer layer of the skin and is made up of three types of cells: squamous cells, basal cells, and melanocytes.

**COMMON TYPES OF SKIN CANCER:**  
• Basal and squamous cell carcinomas are the most common type of skin cancer, developing in the basal and squamous cell layers of the skin, respectively. These cancers are usually treatable.  
• Melanoma is the third most common skin cancer and the deadliest. This type of cancer develops in the melanocytes of the epidermis, which are the cells that give the skin its color.

**SUN SAFETY**  
Most skin cancers are due to overexposure to ultraviolet (UV) rays. This can be from the sun, tanning beds, and/or sunlamps. A change in skin color or an itchy skin lesion is a sign of injury to the skin. Despite this, the American Academy of Dermatology reported that in a recent survey, one-third of Americans lack basic knowledge on skin cancer and sun exposure. "The Behavioral Risk Factor Surveillance Survey (BRFSS) reported that 33.3% of Harford residents rarely or never protect themselves from the sun."<sup>1</sup>

**How often residents protect themselves from the sun, 2019<sup>2</sup>**

	Harford	Maryland
Always	21.3%	21.8%
Most of the time	34.8%	27.8%
Sometimes	39.3%	39.8%
Rarely	22.7%	14.4%
Never	12.3%	13.3%

<sup>1</sup>Active going outside on a warm sunny day for more than an hour. BRFSS, 2019.

**MELANOMA**  
Harford County has the 4th highest rate of Melanoma out of the 24 counties in Maryland. In addition, incidence rates are about 40% higher in Harford County compared to Maryland as a whole.<sup>3</sup>

**Incidence of Melanoma of the Skin, 2014-2018<sup>4</sup>**

	Harford	Maryland	United States
Rate per 100,000	39.9	24.1	22

Using sun safety recommendations, such as wearing sunscreen, a wide-brimmed hat, seeking shade, avoiding being outside between 10am and 4pm, and not using tanning beds are important prevention methods for skin cancer. Early detection and paying attention to abnormal moles can also improve health outcomes for melanoma and other skin cancers.

**SPOTLIGHT: POLICY & SUN SAFETY**  
Over the years there have been practices from a policy and programmatic level that have been implemented to prevent skin cancer. Some examples are free sunscreen dispensers at parks or adding more shade at playgrounds.

In Maryland, there have been legislation over the past few years to address sun safety. As of October 1, 2019, Maryland tanning facilities are no longer able to allow anyone under the age of 18 to use a tanning device. There has been a national decline in indoor tanning bed usage in high school students over the past few years, which may be due to other states making similar legislation.

In 2018, Maryland passed a law that allows students to carry sunscreen in schools. The law also encourages schools to educate kids about sun safety guidelines. While it may take years to see results of these laws, it encourages the need for leaders and policymakers to address the miscommunication and unhealthy behaviors surrounding skin cancer.

Notes:  
1. American Academy of Dermatology, "Skin Cancer Facts and Figures: Report of the American Academy of Dermatology on the Burden of Skin Cancer in the United States, 2019."  
2. Behavioral Risk Factor Surveillance System (BRFSS), "Skin Cancer Prevention: Sun Protection."  
3. American Cancer Society, "Melanoma Statistics."  
4. American Cancer Society, "Melanoma Statistics by State and County, 2014-2018."

120 S. Hays Street, Bel Air, MD 21034 | www.harfordcountyhealth.com | 410.828.1500

View the full PH Brief [here](#).

Image: Skin Cancer Brief

## Diabetes Strategy Meetings!

The Chronic Disease Prevention and Wellness workgroup is inviting all LHIC members to join them in working on their Diabetes Strategy. The four elements of the strategy are: food environment, mass communications, exercise, and the diabetes prevention program (DPP).

**The next meeting will be held on Tuesday, July 27th at 8:00 a.m. at Harford Community College Chesapeake Room.**

**You may also dial in virtually:**

Join with Google Meet [meet.google.com/gts-xece-tbb](https://meet.google.com/gts-xece-tbb)

Join by phone +1 510-854-9813 PIN: 688 400 225#

**For more information, please contact Ronya Nassar ([ronya.nassar@maryland.gov](mailto:ronya.nassar@maryland.gov))**

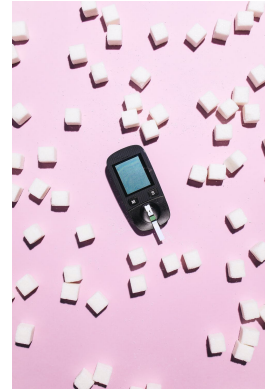


Image: Blood glucose meter surrounded by sugar cubes

---

## Upcoming Events and Meetings

**MHAAC | LHIC | OIT virtual meeting - Tuesday, September 28th, 2021 from 8:00 to 10:00am via Google Meets**

**Family Health LHIC virtual meeting - September TBD**

**Chronic Disease Prevention and Wellness - Tuesday, July 27, 2021 from 8:00 a.m. to 9:00 a.m Harford Community College Chesapeake Room/ Join with Google Meet [meet.google.com/gts-xece-tbb](https://meet.google.com/gts-xece-tbb) or Join by phone +1 510-854-9813 PIN: 688 400 225#**

If you would like to attend these meetings or need the Google Meets information please email Christina Claypool ([Christina.Claypool@maryland.gov](mailto:Christina.Claypool@maryland.gov)) and Ronya Nassar ([ronya.nassar@maryland.gov](mailto:ronya.nassar@maryland.gov)).

---

## Publications of Interest

### [Collective Impact](#)

Source: Stanford Social Innovation Review

### [Symptoms of Depression, Anxiety, Post-Traumatic Stress Disorder, and Suicidal Ideation Among State, Tribal, Local, and Territorial Public Health Workers During the COVID-19 Pandemic](#)

Source: Morbidity and Mortality Weekly Report (MMWR)

### [COVID-19—The Case for Rethinking Health and Human Rights in Prisons](#)

Source: American Journal of Public Health (AJPH)

Contact Ronya Nassar at [ronya.nassar@maryland.gov](mailto:ronya.nassar@maryland.gov) with questions, comments, or to be added to the LHIC email list.

Harford County Health Department | [www.harfordcountyhealth.com](http://www.harfordcountyhealth.com)

STAY CONNECTED

