

August 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. Light breakfast will be served and all are welcome to join!

Please know that we are actively monitoring current COVID metrics and if the meeting is moved to virtual, we will let everyone know.



Image: 2021 LHIC Annual Meeting Save the Date

Diabetes Prevention- Session Zero

An introduction to CDC's National Diabetes Prevention Program!

The path to prevention starts here. The year-long, DPP Lifestyle Change Program is one of the nation's top evidencebased programs for the prevention or delay of type 2 diabetes. Lifestyle Coaches will be on hand at this virtual event to explain what the DPP is all about. With just a small amount of weight loss (5-7%) you can prevent or delay type 2 diabetes, ioin us and learn how!

Session dates and times: Thursday, July 29 10 a.m. - 11 a.m. Wednesday, August 11 7 p.m. - 8 p.m. Tuesday, September 14 12 p.m. - 1 p.m. Monday, October 4 7 p.m. - 8 p.m.

Register: Call HealthLink at 800-515-0044. Once registered, you will be sent a Zoom® link for the session you are attending.

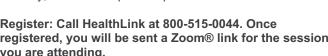




Image: People walking on a trail

Join University of Maryland Upper Chesapeake Health for... Lifestyle Coach Training!

The CDC's National Diabetes Prevention Program is a yearlong, lifestyle change program and is the nation's foremost evidence-based program for the prevention or delay of type 2 diabetes. Master Trainers will educate you on how to successfully facilitate the proven effective lifestyle change program. Participants must attend all four sessions.

Session Dates:

- Monday, September 13
- Tuesday, September 14
- Monday, September 20
- Tuesday, September 21

Time: 5:30 p.m. - 8:30 p.m. each evening



Click here to access the flyer.



Image: A bowl of fruit on the left, a stethoscope in the middle intertwined, and a clip board with a glucose monitor on the right.

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, August 31, 2021 from 8:00 a.m. to 9:00 a.m Harford Community College Chesapeake Room/ Join by video meet.google.com/nzt-hook-cdy or join by phone 413-370-0836 PIN: 353 709 518#

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

Publications of Interest

<u>Food Insecurity and its Impact on Body Weight, Type 2 Diabetes, Cardiovascular Disease, and Mental Health</u>

Source: Springer Link

Acceptability of Adolescent COVID-19 Vaccination Among Adolescents and Parents of Adolescents — United States, April 15–23, 2021

Source: Morbidity and Mortality Weekly Report (MMWR)

A Look at When Dying Really Counts: An AJPH Supplement on Mortality Data in Public Health Surveillance

Source: American Journal of Public Health (AJPH)

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

Harford County Health Department | www.harfordcountyhealth.com

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