



**Chronic Disease Prevention & Wellness Workgroup & Harford County LHIC Members  
Harford Community College Chesapeake Center and Virtual  
July 27, 2021 | 8:00-9:00 a.m.**

- Recap
  - Ronya welcomed the group and recapped the last meeting. The four main strategies that came from the discussion were food environment, mass communication, exercise, and the pre-diabetes program.
  
- Group Breakout
  - The group split up to discuss the four priorities. One person from each group presented their goal for their priority.
  - Mass communication (Molly Mraz presented on behalf of the group): Media campaign with targeted Facebook ads, posters to hang in public areas such as libraries, etc.
  - Food environment (Kim Theis presented on behalf of the group): Bari Klein at Healthy Harford has been working with the food insecurity workgroup. Our goal is to figure out where the gaps are in the county.
  - Exercise (Christina Claypool presented on behalf of the group): Overall community awareness and advertisement of the importance of exercise, how to exercise (even when individuals do not have a lot of time), and where the parks and programs are in the community. An app that tells you where local parks are that also tracks your steps.
  - Diabetes prevention program (Terri Broemm presented on behalf of the group): raising awareness of prediabetes and the resources available. Postcard campaign with the risk assessment for diabetes along with utilizing social media for messaging, continue to grow physician referrals, making there are enough trainers/coaches, and distributing flyers.
    - The HealthLink is looking for DPP trainers. Individuals need passion to care about others, understands a healthy lifestyle, and can engage with a group. Trainers do not need a healthcare background. It is a yearlong program and a big commitment.
  
- Discussion
  - The group did not have any additional discussion points.
  
- Next Steps
  - Next meeting Tuesday, August 31<sup>st</sup> at 8:00 a.m. at Harford Community College Chesapeake Center and Google Meets [meet.google.com/nzt-hook-cdy](https://meet.google.com/nzt-hook-cdy) or Join by phone (US) +1 413-370-0836 PIN: 353 709 518#

**In-Person Attendees:**

Ronya Nassar- HCHD (All strategies)  
Kim Theis- UMUCH (Food Environment)  
Terri Broemm- UMUCH (DPP)  
Mary Jo Beach- HCHD (DPP)  
Molly Mraz- HCHD (Mass Communication)  
Nicholas Rich- CareFirst (Mass Communication)  
Frank Sparandero- Community Member (Food Environment)  
Rob Wagner- Harford County Council (Food Environment)  
Debbie Button- Harford County Council (DPP)  
Kristen Perry- HCHD/WIC (Exercise)  
David Bishai- HCHD (Food Environment)  
Joyce Steinberg- St. Margaret Health Ministry (Exercise)  
Christina Claypool- HCHD (Exercise)

**Virtual Attendees:**

Abbie Bridges- University of Maryland Public Health Student  
Dottie Ruff- HCHD (Mass Communications)  
Natalie Johnson- Inner County Outreach (DPP)  
Jon Leishman- Harford County Government Planning and Zoning  
Kelly Wilson- UnitedHealthcare Community Plan (Food Environment)  
Carolyn Chanoski- Community Member (Exercise)  
Sheila Reily- UMUCH  
Wendy Kanely- HCHD