



**Chronic Disease Prevention & Wellness Workgroup & Harford County LHIC Members  
Harford Community College Chesapeake Center  
August 31, 2021 | 8:00-9:00 a.m.**

- Recap
  - Ronya opened the meeting and recapped the July minutes with the group. The previous meeting involved breaking out into the four priority groups: food environment, Diabetes Prevention Program (DPP), exercise, and mass communications.
  - Ronya briefly presented the Community Health Improvement Plan (CHIP) and went over the priorities for each LHIC group. An addendum to the CHIP will be added with the diabetes strategy and action items making sure that they relate back to the Community Health Needs Assessment, health outcomes, considerations for social determinants of health, and plans for policy and system level changes.
  
- Group Breakout
  - Ronya asked the group to solidify their goal and pick the measurements for that goal.
  - DPP
    - On target with their goal and have already created a postcard to advertise the DPP classes. Measurements will include the number of participants enrolled in class and number of postcards sent out.
    - Would like to identify individuals that are not sure of their risk for diabetes and would like to enlarge classes without sacrificing personal connection.
    - HealthLink is having a health coach training in the middle of September, particularly targeting minority groups and men only group.
  - Food Environment
    - The group identified a lack of 1 on 1 services in the county and the need to bolster the registered dietician workforce.
      - How can we finance the nutrition workforce?
    - The group would like to look at the flow between food distribution and supply to shelters.
      - Learn about how info flows between food distribution sites and shelters and how education can be better at these locations for those who access these resources.
  - Mass Communications
    - New actions are to increase education on the negative effects of sugary drinks and to increase awareness of those who could be at risk for diabetes.
    - The group will create posters to be placed in libraries and social media ads.
    - The group will measure this action by looking at the number of posters created for Harford County Libraries, the number of impressions for the social media

posts, and the number of those registered on SurveyMonkey for the Water Wednesday Challenge. The group will assess this for a year.

- Exercise
  - Increase community awareness of the importance of exercise and the availability of local exercise resources.
  - Measures are number of users of our exercise app and number of posters placed/postcards taken
  - Agency responsible are Harford County Health Department, Office on Aging, Senior Centers, Parks and Rec, Area Healthy Ministries
  - Timeline: September 2021-September 2022
  - Next steps include:
    - Compile list of free exercise websites/programs
    - Write op/ed articles for local media
    - Contact local cable TV about program and/or PSAs about exercise and diabetes
    - Identify outlets for our print material (posters, postcards, media posts)
    - Prepare posters and postcards
- Discussion
  - There was no open discussion or questions from the group.
- Next Steps
  - Next meeting Tuesday, September 21<sup>st</sup> at 8:00 a.m. location TBD.

Virtual Attendees:

Terri Broemm- UMUCH  
Lisa Solomon- Community  
Carolyn Chanoski- Community  
Sarah Will- HCHD  
Mary Jo Beach- HCHD  
Michelle Peterson- HCHD  
Jon Leishman- Harford County Planning and Zoning  
Abbie Bridges- University of Maryland School of Public Health  
Christina Claypool- HCHD

In-Person Attendees:

Frank Sparandero- Community  
Debbie Button- Harford County Council  
Rob Wagner- Harford County Council  
Kim Theis- UMUCH  
Molly Mraz- HCHD  
Ronya Nassar- HCHD  
Vickie Bands- UMUCH  
Joyce Steinberg- St. Margaret's  
David Bishai - HCHD  
Ashton Jordan- HCHD