



Chronic Disease Prevention & Wellness Workgroup & Harford County LHIC Members
Virtual
September 21, 2021 | 8:00-9:00 a.m.

- Recap
 - The meeting was held virtually on Zoom.
 - Ronya shared that last meeting we worked on solidifying actions, measures, and assessments for the diabetes strategy to be added to the Community Health Improvement Plan (CHIP). Ronya will send these plans out one more time for people to review and if there are no changes she will add it to the CHIP.

- Group Breakout
 - All participants broke out into their respective groups to discuss the progression of their goals.

- Discussion
 - **Exercise** - We plan to make a postcard and infographic about where to exercise, how to exercise throughout the day, and why exercise is important. We will have a digital flyer and then do bag stuffers at pharmacies and will look at expanding to other businesses/places if it goes well. We would also like to change up the postcard/infographic seasonally.
 - **DPP** - We are focusing on building awareness of risk for diabetes and then when you are at risk, figuring out what to do about it. We will continue to share information on classes and also are identifying business partners to promote the class. We also want to focus on the younger population and make them aware of the risk of diabetes.
 - **Mass Media** - We plan to engage people through social media and using libraries, paid advertising, and posters for advertisement.
 - **Food environment** - We plan to get information out about food distribution sites in the county. We also will be updating the flyer and will be using a QR code. We still need to work on outreach to get dieticians as well.

- Next Steps
 - Next meeting Tuesday, November 23rd at 8:00 a.m. location TBD.