



HARFORD COUNTY LHIC

April 2022 Newsletter

Food Insecurity Public Health Brief

Food insecurity is defined as a lack of consistent access to enough food for every person in a household to live an active, healthy life. When a population lacks consistent access to food, negative health outcomes can occur, such as increased obesity rates, a decline in childhood development, premature death, and more. The causes of food insecurity can be complex, however, researchers have been able to understand some issues related to the source which include:

- Poverty, unemployment, or low income
- Lack of affordable housing
- Chronic health conditions or lack of access to healthcare
- Systemic racism and racial discrimination

It is important to note that even though these issues are closely related to food insecurity, people living outside of these issues can also experience food insecurity, for example, those living above the poverty line.

Read the full brief [here](#).



Image: Food Insecurity Brief

Get Ready for Mental Health Awareness Month in May!

Did you know that one in five people will experience a mental health need in a given year? The Harford County Office on Mental Health is partnering with several agencies and organizations to bring you wellness events throughout the month of May. Your mind matters and their goal this May is to raise awareness about mental health, and to educate the community about resources, such as our local helpline, 1-800-NEXT-STEP.

[Saturday, May 7, 2022 - The Premier Screening of the Power of Expression Documentary](#)

[Friday, May 13, 2022, Your Mind Matters: A Family Wellness Night](#)

Read the rest of the press release from the Office of Mental Health [here](#).

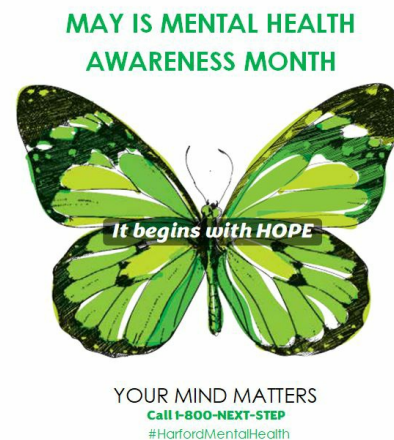


Image: May is Mental Health Awareness Month

Tobacco Cessation Classes

University of Maryland Upper Chesapeake Health will be offering a new 4-week smoking cessation class on Thursday evenings beginning May 5, 2022 from 6-7:30pm. Call 800-515-0044 or Cancer Life Net at 443-643-3350 to register!



Image: Smoking Cessation Flyer

Prescription Drug Take Back Day

On Saturday, April 30th from 10am-2pm there will be a prescription drug take back day at 5 locations throughout Harford County. Click on the flyer to the right for more information!



Image: Prescription Drug Take Back Day Flyer

COVID-19 Vaccine Chatbot

Johns Hopkins School of Public Health has created a chatbot, Vira, to answer questions about the COVID-19 vaccine. It is available in both [English](#) and [Spanish](#). For instructions on how to embed the chatbot on your website, click [here](#).

Upcoming Events and Meetings

MHAAC | LHIC | OIT virtual meeting - May 31, 2022 from 8:00 to 10:00 am via WebEx.

Chronic Disease Prevention and Wellness virtual meeting - June 7, 2022 from 8:00 to 9:00 am via Google Meets.

Family Health virtual meeting - May 12, 2022 from 2:00 to 3:30 pm via Google Meets.

Email Christina Claypool (christina.claypool@maryland.gov) with any questions. To be added to the LHIC mailing list, please fill out the interest form [here](#).

Publications/Articles of Interest

[COVID-19 Vaccination and Mental Health: A Difference-In-Difference Analysis of the Understanding America Study](#)

Source: American Journal of Preventive Medicine

[Scientists find racial and ethnic disparities in use of pediatric acute asthma care](#)

Source: National Institutes of Health

Tobacco Product Use Among Adults — United States, 2020

Source: Morbidity and Mortality Weekly Report

Contact Christina Claypool at christina.claypool@maryland.gov with questions. Fill out the interest form [here](#) to be added to the LHIC email list.

Harford County Health Department | www.harfordcountyhealth.com

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