



Chronic Disease Prevention & Wellness Workgroup
Virtual
April 5, 2022 | 8:00-9:00 a.m.

Recap

- Ronya Nassar opened the meeting and welcomed everyone back since the last meeting in September 2021.
 - This workgroup has three main areas of focus: Healthy Eating & Active Living (with a focus on diabetes), Cancer Prevention & Screening, and Tobacco Use Prevention.
 - The workgroup is also dedicated to improving health literacy within each focus area.
 - LHC workgroups have been forums for priority-setting discussions and community sharing.
 - We use LHC meetings and LHC members to review projects and provide some possible fixes to them when they are being rolled out.
- Ronya reminded everyone of the DPP postcard project from last Fall. 30,507 Harford County Residents aged 30-55 years old received a postcard advertising the DPP program and to take the prediabetes screening questionnaire.

Diabetes Classes Update from Upper Chesapeake Community Health

- Terri Broemm and Kristie Willats from UMUCH Community Health provided an update on the Diabetes Prevention Classes (DPP). Both mentioned more success reaching a diverse population.
- Diabetes Prevention Program Stats: 31 participants total in 3 cohorts (Nov 21 – Mar 22)
 - Age 0-49= 8
 - Age 50-59= 8
 - Age 60-69= 12
 - Age 70+= 3
 - White-19
 - Black- 12
 - Hispanic-3 (indicated as white)
 - Female- 26
 - Male- 5
- Diabetes Self-Management program is our most popular. Stats for this fiscal year include: 3 workshops
 - 16 participants, 75% completion rate
 - 0-54= 4
 - 55-69= 7
 - 70-79= 4
 - 80-84= 1
 - White/Caucasian= 9
 - Black or African American= 2
 - Hispanic/Latino= 2
 - Unknown= 4
 - Female= 14

- Male= 2
- Both Terri and Kristie urged LHIC members to continue spreading the word about the evidence-based classes. Both would like to continue exploring what additional barriers there are for people who have not enrolled yet.

Carefirst Grant

- Christina Claypool presented on the activities and evaluation for the \$50,000 CareFirst grant that the Harford County Health Department received to work on diabetes and improving the LHIC.
- There are four main activities associated with the Carefirst Diabetes Grant that the Harford County Health Department received. These activities will be completed from March 2022-March 2023.
 - CHW will be assigned to work with the Hispanic Community. Measure of success: Focus Groups measures of change in knowledge/attitudes/behaviors related to diabetes, # of Community Health Worker Care Coordination referrals for services, # of persons contacted by community health workers
 - CHW will also work with the African American Community (partner with HCHD Minority Health Program). Measure of success: focus groups measures of change in knowledge/attitudes/behaviors related to diabetes, # of Community Health Worker Care Coordination referrals for services, # of persons contacted by community health workers
 - Increase communication with partners on care coordination efforts through lunch and learns and other meeting opportunities. Measure of success: # of marketing initiatives, # of minority-owned businesses reached, # of lunch and learns held, 1 plan created to help with community engagement process
 - LHIC membership/engagement expansions. Measure of success: # LHIC meetings attended, Coalition Survey from RWJ, Review of membership
- Role of LHIC Members: Help us complete Coalition Survey and identify missing partners. Review plan to help with community engagement process and any materials created for the grant. Help us identify minority owned businesses for CHW to complete outreach.

Discussion

- Rachel Turner at ICO and Aberdeen Bible has been creating opportunities to bring awareness to Diabetes and Obesity prevention within the church and at the workplace. Ms. Warfield has been sharing information and allowing opportunities to join classes conveniently after ministry and throughout the work day.
- Robin Stokes mentioned the importance of talking to churches and discussing with them diabetes and what food they serve to their congregation.
- Felicia Hopkins discussed the Minority Health Program at the Health Department and what they do: Bi-weekly broadcasts about a wide range of topics titled “Let’s Talk About It” and monthly “healing events” titled “A Time to Heal: Focus on the Family.”
 - Webpage: <https://harfordcountyhealth.com/minority-health/>
 - Past “Let’s Talk About It” <https://www.youtube.com/channel/UCNxSUyUhh7N9lvC7Gqv87rA/videos>
- Terri Broemm and Kristie Willats talked about their “Class Zeroes” which explains why people should be concerned about diabetes, what their risks are, and what they can do.
- UMUCH Community Health explained that when someone completes the paper risk assessment (also available online at doihaveprediabetes.org) they are invited to come to an upcoming A1C event for further information. Or if we know we are having an upcoming DPP UMUCH can offer to provide the A1C at the first class -if they are in-person- or they can come to the Medical

Mobile Van at the Boxhill Plaza parking lot on the fourth Tuesday of the month from 4-7 pm. When they have their contact information, either by them calling our Call Center or if we have their name and phone number on a recent event sheet, the Nurse Educator will call them and assess their readiness for the class.

- If the participant is found to be within the diabetes range, they are referred to our Diabetes Self-Management program. If they don't have a provider, we can connect them to our Comprehensive Care Center for follow up.
- Discussion also revolved around looking at other Chronic Diseases that affect the minority health program.
 - Felicia Hopkins mentioned the success they have had with their program with bringing items in that get people to come to their events. For example, their smoothie sip and paint event which focused on healthy smoothies and self-care.
- Nicholas Rich from Carefirst discussed the importance of meeting people where they are since they trust their community. An example he gave was with a partner they had on the Eastern Shore who was very involved in their community (specifically their church) and they partnered with the hispanic community through their sports leagues and they would have their events after their gatherings.

Next Meeting

- June 7, 2022, 8:00 a.m. to 9:00 a.m. virtual via Google Meets
 - Join with Google Meet
meet.google.com/xbd-mxey-bkq
 - Join by phone
(US) +1 682-730-2164 PIN: 878 377 038#

Attendees:

Debbie Button
Felicia Hopkins
Terri Broemm
Kristie Willats
Dr. Frank Sparandaro
ABC CMT
Vickie Bands
Nick Rich
Susan Twigg
Jennifer Hott
Michelle Peterson
Andrea Pappas
Kim Theis
Kristen Perry
Rebecca Turner
Michelle Peterson
Robin Stokes
Marcy Austin
Russell Moy
Ronya Nassar
Christina Claypool