



**Chronic Disease Prevention & Wellness Workgroup  
Harford Community College Chesapeake Center  
September 6, 2022 | 8:00-9:00 a.m.**

**Attendees:** Grace Direley, Bari Klein, Zach Maccas, Zill Raval, Sarah Will, Alexis Hernandez, Rob Wagner, Madelyn Danner, Joe Herbert, Mary Nasuta, Wendy Kanely, Carolyn Chanosky, Laura Bianca-Pruett, Dr. Frank Sparandaro, Robin Stokes, Marcy Austin, Russell Moy, Ronya Nassar and Alejandra Huevo.

**Recap**

- Ronya Nassar opened the meeting and welcomed everyone back since the last meeting in June 2022.
  - 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.
  - LHIC workgroups have been forums for priority-setting discussions and community sharing.
  - We use LHIC meetings and LHIC members to review projects and provide some possible fixes when they are rolled out.
- Ronya gave a brief overview of what the meeting will be about.
  - Welcome and Introduction of Wendy Kanely, Tobacco Prevention and Cessation Coordinator with the Harford County Health Department.
  - Welcome and Introduction of Alejandra Huevo, New Community Health Worker with the Harford County Health Department who will be focusing on the Care first Grant for the prevention and management of Diabetes in the Latinx Community.

**Harford County Health Department Tobacco Program Overview**

- Wendy Kanely went over four main topics, enforcement, community outreach, tobacco cessation, and staffing.
  - Enforcement: In partnership with the HCSO in FY23 there were 36 Retailer Violations (Joppa 3, Bel Air 8, Aberdeen 9, Jarrettsville 1, Forest Hill 1, HDG 3, Fallston 6, and Edgewood 5). Tobacco retailers are encouraged to cooperate with enforcement and education staff and to comply with all Tobacco laws including Tobacco 21. Tobacco laws, resources, and free online retailer training can be accessed at [www.NoTobaccoSalesToMinors.com](http://www.NoTobaccoSalesToMinors.com)
  - Community Outreach: Ongoing extreme family outreach in 10 Harford County Communities (Edgewood 6, Aberdeen 2, and HDG 2). The importance of Signage in parks and playgrounds; encourage local towns, cities, and housing units to refresh their “NO SMOKING” Signs. Tobacco Litter Awareness Initiative include butt clean-ups and vape disposal event.\* The Program will also be present at the Monthly Epi Center Food Giveaway, 2<sup>nd</sup> Chance Employment Fair on 9.28.22, Great American Smoke out on 11.17.22, Veterans Fair at Bel Air Armory on 11.12.22, and the back-to-school nights and health fairs at Edgewood and magnolia middle schools.

- Tobacco Cessation: Encouragement to attend the smoking cessation webinars.\*  
Provided information to available tobacco cessation classes through the hospital\* and thru 1-800 QUIT NOW.\*
- Staffing: Currently working on hiring a Tobacco Cessation Specialist, the job posting had to be reposted and this has caused delays but should have someone soon.

\*Flyers are attached.

### **Care first Diabetes Grant**

- Ronya Nassar gave a brief recap of what the Care First Grant consists of and updated members on what has been worked on. A Bilingual Community Health Worker was recently hired to work with the community thru this grant, she then worked on a basic presentation about “DIABETES, what is it? Am I at risk? Can It be prevented?” and the first draft of a resource guide which will have literacy on diabetes and resources within the community.
- Alejandra Huevo has drafted the presentation and resource guide in both Spanish and English. \*

\*Documents are attached.

### **Discussion**

- Ronya Nassar welcomed any suggestions for either the presentation or resource guide worked on. The following were mentioned in the resource guide:
  - Add the Van  
add blood sugar levels  
what symptoms are they missing  
Take the language level down to the 5<sup>th</sup>-grade level  
Explain healthy eating (use the words carb)  
Food labels  
Still helpful for kids- type 1 and type 2  
Explain more about insulin resistance you can have signs before your number gets super high  
Add CDC video about taking the test  
Have both versions of word and QR code  
Add tobacco resources  
Care Coordination  
Explaining the types of sugar for the labels  
Emotional stress (mental health)  
National Groups
- Bari Klein with Health Harford updated LHIC members on their MDH MOTA grant. The plan is to engage the community during physical events to encourage them to sign up for DPP classes. Planned Events be:
  - Walk with The Doc – Starting in October
  - Mommy and Me Program – In partnership with St Francis de Sales
  - Urban Lane Dancing Class – In the Works
  - Work with food banks and providers
  - Support Water Wednesday program

### **Next Meeting**

- November 1st, 2022, 8:00 a.m. to 9:30 a.m. Harford Community College Chesapeake Center