



Healthy Lifestyles Task Force CHIP Work Group 1 Progress Update 1.19.17

CHIP (long term) Objectives:

- 2.1.1: By **June 30, 2019**, increase physician practice sites making referrals to chronic disease self-management programs by 2 sites.
- 2.1.2: By **June 30, 2019**, increase the number of sites hosting chronic disease self-management programs by 5 sites.
- 2.1.3: By **June 30, 2019**, create 1 county-wide walking program.

Short Term Objectives:

- By June 30, 2017**, get updated referral form into the EHR for at least 2 health care sites.
- By June 30, 2017**, create 1 Geographic Information System (GIS) Map of Cecil County for the Chronic Disease Self-Management Programs and present to 1 Healthy Lifestyles Task Force (HLTF).
- By June 30, 2017**, three Healthiest Maryland Businesses (HMB) will promote walking via social media or their websites.

CHIP Task Communication Log

Community Updates

Tasks	Person Responsible	Action Taken	Benchmark Date	Date Completed	Community Updates
October - December					
Present FY17 objectives to HLTF in November.	Lyndsey Scott (LS)	Presented	December 30, 2016	11/15/16	Example Entry Format: 12/2/16 - Relevant information about community happenings written here before signing off with your initials. - LH
Hold training for office staff on referral form use.	LS	Training Scheduled for January 2017	December 30, 2016	1/30/17	12/8/16 - Dan Coulter shared that he now has access to ArcGIS online and has completed the training so he can create the GIS map of programs. -LH
Identify Healthiest Maryland Businesses in Cecil County (contact Nicole Morris) to promote walking.	LS	Cecil HMB's: Union Hospital Town of Perryville Ikea Cecil County Health Department	December 30, 2016	12/27/16	1/9/17 - Crystal Abner is leaving her position on January 20th. She is not sure who will be attending as a representative from her Department in the future but Sheila Murphy is the new Wellness Chief (smurphy@ccgov.org). - LH
Contact Nicole Morris to identify HMB in Cecil County	LS	Cecil HMB's: Union Hospital Town of Perryville Ikea Cecil County Health Department	December 30, 2016	12/27/16	
Coordinate with Vicky Stone on current resources for Walking Program.	LS	This is the page we have control over and can easily change. You can reach the interactive walking map by clicking on the right column; register now and log in. This is a bit harder to change and would need a tech person who uses cold fusion webdesign. https://extension.umd.edu/walkmd	December 30, 2016	12/22/16	
Meet with Wellness Program Coordinator at UHCC and contact Vicky Stone before the next HLTF in November and will report about resources.	Jean Marie Kelly (JMK)	JMK talked with Caroline Booze About employee wellness program at UHCC. Looking at promoting walking, mini challenges at UHCC, Connie who? and trainers are interested.	December 30, 2016	12/1/16	
December - February					
Reach out to Krista Gilmore at Volunteer Cecil. Will ask: Is the portal available for this kind of project?	Crystal Abner (CA)	Krista Gilmore the Volunteer/Community Resource Coordinator (kgilmore@ccgov.org) is open to see how Volunteer Cecil can help. She is interested in joining the next meeting to discuss further with the group.	2/28/17	From CA email - 1/9/17	
Reach out to Suzanne Kalmbacher or Wayne Winters at Cecil Transit. Will address: Updated routes/map for transit.	CA	Their website has a fixed route interactive map as well as all the schedules. Jonathan Creamer is the Transit Coordinator (jcreamer@ccgov.org) and Suzanne Kalmbacher is the Transit Operations Supervisor (s.kalmbacher@ccgov.org) for any additional questions. Below is the link... http://www.ccgov.org/government/community-services/cecil-transit	2/28/17	From CA email - 1/9/17	

<p>Contact Cecil County Parks and Rec for an up-to-date list of walking areas. Will ask them to specify safety concerns including surface, lighting, hazards and distance of the pathway. (When we promote we may use a rating system for the difficulty of the walking path and list concerns such as distance, surfaces, etc.)</p>	<p>CA</p>	<p>Walking Trails Per Cecil County Parks and Rec - below are the walking trails they maintain</p> <ul style="list-style-type: none"> - Calvert Regional Park, 304 Brick Meeting House Road, North East – 1 Mile - Conowingo Park, 1775 Susquehanna River Road, Conowingo – Almost 1 Mile (.96) - Cecil Community Center, 17 Wilson Road, Rising Sun – 1/2 Mile <p>Town Trails</p> <ul style="list-style-type: none"> - Elkton – John P. Stanley Memorial Park (Meadow Park) - North East – Community Park - Charlestown – Athletic Complex - Perryville – Canning House Run Train and Community Park and VA Loop Trail - Chesapeake City – C&D Canal Recreational Trail - Rising Sun – they do not have trails per the town - Cecilton – Cecil Park (walking area but not an official walking trail) - Port Deposit – not able to confirm if any (no response after several attempts to reach them) 	<p>2/28/17</p>	<p>From CA email - 1/9/17</p>	
<p>Reach out to Vicki Stone and see who her contacts are and ask about interactions with the Dept. of tourism, interactions with businesses and previous successful programs</p>	<p>LS</p>	<p>Vicki has not worked with the Dept of tourism directly. She worked with the town of ? to let them know that their site was on the Walk Cecil County Map and that people may be stopping by. Town supported initiative by giving out keychains with town logo to people who came in for the Walk Cecil County Program.</p>	<p>2/28/17</p>	<p>1/3/17</p>	
<p>Research walking events planned for 2017 and compile a list</p>	<p>Lily Hilferty (LH)</p>		<p>2/28/17</p>		
<p>Set up Google document for work group communication.</p>	<p>LH</p>	<p>Google Sheet created.</p>	<p>2/28/17</p>	<p>12/6/16</p>	



Healthy Lifestyles Task Force- CHIP Work Group 2 Progress Update 1.19.17

CHIP (long term) Objectives:

2.3.1: **By June 30, 2019**, reduce high blood pressure among adults by 5%, in order to reduce the incidence of stroke in Cecil County.
 2.3.2: **By June 30, 2019**, increase the percentage of students who eat vegetables one or more times per day by 5%, in order to reduce the incidence of heart disease
 Strategies
 2.3.3: **By June 30, 2019**, implement a wellness program for one local small business.

Short Term Objectives:

By **June 30, 2017**, identify education to be shared through Meals on Wheels program.
 By **June 30, 2017**, obtain baseline data for summer meals program nutritional information.
 By **December 31, 2016**, obtain baseline number of community gardens located in Cecil County through the University of Maryland Extension.

CHIP Task Communication Log

Community Updates

Tasks	Person Responsible	Action Taken	Benchmark Date	Date Completed	Example Entry Format: 12/2/16 - Relevant information about community happenings written here before signing off with your initials. - LH
October - December					
Present the number and locations of community gardens in Cecil County at the HLTF in November.	Lyndsey Scott (LS)	email sent to Doris ? at University of Maryland Extension. Currently there are no established community gardens in Cecil and no plans for any new ones in the future.	December 30, 2016	1/3/17	1/4/2017 - The next CHIP Work Group 1 meeting TBD sometime in late February. - LH
Contact Scott Heckert about summer meals programs by December	LS	LS talked with Scott Heckert (SH) about summer meals program. SH will be sending list of Summer Meals program sites.	December 30, 2016	12/1/16	
Contact Holly Emmons and Krista Gilmore about the baseline nutritional info for the Meals on Wheels program by December	Jean Marie Kelly (JMK)	JMK talked with Krista Gilmore and learned that Meals on Wheels have federal guidelines for food they serve that cannot be changed. Krista will share guidelines with JMK. <ul style="list-style-type: none"> • May be an opportunity to share educational information with the meals served if the meals themselves may not change. • May need to re-focus the objective to provide education through Meals on Wheels. 	December 30, 2016		
December - February					
Set up Google document for work group communication.	Lily Hiefert (LH)	Google Sheet created.	2/28/17	12/6/16	
Contact community garden person at University of Maryland Extension to obtain the list of community gardens in Cecil County	LS	Email sent to Doris ? at University of Maryland Extension. Currently there are no established community gardens in Cecil and no plans for any new ones in the future.	2/28/17	1/3/17	
Send out draft of the nutrition pamphlet for thoughts on use for education.	LS	email sent	2/28/17	12/22/16	
By Jan 1st, obtain information from Scott Heckert	LS	Rudy Park NE Boys & Girls Club @ NE Middle NE Elementary Holly Hall Elementary Perryville Police Department Outreach Program Riverwoods @ NE Concord Apartments Gardens @ Chesapeake North Bay Apartments Gilpin Manor Elementary Thomson Estates Elementary Windsor Village	2/28/17	1/3/17	
Talk with MaryKay Herrick about her involvement in community garden promotion.	JMK		2/28/17		