### Cecil County Healthy Lifestyles Task Force
### Community Health Improvement Plan (CHIP)
### Work Group 1 Update
### Community Health Advisory Committee Meeting 1/18/18

#### CHIP Log Term Objectives

<table>
<thead>
<tr>
<th>2.1.1: By June 30, 2019, increase physician practice sites making referrals to chronic disease self-management programs by 2 sites.</th>
<th>Short Term Objectives (STOs)</th>
<th>Status/ Update</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2.1.1 STO #1</strong>: By June 30, 2017, upload updated Health Promotion Program Referral Form into the EHR at 2 health care sites</td>
<td>Complete</td>
<td>Currently 4 health care sites have the Health Promotion Program Referral Form uploaded into their EHR system</td>
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<td><strong>2.1.1 STO #2</strong>: By June 30, 2017 CHIP work group members will contact 2 physician sites not currently referring to programs to provide program information and follow up to request referrals within 4 months of providing program referral education if no referrals have been received.</td>
<td>Complete</td>
<td>4 physicians were contacts and follow up was completed.</td>
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<td><strong>2.1.1 STO #3</strong>: By July 30, 2017 meet with Dr. Sirin Pandey, Jennifer Noll, Ashley Farrell about referral form location and use.</td>
<td>Complete</td>
<td>Meeting schedule and training completed in July 2017.</td>
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<tr>
<td>2.1.2: By June 30, 2019, increase the number of sites hosting chronic disease self-management programs (CDSMP) by 5 sites.</td>
<td><strong>2.1.2 STO #1</strong>: By June 30, 2017, create 1 Geographic Information System (GIS) Map of Cecil County for the Chronic Disease Self-Management Programs and present at 1 Healthy Lifestyles Task Force (HLTF) meeting.</td>
<td>Complete</td>
</tr>
<tr>
<td><strong>2.1.2 STO #2</strong>: By July 30, 2017 contact Perryville library to schedule a chronic disease self-management program.</td>
<td>In Progress</td>
<td>A Chronic Disease Self Management Program was held in Elkton in May 2017 and Perryville in October 2017. Perryville Library has been contacted, and is agreeable to hosting a Chronic Disease Self Management Program in the future.</td>
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</tbody>
</table>
| 2.1.3: By June 30, 2019, promote 1 county-wide walking program. | **2.1.3 STO #1** By September 30, 2017, three Healthiest Maryland Businesses (HMB) will promote walking via social media or their websites.  
  • STO 1.a: By June 30, 2017 reach out to three HMB about promoting walk MD.  
**2.1.3 STO #2**: By June 30, 2017, create an infographic on the benefits of walking. | Complete | Developed infographic Attachment A |

Next CHIP Workgroup 1 meeting will be February 1, 2018. Please contact Lily Hilferty at 410-996-5168 for more information.
### Cecil County Healthy Lifestyles Task Force

**Community Health Improvement Plan (CHIP)**

**Work Group 2 Update**

Community Health Advisory Committee Meeting 1/18/18

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</table>
| **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. | **2.3.1 STO #1**: By July 30, 2017, provide 3 Cecil County Healthiest Maryland Businesses (HMB) information about engaging in the Million Hearts campaign. | In Progress  
HMB in Cecil County have been contacted and Million Hearts educational and promotional small media items are being distributed. |
| | **2.3.1 STO #2**: By December 30, 2017, five Cecil County faith based organizations will engage in the Million Hearts “100 Congregations” faith based program. | In Progress  
100 Congregations initiative is no longer active. Objective was updated to “Million Hearts educational and promotional small media items provided to faith based organizations.” Educational information will be distributed to faith based organizations. |
| **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. | **2.3.2 STO #1**: By December 31, 2017 CCHD and at least 1 partner will use social media to provide at least five youth focused posts about healthy lifestyles. | In Progress  
Youth focused nutrition resources have been compiled and reviewed by the group. University of Maryland Extensions has agreed to post once resources are finalized. Elkton Housing Authority discussed Youth Ambassadors to promote healthy lifestyles to peers. |
| **2.3.3**: By June 30, 2019, implement a wellness program for one local small business. | **2.3.3 STO #1**: By June 30, 2017, Union Hospital and Triangle Health Alliance will use the CDC Worksite Health Scorecard at as a part of the “Roadmap to Wellness” employee wellness program. | Complete  
THA and UHCC are utilizing the CDC Worksite Health Score Card. |

Next CHIP Workgroup 2 meeting will be February 1, 2018. Please contact Lily Hilferty at 410-996-5168 for more information.
WALK YOUR WAY TO BETTER HEALTH

STRENGTHEN YOUR HEART
REGULAR WALKS IMPROVE THE PERFORMANCE OF YOUR HEART, LUNGS AND CIRCULATION, HELPING TO LOWER BLOOD PRESSURE AND REDUCE THE RISK OF HEART DISEASE AND STROKE.

IMPROVE MENTAL HEALTH
REGULAR WALKS IMPROVE MOOD, REDUCE ANXIETY, AID SLEEP AND EASE DEPRESSION.

PREVENT DIABETES & CANCER
REGULAR WALKS REDUCE THE RISK OF TYPE 2 DIABETES AND SOME CANCERS BY UP TO 50%.

LOSE WEIGHT
WALKING 1 MILE BURNS ABOUT 100 CALORIES. WALKING 2 MILES, 4 TIMES A WEEK CAN HELP YOU LOSE 1 POUND A MONTH!

LIVE LONGER
A DAILY 25 MINUTE WALK CAN EXTEND YOUR LIFE BY 3 TO 7 YEARS!

Created: 5/11/17