



**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	Short Term Objectives (STOs)	Status/ Update
<p>2.1.1: By June 30, 2019, increase physician practice sites making referrals to chronic disease self-management programs by 2 sites.</p>	<p>2.1.1 STO #1: By June 30, 2017, upload updated Health Promotion Program Referral Form into the EHR at 2 health care sites</p>	<p align="center">Complete Currently 4 health care sites have the Health Promotion Program Referral Reform uploaded into their EHR system</p>
	<p>2.1.1 STO #2: 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.</p>	<p align="center">Complete 4 physicians were contacted and follow up was completed.</p>
	<p>2.1.1 STO #3: By July 30, 2017 meet with Dr. Sirin Pandey, Jennifer Noll, Ashley Farrell about referral form location and use.</p>	<p align="center">Complete Meeting schedule and training completed in July 2017.</p>
<p>2.1.2: By June 30, 2019, increase the number of sites hosting chronic disease self-management programs (CDSMP) by 5 sites.</p>	<p>2.1.2 STO #1: 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.</p>	<p align="center">Complete GIS Map developed and shared with HLTF members.</p>
	<p>2.1.2 STO #2: By July 30, 2017 contact Perryville library to schedule a chronic disease self-management program.</p>	<p align="center">In Progress 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.</p>
<p>2.1.3: By June 30, 2019, promote 1 county-wide walking program.</p>	<p>2.1.3 STO #1 By September 30, 2017, three Healthiest Maryland Businesses (HMB) will promote walking via social media or their websites.</p> <ul style="list-style-type: none"> • STO 1.a: By June 30, 2017 reach out to three HMB about promoting walk MD. <p>2.1.3 STO #2: By June 30, 2017, create an infographic on the benefits of walking.</p>	<p align="center">Complete Developed infographic Attachment A</p>

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**

CHIP Objectives	Short Term Objectives (STOs)	Status/Update
<p>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.</p>	<p>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.</p>	<p style="text-align: center;">In Progress</p> <p>HMB in Cecil County have been contacted and Million Hearts educational and promotional small media items are being distributed.</p>
	<p>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.</p>	<p style="text-align: center;">In Progress</p> <p>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.</p>
<p>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</p>	<p>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.</p>	<p style="text-align: center;">In Progress</p> <p>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.</p>
<p>2.3.3: By June 30, 2019, implement a wellness program for one local small business.</p>	<p>2.3.3 STO #1: By June 30, 2017, Union Hospital and Triangle Health Alliance will use the CDC Worksite Health Scorecard as a part of the “Roadmap to Wellness” employee wellness program.</p>	<p style="text-align: center;">Complete</p> <p>THA and UHCC are utilizing the CDC Worksite Health Score Card.</p>

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!