Healthy Lifestyles Task Force (HLTF)

Update

7/21/22

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HLTF Mission & Goals

The Healthy Lifestyles Task Force works with the Cecil County Community Health Advisory Committee (CHAC) to identify programs and services that help residents take charge of their health, eat right and be more active. Task Force meetings are open to the public.

Fiscal Year 2022 HLTF worked on:

- Activities to improve diabetes and prediabetes awareness and self-management
- Promotion of nutritional messaging
- Expansion of collaborative work
- Efforts to improve health literacy

Email Lily.Hilferty@maryland.gov if you would like to join the conversation!
HLTF Activities

The Healthy Lifestyle Assistance Program (HLAP) offers transportation to diabetes prevention or management support locations (as funds are available).

Approved stops include:

- support groups
- medical, nutritional, and mental health care
- nutritional, fitness, and diabetes prevention and management community resources
- grocery store or other food resources like farmers market, food bank, etc.

Call 410-9967-5168 or complete this form to request a ride.

Seeking additional funding and partnership opportunities. Contact Lily.Hilferty@maryland.gov
Healthy Lifestyles Assistance Program

Cost Assistance: HLAP can pay for a trial YMCA of Cecil County membership or Splashing Seniors and Healthy Lifestyles Fitness Center membership at the Department of Community Services (up to $150/year per individual).

Eligibility: To qualify for these services, you must have at least one of the following:

- Diagnosed with gestational diabetes mellitus
- Diagnosed with diabetes or prediabetes
- Had a diabetic or prediabetic blood test result
- Scored 5 or more on the CDC Prediabetes Risk Assessment

Seeking additional funding and partnership opportunities. Contact Lily.Hilferty@maryland.gov

Current funds in this account: $1000 through February 2023.
New Educational Slides Available Online!

https://cecilcountyhealth.org/health-educational-resources/

The HLTF acted as a focus group to provide feedback on Tony’s story (center).

In this course, you will learn about blood sugar and the reason why it’s so important for your body to regulate it.

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HLTF Events

Food Pantry Projects (Mobile Market Collaboration):

- Mobile Market brings food to the community. West Cecil Health Center hosted a successful Mobile Market event on June 14, 2022 and plans to hold quarterly events, the next event will be on October 18th.

- Local pantries including Brush Arbor Pantry and the Help Center are incorporating the “SWAP” (Supporting Wellness at Pantries) method. Staff are trained to help individuals shop for their food and make healthy choices rather than receiving a prepackaged box or bag.

If your organization would like to host the food truck, contact D’Ann Dorchel (ddorschel@mdfoodbank.org) or Rebecca Man (rmann@mdfoodbank.org)
The 55+ Healthy Lifestyles Expo will be held in-person on August 11, 2022 at 8:30 a.m. – 2:00 p.m. at the Elkton High School (110 James Street, Elkton, MD 21921)

$10 Registration Fee (Lunch is included), Pre-registration is encouraged!

- Call Cecil College (410-287-1078 option 6, Course SCX100-23)

Please note the information above is subject to change, updates can be viewed at [http://www.ccgov.org/government/community-services](http://www.ccgov.org/government/community-services)
HLTF Events

NEW Group: Cecil County Virtual Diabetes Prevention Program, PreventT2 is starting on September 20th at 6:00pm

With this program you get:

- A full year of meetings to help you change habits over time
- Support from a lifestyle coach and group members
- A CDC approved curriculum

Call 410-996-5168 for more information
NEW Group: In-Person workshop starting on August 9th @ 5:00pm at the North East Library.

With this workshop you get:

- techniques to deal with the pain, fatigue, stress, and increase mental wellbeing
- therapeutic exercises managing medications
- other creative ways to self-manage

Open for enrollment! Call 410-996-5168 to join.
HLTF is seeking additional community voices!

If you are interested in the wellbeing of Cecil County residents, join the conversation!

Email lily.hilferty@maryland.gov or call 410-996-5168 to be added to the next meeting invitation.