



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.



**Get around to
getting healthier.**
410-996-5168



Seeking additional funding and
partnership opportunities.

Contact

Lily.Hilferty@maryland.gov

HLTF Activities



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.

HLTF Activities

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).

What is Blood Sugar?



In this [course](#), you will learn about blood sugar and the reason why it's so important for your body to regulate it.

Diabetes Course 1



In this [course](#), you will learn about Type-2 Diabetes and how factors such as prediabetes can increase your risk of developing the disease.

Why Do We Crave Sweet-tasting Foods?



In this [course](#), you will learn why sweets taste so good and how you can overcome sugar cravings.

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.



Photo: Mobile Market van in West Cecil Health Center Parking lot.

If your organization would like to host the food truck, contact D'Ann Dorchel (ddorschel@mdfoodbank.org) or Rebecca Man (rmann@mdfoodbank.org)

HLTF Events

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>



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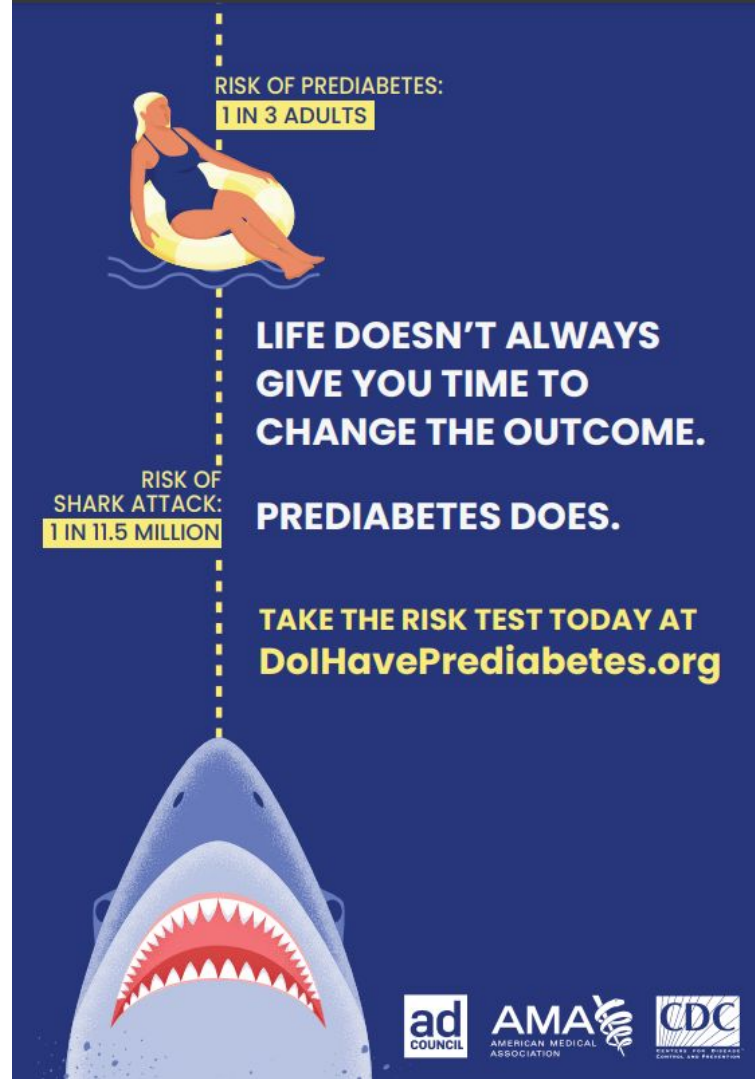
HLTF Events

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



RISK OF PREDIABETES:
1 IN 3 ADULTS

**LIFE DOESN'T ALWAYS
GIVE YOU TIME TO
CHANGE THE OUTCOME.**

**RISK OF
SHARK ATTACK:**
1 IN 11.5 MILLION

PREDIABETES DOES.

**TAKE THE RISK TEST TODAY AT
[DidHavePrediabetes.org](https://www.DidHavePrediabetes.org)**

ad COUNCIL **AMA** **CDC**
AMERICAN MEDICAL ASSOCIATION
DEPARTMENT OF HEALTH & HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

STEPS TO HEALTHIER LIVING!

Have you been
affected by diabetes?

Do you care for
someone who has?

**If so, it's time to start
*Living Well!***

**Living Well Programs, for
18+ individuals, are zero
cost, 6-7 week programs
that will help you learn:**

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

***Call to register for
our next Diabetes
Self-Management
Workshop:
410 996 5168***

Aug 9-Sept 13, 2022

Tues 5pm-7pm

North East Library

485 Mauldin Ave, North East

For information, call Ashley Dickens-York (Cecil Co Health Department) 410 996 5168
or Heike Button (Dept of Comm Service) 410 996 8170



HLTF Events

“Living Well With Diabetes”

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.**