

Healthy Lifestyles Task Force (HLTF)

Update

1/19/23

Lily Hilferty, Cecil County
Health Department
lily.hilferty@maryland.gov



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 2023 (July - present):

- Improving diabetes and prediabetes awareness and self-management
- Expanding community collaboration
- Developing objectives to coincide with the Community Health Improvement Plan (CHIP)

HLTF met quarterly via video call on

July 18, 2022
October 19, 2022
January 18, 2023

Organizations Represented (July - present)

Aetna Better Health of Maryland
Cecil County Health Department
Cecil County Public Library
ChristianaCare Cecil Campus
ChristianaCare Nutrition and Diabetes Center
Community Members (no affiliated organization)
Department of Community Services
FindHelp
Lotus Center
Maryland Food Bank and Affiliated Pantries:

- Cecil County Help Center
- Brush Arbor Gospel Ministries

Maryland Physicians Care
Maryland Rural Development Corporation
National Association for the Advancement of Colored People
University of Maryland Extension
UniteUs
West Cecil Health Center

HLTF meetings are open to the public, invitations are posted on social media 1 week prior to the event.

HLTF Resources

- [Findhelp](#) (resource locator)
- [Unite Us](#) (referral and care coordination system)
- [Cecil County Government's Community Services and Resource Directory](#)
- [Cecil County Walking Trails](#)
- [Cecil County Diabetes Brochure](#) (updates in progress)
- [Cecil Senior S.O.L.A.R. SYSTEM](#) (fitness classes for 55+)
- [Lifeology Educational Resources](#)
- [Healthy Lifestyle Assistance Program \(HLAP\)](#) (offers transportation and trial memberships for fitness resources)
- [Find Food](#) (MD food bank)

Send additional resources to be shared to lily.hilferty@maryland.gov

HLTF Activities

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

Call 410-996-5168 to request a ride.

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.

Since July 2022, HLAP scheduled 20 rides to health/wellness resources in and around Cecil County.



**Get around to
getting healthier.**

410-996-5168



This program is currently seeking additional funding and partnership opportunities.

Contact Lily.Hilferty@maryland.gov

HLTF Announcements

- West Cecil Health Center continues to host Mobile Market events. Community members can drive up and receive boxes of food. First come, first served. The next event will be on April 18, 2023 @ 12:00pm - 2:00pm .
- Cecil County Help Center: Next Produce Day is Thursday January 26, 2023 @10:30am - 3:00pm.
- Brush Arbor Gospel Ministries has been building a new pantry from a MD Food Bank grant. Friday Jan 27, 2023 is the Grand Opening for New Blessings Food Pantry Building.
- Find food here: <https://mdfoodbank.org/find-food/> & <https://cecilcountyhealth.findhelp.com/>



HLTF Announcements

*Diabetes Resources
in Cecil County*



*Healthy Lifestyles
Task Force*

Save the Date! The Cecil County 55+ Healthy Lifestyle Expo will be held on Thursday August 10, 2023, and will be at the Elkton High School (110 James Street, Elkton, MD 21921).

Cecil County Health Department: New Diabetes Prevention programs starting on February 8th in Port Deposit and March 2nd in Elkton. Call 410-996-5168 for more information.

The Cecil County Diabetes Resource has been translated to Spanish.

This brochure includes the following resources offered by ChristianaCare Nutrition and Diabetes Center, Department of Community Services, Cecil County Health Department, University of Maryland Extension and others:

Diabetes Self Management Education Program, Weight Management Program, Nutritional Counseling, 55+ Healthy Lifestyles Fitness Center, Healthy Options Program for Seniors (H.O.P.S.) Fitness Classes, National Diabetes Prevention Program, Tobacco Cessation Services, Diabetes Self-Management, Chronic Disease Self-Management, Chronic Pain Self-Management Program, Dining With Diabetes, Expanded Food and Nutrition Education Program (EFNEP), SNAP-ED, Findhelp, Fresh Conversations, and Find a food bank near you.

Email Lily.Hilferty@maryland.gov or call 410-996-5168 if you would like to receive a brochure.

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.**