



**Healthy Lifestyles Task Force Report
Cecil County Community Health Advisory Committee
July 16, 2015**

Program/Grant Updates:

- Living Well Take Charge of Your Health**
Senior Services and Community Transit purchased a program license from Stanford University for Cecil County to provide the Chronic Disease Self-Management Program, Diabetes Self-Management Program, Chronic Pain Self-Management Program and the Cancer: Thrive to Survive Program. Living Well programs have been held at various community sites including local faith based organizations, senior apartments, and Cecil College. Cecil College has these free programs listed in its Spring 2015 catalog of programs. We are looking for new sites to host programs. If you are interested in hosting a program please contact Delois Brown at 410-996-5168.
- Fall Prevention**
One Tai Chi – Moving for Better Balance class is being held now at Cecil College and classes will resume in Fall 2015 at Senior Services and Community Transit. Cecil College will also offer the class free of charge in their Fall 2015 catalogue through their Life Long Learning program. A Stepping On class is planned to begin in August at Seventh Day Adventist Church in Rising Sun. If you are interested in scheduling a Tai Chi – Moving for Better Balance or Stepping On class, or to get more information, call Lyndsey Scott at 410-996-5168.

SHIP Measure: Children and Adolescents Who Are Obese

Percentage of children and adolescents who are obese		
	2010 (high school)	2013 (high school)
Cecil	12.1	13.2
Maryland	11.7	11.0

HP 2020 Target: 16.1 MD 2017 Goal: 10.7
Source: Maryland Youth Risk Behavior Survey (YRBS)

- Community Transformation Grant**
On July 1, 2014 Elkton Housing Authority (EHA) enacted its Smoke Free Policy making all facilities at Windsor Village, Rudy Park and the Senior Building smoke free. Before the policy was established, EHA conducted a survey of its tenants to obtain data on tenants smoking perceptions and habits. In June 2015 EHA resurveyed the tenants after one year of following the Smoke Free Policy. The results of the resurvey will be tabulated and compared to the baseline data. Cecil County Public Schools (CCPS)

Healthy People. Healthy Community. Healthy Future.

ADMINISTRATIVE SERVICES.....410-996-5550	ENVIRONMENTAL HEALTH SERVICES..... 410-996-5160
ALCOHOL AND DRUG RECOVERY CENTER.....410-996-5106	HEALTH PROMOTION.....410-996-5168
EMERGENCY PREPAREDNESS.....410-996-5113	MENTAL HEALTH AND SPECIAL POPULATIONS SERVICES.....410-996-5112
COMMUNITY HEALTH SERVICES.....410-996-5130	TTY USERS FOR DISABLED: MARYLAND RELAY......800-201-7165
DISEASE CONTROL.....410-996-5100	EN ESPAÑOL.....410-996-5550 EXT 4680

continues to promote healthy lifestyle choices, including increased physical activity and better nutrition, for staff, students and their families. CCHD Staff also worked with the Judy Center and Elkton Housing Authority’s summer program to provide training and resources to improve childhood nutrition and increase daily physical activity. For more information call Lyndsey Scott at 410-996-5168.

SHIP Measure: Emergency Department Visit Rate Due to Hypertension

Emergency department visits due to hypertension (per 100,000 population)				
	2010	2011	2012	2013
Cecil	167.1	209.3	197.7	234.7
Maryland	205.9	226.3	244.1	246.3

MD 2017 Goal: 234.0

Source: Maryland Health Services Cost Review Commission (HSCRC), Research Level Statewide Outpatient Data Files

- **Maryland Million Hearts**

Cecil County receives Million Hearts funding that is aimed at preventing 1 million heart attacks and strokes in the United States by 2017. Cecil County is working with community partners including Union Hospital, Cecil County Department of Emergency Services, local primary care providers, West Cecil Health Center and other local partners to implement a community-wide campaign to increase awareness of the risk factors of heart disease, primarily hypertension. Efforts have been made to improve the quality of clinical care by establishing patient education standards, holding hypertension screenings in community settings, and providing case management services to link clients with clinical and community resources. For more information on this initiative call Lyndsey Scott at 410-996-5168.

The next Healthy Lifestyles Task Force meeting will be held on August 21, 2015 at 12:00 p.m.