

Healthy Lifestyle Task Force Report
Cecil County Community Health Advisory Committee
July 19, 2012

The Healthy Lifestyle Task Force met on September 16, 2011, January 13, 2012, and May 4, 2012.

Chronic Disease Self-Management Program (CDSMP) and Diabetes Self Management Program (DSMP)

These free programs are held at various community sites in Cecil County for two hours, once a week for six weeks. Programs are facilitated by eight trained lay leaders who live with a chronic condition or who are caregivers of someone who has a chronic condition. Four Chronic Disease Self Management programs have been completed this year with 34 participants and two Diabetes Self Management programs have been completed with 19 participants. Two individuals, who are master trained in the CDSMP and DSMP, were also master trained for the Chronic Pain Self Management Program on March 8 - 15, 2012.

Cecil County Falls Prevention Program

Cecil County was one of three counties awarded this grant in FY13. The purpose of this grant is to promote healthy behaviors and create a safe environment for the older adults in the Cecil County community by providing a multifaceted intervention program to include exercise to address physical mobility and other components such as vision assessment, medication review, and review of home and environmental hazards. This grant consists of two programs, Stepping On Falls Prevention Program and Tai Chi Moving for Better Balance. The program reaches older adults in the community, who have a fear of falling, live at home, have had a fall in the past year and are not suffering from dementia and their caregivers. Two instructors have been trained on the Stepping On Falls Prevention Program in Milwaukee, Wisconsin on November 7-10, 2011. Two programs have been completed with 12 participants. Three instructors were trained at a statewide training on November 1-2, 2011 in Tai Chi Moving for Better Balance. Three Tai Chi Moving for Better Balance programs have been completed with twenty-one participants.

Community Transformation Grant

The Maryland Department of Health and Mental Hygiene was awarded a Centers for Disease Control and Prevention (CDC) Community Transformation Grant (CTG) to expand the Healthiest Maryland efforts in tobacco-free living, active living and healthy eating, and quality clinical and other preventive services. This CTG implementation grant reaches the entire state of Maryland minus large counties including the rural population. Seventeen rural jurisdictions in Maryland were awarded this grant. The anticipated project period is five years. It is expected nationally that the Community Transformation Grant awardees will experience a five percent reduction in each goal area: including a reduction of death and disability due to tobacco use, reduction of rate of obesity through nutrition and physical activity interventions, and a reduction of death and disability due to heart disease and stroke.

As part of the Maryland State Health Improvement Process (SHIP) the Local Health Improvement process (LHIP) identified one of the five health concerns facing Cecil County as childhood obesity. Next steps for the committee are to implement strategies to address the priorities by identifying potential funding sources, such as the Community Transformation Grant (CTG), and establishing partnerships with organizations in the county who can implement services/programs to address the health issues. To address obesity, the Health Department will be working with community partners through the CTG to implement an in-depth wellness program addressing physical activity and nutrition in three targeted Title I elementary schools - Bay View, Gilpin Manor and Holy Hall Elementary. The wellness program at each school will focus on healthy and safe food options, tobacco-free living, and a reduction in children's screen time and sedentary behaviors to increase physical activities. A Share and Learn meeting was held at Union Hospital on June 20, 2012 for 30 Cecil County community partners including many members from our community such as representatives from Union Hospital, Cecil County Board of Commissioners' office, Cecil County Public Schools, two representatives from each of the three Title One schools, Department of Parks and Recreation, Elkton Housing Authority, and North Bay Retreat Center. Members from the Institute for a Healthiest Maryland and the University of Maryland School of Law and Nursing as well as representatives from Department of Health and Mental Hygiene were in attendance. This meeting was an opportunity for state and local staffs to mutually discuss local CTG initiatives build relationships between local CTG staff and partners, introduce the Institute for a Healthiest Maryland, and conduct a quick strengths, weaknesses, opportunities and threats analysis to identify optimal starting points for each CTG focus area.

The next Healthy Lifestyle Task Force meeting is Friday, September 28, 2012 at 12 noon at the Cecil College – Elkton Station.