



**Healthy Lifestyles Task Force Report
Cecil County Community Health Advisory Committee
July 17, 2014**

The Cecil County Healthy Lifestyles Task Force has met twice since the last CHAC meeting.

Program/Grant Updates:

- **Living Well Take Charge of Your Health**

Senior Services and Community Transit purchased a program license from the Stanford University for Cecil County to provide the Chronic Disease Self Management Program, Diabetes Self Management Program and the Chronic Pain Self Management Program. Five Living Well programs have been held at various community sites since January 2014. Cecil College will have these free programs listed in the Cecil College catalog of programs in the fall of 2014. Looking for new sites for program -- please contact Delois Brown at 410-996-5168.

- **Fall Prevention**

One Tai Chi – Moving for Better Balance class is being held now at Senior Services and Community Transit and classes at Cecil College will resume in fall 2014. A Stepping On class was held at Seventh Day Adventist Church in Rising Sun and a program is scheduled to start at Wrights AME Church in Elkton on August 4. To hold a Tai Chi – Moving for Better Balance or Stepping On class or to get more information, call Lyndsey Merrill at 410-996-5168.

SHIP Measure (County Baseline Source)	County 2008	County 2010	Maryland 2010	Maryland 2014 Target	Healthy People Goal 2020
Percentage of youth (ages 12-19) who are obese (MYTS 2008, 2010)	13.4	12.7	11.6	11.3	16.1

- **Community Transformation Grant**

Elkton Housing Authority's Smoke Free Policy went into effect on July 1, 2013. The lease addendum is included in new leases and is being included in current leases as they come up for renewal. As of July 1, 2014 all units under Elkton Housing Authority include the new Smoke Free Policy. The Smoke Free Housing Survey will be implemented in the fall and the results will be compared to the base line data that was collected in the spring of 2013. Meetings have been held with the three Title I schools throughout the 2014 school year. All three schools are implementing the JAM (Just-a-Minute) School Program. JAM is a free wellness resource for schools. The program brings physical activity and health education into the classroom and is designed to teach kids (and adults) healthier lifestyle habits. Other school initiatives include Fun and Fitness Days, Walking/Running Clubs, and extra gym time at the end of the school day. The schools have also worked to improve employee wellness by offering a Salad of

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ADMINISTRATIVE SERVICES410-996-5550	ENVIRONMENTAL HEALTH SERVICES410-996-5160
ALCOHOL & DRUG RECOVERY CENTER410-996-5106	HEALTH PROMOTION410-996-5168
OFFICE OF EPIDEMIOLOGY & EMERGENCY PREPAREDNESS410-996-5113	SPECIAL POPULATIONS MENTAL HEALTH C.S.A.410-996-5112
COMMUNITY HEALTH SERVICES410-996-5130	TTY USERS FOR DISABLED: MARYLAND RELAY800-201-7165
DISEASE CONTROL410-996-5100	EN ESPAÑOL410-996-5550 EXT. 4680

the Week, integrating Yoga into professional development days, as well as hosting employee “Biggest Loser” challenges. For more information call Lyndsey Merrill at 410-996-5168.

SHIP Measure (County Baseline Source)	County 2010	County 2011	County 2012	Maryland 2012	Maryland 2014 Target	Healthy People Goal 2020
Rate of ED visits for hypertension per 100,000 (HSCRC 2010, 2011)	172.1	210.4	206.5	260.8	205.4	NA

- **Maryland Million Hearts**

Cecil County is one of only three counties in Maryland to be selected to participate in this initiative to prevent 1 million heart attacks and strokes in the United States by 2017. This initiative targets the ABCS (Aspirin for those at risk, Blood pressure control, Cholesterol management, and Smoking cessation). The 5 core components of Million Hearts are improving clinical care within public and private care settings, strengthening tobacco control, promoting healthy diet, encouraging workplace wellness and incentivizing local public health action. Cecil County is working with community partners, Union Hospital, local faith based community, Cecil County Branch of the NAACP, 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. Community Outreach Volunteers were trained to both educate people on the risk factors of heart disease and direct them to screening sites. Efforts have been made to improve the quality of clinical care by establishing patient education standards, hypertension community screenings and case management services to link clients with clinical and community resources. For more information on this initiative call Lyndsey Merrill at 410-996-5168.

- **Local Health Improvement Plan (LHIP) and Addition of Chronic Disease Plan**

LHIC Data and Chronic Disease Plan were presented at Task Force meeting September 27, 2013. Members agreed to include Heart Disease in the LHIC. Using Survey Monkey, an inventory of community programs addressing the risk factors for Heart Disease has been started and members also ranked the risk factors for heart disease in the order they would like to address them. The results were as follows:

- 1) Physical Inactivity
- 2) High Blood Pressure
- 3) Overweight/Obesity
- 4) Diabetes
- 5) High Cholesterol