



**Healthy Lifestyles Task Force Report
Cecil County Community Health Advisory Committee
January 16, 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. Two Lay Leader Trainings have been completed in the first half of the fiscal year. One was a 4 day training of 6 Lay leaders for the Chronic Pain Self Management Program in July 2013. Four Lay Leaders attended a 2 day Cross Training for Diabetes Self Management and are now certified. A participant satisfaction survey was developed and implemented in the 2nd of 2 programs completed. All participants are very pleased with the program and the personal benefits they have accomplished. Several wrote personnel letters to the Program Coordinator. Two programs are scheduled to start in January 2014. Meetings will be scheduled to coordinate with the Diabetes Center and to have these free programs listed in the Cecil College catalog of programs in the fall of 2014. In FY13, a total of 44 people completed the Living Well Self Management Programs in Cecil County.

Looking for new sites for programs please contact Delois Brown at 410-996-5168.

- **Fall Prevention**

Two Tai Chi – Moving for Better Balance classes are being held now, one at Senior Services and Community Transit and another at Cecil College. Classes are scheduled to be held at those locations again in the Spring 2014. Stepping On classes are being scheduled for Spring 2014 at locations in Rising Sun and Elkton. 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.

Objective #	SHIP Measure (County Baseline Source)	County Baseline 2011	County Update 2012	Maryland Update 2012	Maryland 2014 Target
31	Percentage of youth (ages 12-19) who are obese (MYTS 2008, 2010)	13.4%	12.7%	11.6%	11.3%

- **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. Meetings have been held with the three title one schools to update their School Health Index Action Plans for the 2014 school year. All three schools plan on implementing the JAM (Just-a-Minute) School Program. JAM is a free wellness resource for schools. The program

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brings physical activity and health education into the classroom and is designed to teach kids (and adults) healthier lifestyle habits. One school is introducing a “Salad of the Week” and another is starting a Family Fitness Night for their school. For more information call Lyndsey Merrill at 410-996-5168.

Objective #	SHIP Measure (County Baseline Source)	County Baseline 2011	County Update 2012	Maryland Update 2012	Maryland 2014 Target
28	Rate of ED visits for hypertension per 100,000 (HSCRC 2010, 2011)	152.3	236.0	222.2	202.4

- Maryland Million Hearts**

Cecil County is one of only three counties in Maryland to be selected to participate in this initiative. It’s aim is 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 will engage local partners to implement a community wide campaign to increase awareness of the risk factors of heart disease, primarily hypertension. We will also work 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.

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 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