



**Healthy Lifestyles Task Force Report
Cecil County Community Health Advisory Committee
January 15, 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 and the Chronic Pain Self Management Program. Five Living Well programs have been held at various community sites since July 2014. Cecil College will have these free programs listed in the Cecil College catalog of programs in Spring 2015. Looking for new sites for programs 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 Spring 2015 at Senior Services and Community Transit. Cecil College will also offer the class free of charge in their Spring 2015 catalogue through their Life Long Learning program. A Stepping On class was held at Wrights AME Church in Elkton from August 4 through September 22, 2014 and 13 people completed the class. If interested in scheduling 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**

In July and August 2014 CCHD staff assisted DHMH in completing 70 Smoke Free Housing Surveys within 5 different multi-unit housing complexes throughout the county. Cecil County Public Schools (CCPS) Food and Nutrition Department purchased menu boards to promote healthy choices. Staff from CCPS Food and Nutrition Department were also available at the schools' open house nights to discuss healthy choices as well as the school menu and enroll families in the Free and Reduced Meals (FARM) program. CCHD staff continue to work with staff from three title one schools to promote healthy food choices and increased physical activity. For more information call Lyndsey Merrill at 410-996-5168.

Healthy People. Healthy Community. Healthy Future.

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	236.0	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 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, local faith based community, 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, 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.

The next Healthy Lifestyles Task Force meeting will be held on January 16, 2015 at 12:00 p.m.