



**Healthy Lifestyles Task Force Report  
Cecil County Community Health Advisory Committee  
July 21, 2016**

**Program/Grant Updates:**

- Living Well Take Charge of Your Health**  
Cecil County provides the Living Well 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. There are currently three programs in session and Cecil College has these free programs listed in their course catalog. 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 or Crystal Abner at 410-996-8170.
- Fall Prevention**  
Tai Chi – Moving for Better Balance classes continue to be held at Cecil College and Cecil County Department of Community Services. Cecil College offers the class through their Life Long Learning program. If you are interested in scheduling a Tai Chi – Moving for Better Balance call Lyndsey Scott at 410-996-5168 or Heike Button at 410-620-3101. Cecil County also offers Stepping On, a 7 week fall prevention workshop. If you are interested in scheduling a 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)
<b>Cecil</b>	12.1	13.2
<b>Maryland</b>	11.7	11.0

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

- School and Child Care Center Wellness Activity Support**  
Cecil County Health Department (CCHD) partnered with Cecil County Public Schools (CCPS) to establish School Based Wellness Teams (SBWT) at identified Title I Schools. The SBWT completed wellness self-assessments for their school and developed improvement plans for identified areas of need. CCHD partnered with the CCPS School Health Council to review current wellness policies and implement the Whole School, Whole Community, Whole Child (WSCC) model. CCHD also partnered with the Family

*Healthy People. Healthy Community. Healthy Future.*

Education Center and Child Care Links to assist child care centers in the completion of a center self-assessment, an online wellness policy course “Wellness Policies in Your Child Care Center,” and the development of a center wellness improvement plan for a healthy child care center. For more information on this initiative 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	2014
<b>Cecil</b>	167.1	209.3	197.7	234.7	241.2
<b>Maryland</b>	205.9	226.3	244.1	246.3	252.2

MD 2017 Goal: 234.0

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

- **Addressing Chronic Disease in Health Systems**

Cecil County received funding to implement strategies to prevent and control diabetes and hypertension with local health care providers. CCHD is working with community partners including Union Hospital, local primary care providers, West Cecil Health Center and other local partners to improve the quality of clinical care and provide Care Coordination 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 in August 2016. The date and time is to be determined.