

Harford County Local Health Improvement Coalition

July, 2013

Welcome to the July Edition of the LHC Newsletter!

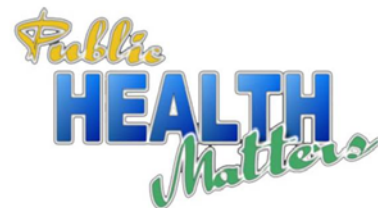
Harford County's Local Health Improvement Coalition (LHC) workgroups are continuing their work to improve the health of Harford County residents. See an update below of the workgroups most recent initiatives.



Workgroup Updates

The **Obesity Task Force's Community Engagement Workgroup** has been gearing up to launch a **Get Healthy Harford** program this summer. Led by Healthy Harford in partnership with the Harford County Public Libraries, Harford County Health Department, Upper Chesapeake Health, and Harford County Government, this program is aimed at encouraging Harford County residents to think about their health and pledge to take small steps to leading a healthier more active lifestyle. Participants will receive a free **Get Healthy Harford** t-shirt and window cling, while supplies last. Register to take the pledge at hcplonline.org or visit your local library or senior activity center.

The **Tobacco Workgroup** has launched an anti-tobacco media campaign which will run through the summer. Advertisements can be seen on billboards, transit, and in movie theaters. In June, a Public Health Matters episode targeting the dangers of tobacco use was taped by Harford Cable Network. The program host, Health Officer Susan Kelly, interviewed Vickie Bands, Director of Community Outreach at Upper Chesapeake Health and the LHC Tobacco Workgroup Chair, and Dr. Donald Shell, Director of the Center for Tobacco Use Prevention and Control at the Maryland Department of Health and Mental Hygiene. The episode will air every Monday and Tuesday for one month beginning in August.



The [Behavioral Health Workgroup](#) hosted the "Embracing Change: Behavioral Health Integration" conference on June 11. The conference featured Dr. Gayle Jordan Randolph, Deputy Secretary for Behavioral Health and Disabilities at the Maryland Department of Health and Mental Hygiene, Billy Boniface, Harford County Council President and a number of behavioral health experts. Over 150 addictions and mental health professionals attended. The conference introduced upcoming changes at the state level towards the integration of mental health and addictions services. To learn how three Maryland organizations are already integrating treatment, view the conference [panel presentation](#).

Harford County has been part of a state-wide planning effort to address the rising number of heroin-related overdose deaths. The Maryland Department of Health and Mental Hygiene released a [report](#) showing that the number of deaths increased from 245 in 2011 to 378 in 2012, a 54% rise. In Harford County, the opioid overdose rate has remained relatively high over the last five years, ranging from 23–28 deaths per year. The State has encouraged all jurisdictions to bring together experts and coordinate around overdose prevention efforts. In June, the [Harford County Opioid Overdose Prevention Plan](#) was approved by the State. The Plan was a result of coordinated efforts between the Health Department, Community Services Office of Drug Control Policy and the Office on Mental Health.

Grant Award

The Maryland Community Health Resources Commission (CHRC) has awarded the Health Department a \$200,000 grant to coordinate care and provide preventive behavioral health services to high-risk residents. The Project advances core public health goals identified by Harford County's LHIC. Specifically, the Project identifies individuals with complex health and social service needs, coordinates and ensures the delivery of an array of services, and helps achieve cost savings by removing barriers to health care. Grant funds would be used to recruit nurse and social worker Care Coordinators in order to expand the Health Department's Comprehensive Women's Health Project. Harford County was one of seven Maryland local health departments awarded a CHRC grant.

Resources

Looking to mobilize community partnerships or build upon pre-existing ones? Consider the MAPP (Mobilizing for Action through Planning and Partnerships) process as a guide. MAPP is a community-wide strategic planning process for improving public health. It helps communities to prioritize issues, identify resources for addressing them, and take action. For more information about this process, visit [NACCHO](#) (National Association of County and City Health Officials).

Out of ideas for how to increase physical activity within your organization? Point-of-decision prompts are evidence-based methods that can be used to increase physical activity. Utilize these prompts near the elevators to encourage employees to take the stairs. Print and post examples from the [Centers for Disease Control and Prevention](#) or create your own.

Stay up to date

- **Local Health Improvement Coalition** meeting dates and past minutes are available on the Harford County Health Department's [website](#).
- **Healthy Harford** - for the latest information on health and wellness in Harford County, "like" Healthy Harford on [facebook](#), or visit their [website](#).
- **State Health Improvement Process** - stay up to date on health outcome data at the SHIP [website](#).



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