Harford County Local Health Improvement Coalition

Welcome to the October Edition of the LHIC Newsletter!

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

Healthy Harford Day

On September 28, an estimated 1,000 people attended the 3rd Annual Healthy Harford Day at the Bel Air Farmers Market to learn about and engage in ways to get healthy here in Harford County. With everything from free bike helmet fittings, cooking demonstrations, nutrition consultations, and health screenings, residents were able to enjoy a fun filled morning that also included fitness classes, goal kicking with the Baltimore Blast, running an obstacle course with the Y of Central Maryland, downhill "skiing" on the Arena Club's new Helix machine, and so much more.

Forty-five vendors were on hand to answer questions and educate the crowd on important opportunities and resources available in our community. Proclamations for creating a healthier community were presented by County Council President Billy Boniface and Bel Air Town Commissioner Rob Reier.

Annual LHIC Meeting

On October 8, over 60 stakeholders attended the second annual LHIC meeting. Presentations were given by the State's Office of Population Health Improvement, the Institute for a Healthiest Maryland and representatives of the Healthy Community Planning Board, Community Engagement Subcommittee, Behavioral Health Workgroup and Tobacco Workgroup.

In addition, Deputy Health Officer Dr. Russell Moy presented updated local health data, an analysis of access to care and information on prevention services and healthcare reform. To access presentations from the October 8 meeting, please visit the Health Department's LHIC webpage.

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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