

# Obesity Workgroup

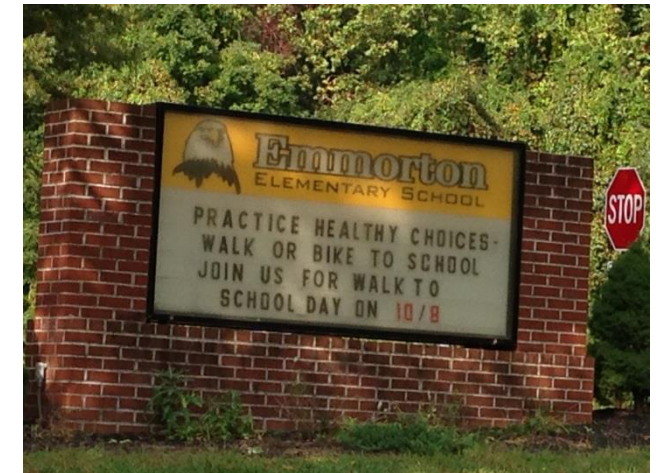
Access to Healthy Foods/Built  
Environment/Community Engagement

# The Community Engagement Committee

Upper Chesapeake Health  
Y of Central MD  
Office on Aging  
HC Health Dept.  
HCG Community Services  
MD Coop Ext  
HC Public Libraries  
APG  
Master Gardeners  
Center for Arts  
Harford Community College  
Kleins ShopRite  
Aberdeen Bible Baptist  
Arena Club  
Laurrapin Grill  
Rebecca Hartwig, MD  
HC Public Schools  
City of Aberdeen  
Brad's Produce  
HC Sheriff's Ofc  
Town of Bel Air  
Chamber of Commerce  
City of Havre de Grace  
HC Planning & Zoning

# Built Environment

- Safe Routes to School grant - Emmorton Elementary & South Hampton Middle
- Interdepartmental Bike and Pedestrian Group
- New County Walking and Biking website
- Bike Maryland is starting an advocacy group in Harford County to improve cycling conditions in our community
- Improved cycling infrastructure, more bike racks at schools and community
- Over 1,500 helmets fitted and distributed to Harford County children



- Chesapeake Spokes cycling club has grown from 50 to 250 members in only 5 years
- Street Smart Teams in Harford County to encourage Pedestrian safety
- The Town of Bel Air is exploring eliminating rights on red downtown to improve pedestrian safety
- The State Highway Administration has expanded its Share The Road efforts to include both bicycle and driver education. In addition, with each roadway resurfacing project, SHA will evaluate the road for inclusion of bicycle markings and amenities.
- New Development is planned with bike and pedestrian improvements in mind.



# Healthy Foods

- Ironbirds Healthy Challenge
- Healthy Eating panels
- First Community Garden in Darlington
- Harford Count Public Schools Mobile Summer Meals Program
- LASOS - Nutrition game at the Harford Games
- Great turn out at the Bel Air Town Festival for the Screening of Fed Up!



# Community Engagement

- Healthy Heartford 5k run
- School health fairs all over the county
- Games and community outreach
- Primary Care Provider seminar with Dr. Peter Gaskins, UM Pediatric Cardiologist
- Creation and appointment by County Council of the Healthy Community Planning Board



# Healthy Harford Day grows bigger every year..

- This year 80 Vendors and 1,500 people attended. Two stages of movement classes, a cooking demonstration and a hands only CPR class rounded out the event.



# More people are engaged in leading healthy lifestyles than ever before

- Every school has a wellness plan, health fairs, and wellness champion
- Chesapeake Spokes has gone from 50 to 250 members in only 5 years
- There is a 5k almost every weekend here in Harford County
- bike racks are being used at schools and around town
- when the new federal snack guidelines came out HCPS had few adjustments to make because we already met most of them
- More farm to school produce contracts in place
- Breakfast challenge underway
- Working on establishing bike lines at time of development.





# What is on the horizon for 2015?

- advocate for legislation that supports through the Healthy Community Planning Board
- continue to support healthy initiatives in the community
- expand healthy lifestyle education
- increase cooking classes through partner organizations: Dinekind Harford, Abundant Living, Healthy Cooking with Jim, etc.
- stronger emphasis on the Rt. 40 corridor and north Harford areas
- Workgroup will establish additional priorities in the fall of 2014

[www.tinyurl.com/UCHealthSurvey](http://www.tinyurl.com/UCHealthSurvey)

- **Community Health Needs Assessment**
- **Community Health Survey**
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- In order to better understand the health needs of Harford County residents, Upper Chesapeake Health is conducting a comprehensive Community Health Needs Assessment. As part of the assessment, Upper Chesapeake Health has contracted with Holleran, an independent research firm, to conduct a survey with community leaders, stakeholders, and residents. The Community Health Survey results will be used in conjunction with Secondary Data to guide Upper Chesapeake Health's community health improvement planning efforts.
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- Community input is essential to helping us understand community needs and prioritize public health endeavors. **We kindly request your participation in an online Community Health Survey.** The survey should take about 10-15 minutes to complete. You will be asked to answer questions about your personal health experience as well as community health issues. Please be assured that all of your responses will go directly to our research consultant, Holleran Consulting, and will be kept strictly confidential. Please note that while your responses, including specific quotations, may be included in a report of this study, your identity will not be directly associated with any quotations.