



Healthy Lifestyles Task Force (HLTF) Update
 Community Health Advisory Committee
 January 18, 2024
 Lily Hilferty (lily.hilferty@maryland.gov)

The Healthy Lifestyles Task Force meets quarterly to identify programs and services that help residents take charge of their health, eat right and be more active while working to further Community Health Improvement Plan (CHIP) initiatives.

Community Health Improvement Plan (CHIP) Updates:

Access to Health Services (pages 17 - 20)

3.3: Increase access to transportation services for Cecil County residents receiving health services.

- **Task force activity: "3.3.1:** Compile a resource directory of available transportation resources in Cecil County." **Completed.** The attached resource is distributed throughout the county.

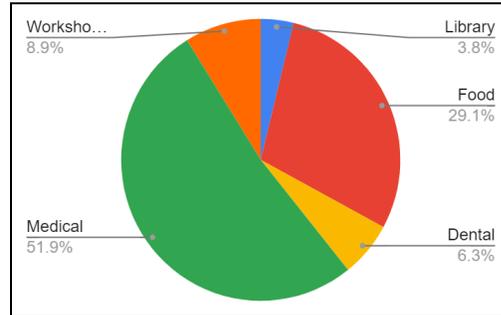
3.5: Increase access to diabetes prevention and management resources.

- **Task force activity: "3.5.1:** Increase referrals to, and enrollment in diabetes prevention and management resources." **In progress.** Task force discussions are held quarterly to generate ideas for increased engagement in diabetes prevention and management resources.

Healthy Lifestyles Assistance Program (HLAP)

- **As grant funds allow, schedules and pays for taxi transportation** to wellness related locations including support groups, medical and mental health care, nutritional services, fitness classes and gyms, chronic condition prevention and management services, grocery stores, farmers’ markets, and food banks. Call: 410-996-5168 or fill out this [ride request form](#).
- **Data Updates (July 1, 2023 to present)**
 - **79 rides have been requested.**
 - **17 individuals were transported.**

Ride Requests by Type	
Library	3
Food	23
Dental	5
Medical	41
Workshop Sessions	7



Upcoming Events & Announcements:

- **West Cecil Health Center**
 - **January 23rd, 2024 12:00pm-2:00pm** hosting Maryland Food Bank’s [MOBILE MARKET](#) at West Cecil Health Center 49 Rock Springs Road, Conowingo, MD 21918
 - West Cecil Health Center has increased the number of Primary Care and Mental Health Providers.
- **ChristianaCare**
 - **January 24, 2024 Christiana Care Mobile Bus will be hosted at the Paris Foundation.** Goal: complete blood pressure screenings and link to primary care providers.
 - ChristianaCare hired two acute care coordinators who will work to connect patients to community resources.



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- **Cecil County Health Department** (410-996-5168)
 - **January 23, 2024 6:00pm - 7:00pm** Virtual [Diabetes Prevention Program](#) workshop
 - **January 24, 2024 2:00pm - 4:00pm** Virtual **Cancer Thriving and Surviving** workshop
 - **January 25, 2024 5:00pm - 7:00pm** Virtual [Diabetes Self-Management Program](#) workshop
 - **Hypertension Self-Management workshop - In-Person the 2nd Friday of EVERY MONTH 1-3pm at 401 Bow Street, Elkton, MD 21921**
 - **March 7, 2024 6:00pm - 8:00pm - NEW [Building Healthy Families](#) (BHF) Workshop.** BHF is a Healthy Weight program for children 6-12 with BMI in the 95th percentile and their families. This workshop will be held at the Neighborhood Community Center, 121 Stockton St, Elkton, MD 21921.
 - Recruiting volunteer Physical Activity Coordinator
https://www.volunteercecil.org/need/detail/?need_id=889346
- **The Lotus Center** is offering NEW Yoga classes for seniors.

The next Healthy Lifestyles Task Force Meeting meeting is open to the public and will be In-Person at the Cecil County Health Department on April 18, 2024 at 10:00am



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Cecil County Transportation Resources

List compiled by the Healthy Lifestyles Task Force. Call (410) 996-5168 to add a resource.

Check if you qualify for local programs.

Healthy Lifestyles Assistance Program (410) 996-5168 Cecil County residents 18 years of age or older may be eligible for transportation assistance. As funding allows, program staff can schedule and pay for transportation to support groups, medical and mental health care, nutritional services, fitness classes and gyms, healthy lifestyle workshops, trips to grocery stores, farmers' markets, and food banks.

Cecil Transit (410) 996-5295, Option #2.

- **Bus Routes** (Glasgow Connection, Cross-County Connection, Elkton-Newark Connection, Harford LINK - Teal Line)
- **Transportation Reimbursement Program** reimburses a limited amount of transportation costs each fiscal year for qualified senior citizens, people with disabilities and low income individuals.
- **On Demand Response** countywide, origin-to-destination transit service for all ages. Riders under the age of 12 must be accompanied by an adult.

Medical Transportation (410) 996-5171 serves eligible Medicaid Beneficiaries.

Getting There Ride Share (410) 836-3005 provides transportation services for seniors in north Harford County and parts of west Cecil County.



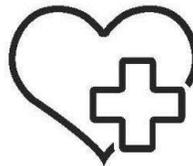
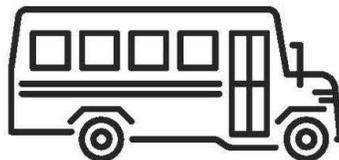
Ask your health insurance provider about available resources.

Medicaid HealthChoice MCOs have some transportation for beneficiaries. Call the number on your insurance card to ask about available resources.

Ask your doctor about available resources.

Healthcare organizations including the ChristianaCare network and West Cecil Health Center may have transportation for active patients. If you are a patient in either of these networks, ask your healthcare provider if there is assistance available to you.

Search online: <https://cecilcountyhealth.findhelp.com/>





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*Free Food
Free Resources*

Delivering Hope to
Our Neighbors

ONE-STOP-SHOP

The Maryland Food Bank's **MOBILE MARKET** is visiting!
We're inviting **ALL** to receive healthy foods and resources.

Join us for a **FULL SHOPPING EXPERIENCE!** (While Food Supplies Last)

CHANGED: Tuesday, January 23rd, 2024
12:00pm-2:00pm
West Cecil Health Center
49 Rock Springs Road, Conowingo, MD
21918