

DIABETES COMMITTEE MEETING
May 18, 2022
4:00 - 5:00 PM
DRAFT Minutes

Members Present

Pamela Xenakis
Pamela Williams
Sara Vazer
Jessica Kiel
Julie Maneen
Sara Vazer
Teresa Titus-Howard
Mary-Pat Bertacchi
Vivienne Rose
Crystal Bell

Members Not Present

Darryl Heggans

Maryland Department of Health Staff Present

Michelle George
Jen Schindler
Jason Semanoff
Kristi Pier
Amy Osbourne

1. Roll Call/Introductions

A quorum of the Diabetes Committee was present. Roll call completed by Jen Schindler. Member, Jessica Keil, introduced Pam Williams as the new Diabetes Committee Chair. Additionally, Dr. Rose and Pamela Xenakis are now members of the committee.

2. Review Agenda Items

The Diabetes Committee met via webinar on May 18, 2022. Pamela Williams called the meeting to order at 4:01 p.m. and reviewed the meeting agenda items.

3. Approve March 16, 2022 and April 19, 2022 Meeting Minutes

Motion to approve the March 16, 2022 meeting minutes was made by Dr. Rose. Sara Vazer seconded the motion. The March 16, 2022 meeting minutes were approved.

Motion to approve the April 19, 2022 meeting minutes was made by Teresa Titus-Howard. Pamela Xenakis seconded the motion. The April 19, 2022 meeting minutes were approved.

Jen Schindler will add the March and April meeting minutes to the Diabetes Committee website.

4. Guest Speaker: Jason Semanoff

Pamela Williams introduced the guest speaker, Jason Semanoff, from the Maryland Public

School system. Mrs. Williams informed the committee that during the April meeting the committee was working on identifying action items from the diabetes action plan. In order to narrow down the action items, Mr. Semanoff was invited to speak about physical activity initiatives in Maryland schools.

Mr. Semanoff mentions that Maryland public schools have autonomy when creating the physical education curriculum. While there are no specific state requirements, they still have to meet the Federal requirements. Mr. Semanoff sent several links in the “chat” box as resources for the committee members to review. Additionally, Mr. Semanoff sent the most recent data reports in regards to fitness tests and recess reports. Mr. Semanoff advised the committee to take the data with a “grain of salt” as the definition of recess is not the same across each school district. Sara Vazer asked about fitness testing and Mr. Semanoff explained that most schools use “Fitnessgram” which includes a variety of tests including push-ups, pacer, curl-ups, sit and reach, and a student’s Body Mass Index (BMI). Sara mentioned that it would be nice if schools could collect BMI and send it to the committee.

Mr. Semanoff informed the committee that physical education(P.E.) is required yearly for grades pre-k-12. Framework for all Maryland students is created to help students become physically literate; grading and assessment must align with the framework. Mr. Semanoff informed the committee that all students, including those with physical limitations, must participate in P.E. Again, the physical education curriculum varies across each school district.

5. Discussion of Committee Action Plan Items:

Pam Williams reviewed the “Diabetes Committee Recommendations” from previous meetings. From previous meetings it was determined that the committee would focus on

- Developing produce prescription pads - Aligning with the Food as Medicine Initiatives.
- Assess and forecast access to fresh fruits and vegetables by geography.
- Implement statewide policies that increase opportunities for students to be physically active throughout the school day and after school.

Crystal Bell mentioned that when looking at other action plan topics, a year would not be long enough to change legislation, but that the committee could spend the first year “planting the seed.” Crystal talked about access to fresh fruits and vegetables and how many stores, like Food Lion, have a “guiding stars” program that encourages individuals to “follow the stars” for healthy food choices. Dr. Rose liked the idea of promoting and educating the guiding stars program.

Mary Pat Raimondi recommended that the committee reach out to local food banks and Maryland Agriculture to see what services could be offered to low-income families. Additionally, Mary Pat Raimondi offered to work on “food is medicine” with the committee. Pamela Xenakis added information about “food is medicine” in the chat box as well.

The committee ran out of time to review the referral forms.

6. Next Steps and Assignments:

Committee Members: Pamela Williams is going to follow-up with the Fitness Committee to make sure that the work from the Diabetes Committee is not overlapping the work from the Fitness Committee.

Staff: Jen Schindler will email the links from the chat box and the referral forms to the committee

7. Adjournment

The meeting was adjourned at 4:59 PM

Next Diabetes Committee meetings:

June 15, 2022, 4:00 – 5:00 PM