

**MARYLAND ADVISORY COUNCIL ON HEALTH AND WELLNESS**  
**MINUTES**  
**OCTOBER 19, 2022**  
**4:00 - 6:00 PM**

The Maryland State Advisory Council on Health and Wellness held a public meeting on 10/19/2022, called to order at 4:04 PM.

**MEMBERS PRESENT**

Salliann Alborn  
Mary Backley  
Crystal Bell  
Mary Pat Bertacchi  
Felicia Brannon  
Jonathan Dayton  
Jennifer Eastman  
Mychelle Farmer  
Gary Gerstenblith  
Katie Hall  
Roger Harrell  
Darryl Heggans  
Jessica Kiel  
Namisa Kramer  
Julie Maneen  
Jared Meacham  
Aruna Nathan  
Rachel Pigott  
Cameron Pollock  
Vaple Robinson  
Vivienne Rose  
Jason Semanoff  
Afton Thomas  
Teresa Titus-Howard  
Pamela Williams  
Vanina Wolf

**MEMBERS NOT PRESENT**

Seth Martin  
Sarah Vazer  
Kristin Watson  
Pamela Xenakis

**MDH STAFF PRESENT**

Kathy Graham  
Miranda Ouellette  
Kristi Pier  
Jessica Rose-Malm  
Christa Thornton  
Jen Schindler

**MEMBERS OF THE PUBLIC PRESENT**

DuJuan Artis  
Pattie Dash, National Kidney Foundation

**I. Meeting Opening**

Jessica Kiel, Chair, called the meeting to order at 4:04 PM. Kristi Pier took roll call and a quorum was present.

**II. Welcome and Business**

Welcome and Agenda Review: Ms. Kiel reviewed the meeting agenda.

Consideration/Approval of June and July, 2022 Minutes: Salliann Alborn moved to approve the minutes from the Council's June 28, 2022 and July 20, 2022 meetings. for both meetings. Roger Harrell seconded the motion and the motion passed.

Annual Attendance Requirements: Ms. Pier reminded members MDH will submit annual attendance reports to the Secretary of Health by the end of the calendar year. Members not meeting the minimum attendance requirements (75% of full Council meetings and 50% of Committee meetings) will be notified via email and may submit a waiver request to the Secretary's office.

Call for Volunteers to the Ad Hoc Legislative Committee: Ms. Kiel called for volunteers to join the Council's Ad Hoc Legislative Committee. The Committee reviews relevant legislation during the Maryland legislative session (early January-early April), recommends bringing legislation to the full Council, and works with MDH staff to draft position statements. Ms. Kiel asked for representation from each of the standing Committees. The following members expressed interest in joining the Ad Hoc Legislative Committee: Salliann Alborn, Felicia Brannon, Dr. Vivienne Rose, Dr. Mychelle Farmer, and Jason Semanoff.

### III. **National Kidney Foundation**

Ms. Kiel introduced Pattie Dash, Executive Director of the National Kidney Foundation overseeing Maryland and Delaware. Ms. Dash presented information about kidney disease, the mission of the National Kidney Foundation, and the Foundation's signature programs to improve awareness, prevention, and management of kidney disease. Diabetes and hypertension are the two leading causes of kidney disease and 33% of American adults are at risk for kidney disease. Ms. Dash highlighted the Foundation's [Minute for Your Kidneys risk quiz](#). Ms. Dash promoted the 2022 Maryland Kidney Walk on October 23, 2022 at the University of Maryland Baltimore County, as well as a series of living donation workshops hosted in partnership with the University of Maryland Medical System in April 2023.

### IV. **Member Highlight: Jonathan Dayton, Maryland Rural Health Association**

Ms. Kiel introduced Jonathan Dayton, Council member and Executive Director of the Maryland Rural Health Association (MRHA). Mr. Dayton presented on MRHA's role as a membership-based nonprofit organization advocating for health in Maryland's rural counties at the state and federal level. In addition to its membership, MRHA works closely with the Rural Maryland Council, the Maryland State Office of Rural Health, and the Maryland Hospital Association. Mr. Dayton highlighted several priorities for the coming year, including updating the Maryland Rural Health Plan, expanding a podcast series, and working on a scholarship program to bring healthcare providers to rural areas. MRHA will also host an in-person Maryland Rural Health Conference October 24-25, 2022.

### V. **Preventive Health and Health Services (PHHS) Block Grant FFY22 Update and PHHS Disability Project Update**

Ms. Kiel invited Miranda Ouellette, Inclusion Coordinator with the MDH Center for Chronic Disease Prevention and Control to present updates on the preliminary outcomes from the PHHS FY21 grant period and the current FY22 work plan. Ms. Ouellette shared a summary of preliminary outcomes from FY21 projects addressing diabetes,

cardiovascular disease, adult and child obesity, data and informatics, listeria, cancer, sexual violence, and disability health inclusion. Ms Ouellette also provided an update on the FY22 PHHS budget and confirmed the FY22 work plan presented to the Council in May has been approved by the CDC.

Following the overall PHHS updates, Ms. Ouellette provided an overview of the PHHS-funded [Disability Health Inclusion Program](#). MDH was funded under a five year cooperative agreement with the CDC to develop a program to improve the knowledge and awareness of programmatic, policy, systems, and environmental changes that can help support health promotion programming for people with disabilities. That cooperative agreement ended in 2021 and MDH has continued supporting the Disability Health Inclusion Program under PHHS, supporting public health programs to improve inclusion and access to health promotion programming. The program worked with the Charles County and Washington County Health Departments in FY21 and will work with two additional health departments in FY22.

## I. **Committee Updates**

Ms. Kiel invited Committee Chairs to deliver brief reports.

- Arthritis (Rachel Pigott): The Arthritis Committee looked at its social media messaging plan for 2023 and identified both the general public and healthcare providers as target audiences for messaging. The Committee plans to gather information about what healthcare providers need regarding arthritis that may be supported through social media messaging.
- Diabetes (Pamela Willaims): The Diabetes Committee reviewed the new MDH diabetes webpage and is interested in adding more nutrition content to the page. The Diabetes Committee also plans to work with the Fitness Committee to develop a one-pager promoting youth nutrition and physical activity.
- Heart Disease and Stroke (Jonathan Dayton): The Heart Disease and Stroke Committee is developing a new Maryland action plan for cardiovascular disease over the next year. The Committee is also working with MDH to develop a hypertension surveillance brief.
- Physical Fitness (Dr. Aruna Nathan): The Fitness Committee is finalizing a one-pager to increase awareness of physical activity guidelines and promote easy ways for everyone to be more physically active. The Committee is interested in partnering with other Committees on projects, given the overlap between physical fitness and other chronic conditions.

Council members requested additional information and metrics gauging the reach of social media messages disseminated in the past year. Members suggested forming an ad hoc committee to enhance the Council's social media presence and reach. Ms. Kiel will meet with MDH to discuss the best strategy for monitoring and enhancing the effectiveness of the social media messages.

## I. **Public Comment**

Ms. Kiel opened the meeting for public comments; no member of the public provided comment.

**II. Adjournment**

Ms. Kiel adjourned the meeting at 5:59 PM.

**Next Council Meeting: January 18, 2023 4:00-6:00 PM**