

DIABETES COMMITTEE MEETING
July 19, 2022
4:00 - 5:00 PM
Committee Minutes

Members Present

Pamela Williams
Sara Vazer
Jessica Kiel
Julie Maneen
Teresa Titus-Howard
Dr. Vivienne Rose
Pamela Xenakis

Members Not Present

Darryl Heggans
Mary-Pat Bertacchi
Crystal Bell

Maryland Department of Health Staff Present

Michelle George
Jen Schindler

1. Roll Call/Introductions

A quorum of the Diabetes Committee was present. Jen Schindler completed a roll call of members present.

2. Review Agenda Items

The Diabetes Committee met via webinar on July 19, 2022. Pamela Williams called the meeting to order at 4:01 p.m. and reviewed the meeting agenda items.

3. Approve May 18, 2022, and June 15, 2022, Meeting Minutes

Jen Schindler shared the meeting minutes for May 2022 and June 2022 via email for members to review. Additionally, meeting minutes were shared during this meeting for members to review. Upon review of the May 2022 meeting minutes, Julie Maneen motioned to approve the May 18, 2022 minutes; Pamela Xenakis seconded the motion. May 18, 2022 meeting minutes were approved. Upon review of the June 2022 meeting minutes, Jessica Kiel motioned to approve the June Meeting minutes; Teresa Titus-Hoard seconded the motion. June 15, 2022 Meeting minutes were approved; Jen Schindler will have the meeting minutes added to the Diabetes Committee website.

4. Discussion of Action Plan Items

Pamela Williams shared a presentation of the Committee's selected action plan items. **The action plan items discussed were as follows:**

- **Assess and forecast access to fresh fruits and vegetables by geography. In previous meetings, we have discussed the “Guiding Stars” program, and raised public awareness about these various programs in grocery stores.** Mrs. Williams reviewed the program and asked for two committee members to volunteer to take the lead on this action item. In past meetings, Mary-Pat Bertacchi informed the Committee that she would be available to assist with this action plan item. Additionally, Mrs. Williams informed the committee that MDH has an intern that will be starting in August; the intern may be available to assist with this action plan item. Pamela Xenakis talked about HSCRC grants that provide DSMES attendees with food vouchers and other sources to assist with food purchases once the participants complete the DSMES course. Mrs. Xenakis thought that it would be a good idea to link this idea with DPP resources as well. Jessica Kiel asked about where this information would be stored and other members wanted to know how the information would be provided to the public. Mrs. Williams mentioned that committee members would need to take the lead on this action item and discuss some of those questions. Pamela Xenakis volunteered to work with Mary-Pat Bertacchi. **Pam Williams will follow up with Mary-Pat Bertacchi to see if she's available to develop tasks with this activity.**
- **Developing prescription pads is the second action plan item discussed.** The committee agreed that the information on the prescription pad needs to be streamlined. Additionally, many members asked about how this information would be distributed to the public. Sara Vazer asked the committee how MDH staff can contribute as she was under the impression that MDH staff would be doing the work for the action plan items and then presenting the information to the committee. Jessica Kiel informed the committee that the committee and MDH have more of a “team effort” where MDH provides resources and oversight as needed, but that ultimately committee members would be the ones to carry out the action items. Teresa Titus-Howard mentioned that she is not a fan of the prescription pads and asked about funding for this. Mrs. Williams informed the committee that she has been advised that there are some funding sources available, but that the committee would have to look into that further. The committee agreed that they would not like to work on the prescription pads at this time. **There was some discussion about the CRISP referrals. We discussed getting information on the work that CRISP is doing with their bi-directional referrals.**
- **Implement statewide policies that increase opportunities for students to be physically active throughout the school day and after school is the final action plan item** which talks about increasing opportunities for children to be physically active. Mrs. Williams informed the committee that she has reached out to the Fitness Committee **staff person** for a “one-pager” that will incorporate ways that adults can work with students to increase physical activity. Additionally, Mrs. Williams has

plans to reach out to Mr. Semanoff about increasing physical activity at the school level. Mrs. Williams informed the committee that she will be taking the lead on this action item.

5. Patient Forum Feedback:

Pamela Williams shared the information from the Virtual Patient Care Forum with the committee and highlighted the feedback/suggestions from MDH. The committee talked about which items from the patient feedback were most important to implement. Dr. Rose and Pam felt that “People with prediabetes are unable to monitor their blood sugar at home since insurance doesn't cover it. Having to wait 3-6 months to receive objective information was a hindrance to staying healthy” from the patient feedback was not one that the committee needed to address. This led to a discussion about the new insulin bill which the committee is very excited about.

Pamela Williams mentioned that for the issue, “Resources not readily available close to home and have to travel for specialty care” the committee could look at Project Echo models that have addressed this barrier in other communities.

For “Desire to learn more about nutrition and lifestyle changes,” Mrs. Williams informed the committee that MDH has a new physician that will be working 10-15 hours a week that could assist with this barrier. Dr. Rose suggested that the committee also consider educating caregivers about the signs of low blood sugar and how to assist their family members with recovery.

6. Next Steps and Assignments:

Mrs. Williams encouraged committee members to work on the action plan items that they have volunteered for. Committee members should be ready to report their findings at the next committee meeting.

7. Open Floor:

Sara Vazer asked the committee if they had a good A1c test that they felt was reliable and easy to use. Mrs. Xenakis told the committee that she continues to use Afinion and feels that it is pretty reliable.

There was a discussion about prediabetes screenings and diabetes education resources. Many of the committee members talked about patients not being ready for programs as soon as they find out that they have prediabetes. Pamela Xenakis mentioned that it would be nice to have the ability for patients to text “I’m ready” to a specific number in order to receive resources and education about available programs. The committee agreed that it would be a good resource; Pamela Williams is going to look into this.

8. Adjournment

The meeting was adjourned at 5:00 PM

Next Diabetes Committee meetings:

August 17, 2022, 4:00 – 5:00 PM