

DIABETES COMMITTEE MEETING
September 27, 2022
4:00 - 5:00 PM
Meeting Minutes

Members Present

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

Members Not Present

Darryl Heggans
Sara Vazer

Maryland Department of Health Staff Present

Michelle George
Jen Schindler
Kyle Salmon
Kathleen Graham

1. Roll Call/Introductions:

Jen Schindler completed roll- call at the start of the meeting. A quorum of the Diabetes Committee was present.

2. Review Agenda Items:

The Diabetes Committee met via webinar on September 27, 2022. Pamela Williams called the meeting to order at 4:01 p.m. and reviewed the meeting agenda items.

3. Approve July 19 and August 17, 2022, Meeting Minutes:

Members reviewed the July 2022 meeting minutes, Teresa Titus-Howard motioned to approve the July 2022 meeting minutes, and Dr. Rose seconded the motion. The Committee reviewed the August 2022 meeting minutes, Teresa Titus-Howard motioned to approve the meeting minutes, and Jessica Kiel seconded the motion.

4. Review of Diabetes Website from MDH:

While the Diabetes website is not officially open for public viewing, it was important to get feedback from the Diabetes Committee about the website's information and features. Jen

Schindler shared the current website with the Committee. While the Committee members agreed the content on the website was good, some members felt that information was missing. Mary-Pat suggested that information about nutrition should be included. Pamela Xenakis also suggested that information about Medical Nutrition Therapy (MNT) be listed on the Diabetes website. There was also a recommendation that the website includes information about Medicare and Medicare Advantage plans.

5. Follow-up on Action Plan Items:

Pamela Williams gave an update on action items in the works. Last month, Amy Osborne presented to the Committee, information about the HALT program. The hope was that this would address the lack of DPP locations across the state of Maryland. However, after Amy's presentation, the Committee learned that HALT itself would not solve that issue.

Moving forward, Pamela Williams invited Michelle George to share information about DPP's in the state of Maryland. Michelle shared a map of the state of Maryland which shows where DPP sites are located. The map shows that most of the DPP sites are located in Prince George's, Montgomery County, and Baltimore. There are not many DPP sites located along the Eastern Shore or in Western Maryland. Furthermore, the map shows that there are not enough DPP sites in Maryland to reduce the prevalence of Prediabetes.

Michelle's team completed a survey examining the barriers to enrollment and retention. The intern working on this project reached out to 77 DPP participants, 32 of which responded, and then 20 participants total agreed to participate in the survey. The survey findings showed that the common response from participants was that NDPP was too long of a commitment for most participants. The length of the program resulted in low enrollment and low retention rates.

The intern for this project also reached out to providers to learn more about the referral process. Providers reported that it was hard to get patients to commit to a year-long program which resulted in low referral rates from providers.

Mrs. George mentioned that similar findings from this project were echoed in the Patient and Family Caregiver survey that the Committee learned about in June of this past year. Dr. Rose felt that the information presented by Michelle gave the Committee a better understanding of what is going on with referrals and retention and how the Committee could possibly help.

One suggestion from Mary Pat was to bring this information up on the National level and see if NDPP could create a shortened version of the year-long program. Jen Schindler mentioned how some counties offer Living Well with Diabetes to people with prediabetes and type 2 diabetes. Pamela Xenakis mentioned that many senior centers are offering Living Well with Diabetes and that it tends to be very robust. Kathy Graham reminded the Committee to be thinking about cost when looking at programs. Pamela Xenakis mentioned that Medical Nutrition Therapy (MNT) is reimbursable by Medicare.

6. Next Steps and Assignments:

The Committee talked about the "Red Flag" option in Crisp. Many of the Committee

members do not know enough about CRISP or the different options built into the program. However, Pamela Xenakis mentioned that there is a “Red Flag” option that is there to alert providers that a patient meets the criteria for certain programs and should be referred. Pamela Williams informed the Committee that she would work on getting CRISP to attend and present at the next meeting.

Fitness Committee- Pamela Williams plans to attend the Fitness Committee meeting on Friday, September 30, 2022. The intention is to talk about the one-pager and the importance of fitness in combating diabetes.

7. Open Floor:

No comments.

8. Adjournment

The meeting was adjourned at 4:57 PM

Next Diabetes Committee meetings:

Ocotber 18, 2022, 4:00 – 5:00 PM