

MARYLAND ADVISORY COUNCIL ON HEALTH AND WELLNESS

MINUTES

APRIL 19, 2023

4:00 - 6:00 PM

The Maryland State Advisory Council on Health and Wellness held a public meeting on 4/19/2023, called to order at 4:01 PM.

MEMBERS PRESENT

Salliann Alborn
Crystal Bell
Felicia Brannon
Jonathan Dayton
Jennifer Eastman
Mychelle Farmer
Gary Gerstenblith
Roger Harrell
Tara Clemons Johnson
Jessica Kiel
Namisa Kramer
Seth Martin
Jared Meacham
Rachel Pigott
Vivienne Rose
Marsha Seidelman
Jason Semanoff
Teresa Titus-Howard
Kristin Watson
Pamela Williams
Pamela Xenakis

MEMBERS NOT PRESENT

Mary Backley
Katie Hall
Aruna Nathan
Vaple Robinson
Afton Thomas

MDH STAFF PRESENT

Kathy Graham
Brad Knight
Miranda Ouellette
Kristi Pier
Lisa Marr
Jessica Rose-Malm
Christa Thornton
Jen Schindler

MEMBERS OF THE PUBLIC PRESENT

Darryl Heggans, American Diabetes Association

Meeting Opening

Jessica Kiel, Chair, called the meeting to order at 4:01 PM. Kristi Pier took roll call; a quorum was not present at the time of the initial roll call, however several members joined and a quorum was established at 4:30pm.

Welcome and Business

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

New member Introduction: Ms. Kiel introduced Tara Clemons Johnson, who joined the Council in February 2023. Ms. Johnson is a Legislative Analyst for Health and Human Services with Montgomery County Government.

Consideration/Approval of Minutes: Dr. Mychelle Farmer moved to approve the minutes from the Council's January 18, 2023, January 31, 2023, and February 21, 2023 meetings;

Salliann Alborn seconded the motion and the motion passed.

Member Highlight: Addressing Community Health Improvement Needs: Physical Activity and Obesity

Ms. Kiel introduced Crystal Bell, Council member and Chronic Disease and Tobacco Supervisor at the Worcester County Health Department. Ms. Bell presented on the Worcester County Health Departments numerous initiatives and strategies to address obesity by promoting nutrition, food access, lifestyle change programs, and physical activity. Activities included the [Just Walk Worcester](#) program, the [Eat Healthy Eat Local Live Well](#) nutrition resource guide, and strong partnerships with local businesses, libraries, recreation and parks, federally-qualified health centers, and numerous other local stakeholders in Worcester County. Ms. Bell also noted Worcester County Health Department's recent receipt of CDC Plus Recognition for its National Diabetes Prevention Program. When asked about challenges to implementing and scaling their initiatives, Ms. Bell mentioned funding to support programs and partners, as well as the reality that behavior change is a slow process and not all residents who are eligible for programs are ready to participate.

IV. 2021 Behavioral Risk Factor Surveillance System Summary

Ms. Kiel introduced Brad Knight, Epidemiologist with the MDH Center for Chronic Disease Prevention and Control, to provide an overview of the Behavioral Risk Factor Surveillance System (BRFSS) survey. The BRFSS is an annual telephone survey of approximately 15,000 non-institutionalized Maryland adults aged 18 and older which allows MDH to assess the population prevalence of chronic health conditions, risk factors, and the use of preventative services. Mr. Knight shared chronic disease prevalence, health behaviors, and demographic data from the 2021 BRFSS and briefly demonstrated how BRFSS data can be utilized to identify high burden populations for chronic disease in Maryland.

V. Legislative Session Summary

Ms. Kiel invited Jessica Rose-Malm, Health Policy Analyst with the MDH Center for Chronic Disease Prevention and Control, to provide a summary of the Health and Wellness Council's activities during the Legislative Session. The Council submitted four position statements on bills related to chronic disease during the session, none of which passed the General Assembly. Ms. Kiel thanked the legislative ad hoc committee and the entire Council for their contributions throughout the 2023 Legislative Session.

VI. Member Expertise Survey Review and Seat Discussion

Ms. Kiel invited Jessica Rose-Malm to present a summary of the recent survey MDH conducted to map the expertise of current Health and Wellness Council members. The purpose of the survey was to identify areas of strength among current members and gaps in knowledge or experience that new members may be able to fill. There are currently six vacant seats on the Council and the findings from this survey will inform more targeted recruitment of individuals to fill the vacant seats. A total of 23 members

(88%) completed the survey. The Council currently has strong representation from the healthcare, adult education, human service, and research sectors. Fewer members have experience in the for-profit or public policy sectors. Other gaps included expertise in transportation and the built environment, private insurance and Medicare, immigrant and LGBTQ populations, clinical trial research, community-based nursing, and pharmacology. Members suggested seeking out additional expertise in marketing/communications, maternal and child health, and federal health policy.

VII. Committee Updates

Ms. Kiel invited Committee Chairs to deliver brief reports.

- Arthritis (Rachel Pigott): The Arthritis Committee developed health messaging for May and has created a Health and Wellness Council team for the Walk to Cure Arthritis on 5/13/23 at UMBC. Other Council members are encouraged to attend the event and participate in the walk if they are available.
- Diabetes (Pamela Williams): The Diabetes Committee is also working with the Fitness Committee to develop a one-pagers for school nurses and parents promoting school-age nutrition and physical activity. The Committee is also updating the nutrition content on the MDH diabetes webpage.
- Physical Fitness (Dr. Mychelle Farmer): The Fitness Committee is updating its annual work plan and identifying new priorities. The Committee is eager to work with other Committees to integrate physical activity/fitness messaging into their activities.
- Heart Disease and Stroke (Kristin Watson): The Heart Disease and Stroke Committee is developing a new Cardiovascular Disease State Plan and determining the next steps in their update process. The Committee is working with MDH to finalize a heart disease surveillance brief and contributed to the recent heart disease NOFO (Notice of Funding Opportunity) from CDC. The Committee is also partnering with Dr. Seth Martin on the Heart Walk at Johns Hopkins.

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 5:46 PM.

Next Council Meeting--PHHS Advisory Committee: May 17, 2023 4:00-5:30 PM