

# STATE ADVISORY COUNCIL ON HEALTH AND WELLNESS

## Minutes

November 15, 2017

4:00 PM

The State Advisory Council on Health and Wellness held a public meeting on November 15, 2017 beginning at 4:01 at the following location:

Maryland Department of Health (MDH), Conference Room L-3  
201 W. Preston Street  
Baltimore, MD 21201

### **Council Members Present**

Mary Backley  
Angela Deal  
James Ebeling  
Jennifer Eastman  
Lois Freeman (phone)  
Mychelle Farmer  
Darlene Ginn  
Margaret Gwaltney (phone)  
Roger Harrell  
Kathleen Keeffe Hough  
Jessica Kiel  
Min Kim (phone)  
Linda Kline (phone)  
Julie Maneen  
Rebecca Manno  
Jody Marshall

Anna McCreery  
Johnel Metcalf  
Michael Miller  
Aruna Nathan  
Tracy Newsome  
Donna Nordstrom (phone)  
Josie Ogaitis  
Rachel Pigott  
Joanne Roberts  
Vivienne Rose (Chair)  
Stephen Shaul  
Tammy Shelley  
Suzanne Stringer  
Deanna Tran  
Anne Williams  
Liz Woodward

### **Council Members Not Present**

Seth Martin

### **Staff Present**

Christine Boyd  
Berit Dockter  
Kathy Graham  
Kristi Pier  
Sue Vaeth

### **Guests Present**

Kim Bennardi, MDH  
Loretta I. Hoepfner, Maryland  
Chapter, American Academy of  
Pediatrics  
Kim Lang, MDH  
Dennis Schrader, MDH  
Hoai-An Truong, MDH

## **1. Welcome**

Chair Vivienne Rose opened the meeting and introduced Secretary Schrader, who welcomed members to the newly formed Council. The Secretary charged members with providing strategic guidance and support to MDH, stakeholders and the health industry more broadly. The Secretary thanked members for their service and turned the floor to Chair Rose.

## **2. Introductions**

Chair Rose welcomed members and provided a brief background. Chair Rose then called on members to introduce themselves and share what excites them about the new Council.

## **3. Legislation, Regulations, Bylaws**

Kristi Pier, Director of the Center for Chronic Disease Prevention and Control, provided an overview of Senate Bill 38 (SB-38), which established the Health and Wellness Council. Kristi also provided an update on the draft regulations, which are required by SB-38. The regulations are posted in the Maryland Register for public comment from November 13 - December 11. A copy of the statute, draft regulations and draft bylaws are in the member binders. Draft bylaws will be adopted at a future Council meeting.

## **4. Ethics**

Kim Bennardi, Administrator in the Office of Appointments and Executive Nominations explained changes to the state ethics law and reminded members that they were granted exemptions from completing financial disclosure forms. This exemption form is on file with the Ethics Commission and is public information. Ms. Bennardi asked members to review the Ethics Handbook in their member binder and to contact her with any questions at [kim.bennardi@maryland.gov](mailto:kim.bennardi@maryland.gov) or 410-767-4049. Ms. Bennardi also mentioned that MDH has 70 boards covering all aspects of health. If you know someone who may be interested in serving, please contact Ms. Bennardi.

## **5. Chronic Disease Burden in Maryland**

Anna McCreery, Cancer and Chronic Disease Bureau Director presented an overview of the chronic disease landscape using the 2016 Maryland Behavioral Risk Factor Surveillance System (BRFSS). Data showed the following prevalence rates: adult obesity (29.9%), arthritis (24%), diabetes (10.2%), high cholesterol (36.5%) and hypertension (33.3%, although several council members agreed that this number would edge closer to 50% with the new 2017 Hypertension Clinical Practice Guidelines that define hypertension as 130/80 or higher).

Ms. McCreery shared areas of success including significant progress in some risk behaviors, notably smoking rates among adults have decreased from 19 to 13% in just five years, and youth smoking has decreased from 16 to 8.2% over the same period. Reducing other risk behaviors has been less successful. There's been no improvement in adults reporting leisure time physical activity (74-76%) and no change in healthy diet (just 16-18% meet the criteria for healthy diet, defined as a fruit and vegetable intake of five or more servings per day).

*Discussion:* The Council discussed the BRFSS more generally, including how data is collected. Ms. McCreery explained the BRFSS is funded by CDC and includes a core set of questions used by all states as well as supplementary “modules” that states may opt into. Examples of these modules include asthma, Zika and skin cancer. The BRFSS is a telephone survey approximately 140-150 questions in length. The tool isn’t perfect but provides good information that we can use to look into potential issues in our Committees. Kristi Pier added that the BRFSS provides data that helps determine where to invest further dollars and helps health departments plan. Between 11,000 and 18,000 Maryland adults complete the BRFSS survey each year.

## **6. Council Overview**

Chair Rose provided an overview of the Council’s duties, which include serving as an advisory body; providing support letters and testimony; acting as an advisory committee for the Preventative Health and Health Services Block Grant (PHHSBG); and setting additional priorities and directing the work of the Committees. At specific meetings, the Council will review proposed legislation (January/February meeting) and will approve the PHHS block grant’s work plan (April meeting).

The Council and Committees will meet quarterly at MDH from 4:00-6:00 PM. The Council will meet for the first hour and Committees will break out for the second hour. All meetings will take place on Wednesdays. 2018 meeting dates are as follows: February 21, 2018 • April 4, 2018 • July 18, 2018 • October 17, 2018.

The Council has four Committees: Arthritis and Related Diseases, Heart Disease and Stroke, Physical Fitness, and Diabetes. Each Committee will select a Committee Chair, develop goals and an action plan, share its meeting minutes with the Council and provide an annual report of its activities. Committees may meet more frequently than the Council and there will be a teleconference option for these meetings. MDH will provide staff support to the Committees.

Members are expected to actively engage and participate in Council meetings by sharing expertise and providing guidance. Members will participate in at least one Committee of their choice. Although conference lines will be available, in-person attendance is strongly recommended at both Council and Committee meetings. Members must attend at least 50% of Council meetings (at least one Council meeting must be attended in person) and 75% of their Committee meetings. Members will be emailed a survey (via Survey Gizmo) to indicate their preferred Committee, as well as to indicate topic areas of interest and their preferred meeting time: 4:00-6:00 PM or 3:00-5:00 PM. Chair Rose asked members to look out for this survey and promptly complete it. Additionally, Chair Rose asked members to review the bylaws and providing comments on or before January 15. Bylaws will be voted on at the February 22 meeting. Draft bylaws are in the member binder.

## **7. Preventative Health and Health Services Block Grant Update**

Kristi Pier provided an overview of the PHHS Block Grant. A mandatory requirement of the PHHS Block Grant is review from an advisory body. Historically in Maryland, this

duty was performed by the State Advisory Council on Heart Disease and Stroke (one of the three Councils consolidated into the new Health and Wellness Council by SB-38). Ms. Pier will provide quarterly updates on the PHHS Block Grant and in April there will be a larger presentation and vote on its work plan.

*Discussion:* Ms. McCreery explained block grant funds come from the federal government. All states, the Washington D.C. and eight territories receive this funding to address public health needs as well as emerging health issues and gaps. In Maryland, the grant is managed by the MDH's Center for Chronic Disease Prevention and Control.

**8. Close**

Chair Rose adjourned the meeting at 5:37.

**Next meeting: February 21, 2018 4:00-6:00 PM**