

**Maryland Advisory Council on Health and Wellness**  
**Meeting Minutes, July 19, 2023**  
**Virtual Meeting**

**Members Present**

**Salliann Alborn**  
**Mary Backley**  
Crystal Bell  
Felicia Brannon  
Jonathan Dayton  
Leigh Ann Eagle  
Jennifer Eastman  
Mychelle Farmer  
Gary Gerstenblith  
Roger Harrell  
Tara Clemons Johnson  
Jessica Kiel  
Namisa Kramer  
Seth Martin  
Jared Meacham  
Rachel Pigott  
Marsha Seidelman  
Jason Semanoff  
Teresa Titus-Howard  
Vaple Robinson  
Pamela Williams  
Pamela Xenakis  
Sam Zisow-McClean

**Members Not Present**

Katie Hall  
Aruna Nathan

**MDH Staff Present**

Tina Backe  
Kathy Graham  
Brad Knight  
Miranda Ouellette  
Kristi Pier  
Christa Thornton

**Members of the Public Present**

Darryl Heggans, American Diabetes  
Association

**I. Open Maryland Advisory Council on Health and Wellness**

Jessica Kiel, Chair, called the meeting to order at 4:01pm. Ms. Kiel reviewed the agenda, and asked Ms. Pier to make a roll call of participants.

She then asked for approval of the minutes, Salliann Alborn made the motion to approve both sets of minutes; Roger Harrell seconded.

- April 19, 2023; May 17, 2023, Minutes Review/Approval
- Two new members were introduced: Leigh Ann Eagle is the Chief Operations Officer for the Maryland Living Well Center of Excellence, and Sam Zisow-McClean is Director of Programs at Moveable Feast.

**II. Health and Wellness Council Chair Transition**

Ms. Kiel discussed the end of her term on the Council, effective September 30, 2023. With the transition, the HWC Chair seat is open. She encouraged members to submit their interest and resumes to Kristi Pier by August 10.



### III. **Member Highlight**

Seth Martin, MD, The Johns Hopkins School of Medicine, AHA Designee

Dr. Martin is the American Health Association representative to the council. Dr. Martin provided a presentation, including background on the AHA, which was started in 1927 with an original report on heart disease, tuberculosis, in 1925. There has increasingly been a focus on equity, brain health and data highlights. Dr. Martin provided an update on cardiovascular disease data, including hypertension (HTN) and stroke; 47% of US adults have HTN. JHU is one of 4 funded agencies in the Health Tech and Innovation Network. The JHU uses corrie technology, also built by JHU as a human centered design, to co-create a design smart phone app, integrates with BP monitors, check BP, cholesterol, weight, medications, get reminders, and work with coaches. To date, data shows reduced 30-day re-admissions from 16.8% to 6.5%; 90% engagement.

### IV. **Community Health Worker Program**

**4:45 PM**

Tina Backe, Program Coordinator, Office of Population Health Improvement

Ms. Backe provided an overview of the CHW certification, as well as an overview of the importance of CHWs. She also shared the certification training programs, including 18 agencies, provide training; 5 provide training in Spanish, and 7 offer grants/scholarships. The program's PHHS goals include increasing training programs by 50, which is an increase of 5%. Strategies to accomplish this include addressing barriers, and new curricula from partner agencies, in Burmese and Tagalog. The program currently has 1314 certifications.

### V. **Update on Adult-Use Cannabis Legalization**

**5:05 PM**

Dawn Berkowitz, Deputy Director, Maryland Cannabis Administration

The independent state agency is now the Maryland Cannabis Commission. HB556, Cannabis Reform, passed in the 2023 legislative session; as of July 31, 2023, cannabis is legal for over 21 to use/possess recreational cannabis for personal use. This includes limits on amounts, place to consume, and places licensed to sell. There are about 100 dispensaries that are dually licensed to sell medical plus adult-use. Cannabis cannot be used in public spaces, employers and landlords can have stricter cannabis-related policies. It is also illegal to drive under the use of cannabis; the intoxicating hem delta 8 delta 10, requires a cannabis license to sell. Ms. Berkowitz shared advertising examples and videos to increase understanding of the new law. Investigators were at all dispensaries in the first week of the bill, and it was a smooth rollout, with no issues or concerns.

**VI. Committee Updates**

**5:20 PM**

Arthritis Committee

They sent out August messaging and were planning to work on the November messaging.

Diabetes Committee

They were finalizing a fitness flyer for parent and student nurses and planned to meet with the Fitness Committee. They are working on a nutrition page for the CCDPC webpage. They also began discussing the upcoming update of the diabetes state plan.

Heart Disease and Stroke Committee

They plan to focus their work on hypertension.

Physical Fitness Committee

They are working on media messages, as well as with the diabetes committee on the flyers.

**VII. Public Comment**

No members of the public shared comments.

**VIII. Adjourn**

Jessica thanked members and reminded them to send CVs to Kristi Pier if they are interested in the Chair position.

**Adjourned at 5:36pm**