

MARYLAND HEALTH AND WELLNESS COUNCIL

Minutes

January 16, 2019

4:00 PM

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

Council Members Present

Mary Backley
Angela Deal
Jennifer Eastman
James Ebeling
Mychelle Farmer
Donna Gugel
Margaret Gwaltney
Roger Harrell
Jessica Kiel
David McShea
Seth Martin
Julie Maneen
Johnel Metcalf
Aruna Nathan
Donna Nordstrom
Rachel Pigott
Vivienne Rose
Stephen Shaul
Suzanne Stringer
Deanna Tran
Anne Williams
Liz Woodward

Council Members Absent

Lois Freeman
Darlene Ginn
Kathleen Keeffe Hough
Linda Kline
Namisa Kramer
Rebecca Manno
Jody Marshall
Seth Martin
Tracy Newsome
Josie Ogaitis
Joanne Roberts
Tammy Shelley

MDH Staff Present

Pamela Williams
Erin Ashinghurst
Marti Deacon
Kathleen Graham
Mia Matthews
Sadie Peters
Kristi Pier
Nacole Smith
Sue Vaeth

Guests Present

Claudia Remington
Wendy Lane

I. Welcome

Chair Vivienne Rose opened the meeting at 5:00 and held roll call.

II. Approve Minutes

Steven Shaul moved to accept the October 17, 2019 meeting minutes and Jessica Kiel seconded the motion.

III. Presentations

Claudia Remington, Maryland State Council on Child Abuse & Neglect (SCCAN)
Wendy Lane, MD, University of Maryland School of Medicine, Department of
Pediatrics

ACEs and the Link to Chronic Diseases

- Ms. Remington and Dr. Lane presented on Adverse Childhood Events (ACEs) and the long-term effects, as well as SCCAN's role. The data on risk, stress, dose response, and association with chronic diseases was reviewed. The data presented was from research studies and 2010 BRFSS data. An overview was provided on the biological response to stress. The population attributable risk, and the association with cancer, CVD and diabetes was also covered.
- The Maryland State Council on Child Abuse & Neglect is a Governor-appointed council with broad representation. SCCAN's mandates come from the state and federal governments. In Maryland it is one of the three programs that review child fatalities/near fatalities. SCCAN includes a Prevention Committee which assessed other state work plans and conducted an environmental scan for Maryland's primary prevention effort on child maltreatment. SCCAN's key goals include raising awareness/commitment to act; improving data sharing and utilizing common measures, and advocating for policies. The key activities include: hosting film screenings; conducting ACE interface trainings; and outreach to over 3,000 Marylanders, ACE Policy Maker Reception, Maryland ACEs in Action Page and ACE Policy Maker Education workgroup. SCCAB is advocating to add questions to BRFSS and YRBS.

Kathleen Graham, Center for Chronic Disease Prevention and Control
Preventive Health and Health Services (PHHS) Block Grant FY 17 Update

- Ms. Graham provided an overview of PHHS Block Grant and the role of the Advisory Committee. The outcomes of the FY17 grant objectives outcomes. The Health and Wellness Council is the Advisory Committee for the PHHS Block Grant.

IV. Committee Updates

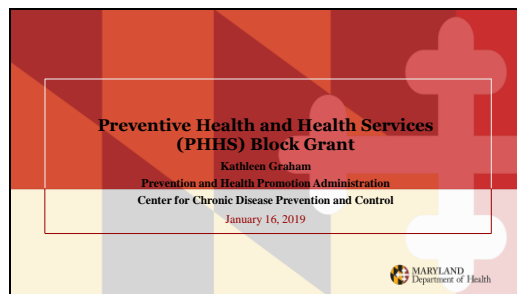
- *Heart Disease and Stroke Committee.* Anne Williams, Chair, reported that the committee's discussed blood pressure monitoring, and Social Determinants of Health (SDOH) for Baltimore City residents as related to heart disease.
- *Diabetes Committee.* Stephen Shaul and Jessica Kiel, Co-Chairs, reported that the committee is developing a multi-year action Diabetes Action Plan for diabetes over the next year.
- *Arthritis Committee.* Rachel Piggot, Co-Chair, reported that the committee's working on the action plan for the next year, and how to move to action. A

shared Google drive was created and will be used to schedule meeting between Council meetings. The Committee's looking to increase provider awareness and referrals to evidence based programs.

- *Fitness Committee.* Aruna Nathan, Co-Chair, reported that the committee is working to increase messaging for increased physical activity to 150 minutes a week.
- *Legislative Ad Hoc Committee.* Kristi Pier reviewed that the committee is delegated to review legislation for the Council. Each committee delegated a representative for this ad hoc committee. The committee participated in a legislative session training session provided by Jodie Sheely from the Office of Support Services in the Prevention and Health Promotion Administration.

V. Close

Dr. Rose adjourned the meeting at 5:06 PM.



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Prevention and Health Promotion Administration

MISSION AND VISION


MISSION

The mission of the Prevention and Health Promotion Administration is to protect, promote and improve the health and well-being of all Marylanders and their families through provision of public health leadership and through community-based public health efforts in partnership with local health departments, providers, community-based organizations, and public and private sector agencies, giving special attention to at-risk and vulnerable populations.

VISION

The Prevention and Health Promotion Administration envisions a future in which all Marylanders and their families enjoy optimal health and well-being.

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Purpose of Preventive Health and Health Services Block Grant (PHHS)

- PHHS allows states, tribes, territories, and D.C. to address unique public health needs and challenges by:
 - Addressing emerging health issues and gaps
 - Decreasing premature death and disabilities by focusing on the leading preventable risk factors
 - Working to achieve health equity and eliminate health disparities by addressing social determinants of health
 - Supporting local programs to achieve healthy communities
 - Establishing data and surveillance systems to monitor the health status of targeted populations

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PHHS Advisory Council

- Maryland Wellness Council is the designated Advisory Council for PHHS
- Role of the PHHS Advisory Council:
 - Required to meet twice per year
 - Provide feedback on and approve the Annual PHHS Work Plan for Maryland prior to submission to CDC
 - Receive an update at the second meeting, and provide feedback on implementation of PHHS activities

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FY2018 PHHS Funding
FY2018 Outcomes

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Slide 6

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FY 2018 Annual Work Plan

- D-3: Reduce diabetes deaths
- HDS-2: Reduce coronary heart disease deaths
- NWS-8: Increase adults at a healthy weight
- NWS-10: Decrease youth overweight/obesity
- PHI-13: Provide comprehensive epidemiology services
- PHI-15: Implement state and local health improvement plans
- IPV-40: Reduce sexual violence (required allocation)

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FY 2018 Outcomes

- Increased the number of National Diabetes Prevention Programs in Maryland from 53 to 66.
- Provided technical assistance to 111 lifestyle coaches.
- Funded 6 local health departments to engage 8 health care providers and 15 community partners to screen for prediabetes and make referrals to National DPP lifestyle change program classes.
- Provided training and technical assistance opportunities to 66 organizations in the Maryland Diabetes Prevention Network to increase access to and participation in National Diabetes Prevention Programs statewide.

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FY 2018 Outcomes

- Funded LHDs to implement quality improvement (QI) projects in 12 health systems to improve hypertension and diabetes control rates, reaching 45,030 patients with hypertension and/or diabetes
- Funded 2 ADA recognized, AADE accredited Diabetes Self-Management Education, and Stanford Diabetes Self-Management Programs, and increased accessibility for self-management classes to 1 new county and 1 new Spanish language class.
- Worked with University of Baltimore to develop focus groups on healthy weight in women of childbearing age.


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FY 2018 Outcomes

- Hosted the Be Active Maryland Conference on May 22-23, 2018, with 110 participants.
 - Focused on designing the built environment to support active, healthy communities.
 - Included a half-day pre-conference workshop to train Walk Audit Leaders who lead groups of conference participants on a walking audits.
- Supported 5 LHDs to provide training and technical assistance to establish and implement wellness policies, with emphasis on nutrition standards and physical activity, reaching 35 schools and 16 child care centers.


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FY 2018 Outcomes

- Funded a Safe Routes to School project in Washington County in collaboration with the local health department, the Bester Community of Hope, the planning and transportation departments and faith-based organizations
 - Safe routes for students to walk to school were identified and safety improved
 - Over 250 students walked or biked to school each month
- Coordinated the State Center Community Farmers Market in Baltimore City to expand access to fresh fruits and vegetables.
- Funded an EBT Coordinator at the State Center farmers market to increase resources for the Supplemental Nutrition Assistance Program recipients


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FY 2018 Outcomes

- Walk Maryland Day was held on October 10, 2018 with over 100 walks in Maryland and 15,587 attendees from all 24 jurisdictions.
- Provided 5 mini-grants to Healthy Maryland Businesses to conduct worksite wellness initiatives, including physical activity, nutrition, and lactation support.
- 65 HMB member businesses (29,026 employees) completed CDC Worksite Health Scorecards.
- Hosted the 2018 Healthiest Maryland Businesses Wellness at Work Awards honoring 58 businesses.


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FY 2018 Outcomes

- Worked with University of Baltimore to develop focus groups on healthy weight in women of childbearing age.
- Supported a Program Evaluator to evaluate chronic disease prevention and control initiatives, including grants and programs related to school wellness, early child care wellness and adverse childhood experiences.
- Supported a Graduate Research Assistant to assist with chronic disease prevention and control evaluation and data projects, including the evaluation of health systems improvement projects.


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FY 2018 Outcomes

- Supported contractual Deputy Director, QI Manager, Health Systems Transformation Director, and Research Analyst in the Office of Population Health Improvement
- Funded 100% of qualified health care providers who requested reimbursement for services to victims of rape, sexual assault, and child sex abuse

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<https://phpa.health.maryland.gov>

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