



**Maryland Advisory Council on Health and Wellness Council
Meeting Minutes
September 17, 2025, 4-6:00 PM**

Members Present

Pamela R. Williams
Cameron Pollock
Lindsay Lotter
Sam Zisow-McClean
Jonathan Dayton
Leigh Ann Eagle
Teresa Titus-Howard

MDH Staff Present

Kate Natafji
Christa Thornton
Muftau Shinaba
Ilene Cervantes del Toro
Ali MacStudy
Nkeiruka Ashiedu

Members of the Public Present

None

Members Absent

Jason Semanoff
Kirsten Bosak
Casey Scott
Seth S. Martin
Darryl Heggans
Gary Gerstenblith
Aruna Nathan
Esa Davis
Mychelle Y. Farmer
Vaple I. Robinson
Lusi Martin-Braswell
Mary Backley
Jared Meacham
Tomika Coleman
Crystal N. Bell
Salliann Alborn
Jeffrey Duong Le
Afton Thomas
Marsha Seidelman
Jonas Nguh
Mallory Mouradjian
Amarachi Uzosike
Tara Clemons Johnson
Pamela Xenakis

I. Open Maryland Advisory Council on Health and Wellness

Teresa Titus-Howard, Council Chair called the meeting to order at 4:13 PM and welcomed attendees. Attendees introduced themselves to the meeting. No quorum was present (5 members). Dr. Titus-Howard provided an overview of the meeting agenda and noted that the approval of the July 2025 meeting minutes would occur in the next meeting when a quorum is present. Pamela Williams was invited to announce the reactivation of the

subcommittee for Arthritis and announced that she would step in as chair of this committee as it is stood up.

II. Presentation- Presentation- PHHS Block Grant Update

Ali MacStudy, MPH, Acting Dementia Director from MDH, provided an overview of the Preventive Health and Health Services (PHHS) Block Grant activities and outcomes for FFY24 and shared updates on the FFY25 workplan. The Council, serving as Maryland's PHHS Advisory Committee, reviewed progress toward Healthy People 2030 objectives. Key accomplishments included expanding Diabetes Prevention Program training and licensing, supporting local blood pressure control and heart health initiatives, advancing obesity prevention in both adult and youth populations, strengthening public health data systems through the Maryland Data & Analytics Tool (MDAT), supporting community health worker certification and training programs, and promoting cancer prevention, sexual violence reduction, and disability-inclusive health programs. Maryland maintained its PHHS funding level at \$3.36M for FFY25. The Council was invited to provide feedback on implementation and priorities for the upcoming year.

During discussion, members asked about specific initiatives. In response to a question about the AD8 screener tool, MDH noted that it is being used in the Stars program in collaboration with LDHs to screen for ADRD and connect families with additional services. Members also asked about the DSMP license; MDH explained that while they are not working directly with LHDs, an umbrella license would allow state-level monitoring, with several institutions already operating under the license and potential collaboration with the Department of Aging being explored. Finally, in response to questions about future funding, MDH reported that no additional funds are expected, and while FFY25 funding has been maintained, federal uncertainty could pose risks.

III. Subcommittee Announcements

- Committee Work plans
- **Subcommittee Assignments**
Kate Natafqi from MDH verified council members' membership in each respective work-group for council records.

IV. Committee Updates

- **Diabetes**
Sam Zisow-McClean, Chair of the Diabetes Subcommittee, provided an update, noting the subcommittee's ongoing review of its work plan, a recent CRISP presentation on DSME, and today's presentation on continuous glucose monitoring
- **Heart Disease and Stroke**
Teresa Titus-Howard, Chair of the Heart Disease and Stroke Subcommittee, provided updates on the subcommittee's ongoing website development, noting

progress to date, collaboration with MDH staff, and plans to continue this work during the evening meeting

- **Physical Fitness**

Cameron Pollock, Chair of the Fitness Committee, provided an update on developing a dissemination plan for the 150-minute activity recommendation flyer, with a goal of reaching 5% of the state population. The committee will draft the plan for council review and is considering new directions, policy recommendations, and alignment with MDH priorities.

V. Special Announcement

- Pamela Williams announced that Teresa Titus Howard will be stepping down from the position of council chair. Interested members should contact Pamela Williams to share their resume.

VI. Public Comment

- Guilmate Fuller from MDH shared information about the Open My Heart Foundation, a patient-led heart health advocacy group instrumental in passing HB666 and promoting calcium score testing coverage. The group aims to share information, build partnerships, and seeks support for provider education initiatives, with a mid-October action plan anticipated.
 - i. The ask for the Council is for primarily infrastructure to distribute information with the public and providers.

VII. Adjournment

The meeting was adjourned at 4:55 PM to allow for work group meetings.

VIII. Transition to Committee Meetings

Next Meeting: November 19, 2025, 4:00 - 6:00 pm