

Maryland Advisory Council on Health and Wellness Agenda
March 20, 2024, 4-6:00PM, In Person
Coordinating Center
8531 Veterans Hwy, Millersville, MD 21108

Members Present

Salliann Alborn
Mary Backley
Andrew Baker
Esa Davis
Leigh Ann Eagle
Mychelle Farmer
Roger Harrell
Jared Meacham
Mallory Mouradjian
Aruna Nathan
Jonas Ngah
Jason Semanoff
Marsha Seidelman
Teresa Titus-Howard
Pamela Williams
Sam Zisow-McClean

Members of the Public Present

None

Members Not Present

Crystal Bell
Tara Clemons Johnson
Tomika Coleman
Jennifer Eastman
Jonathan Dayton
Gary Gerstenblith
Darryl Heggans
Seth Martin
Lusi Martin-Braswell
Vaple Robinson
Afton Thomas
Pamela Xenakis
MDH Staff Present
Ilene Cervantes del Toro
Jennifer Faulkner
Ali MacStudy
Olivia Massa
Kristi Pier
Shannon Speed
Christa Thornton
Brittany Wilson

I. Open Maryland Advisory Council on Health and Wellness 4:06 PM

Teresa Titus-Howard, Chair

- Welcome and Agenda Review
- Roll Call
- January 17, 2024; Leg session meetings Minutes Review/Approval
- Introduce New Members
 - Esa Davis
 - Jonas Ngah
 - Tomika Coleman
- Legislative update—HB844 was withdrawn.

II. Partner Highlight—Moveable Feast

Sam Zisow-McClean, Director of Programs

Sam Zisow-McClean is the Director of Programs at Moveable Feast, an organization whose mission is to Improve the health of Marylanders experiencing food insecurity and chronic illness by preparing and delivering medically tailored meals and providing nutrition education, thereby achieving

racial, social, and health equity. Sam has been a member of the Council since May 2023.

Questions: Members asked clarifying questions about who is served, etc. Sam Zizow-McClean stated they serve about 900 per week, mostly Baltimore City as well as some areas on the Eastern Shore. They prefer to receive referrals from health care providers. They mostly serve older adults, however, are looking at how to best serve families in need.

III. Maryland 2022 Behavioral Risk Factor Surveillance Survey Update

Brittany Wilson and Kristi Pier

Brittany Wilson is the BRFSS and Data Team Manager at the Center for Chronic Disease Prevention and Control, and will be providing an update on the 2022 BRFSS data.

Questions: There was a discussion around the BRFSS physical activity core question, which is leisure time in the last 30 days; the members discussed adding the 150 minutes per week question in 2024 and moving forward. Ms. Pier also discussed the current competitive BRFSS notice of funding opportunity (NOFO) the Center for Chronic Disease Prevention and Control is applying to. There is a mandatory advisory committee and the Center is proposing to use the Health and Wellness Council to fill this role. More information will be provided at future meetings.

IV. Public Comment

No members of the public were present; no comments.

V. Adjourn Full Meeting **5:00 PM**

VI. Transition to Committee Meetings **5-6:00PM**

- Arthritis
- Diabetes
- Heart Disease and Stroke
- Physical Fitness

**Next Meetings: May 15, July 17, September 18, and November 20, 2024
4:00-6:00 PM**