



**Maryland Advisory Council on Health and Wellness Meeting Minutes**  
**November 20, 2024, 4-6:00 PM**  
**Virtual**

**Video call link: <https://meet.google.com/idp-nptj-cer>**

**Dial In: (US) +1 636-336-8238**

**PIN: 411 254 044#**

**Members Present**

Andrew Baker  
Aruna Nathan  
Darryl Heggans  
Esa Davis  
Gary Gerstenblith  
Jared Meacham  
Jason Semanoff  
Jennifer Eastman  
Jonas Nguh  
Jonathan Dayton  
Leigh Ann Eagle  
Lindsay Lotter  
Lusi Martin-Braswell  
Marsha Seidelman  
Mary Backley  
Pamela R. Williams  
Roger L. Harrell  
Seth S. Martin  
Tara Clemons Johnson  
Teresa Titus-Howard  
Vaple I. Robinson

**Members Absent**

Afton Thomas  
Crystal N. Bell  
Jeffrey Duong Le  
Mallory Mouradjian  
Mychelle Y. Farmer  
Pamela Xenakis  
Salliann Alborn  
Sam Zisow-McClean  
Tomika Coleman

**MDH Staff Present**

Christopher McGrath  
Emily Grauel  
Harriet Smith  
Jody Sheeley  
Christa Thornton  
Olivia Massa  
Kate Natafagi  
Michelle George

**Members of the Public Present**

None

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

Teresa Titus-Howard, Council Chair called the meeting to order at 4:03 PM. A virtual roll call was performed by having attendees enter their name in the meeting chat. Dr. Titus-Howard provided an overview of the meeting agenda and noted there were no new members to introduce. Dr. Titus-Howard briefly reviewed the minutes from the September meeting and citing no edits to the meeting minutes, Jonas Nguh motioned to approve the September minutes, Andrew Baker seconded the motion.



## **II. Presentation - 2025 Legislative Session**

Christopher McGrath, Health Policy Analyst for the Maryland Department of Health's Office of Support Services (OSS) presented information about the Maryland General Assembly's legislative session and the role of the OSS .

## **III. 2025 Legislative Workgroup Formation**

Dr. Titus-Howard announced the formation of a legislative workgroup for the 2025 legislative session to the council. Dr. Titus-Howard informed the council that the workgroup will begin meeting weekly on Tuesdays at 9:00 AM (Kate Natafqi, Health Policy Analyst from MDH, will send invites to interested members). Dr. Titus-Howard then asked the council for volunteers for the 2025 Legislative Workgroup. Dr. Teresa Titus-Howard, Andrew Baker, Marsha Seidelman, Esa Davis, Tara Clemmons Johnson, Mary Backley, and Lindsay Lotter volunteered.

## **IV. Presentation - Committee and Council Webpage Updates**

Harriet Smith, Health Equity and Inclusion Coordinator, from the MDH Center for Chronic Disease Prevention and Control presented her findings regarding the accessibility of Health and Wellness Council Subcommittees' webpages. Ms. Smith also shared the methodology of her analysis and tools used.

## **V. Committee Updates**

- Diabetes:
  - New committee chair is Sam McLean
  - Workgroup continues to update and develop their workplan and reviewing external communication efforts with MDH.
- Heart Disease and Stroke
  - Welcoming Emily Grauel, the new Heart Disease and Stroke Program Coordinator for the MDH.
  - The workgroup is continuing work on their workplan, with a focus on the Heart Disease and Stroke committee website.
- Physical Fitness
  - Informational flyer has been completed
  - Celebrated success of Walk Maryland Day on October 2, 2024.

## **VI. Public Comment Period**

There were no members of the public present.



**VII. Adjournment**

Teresa Titus-Howard, Council Chair adjourned the main meeting at 5:03 PM and council members transitioned to their respective subcommittee meetings.

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**Next Meeting: January 15, 2025, 4:00 - 6:00 pm**