

**HEALTHY WASHINGTON COUNTY  
(WASHINGTON COUNTY HEALTH IMPROVEMENT COALITION )  
Minutes  
September 6, 2016 – 10:00 a.m.  
Meeting Held at Washington County Health Department**

- Welcome/Introductions: Welcome by Allen Twigg. Self-introductions were made.
- CHNA Need #1 Obesity and Physical Activity
  - CATCH (Coordinated Approach To Child Health) – Cindy Earle
    - Program was used on a trial basis for three years over four states; looked at nutrition choices during that time and after that time; results were sustainable
    - Currently, CATCH is a statewide school program in four states
    - CATCH has been incorporated during the school year at Broadfording Christian Academy and in some after-school child care settings
    - Goals include: incorporate CATCH into the school day; reduce obesity; children be physically active 130 minutes a day; incorporate more vigorous gym program in schools; teach good nutrition habits
    - Foods are categorized by color; Green is Go (healthiest); Yellow is Slow; and Red is Whoa
    - CATCH Kids' Club available for groups before/after school
    - Equipment is needed for day care centers
    - On-line training is \$75 per person
    - Anyone who knows of a group who may be interested in the program, please contact Cindy Earle ([cindy.earle@meritushealth.com](mailto:cindy.earle@meritushealth.com))
  - HEAL Initiatives – Jenny Fleming
    - Healthy Washington County Business Initiative
      - Link should be live soon for businesses to register (Elaine will send out the link)
      - Goal is to register 50 businesses by the end of the year
      - Mentors available to the businesses
      - Initiative includes a holistic approach to wellness, stress management, healthier environment, mental health, breast feeding
    - Healthy School Challenge
      - Received a larger grant
      - Increased technology
      - Resources to lend out to schools
    - Healthy Restaurant Initiative
      - Several restaurants have committed to the initiative, e.g., Desert Rose, Hempen Hill BBQ
      - Healthier items added to current menus
    - Building a resource library for the website
    - Grants for a video series on exercise and nutrition
    - Grant from “Soroptimist” for a video on body image for teens
- CHNA Need #2 Mental Health (Curt Miller)
  - Community Depression Screening Day, October 6, 2016
    - Community-wide depression screening using a standardized screening tool, i.e., Patient Health Questionnaire (PHQ-9)
      - Allen Twigg and Curt Miller will develop a packet with the PHQ-9 and a list of community resources

- It was suggested to use the same color system used for hypertension screening
  - Event will be promoted on the Healthy Washington County website
  - Reach out to the faith community
  - Develop a toolkit for PCPs; Meritus is working to standardize all of their PCPs to use PHQ-9
  - FQHCs provide standardized screening; Family Healthcare of Hagerstown uses PHQ-9 and screens their clients yearly
  - Amy Olack has requested a speaker at the Senior Center; it could be the kickoff for the screening day
- CHNA Need #3 Diabetes (Tim Higgins and Cindy Earle [Meritus])
  - Overview of Diabetes Education
    - Washington County has the second largest mortality rate related to diabetes
    - More clinical education is needed; the clinical component should come before attending the Living Well program
    - Case management/certified diabetes educators (CDEs) needed in PCPs for one-on-one education
    - A diabetes support group should start this fall
    - “What Can I Eat” class available and addresses exercise, weight loss, glucose monitoring; recommended not to check your glucose level at the same time each day
    - Gestation diabetes program for pregnant women
- 1422 Grant (Mary McPherson)
  - Focus on diabetes and hypertension
  - Assisted in establishing walking trails
  - Working with supermarkets, e.g., Save-A-Lot, to more prominently display fruits and vegetables
  - Signage to encourage walking in city and county parks, e.g., “This is how far you walked along this path”
  - Brochures to encourage people to walk
  - Working with the City of Hagerstown to include a walk event with other events at the Hagerstown Fairgrounds Park, e.g., on a Little League schedule, include the game schedule on one side and on the other side, “While your child is practicing, you can be walking”
  - Funded i2i at an FQHC; they can query groups for prediabetes
  - NDPP program; increase physical activity to 150 minutes per week and reduce weight 5 – 7 %
  - October 5 is Maryland Walk Day; more information forthcoming
  - A Facebook page has been established; the link is [www.facebook.com/WashHealth/](http://www.facebook.com/WashHealth/)
  - Medicare is willing to pay for group sessions for NDPP
  - Received \$5,000 grant to purchase BP cuffs
  - Mary thanked everyone for their help with the 1422 Grant
- Healthy Washington County/Washington County Health Improvement Coalition Relationship Implications
  - Deferred to the November meeting
- Community Partner Announcements:
  - AHEC West
    - Introduction of David Stewart with the Connector Entity; his role is to assist people with using insurance, and is invited to staff meetings and special events
    - A bilingual navigator is needed for Washington County

- Brook Lane
  - Youth Mental Health First Aid class to be held on October 19 and an adult Mental Health First Aid class to be held on November 15; Elaine will send the flyers to Coalition members
- Washington County Public Schools
  - A third school-based health center has opened at Bester, coordinated by Meritus and the Community Free Clinic; approximately 100 families have enrolled
- HEAL:
  - 4<sup>th</sup> Annual Color Splash 5K to be held on Saturday, September 10
- Meritus:
  - RN training scheduled for September 30 and October 1; another training scheduled for the end of October
  - A separate meeting will be held with Vincent DeMarco of the Health Service Cost Review Commission (HSCRC)
- Adjournment: Meeting adjourned at 11:45 am
- Next Meeting: November 1, 2016, 10:00 am, Washington County Health Department, 1302 Pennsylvania Avenue, Hagerstown, 2<sup>nd</sup> floor auditorium