

MARYLAND ADVISORY COUNCIL ON HEALTH AND WELLNESS
MINUTES
JULY 20, 2022
4:00 - 6:00 PM

The Maryland State Advisory Council on Health and Wellness held a public meeting on 7/20/2022, called to order at 4:07 P.M.

MEMBERS PRESENT

Salliann Alborn
Mary Backley
Felicia Brannon
Jonathan Dayton
Jennifer Eastman
Mychelle Farmer
Gary Gerstenblith
Katie Hall
Darryl Heggans
Jessica Kiel
Namisa Kramer
Julie Maneen
Seth Martin
Jared Meacham
Aruna Nathan
Cameron Pollock
Vivienne Rose
Jason Semanoff
Teresa Titus-Howard
Kristin Watson
Pamela Williams
Vanina Wolf
Pamela Xenakis

MEMBERS NOT PRESENT

Crystal Bell
Mary Pat Bertacchi
Roger Harrell
Rachel Pigott
Vaple Robinson
Afton Thomas
Sarah Vazer

MDH STAFF PRESENT

Susannah Beckerman
Kathy Graham
Kristi Pier
Jessica Rose-Malm

MEMBERS OF THE PUBLIC PRESENT

Kenny Barajas, MIEMSS
Fiona Burke, Luminus Health, Anne Arundel HC
Melissa Caylor
Udachi Chima, Doctors Community Medical Ctr
Sharon Harriston, Holy Cross
Debbie Heckler, Medstar
Helen Langer, GBMC
Nicole Leonard, UM Shore
Denny Marshall, Mercy
Shirley Pack, Ascension St Agnes
Jennifer Smith, Meritus
Shellee Stine UM Charles Regional MC
Barb Truitt, UM Upper Chesapeake

I. Meeting Opening

Jessica Kiel, Chair, called the meeting to order at 4:07pm.

II. Welcome and Business

Welcome and Agenda Review: Ms. Kiel reviewed the meeting agenda.

Roll Call: Kristi Pier took roll call. A quorum was present.

Consideration/Approval of April and May 2022 Minutes: Salliann Alborn moved to approve the April 20, 2022 meeting minutes; Gary Gerstenblith seconded the motion and the motion passed. Salliann Alborn moved to approve the May 31, 2022 meeting minutes; Mary Backley seconded the motion and the motion passed.

III. Member Highlight: Katie Hall, Adventist Health White Oak Medical Center

Ms. Kiel introduced Katie Hall, Council member and Stroke Program Coordinator and Chest Pain Program Coordinator at Adventist Health White Oak Medical Center. Ms. Hall shared a presentation explaining stroke signs, symptoms, and treatment. She described the Maryland Stroke Center Consortium, a collaboration between Maryland's 39 designated stroke centers focused on advancing stroke care in the state and providing community outreach and education. Ms. Hall also provided information on the Stroke Smart Maryland Initiative and the [Stroke Smart Resource Center](#) webpage. In response to Council members' questions, Ms. Hall reiterated the ways in which lifestyle factors (e.g., poor nutrition, lack of physical activity) and poorly managed chronic conditions contribute to risk for stroke. Dr. Farmer noted that strokes occur in the pediatric population and it is important to address stroke risks and stroke prevention across the lifespan.

IV. PHHS Project Highlight: Diabetes Initiatives

Ms. Kiel introduced Pamela Williams, Director of the Cancer and Chronic Disease Bureau at the Maryland Department of Health (MDH). Ms. Williams presented updates from MDH's ongoing partnership with the Horowitz Center to provide technical assistance to local health improvement coalitions (LHICs). Since 2020, the Horowitz Center's projects have focused on improving health literacy and building LHIC capacity to support implementation of the Maryland Diabetes Action Plan. Currently the emphasis of technical assistance is on data analysis, capacity, and application, as well as community engagement.

V. Member Highlight: Salliann Alborn, Maryland Community Health System

Ms. Kiel introduced Salliann Alborn, CEO of Maryland Community Health System (MCHS). Ms. Alborn shared the history of MCHS and how its seven federally-qualified health centers partnered with the Johns Hopkins HealthCare to create a managed care organization to serve 345,000 members statewide. In addition to providing comprehensive healthcare services, MCHS provides social support services (e.g., care coordination, transportation, child care) members need in order to access healthcare. MCHS health centers work with community-based organizations, local health departments, and other partners to bring community resources into the healthcare setting.

In response to Council members' questions, Ms. Alborn described assessing community needs through direct input from patients, providers, care coordinators, and community health advocates. MCHS is developing a "library of services" website to make social determinants of health toolkits and programs more accessible to the public.

VI. Committee Updates

Ms. Kiel invited Committee Chairs to deliver brief reports.

- Arthritis: The Arthritis Committee did not provide an update.
- Diabetes (Kristi Pier): The Diabetes Committee identified two activities aligned with the Diabetes Action Plan to focus on in the coming months: 1) Assess and forecast access to fresh fruits and vegetables by geography, and 2) Increase physical activity opportunities throughout the school day and after school.
- Heart Disease and Stroke (Kristin Watson): The Heart Disease and Stroke Committee reviewed state action plans on cardiovascular disease to inform development of a new Maryland action plan over the next year. The Committee is working with MDH to develop a hypertension surveillance brief.
- Physical Fitness (Dr. Aruna Nathan): The Fitness Committee developed a one-pager to increase awareness of physical activity guidelines and promote easy ways for everyone to be more physically active. Once the new Center for Chronic Disease Prevention and Control's Physical Activity page is live, the Committee plans to share its one-pager widely and promote the resources available on that page. The Committee is interested in partnering with other Committees on projects, given the overlap between physical fitness and other chronic conditions.

I. Public Comment

Ms. Kiel opened the meeting for public comments; no member of the public provided comment.

II. Adjournment

Ms. Kiel adjourned the meeting at 5:28 PM.

Next Council Meeting: October 19, 2022 4:00-6:00 PM