

MARYLAND ADVISORY COUNCIL ON HEALTH AND WELLNESS
MINUTES
APRIL 17, 2019
4:00 p.m.

The Maryland State Advisory Council on Health and Wellness held a Preventive Health and Health Services Advisory public meeting on 4/17/2019, beginning at 4:00 p.m. at the following location:

Maryland Department of Health
201 West Preston Street, Room L-1
Baltimore, MD 21201

MEMBERS PRESENT

Angela Deal (phone)
James Ebeling
Mychelle Farmer
Lois Freeman (phone)
Darlene Ginn (phone)
Donna Gugel
Roger Harrell (phone)
Jessica Kiel
Namisa Kramer
David McShea
Seth Martin (phone)
Julie Maneen
Johnel Metcalf (phone)
Aruna Nathan
Rachel Pigott
Cameron Pollock
Vivienne Rose
Stephen Shaul
Deanna Tran
Anne Williams (phone)

MEMBERS NOT PRESENT

Mary Backley
Jennifer Eastman
Margaret Gwaltney
Kathleen Keefe Hough
Linda Kline
Rebecca Manno
Jody Marshall
Michael Miller
Tracy Newsome
Josie Ogaitis
Joanne Roberts
Tammy Shelley
Suzanne Stringer
Carol Woodward

MARYLAND DEPARTMENT OF HEALTH STAFF PRESENT

Erin Ashinghurst
Melissa Beasley
Monica Franklin
Kathleen Graham
Amanda Klein
Mia Matthews
Maya Nirmalraj
Kristi Pier
Nacole Smith
Pamela Williams

1. Welcome and Introductions

Secretary of Health Robert L. Neall designated Pamela R. Williams to open the meeting on his behalf. Pamela R. Williams, Director, Cancer, and Chronic Disease Bureau, opened the Preventive Health and Health Services (PHHS) Advisory Council Annual Work Plan Review at 4:06 pm and set the agenda:

- Ms. Williams welcomed the committee and set the agenda:
 - PHHS presentation on the current year's progress and next year's work plan
 - Questions
 - Vote
- Ms. Williams stated the responsibilities of the State Advisory Council and thanked everyone for their commitment and dedication in promoting evidence-based programs to develop healthy lifestyles, and the prevention, early detection, and treatment of chronic diseases.
- She introduced Kathleen Graham, the PHHS Block Grant Coordinator, to provide the council with summaries of the current year's progress as well as the work plan for the following year.

2. Preventive Health and Health Services (PHHS) Annual Work Plan Review

Kathleen Graham, PHHS Block Grant Coordinator, Center for Chronic Disease Prevention and Control

- Ms. Graham provided a detailed overview of the FY 2018 PHHS Block Grant and the role it plays in supporting the mission and vision of the Prevention and Health Promotion Administration (PHPA) at MDH. The Health and Wellness Council is the designated Advisory Council for the PHHS Block Grant. The purpose of the Block Grant is to allow states, tribes, territories, and D.C. to address unique public health needs and challenges.
- Ms. Graham provided a presentation which included the FY 2018 outcomes and the FY 2019 PHHS Block Grant Work Plan.

Current FY 2018 Outcomes

- Funded a Diabetes Prevention Coordinator in the Center for Chronic Disease Prevention and Control.
- Provided training and technical assistance opportunities to 36 organizations in the Maryland Diabetes Prevention Network to increase access to and participation in National Diabetes Prevention Programs statewide.
- Supported 3 master trainers to train lifestyle coaches to implement the National DPP:
 - Coordinated and held 3 of 6 scheduled lifestyle coach training sessions in the state.
- Addressing DPP payment mechanisms and referral systems through collaboration with employers, payers, and health care providers:

- Sponsoring and exhibiting at the Maryland Association of Health Underwriters Annual meeting.
- Funding 2 new community-based organizations to develop National DPPs.
- Funded software enhancements and programming for Workshop Wizard.
- Expanded access to Diabetes Self-Management Education Support (DSMES) programs.
- Engaging the Employee Benefits Office to secure the National DPP as a covered benefit for State employees.
- Provided technical assistance to 31 lifestyle coaches to date.
- Funding training opportunities for DPP, DSMP, and DSMES providers:
 - 7 trainings on skill building.
 - Multiple trainings for up to 50 providers on financial sustainability.
 - Providing training to health care providers to encourage making referrals.
- Funded a media campaign to increase attendance at National DPP, DSMP, and DSMES.
- Developing a Statewide Diabetes Action Plan.
- Funding a Cardiovascular Disease Coordinator in the Center for Chronic Disease Prevention and Control.
- Funding a hypertension campaign to build awareness of the benefits of self-monitoring blood pressure.
- Funding 1 local health department to implement quality improvement processes in health systems to improve cardiovascular outcomes based on standardized quality metrics (NQF18 and NQF59).
- Coordinated the State Center Community Farmers Market in Baltimore City to expand access to fresh fruits and vegetables.
- Funded an EBT Coordinator at the State Center farmers market to increase resources for the Supplemental Nutrition Assistance Program recipients.
- Funded Moveable Feast, a local community-based organization, to provide nutritious foods for people with chronic disease and other life-threatening conditions.
- Coordinated the State Center Community Farmers Market in Baltimore City to expand access to fresh fruits and vegetables.
- Funded an EBT Coordinator at the State Center farmers market to increase resources for the Supplemental Nutrition Assistance Program recipients.
- Funded Moveable Feast, a local community-based organization, to provide nutritious foods for people with chronic disease and other life-threatening conditions.
- Funded University of Baltimore to conduct the Healthy Weight Research Project to learn about factors that support and impede the ability of women (18-39) to maintain a healthy weight.
- Funding activities to implement nutrition guidelines and increase access to walking and physical activity in western Maryland.
- Funding walking mini-grants to community organizations (LHDs, LHICs, or CBOs) to establish, expand, or promote evidence-based walking programs.

- Maintained 6 regional Healthy Maryland Business Initiatives to support at least 300 businesses to implement health, nutrition, and physical activity policies and systems in worksites.
- Funding worksite wellness mini-grants to support businesses in making systems changes related to nutrition, physical activity, and lactation support.
- Supporting opportunities to provide training to and recognize employers for worksite wellness efforts.
- Funding the Maryland Wellness Policies and Practices Project (MWPPP) to evaluate wellness policies in schools and child care settings, develop data-driven recommendations, and provide training and technical assistance to promote best practices.
- Funded a Safe Routes to School project in Washington County in collaboration with the local health department and the local YMCA.
- Conducted a cancer screening symposium to improve breast, cervical, and colorectal cancer screening rates in health systems throughout Maryland.
- Award 10 mini-contracts, to Healthiest Maryland Businesses to implement policy or systems changes to promote cancer screening.
- Conducted an HPV Symposium to promote HPV vaccination uptake among health professionals.
- Disseminated the Promoting Cancer Screening in the Workplace toolkit to educate employees on available cancer screening resources.
- Hosted a Cancer Coalition Workshop to train on the 9 Habits of Successful Comprehensive Cancer Control Coalitions.
- Funded a statewide awareness campaign on sexual violence prevention targeting populations or communities at heightened risk.
- Funded alliance members of the Rape and Sexual Assault Prevention Program to implement primary prevention programs.
- Maintained a Program Evaluator to evaluate chronic disease prevention and control initiatives, including grants and programs related to health disparities among people with disabilities.
- Supported a Graduate Research Assistant to assist with chronic disease prevention and control evaluation and data projects, including the evaluation of health systems improvement projects.
- Supported surveillance system through a website with a real-time, online data query tool, making BRFSS data easily accessible to internal staff and external partners.
- Established a Listeria monocytogenes training program for manufacturers.
- Funded a Food Safety Sanitarian to:
 - Reduce infections caused by Listeria monocytogenes transmitted commonly through food.
 - Examine the root causes of the outbreaks and implications for training and outreach.
 - Develop training materials.

- Maintain a Quality Improvement Council within Public Health Services and implement quality improvement projects in MDH.
- Integrate substance use prevention and behavioral health promotion coalition efforts into overall local population health priority activities to achieve population health goals tied to the state health improvement plan.

FY 2019 Annual Work Plan

- PHHS activities must support the Healthy People 2020 priorities.
- The implementation period is October 1, 2019, through September 30, 2020.
- CDC made FY 2019 PHHS funds available to states on late timeframe and states must submit final work plans by July 1, 2019.
- FY 2019 funding is \$2,953,233 which is a reduction of 7% over FY18
 - D-3: Reduce diabetes deaths (\$337,549)
 - HDS-2: Reduce coronary heart disease deaths (\$541,999)
 - NWS-8: Increase adults at a healthy weight (\$599,087)
 - NWS-10: Decrease youth overweight/obesity (\$255,000)
 - ECBP-10: Educational and Community-based Programs (\$100,000)
 - PHI-13: Provide comprehensive epidemiology services (\$199,397)

D-2 Diabetes

- Maintain a Diabetes Prevention Coordinator in the Center for Chronic Disease Prevention and Control.
- Refer 100 at-risk patients to the National Diabetes Prevention Program DSMES from Primary Care Providers participating.
- Increase the number of Primary Care practices by 30 will modify practice systems to refer patients to the National Diabetes Prevention Program and Self-Management Education programs.
- Coordinate professional development opportunities, calls, and meetings for current and potential National DPPs in the Maryland Diabetes Prevention Network
- Support the development of the Maryland DSMES Network.
- Enhance payment mechanisms and referral systems through collaboration with employers, payers, and health care providers (e.g., Collaborate with Maryland Medicaid).
- Fund meetings, training, and materials to support diabetes projects.

HDS-2 Heart Disease

- Fund a Cardiovascular Disease Coordinator in the Center for Chronic Disease Prevention and Control.
- Support clinical and community pharmacists as part of the health care team.
- Fund local health departments to implement quality improvement processes in health systems to improve cardiovascular outcomes based on standardized quality metrics (NQF18 and NQF59).

- Includes new focus areas:
 - Self-monitoring blood pressure w/ clinical support
 - Clinical and community pharmacists as part of the health care team
 - Cholesterol
- Fund a hypertension campaign to build awareness of the benefits of self-monitoring blood pressure.
- Fund additional heart disease training opportunities and materials.

NWS-2 Adults at Healthy Weight

- Fund activities to implement nutrition guidelines and increase access to walking and physical activity in western Maryland.
- Fund walking mini-grants to community organizations (LHDs, LHICs, or CBOs) to establish, expand, or promote evidence-based walking programs.
- Support an EBT Coordinator and incentives to increase supplemental nutrition program participation at the State Center farmers market.
- Fund worksite wellness mini-grants to support businesses in making systems changes related to nutrition, physical activity, and lactation support.
- Support opportunities to provide training to and recognize employers for worksite wellness efforts.

NWS-10 Youth Obesity

- Continue to fund the Maryland Wellness Policies and Practices Project (MWPPP) in collaboration with the University of Maryland and Maryland State Department of Education to evaluate wellness policies in schools and child care settings, develop data-driven recommendations, and provide training and technical assistance to promote best practices (project year 4).
- Expand support of local Safe Routes to Schools initiatives to 2 jurisdictions.

PHI-13 Epidemiology

- Maintain a contractual Program Evaluator and part-time Graduate Research Assistant to evaluate chronic disease prevention and control programs.
- Support the maintenance of a website for the Maryland Behavioral Risk Factor Surveillance System (BRFSS).
- Support the administration of the Maryland BRFSS as needed to collect data from adults regarding their health-related risk behaviors, chronic health conditions, and use of preventive services.

PHI-15 Population Health

- Maintain a Quality Improvement Council within Public Health Services and implement quality improvement projects in MDH.
- Integrate substance use prevention and behavioral health promotion coalition efforts into overall local population health priority activities to achieve population health goals tied to the state health improvement plan.

C-1 Cancer

- Partner with at a health system to increase patient awareness of the importance of survivorship care plan utilization.
- Partner with one health system to enhance and expand patient navigation services, including educating patients and providers on the benefits of patient navigation.
- Award mini-grants to at least 5 worksites to implement policy or systems changes to promote cancer screening.
- Distribute worksite wellness mini-grants to 10 worksites participating in the Healthiest Maryland Businesses program.
- Disseminate the Promoting Cancer Screening in the Workplace toolkit to educate employees on available cancer screening resources.

FS-1 Food Safety

- Maintain an environmental health specialist/sanitarian in the Office of Food Protection.
- Conduct 25 trainings for food processors and manufacturers to address Listeria monocytogenes infections and transmission.
- Create new educational materials and disseminate to crab plants and dairy processing plants on Listeria.

IPV-40 Reduce Sexual Violence

- Disseminate a social marketing toolkit with best practices from the field of sexual violence prevention.
- Implement 2 prevention projects addressing sexual violence and related form of interpersonal violence (intimate partner violence, teen dating violence, and child maltreatment).
- Fund a rape crisis center, college campus, or community business association to implement a toolkit to address sexual assault and alcohol within a specific community.

PHHS Advisory Council Action on FY 2019 Work Plan

- Question from Dr. Rose: “Is the effort to fund the Maryland Wellness Policies and Practices Project (MWPPP) in collaboration with the University of Maryland or the University of Baltimore?”
 - Ms. Graham stated it is a collaboration with both the University of Maryland School of Medicine and the Maryland State Department of Education.
- The Chair called for a motion to accept the FY 2019 PHHS Block Grant Work Plan. Rachel Pigott motioned for acceptance, and Namisa Kramer seconded the motion. The motion was approved unanimously.

3. Close Advisory Council

Ms. Williams closed the Preventive Health and Health Services Advisory Meeting at 4:38 PM.