

# MARYLAND ADVISORY COUNCIL ON HEALTH AND WELLNESS

## MINUTES

APRIL 15, 2020

4:00 p.m.

The Maryland State Advisory Council on Health and Wellness held a virtual public meeting on April 15, 2020, beginning at 4:00 p.m.

### MEMBERS PRESENT

Mary Backley  
Sumit Bassi  
Jennifer Eastman  
Angela Deal  
Mychelle Farmer  
Meg Gwaltney  
Donna Gugel  
Jessica Kiel, Chair  
Linda Kline  
Namisa Kramer  
Seth Martin  
Cameron Pollock  
Vivienne Rose  
Jason Semanoff  
Teresa Titus-Howard  
Kristin Watson  
Pam Xenakis

### MEMBERS NOT PRESENT

Lois Freeman  
Gary Gerstenblith  
Roger Harrell  
Julie Maneen  
Aruna Nathan  
Josie Ogaitis  
Rachel Pigott  
Geeta Sharma  
Anne Williams  
Vanina Wolf

### GUESTS PRESENT

Anne Langley  
Kelsie Shannon

### MARYLAND DEPARTMENT OF HEALTH STAFF PRESENT

Olubukola Alonge  
Erin Ashinghurst  
Kathleen Graham  
Amanda Klein  
Mia Matthews  
Lisa Morrel  
Maya Nirmalraj  
Kristi Pier  
Nacole Smith  
Sue Vaeth

## **1. Welcome and Introductions**

Secretary of Health Robert L. Neall designated Donna Gugel to open the meeting on his behalf. Ms. Gugel, Director, Prevention and Health Promotion Administration and MDH representative to the Council, opened the Preventive Health and Health Services (PHHS) Block Grant Advisory Council Annual Work Plan Review at 4:06 pm.

- Ms. Gugel welcomed the Advisory Committee and reviewed the Responsibilities of the Health and Wellness Council's role as the PHHS Advisory Committee. Ms. Gugel thanked everyone for their commitment and dedication in promoting evidence-based programs to develop healthy lifestyles, and the prevention, early detection, and treatment of disease in Maryland.
- Ms. Gugel introduced Kathleen Graham, the PHHS Block Grant Coordinator, to provide the Council with summaries of the current year's progress. She also introduced Olubukola Alonge, the future PHHS Block Grant Coordinator, to provide a summary of the work plan for the following year.

### **A. Preventive Health and Health Services Block Grant (PHHS) Annual Work Plan Review**

Kathleen Graham, PHHS Coordinator (FY19), Center for Chronic Disease Prevention and Control

- Ms. Graham gave a detailed overview of the 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 Maryland 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 began her presentation on the FY 19 PHHS Block Grant outcomes and progress. She began with an update to the Advisory Committee on the impact of COVID-19 National emergency declaration on the PHHS Block Grant Progress.
  - The local health departments (LHDs) have had staff reassigned to COVID-19 activities, delaying the LHDs completion of PHHS Block Grant activities.
  - PHHS Block Grant funded trainings, meetings, and group activities were delayed or cancelled due to the social distancing requirements.
  - Universities/colleges and schools that were PHHS Block Grant recipients were closed leading to delays in project implementation.
  - Due to these delays, any unspent funds will need to be reallocated as the PHHS Block Grant does not allow for carrying forward of unspent funds.
- Ms. Graham then reviewed the progress and work plan outcomes for each Healthy People 2020 Objective funded by the PHHS Block Grant.

### **D-3 Diabetes Outcomes and Progress:**

- Maryland Diabetes Action Plan: The Maryland Diabetes Action Plan (DAP) was completed and published in November 2019 by MDH, intended to engage health care partners and community-based organizations in reducing diabetes burden. Funding was shifted to support the implementation of action steps in the DAP.
- Access was expanded for diabetes prevention programs and DSMES programs.
- Software enhancements and programming improved Workshop Wizard.
- We coordinated professional development opportunities, calls, and meetings for current and potential National DPPs in the Maryland Diabetes Prevention Network.
- Increasing the number of lifestyle change coaches in Maryland trained to deliver the National DPP.
- We supported master trainers to train lifestyle coaches to implement the National DPP.
- We implemented a new diabetes prevention online platform, HALT Diabetes, which allows existing Diabetes Prevention Recognized Programs to offer the classes virtually.

### **HD-2 Heart Disease Outcomes and Progress:**

- A hypertension media plan was implemented to increase self-monitoring of blood pressure at home and encourage patients to seek support for blood pressure self-monitoring from primary care providers, other clinical staff and pharmacists. Target regions included the Eastern Shore, Southern and Western Maryland.
- We funded local health departments (LHDs) to implement quality improvement processes in health systems to improve cardiovascular outcomes based on standardized quality metrics (NQF18 and NQF 59). New focus areas include self-monitoring blood pressure with clinical support, clinical and community pharmacists as part of the health care team, and cholesterol control and management.
- We supported infrastructure building for Charles and Queen Anne's Mobile Integrated Community Health projects to reduce emergent care usage by residents with chronic diseases and expanding operational capacity to provide telehealth supporting practices, pharmacists, and Community Health Workers (CHWs).

### **NWS-8 Adults at a Healthy Weight Outcomes and Progress:**

- We supported Healthy Maryland Businesses (HMB) to implement health, nutrition and physical activity policies and systems in worksites, and recognized employers for worksite wellness efforts.
- Funds were allocated for the development of a healthy weight media campaign in women of childbearing age.
- We planned the State Center farmer's market and vendors, however the start date was delayed, then cancelled for this year, due to COVID-19.

**NWS-10 Youth Obesity Outcomes and Progress:**

- We provided funding for the Safe Routes to School project in Washington County in collaboration with the local health department and the local YMCA.
- School closings delayed the start of new local Safe Routes to Schools initiatives to two jurisdictions and activities were moved to start in September.

**C-1 Cancer Outcomes and Progress:**

- Funding was provided to LHDs to implement the Breast and Cervical Cancer Program Community Outreach Worker/Translation Services Project, however, implementation was delayed due to LHD staff being reassigned to COVID-19 activities.
- We also supported the updating the Maryland Cancer plan, expected to be released in early 2021.

**IPV-40 Reduce Sexual Violence Outcomes and Progress:**

- We funded the implementation a Trauma-Informed Survivor Services Grant in Prince George's county.
- We funded a project to address sexual violence and alcohol which will engage nightlife businesses in sexual violence prevention activities.
- Funds supported the Rape and Sexual Assault Prevention Program (RISEMD) Alliance Member Prevention grant to support one member organization to conduct sexual violence activities.
- A Forensic Nurse Examiner (FNE) Training is scheduled to start in late summer.

**PHI-13 Epidemiology Outcomes and Progress:**

- The Behavioral Risk Factor Surveillance System (BRFSS) calling vendor received funding to help reach the planned 15,000 completed surveys.
- We continued to support a real-time, online data query tool to make BRFSS and YRBS data accessible to internal and external users.
- Funds maintained a Program Evaluator to evaluate chronic disease prevention and control and disabilities initiatives.

**FS-1 Food Safety Outcomes and Progress:**

- A Listeria Monocytogenes training program was funded for manufacturers in shellfish and dairy industries.
- A Food Safety Sanitarian addresses food safety, working to reduce infections caused by Listeria monocytogenes transmitted commonly through food. This project has experienced some delays due to COVID-19 workplace restrictions.

### **PHI-1 Population Health Outcomes and Progress:**

- The Core Competencies for Public Health Professionals initiative to support workforce development within public health was placed on hold due to staffing changes.
- Funds were used to develop an accredited Community Health Worker (CHW) training program as part of the Community Health Worker Certification initiative. Funds supported staff to assist 522 CHWs to become certified based on experience and assisted 2-year colleges to undertake certified CHW training programs.
- Funds supported the Quality Improvement Council within Public Health Services, as well as quality improvement projects in MDH.
- Funds supported the integration of substance use prevention and behavioral health promotion efforts into overall local population health priority activities to achieve population health goals tied to the state health improvement plan.
- The MDH shifted funding from this objective to support the Diabetes Action Plan, a major Department initiative.

### **B. FY 2020 Workplan and Budget Review**

Olubukola Alonge, PHHS Coordinator (new), Center for Chronic Disease Prevention and Control

- Dr. Alonge reiterated PHHS activities must support the Healthy People 2020 priorities. She reported Maryland's FY 2020 funding allocation is \$2,976,598 and reviewed the proposed allocations for the individual Healthy People Health Objectives:
  - D-3: Reduce diabetes deaths (\$963,464)
  - HDS-2: Reduce coronary heart disease deaths (\$665,126)
  - NWS-8: Increase adults at a healthy weight (\$287,208)
  - NWS-10: Decrease youth overweight/obesity (\$222,102)
  - PHI-13: Provide comprehensive epidemiology services (\$354,536)
  - PHI-6: Community Health Worker Certification (\$100,000)
  - FS-1.3: Reduce infections caused by Listeria (\$105,350)
  - C-1: Reduce cancer deaths (\$140,000).
  - IPV-140: Reduce sexual violence (\$138,812) (required allocation)
- Dr. Alonge presented on the planned work in the following HP2020 objectives.

### **D-3 Diabetes Activities**

- The MDH's Center for Population Health Improvement and Center for Chronic Disease Prevention and Control will:
  - Implement activities in the Maryland Diabetes Action Plan.
  - Support three positions, including an Epidemiologist, a Project Coordinator and a Communications Manager to implement the Maryland Diabetes Action Plan.

- Outreach to businesses and insurers to expand coverage and reduce barriers to access to diabetes related pharmaceuticals, supplies, and services.
- Develop diabetes care quality standards for clinical providers.
- Maintain the Diabetes Self-Management Education and Support network, and the National Diabetes Prevention Program network.
- Support master trainers to deliver lifestyle coach training sessions.
- Enhance software supporting the referrals and data collection for diabetes prevention activities.

#### **HDS-2 Heart Disease Activities**

- Conduct comprehensive quality improvements in health systems with LHDs to prevent and control hypertension and elevated cholesterol.
- Support the Mobile Integrated Community Health programs in Queen Anne's and Charles LHDs including building the capacity to provide telemedicine for patients with uncontrolled hypertension.
- Conduct a media campaign to increase awareness of hypertension self-measurement.

#### **NWS-2 Adults at Healthy Weight Activities**

- Implement a campaign targeting women of childbearing age (18-44 years old) with a goal of maintaining a healthy lifestyle.
- Conduct strategic planning to align three collaborative actions between MDH chronic disease offices to increase adult healthy weight, and
- Support healthy weight initiatives, to include the State Center farmers market.

#### **NWS-10 Youth Obesity Activities**

- Maintain Safe Routes to Schools initiatives in three Maryland jurisdictions.
- Provide training and technical assistance to increase healthy eating and physical activity in early childhood education centers.

#### **PHI-13 Epidemiology Activities**

- Support the Maryland Behavioral Risk Factor Surveillance System (BRFSS) calling services vendor to help reach 15,000 completed calls per annum.
- Enhance and maintain the online data system, IBIS, for BRFSS and YRBS data.
- Support staff (0.75 FTE) to conduct evaluation and epidemiological activities.

#### **PHI-6.1 Population Health Activities**

- Develop a curriculum to build knowledge and skills in CHWs in chronic disease management, with a focus on diabetes.
- Staffing (1.0 FTE) to provide support to community colleges to certify CHWs.

#### **FS-1 Food Safety Activities**

- Develop two new educational products on Listeria.
- Provide 25 training sessions to increase knowledge of Listeria infections and understanding of mitigation strategies.
- Staffing (1.0 FTE) to support Listeria infection control.

#### **C-1 Cancer Activities**

- Increase cancer screening rates in partnerships with two community-based organizations.
- Provide three local health departments with bilingual outreach workers and translation services.
- Conduct three stakeholder meetings statewide.
- Host a statewide cancer conference for up to 300 statewide cancer stakeholders.

#### **IPV-40 Reduce Sexual Violence Activities**

- Develop a victim centered advocacy program.
- Develop a trauma-informed program for survivors of sexual violence.
- Implement a primary prevention project.
- Train sexual assault health care providers.

#### **PHHS Advisory Council Action on FY 2020 Work Plan**

- Ms. Gugel asked for questions and concerns.
- Ms. Eastman commented that many parts of the workplan include areas for disability competencies to be incorporated.
- Mr. Pollock asked what the decision-making process is for how priorities are chosen.
  - Ms. Pier stated priorities are chosen based on identified needs in MDH and areas with a lack of funding.
- Ms. Gugel called for a motion to approve the FY 2020 PHHS Block Grant work plan and budget. Mr. McShea motioned for acceptance, and Ms. Xenakis seconded the motion. The workplan and budget received 16 votes, which did not constitute a quorum. Ms. Gugel asked that we reopen the voting at 5:45pm when members could rejoin.

#### **C. Close Advisory Council**

Ms. Gugel closed the Preventive Health and Health Services Block Grant Advisory Meeting at 5:12 PM.

The PHHS Advisory Meeting was reopened at 5:45 to vote on the PHHS FY20 workplan and budget. The motion was presented again by Mr. McShea and Ms. Xenakis; the workplan and budget received 18 votes, which constituted a quorum for approval.

The PHHS Advisory Meeting was closed at 5:55pm.

## **2. Open Maryland Advisory Council on Health and Wellness**

Jessica Kiel, Chair, called the Maryland Advisory Council on Health and Wellness meeting to order at 5:13 PM and held roll call.

## **3. Approve Minutes**

There was not a quorum of council members present when we moved to the Council meeting, and therefore were unable to approve the January meeting minutes. Minutes will be reviewed and approved at the July 15 Council meeting.

## **4. Questions**

Ms. Kiel opened the meeting with a request for public comments about the FY2020 PHHS work plan; there were none.

## **5. Bylaw Biennial Review**

Ms. Kiel provided an overview that the Council bylaws are to be reviewed every 2 years and any changes are presented to the Council for review/approval. She thanked the Bylaw ad hoc workgroup for their time reviewing the bylaws and providing recommendations, which were then presented; the revised document was sent to all members to review prior to today's call. There were not enough Council members present to meet quorum and the Council was unable to approve the revised bylaws. The bylaws will be reviewed/approved at the July meeting.

- Mr. McShea asked if virtual attendance meets the attendance requirements.
  - Ms. Pier answered yes, virtual attendance is counted toward membership requirements in the bylaws.

## **6. Legislative Updates**

Ms. Pier thanked everyone for participating in the weekly calls to discuss relevant bills in the 2020 Legislative Session and for responding quickly to the online position polls. The Open Meetings Act necessitated several changes this year to assure compliance when meeting on legislative bills and voting on positions.

## **7. Committee Meetings**

### **Diabetes Committee**

Dr. Rose stated the Diabetes Action Plan is complete and updates will be shared at the next committee meeting.

### **Heart Disease and Stroke Committee**

Ms. Deal stated the committee is in a period of transition with a new chair and will be meeting to discuss a plan for moving forward.

### **Arthritis Committee**

Ms. Ashinghurst stated the committee is working on two infographics.



### **Physical Fitness Committee**

Mr. Pollock stated the committee reviewed the Council's Communications Guidelines and is planning their messaging campaign, encouraging 100-150 minutes of physical activity per week.

### **8. Adjournment**

Ms. Kiel thanked everyone for their attendance and participation. The meeting was adjourned at 6:00 PM.

**Next meeting: Wednesday, July 15, 2020, from 4:00-6:00 PM**