



Healthy Washington County Meeting Minutes

Healthy Washington County Meeting	
Date & Time	November 10, 2020 / 1000 am – 1130 pm
Location	Webex
Attendees	Allen Twigg, Ashley Petrolino, Barbara Williams, , Briana Yurasits, Brooke Kerbs, Christie Staubs, Cindy Earle, Curt Miller, Deb Lehr, Douglas Spotts, Danielle Stahl, Geordie Newman, Hannah Peterson, Heather Guessford, Jocelyn Hauer, Joelle Butler, Joni Rampolla, Marianthi Hatzigeorgiou, Melissa Dasch, Melissa Mishler, Nefertiti Guillaume, Rick Rock, Rya Griffis, Sara Bush, Tina Fraley, Wendy Zimmerman, Jeanette Brill, Vickie Leach, Lisa McCoy, Christie Phillips, Susan Walter, Amy Olack, Kim Murdaugh, (3) unidentified on phone
Guest	Brook Grossman
Announcements	<ul style="list-style-type: none"> ➤ Ron McCrae has retired from the Health Department – we thank him for his years of service to community health ➤ Danielle Stahl has been appointed interim co-chair as the Health Dept. representative for this meeting along with Allen Twigg from Meritus Health, Inc.
COVID-19 Update	<ul style="list-style-type: none"> ➤ Infection rate trending up on both on state and county levels ➤ MD has 155,000+ positive cases, 4072 deaths (past week increase of 68 deaths), and 707 people hospitalized ➤ Washington County has 2632 positive cases (past week increase of 250 people), 47 deaths (past week 0), and hospital census has increased (22) ➤ Washington County Current Positivity Rate 5.46% ➤ Continue wearing a mask, washing hands and maintaining social distancing ➤ MD of Health stated that a new COVID exposure app has been released; website for the MD COVID Alert https://covidlink.maryland.gov/content/mdcovidalert/ ❖ ACTION: Danielle Add to HWC COVID resources page
Lose 1 M Pounds Update	<ul style="list-style-type: none"> ➤ As of 11/10/20, we have 32 Partners pledged to lose ~270,000 pounds; 455 people have registered with a total weight loss of >1,627 lbs ➤ Co-chairs have challenged us to get to 75 partners with 1 Million pounds pledged by the end of the year ❖ ACTION: If you don't see your organization listed on the drop down list of organizations when registering please contact Danielle Stahl

<p>CHRC Grant Update</p>	<p>or Allen Twigg to have your organization added.</p> <ul style="list-style-type: none"> ➤ If your organization has pledged the next step is to get employees involved by registering and logging their weight loss journey ➤ Promotional resources now available: include xbanner, flyers with QR code, and window clings ➤ Resources for Do (physical activity), Eat (nutrition) and Believe (stress management / mindfulness) on HWC website ➤ Importance of organization pledges; The Weight Tracker can generate monthly data by organization to include: total number of users, total weight loss, and number of active users ➤ HWC through the Health Dept. is awarded \$41,666 grant focused on Diabetes Prevention in our county and LHIC infrastructure over the next year; as a coalition we have approval to apply the funds for the Go for Bold Campaign since goals include weight loss and Diabetes Prevention: <ul style="list-style-type: none"> ○ Promotion of Go for Bold ○ Upgrade HWC Go for Bold website to be more user friendly ○ Explore consultant to help come up with Strategic Plan for Go for Bold campaign alignment with Diabetes Prevention for the county, and assess goal achievement by the end of year ○ Support the National Diabetes Prevention in Washington County; work with physician practices to increase referrals to that program ➤ Next steps include website upgrade and promotion of Go For Bold
<p>MD Diabetes Action Plan</p>	<ul style="list-style-type: none"> ➤ Overview: coordinated effort to reduce diabetes burden within the state <ul style="list-style-type: none"> ○ Maintain healthy weight or reduce weight ○ Health screenings and education for Pre-Diabetes ○ Reduce the Mortality Rate of Diabetes by 5% ○ Reduce the number of Diabetes related hospitalization ➤ Meritus just received HSCRC 5 year grant beginning January 2021; teamed with Frederick Hospital and UPMC Western MD hospital with focus on expanding the DPP and DSME programing ➤ Health Department in coordination with Meritus and MD Department of Health to develop create county-wide referral system to diabetes services

<p>Healthy Business Challenge 2021</p>	<ul style="list-style-type: none"> ❖ ACTION: Chronic disease subcommittee to review and revise action plan between January-March 2021 to align diabetes objectives ➤ Will align with Lose 1M pounds challenge; whether it's by organizations receiving points for pledging, or number of employees involved, or number or pounds lost ➤ HBC 2020 Results <ul style="list-style-type: none"> ○ COVID adjustments: required 5pts instead of 10 pts in each category ○ 9 Businesses in Washington County earned Healthy Business designation: Washington County Chamber of Commerce, University System of MD at Hagerstown, Washington County Commission on Aging, Western MD Hospital Center, Washington County Health Department, Hagerstown YMCA, the Arc of Washington County, Meritus Health, and Martin's Food Market ○ Winners <ul style="list-style-type: none"> Small: Washington County Commission on Aging; Medium: Western MD Hospital Center; Large: Meritus Health ➤ 2021 Challenge will run the whole year, aligned with the Go for Bold Initiative, bonus points who participate and pledge to the campaign; businesses can sign up now at https://healthywashingtoncounty.com/healthy-business-challenge/
<p>Homeless Outreach Opportunity</p>	<ul style="list-style-type: none"> ➤ Guest: Brooke Grossman <p>During the pandemic Goodwill opened an emergency shelter for homeless persons and recognized that the population have mental and physical health challenges. The group continues to come to Goodwill daily for lunch and this is an opportunity for outreach to better meet and manage health needs</p> ➤ Opportunity to provide healthy meals, medical care, health education, and resources ➤ Community Health Worker, Peer Support, Case Management would be good to have included with this initiative ➤ Ashley Petrolino would be interested in a conversation about getting Salisbury students involved in all the initiatives that have mentioned this morning. They could help provide assessment of

<p>Community Updates</p>	<ul style="list-style-type: none"> ○ Work with a dietician to make recipes healthier or create a calorie count/nutritional profile ○ Piloting 3-4 restaurant in beginning of 2021 ○ Seals for packaging to identify healthy options as well as QR code to share feedback of meal and program ❖ ACTION: Lisa McCoy will send flyer to upload to HWC <ul style="list-style-type: none"> ➤ January Dinning with Diabetes will start virtually, 4 week program, it will be post on HWC events section ➤ Martin’s Food Markets North Pointe store is being remodeled; additions to simplify shopping; <ul style="list-style-type: none"> ○ New registers that can either be cashiered or self-checkout at all times; Community room will be added, it will have audio/visual capabilities; free to use for Not For Profit, small fee for other companies ➤ Bike Safe Play area now open at the YMCA ➤ Tina Fraley started a virtual health program, 45 members currently, focus is on consistency of showing up while integrating the how to eat better, move more effectively and build a better mindset; Tina Fraley FitMindedLiving@gmail.com ➤ Brook Lane will provide free Facebook Live event on Friday, December 4 at 1200, topic: Handling Holiday Stress during a Pandemic ➤ Diabetes Prevention class starting November 16, online, Contact Danielle Stahl for details ➤ Open enrollment season with Maryland Health Connection. For Washington, Allegany & Garrett counties consumers can call 888-202-0212 to schedule a phone appointment with a navigator. They are having an ENROLLATHON this Saturday 11/14, 9am-4pm by PHONE only ➤ United Way is accepting Letters of Intent for Impact Grant funding thru Sunday November 15th, contact Jocelyn Hauer at jhauer@uwwcmd.org for any Community Impact Grant Letter of Intent questions. ➤ Health Department is providing support for Colorectal Cancer patients, including transportation, screenings, etc. <ul style="list-style-type: none"> ❖ ACTION: Briana will send information to Danielle
<p>Next Meeting</p>	<p>Tuesday, January 5, 2021 10 am via Webex; invite will be sent</p>