



## Healthy Washington County Meeting Minutes

<b>Healthy Washington County Meeting</b>	
<b>Date &amp; Time</b>	July 7, 2020 / 1000 am – 1130 pm
<b>Location</b>	Webex
<b>Attendees</b>	Allen Twigg, Anne Langley, Av Petrolino, Barbara Williams, Btritsch, Carol Grove, Christie Staubs, Cindy Earle, Curt Miller, Deb Lehr, Douglas Spotts, Danielle Stahl, Heather Guessford; Cindy; Joelle Butler, JHauer, Joni Rampolla, Kim Murdaugh, Laura Wilson, Lisa Marr, Maulik Joshi, Orville Browne, Paul Frey, Sadie Peters, Sarah Bush, Stacie Webb, Maggie Biscarr, Cort Meade, Rod MacRae, Susan Schlossberg; (6) on phone
<p><b>Announcement:</b> <b>Bold Goal Kickoff Event Rescheduled</b> <b>Lose 1 Million Pounds!</b></p>	<ul style="list-style-type: none"> <li>- Date: Tuesday October 6, 2020 from 5:30 PM to 7:30 PM Location: Robinwood Professional Center, Atrium, Hagerstown 21742               <ul style="list-style-type: none"> <li>o As capacity may be limited please RSVP to <a href="mailto:christie.phillips@meritushealth.com">christie.phillips@meritushealth.com</a> or <a href="mailto:allen.twigg@meritushealth.com">allen.twigg@meritushealth.com</a></li> <li>o Share with your organization’s leadership to join the campaign by completing an Organizational Pledge card and committing to # of pounds to lose</li> <li>o More information will be coming out in the upcoming months, including a weight loss tracker on the Healthy Washington County Website</li> </ul> </li> </ul>
<p><b>Presentation:</b> <b>MD Diabetes Action Plan</b></p>	<ul style="list-style-type: none"> <li>- Action Plan and other resources can be viewed at <a href="https://phpa.health.maryland.gov/CCDPC/Pages/diabetes-action-plan.aspx">https://phpa.health.maryland.gov/CCDPC/Pages/diabetes-action-plan.aspx</a></li> <li>- Estimated 2.1 M adults in MD with diabetes or pre-diabetes; of which 1.6 M have pre-diabetes, 9 out of 10 do not know they have it.</li> <li>- 7 B Estimated annual cost for Maryland and 4.9 B Estimated annual medical costs for Maryland as a result of diabetes and prediabetes.</li> <li>- Diabetes is the sixth leading cause of death in Maryland, Washington County 11% with diagnosed diabetes above the Maryland mean average of 10%</li> <li>- 2019-2024 Goals               <ul style="list-style-type: none"> <li>o 32% of adults will be at a healthy weight</li> <li>o Reduce the number of high school students who are overweight by 10% and maintain the number of adults who</li> </ul> </li> </ul>

	<p>are overweight</p> <ul style="list-style-type: none"> <li>○ Increase the number of adults who know they have prediabetes by 30%</li> <li>○ Reduce the age adjusted mortality rate by 5%</li> </ul> <p>- Ways to reach goals: engage all sectors, LHICs should help promote and coordinate at the local level</p> <p>- Discussion:</p> <ul style="list-style-type: none"> <li>○ Are there Mobile units available that can go into local community and discuss diabetes/pre-diabetes prevention and treatment? <ul style="list-style-type: none"> <li>▪ There has been funding across the state for are Mobile Integrated Health Units available; most of them have targeted people who have already been diagnosed with diabetes/pre-diabetes.</li> <li>▪ Some Pilot programs haven't targeted diabetes but we could look at their results and see (1) what local jurisdiction were looking at (2) if they would be interesting in expanding to diabetes/ pre-diabetes.</li> <li>▪ MD Physicians Care offers Diabetic Coaching to members with A1C above 8; Contact Christie Staubs for more information</li> <li>▪ Meritus doesn't have mobile unit but Residency and Community Partnership forming; CHW and outpatient care managers are involved in the HSCRC regional catalyst grant proposal with community partners to implement plan.</li> </ul> </li> <li>○ Will there be a standardized report from LHIC to the state that will be required or helpful as we move forward? <ul style="list-style-type: none"> <li>▪ There will be a report required as part of the CHRC grant, Anne will ensure that the report is useful</li> <li>▪ CHRC grant aligns with Meritus' BOLD Goal of losing 1 M pounds by 2030</li> <li>▪ Meritus could provide some measures and outcomes for Washington County to populate graph on slide 16.</li> </ul> </li> </ul>
--	--





<p>○ Health Management</p> <p><b>Community Updates</b></p>	<ul style="list-style-type: none"> <li>- Tracking measurements January –June 2020 totals page presented             <ul style="list-style-type: none"> <li>○ HWC webpage clicks 6920 – diving deeper to determine what this means; if other organization has their data please submit to Deb Lehr</li> </ul> </li>   <li>- Danielle Stahl – WC Health Department – Submitted application for online classes for Diabetes Prevention to begin in August, 2020             <ul style="list-style-type: none"> <li>○ Challenges faced by program: Getting participants to commit to 12 month program                 <ul style="list-style-type: none"> <li>▪ Grant from MDH to provide 2 classes this year &amp; \$500/participant to remove barriers and add incentives to attend like transportation, Fitbit, scales, gym membership, etc.</li> <li>▪ Health Department, Meritus, and Commission on Aging will work together to promote education and share data for Washington County</li> </ul> </li> </ul> </li>   <li>- Cindy Earle – Meritus will start online DPP classes in September; online DPP program has a 80% retention rate currently; also in discussion with the state for probability of 5-6 HMOs to provide reimbursement and referrals to our program</li>   <li>- Susan Schlossberg –Article “The Importance Of Doing Things That We Enjoy While Spending More Time At Home” which prompted her to ask how does someone in our community find out ways to help right now? Could the partners of HWC post their needs on the website?             <ul style="list-style-type: none"> <li>○ Example United Way has information on their website of current needs</li> <li>○ Meritus Medical Center could post what could be donated for their patients, i.e. masks, crocheted hats, baby blankets, etc.</li> <li>○ Volunteerism and Community Needs section to be added to HWC webpage; Maybe add a chat feature so people can post the needs or skills available</li> </ul> </li>   <li>- Action: Please email Danielle Stahl with any community needs or resources available to include on the HWC Resources tab</li> </ul>
--	---



*Healthy Washington County  
Meeting Minutes*

---

<b>Next Meeting</b>	Tuesday, September 1, 2020 10:00- 11:30 via Webex or in person (maybe)