

Meeting Date/Location: September 1, 2020 Virtual Meeting		Call to Order 10:00
Meeting Purpose:		
Attendance: A. Twigg - Chair, B. Williams, C. Staubs, C. Earle, D. Lehr, D. Spotts, MD, C. Van Voorhees, MD, D. Stahl, H. Luther, I. Desouza, J. Blickenstaff, J. Rampolla, K Murdaugh, L. McCoy, L. Wilson, J Maulik, Nefertiti, N. Snider, R. MacRae, S. Bush, S. Steiner, S. Turner, U. Guillory, W. Zimmerman, P Frey, A Pierce, J Butler, and D Gaviria		
Topic	Discussion Leader	Discussion/Action Items
3 Good Things	Allen	Group shared 3 good things – One for Good Program is regrouping, Made the switch to non-dairy creamer and losing pounds, Excited for Go for Bold!
Go for Bold! Lose 1 Million Pounds	Allen	<p>To date 9 organizations have pledged to lose pounds. We want everybody to join as a community partner by the Kick Off Event October 6th. The pledge cards are on the HWC website and Allen is available to speak to leadership to help answer questions.</p> <p>Go for Bold – “Do, Eat, and Believe in a Healthy Washington County”</p> <ul style="list-style-type: none"> Do- Increase physical activity Eat – A healthy diet Believe – that you can make changes, be mindful, manage stress <p>Resources to help with the program will be made available through the website:</p> <ul style="list-style-type: none"> • Different Activities for weight lost, Nutrition, etc. • Events like the Healthy Business Challenge, YMCA Team Cycle, 5Ks, 10,000 Steps • Promotion on making healthy behavior changes • Healthy menus and how to prepare healthy food <p>Each organization can engage to meet the needs of employers, patients, and customers. If the organization has a wellness program, Go for Bold can align with and reinforce wellness plan goals.</p> <p>The Community Weight Tracker has been developed and will be posted on the HWC website for registration. The majority of participants will register as individuals. We have included a drop-down box to find mark the organization you are with. Reports can be run by organization that will provide number of registrants and pounds lost.</p> <ul style="list-style-type: none"> • Weigh in – Individuals can use the Weight tracker to keep track of their weight. • The Weight track will accumulate the pounds lost for the organization and community.

		<ul style="list-style-type: none"> • Washington County Website has resources that will be updated to help provide resources and support. • Diabetes action plan – The Lose 1 Million Pounds initiative will be a component of our county diabetes action plan. • Joni from Martin’s mentioned that on Tuesday they have diabetes programs, Wednesday they have Weight management and on Thursday hypertension classes, all available now.
Diabetes Action Plan Initiative	Danielle	<p>Danielle from the Health Department report that they have applied for grant from the MD Commission Health Resource amounting to \$41,666 for implementation of Diabetes Action Plan through Oct. 2021. Working with UMPH with the technology components on a plan to make National Diabetes Prevention Plan available throughout our community. Meritus is helping lead a 5 year community grant application from the HSCRC for diabetes prevention and management.</p> <p>Plans are to reduce average weight, make healthy choices and changes, maintain a healthy life style to reduce risk for developing type II diabetes and improve management for those who currently are diabetic.</p> <p>Allen suggested that the HWC chronic disease subcommittee lead coordination of these efforts to maximize efficiencies and delivery of services, and avoid duplication.</p> <p>Lisa McCoy offered that the Healthy Restaurant concept be considered part of the grant as well.</p> <p>Meritus will be starting a virtual online DPP program on October 5th with the clients that started the class prior to Covid.</p>
One for Good	Allen	<p>Outcome measures and new strategies are being developed. Some of the thoughts are making healthy choices – like stop smoking, nutrition, etc. A one page flyer is being developed and Paul Frey will send out by end of week with the new initiatives.</p>
Community Solutions Hub WC	Courte & Allen	<p>The new URL address is www.communitysolutionshub.org There is also a link to the CSH from Healthy Washington County.</p> <p>This website is a local community data repository that has been uploaded from publically reported information. It is a single source that helps provide the most up to date data in one location. Health topics seem to be the area that is used most. We have the ability to upload data from individual organizations. What else needs to be included? Please contact Courte or Allen with questions, ideas or data to share.</p>

Update for Childhood Vaccinations	WCHD	<p>Health Department are having two vaccination sessions in September for the 7th grade.</p> <p>J. Butler and Danielle Weaver are promoting Back to School and Flu vaccinations.</p> <p>Kim Murdaugh from Family Healthcare is also providing vaccinations for children.</p>
Sub Committee Reports		
	Behavioral Health	<p>September is National Suicide Prevention Awareness Month. The national rate of suicide is increased in the past year. Healthy WC website offers the ability to chat with people as a means of support and guidance. The national Suicide Prevention hotline is 1-800-273-TALK (8255).</p> <p>Brook Lane is providing Mental Health First Aide – see Events calendar for details.</p> <p>Washington Country Goes Purple launches for the month of September. Meritus providers have reduced opioid prescriptions by more than 40% over the past year.</p>
	Chronic Disease	<p>Current community strategies</p> <ul style="list-style-type: none"> Increasing access to healthy fruits and vegetables through more farmer’s markets. Meritus has restarted the Farmer’s Market on Tuesdays from 10a to 2p, and they are accepting food vouchers as well. Mobile Farmer’s Market will be going to the Towers and also provider BP screenings and other health information. Launching the Body and Soul cultural program with the African American population to help improve nutrition and exercise. Developing a cultural nutrition program for the Hispanic community as well.
Community Updates		
	Community Action Council	Received funds to help with rent and utilities available through the end of October. Please direct persons in need to submit an application at CAC.
	YMCA	Barb Williams stated that the Color Splash will be a virtual function and you still have to Sept 4 th to sign up.

		Also they are doing Distance Learning for 130 kids. The 4H is doing the program Health Rocks where they talk about Tobacco, Alcohol, Vaping and Drug use to the kids.
	Nefertiti	Open Enrollment remains open at present. Number to give patient is 1-88-202-0212 8:00 to 4:30 M-F Open Enrollment for Maryland insurances will start again on December 1 st . United Health Group is offering Medicaid thru Optum Health.
Final Comments:	Allen	<ol style="list-style-type: none"> 1. Remember to pledge participation and pounds in the Bold Goal Lose 1 Million Pounds campaign. If any questions, either Doug or Allen can meet with you. Please feel free to contact either one of them for more information. Allen.Twigg@meritushealth.com 2. Like and Share Healthy Washington County on social media to help promote the Go for Bold challenge and new programs. 3. Send your health promotion events to Danielle.stahl@maryland.gov

Adjournment: 11:30 am

Next Meeting: Requests for a change in November date due to election. Tentatively Nov. 10th at 10:00 am