

HEALTHY WASHINGTON COUNTY  
September 4, 2018 10am  
Meeting Held at Washington County Health Department

- Member's Present: Margaret Biscarr; PepsiCo, Sharon Bligh; Consumer Goods Forum, Joelle Butler; Meritus Medical Center, Fallon Crist; Mental Health Center, Melissa Dasch; Turning Point, Way Station Inc., Shelby DeHaven; HEAL, Susan Delauter, Kim Fortunado; Campell Soup, Paul Frey; Chamber of Commerce, Dr. Diana Gaviria; WCHD, Jan Hershberger; Meritus Medical Center, Nefertiti Jean-Baptiste; Connector Entity, Andrea Kelly; PepsiCo, Rod MacRae; WCHD, Mary McPherson; WCHD, Curtis Miller; Brook Lane, Melissa Minotti; Johns Hopkins School of Public Health, Amy Olack; Washington County Commission on Aging, Hannah Person; WCHD, Adam Roberson; Community Free Clinic, Rick Rock; Washington County Mental Health Authority, James Seaver; Tri-State Community Health Center, Nikki Snider; Washington County Department of Social Services, Christie Staubs; Maryland Physicians Care, Allen Twigg; Meritus Medical Center, Susan Walter Tri-State Community Health Center, Wendy Zimmerman; Meritus Medical Center, Deb Lehr; Meritus Medical Center, Julie Green; Martin's, Dr. Frank Lin; Johns Hopkins
  
- Welcome and Introductions:
  - Welcome by Allen Twigg. Self-introductions were made.
- Old Business:
  - Action Plan Updates
    - Chronic Disease – Mary McPherson
      - WCHD has developed a website called Washington County Pathfinder with a map that shows all the walking, biking, and boating trails in the county. If you know of any paths that aren't on the website, please contact Mary McPherson. [washcopathfinder.com](http://washcopathfinder.com)
      - Funding for signage was given by WCHD to several community organizations to promote walking.
      - Blood pressure monitor kiosks are still in place at WCHD, Park N Dine, Meritus. Family Healthcare of Hagerstown recently added 3 kiosks. The WCHD and Meritus kiosks have educational health information; the Park N Dine kiosk may not. The three Meritus kiosks get about 20,000 readings a year. Several other places in the community have kiosks, including Martin's. Julie Green will find out how many readings are taken at the Martin's kiosks.
      - WCHD will be purchasing blood pressure monitors to give out to individuals as part of a program to encourage people to work with their healthcare providers to control their blood pressure and prevent hypertension. If you have clients that may be interested, please contact Mary McPherson.
      - WCHD and Meritus are starting new National Diabetes Prevention Program classes soon. WCHD hopes to maintain recognition. It is unknown if Meritus will be applying for recognition. Allen will follow up with Cindy Earle.
      - Some dentists in Washington County have been voluntarily taking blood pressures.
      - About 80% of respondents to the Community Health Needs Survey so far have said they've had their blood pressure checked in the past year.
      - Recently there were four walks in Washington County as well as a Walking Movement Leader Training. Another training will be held online soon for anyone who is interested in leading walks. WCHD will send information to the group once it is announced.

- Behavioral Health – Curt Miller
  - Subcommittee met at the end of July to review objectives.
  - Mental Health - There was no reduction of mental health emergency department visits, but depression screenings in primary care offices increased and more mental health first aid trainings were offered in the community over the past year.
  - Substance Abuse – January 1-August 30, 2018 – 265 overdoses (191 in Hagerstown, 74 in the county), 42 fatal overdoses (29 in Hagerstown, 13 in the county).
  - Heroin overdoses are trending down but remain high.
  - Washington Goes Purple kicked off August 31<sup>st</sup> to increase awareness of the opioid epidemic. The event in the park and walk to the event went well and were well-attended.
  - WCHD has applied for funding to address the opioid issue with a walk-in stabilization center to divert substance abuse issues from the emergency department. They will be putting out a RFP for a vendor. It's supposed to be operational December 1. They should know if the funding is definite by mid-September.
- Wellness – Shelby DeHaven
  - The YMCA is continuing the Targeted Fitness and Nutrition after school program this year at seven schools, primarily Title 1 schools.
  - Launched the Healthy Business challenge for the second year. Looking to build on last year's success; there were 39 businesses participating. Businesses can sign up until the end of September.
- One for Good Campaign – Maggie Biscarr
  - The Consumer Goods Forum has been working with the Robert Wood Johnson Foundation to evaluate the One for Good campaign. RWJF contracted with the University of Nebraska to conduct an evaluability assessment over the past few months to look at replicability and now want to evaluate the campaign. They suggested that One for Good extend the planning process, refine its objectives, and map activities to the objectives and create a timeline. Over the next 3-6 months CGF will work with RWJF and the University of Nebraska on this evaluation and planning. They need to identify an organization in Hagerstown to coordinate One for Good.
  - Another major recommendation was to integrate One for Good with existing community outreach. Shelby DeHaven has been working with Melanie Hall from Kellogg Company to create a draft project charter for a community outreach plan with a focus on healthy lifestyles. Obesity, and diabetes. Four events were proposed, one each quarter, with a specific focus for each.
  - A one page flyer to explain One for Good was developed. Shelby DeHaven will send out a PDF version for the group to review. Please send feedback to Shelby.
  - PepsiCo has found the campaign commercially viable and they want to replicate what elements are most successful at other stores. It's also in line with their goals to be more focused on health and wellness.
- Subcommittee Reports
  - FY2019 Community Health Needs Assessment – Allen Twigg
    - The survey is now live and open to those who live and/or work in Washington County. All are encouraged to take the survey and post the link or direct online traffic to the survey. The survey will plan to close soon so everyone should do one last push to try to get more responses. There are 1,402

responses currently. The responses are more representative than last time, but still skewed in some categories (example – 80% are female, 20% male).

- After the survey closes, data will be analyzed, which will take about 6 weeks.
- Focus groups for underrepresented groups on the survey are being lined up. A sign-up sheet went around for anyone who was interested in volunteering to help facilitate a focus group.
- A public forum to report the results of the survey to the community is scheduled for Tuesday, November 20<sup>th</sup> 9-11am with prioritization of health needs at 11:00 am with lunch and networking to follow at Robinwood Professional Center. There will be a prioritization exercise to determine the community health priorities. 1-2 representatives will present the information for each different topic. A sign-up sheet went around for anyone who was interested in presenting on a topic.
- An audit was performed on the last CHNA and they recommended three action plans: 1 for Meritus, 1 for Brook Lane, 1 community action plan for Healthy Washington County
- HWC will use the January 2019 meeting to do strategic planning to create a new community action plan.

➤ New Business

- ACHIEVE Clinical Trial – Dr. Frank Lin
  - ACHIEVE is an NIH funded study that is currently recruiting participants until June 2019 with one site in Hagerstown. It contains two programs: 1) 10 Keys to Accessible Aging – an educational program of evidence based ways to transmit health information to older adults, 2) a hearing loss program which includes free hearing aids and counseling about them. The study is looking for participants ages 70-84 who live independently, are well functioning, and have mild-moderate hearing loss and do not currently use a hearing aid. Participants will receive both programs. They will randomly be assigned to receive one program for 3 years and then they will receive the other program for the next 3 years. Participants will go to visits every 6 months and will be compensated for their time. Funding is also available for transportation. The study aims to have 850 participants with at least ¼ in Hagerstown. If you would like brochures or information to distribute to help recruit participants, contact Allen Twigg. [achievestudy.org](http://achievestudy.org)
- Community Dashboard – Allen Twigg
  - Keith Fanjoy from the Bester Community of Hope has suggested the idea of a community dashboard with various community indicators. A group of potential partners met last week and heard presentations from vendors. Several partners may be willing to provide funding and United Way has offered to maintain the dashboard on their website.
  - Allen Twigg suggested a demo of the dashboard be set up for HWC.
- Community Partner Updates – All
  - Adam Roberson, Community Free Clinic
    - Community Free Clinic is providing healthcare for Bester Elementary School and E. Russell Hicks Middle School and expanding the mental health services.
  - Wendy Zimmerman, Meritus Medical Center (Parish Nursing)
    - There is a new training session at the end of September. Over 100 RNs are doing parish nursing. There are Frostburg nursing students interested, so there may be more RNs soon.
  - Fallon Crist, The Mental Health Center

- There is a new doctor (CNA), Dr. Syed, starting October 29<sup>th</sup>.
- Christie Staubs, Maryland Physicians Care
  - There will be a baby shower event for members at Robinwood Professional Center. Contact Christie Staubs if you would like flyers to promote the event.
- Rick Rock, Washington County Mental Health Authority
  - There are new state laws requiring that school boards have to ensure mental health services are provided for students. Robin Handler has been designated as the coordinator for WCPS. MHA has met with her. Data reporting is required to the state as part of the law.
- Susan Walter, Tri-State Community Health Center
  - Tri-State received recognition as a National Quality Leader for quality of care and as a Health Center Quality Leader (along with Family Healthcare of Hagerstown). Health centers typically provide the same or better quality of care as private practices.
  - Maryland is incentivizing patient centered medical home ( a best practice) to private practices, but not health centers since they already follow the best practice.
- Shelby DeHaven, HEAL of Washington County/YMCA of Hagerstown
  - Color Splash 5k is taking place at Fairgrounds Park at the end of the month.
- Deb Lehr, Meritus Medical Center
  - The 55+ group meets monthly but takes a break over winter. The Zion Baptist Church group meets every other Tuesday starting October 9<sup>th</sup>. The groups feature various speakers.
  - The YMCA CATCH program is intended to get kids moving and teach them about nutrition and the body. There are 45 5-6 year olds in the program.
  - Blood pressure screenings are being taken at the Greens at Hamilton Run golf course.
  - Classes for hypertension and diabetes are being held at the Fit Room at Fairgrounds Park. Babypalooza is also soon. Contact Meritus for flyers.
  - The CHNA survey is being promoted at the golf course, 55+ groups, and farmers market.
- Curt Miller, Brook Lane
  - Brook Lane is in all middle and high schools and four elementary schools with a therapist at least 8 hours a week. Students can receive 3 sessions for no charge.
  - Substance Use in the Community program is on September 27<sup>th</sup>.
  - Youth Mental Health First Aid training is October 30<sup>th</sup>. Adult training is November 27<sup>th</sup>.
- Amy Olack, Commission on Aging
  - The first seniors and disabilities expo was held. There were 30 vendors and 300+ attendees.
  - The barefoot reflexology path is opening August 27<sup>th</sup>.
- Rod MacRae, Washington County Health Department
  - WCHD has launched its new website [washcohealth.org](http://washcohealth.org)
  - WCHD is putting out for bid a year long marketing contract. WCHD will probably reach out to HWC soon for input on how to promote the whole group.
- Nefertiti Jean-Baptiste, AHEC West
  - Family Healthcare of Hagerstown is hosting a navigator 2-3 times a week outside of open enrollment, more often during open enrollment.
  - Open enrollment is November 1-December 15.

- Outreach at BCOH and the Hispanic festival.
- Throughout the week at the One Stop and Consortium.
- Maryland has the largest reinsurance program in the country.
- Joelle Butler, Meritus Medical Center
  - Meritus switched to one electronic health record (Epic) from about 6, including a new patient portal called My Chart.
- Adjournment: Meeting adjourned at 12:00pm.
- Next Meeting: Community Health Needs Assessment Public Forum November 20, 2018 at 9am – 12noon, Robinwood Medical Center, 11110 Medical Campus Road, Hagerstown, Room 142.