



## Healthy Washington County Meeting Minutes

| <b>Healthy Washington County Meeting</b> |  |
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| <b>Date &amp; Time</b>                   | March 2, 2021 / 1000 am – 1130 pm  |
| <b>Location</b>                          | Webex  |
| <b>Attendees</b>                         | Jeanette Brill; Allen Twigg; 71099306; Amy Olack; Avpetrolino; Barbara Williams; Brooke Kerbs; Call in #11; Call in #7; Catherine Feaga; Christie Staubs; Cindy Earle; Curt Miller; Deb Lehr; Deb Thompson; Douglas Spotts; Danielle Stahl; George Newman; Hannah Peterson; Jamie Blickenstaff -> Susan Lopp; JBlakeslee; Jocelyn Hauer; Joelle Butler; Joni Rampolla; Julie Teter; Laurie Sandberg; Linda Brooks; Lisa McCoy; LWilson; Maulik Joshi; Melissa Dasch; Lynn Mejia; Mekayla Plotner; Melissa Minotti; Milly Lewis; Nikki Snider; Paul Frey; Rya Griffis; Stacie Turner; Ursula Guillory; Vicki Sterling   |
| <b>Guest</b>                             | N/A  |
| <b>Minutes Review</b>                    | <ul style="list-style-type: none"> <li>➤ Correction to the minutes - Deb Lehr gave Chronic Disease subcommittee update and Cindy Earle gave Wellness and Prevention subcommittee update.</li> <li>❖ <b>ACTION:</b> Please send any changes to minutes to Allen Twigg or Danielle Stahl.</li> </ul>   |
| <b>COVID-19/Vaccine County Update</b>    | <ul style="list-style-type: none"> <li>➤ Washington County:               <ul style="list-style-type: none"> <li>○ Cases = 12, 502</li> <li>○ Deaths = 251</li> <li>○ Positivity rate = 4.66%, decreased significantly from peak on 12/31/20 at 18.46%</li> </ul> </li> <li>➤ Maryland Positivity Rate = 3.46%</li> <li>➤ Vaccine Update               <ul style="list-style-type: none"> <li>○ Wash. Co. County Distributed = 32,432 doses;</li> <li>○ Health Dept. expecting to receive 500 doses each week                   <ul style="list-style-type: none"> <li>▪ Within these doses, required to give 100 to educators, at least one independent living facility, one congregant living facility, and prioritizes all others to those 65 and older</li> <li>▪ Clinic Locations: Meritus, Health Dept., &amp; Community Clinics at Robert W. Johnson Community Center, Boonsboro, and Hancock; also looking to reach other hard to reach communities: Hispanic and Islamic</li> <li>▪ Community waitlist of approx. 30,000 people</li> </ul> </li> </ul> </li> <li>➤ Johnson &amp; Johnson vaccine was approved last week; single dose vaccine; more information to come on availability</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>➤ Which vaccine is being administered in our county? <ul style="list-style-type: none"> <li>○ Vaccines are administered based on availability; J&amp;J not here yet</li> <li>○ At present, Health Dept. is receiving Moderna and Meritus is receiving Pfizer</li> <li>○ Members of the Family Residency Program have been doing Community Outreach about Vaccination Education; there is an opportunity to work together to reach hard to reach communities with in Wash. Co.</li> </ul> </li> </ul>   |
| <p><b>Go for Bold-Lose 1 Million Pounds Update</b></p> | <ul style="list-style-type: none"> <li>➤ Data review as of end of February <ul style="list-style-type: none"> <li>○ Total 973 registered users</li> <li>○ Total weight loss = 3,713 lbs.</li> </ul> </li> <li>➤ Website progress: <ul style="list-style-type: none"> <li>○ Everything located on one page, with video introduction;</li> <li>○ Top will have tabs for weight tracker, and Do, Eat, Believe</li> <li>○ Will have gallery with photos from events</li> <li>○ Includes a community calendar of events</li> <li>○ It will be more user friendly and streamlined</li> <li>○ New page design will launch in the next two weeks</li> </ul> </li> <li>➤ With Spring coming, please promote Go for Bold Campaign; community partners can reach out to Allen or Danielle for additional support to get an employer-based campaign up and running</li> <li>➤ Leadership Washington County, Greater Hagerstown, and Chamber sponsored a Community Conversation on Health Equity; well-received; from discussion questions about how can those without internet participate? Possibly a process for paper registration and a central place to enter weight; Library provides public internet access and may be willing to help people participate</li> </ul> |
| <p><b>Diabetes Action Plan</b></p>                     | <ul style="list-style-type: none"> <li>➤ The HSCRC Regional Partnership Diabetes Grant</li> <li>➤ Grant Philosophy <ul style="list-style-type: none"> <li>○ Foster collaboration between hospitals and community partners.</li> <li>○ Enable partners to create infrastructures; test and measure the impact of interventions.</li> </ul> </li> </ul>   |

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|  | <ul style="list-style-type: none"> <li>➤ Purpose of Regional Diabetes Grant <ul style="list-style-type: none"> <li>○ Support the implementation of CDC-recognized Lifestyle Change programs for diabetes prevention (Diabetes Prevention Program, DPP)</li> <li>○ Improve referrals, initiation of services, and retention in the American Diabetes Association’s Diabetes Self-Management Education (DSME) program</li> <li>○ Align with all aspects of the MD Diabetes Action Plan</li> </ul> </li> <li>➤ Estimated 34% or approximately 41,000 persons over the age of 18 in Washington County have pre-diabetes; only 5 certified DPP leaders within the county; <ul style="list-style-type: none"> <li>○ Strategies <ul style="list-style-type: none"> <li>▪ Partner with community based organizations and deploy Community Health Workers (CHW) to engage communities in social need screening and resource navigating</li> <li>▪ Increase the number of certified DPP leaders, participant requirement and retention, and class offerings for DPP throughout the community</li> <li>▪ Expand DSME to virtual, in-person and hybrid capabilities for increased access to management</li> <li>▪ Implement and expand evidence-based nutrition and physical activity programs and coordinate with external partners</li> <li>▪ Integrate mental health screenings into patient intake</li> </ul> </li> </ul> </li> <li>➤ Discussion: Moving forward, how can we as HWC or LHIC collaborate to ensure improvement in Washington County’s Diabetes outcomes? <ul style="list-style-type: none"> <li>○ Lose a Million Pounds initiative is a key driver to the prevention and management of chronic disease such as Diabetes. Coordinate resources and programs across HWC to include the Healthy Lifestyle, Behavioral Health, and Chronic Disease groups</li> <li>○ How LHIC can focus on diabetes? Chronic Disease Subcommittee recently submitted updated goals – incorporated in their goals to expand number of DPP classes</li> </ul> </li> </ul> |
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|  | <p>throughout the county; Cindy would encourage them to include the DSME; Also looking at a centralized referral system for the county; barriers in the past has been its very difficult to know where the class are and how to refer patients to them</p> <ul style="list-style-type: none"> <li>○ How would a person know that they are pre-diabetic? Publicize and incorporate pre-diabetes risk screening on the HWC website, promote during local events, engage providers to identify diabetes risk at wellness visits, promote education of A1C levels, ensure that providers have the knowledge to direct referrals to one of the education or management programs</li> <li>○ Is there a pathway or grant to support the purchase of point of care A1C tests machines for utilization in the practice? Point of Care counseling and introduction into the right connection can be beneficial. Opportunity for additional grant funding?</li> <li>○ Pregnant women with gestational diabetes and subsequent children are at higher risk to develop diabetes. Is there anyone willing to partner with obstetrics patients or women of child bearing age? Please contact Dr. Feaga if interested</li> <li>❖ <b>ACTION:</b> Cindy will send Paul Frey educational information/flyers for newsletter.</li> <li>○ In addition, partner with local business / restaurants to post educational information.</li> <li>○ Would the referral system include the Living Well with Diabetes? Lisa McCoy has a Dining with Diabetes class, would that be included? Yes, we are hoping to create a system with all diabetes educational offerings in the county/state even for classes for people who don't qualify for DPP. Maryland uses workshop wizard to upload various classes.</li> <li>○ Could we use the same paths that the COVID vaccination are using to notify the various hard to reach communities? Getting into the churches and community centers; include A1C testing.</li> <li>○ UnitedHealthcare Community Plan MCO has a Diabetes Prevention Plan. Please refer any of our members to our</li> </ul> |
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|  | <p>Special Needs Coordinator Mary Hendi at 443-896-0560<br/><a href="mailto:Mary_Hendi@uhc.com">Mary_Hendi@uhc.com</a> Members have the option to participate in person or online</p> <ul style="list-style-type: none"> <li>➤ HWC also applied for grant support of Diabetes Action plan, has 2 parts: <ul style="list-style-type: none"> <li>○ Awareness campaign focused on getting people to take the risk test. 1 in 3 adults have pre-diabetes but most don't know they have it.</li> <li>○ Develop Centralized Referral system: <ul style="list-style-type: none"> <li>▪ Fund a Referral Coordinator position at Meritus to received referrals from provider and coordinate enrollment of patients in classes</li> <li>▪ Provide training to providers on the referral system, and the importance of making these referrals</li> </ul> </li> </ul> </li> </ul> |
| <p><b>Maryland Physicians Care</b></p> | <ul style="list-style-type: none"> <li>➤ MD Physicians Care has a new logo Medicaid with a Heart; flyers available. MPC is supplying smart devices to members for health access.</li> <li>➤ Apps available for MPC members only, flyers available <ul style="list-style-type: none"> <li>○ MyVirtualMPC app: Teledoctor available 9 am to 9 pm, 7 days a week</li> <li>○ Pacify app: support services for pregnant and new moms</li> <li>○ Could the MD Physicians Care app or webpage have a link to HWC and/or the weight tracker?</li> </ul> </li> <li>❖ <b>ACTION:</b> Christie Staubs send flyers to Danielle, to be included with minutes. Will look into linking with HWC Go For Bold web resources.</li> </ul>  |
| <p><b>Community Health Workers</b></p> | <ul style="list-style-type: none"> <li>➤ Introductions:</li> <li>➤ Linda Brooks, Certified Health Worker, Level 1 &amp; 2; Providing outreach to the African American community; <ul style="list-style-type: none"> <li>○ Created a program called Body and Soul within downtown churches that address healthy lifestyles and physical activities</li> <li>○ Contributed to the Primetime Women's Walk to Wellness</li> <li>○ Handing out facemasks and food drops, as well as planning health seminars, screening, and events</li> </ul> </li> </ul>   |

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|   | <ul style="list-style-type: none"> <li>○ Contacted Churches to provide BP screenings after services, as well as partnering with the Residents to reiterate the importance of taking the COVID vaccine</li> <li>➤ Milly Lewis, CNA working towards her certification in Health Worker; Providing outreach to the Hispanic communities             <ul style="list-style-type: none"> <li>○ Contacted Latino markets to distribute health information handouts and possible health screenings</li> <li>○ Contacted Spanish speaking churches to provide BP screenings after services, as well as partnering with the Residents to address for COVID vaccine hesitancy and education</li> <li>○ Working with the Children in Need organization to address any social determinant needs</li> </ul> </li> <li>➤ CHW see disparities and inequities up close             <ul style="list-style-type: none"> <li>○ How do undocumented immigrants get the COVID vaccine as well as get healthcare, surgery, medication? Often no health coverage and ineligible for benefits. Plan to follow up with the Residency Program as well as reach out to the Community Free Clinic and other organizations for answers.                 <ul style="list-style-type: none"> <li>▪ Resource: Lynn Mejia, Bilingual Community Development Specialist - <a href="mailto:lynn_a_mejia@uhc.com">lynn a mejia@uhc.com</a></li> </ul> </li> </ul> </li> <li>❖ <b>ACTION:</b> Allen will share article on the importance of Community Health Workers to Danielle to send out with minutes.</li> </ul> |
| <p><b>HWC Website Updates and Reminders</b></p> | <ul style="list-style-type: none"> <li>➤ HWC Partners are able to update their own information and add events             <ul style="list-style-type: none"> <li>○ Only one person can update the partner information</li> <li>○ Media library is full of images that can be used by partners for events etc.</li> <li>○ Recurring events that people need to sign up for, only list the first event date since people won't be able to join or participate after that first event.</li> </ul> </li> <li>❖ <b>ACTION:</b> Hannah to provide updates instruction to Danielle to forward to current HWC partners.</li> <li>➤ If you are not a HWC partner or have a new person at your organization, contact Hannah Person <a href="mailto:hannah.person@maryland.gov">hannah.person@maryland.gov</a> to create an account.</li> </ul>  |

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|                                 | <ul style="list-style-type: none"> <li>➤ Health Resources page has been re-organized to focus on the Go for Bold: Do, Eat, Believe; as well as Diabetes and Heart Health since they are priorities for the Health Improvement Plan; HWC partners submit resources to be included on HWC webpage to Hannah or Danielle.</li> <li>➤ News section on HWC webpage and Facebook page: if you have something that you think is news worthy, send to Hannah or Danielle, who will review it with the Executive Committee to make sure it's okay to post.</li> <li>❖ <b>ACTION:</b> Present website utilization statistics at next meeting.</li> </ul>   |
| <p><b>FY2022 CHNA</b></p>       | <ul style="list-style-type: none"> <li>➤ Community Health Needs Assessment is conducted every 3 years to help identify the health needs and gaps in our community; last year had over 1,500 responses</li> <li>➤ Timeline key dates:             <ul style="list-style-type: none"> <li>○ April-establish Steering Committee</li> <li>○ July-CHNA Survey opens</li> <li>○ August-survey ends</li> <li>○ September-Focus groups</li> <li>○ November-Present Findings to the Public</li> <li>○ December-Create Community Action Plan</li> </ul> </li> <li>➤ Q&amp;A             <ul style="list-style-type: none"> <li>○ Could we have survey question to help assess metrics for Health Management action plan? Will be a good question for the survey committee to address.</li> </ul> </li> <li>❖ <b>ACTION:</b> Volunteers are needed to review, finalize, distribute the survey, conduct focus groups and help present the findings to the community. If interested in helping please email Allen or Danielle.</li> </ul> |
| <p><b>Community Updates</b></p> | <ul style="list-style-type: none"> <li>➤ Residency Program and Cancer Center are partnering to offer 4 breast screening clinics to uninsured MD residents only: 3/9/21, 6/8/21, 9/14/21, and 12/9/21 in Robinwood Professional Center Ste. 243-A; appointment is required contact <a href="mailto:gadget.rager@meritushealth.com">gadget.rager@meritushealth.com</a> or call 301-665-4639 to schedule an appointment.</li> <li>➤ Laurie Sandberg, Diabetes Care and Education Specialist focusing on HSCRC grant; available to speak at events in the community</li> <li>➤ Lisa McCoy: Virtual Food Conference sponsored by the Western MD</li> </ul>  |

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|                     | <p>Food Conference, 3 days (3/25, 4/1, &amp; 4/8), guest speaker Mark Winne author of Food Town, USA, early registration is \$30-get book for FREE; if you would like to join the Local Food Council please contact Lisa.</p> <ul style="list-style-type: none"> <li>➤ Behavioral Health Subcommittee- restarting, past committee member should be getting an invite soon from Curt Miller; if you are interest in joining subcommittee please contact Curt Miller at <a href="mailto:curt.miller@brooklane.org">curt.miller@brooklane.org</a></li> <li>➤ YMCA is looking for vendors for the Team Cycle April 10th, Email Barbara Williams <a href="mailto:barbaraw@ymcahagerstown.org">barbaraw@ymcahagerstown.org</a> if you would like to join up. Time is 7am to noon</li> <li>➤ Health department and Meritus have upcoming diabetes prevention classes. Information on the HWC website. Participants in these classes will receive healthy lifestyle supports and one of the classes will also be providing supports for participants with disabilities.</li> <li>➤ United Healthcare Community Plan will be having Zumba classes with Beacon House and classes on Healthy Eating and Dental hygiene coming up.</li> </ul> |
| <b>Next Meeting</b> | <b>Tuesday, May 11, 2021 10:00-11:30 am via WebEx</b>   |