

<b>Healthy Washington County Minutes</b>	
<b>Date &amp; Time</b>	January 4, 2022   10:00 am – 11:30 am
<b>Location</b>	Webex
<b>Facilitators</b>	Danielle Stahl, WCHD & Allen Twigg, Meritus Health – Co-Chairs
<b>Attendees</b>	Allen Twigg; Amanda Petersen; Annaston Cree; Brooke Grossman; Call-In User_3; Call-In User_4; Chip Wood; Christina Williams; Christine Moats; Cindy Earle; Curt Miller; Danielle Stahl; Diana Gaviria; Doug Spotts; Janice Howells; Jeanette Brill; Jeff O'Neal; Jennifer Schmiel; Jocelyn Hauer; Joelle Butler; Joni Rampolla; Julie Greene; Julie Teter; Laurie Sandberg; Lindsay Ridenour; Lisa Mccoy; Lynnae Messner; Mariel Beachley; Maulik Joshi; Mike Vecciarelli; Nicholas Busia; Paul Frey; Rya Griffis; Sarah Bush; Scott Ruble; Stacie Turner; Vicki Sterling; Wendy Zimmerman; Mariana Leone
<b>Guest</b>	N/A
*If you attended this meeting and <u>not</u> listed above; please email <a href="mailto:jeanette.brill@meritushealth.com">jeanette.brill@meritushealth.com</a>	

<b>Topics</b>	
<b>Welcome / 3 Good Things</b>	Members discussed good things happening around them.
<b>Minute Review</b>	Minutes were dispersed via email, no edits noted. Approved as written.
<b>Wash. County COVID-19 / Vaccination Update</b>	<p>Health Department Update</p> <ul style="list-style-type: none"> <li>o Highest Reported day: January 1, 2022 with 440 COVID cases &amp; positivity rate of 28%</li> <li>o Transmission Rate: <b>Very High</b></li> <li>o Positivity Rate: 27.76%</li> <li>o Publishes a media release every Friday with vaccine clinics, testing locations, and county statistics</li> <li>o Providing vaccination clinics at several WCPS for ages 5-12 yrs.</li> <li>o COVID-19 statistics &amp; vaccine/testing locations at <a href="https://www.washco-md.net/coronavirus-info/">https://www.washco-md.net/coronavirus-info/</a></li> <li>o Received limited quantities of home rapid test kit and has distributed them to the Washington County Libraries; contact Library to schedule pick up</li> </ul> <p>Meritus Health Update</p> <ul style="list-style-type: none"> <li>o COVID-19 Hospitalization: 86</li> <li>o COVID-19 Testing at Crayton Blvd.: more than 950 / day</li> </ul>

	<ul style="list-style-type: none"> <li>o Meritus Health’s Lab Testing Positivity Rate: 34%</li> <li>o As of Monday, Meritus Health restarted the monoclonal antibody therapy at the hospital</li> <li>o COVID-19 statistics &amp; vaccine/testing locations including mobile schedule at <a href="https://www.meritushealth.com/patients-visitors/covid-19-information/">https://www.meritushealth.com/patients-visitors/covid-19-information/</a></li> </ul> <p>All eligible persons are highly encouraged to be vaccinated and take the booster when you are scheduled for it.</p>
<p><b>Condom Access to Youth Survey Results</b></p>	<p>Survey Background</p> <ul style="list-style-type: none"> <li>o Developed in collaboration with the WCHD and the School Health Council of WCHD; identified sexual health as a priority area due to recent rise in STI’s among youth; survey to help determine community attitude toward availability/access of condoms</li> <li>o Survey was distributed widely throughout the county and made publically available; n = 104</li> </ul> <p>Survey Results</p> <ul style="list-style-type: none"> <li>o Availability of free condoms for youth reduces the risk of sexually transmitted diseases and/or unintended pregnancy 90.4% Strongly Agree/Agree</li> <li>o Availability of free condoms causes more youth to engage in sex 72.1% Strongly Disagree/Disagree</li> <li>o Condoms should be available for free for youth who request them 92.3% Strongly Agree/Agree</li> <li>o Youth need information about how to use condoms correctly 94.2% Strongly Agree/Agree</li> <li>o Sexual health education should include lessons using actual condoms 88.4% Strongly Agree/Agree</li> <li>o Condoms should be available for free in the community to youth who request them 91.3% Strongly Agree/Agree</li> <li>o Information about sexual health resources and services in our community are well-advertised for the general public 54.8% Strongly Disagree/Disagree; 29.8% are Neutral</li> <li>o Education about sex, sexually transmitted infections, and teen pregnancy should ONLY be done by parents or family 89.4% Strongly Disagree/Disagree</li> </ul>

	<p>Next steps:</p> <ul style="list-style-type: none"> <li>o Create resources or guides and make them widely available within community</li> <li>o Reach out to healthcare providers, community clubs, and other locations to make condoms available to youth;             <ul style="list-style-type: none"> <li>▪ We have identified a state program that different community based organizations can register with to receive free condoms</li> </ul> </li> </ul> <p>Group Feedback</p> <ul style="list-style-type: none"> <li>o Have we been able to link the reduction in teen pregnancy to the availability to free condoms? No, that hasn't been looked at; currently only the WCHD &amp; the Community Free Clinic are offering free condoms; we have noticed a modest decline in teen pregnancy but our county is still one of the highest in state</li> <li>o Are their teenagers on the School Health Council to get their perspective on this issue? Yes, there are currently three (3) high school students (male &amp; female)</li> </ul>
<p><b>Go for Bold - Lose 1 Million Pounds Update</b></p>	<p>Partners - Year 2 Goal: 50; Current: 51 Goal MET</p> <ul style="list-style-type: none"> <li>o New Partners: Volvo Group, Hub Labels, &amp; Amerigroup</li> </ul> <p>❖ <b>ACTION:</b> Please contact Allen Twigg or Dr. Doug Spotts to inquire about becoming a partner</p> <p>Registered Users - Year 2 Goal: 4,500; Current: 2,528          Pounds Pledged - Year 2 Goal: 500,000; Current: 379,215          Pounds Lost - Year 2 Goal: 35,000; Current: 26,264</p> <p>Discussion Question: <b>What's one thing you will do to help boost registration in the Weight Tracker?</b></p> <ul style="list-style-type: none"> <li>o Advertise Go for Bold in community programs, clinic spaces, DPP, churches, etc.</li> <li>o Share the messaging via social media</li> <li>o Engage employees to sign up</li> <li>o Create challenges/competitions for weight loss, registration, and/or exercise</li> <li>o Offer incentives</li> <li>o Incorporate Go for Bold into all programs offered</li> <li>o Join/encourage staff to join community activities: i.e. walking groups, Team Cycle, etc.</li> </ul>

	<ul style="list-style-type: none"> <li>o Be an influencer within your organization</li> </ul>
<b>FY2022 CHNA</b>	<p>Primary Goal from FY19: To establish a public dashboard to assess local health needs and track population health data – MET <a href="http://www.communitysolutionshub.com">www.communitysolutionshub.com</a></p> <p>CHNA goals that improved since FY2019</p> <ul style="list-style-type: none"> <li>o Lose 10,000 community pounds – MET loss 11,200 lbs.</li> <li>o Have 25 Go for Bold! partners – MET 41 partners</li> <li>o Decrease number of opioid prescriptions by 25% - MET 37%</li> <li>o Decrease ED addictions visits by 5% - MET 41%</li> <li>o Decrease ED mental health visits by 7% - MET 18%</li> <li>o Decrease diabetes mortality by 2% - MET 15%</li> <li>o Decrease heart disease mortality by 1% - MET 5%</li> <li>o Blood pressure screening 4,500 – MET &gt; 6,000</li> <li>o Reduce Stage III &amp; IV dx lung cancer by 5% - MET 8%</li> <li>o Increase 5 yr. survival head &amp; neck cancer by 5% - MET 13%</li> <li>o Reduce Stage III &amp; IV dx colon cancer by 10% - MET 17%</li> <li>o Increase 5 yr. survival rates colon cancer by 5% - MET 9%</li> </ul>
<b>Brook Lane Highlights</b>	<p>Introduction of new Brook Lane CEO, Jeff O’ Neal, <a href="mailto:jeff.oneal@brooklane.org">jeff.oneal@brooklane.org</a> or 301-733-0331 - x1266</p> <ul style="list-style-type: none"> <li>o Washington County resident 35+ years; started career at Turning Point (now Sheppard Pratt); then worked at WCHD; Washington County Hospital; and UPMC Western MD</li> </ul> <p>Brook Lane is a not-for-profit behavioral health system for children through adults that includes a 57 bed inpatient psychiatric hospital; outpatient programs for substance abuse and mental health; and Title 1 schools for special need students; THRIVE program – works with special needs students in partnership with the community.</p> <p>Brook Lane desires to work collaboratively with community partners. Please do not hesitate to reach out to Jeff as needed.</p>
<b>Community Grant Updates</b>	<p>Downtown grocery store</p> <ul style="list-style-type: none"> <li>o Meritus Health received \$435,000 from the SEED Grant thru DCHD &amp; State of MD to work as a pass through with Horizon Goodwill which will implement</li> <li>o Goodwill received additional \$50,000 grant from Truist Foundation</li> <li>o Architect is completing official renderings; bids for contract work initiated; hoping to be open by early-mid summer 2022</li> </ul>

	<ul style="list-style-type: none"> <li>o Smaller sale store in the CW Brookes Building on Baltimore street; currently open to public until 7 pm daily, accepts SNAP; has fruits/vegetables, milk, bread, etc.; does not mark up prices; sells items at cost</li> </ul> <p>Obesity &amp; equity grant from MD Minority Health &amp; Health Disparities office</p> <ul style="list-style-type: none"> <li>o Grant from HWC not submitted in time due to WCHD servers going down and still down;</li> <li>❖ <b>ACTION:</b> Allen Twigg will inquire to understand if there is any extension given the state’s IT issues</li> <li>o Goodwill successfully submitted an application for this grant from housing and workers perspective</li> </ul>
<p><b>Diabetes Action Plan Update</b></p>	<p>Objective: Implement healthy eating strategies and address food insecurity. Actions:</p> <ul style="list-style-type: none"> <li>o Cooking demos are provided by Chef Joe for Diab Ed participants.</li> <li>o WC COA &amp; MOW collaborating to provide bags of fresh fruit/vegetables to diabetes clients who have food insecurity.</li> </ul> <p>Objective: Identify risk and implement practice mechanisms to assure referral of patients to interventions. Actions:</p> <ul style="list-style-type: none"> <li>o DPP Risk Screenings provided in PCP offices &amp; during mobile vaccination clinics.</li> <li>o DPP charting platform is completed; Working with CRISP to coordinate referrals thru EPIC/Workshop Wizard to decrease duplication efforts; In discussion with MPC re: targeted referrals, e-prep and Medicaid billing.</li> <li>o Collaborate with Family Healthcare for offering location, patient referral.</li> <li>o Established county-wide Diabetes Education Referral Center.</li> </ul> <p>Objective: Engage team members to improve quality care delivery with purpose of delaying care for persons with diabetes. Actions:</p> <ul style="list-style-type: none"> <li>o Care Managers and CHWs update community resources &amp; refer clients to needed appointments such as dentists, podiatry, financial aid, prescription aid, etc.</li> <li>o Podiatrists speak to DSMT classes about importance of proper footcare.</li> <li>o Referrals are made to the WCHD and Meritus smoking cessation classes, and Maryland Quit Line.</li> </ul>

	<ul style="list-style-type: none"> <li>o Every participant is screened for social determinants of health. Any barriers to class participation are addressed by CHW's.</li> </ul> <p>Objective: Implement strategies to increase physical activity. Actions:</p> <ul style="list-style-type: none"> <li>o Diabetes Education participants are offered up to 3 months of free gym memberships at the YMCA or Parks and Rec classes; free Fit Bits to track their physical activity.</li> <li>o Collaborate with Prime Time For Women in highlighting Wed. Walk to Wellness, A Year of Hikes: 52 weeks; promote physical activity thru employee wellness programs.</li> </ul> <p>Objective: Encourage referrals to appropriate evidence-based weight and lifestyle counseling for adults and children. Actions:</p> <ul style="list-style-type: none"> <li>o Providers/CM refer to Medical Nutrition Therapy.</li> <li>o Meritus establishes Coordinated Approach to Child Health (e-b) at the YMCA after-school programs. In discussions with other after-school programs and preschools re: CATCH implementation and training.</li> <li>o Promotion of Bold-Goal &amp; weight tracker throughout the county</li> </ul> <p>Possible future strategies</p> <ul style="list-style-type: none"> <li>o Actions to address overweight/obesity.             <ul style="list-style-type: none"> <li>● routine BMI for kids 2 yrs/over;</li> <li>● medical homes for screening/treatment of obesity?</li> <li>● Use of mobile and telehealth to support high risk patients with weight loss goals</li> </ul> </li> <li>o Policies that support healthy eating &amp; time for physical activity during the work day.</li> <li>o Standardized processes/payment for routine A1c testing.</li> <li>o Engage community members to refer employees to diabetes education classes.</li> </ul> <p>❖ <b>ACTION:</b> If interest in becoming a Diabetes Prevention Program Coach or hosting a DPP class (virtual or in-person) please contact Laurie Sandberg, <a href="mailto:Laurie.Sandberg@meritushealth.com">Laurie.Sandberg@meritushealth.com</a></p>
<p><b>HWC Subcommittee Updates</b></p>	<p>Behavioral Health (Leader: Curt Miller <a href="mailto:Curt.Miller@BrookLane.org">Curt.Miller@BrookLane.org</a>)</p> <ul style="list-style-type: none"> <li>o Goal for January – set meeting schedule for 2022; evaluating past efforts and looking at focus for future; review CHNA data</li> <li>o Two workgroups: Access to Services &amp; Suicide and Prevention</li> </ul> <p>❖ <b>ACTION:</b> Send accomplishments and 2022 calendar to Danielle Stahl to publish on HWC website to help with recruitment</p>

	<p>Health Management (previously Chronic Health)</p> <ul style="list-style-type: none"> <li>o Goal for January – Review accomplishments and where we need to focus in next year; review new CHNA data</li> </ul> <p>❖ <b>ACTION:</b> If interested in joining either subcommittee; send request to HWC co-chairs.</p>
<p><b>Community Updates</b></p>	<p>HUB City 100 Miler kicks off January 14th; 1 mile/day for 100 days</p> <p>Team Cycle to be held at YMCA on January 22 <b>UPDATE: TEAM CYCLE CANCELLED</b> due to Covid-19 surge; will be held in 2023</p>
<p><b>Next Meeting</b></p>	<p>Tuesday, March 1, 2022   10:00-11:30 am   Webex</p>
<p><b>Minutes Recorded by:</b> Jeanette Brill Meritus Health</p>	<p>❖ <b>ACTION:</b> Please send requests for presentation or agenda items to Co-Chairs: Danielle Stahl <a href="mailto:Danielle.stahl@maryland.gov">Danielle.stahl@maryland.gov</a> or Allen Twigg <a href="mailto:Allen.Twigg@meritushealth.com">Allen.Twigg@meritushealth.com</a>.</p> <p>❖ <b>ACTION:</b> To make corrections to the minutes; please email <a href="mailto:jeanette.brill@meritushealth.com">jeanette.brill@meritushealth.com</a></p>