



<b>Healthy Washington County Minutes</b>	
<b>Date &amp; Time</b>	January 2, 2024   10:00 am – 11:30 am
<b>Location</b>	Washington County Health Dept. 2 <sup>nd</sup> Floor Auditorium, 1302 Pennsylvania Ave. Hagerstown, MD 21742
<b>Facilitators</b>	Danielle Stahl, WCHD & Allen Twigg, Meritus Health – Co-Chairs
<b>Attendees</b>	Allen Twigg; Danielle Stahl; Joelle Butler; Beth Fields Dowdell; Lisa Lundquist; Rachel Rumph; Shirlisa Snowden Carroll; Dara Holloman; Binta Toure; Rae Gallagher; Stephani Frisby; Melissa Dasch; Aspen Flook; Norma Patterson; Amy Olack; Alison Lady; Amie Muraski; Brittany Young; Brooke Kerbs; Buck Browning; Carrie Tressler; Chante Richardson; Ethan Feldmiller; Gwenn Leatherman; Janis Williamson; Jeff O’Neal; Jen Thomas; Jodi Ramsey; Joni Rampolla; Julie Teter; Lorena de Leon; Lynnae Messner; Melissa Onate; Sarah Bush; Stacie Turner; Susan Walter; Tammy Brinkley; Tina Fraley; Mckayla Ruby; Katie Kelly
<b>Guest</b>	
*If you attended this meeting and <u>not</u> listed above please email <a href="mailto:kathleen.kelly@meritushealth.com">kathleen.kelly@meritushealth.com</a>	

Topics	
<b>Welcome / 3 Good Things</b>	➤ Members discussed good things happening in our community
<b>Minute Review</b>	➤ Minutes were dispersed via email, no edits noted. Approved as written.
<b>HWC Dashboard</b>	<ul style="list-style-type: none"> <li>➤ FY24 Dashboard</li> <li>➤ Obesity               <ul style="list-style-type: none"> <li>○ # of registered users; FYTD: 6,607; FY24 Goal: 12,000</li> <li>○ # of community pounds lost; FYTD: 113,441; FY24 Goal: 180,000</li> </ul> </li> <li>➤ Behavioral Health               <ul style="list-style-type: none"> <li>○ # of individuals served; FYTD: pending; FY24 Goal: 1,200</li> <li>○ % verified linked to treatment; FYTD: 66%; FY24 Goal: 75%</li> </ul> </li> <li>➤ Diabetes               <ul style="list-style-type: none"> <li>○ DPP enrollment; FYTD 157; FY24 Goal: 363</li> <li>○ # of blood pressure screenings; FYTD: 736; FY24 Goal: 1,200</li> </ul> </li> <li>➤ Health Equity               <ul style="list-style-type: none"> <li>○ # non-English speaking persons linked; FYTD: 435; FY24 Goal: 500</li> <li>○ # mobile health primary care; FYTD: 301; FY24 Goal: 667</li> </ul> </li> <li>➤ Wellness               <ul style="list-style-type: none"> <li>○ # of participants in “DO” activities; FYTD: 1,516; FY24 Goal: 3,000</li> </ul> </li> <li>➤ \$ of healthy food distributed; FYTD: \$17,841; FY24 Goal: \$30,000</li> </ul>

<p><b>Go for Bold - Lose 1 Million Pounds Update</b></p>	<ul style="list-style-type: none"> <li>➤ Update of progress as of Jan. 2024 <ul style="list-style-type: none"> <li>○ 115,289 lbs lost</li> <li>○ 6,652 registered users</li> </ul> </li> <li>➤ WCHD Grant Funding Opportunity <ul style="list-style-type: none"> <li>○ The Washington County Health Dept. put out an RFP for partners to apply for up to \$10,000 in funding for activities related to physical activity, nutrition, and chronic disease prevention.</li> <li>○ RFP closed on 12/29/2023; 8 partners applied; 3 contracts in place; waiting on MDH approval of incentives before proceeding with contracts with 5 other partners;</li> <li>○ Partners that applied for funding: City of Hagerstown Parks &amp; Rec, PrimeTime for Women, Hub City Nutrition, Ft. Ritchie Community Center, Community Free Clinic, Meritus, Fitminded Living, and Leatherman Healthcare.</li> </ul> </li> <li>➤ Go For Bold Resources <ul style="list-style-type: none"> <li>○ Resources are available to partners to help with promotion: <ul style="list-style-type: none"> <li>● Window clings, stand up banners</li> <li>● Scales, G4B branded bags</li> <li>● Wellness &amp; weight loss journals</li> <li>● You can request the G4B backdrop for your event</li> </ul> </li> </ul> </li> </ul> <p>❖ <b>ACTION:</b> Any questions related to the grant please contact <a href="mailto:danielle.stahl@maryland.gov">danielle.stahl@maryland.gov</a> .</p> <p>❖ <b>ACTION:</b> Need promotional items: Banners, scales, journals please contact <a href="mailto:danielle.stahl@maryland.gov">danielle.stahl@maryland.gov</a> or <a href="mailto:Kathleen.kelly@meritushealth.com">Kathleen.kelly@meritushealth.com</a></p>
<p><b>New Member Orientation</b></p>	<ul style="list-style-type: none"> <li>➤ Reviewed <ul style="list-style-type: none"> <li>○ Definition of population health and history of the coalition; LHIC Structure and org. chart; subcommittees; mission, goals, and values; CHNA and CHIP objectives; Statewide integrated health improvement strategy;</li> <li>○ Community health priorities for Washington County: <ol style="list-style-type: none"> <li>1. Mental health</li> <li>2. Obesity / weight loss</li> <li>3. Addiction</li> <li>4. Diabetes</li> <li>5. Heart disease and hypertension</li> </ol> </li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ HWC initiatives –             <ul style="list-style-type: none"> <li>● Go For Bold:                 <ul style="list-style-type: none"> <li>▪ Community wide initiative to lose 1 million pounds by 2030</li> <li>▪ Launched in October 2020</li> <li>▪ Over 70 community partners have signed up to participate; 50 are actively engaged at this time</li> <li>▪ Engage community and partners in Do, Eat, Believe activities and track weight loss on the community weight tracker</li> <li>▪ Funding for this initiative as available through the WCHD and Meritus Health</li> <li>▪ To become a community partner contact: <a href="mailto:danielle.stahl@maryland.gov">danielle.stahl@maryland.gov</a> or <a href="mailto:Kathleen.kelly@meritushealth.com">Kathleen.kelly@meritushealth.com</a></li> <li>▪ Learn more at <a href="#">GoforBold!</a></li> </ul> </li> <li>● Diabetes Subcommittee                 <ul style="list-style-type: none"> <li>▪ Coordinate Diabetes Prevention classes throughout Wash. Co.; 1-3 classes per month</li> <li>▪ Strategize recruitment and support countywide referral system</li> <li>▪ Assess risk for developing type II diabetes through health fairs / events</li> <li>▪ Promote how to prevent and manage diabetes</li> </ul> </li> <li>● Behavioral Health Subcommittee                 <ul style="list-style-type: none"> <li>▪ Plan / schedule adult and youth mental health first aid training</li> <li>▪ Plan and implement suicide prevention initiatives</li> <li>▪ Promote access to counseling and treatment; Mental Wellness Orange Entrance</li> <li>▪ Promote suicide prevention; 988 and Mobile Crisis</li> </ul> </li> </ul> </li> <li>○ Healthy Washington County Website; all partners are able to add their events to the HWC events page at anytime for free.</li> <li>➤ Member Spotlight             <ul style="list-style-type: none"> <li>○ <u>New Member</u>; Girls on the Run of Mid &amp; Western Maryland (GOTR); Rae Gallagher, Executive Director, <a href="mailto:rae@gotrmd.org">rae@gotrmd.org</a> .                 <ul style="list-style-type: none"> <li>● Help needed: recruiting volunteers to work with teams; funding partnerships; new site locations</li> </ul> </li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• Seeking partnerships: other youth serving agencies, churches, recreation centers, and program sponsors.</li> <li>• For more info please visit: <a href="http://www.gotrmdmd.org">www.gotrmdmd.org</a></li> </ul> <p>❖ <b>ACTION:</b> If you need assistance with access to HWC website please contact <a href="mailto:danielle.stahl@maryland.gov">danielle.stahl@maryland.gov</a>.</p> <p>❖ <b>ACTION:</b> If you are not listed as a partner please contact <a href="mailto:danielle.stahl@maryland.gov">danielle.stahl@maryland.gov</a> or <a href="mailto:Kathleen.kelly@meritushealth.com">Kathleen.kelly@meritushealth.com</a>.</p>
<p><b>HWC Subcommittee Updates</b></p>	<ul style="list-style-type: none"> <li>○ <b>Behavioral Health workgroup</b> – LEAD: Curt Miller, Brook Lane; Next meeting TBD</li> <li>○ <b>Diabetes Action Plan workgroup</b> – Beth Fields Dowdell, Meritus Health; 4 cohorts starting in Jan. 2024 all modalities; Living Well lay leader training in April; Promote Do, Eat, Believe wallet size card with QR card with health resources from HWC; diabetes health fair during vascular screening; If interested in joining this workgroup please contact: <a href="mailto:Elizabeth.Dowdell@meritushealth.com">Elizabeth.Dowdell@meritushealth.com</a></li> </ul>
<p><b>Community Updates / Events</b></p>	<ul style="list-style-type: none"> <li>➤ Jeff O’Neal, Brook Lane – will be opening a 7-bed short term acute residential treatment center for children and adolescents in overstay status; for more information please visit: <a href="http://www.brooklane.org">www.brooklane.org</a></li> <li>➤ Amy Olack, Washington County Commission on Aging – always looking for volunteers; if interested in volunteering please contact: <a href="mailto:aolack@wccoaging.org">aolack@wccoaging.org</a></li> <li>➤ Lisa Lunquist, AHEC West – two weeks left of open enrollment</li> <li>➤ Lindsay Ridenour, WCHD – Starting session 0 of diabetes prevention program on-line; for more information please visit: <a href="http://NationalDiabetesPreventionProgram-WashingtonCountyHealthDepartment.washcohealth.org">National Diabetes Prevention Program - Washington County Health Department (washcohealth.org)</a> or contact: <a href="mailto:Lindsay.Ridenour@maryland.gov">Lindsay.Ridenour@maryland.gov</a></li> <li>➤ Tina Fraley, Power House Studios – offering FREE fitness classes Thursday evening at 6pm, Qigong and Yoga hybrid, bootcamp Fridays at 4:30p; FREE Reiki sessions in January, if interested text: 240-527-0471 Questions? please contact Tina Fraley at <a href="mailto:fitmindedliving@gmail.com">fitmindedliving@gmail.com</a>.</li> <li>➤ Brooke Kerbs, WCMHA – Suicide Prevention Awareness Network annual summit January 26, 2024 located at the E.M Tobias Family Center, gold entrance from 9a – 11a; Questions? Please contact <a href="mailto:Brookek@wcmha.org">Brookek@wcmha.org</a></li> </ul>

	<ul style="list-style-type: none"> <li>➤ Gwenn Leatherman, Leatherman Healthcare – workshop Fridays at noon, FREE to all; for more information please visit: <a href="#">Leatherman Healthcare   Facebook</a></li> </ul>
<p><b>Next Meeting</b></p>	<p>Tuesday, March 5, 2024   10:00-11:30 am   WebEx or In-Person at the <b>Robinwood Professional Center, Suite 142 (parking in blue or silver) 11110 Medical Campus Rd. Hagerstown, MD 21742.</b></p>
<p><b>Minutes Recorded by:</b> Katie Kelly Meritus Health</p>	<ul style="list-style-type: none"> <li>❖ <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>.</li> <li>❖ <b>ACTION:</b> To make corrections to the minutes; please email <a href="mailto:Kathleen.kelly@meritushealth.com">Kathleen.kelly@meritushealth.com</a></li> </ul>