



Healthy Washington County Meeting Minutes

Healthy Washington County Meeting	
Date & Time	<i>September 7, 2021 / 0930 am – 1130 pm</i>
Location	<i>Webex & Robinwood Professional Center suite 142</i>
Attendees	Jeanette Brill; Allen Twigg; Doug Spotts; Lynnae Messner; Tricia Riley; Mitesh Kothari; Maria Rubeling; Jodi Ramsey, Amy Olack; Nicole Twigg; Colleen Gildee; Lacey Head; Danielle Stahl; Laurie Sandberg; Lindsay Ridenhour; Paul Frey; Stacie Turner; Chip Wood; Jared Blakeslee; Brandon Rhodes; Brooke Kerbs; Melissa Dasch; Mekayla Plotner; Scott Ruble; George Newman; Kenneth Winebrenner; Esther Abayomi; Kim Murdaugh; Rya Griffis; Sarah Bush; Joni Rampolla; Amy Petrolino; Leah Barnes; Nicole Houser; Deb Lehr; Joelle Butler; Wendy Zimmerman; Diana Gaviria; Lynn Mejia; Curt Miller; Melissa Minotti; Nefertiti Guillaume; Lisa McCoy; Sherry Mauk; Barbara Williams; Susan Walter; Vicki Sterling
Guest	Jill and Elisabeth of Let's Lead; Brian Mattingly; Tunde Akinseye
Go For Bold! Leader Recognition	<p>Leader: Twenty or more people registered</p> <ul style="list-style-type: none"> ○ Washington County Public Schools (74) ○ Potomac Case Management (31) ○ Washington County Health Department (28) ○ Brook Lane (27) ○ Hagerstown YMCA (26) ○ Capital Women's Care (23) <p>Leader: 100 or more pounds lost</p> <ul style="list-style-type: none"> ○ Washington County Public Schools (170) ○ Head Start of Washington County (147) ○ Brook Lane (120) ○ Washington County Commission on Aging (116) ○ Washington County Health Dept. (114) ○ ARC of Washington County (110) <p>Leader: 10 pounds or more lost per user</p> <ul style="list-style-type: none"> ○ Brooke's House (15.67) ○ ARC of Washington County (13.75) ○ Family Healthcare of Hagerstown (13.40) ○ Head Start of Washington County (11.31)
Welcome / 3 Good Things	Members discussed good things happening around them.
Minutes Review	Minutes were dispersed thru email, no edits noted. Approved as written.

<p>Go for Bold-Lose 1 Million Pounds Update</p>	<p>Year 1 Goals: 25 partners; 250,000 lbs. pledged; 10,000 lbs. lost; Outcome: 40 partners; 280,765 lbs. pledged; 11,420 lbs. lost Year 2 Goals: 50 partners; 4,500 registered users; 500,000 lbs. pledged; 35,000 lbs. lost Currently</p> <ul style="list-style-type: none"> ○ 41 community partners (82% of goal 50); 2,205 registered users (49% of goal 4,500); 13,845 pounds lost (40% of goal 35,000) ○ Weight tracker functionality updated; easier to login and push notifications coming ○ New DO/EAT/BELIEVE resources available
<p>Let's Lead Go For Bold Assessment Results</p>	<p>Strengths</p> <ul style="list-style-type: none"> ○ Build measurement infrastructure <ul style="list-style-type: none"> ▪ Monitor progress with digital tracker ▪ Units: pounds lost over time ○ Develop campaign <ul style="list-style-type: none"> ▪ Go For Bold theme developed ▪ Marketing reaching leadership level ▪ Early adopters and partnerships ▪ Alliances- Meritus Hospital identified as lead ○ Evaluate/Retool Short term indicators <ul style="list-style-type: none"> ▪ Engage a minimum of 25 community partners with pledges to lose 250,000 lbs. by 2030 ▪ Currently on track to lose over 279,000 pounds with 40 partners ▪ First Year Goal: Lose a minimum of 5,000 lbs. ▪ Lost over 12,000 pounds to date! <p>Recommendations</p> <ul style="list-style-type: none"> ○ Make Digital tracker simplified and easily accessible; in progress ○ Sustainability: Long-term engagement, tracking, and success will be a challenge; is self-reported weight loss an objective measure and a relative indicator of long-term health of a community? ○ Create and promote a unified message in one place; develop a comprehensive multiyear community strategy that is clearly linked in organization, town, county, school, etc. plans <ul style="list-style-type: none"> ▪ Align priorities and plans within each organization with clear indicators for success ○ Identify a dedicated Point Person to facilitate, educate, coordinate, communicate, support organizations; Identify committee members for ownership and investment; Convene to report progress and gain insight regularly; in progress

	<ul style="list-style-type: none"> ○ Partnerships: public officials; corporate and community sponsors; school system; medical community; ongoing ○ Consider deploying ambassadors of health in communities; in progress ○ Create an evidenced based process for long-term results guided by a scientific advisory committee <ul style="list-style-type: none"> ▪ Include interim indicators for short, mid-term, and long-term outcomes ▪ Create community engagement scorecards for measurement ▪ Use existing data such as Behavior Risk Factor Surveillance System (BRFSS), Youth Risk Behavior Survey (YRBS), Department of Health ▪ Use existing tools to guide your work such as CDC, Results Based Accountability, Prevention Model, etc. ○ Review other models that are successful; i.e. Rise Vermont ○ Celebrate often <p>Feedback</p> <ul style="list-style-type: none"> ○ Is Rise Vermont a separate entity? Separate organization; initially funded and supported by an anchor hospital, it's now a part of the accountable care organization for Vermont – One Care Vermont ○ Adults know the evidence based best practice but emotions get in the way of change; Is Rise Vermont working on how to make emotional changes? Yes, they created a team of health coaches that are trained in behavior changes, to help PCPs; along with creating an infrastructure for community support: like walking paths, free snowshoes at libraries etc.
<p>COVID-19 / Vaccination Update</p>	<p>Washington County positivity rate 8.21%; State positivity rate 4.77%; slow increase in rate since mid-July</p> <p>Washington County fully vaccinated (69,438 or 45.97%); WCHD & Meritus working with UMD to promote vaccine awareness and address barriers</p> <p>Washington County Employer COVID- 19 Vaccine Webinar for September 8th, 2021 at 11am. This webinar will better equip employers on encouraging vaccination among their employees, through discussion and resource sharing, specifically in Washington County.</p> <p>Vaccination Clinics locations and hours can be found at</p> <ul style="list-style-type: none"> ○ WCHD webpage https://washcohealth.org/coronavirus-disease-2019-covid-19/wchd-vaccine-clinics/

	<ul style="list-style-type: none"> ○ Meritus Webpage https://www.meritushealth.com/patients-visitors/covid-19-information/covid-19-vaccine-information/ ○ County website https://www.washco-md.net/coronavirus-info/ <p>❖ ACTION: Danielle Stahl will email Employer Vaccine Webinar information after meeting.</p>
<p>FY2022 CHNA</p>	<p>Data review almost complete; results being finalized Key Informants interview; 20 completed; results being summarized Focus Groups will be conducted between now and mid-October Preliminary CHNA findings will be presented at next HWC meeting</p> <p>❖ ACTION: Focus Group facilitator volunteers needed, send interest to Allen Twigg, allen.twigg@meritushealth.com or Jeanette Brill, Jeanette.brill@meritushealth.com</p>
<p>2021-2025 MD Comprehensive Cancer Control Plan</p>	<p>MD Comprehensive Cancer Control Plan is a guide for professionals who are involved in planning, directing, implementing, evaluating, or performing research on cancer control in Maryland. It outlines goals, objectives, and strategies to guide cancer control over a five year period and is located at MD State Cancer Plan website https://phpa.health.maryland.gov/cancer/cancerplan/Pages/publications.aspx</p> <p>Primary Prevention Section</p> <ul style="list-style-type: none"> ○ Goal: Increase cancer prevention behaviors in MD: Tobacco and Exposure Objectives ○ Objectives: Tobacco, Nutrition/Physical Activity/Healthy Weight/Breastfeeding, Alcohol, HPV, UVR Exposure, Radon Exposure, Public Access to Information <p>High Burden Cancers Section</p> <ul style="list-style-type: none"> ○ Goal: Reduce the burden of cancer in MD ○ Objectives: Incidence, Mortality, Screening Rates, Diparities in Incidence/Mortality <p>Survivorship Section</p> <ul style="list-style-type: none"> ○ Goal: Increase the quality of life of cancer survivors in MD ○ Objectives: Survivor physical/mental health, pain under control, treatment summary/care plan, advance directives, CAPC Report Card grade, cancer patient hospice utilization data, improve data on sexual and gender minorities <p>The goals, objectives, and strategies can be tailored to many settings to help guide cancer control activities</p>

	<p>What can you do? Implement</p> <ul style="list-style-type: none"> ○ Review the goals, objectives, and strategies in the updated Cancer Plan and incorporate into your work and/or research ○ Join the MD Cancer Collaborative and partner with other cancer control stakeholders to choose and implement priorities from the Cancer Plan <p>POC: Brian Mattingly, Director of Comprehensive Cancer Control Programs; brian.mattingly@maryland.gov; 410-767-2037</p> <p>Washington County’s 2017 MD Incident and Mortality Cancer Report located at https://health.maryland.gov/phpa/cancer/Pages/surv_data-reports.aspx, scroll down to MD Cancer Registry Reports section, 2017 Incidence & Mortality Report, page 55</p> <ul style="list-style-type: none"> ○ Distributuion of Stage at Diagnosis <ul style="list-style-type: none"> ▪ Local (blue) = Stage 0-I; hasn’t metastasized ▪ Regional (orange) = Stage II-III; starts to metastasized ▪ Distant (gray) = Stage IV; metastasized throughout the body ▪ Unstaged (yellow) = insufficient data to categorize <p>Brandon Rhodes, WCHD Community Health Educator with Cancer Prevention Education Screening and Treatment Program (PEST), provides colorectal cancer screenings at no cost for eligible Washington County residents. In addition provides services such as transportation, language, caregiver etc.</p> <p>https://washcohealth.org/cancer-screenings/cancer-prevention-education-screening-and-treatment-program/</p>
<p>HWC Subcommittee Updates</p>	<p>Behavioral Health – no update, did not meet this past quarter</p> <p>Chronic Health –</p> <ul style="list-style-type: none"> ○ Combined and focusing on Health Promotion, Diabetes & Cardiovascular Disease Prevention and Self-Management ○ Diabetes Management Need <ul style="list-style-type: none"> ▪ DPP Referral System – in progress, 191 referrals thus far ▪ DPP coaches – WCHD (2), Meritus (6), MD Physician Care (3), ARC, & YMCA; need at least 24 coaches to meet need ▪ MDH Grant: 5000 Post Cards with Diabetes Prevention, Go For Bold, & HWC information will be sent out <p>❖ ACTION: If interest in becoming a DPP Coach or hosting a DPP class please contact Laurie Sandberg, Laurie.Sandberg@meritushealth.com</p>
<p>Community Updates</p>	<p>Color Splash, 5K Run/Walk 9/25/21; YMCA offering swag to those that sign up for the weight tracker at the event</p>



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	<p>YMCA HEAL Team event planning volunteers needed, contact Barbara Williams barbaraw@ymcahagerstown.org</p> <p>Commission on Aging 50th Anniversary on 10/23; email Amy Olack for more information aolack@wccoaging.org</p> <p>CoreLife in Hagerstown is officially open</p> <p>Are there any community support groups for COVID+ long haulers syndrome? MD Department of Health has CovidCONNECT https://covidconnect.health.maryland.gov/ which provide a resource for Maryland residents who have personal experience with COVID-19 – whether through having the disease yourself, or having it impact your life in other ways.</p> <p>Meritus now has Crisis bed to help people get connected to care and treatment</p> <p>September is Recovery month, Washington Goes Purple events throughout the month</p> <p>Virtual Suicide Prevention Summit on September 20; contact Brooke Kerbs</p>
<p>Next Meeting</p>	<p>Tuesday, November 2, 2021 10:00-11:30 am via Webex</p> <p>❖ ACTION: Send Future Agenda Items to Danielle or Allen.</p>