



**Chronic Disease Prevention & Wellness Workgroup
Harford Community College Chesapeake Center
November 1, 2022 | 8:00-9:30 a.m.**

Ronya Nassar from the Harford County Health Department opened the meeting by welcoming guests and introducing the first speaker, Shakila Johnson from the Maryland Department of Health.

Maryland Quitline

- Shakila Johnson, Coordinator, MD Tobacco Quitline for the Maryland Department of Health-Center for Tobacco Prevention and Control Prevention and Health Promotion Administration, provided an overview of the Maryland Tobacco Quitline.
- Operated by Optum and Funded by the Maryland Department of Health.
- This Maryland Quitline is a free service for Marylanders.
- The quitline staff is comprised of Registration Intake Specialists and Quit Coaches.
- How Marylanders can access quitline services:
 - Phone
 - (800) QUIT-NOW
 - (855) DEJELO-YA
 - TTY line for deaf and hard of hearing callers and they offer interpretation services in over 300 languages.
 - Web
 - Callers can enroll at quitnow.net/Maryland
 - Referral
 - Tobacco users may be referred by their health provider, which triggers an outbound call. they support fax referrals, e-referrals, online referrals, and referrals via secure email
 - Text to Enroll
 - Marylanders can text “READY” to 200-400 to enroll
- Services (All free):
 - Tobacco Users
 - 4 Calls or as many calls as necessary
 - 12 weeks of combination NRT (patches, gum and lozenges)
 - Medicaid Members receive 4 weeks of combination NRT and are linked to their Medicaid tobacco cessation medication benefit
 - Pregnant Tobacco Users
 - 10 Calls or as many calls as necessary
 - 12 weeks of combination NRT (patches, gum, and lozenges) if approved by a doctor
 - Incentives for completed calls
 - Tobacco Users with Behavioral Health Conditions
 - 7 Calls or as many calls as necessary
 - 12 weeks of combination NRT (patches, gum and lozenges)
 - Youth

- 4 Calls or as many calls as necessary
 - No NRT
 - Currently developing a youth vaping curriculum
 - Stand Alone Web
 - 12 weeks of combination NRT (patches, gum and lozenges)
- FY22 Harford County Data
 - The highest percentage of Maryland Quitline Users heard about the program through TV commercials.
 - 22% of Harford County Adults are smokers and there were about 40 Quitline users in the last month.
 - In FY22 there were 243 enrollees
 - Tobacco Users by sex: 60% Male and 40% Female
 - Tobacco Users by Race: 89.19% White
 - Tobacco Users by Age: 30% 64 and older, 25% 55-64, 27.5% 45-54, 10% 35-44, and 7.5% 25-34
 - Tobacco Users by Chronic Disease: 30% COPD, 18% Diabetes, 16% Asthma, 38% None
- Media Overview
 - From early July to late September 2022, they ran “Make This the Quit that Sticks” ads on transit vehicles in Harford County
 - MDH is also informing healthcare providers about how Quitline can benefit their patients. For example, they are running ads in the Maryland Nurse Newsletter, which is sent to registered nurses in the state
 - Earlier this year, MDH worked with 4 Maryland residents to film short testimonial videos. The residents talk about how they quit smoking, and the ads encourage viewers to contact Quitline. These ads have recently been shown on digital platforms and social media.
- Contact Info:
 - Shakila Johnson, Administrator, MD Tobacco Quitline Coordinator, 410-767-6878, Shakila.johnson@maryland.gov
 - Mdh.1800quitnow@maryland.gov, 201 W. Preston St, 3rd Floor Baltimore, MD 21201

Harford County Health Department Cancer Prevention Program

- Susan Twigg presented on the HCHD Cancer Prevention Program, which focuses on Breast, Cervical, Lung, and Colorectal cancer.
- The program offers no-cost screenings for colorectal cancer, as well as, breast and cervical cancer (through our partnership with the University of Maryland, Upper Chesapeake Health) for eligible individuals.
- Some cancers can be prevented, for example if they find a polyp very early on, then it can be removed to prevent colorectal cancer.
- The State of Maryland requires that people join the coalition annually and complete the Appointee Exemption Disclosure Form. Ronya will email this out to members.
 - Cancer Prevention staff will send out information about cancer screenings, updates on our program, general cancer news and information. They will request feedback on their program services, and request help letting people in our community know about the No Cost cancer screenings. Any questions, they can call Susan Twigg at 443-966-2141. Please let them know if anyone missed the Cancer Prevention Program's staff

presentation about the Breast, Cervical, Lung, and Colorectal Cancer Screening Program. They can email the presentation.

- A PDF with the overview of information will be provided to members. Below are links to the **Annual Report to the Nation on the Status of Cancer 2015 – 2019**, news release October 27, 2022.
- **American Cancer Society:**
https://acsjournals.onlinelibrary.wiley.com/doi/10.1002/cncr.34479?ACSTrackingID=USCDC_9_13-DM92647&ACSTrackingLabel=DCPC%20Announcement%3A%20Annual%20Report%20on%20the%20Status%20of%20Cancer&deliveryName=USCDC_9_13-DM92647
- **National Institute of Health:**<https://www.nih.gov/news-events/news-releases/annual-report-nation-cancer-deaths-continue-downward-trend-modest-improvements-survival-pancreatic-cancer#:~:text=The%20report%20shows%20that%20from,in%20both%20men%20and%20women>
- **National Quality Improvement Study Identifying and Addressing Cancer Screening Deficits due to the COVID-19 Pandemic**, First published: 21 March 2022:
<https://acsjournals.onlinelibrary.wiley.com/doi/10.1002/cncr.34157>

Recap of Events

- Tobacco Prevention (Wendy Kanely, HCHD):
 - With great success the HCHD's Tobacco Prevention Program received twenty-eight (28) devices for safe disposal during Redner's Health Fair on October 15, 2022.
 - HCHD's Tobacco Prevention Program's next Vape Take-Back will be held at the Harford County Veteran's Resource Fair on November 12, 2022
- Diabetes (Alejandra Huevo, HCHD):
 - The event was held on Sunday, October 23, 2022 at the Mary Risteau Courthouse parking lot in Bel Air.
 - There were 45 attendees at the event and the community partners that were there consisted of Carefirst, Priority Partners, SAVEMART International Food, and University of Maryland Upper Chesapeake (UMUCH) Community Health and Improvement.
 - UMUCH was able to bring their health van to provide blood pressure screenings and A1C checks.
 - SAVEMART was able to provide fresh fruits and water to attendees and promote their free transportation to their grocery store in Baltimore.
 - HCHD will plan to host a similar event in the spring and will work on early planning and promotion in the future.

Discussion

- Felicia Hopkins from the HCHD Minority Health program asked for more literature and collaboration from community partners for their monthly events.
 - Michelle Peterson, also from the HCHD Minority Health Program presented a testimonial about the program where she was able to provide seven individuals with blood pressure cuffs, three of them without a primary care doctor, and Michelle was able to connect them and educate them on the importance of seeing their primary care doctor annually.
- Vickie Bands from UMUCH Community Health and Improvement talked about the new Walk With the Doc program.
 - This is a national and licensed program. Walk With a Doc is a free program for people of all ages and all abilities. Each Walk With a Doc session kicks off with a short overview of

a current health topic given by a healthcare provider, and the remainder of the time is spent walking at your own pace and distance and enjoying a fun conversation.

- Occurs at Magnolia Elementary School in Joppatowne: 4th Saturday of the month at 10 a.m. and Schucks Regional Park in Bel Air: 1st Sunday and 2nd Saturday of the month at 10 a.m.
- If individuals walk for three sessions they get a free shirt.
- UMUCH is working with local farmers to see if they will provide fresh fruits and vegetables at these events.
- Their Facebook group can be found here: <https://www.facebook.com/WWADBelAirMD/>

**Next Meeting: Tuesday, January 10th, 8:00 a.m. to 9:30 a.m. at Harford Community College
Chesapeake Center**