



**Chronic Disease Prevention & Wellness Workgroup
HCC Chesapeake Center
Meeting Minutes | March 7, 2023 | 8:00-9:30 a.m.**

Updates

- Ronya Nassar provided updates regarding Medicaid renewals and verification of correct information. The pandemic extension ends on April 30th and contact information must be updated so that coverage is not lost. Can be done at the HCHD locations in Edgewood and Bel Air, or go to MarylandHealthConnection.gov.
- Medicare: Medical Assistance applicants who have turned 65 since March 2020 now have Medicare and need to apply for supplemental insurance through Office on Aging or DSS.
- 2021-2022 Maryland YRBS was released last week, The Harford County Health Department will analyze this data and present findings to the group at the next CDPW meeting.
- HCHD and HCPS partnership on teen vaping prevention: posters and postcards will be given out to students and put around the halls at the middle and high schools. Teachers will be distributing the postcards to students as well.

Presentation from the University of Maryland Upper Chesapeake (UMUCH) Community Outreach and Health Improvement

- Vickie Bands updated the group on UMUCH projects and programs.
 - All events can be found here: <https://www.umms.org/uch/community/events>
- Virtual Support Group for young stroke victims that meet twice a week.
- Kennedy Krieger has a clinic specifically to address children experiencing Long Covid. Taking referrals.
- Community Outreach is constantly reaching the public and those who need services. Bringing back programs to mostly in person.
- Walk with a Doc Program: 1st Sunday and 2nd Saturday of every month at the Schucks Reginal Park with Dr. Marie Kanagie-McAleese. The 4th Saturday of the month will be at Magnolia Elementary with Dr. Philip Halstead. The clinical person will give a short talk on a specified health topic, then will take a walk talking with the doctor and can ask questions.
- Mobile Medical Van: 2 locations to get screenings for diabetes, blood pressure, stroke, etc. A1C and Cholesterol are available for \$10. Where: Jarrettsville Library on the 1st Thursday of every month, and then in Whiteford quarterly.
- Introduced Madelyn Danner, Nurse Educator. Kim Sterling, Nurse Program Coordinator.
- Self-Management Programs for Chronic Disease. Helping teach people how to take care of their own health through education on nutrition, activity, sleep, and how to communicate with their physician and family. 6-Week program.
- Diabetes Prevention Program: 12-month program. Provide supplies to keep attendees engaged (ex. blood pressure cuffs, scales, measuring cups). The goal is to lose 5-10% of your body fat and increase activity level to 150 minutes per week. A1C at 1st week, 6 months, and at the end of the program. For people diagnosed with metabolic syndrome, pre-diabetic, had gestational diabetes, are overweight, have a family history of diabetes, etc. Madeline is a master trainer. 4 programs a year, looking to increase.

- Falls Prevention Program: generally, for the senior population. 8 weeks, 2 hours at activity centers, and hoping to start at independent senior housing.
- Hypertension Program: 2-hour class. Great gateway into diabetes or chronic disease programs.
- Primary Care clinic at Woodbridge looking to begin Monday, April 17th. Geneva Cason, ER Nurse Practitioner. Mondays 11 am-3 pm. Walk-Ins accepted. Persons 18 and older. Will have case management along with primary medical care and help those in need find a PCP and get connected to other resources. Do not need to be insured. Will have language line access.
- Dr. Michael Abraham with Compress and Shock: Disparity between survival rates during the witnessed arrest. Equitable access to CPR and Defibrillator education. May 19th at Ripken Stadium on Family Wellness Night. If 35 or more people participate in a single organization, org. will receive a defibrillator.

Harford County Health Department Health Equity Report Draft Presentation Data Update

- Zill Raval and Zach Macas present updates on additional data added to the Health Equity Report.
- New data have been added to the report
 - Crime data has been updated to show the newest Annual Report from the Sheriff's office (showing high crime in Edgewood, Aberdeen, Joppa, and Bel Air), but will look at other police jurisdictional data.
 - Added more information on tobacco and vape use, unfortunately, there is no GIS mapping, but added data about usage in general. Will look at the new YRBS/YTS data to update this section.
 - More data will be updated as soon as the new YRBS/YTS data is analyzed.
 - Will discuss further "Where do we go from here" on how we can discuss those needs.
 - Ronya is also looking to find a better map for access to care.

Tobacco Program Updates

- Wendy Kanely provided updates on the Tobacco Program
- 2023 Athena Award Finalist April Cheatham is part of Extreme Family Outreach. Serving about 400 children per week through outreach activities.
- Upper Chesapeake Primary Care Group nominated for most EHR referrals to QUITLINE for 2022
- Encouraged to use Online Referral to the QUITLINE – smokingstopshere.com
- Leadership Community Health Coalition has 50+ members, upwards of 70. 15 members attend meetings on average. 25 people completed the survey. Do we reflect the community we serve? 12% are of Hispanic/Latino/Spanish Origin.
- What initiatives do we want to see? Prevention Activities (outreach) #1. Youth Engagement Activities #2. Conferences for training #3. MD received an 'F' for funding outreach activities.
- Additional Feedback – need to focus on smoking/nicotine use amongst young people, high school, and college. Comprehensive tobacco referral process. Ability to share onsite resources Maryland has for information on how to quit tobacco.
- Introducing Selma Cardenas, Tobacco Prevention Specialist will host virtual group sessions quarterly on updates on everything Tobacco related. March 14th at 11 am.

Discussion

- The Minority Health Program's Smoothie Sip and Paint: an event where you can learn about healthy recipes while painting! Kahoot game with 1st, 2nd, and 3rd place prizes. March 10th from 11 am-1 pm at the Windsor Valley Community Center, and March 24th from 5 pm-6 pm at Village at the Lakeview Community Center.

Next Meeting: Tuesday, May 2nd, 8:00-9:30 a.m. Harford Community College Chesapeake Center