

**MARYLAND STATE ADVISORY COUNCIL ON HEART DISEASE AND STROKE**  
**DRAFT MEETING MINUTES**  
**OCTOBER 13, 2016**

**ATTENDANCE**

**Members Present**

Anna Aycock  
Jeanne Charleston  
Catherine Cooke (Phone)  
Kisha Davis (Phone)  
Michaeline Fedder  
Lois Freeman (Phone)  
Leslie Graham (Phone)  
Roger Harrell (Phone)  
Brenda Johnson  
Surina Ann Jordan (Phone)  
Susan Mani  
Seth Martin (Phone)  
Sheila McLean (Phone)  
Michael Miller  
Tracy Newsom  
Kristi Pier  
Brent Reed  
Ilene Rosenthal  
Marcella Wozniak

**Members Absent**

Kathleen Keefe Hough

**Guests**

Marti Deacon  
Kathleen Graham  
Georgette Lavetsky  
Gregory McClure  
Judy Simon  
Barney Stern

**WELCOME AND INTRODUCTIONS**

- The meeting was called to order at 4:08 pm.
- The Council welcomed Dr. Miller as the Chair and Dr. Wozniak as the Co-Chair.
- Attendees in the room and on the phone introduced themselves.

**PRESENTATIONS**

- **Maryland's Behavioral Risk Factor Surveillance System (BRFSS), 2015 Data Update**

*Georgette Lavetsky, BRFSS Coordinator, Center for Chronic Disease, DHMH*

A variety of data from the 2015 BRFSS was presented, to include specific Maryland data on heart attack, coronary heart disease, stroke, hypertension, diabetes, high cholesterol, obesity, and physical activity. The Council engaged in a discussion on how this data can be helpful and used to impact their work. The Center stated that there are current efforts to improve the website to allow individuals to better access and customize the available data.

There was a question on how many Maryland adults have ever had their cholesterol tested. The 2015 data show that 86% of adult residents have had their cholesterol tested. Below is the data by year from 2011:

2011: 84.5% (95%CI: 83.1%-85.9%)

2013: 83.7% (95%CI: 82.5%-84.9%)

**2015: 85.9%** (95%CI: 84.3%-87.6%)

The 2015 data for adults for adults who have ever had their blood cholesterol checked, by age group:

Age 18 - 34: 65.6% (95% CI: 61.0%-70.2%)  
Age 35 - 44: 86.1% (95% CI: 82.0%-90.1%)  
Age 45 - 54: 93.2% (95% CI: 90.9%-95.5%)  
Age 55 - 64: 97.5% (95% CI: 96.7%-98.3%)  
Age 65+: 98.2% (95% CI: 97.7%-98.7%)

- **Oral Health and Chronic Disease Project**

*Gregory McClure, DMD, MPH, Dental Director, Office of Oral Health, DHMH*

Maryland received the CDC 1609 grant to initiate a collaboration between the Office of Oral Health and Center for Chronic Disease Prevention and Control to address oral health and hypertension. The goals of this grant and models of collaboration were discussed. A mandatory advisory panel will be developed to provide guidance for the integration of oral health and chronic disease public health programs to improve the health of Marylanders. The Council discussed the feasibility of implementing a work group as part of the Council and called for 4 – 5 volunteers to participate. Brenda Johnson and Jeanne Charleston expressed interest in volunteering. Others interested in volunteering should contact Kristi Pier.

## **PHHS UPDATES**

### **1. NWS-8 Adult Healthy Weight**

- a. The second annual Walk Maryland Day was held on October 5<sup>th</sup>. Walk Maryland Day is a motivating event that promotes physical activity in the form of walking. The Maryland Department of Health and Mental Hygiene hosted a State Center Walk Maryland Day event. Deputy Secretary of Health and Mental Hygiene, Howard Haft, and Deputy Secretary of Aging, Dina Gordon, led a group of about 75 State employees on a 0.75 mile walk around the neighborhood. The Department also hosted a series of #COMMIT2TEN activities throughout the day, and over 50 individuals signed the #COMMIT2TEN pledge, committing to add 10 minutes of physical activity to their daily routine.
- b. In 2016, 20 Healthiest Maryland Businesses received mini-grants to promote physical activity and to implement systems changes in worksites to encourage employees to be more physically active.

### **2. NWS-10 Youth Obesity**

- a. The Center for Chronic Disease Prevention and Control continues to support the Maryland Wellness Practices and Policies Project (MWPPP) in collaboration with the Maryland State Department of Education (MSDE) and the University of Maryland School of Medicine. The MWPPP team is currently reviewing the local wellness policy final rule requirements to inform training and technical assistance activities in the upcoming year, including a statewide conference scheduled for December 19, 2016.
- b. The Center is continuing to collaborate with MSDE to offer schools training on Comprehensive School Physical Activity Programs (CSPAP). PHHS funding is used to support trained school systems in implementing CSPAP. To date, 660 teachers from 360 schools have participated in CSPAP training. Target school systems for CSPAP training and implementation funding over the next year include Anne Arundel, Baltimore, Talbot, and Prince George's counties.
- c. The Severe Obesity Project was re-launched for the 2016-2017 school year as the Student Healthy Weight Program. Pediatricians in Baltimore, Frederick, and Harford Counties are referring obese children to the program, where they receive individualized, one-on-one education and goal-setting guidance from Physical Education teachers and school nurses at their school. Along with the rebranding of the program, a comprehensive toolkit was developed. Planning meetings, school staff trainings, and targeted physician recruitment sessions have taken place in the three counties since April 2016.

- d. The Center is working with the American Academy of Pediatrics, Maryland Chapter (MDAAP) to conduct a follow-up evaluation of the MDAAP Obesity Learning Collaborative. This 9-month quality improvement learning collaborative aimed to improve pediatric practices' performance on 9 metrics associated with improved outcomes for screening, diagnosing, and treating pediatric obesity; these metrics include physical activity counseling, blood pressure percentile, media exposure counseling, readiness to change, self-management goal setting, hyperlipidemia screening, diabetes screening, and BMI percentile. The pilot program began in March 2015 and follow-up chart-audits will assess if physician behavior changes are sustained throughout a 9-, 12-, and 18-month follow-up period.
3. **HDS-2 Coronary Heart Disease Deaths**
- a. The Center awarded 7 LHDs funding to work with health systems to implement quality improvement process to improve hypertension and diabetes control rates. These practices report aggregated clinical quality data at least quarterly. With assistance from the LHDs, the practices are using the data to drive PDSA rapid cycle improvement processes. Last year's projects reached 25 practices with over 42,000 patients with hypertension and over 17,000 patients with diabetes. At least 11 practice demonstrated improvement in hypertension control rates and 14 practices demonstrated improvement in diabetes control rates. Many of the LHDs are working with the same practices this year, allowing them to build on previous successes and lessons learned.
4. **D-3 Diabetes Deaths**
- a. The Center recently awarded grants to 5 LHDs to establish new DPPs and to partner with health systems to increase screening for prediabetes and to promote referrals to DPPs. The funded LHDs include Carroll, Frederick, Cecil, Kent, and Calvert. Baltimore County is expected to be a sixth awardee.
  - b. The Center leveraged multiple sources of funding, including PHHS, to develop the Be Healthy Maryland referral website and the Workshop Wizard participant data management feature. The Center is looking to contract with the University of Baltimore to assess the usability of the website and areas for improvement and expansion.
  - c. On September 7<sup>th</sup>, the Center hosted a conference titled Building Success of Evidence Based Community Programs. The conference was held to educate and support providers of evidence-based community programs. There were about 245 attendees. Jennifer Eastman, the Director of Community Living Policy at the Maryland Department of Disabilities, gave a presentation on incorporating disabilities awareness and inclusion into community programs. The Center will continue to collaborate with MDOD on a new Disabilities and Public Health Grant from the CDC.
  - d. On September 27<sup>th</sup>, the Center hosted a full day Motivational Interviewing training for evidence-based community program providers. There were 47 participants. The majority of attendees (56%) were from health systems, 19% were from LHDs, and the rest were from local area agencies on aging, community-based organizations, and the state health department.
5. **PHI-13 Comprehensive Epidemiology Services**
- a. The Center hired a full-time Program Evaluator in August supported by PHHS funds. Alicia Vooris provides evaluation support to the Center's child care and school wellness initiatives as well as efforts to increase the inclusion of people with disabilities in public health programming. She will also take the lead on producing a report analyzing the Adverse Childhood Experiences (ACE) module from the 2015 Behavioral Risk Factor Surveillance System. The report will focus on the impact of ACEs on chronic disease and other health and behavioral outcomes.
  - b. The Center is leveraging the Block Grant and other funding to replace the current BRFSS online query tool. The current website is outdated and no longer supported. The Center is looking move to the Indicator Based Information System for Public Health (IBIS-PH) platform to create a user-friendly, query-able online data system which will include data from both the BRFSS and the Youth Tobacco and Risk Behavior Survey (YTRBS).

## **MEMBER UPDATES**

- Tracy Newsome – November is Diabetes Awareness Month and the American Diabetes Association is running a variety of campaigns to highlight personal stories, support families, and raise awareness.
- Ilene Rosenthal – The Alzheimer’s Association is providing grants to increase cognitive assessment screenings in both inpatient and outpatient settings.
- Marcella Wozniak – There are now 3 tertiary stroke centers in Maryland and 38 stroke centers in Maryland.
- Anna Aycock – MIEMSS is in the process of starting to collect data from the 38 stroke centers and would be interested in presenting the data at a future Council meeting.
- Michael Miller – AHA published a scientific statement on saturated fats and coronary artery disease and American College of Cardiology is publishing a review of statements on common myths about foods. Dr. Miller provided a discussion on the use of dietary supplements and their effectiveness.

## **APPROVAL OF MINUTES**

- The July 21<sup>st</sup> meeting minutes were approved by majority vote of the attendees after a motion was made by Brent Reed and a second motion by Susan Mani to approve the minutes.

## **CENTER UPDATES**

- The Council formally recognized Dr. Barney Stern with an *Outstanding Service Award* for his dedication and leadership to the Council.

## **UPCOMING MEETINGS**

DHMH, 201 W Preston Street, L-3, Baltimore, MD 21201

4:00 – 6:00 pm

- January 19, 2017
- April 20, 2017
- July 20, 2017
- October 19, 2017

## **ADJOURNMENT**

The meeting was moved to adjourn at 5:59 pm.