

Allegany County Health Planning Coalition
Meeting Summary
August 14, 2012

Members Present

Dr. Sue Raver	Mary Beth Pirolozzi
Nancy Forlifer	Chris Delaney
Fred Tola	Madeleine Shea, DHMH, Guest
Jennifer Wilson	Ginny Seyler, DHMH, Guest
Susan Walter	Brenda Caldwell, Guest
Karen Bundy	Christa Walker, Guest
Susan Stewart	Tracy Curry, Guest

Members Absent

Lesa Diehl
Courtney Thomas, HRDC, new member

Introductions

Dr. Raver welcomed everyone and introduced two guests from DHMH, Maddy Shea and Ginny Seyler. The rest of the members and guests introduced themselves and stated which agency they were representing. Dr. Raver also introduced a new member who came in later, Karen Bundy, from the Allegany County Board of Ed. Dr. Raver explained the background of the Coalition and their goals and objectives to Ms. Bundy. Dr. Raver also suggested that HRDC's logo be added to the Coalition website.

Review of Minutes

Dr. Raver asked if there were any corrections to the minutes for June. There were no corrections or additions. Jennifer Wilson made a motion to accept the minutes as presented. Nancy Forlifer seconded the motion, and the group unanimously agreed.

Updates and Input for Implementation (August 2012)

Nancy Forlifer explained the objectives of the Updates and Input for Implementation.

Priority #1 – Tobacco

- There needs to be a consistent message and consistent education across the community with all the initiatives, not only with tobacco.
- Nancy reported that she and Chris had talked about utilizing DHMHS' secondhand smoke/quitline brochure. They also would like to use WMHS' bookmarks that have tobacco cessation resources on it, but change WMHS' logo at the bottom of the bookmark to the Coalition's logo. Nancy passed these around and asked for opinions. Chris Delaney also stated that these are free.
- Concern was raised regarding electronic cigarettes, and the vapor room that just opened up downtown. Nancy stated that research was done approximately 6 months ago. Nancy will send a summary of the research to everyone. Dr. Raver stated that EH was working with the State on whether they will be banned from restaurants. She will check with Brian Dicken. It is not the same second-hand smoke as regular cigarettes.
- Ginny Seyler, DHMH, asked if cigars are a big issue in our county. Chris reported that chewing tobacco is more of an issue here, and that they are incorporating that into their education.

- Chris reported that for FY2012, they had 12 pregnant women referred for cessation from Tri-State; typically they have 1 or 2 per year. Kathy Dudley, ACHD's cessation person, has been working closely with Tri-State, and it has been showing great results.
- Chris explained the 4 Ps assessment tool that is used for pregnant women. If anyone is interested, Chris will send the results of this survey.
- One of the objectives of the CTG is smoke-free outdoors. Since this is an issue at the downtown mall, they are looking at making it a smoke-free outdoor area. Prevention Office is meeting with them Thursday evening.

Priority #2 – Obesity

- There were only 63 respondents (16%) to the worksite survey related to healthy eating and physical activity through the "Making Healthy Choices Easy" group. The results showed:
 - 57% of respondents had no healthy eating or physical activity offerings for their employees
 - Most have access to safe walking routes (only 2 businesses did not)
 - Prizes were given to deserving businesses
 - Still need to pick the winner for the last one
- Jenn and Nancy are on the Making Healthy Choices Easy Committee. There will be a follow-up with monthly emails starting in October. 67% of businesses wanted to be put on an email list to receive these. They will receive:
 - A wellness tip
 - A backdoor reading
 - An environmental policy change
- The committee is going to incorporate the topics that are in this plan and activities that are supported through the grants. The following will be promoted:
 - Walking in October
 - Healthy Meetings in November
 - Healthy Holidays in December
- If you have a business that is interested and hasn't responded or if you are interested in being added to the list, let Nancy know.
- Maryland's Healthiest Businesses and Mid Atlantic Business Group on Health are going to be in the Community Room on September 21st from 8 – 11:30. They will be doing health business forums for businesses to get info on worksite wellness and healthcare reform issues.
- Dr. Raver asked Maddy and Ginny if the emails the State sends out to all employees on tips to be healthier can be shared outside the agency. They stated that they could definitely be used. Dr. Raver will have them sent to Nancy.
- Another project under obesity is to have PCP do screenings and referrals for obesity for adults and children. For adults, the "Aim for Healthy Weight" tool would be used. A referral resource list for physicians to give to their clients is being developed that will include weight management programs, gyms, wellness coaches, etc.
 - A meeting is scheduled with the internal medicine and family practice docs Sept. 5, 2012 to get their input and to include cultural changes.
 - Already talked to pediatricians. They are not interested in a paper format. They already have electronic health records, but are very interested in getting a referral list.

- Jenn reported that in relation to the CTG, interviews are in progress for a coordinator of this project. They will be finished by the end of this week. Chris and Jenn are still very much involved with the strategies within this grant and will continue to be even when a coordinator comes on.
- Chris reported that she will be meeting with some folks with Dept. of Housing on Friday to start the initiative for smoke-free housing in two of the high rises. This is part of the focus for smoke-free multi-unit housing.
- Jenn reported the new coordinator will help oversee all of the focus areas of this grant such as obesity, tobacco, breast feeding, working with daycare providers to look at environments and policies with daycare settings, assisting the Board of Ed with wellness policy implementation particularly targeted to Title I schools and several other things the workgroups are trying to address.

Priority #3 – Access

- Nancy reported needing input under Access for solving the dilemma for the 25% of the population who are having trouble getting to their healthcare appointments because of transportation. The health system is willing to pull together a group to facilitate a discussion on how this can be solved. Several options will be reviewed such as the shuttle buses currently in place, voucher systems, gas cards, etc. Recommendations for this group are:
 - ACHD (Dr. Raver will let Nancy know who)
 - HRDC (Courtney Thomas and Dan Lewellen)
 - Tri-State CHC (Carolyn Thrasher)
 - Health Rite or Associated Charities
 - Allegany Transit (Jim Stafford)
 - Friends Aware
 - Cumberland Ministerial
 - American Cancer Society (not a lot of volunteers locally – but could borrow from their model regarding liability coverage – Tina Taylor)
 - Let Nancy know if you come up with anyone else

Priority #4 – Emotional & Mental Health

- Lesa Diehl is to talk to the local management board about using some money to promote the availability of the 211 service in this community as a resource for information.
- Constellation Energy previously supported the billboards that were up for a period of time. This came from the governor's bill.
- Susan Stewart will give Nancy information on what the DelFest Foundation Service Committee has done with 211. They had 5,000 or 10,000 211 cards printed and distributed through churches, food pantries, etc.
- Nancy reported that there was nothing specific stated in their plan for 211, but as a follow-up to a previous discussion about having links on the website to emotional and social supports (1 out of 5 persons in our community do not have social supports), Lesa mentioned 211 as a resource and was going to check on this.
- Mental Health First Aid is a train-the-trainer program. The ACHD and another agency had some people trained. Lesa was looking into getting another training offered. The training takes 12 hours and is available to anyone interested. Susan Stewart with AHEC stated that they might have someone who can be trained as a trainer so that the trainings could be held locally. Nancy will contact Susan when she gets the information from Lesa.

Priority #5 – Substance Abuse

- In reference to the follow-up to Dr. Kolodny's (from Brooklyn, NY) training on "Responsible Prescribing of Opiates, Finding the Right Balance", Chris reported that overall the evaluations were good, if not excellent. Some comments did show, however, that some people felt there were a lot of "what nots", but not many "what to dos". Chris felt that people without a lot of background on drugs and alcohol were the ones who felt this way. Dr. Kolodny is trying to have other educational presentations available on his website for online trainings where CMEs could also be earned. Chris will be sending him an email of all those who participated. There are no DVDs available at this time.
- Some other recommendations for trainings for prescribers are:
 - Giving them a better understanding of what addiction is.
 - A resource on what to do when dealing with pain.
 - How to refer folks out for assessment and potential treatment in dealing with pain.
- Permanent prescriptions disposal units (for unused or outdated meds) have been ordered and will be placed at the Sheriff's Office, the Cumberland Police Department, the Frostburg Police Department (or somewhere in the Frostburg area) and the Maryland State Police Department. Would like to tie this into the "National Prescription Take Back Day" to reach some of the outlying areas. The chief of police in Frostburg also covers Lonaconing. Town Hall might be a location for Lonaconing. Law enforcement picks them up, and they are taken down State.
- Regarding the status of breathalyzer at community events, Chris reported that they have a contract with the Maryland State Police where they will go to events where alcohol is served and offer volunteers breathalyzer tests to give them an awareness of how long it will take after consuming a certain amount of drinks before it is safe to drive. This should be starting up soon. Two suggested events are "Friday after Five" and "DelFest".
- In reference to Synthetic Drug Task Force, there is an education program scheduled tomorrow for health professionals and school people (a lot of principals) at the hospital. Law enforcement is meeting directly after that presentation to discuss Ocean City's ordinance and its educational components. Chris reported that Prevention has an excellent 17-minute DVD called "Synthetic Drugs – The Dark Side" that they have many requests for.

Priority #8 – Health Literacy

- Nancy reported on the results to the Health Literacy Consumer Survey. The deadline was July 31, 2012. There were 201 responses. Nancy passed around copies of the tally results.
 - The areas for the highest percentage of the "never" category are:
 - How often did your healthcare provider use pictures, drawings or models?
 - How often did your healthcare provider ask you to describe how you were going to follow instructions?
 - How often did your healthcare provider ask you whether you would have any problems doing what you need to do to take care of your illness?
 - How often did your health care provider suggest ways to help you remember to take your medications?
 - How often were you offered help in filling out a form? (This was the highest never %.)
- Based on the "Patient Satisfaction Survey" results, education with the University of Maryland and AHEC is planned for some time in April.

Priority #13 – Chronic Respiratory Disease

- Nancy passed around info on the theme - DRIVE4COPD movement - which includes a screening tool, DHMH brochure on Secondhand Smoke, measures and a proposed action plan.
 - COPD is a growing problem in our community.
 - Would like to connect the key messages with “The Great American Smoke-out” in November.
 - Could set-up places to help people fill out the “COPD Population Screener “ tool to do an assessment and would also be able to monitor # of encounters and # of educational opportunities.
 - Let Nancy know if they would like to be partner in any of the actions in the “Proposed Action Plan”. Kathy Wallace with Prevention will most likely want to be involved with the radio spot on WCBC on November 1st.
 - Other areas where tools could be distributed are:
 - Flu clinics
 - AHEC can electronically distribute
 - ACHD – Addictions and MH clinics
 - Chris can put on electronic billboard (Nancy will have Carey contact Chris)
 - Jenn offered to reproduce the WMHS Payday Display and place in ACHD main lobby.

Background of Local Health Improvement Plan (LHIP)

- Fred brought up the Allegany County Health Planning Coalition’s website to display the Local Health Improvement Plan.
 - Fred gave a background of the LHIP which includes the 12 priorities along with the coalition’s goals and objectives.
 - He also explained the strategies and activities stated in the LHIP, and the process for tracking its progress.

Behavioral Risk Factor Surveillance System (BRFSS) – Methodological Change in 2011 Maryland

- Dr. Raver explained some of the major changes in the BRFSS – a statewide telephone survey that tracks prevalence and trends over time for many health indicators. Some of these are:
 - Cell Phones – 2011 data started using cell phone and landline. Have gone from landlines as primary source to cell phones.
 - Data Weighting Change – in addition to age, race, and gender, ≥2011 includes home ownership, education, marital status and phone source.
 - Data Weighting Outcomes – the demographic differences listed of people that exclusively rely on cell phones as being typically young, lower incomes and of lower education levels are already outdated.
- There is no valid comparison between the new 2011 data and previous years, which is problematic because you can’t see if there has been worsening or improvement. Dr. Raver explained how they recommend displaying trend lines with the two types of data.
- Maddy reported that the CDC is giving feedback on this. Will probably recommend putting in new baseline.

Health Enterprise Zones (HEZ)

- Dr. Raver reported on Senate Bill 234, the “Maryland Health Improvement & Disparities Reductions Act” now known as the “Health Enterprise Zones” projects across the State. The first

year there is ~\$4 million that will probably be used for 2 to 4 zones. Originally, much emphasis was on racial disparities, but now poverty and geographic areas are also considered.

- Fred gave a presentation on the Health Enterprise Zones starting with a background. Some comments were:
 - Dr. Raver gave an example of how this could improve access to health care in our community.
 - If interested, need to get a subgroup together soon.
 - This lends itself to geographically bound poverty, which we have.
 - Have strong infrastructure to build on.
- Maddy recommended that the State come to ACHD to do a presentation on HEZ (Nancy and Dr. Raver will follow-up.)
- Dr. Raver asked for a motion to pursue this:
 - Susan Walter made a motion to pursue getting groups together to go after this.
 - Mary Beth Pirolozzi seconded the motion.
 - The group unanimously agreed.
- Some recommendations for the subgroup are:
 - AHEC
 - Tri-State CHC
 - ACHD
 - WMHS
 - Mountain Health Alliance entities

Meeting open to Coalition Leads

- There is a meeting scheduled in Howard County on October 10, 2012 tentatively from 9:00 AM – 1:00 PM that is open to all Coalition leads. Once she has the official date and time, Dr. Raver will get the info out to everyone.
- Maddy stated that there will be opportunities to bring new info such as where we are with health benefits, health info, looking at re-admissions, etc. so that leaders can share what is working to improve population health.

Update from Maddy Shea and Ginny Seyler

- Maddy is hoping everyone is getting their weekly newsletter that gives information about progress in the state. To access the newsletter, go to the DHMH SHIP website and click on the right sidebar that says “Get Our Newsletter”. This week’s newsletter will have a write-up about progress in Allegany County.
- The State is applying for a CMS Innovation Grant (big money). It will look at healthcare delivery, healthcare financing, improving patient experience, increasing access and reducing costs. Maddy will be participating in this. There is a real interest in building on the coalitions.
- Maddy stated that she found this meeting very helpful in letting them know where they can be more supportive, and how they can promote what the coalition is doing. Also making sure the grants are reflecting and supporting what is going on locally.
- Ginny reported that a year ago last October they were putting together the county profiles that have the local level data on the SHIP measures. In the next few weeks, updates will be issued.
 - First the state-wide updates will be done by tracking the 39 measures and how the state did. Then the county profiles will be updated. Some measures such as air quality and access to healthy food will be pulled out of the rankings because they did not have adequate county-level data.

- The updated profiles will be out in September for Year 2. It will have Year 1 and 2 for the SHIP measures, and the county will still be compared to the State. Maddy reported that the data is encouraging.
- In the future, will likely have more emphasis on screenings, as a component of access to quality of care and health outcomes.
- As a result of Debbie Goellar's prompting, also looking at having a much better interface of the SHIP website through network of care (making it more user friendly).

Next meeting

October 9, 2012 at 1:30 in Administration Conference Room, ACHD

There will be a HEZ meeting scheduled separately – Nancy will send out options

Adjourned at 3:30

Submitted by Mary Strem