

MARYLAND STATE ADVISORY COUNCIL ON

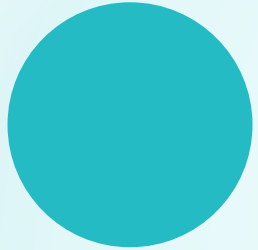
HEALTH AND WELLNESS

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AGENDA

1. Overview of the Maryland State Advisor Council on Health and Wellness
2. Accomplishments of the Council
3. Legislative Actions

DISCLOSURES



Medifast, Inc.

Clinical Research Manager



**Independent
Consultant**

Long term care, nutritional
consulting, wellness presentations



Maryland State Advisory Council on Health and Wellness

MISSION

The mission of the Prevention and Health Promotion Administration is to protect, promote and improve the health and well-being of all Marylanders and their families through provision of public health leadership and through community-based public health efforts in partnership with local health departments, providers, community based organizations, and public and private sector agencies, giving special attention to at-risk and vulnerable populations.

VISION

The Prevention and Health Promotion Administration envisions a future in which all Marylanders and their families enjoy optimal health and well-being.

Health and Wellness Council

Mission and Structure

OUR PHILOSOPHY



Promote evidence-based programs for healthy lifestyles and the prevention, early detection and treatment of chronic disease; and

Mission



Make recommendations to the Maryland Department of Health (MDH) related to chronic disease prevention, health, and wellness

- **Established by Maryland statute Chapter 40, Acts of 2017 13-201-502**
- **Consolidated 3 previously existing advisory Councils:**
 - Heart Disease and Stroke
 - Physical Fitness
 - Arthritis
- **Shifted to a unified Council with 4 statutorily established Committees**



COMMITTEES

Arthritis

Diabetes



Fitness

Heart Disease and Stroke

Council Membership

- **34 appointed seats (unpaid), appointed by the Maryland Secretary of Health**
- **Led by a Chair appointed by the Secretary of Health for 2 year term (up to 1 renewal term)**
- **Includes 6 seats for specific officials or their designee (not term limited):**
 - Secretary of Health and Mental Hygiene
 - State Superintendent of Schools
 - Secretary of Aging
 - Secretary of Disabilities
 - Representative of Maryland Office of Minority Health and Health Disparities
 - Representative of the Maryland Association of County Health Officers

Council Membership

- **10 Representative seats (term-limited)**
 - American Heart Association
 - Arthritis Foundation
 - American Diabetes Association
 - Johns Hopkins Medicine
 - Med Chi, the Maryland State Medical Society
 - University of Maryland Medical Center and School of Medicine
 - American Academy of Pediatrics
 - Maryland Nurses Association
 - Maryland Academy of Nutrition and Dietetics
 - American College of Emergency Physicians (seat removed by ACEP request)

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Council Membership

- **18 Public seats (term-limited), to include:**
 - Individuals with a chronic disease or their family
 - Licensed health providers
 - Individuals with physical fitness background
 - Employers or business representatives
 - Health insurer representatives
 - Individuals interested in health and wellness

Term Limits

Those members who are subject to term limits

- Are appointed to a 4-year term seat
- May serve 2 consecutive full terms
- At the end of a term, may continue to serve until a successor is appointed and qualifies
- If appointed after a term has begun, shall only serve for the rest of the term and until a successor is appointed and qualifies
- May not be reappointed to the Council for 4 years after serving 2 consecutive terms



Council and Committee Meetings

- **Council meetings are subject to the Maryland Open Meetings Act**
- **Council meets at least quarterly**
 - 2021 dates: January 20, April 21, July 21, and October 20
 - Must attend at least 75% of Council meetings
- **Committees meets at least quarterly, though encouraged to meet more often**
 - Must attend at least 50% of Committee meetings
- **Attendance reports are provided to the Secretary of Health annually**
 - Failure to meet attendance requirements results in dismissal, unless the Secretary provides an individual waiver
- **Supported by MDH staff**

Open Meetings Act (OMA)

- Aims to “increase the public's faith in government, ensure the accountability of government to the public and enhance the public's ability to participate effectively in our democracy.”
- The Council, its Statutory Committees and other Committees it establishes are subject to the Act
- Requires: public meetings, adequate notice and public inspection of minutes (including action, attendance and members’ votes)
- Staff, Council Chair and Committee Chairs receive a training in requirements of the Open Meetings Act

Health and Wellness Council

Member Duties

Attendance Requirements

- **75% of Council Meetings**
 - One meeting must be in-person (post-pandemic)
- **50% of Committee Meetings**
 - One meeting must be in-person (post-pandemic)
- **Attendance reports are provided to the Secretary of Health annually**
- **Failure to meet attendance requirements results in dismissal, unless the Secretary provides an individual waiver**

Council Members' Role and Contribution

- **Active Participation**

- Sharing expertise
- Provide guidance
- Provide support to move work forward

- **Committees**

- Serve on one or more Committees
- Provide support to accomplish Committee Action Plan outcomes

Committees
that make a difference

Legislative Involvement

- **Ad hoc Legislative Review Committee**
 - Review relevant legislative bills,
 - Provide recommendations for the Council on if/what position to take
- **Weekly Legislative Calls**
 - All Council members are expected to attend/vote on all position recommendations
 - The Council can only take a position on legislation WITH full member quorum voting



Health and Wellness Council

Council Duties

Council Duties

- **Serve as an advisory body to the Maryland Department of Health**
- **Set additional priorities and direct the work of the Council's Committees**
- **Advisory Committee for the Preventative Health and Health Service Block grant**
- **Legislative Activities (*during Maryland Legislative Session only*)**
 - Review legislative bills relevant to the Council's mission
 - Provide position statements, as appropriate, and per member consensus
- **Deliver a report to the Secretary biennially on its activities**
 - *Due December 31, 2021*

Health and Wellness Council

Council Accomplishments

Preventive Health and Health Services (PHHS) Block Grant

- **Health and Wellness Council serves as PHHS Advisory Committee**
- **Allows states to address their own unique public health needs and challenges**
 - Address emerging health issues and gaps
 - Decrease premature death and disabilities by focusing on the leading preventable risk factors
 - Address social determinants of health to help achieve health equity and eliminate health disparities
 - Support local programs
 - Establish data and surveillance systems to monitor health status
 - Align activities with the Healthy People 2020 Objectives

Preventive Health and Human Services (PHHS) Block Grant

- **Many different initiatives and focus areas**
 - Diabetes Prevention and Control
 - Prevention and Control of CHD
 - Adults at a Healthy Weight
 - Chronic Disease Epidemiology and Surveillance
 - Reducing Obesity in Children and Adolescents
 - Sexual Assault-Rape Crisis Programming
 - Cancer Control and Prevention
 - Community Health Workers and PH Infrastructure

Preventive Health and Human Services (PHHS) Block Grant

Fiscal year from Oct 2019 to September 2020

DIABETES

- **Maryland Statewide Diabetes Action Plan completed and released in November 2019**
 - Health and Wellness Council Diabetes Committee served in advisory role
 - Diabetes Committee also updated their plan of work to support implementation of action steps
 - Focused on gestational diabetes education and follow-up
- **Diabetes Prevention Programs (DPPs) and Diabetes Self-Management Education Support (DSMES)**
 - Expanded access to programs
 - Increasing number of master trainers and lifestyle coaches

Preventive Health and Human Services (PHHS) Block Grant

- **HALT Diabetes Online Platform started**
 - Allows Diabetes Prevention Recognized Programs to offer classes virtually
- **Enhanced software and programming for Be Healthy MD and Workshop Wizard**
 - Recruiting and referring to programs
 - Managing data and billing
- **Investigating software for bidirectional referrals**

Preventive Health and Human Services (PHHS) Block Grant

HEART DISEASE

- **Hypertension Media Campaign**
 - At home blood pressure monitoring
- **Blood pressure cuffs distributed to local health departments**



ADULTS AT HEALTHY WEIGHT

- **Most efforts delayed (Farmers Market, Worksite Wellness Recognition, Messaging)**

POPULATION HEALTH

- **Community Health Worker Certification**
 - To develop an accredited Community Health Worker (CHW) training program

Preventive Health and Human Services (PHHS) Block Grant

- **Fiscal year from Oct 2020 to September 2021: ~3 Million Budget**
- **In fiscal year 2020, ~\$3 Million budget**
 - Diabetes Prevention and Control ~\$912 K
 - Prevention and Control of CHD ~\$654 K
 - Adults at a Healthy Weight ~\$319 K
 - Chronic Disease Epidemiology and Surveillance ~\$282 K
 - Reducing Obesity in Children and Adolescents ~\$212 K
 - Sexual Assault-Rape Crisis Programming ~\$140 K
 - Cancer Control and Prevention ~\$140 K
 - Reduction of Listeria Monocytogenes ~\$105 K
 - Community Health Workers and PH Infrastructure ~\$90 K

Preventive Health and Human Services (PHHS) Block Grant

DIABETES

- Establish diabetes care quality standards for clinicians, conduct stakeholder forums
- Technical assistance for local health improvement coalitions
- Improve statewide diabetes prevention infrastructure
- Increase diabetes and prediabetes awareness



Preventive Health and Human Services (PHHS) Block Grant

HEART DISEASE

- **Fund local health departments in target jurisdictions**
- **Implement a campaign to increase awareness of HTN self-management for adults living in Baltimore City/Prince George's County, Western MD and the Eastern Shore**
- **Support Charles County and Queen Anne's Health Departments to continue their Mobile Integrated Community Health programs**



Preventive Health and Human Services (PHHS) Block Grant

ADULTS AT A HEALTHY WEIGHT

- Promote healthy eating and nutrition through farmers markets
- Implement a media campaign to increase awareness of healthy weight in women
- Partner with a Historically Black College University/community organization
- Implement a strategic process to remove barriers and align healthy weight
- Support the progress of employers engaged in worksite wellness activities through the Annual Work Site Awards meeting

Preventive Health and Human Services (PHHS) Block Grant

REDUCING OBESITY IN CHILDREN AND ADOLESCENTS

- Develop and implement training for Early Childcare Education trainers and childcare providers
- Expand the Safe Routes to School program in two or more counties



Preventive Health and Human Services (PHHS) Block Grant

PUBLIC HEALTH

- **Develop a curriculum for Community Health Workers on chronic disease management**
- **Support 2-year colleges providing Community Health Worker certification training**

Health and Wellness Council

Legislation

Ad Hoc Legislative Committee

- Only active during Legislative Session
- Each Committee must be represented (≥ 1 member from each Committee)

RESPONSIBILITIES

- Review bills relevant to the Health and Wellness Council
- Provide recommendation to the full membership of position, if appropriate
- Secure supporting documentation (articles, etc.)
- Draft position letters

Legislation - Council's Role and Contribution

- **Weekly Legislative Meetings**
- **Ad Hoc Legislative Committee summarizes legislative bill, provides a recommendation**
- **Answer questions of Council and public**
- **Vote on position to secure full Council approval**



HB 134 – Prohibiting Flavored Tobacco Sales

- **Prohibits the sale of all flavored tobacco products in Maryland**
 - Cross-filed as SB177
 - Includes “menthol”, “mint”, “wintergreen” (and chocolate, vanilla, honey, etc.)
 - Includes cigarettes, cigars, vaping devices, and electronic smoking devices
- **Council voted to “Support” this bill on 01/26/2021 (1st reader)**
- **Letter of Support submitted**
- **Hearing was on 02/10/2021 – update pending**
 - To House Economic Matters Committee

SB 365 – Neighborhood Bus. Dev – Food Deserts

- **To expand the Neighborhood Business Development Program to include retaining certain businesses and enterprises in food deserts and areas that serve food deserts**
 - To help create and retain businesses, provide small loans, and loan forgiveness (operating expenses) for certain businesses that support residents' access to healthy foods in a food desert
 - Would take effect July 1, 2021
- **Council voted to “Support” this bill on 01/26/2021 (1st reader)**
- **Letter of Support submitted**
- **Hearing was on 02/09/2021 – update pending**
 - To Senate Education Health and Environmental Affairs Committee

HB 831/SB 732 –Food Systems Resilience Council

- **To establish a Maryland Food System Resiliency Council**
 - To address food insecurity due to the pandemic
 - Develop recommendations to increase the long-term resiliency of the food system
 - Develop (by Nov 1, 2021) a plan to increase the production and procurement of MD certified food
- **Council voted to “Support” this bill on 02/09/2021 (1st reader)**
 - Voted to support Senate Cross File (SB 732) on 02/16/2021
- **Two Letters of Support submitted**
- **House Hearing was on 02/17/2021 – update pending**
 - To House Environment and Transportation Committee
- **Senate Hearing will be on 03/04/2021**

HB 1079 – Admissions and Amusement Tax Exemption

- Exempts taxes related to activities or the use of a recreational or sports facility or rental of recreational or sports equipment that promote health or physical well-being or for admission to an establishment that offers activities that promote health or physical well-being
- Council voted to “Support” this bill on 02/16/2021 (1st reader)
- Letter of Support submitted
- House Hearing will be on 02/23/2021
 - To House Ways and Means Committee



HB 1296 – Daily Physical Activity (Public School Students)

- **Requires 150 minute of physical activity for students in public elementary schools**
 - A daily physical activity program totaling at ≥ 150 minutes of physical education and activity per week
 - Includes recess
 - Includes at least 90 minutes per week of physical education
 - Requires that the program of physical activity be consistent with the student's Individualized Education Program
- **Council voted to “Support” this bill on 02/16/2021 (1st reader)**
- **Letter of Support submitted**
- **House Hearing will be on 03/03/2021**
 - To House Ways and Means Committee





[LEARN MORE](#)

RESOURCES

- **Visit the Council's Website:**

- <https://phpa.health.maryland.gov/ccdpc/wellness-council/pages/default.aspx>

- **Read the Council's Statute**

- http://mgaleg.maryland.gov/2017RS/chapters_noln/Ch_40_sb0038E.pdf

- **Read the Council's Bylaws**

- https://phpa.health.maryland.gov/ccdpc/wellness-council/Documents/Maryland%20Health%20and%20Wellness%20Council%20Bylaws%20July%202020_FINAL.pdf

Next Steps: Upcoming Meetings

Next full Council meeting:

Wednesday, April 21, 2021

4:00 - 6:00 PM

Additional 2021 Dates:

- July 21, 2021
- October 20, 2021

THANK YOU!

Do you have any
questions?

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