

Worcester County Health Department
Worcester County Local Health Improvement Coalition (LHIC)
Thursday, December 14, 2023
Virtual – 8:30 a.m.-10 a.m.

Present: *Alyce Marzola, Atlantic General Hospital (AGH), Anna Malone, Chesapeake Health Care Crisis Center, Becky Jones, Worcester County Health Department (WCHD), Bibta Pradhan, WCHD, Brittany Young, Maryland Physicians Care, Crystal Bell, WCHD, Emily Paterson, Maryland Poison Center, Jackie Ward, WCHD, Jennifer Mahoney, Worcester Lower Shore Clinic, Josh Boston, Chesapeake Health Care, Julie Krenzer, CareFirst, Katherine Rodgers, TidalHealth, Lisa Shockley, Local Management Board (LMB), Mike Trader, WCHD, Mimi Dean, WCHD, Nicole Griffin-Winder, Department of Juvenile Services, Ron Fisher, Community Member, Stacey Walker, TidalHealth Crisis Center, Tamara Mills, Worcester County Public Schools*

Minutes by: Bibta Pradhan

Discussion	Action
<p>Welcome Jackie Ward opened the meeting at 8:32am and welcomed everyone into the meeting.</p>	
<p>Review and Approval of the Minutes from October 19, 2023 Tamara Mills made a motion to approve the meeting minutes and Josh Boston seconded the motion. The meeting minutes from October 19, 2023 were approved as written.</p>	
<p>Introductions/Partner Updates Introductions were done via Chat.</p> <ul style="list-style-type: none"> ● Katherine Rodgers, TidalHealth <ul style="list-style-type: none"> ○ Health Equity and Resource Community (HERC) grant was submitted yesterday December 13, 2023. Thanked partners who worked on this grant. ● Tamara Mills, Worcester County Public Schools (WCPS) <ul style="list-style-type: none"> ○ Worcester County Public School Staff Health for the Holidays completed. There were 241 participants in the challenge. ○ Planning for Worcester Goes Purple. ○ Stephen Decatur High School did a Food Drive for people in recovery. ○ Mental Health in Student Athletes session was done a few weeks back. Student athletes and coaches participated. More advertisements will be done for the next event to increase the number of participants. ○ Youth Council got a personalized anti vaping and anti drug message from Baltimore Ravens Ray Lewis to post on the website. Students will participate in the mental health essay contest soon. ○ Alcohol and THC (Tetrahydrocannabinol) goggles were purchased for middle and high schools. ○ Updates on cannabis in schools were provided in the State School Health Council meeting on December 13. School Health coordinator Lauren Williams will be reviewing the guidelines and making necessary changes to policy and procedure. ○ Planning for the annual Art and Mental Health camp for students with behavioral 	

needs.

- Snow Hill High School (SHHS) has a nutrition science course (SHHS is the only school that has this course in the County). They did projects on nutrition, food and chronic diseases.
- CareFirst rep for the WCPS will be joining collaborative meetings with the school system and the county government starting January 2024 for partnerships and joint collaborative projects on health.
- Alyce Marzola, Atlantic General Hospital (AGH),
 - Walk with the Doc- Saturday December 16th with registered dietitian Kathleen Dorsch at 9 am at the pond in Berlin to talk about eating habits and how to get through during holidays.
- Anna Malone, Chesapeake Health Care Crisis Center
 - Gave a presentation on Chesapeake Health Care Crisis Center that is in Berlin, MD. This center was opened in June/July 2023.
- Stacey Walker, TidalHealth Crisis Center
 - Gave a presentation on TidalHealth Crisis Center in Salisbury Maryland.
- Crystal Bell, Worcester County Health Department (WCHD)
 - Tobacco updates
 - Working with the Board of Education for Mid Year Retreat. The retreat is scheduled on Jan 16th 9am-1:30pm at Technical School for Middle and High School students.
 - New adult and youth tobacco classes will be offered throughout the county starting late January 2024. Working to expand the marketing efforts to increase the enrollment in the program. Worcester residents will be able to submit the online interest form directly to Crystal Bell if interested.
 - Alternative to suspension program- If students are caught violating school tobacco policies, follow up will be made with the advisors and the referring entity to schedule in person alternative to suspension education classes for the students.
 - Youth cessation program is available for youth 14-17 years. Parent's consent is required.
 - Tobacco enforcement - Worcester County Sheriff's Office started compliance checks in mid November. Seven compliance checks were conducted with no failures. Total of 45 retailers have been educated in the WCHD. Non governmental organization, Boys for Positive Change is also assisting with the education of the 60 tobacco retailers.
 - Chronic Diseases and Just Walk updates
 - Diabetes Prevention Program- offered throughout the county, expanding the marketing to increase enrollment in the program. Program has been rebranded as the Healthy Lifestyle Balance program and the tagline is "Eat Healthy Be Active Balance Your Life". Residents can submit an interest form via QR code on the marketing materials.
 - Alzheimer's Disease and Related Dementia grant- funded by Maryland Department of Health (MDH), Worcester is partnering with Chesapeake Health Care. Objective of this program is to raise awareness on brain health, educate on ways to reduce the onset of Alzheimer's and Dementia

The presentation slides from both presentations will be provided after the meeting

For more information on youth and adult tobacco programs, please call 410-632-1100 Ext. 1108

through healthy lifestyle practice and increasing cognitive health screening within primary care practice. Chesapeake Health Care is working on enhancing electronic health record (EHR) capabilities and the Prevention services department is working on the Brain Health and Alzheimer's Dementia resource guide which will be finalized January 2024.

- Healthy Worcester Families - This is a free nine weeks program for families with children ages 7-17 years. New cohort is starting in January in Berlin. This program will be working on improving food security, physical activity, financial literacy and wellness, and communication skills.
- Just Walk initiatives- kicking off 12 days of Just Walk and Wellness initiative. Raffle winner will be announced in 2 weeks. Walktober challenge completed - 29 people had registered and the raffle winner was announced.
- Just Walk Challenge starting from January 1st 2024 to December 31st 2024. Current members are automatically enrolled for the challenge, if not you can sign up. Turn in miles/minutes of movements from any physical activity every month and at the end of the year the person with the most miles/movements will be the winner and receive a Golden Sneaker award. Everyone will be notified on who the top three persons are every three months.

- Mimi Dean, WCHD

- Cancer Updates: Colorectal Cancer Program
Requirements needed to get enrolled in the program: Worcester County residents; Underinsured/uninsured; 45 years and older; 18 years and older with symptoms of colon cancer. If interested please contact Kelly Shockley at Kelly.Shockley@maryland.gov, or call 410-632-1100 Ext 1103.
- Go Red. WCHD is partnering with the humane society this year for this event. Pick a red scarf that has educational messages on heart disease for your pet from the humane society and then take a picture with your pet and post it on social media. More information coming in January.

Additional updates

- Jackie Ward, WCHD
 - Reminder to send flyers and other general information that needs to be shared with the group to Jackie Ward at Jackie.ward@maryland.gov a few days before the end of the month to be included in the monthly updates.

Flyers will be shared after the meeting

Adjournment

- Tamara Mills made a motion to adjourn the meeting and Bibta Pradhan seconded the motion. The meeting was adjourned at 9:28am.

Next LHIC meeting is on Thursday, February 15, 2024 at 8:30am via [Zoom](#)

Phone Number: 301-715-8592

Meeting ID: 844 3312 7080

Passcode: 792053