

**Worcester County Health Department
 Worcester County Local Health Improvement Coalition (LHIC)
 Thursday, February 16, 2023
 Hybrid – 8:30 a.m.**

Present: Bibta Pradhan, Worcester County Health Department (WCHD), Brian Roossien, Legal Resource Center, Brittany Young, Maryland Physicians Care, Christine Felix, Worcester Youth and Family, Crystal Bell, WCHD, Crystal Duffy, Worcester County Juvenile Services, Crystal Heiser, Home Instead, Derek Jarmon, Maryland’s Coast, Ellen Willingham, Johns Hopkins Health Care Priority Partners, Francisco J Vega, Maryland Department of Labor Genet Burka, WCHD, Jackie Ward, WCHD, Jaclyn Sturges, WCHD, Jennifer LaMade, Jesse Klump Memorial Fund (JKMF), Jessica Ransome, Eastern Shore Area Health Education Center (ESAHEC), Jessica Sexauer, Local Management Board (LMB)/ Local Behavioral Health Authority (LBHA), Josh Boston, Chesapeake Healthcare, Josh Davis, Ocean Pines Association, Inc, Julia Scheu, Intern TidalHealth, Katherine Rodgers, TidalHealth, Karen Hughes, Life Crisis Center, Keirsten DeBoer, Deer’s Head Hospital, Kelly Shockley, WCHD, Lauren Blair, Coastal Hospice, Lena Seidenberg, Intern TidalHealth, Lisa Marr, Maryland Department of Health (MDH), Lisa Shockley, LMB, Melissa Huber, Perry Point VA Medical Center (VAMC), Nykol Mariano, Wellpoint, Rochelle Tyler, TidalHealth, Ron Fisher, Community Member Ocean Pines, Tamara Mills, Worcester County Public Schools (WCPS)

Minutes by: Bibta Pradhan

Discussion	Action
<p>Welcome Jennifer LaMade opened and welcomed everyone into the meeting at 8:32am</p> <ul style="list-style-type: none"> ● Approval of the minutes from December 15, 2022 <ul style="list-style-type: none"> ○ Josh Davis made a motion to approve the meeting minutes and Katherine Rodgers seconded the motion. The minutes were approved as written. 	
<p>Introductions/Program updates</p> <ul style="list-style-type: none"> ● Nykol Mariano, Wellpoint (formerly known as Amerigroup) <ul style="list-style-type: none"> ○ Reminder for the renewal of Medicaid as it is ending at the end of April 2023. ● Josh Boston, Chief Operation Officer at Chesapeake Healthcare <ul style="list-style-type: none"> ○ Ongoing work with WCHD on chronic disease prevention programs ○ Expansion of adult dental benefits - hired 3 dentists (starting in Jan., Feb. & June/July) ○ Chesapeake Healthcare has taken over the school based health center at Pocomoke High School with a full time NP (nurse practitioner) who is getting trained on telemedicine. ○ Spreading awareness on colorectal cancer screening ● Jessica Ransome, Education Program Manager at ESAHEC <ul style="list-style-type: none"> ○ Launching next cohort of Community Health Worker training, begins on March 14, completely virtual (full and partial scholarship available) ○ Please contact Jessica Ransome at jransome@esahec.org for more information. ● Tamara Mills, Health Education Coordinator at WCPS <ul style="list-style-type: none"> ○ Worcester Goes Purple <ul style="list-style-type: none"> ■ Mega brain and mega lungs are coming, it will be in 5 schools, 2 community events 	

on February 27th in Stephen Decatur High School at 5 pm and March 1st in Snow Hill High School at 5pm. Everyone is invited.

- Arrive Alive-Driving simulator, all three high schools participate before prom to encourage students not to drive under influence. Students can choose to drive drunk, high or texting and see how they perform

- General School System

- Health and Wellness committee- mid year report due on February 28th
- Pocomoke health center at Pocomoke High School is expanding to give services to elementary and middle school students in Pocomoke
- Poverty grant - providing new community liaisons at Snow Hill and Pocomoke schools to work with families to coordinate wraparound services
 - Crossword play therapy- working with early childhood students who have experienced trauma
 - Wellness center - working with Pocomoke students and families
- Youth council -several projects going on
 - Healthy teen network joining youth council's meeting tonight to participate in a survey that students are working on
 - Taking Take Down Tobacco course
 - Creating vinyl clings that will be put on the refrigerator in the stores to encourage people not to provide alcohol to minors
 - Building vaping billboard that will be on route 50 this summer or fall
- House Bill 119, a health education bill that has been proposed and going through the legislature right now. There is a lot of misinformation about what that bill includes and what effects it would have if approved. If interested in youth health education Tamara Mills is willing to have a discussion and provide information on HB 119

- Derek Jarmon, Program Manager at Maryland's Coast

- Look out for Coast Wellness Walk and the health fair on May 17th in Snow Hill. If interested to be a vendor please contact Derek Jarmon at djarmon@MarylandsCoast.org

- Brittany Young, Health Education Specialist at Maryland Physicians Care

- Redetermination on renew/recertify for medical assistance benefit
- Social Determinants of Health screening starts March 1st

- Christine Felix, Worcester Youth & Family Counseling Services

- RISE (Relaxed Inspired Safe and Empowered) group for teens 15-18 years starts Monday March 19th. It is an afterschool group.
- MOM (Meeting Other Moms) group- every 2nd and 4th Mondays of the month at 5-6pm
- Looking for male mentors who could work 2 days a week
- Healthy cooking class on February 22nd at 2pm in partnership with the WCHD nutritionist
- If interested in any of the above mentioned groups/events please contact Christine Felix at cfelix@gowoyo.org

- Jaclyn Sturgis, Quality and Accreditation Coordinator at WCHD

- Holding Adult Mental Health First Aid (MHFA) training for higher education tract at Salisbury University on March 7th
- Virtual Adult MHFA in April, date TBD
- In-person Youth MHFA in May, date TBD

Once the dates are determined, it will be sent to

<ul style="list-style-type: none"> ○ Partnering with D3Corp to produce a Youth MHFA campaign that will launch for the entire month of May (youth mental health awareness month). Focuses on youth substance use and reducing the risk of suicide with a campaign message “Any youth who have one trusting adult will have 40% less chances to attempt suicide”. ● Melissa Huber, Community Engagement Partnership Coordinator at Perry Point VAMC <ul style="list-style-type: none"> ○ The ongoing coalitions that are focused on eastern shore counties are <ul style="list-style-type: none"> ■ Farmers and Watermen coalition - the coalition meet on Tuesdays, next meeting is on Feb 21st at 2pm via Microsoft teams ■ Veterans suicide prevention coalition. If anyone interested in joining the coalitions please reach out to Melissa Huber at Melissa.Huber2@va.gov ● Crystal Duffy, Supervisor at Worcester County Department of Juvenile Services <ul style="list-style-type: none"> ○ Just started this position last week ● Lauren Blair, Community Relations and Development Manager at Coastal Hospice <ul style="list-style-type: none"> ○ Formerly known as Compass program is now named as Coastal Care Navigators ○ Offering Advanced Illness Webinar ○ Free webinar- on Feb 28th at noon on “Black history & health care: past, present & future” ○ In-person program in April with free CEUs for social workers, nurses and physicians. “Difficult Conversations at the End-of-Life” on Tuesday, April 18 from 7 a.m. – 8 a.m. (Check in starts at 6:30 a.m. / Breakfast will be provided) TidalHealth Peninsula Regional – Hallowell A, 100 East Carroll Street, Salisbury, MD This event is offered in partnership with TidalHealth Peninsula Regional. Click to Register. ● Ellen Willingham, Community Health Advocate at Johns Hopkins Health Care Priority Partners <ul style="list-style-type: none"> ○ Encouraging community to be up to date on COVID and Flu vaccines ○ Redetermination on renew/recertify for medical assistance benefit ○ Ongoing outreach to assist unengaged community members getting into the healthcare system with primary care providers. ● Karen Hughes, Life Crisis Center <ul style="list-style-type: none"> ○ In addition to providing treatment services, now the Life Crisis Center has a human trafficking coordinator who will be supporting services and hosting events. ○ Looking for staff for Crisis Hotline and Safe House and volunteers for Lower Shore CASA (Court Appointed Special Advocate) ○ Parenting classes- The start dates are April 13, June 8, August 3 and October 5th. There will be a total of 7 classes for each session. Registration is required, registration fee is \$15/class or \$100 if paid in full in the first class. Attending the first class is very important. Karen Hughes is the instructor and the contact person for this event. ○ PAC 14 show called Life Crisis Today on various topics <ul style="list-style-type: none"> ■ April is both sexual assault awareness month and child abuse awareness month, so there will be a show on sexual assault awareness today, child abuse and reporting in April, and then a show on mental health later. ● Jennifer LaMade, Executive Director for Jesse Klump Memorial Fund (JKMF) <ul style="list-style-type: none"> ○ Spring Hope Fair on April 23rd at 10 am in Sturgis Park, Show Hill. It will include reiki, massage, meditation, Cascading Carlos, music, vendors, promotion of 988 crisis helpline ○ Anyone interested to have a table (free of charge) please contact Jennifer LaMade at jenniferclamade@gmail.com or JKMF 	<p>Jackie Ward to share with the group</p> <p>Lauren Blair will send flyers to Jackie Ward</p> <p>Flyers were sent to Jackie Ward which will be shared with the group</p>
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<ul style="list-style-type: none"> ● Keirsten DeBoer, Deer’s Head Hospital Center <ul style="list-style-type: none"> ○ Continue providing COVID-19 screening and other practices to match the Maryland Department of Health Centers for Medicare and Medicaid Services (CMS) and Centers for Disease Control and Prevention (CDC) ○ To celebrate heart month educational & health activities were done with staff & residents ● Katherine Rodgers, Director of Community Health Initiatives at TidalHealth <ul style="list-style-type: none"> ○ The findhelp platform, a social determinants of health platform, is about to go live. It is an electronic resource directory that any entity or any person throughout the region can use to find help. Anyone can search anonymously for free. Feedback can be sent to Rochelle after using the platform. Rebranded it as a part of healthy delmarva- the data in the website are the ones that TidalHealth receives through Healthy Communities. Agencies can have a space in the website as well. ○ Update on Maternal Health grant - TidalHealth is one of the final applicants to present at the March 14th meeting. ○ Getting a new wellness van because the Wagner wellness van is old now. With the grant funding the van will be able to be used across both states, Maryland and Delaware. ○ Positions open in healthcare and public health at TidalHealth ○ Several medical residency programs coming ○ Health fest at James and Bennett High School on March 25th 8am to noon, mini health fair on April 12th at Smith Island and then in Laurel, DE on May 6th ● Jessica Sexauer, Director of Worcester County LMB and LBHA <ul style="list-style-type: none"> ○ Finalizing Behavioral Health Plan for FY 24-26 ○ Finalizing grant operating programs for mental health and substance use ○ Finalizing applicants on NOFA for FY24 funds, information will be shared after getting approval by the commissioner at the Feb 21st meeting. ○ LMB is in the process of scheduling training on poverty- introductory training and then a follow up training end of May or June ○ Exploring opportunity to bring trainings on racial and ethnic disparity to this region 	<p>More information will be shared to the group</p>
<p>Community Health Improvement Plan (CHIP) Priorities</p> <ul style="list-style-type: none"> ● CHIP Priority III- Physical Inactivity and Obesity (Lead: Crystal Bell and Crystal Heiser) Physical Inactivity and Obesity Workgroup Update - by Crystal Bell, Chronic Disease and Tobacco Supervisor, WCHD <ul style="list-style-type: none"> ○ Increase access and awareness of affordable physical activity opportunities in the community <ul style="list-style-type: none"> ■ Ongoing promotion of the Just Walk Worcester website and Just Walk Program. ■ 7 Just Walk Fun Walks have been scheduled for FY23 and 4 walks have been hosted throughout the county to date. Total of 234 residents have attended. ■ Ongoing promotion of fitness classes throughout the county in lower income neighborhoods. ■ Worcester Recreation and Parks will be hosting a Wellness Walk and Health fair on May 17, 2023. ○ Increase access to and awareness of healthy foods <ul style="list-style-type: none"> ■ Farm to Library Project <ul style="list-style-type: none"> ● 2 financial literacy trainings were provided to the residents. ● Developed online training for childcare providers. 	

- Funded 3 community garden partners.
- Total of 10 community cooking classes conducted.
- Over 1300 resource guides titled “Eat Healthy. Eat Local. Live Well” distributed.
- What’s Cooking in Worcester - 8 episodes filmed.
- 16 cooking demonstrations conducted in lower income neighborhoods using local resources like farmers markets, community gardens and local food stores.
- Pending approval from Food Lion/Walmart to conduct a grocery store tour.
- Provided food to participants that were identified as affected by food insecurity
- Increase number of businesses and organizations in MD Healthiest Businesses Program
 - Ongoing support to local businesses to complete the CDC Worksite Scorecard.
 - Conducted 3 Just Walk/Healthiest Maryland Businesses meetings.
 - WCPS received 400 subscriptions to Burn-A-Long (corporate fitness platform) for the 22-23 school year.
- Expand CDC lifestyle change programs in the county
 - National Diabetes Prevention Program
 - Ongoing program promotion, referral improvements, and engagement.
 - Currently being offered through in-person sessions at county public libraries, virtual sessions available as well.
 - Exploring the opportunity to expand the location within local churches.
- Increase access to chronic disease prevention and/or self-management programs in the community
 - Promotion of Diabetes Prevention and Diabetes Self-Management continues.
 - American Heart Association handout, “Where to go for care”, distributed.
 - Mobile health van has conducted 58 health screenings like blood pressure, prediabetes risk-test, weight and body-fat composition scan.
 - Total of 1,428 residents reached through community outreach events.
- Conduct place-based community survey to identify key barriers to physical activity and healthy eating among people with limited resources
 - Community survey distributed during several targeted community outreach events. Total of 220 surveys were distributed to the county residents. Results will be used to develop additional strategies for promotion of Healthy Lifestyles.
 - Health Disparities grant - Series of physical activity campaign videos were developed to promote physical activity among African American males in the county based on data from the Worcester County Community Health Assessment. The physical activity campaign videos were shown in the meeting - videos included familiar faces in the community so that the community can relate. The videos are uploaded in the Health Department’s YouTube channel.
- Increase physical activity in the school and extracurricular settings
 - WCPS has health and physical education credits required for graduation
 - 3 sessions of after school programs (1st session 9/26-12/1, 2nd session 1/4/23-3/2/23 and 3rd session 3/27/23-5/18/23). At least one health and wellness/fitness class has to be included.
 - WCPS exploring opportunities for grants for youth physical activity in lower income neighborhoods
 - Elementary schools field day planned for 2023

Links for the video and the survey will be sent after the meeting for feedback

- WCPS Recess policy completed
- School based health and wellness committees held a meeting on Sept 28th to set goals for students and staff
- Enhance physical activity at childcare settings
 - Catch Kids Club Curriculum has been provided to 21 child care providers.
 - Developed an online training for childcare providers - healthy eating, physical activity and stress management and coping. 10 child care providers participated in a follow up survey after the training, physical activity resources were provided.

Prevention updates

- **Colon Cancer Screening Program updates** by Kelly Shockley, Nurse Case Manager and Colorectal Cancer Program Screening Coordinator, WCHD
 - Preparing awareness campaign for colorectal awareness month (March)
 - Wear blue day on Friday March 3rd to honor those who were affected by the disease and for awareness as well.
 - So far in FY 2023, there have been 24 new referrals to the programs, 26 established clients, 9 colonoscopies completed, and new hispanic clients in the program.
 - Challenges in the program are that there are only 2 Gastroenterologists in the area (one each through AGH and TidalHealth) and a long wait time (3-6 months) for colonoscopy.
 - Requirements to enroll in the program: Worcester county residents; Underinsured/uninsured; 45 years and older; 18 years and older with symptoms of colon cancer.
 - American Cancer Society reports
 - Overall cancer mortality rate nationwide declined 33% since 1991.
 - Averting 3.8 million cancer deaths is attributed to reduction in smoking, increased screening for breast, colorectal and prostate cancers, improved treatment regimens and adjuvant chemotherapies for breast and colorectal cancers.
 - The report projects that in 2023 there will be 1,958,000 new cancer cases and 609,000 cancer deaths in the United States.
 - There is an increase in diagnosis for advanced prostate cancer in men with the highest incidence of prostate cancer mortality in African American men.
 - Colorectal cancer (CRC) incidence rate is 30% higher in men than women.
 - Relative survival rate for CRC is 64% at 5 years and 58% at 10 years following the diagnosis.

Additional discussion

- Meeting structure discussion - restructure to create more time for discussion
 - More discussion at future meetings due to technical issues and time

Adjournment

- Meeting was adjourned at 9:56 am by Bibta Pradhan and seconded by Tamara Mills.

Next LHIC meeting is on June 15th at 8:30am - Virtually via Zoom meeting

<https://us02web.zoom.us/j/83748925646?pwd=UTVnaVBYcXROWlZZkR0dkRTOEhUdz09>

Meeting ID: 837 4892 5646

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