**Healthy Montgomery Steering Committee Meeting**

**Meeting Conducted at Kaplan University Learning Center**

**1390 Piccard Drive Rockville, MD 20850**

**Monday, December 5, 2016 ■ 6:00PM-8:00PM**

**Members and Alternates Present:** Uma Ahluwalia, Marcia Alphonso, Dr. Jonathan Brice, Dr. Raymond Crowel, Jackie DeCarlo, Dr. Carol Garvey, Tanya Edelin, Leslie Graham, George Leventhal, Amy Lindsey, Dairy Marroquin, Kimberley McBride, Rachel Newhouse, Dr. Ulder Tillman, Michelle Hawkins, Marilyn Lynk, Nguyen Nguyen, Joanne Roberts, Dr. Ulder Tillman, Eleni Antzoulatos (phone), Sara Demetriou, Kate McGrail, J. Henry Montes, Myriam Torrico

**Healthy Montgomery Staff:** Dourakine Rosarion, Hira Chowdhary, Karen Thompkins

**IPHI Staff:** Lisa Curtis

**Guests**: Rachel Ruffin, Jennifer Vidas, Jeff Goldman, Sanjana Quasem, Sara Demetriou, Arlee Wallace, Evelyn Kelly, Nancy Lim, Bruce Baker

**Meeting materials made available online or provided at the meeting:**

* December 5, 2016 Agenda
* HMSC October 3, 2016 Draft Meeting Minutes for Approval

| **Topic/Presenter** | **Key Points** | **Action Item(s)** | **Responsible** **Person** |
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| **Welcome and Introductions,** *Co-Chairs Councilmember G. Leventhal and J. DeCarlo*  | The meeting was called to order at 6:05 by Co-Chair DeCarlo. Ms. DeCarlo thanked Adventist Hospital for providing the evening’s catering. Co-Chair DeCarlo welcomed all attendees and asked all guests, members, and staff to introduce themselves. Ms. Marcia Alphonso, a new member to the Healthy Montgomery Steering Committee, began the introductions. Ms. Alphonso is a Network Consultant with AmeriGroup. |  |  |
| **Approval of October 3, 2016 Minutes - Action Item,***Co-Chairs Councilmember G. Leventhal and J. DeCarlo*  | Motion to approve the October 3, 2016 minutes was voiced by Councilmember Leventhal. Seconded by Dr. Carol Garvey. Corrections were identified and without objection, the minutes were approved. | **Edits will be made and approved minutes will be uploaded to the website.**  | **HM Staff**  |
| **HHS Director’s Comments** **Open Discussion: Public Health (2017 and Beyond),** *Uma Ahluwalia (HHS)* | Ms. Ahluwalia led a discussion regarding next steps within DHHS as the federal government transitions into a new administration. She identified areas that are likely to change (for example, the state’s Medicaid expansion, the use of block grants, the Patient Protection and Affordable Care Act [ACA], and the federal Medicare waiver that undergirds the Nexus Montgomery initiative). Ms. Ahluwalia encouraged the group to study the Healthy Indiana Plan as well as the implications of the potential changes in relation to the ACA.Ms. Ahluwalia reviewed the gains that have been made thus far in getting County residents access to healthcare services through Medicaid. Continued discussions anticipated regarding block grants and Medicaid. It is still unclear what year will be selected as the baseline if a block grant system is implemented.Whenever possible, Ms. Ahluwalia will advocate to the local delegation for the ability to participate in any potential block granting conversations at the state level. Ms. Ahluwalia reinforced the importance of this as it relates to local level implementation of social service programs. The HMSC was encouraged to forward any thoughts regarding how future funding and financing may be structured in Montgomery County with her via e-mail. The presentation of recommended parameters may occur if participation in any future state discussions is approved. Services that may be impacted include Medicare, SNAP/Food Stamps, Child Care, and the ACA. Depending on the new appointee for the Centers for Medicare and Medicaid Services (CMS), there may still be flexibility granted to allow states to ask for waivers. Additionally, Ms. Ahluwalia encouraged the group to review Vermont’s experience with the implementation of a single payer system. Lastly, members of the state’s delegation are paying close attention to issues in health care in anticipation of policy changes. Dr. Ulder Tillman added that the Medicaid expansion, which is dependent on the ACA, will be at risk. If the Medicaid baseline is favorably established, the County may do well in the first year. However, our nationwide experience with Temporary Assistance for Needy Families (TANF) has not been encouraging (only 26% of TANF funding is being used for TANF programs directly, and a cost of living adjustment in TANF has not been made in recent years). The value of the block grant has significantly decreased. Ms. Ahluwalia again encouraged the group to prepare for changes that may arise from the implementation of block grants.Open discussion amongst the HMSC followed. Leslie Graham asked if there was a local model/example of block granting. Ms. Ahluwalia shared that she has requested meetings with public officials to see if there is interest in a local conversation regarding the matter. Ms. Ahluwalia discussed reaching out to neighboring jurisdictions to collectively engage in a discussion with the federal government regarding block granting if implemented. Dr. Tillman raised concerns regarding funding that will be re-allocated from the Prevention Trust Fund within the ACA to the 21st Century Cures Act. This will increase funding for the National Institute of Health and cancer research yet decrease funding for CMS. The implications in Montgomery County are significant. While we have created access paths to health care services for many residents, there is uncertainty going forward. An amended budget will be submitted for FY18 to accommodate anticipated reductions in funding.Brief discussion regarding child care subsidy assistance, potential changes in the funding of education as well as sanctuary city status within Montgomery County. Councilmember Leventhal encouraged the HMSC to remain engaged and informed as more information is released regarding the incoming federal administration.  |  |  |
| **Park Recreation and Open Space Plan Update,** *Rachel Newhouse* | Ms. Rachel Newhouse provided a presentation on the 2017 Parks, Recreation, and Open Space (PROS) Plan update (completed every five to six years). The PROS plan aims to deliver the right parks in the right places, assist in the revision of policies, identify future facility needs and resource conservation priorities, and guide priorities for park acquisition, renovation, development and preservation. The presentation included an outline, schedule, and outreach strategy. Key points made during the presentation include:* Promoting healthy living (Heart Smart Trails, fitness courses in parks, exercise programs, and Children in Nature programs), balance stewardship and recreation, protect significant natural, historical, and archaeological resources, promote economic competitiveness, and promote access for under-served populations
* Review of National Recreation and Parks Association’s Park RX program: Montgomery County Parks RX prescription pads were distributed to the meeting attendees.
* Get Well Be Well
* The impact of parks on the County’s economic competitiveness, social equity benefits, stress, and appreciation for community relations
* The relationship between good health and nature. i.e Ecotherapy, Healing Forests, and Outdoor Exercise
 | **Presentation will be uploaded to website.** | **HM Staff** |
| **Health Literacy Capacity within Montgomery County,** *Michelle Hawkins* | Ms. Michelle Hawkins provided an update regarding the Commission on Health’s (COH) efforts to improve health literacy, specifically health insurance literacy. There is growing concern regarding health insurance enrollment and the importance of ensuring that residents understand the plans that they have selected. Improving health literacy can yield improved health outcomes.Councilmember Leventhal commented that he was pleased to see that the goals of the COH are beginning to align with those of the Healthy Montgomery Steering Committee. The COH would like to get a better understanding of what the County’s Navigators are doing to ensure that residents have a baseline comprehension of health literacy in order to make the most effective choice during the enrollment process.Reminder to the HMSC provided in relation to The Primary Care Coalition’s (PCC) *Destination Health* materials. *Destination Health* provides health literacy/insurance literacy information in seven different languages.Dr. Tillman commented that we should also focus on ensuring that medical providers are communicating with patients using easily understood words/phrases. This will increase patient participation and compliance with their health care services.Co-Chair DeCarlo recommended that all health literacy resources be collected and shared with the group. | **Create a Health Literacy resource list.**  | **HM Staff**  |
| **Behavioral Health Re-Alignment**  *Dr. Raymond Crowel* | Dr. Crowel provided an update regarding the Behavioral Health Crisis Services (BHCS) strategic re-alignment process. He and Dr. Jennifer Vidas (lead coordinator of the project) are overseeing this effort. Dr. Crowel gave an overview of the meeting schedule & structure, and commented on the effectiveness of collective impact as a method to find points of intersection across activities and the identification of partnerships. The groups involved in the BHCS strategic re-alignment represent a broad spectrum of behavioral health providers within the County. The BHCS strategic alignment focus group sessions were organized by age group (kids, adults, and seniors) and components of the behavioral health continuum of care (wellness & promotion, prevention & treatment, and recovery). During each session, the groups discussed what behavioral health looks like at each stage, and focused on what works well. The sessions focused on strengths within the County and participants were encouraged to think beyond funding limitations during the process. The outcome of the sessions will be shared with the work group participants and then with the community for feedback before it is finalized. Common session themes during the discussions included: trauma informed care, whole person oriented care, Health in All Policies (HiAP), and embedding services to meet people where they are.  |  |  |
| **Chronic Disease Rapid Action Planning** *Lisa Curtis*  | Ms. Lisa Curtis provided an update regarding the upcoming Chronic Disease Cluster (combined Nutrition and Physical Activity Strategy Area) Rapid Action Planning session to be held on December 15th. The session will influence the strategic components of the Community Health Improvement Plan. A follow-up session will be hosted in early 2017 to develop corresponding work plans.   |  |  |
| **Eat Well Be Active / Transforming Communities Initiative** *IPHI*  | Ms. Tanya Edelin and Ms. Evelyn Kelly provided an update regarding the Eat Well Be Active (EWBA) initiative. The leadership that spearheaded the initial EWBA efforts has respectfully stepped down and the initiative will continue to develop and enhance efforts to reduce/prevent obesity within the County. HHS has offered staff-support to close any existing gaps to ensure that the work of EWBA continues to move forward while additional partnerships/community representatives are identified. Mr. Bruce Baker, a member of the EWBA Coordinating Committee, expressed that the Committee looks forward to developing a stronger collaborative relationship with its partners and re-convening the community work groups within EWBA. He shared that support from Healthy Montgomery will assist in achieving this goal. Additionally, Ms. Kelly gave a high-level overview of the Transforming Communities Initiative (TCI) grant which is focused on policy, systems, and environmental change, obesity, and tobacco cessation. Additionally, the TCI grant includes a community investment component and requires a 100% match from recipients. Additional partnerships are being determined to move the pre-selected strategies forward. The TCI strategies include: 1. Implementation of nutrition standards in early-childhood settings
2. Adaptation and implementation of a complete streets policy
3. Creation of local school wellness counsels in public schools
4. Promotion of tobacco-free living

There was discussion regarding the initiation of school wellness counsels. To support this work, Dr. Jonathan Brice (MCPS) recommended that a meeting with the Office of Student Engagement occur to determine the best method of carrying out the elements of the TCI grant that may impact MCPS. Ms. Ahluwalia and Ms. Joanne Roberts commented on the Alliance for A Healthy Generation; it focuses on childhood obesity as well.  | **Incorporate CHNA video feedback.**  | **HM Staff** |
| **2016 Community Health Needs Assessment (CHNA) – Update,** *Dr. Ulder Tillman (DHHS)* | Dr. Tillman provided an update regarding the dissemination of the CHNA report. Feedback received from the HMSC is being used to revise the CHNA summary document. An overview of the CHNA was recently provided to the Montgomery Cares Advisory Board, Seniors at Oasis/Suburban Hospital, the African American Health Program, the HHS Senior Leadership Team, the Medical Explorers (youth group) via Suburban Hospital, the Healthy Communities Institute DC Regional Client Meeting, and the Commission on Health. The CHNA will be presented to the Latino Health Initiative Steering Committee and the Commission on People with Disabilities in January. A presentation at the Holiday Park Senior Center is scheduled for the spring. A six-minute CHNA overview video was premiered. Ms. DeCarlo thanked HM for their work in creating this resource and encouraged the group to share comments,, and suggestions to enhance the video. The HM staff with incorporate the recommended edits to the video. Once finalized, the HMSC will facilitate the dissemination of the video resource.  |  |  |
| **Hospital Work Group – Update**, *Dairy Marroquin* (MedStar Montgomery Medical Center) | Ms. Dairy Marroquin provided an update from the Hospital Work Group. The Work Group’s focus has been on evaluating cardiovascular health resources, with an emphasis on senior exercise programs. They have been developing metrics for the program. The Work Group is now working towards diabetes prevention and self-management programs with three priority areas: 1. Develop a strategy to get information to the County’s safety net clinics, training providers and staff members in order to directly connect candidates to diabetes programs
2. Identify common metrics
3. Identify a common Spanish-speaking Certified Diabetes Educator (CDE) who can be shared across organizations to serve the County’s growing Latino population

These areas will be explored during the Chronic Disease Cluster’s Rapid Action Planning effort. The Hospital Work Group continues to discuss the need to connect the community to different resources. Additionally, the Work Group seeks clarification regarding if the hospitals will be able to connect their resources to infoMontgomery.  | **Follow up request to link hospital resources to infoMontgomery.**  | **HM Staff** |
| **Open Discussion** | Councilmember Leventhal requested that the HMSC provide any feedback regarding the CHNA video on the provided index cards and turn them into an HM staff member by the end of the meeting. Ms. Roberts shared information regarding the 100 Mile Challenge commencing in January 2017. She encouraged everyone to sign-up for the challenge. The challenge aims to accrue 100 miles of physical activity in 100 days for each participant.  |  |  |
| **Wrap-Up/Adjourn** | The meeting was adjourned by Co-Chair DeCarlo at 8:00 PM |  |  |