

# Chronic Disease Action Team Meeting

Tuesday, January 26, 2021 1:00 - 2:30 p.m.



# Agenda

1. Introductions
2. CHA/CHIP Overview
3. Data Review
4. Action Team Co-Chairs
5. Next Steps/Action Items
6. HEAL Webinar Series
7. Partner Updates



# Introductions

- Jacquie Heaney - HSMP Coordinator
- Stephanie Richardson
- Angela Cochran
- Bree Burandt
- Brian Abell
- Elizabeth Conty
- Jessika Hall
- Keri Reed
- Kim Dollarton
- Lori Norton
- Lynn Mejia
- Michelle Pottinger
- Nancy Stone
- Nya Ferguson
- Stephanie Thomas
- Sue Veith
- Suha Ansari
- Synda Chase
- Japan Bhalja



# CHA/CHIP Overview

- [2020 Community Health Assessment](#)
  - 4 health priority areas identified
  - [2021 HSMP Membership Form Update](#)
- [2021 CHIP Timeline](#)



# 2020 CHA Data Review

- Age-Adjusted Death Rate Per 100,000 Population
  - Heart Disease - 160.5
  - Cancer - 167.7
  - Stroke - 33.4
  - Chronic Lower Respiratory Disease - 43.7
  - Diabetes - 29.3
- Emergency Department Visit Rate Due to Hypertension - 519
- Cancer Incidence Rate (Per 100,000 Population) - 440
- Percent of Cancer Deaths Due to the Different Cancer Types (
- Cancer Incidence Rate (Per 100,000 Population) Due to the Different Cancer Types
- Emergency Department Visit Rate Due to Asthma - 68.1
- Diabetes Age-Adjusted Prevalence (Percentage of Adults That Have Ever Been Diagnosed With Diabetes) Among Adults - 11%
- Diabetes Age-Adjusted Incidence (New Cases of Diabetes Per 1,000 Adult Population) Among Adults - 10
- Emergency Department Visit Rate Due to Diabetes - 299.5

# 2020 CHA Data Review

- Percentage of St. Mary's County adults who reported current smoking - 17.4%
- Current (During Past 30 Days) Use of Any Tobacco Product by High School Youth - 38.2%
- Lifetime Electronic Vapor Product Use by High School Youth - 49%
- Current (in past 30 days) Electronic Vapor Product Use by High School Youth - 35.4%
- Lifetime Electronic Vapor Product Use by Middle School Youth - 20.4%
- Current (in past 30 days) Electronic Vapor Product Use by Middle School Youth - 9.1%
- High school students reported eating vegetables one or more times per day during the 7 days prior to the survey - 56.1%
- High School Students reported eating fruit or drinking 100% fruit juices one or more times per day during the 7 days prior to the survey - 49.5%
- Physically active adults - 49.5%
- High school students reported being physically active for a total of at least 60 minutes per day on five or more of the seven days prior to being surveyed - 39.2%
- St. Mary's County residents have adequate access to exercise opportunities - 77%
- Adults who were not overweight or obese - 25.4%
- High school students classified as overweight - 16.2%
- High school students classified as obese - 14%

# 2020 CHA Data Review

- Residents that did not have health insurance of any type - 5.8%
- Primary care physician to population ratio - 1:2,500
- Adults reported having one person they think of as their personal doctor or healthcare provider - 76.7%
- Residents had a routine checkup in the past year - 74.7%
- Southern portion of the County, including Great Mills, Lexington Park, Park Hall, and St. Mary's City, has a geographic designation as a primary care HPSA, which indicates a primary care provider ratio of less than 1 per 3,500 residents
- Northwestern portion of the County, including the Chaptico and Milestown communities, has been designated a medically underserved area (MUA)
- Discharge rates for ambulatory-care sensitive conditions per 1,000 Medicare beneficiaries - 57.8

# Data measures tracked in other Health Improvement Efforts

- [MD SHIP](#)

- Adolescents Who Have Obesity
- Adolescents Who Use Tobacco Products
- Adults Who are Not Overweight or Obese
- Adults Who Currently Smoke
- Increase Physical Activity
- Adolescents Who Received a Wellness Checkup in the Last Year
- Children Receiving Dental Care in the Last Year
- Persons with a Usual Primary Care Provider
- Uninsured Emergency Department Visits
- Age-Adjusted Mortality Rate from Heart Disease
- Cancer Mortality Rate
- Emergency Department Visit Rate Due to Asthma
- Emergency Department Visit Rate for Dental Care
- Emergency Department Visit Rate Due to Diabetes
- Emergency Department Visit Rate Due to Hypertension

- [Healthy People 2030](#)



# Data Points to Track?



- Adolescent smoking/vaping
- Adults who are overweight/obese (segmented)
- Diabetes data
- Racial disparities in chronic diseases
- Preventive Screenings (diabetes, dental, eye exams, colorectal/lung/breast cancer screenings)
- Tracking local physical activities offered locally (# of providers)
- High School students reporting being physically active
- Hypertension stats
- Percentage of ER patients are provided with resources for managing their chronic disease (hypertension, diabetes, cholesterol) in order to prevent hospital readmission
- Tracking usage of HD website (chronic disease specific resource/info pages)
- Diabetes - those with other comorbidities (i.e. cardiac, obesity)
- Telehealth usage
- ED visits for asthma (can track referral rate to childhood asthma program)
- Jacquie will work on this for final discussion at February meeting. If you have any other data points you'd be interested in the team tracking, please email [stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)

# Action Team Co-Chairs



- 2 year term
- Duties:
  - Providing overall leadership for the action team.
  - Exercising general powers of management usually vested in the office of the Co-Chair.
  - Serving as liaison for the action team to the Steering Committee and overall HSMP.
  - Convening and leading action team meetings
- Any volunteers?
  - Keri Reed
  - Brian Abell

# Next Steps/Action Items

- 2021 Team Priorities (More to Explore, HEAL Webinar Series, etc)
- For February Meeting - Look into Strategies for CHIP
  - Tobacco/Vaping
    - Promote Text to Quit programs to youth (This is Quitting, etc)
    - Implement Catch my Breath program in schools
    - Communications Campaigns
    - Tobacco Policies: Flavor Ban, packaging laws, price policies
  - Diabetes
    - [MD Diabetes Action Plan](#)
  - Cancer Screening Awareness
  - Nutrition Education
  - Mobile Clinic
  - Healthy Kids Meals Bill

# HEAL Webinar Series



- Ideas discussed at November meeting:
  - No Thyme to Cook
  - University of Maryland Extension
  - REAL Food Studio in Medley's Neck - Lisa Kelley - has agreed to help with this (cooking & nutrition)
  - Health Connections
  - Yoga (instructor at SMCM - offering online classes now)
  - CSM (fitness)
  - Could we link with these programs for an activity they're already hosting and they'd be willing to let us co-host?
  - UHC - virtual zumba class!
  - Spirit club -virtual fitness program
  - Giant Food - free cooking class
  - Walk Audit - Mark Fenton -
  - Mix in chronic disease education
- Timeframe for series?
  - Varying (lunch break vs evening class)
  - Recorded and posted to HSMP Website
  - Look at all the health months thru the year and see if we can relate classes to that month's topic?
- Jacquie and Nya will begin reaching out to the organizations and scheduling!

# Partner Updates



- UMD Health Partners was acquired by CareFirst - new name as of February 1 - new cards coming out
- COVID Special Enrollment period through Maryland Health Connection open through March 15
- MedStar St. Mary's has upcoming Diabetes Prevention Program classes coming up. No charge. Yearlong program starts: March 15th at 5:30pm for our partner program and April 14th at 5:30pm for our regular Simple Changes. Living Well with Diabetes (6 week Diabetes workshop) starting March 30 6pm. Support Groups for Stroke and Parkinson's are available monthly. Call Health Connections to register or for more information.
- SMCHD Healthy Community DDesign workshop is this Friday @ 10:30 - we can add you to the calendar invitation! [Virtual Tobacco Cessation](#) class starting Feb. 4
- Brian - Free tennis Sat/Sunday 9-12 at Cecil Park in Valley Lee
- Legislative Update - HB609 - Introduced by Del. Boyce and Hearing on Feb 5, @ 1:30 pm. This bill requires each county board of education and authorizes nonpublic schools in the State to establish a policy to authorize certain school personnel (registered nurse, school, teachers and other staff who have worked at least 7 days each school year) to administer bronchodilators to certain students who experience asthma or reactive airway disorder so as to ease these symptoms [mgaleg.maryland.gov](http://mgaleg.maryland.gov)
- Lori - [SMCHD Cancer Screening Program](#) - uninsured/underinsured residents for breast/cervical/colorectal cancer - all qualification available on SMCHD website.
- Lynn - United Health Care Community Plan and Individual Exchange Product is available on Maryland Health Connection
- SMCHD [Childhood Asthma/Lead Prevention Program](#) for children ages 2-18 with Medical Assistance. Provide education about Asthma, home safety assessments, and durables.
- SMCHD Behavioral Health and Health Equity teams are offering a webinar in late February on children's mental health. Eventbrite to come!
- [Global Crisis: COVID-19 & Vaping Webinar Series](#)

# Communications

- Submit event and news updates/information at:  
<http://healthystmarys.com/newsletter/> or email  
[stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)
- Follow HSMP on Social Media
  - Facebook: Healthy St. Mary's Partnership
  - Twitter: @HealthyStMarys



# Upcoming Meetings

- Does this time work?
- February 23 @ 1:00 p.m.

