

MARYLAND STATE ADVISORY COUNCIL ON HEART DISEASE AND STROKE
MEETING MINUTES
JULY 21, 2016

ATTENDANCE

Members Present

Catherine Cooke (phone)
Michaeline Fedder
Leslie Graham (phone)
Roger Harrell (phone)
Surina Jordan
Seth Martin
Sheila McLean
Mike Miller
Kristi Pier
Brent Reed
Barney Stern

Members Absent

Mohammed Abuzahra
Brian Avin
Anna Aycock
Jeanne Charleston
Kisha Davis
Kathleen Keefe Hough
Marcella Wozniak

Guests

Kathleen Graham
Omar Hasan
Sana Hashim
Ilene Rosenthal
Judy Simon
Bailey Vernon

WELCOME AND INTRODUCTIONS

- The meeting was called to order at 4:05 pm.
- Attendees in the room and on the phone introduced themselves.

APPROVAL OF MINUTES

- The April 7th meeting minutes were approved by majority vote of the attendees after a motion was made by Michaeline Fedder and a second motion by Mike Miller to approve the minutes.

PRESENTATION

- *Improving Cardiometabolic Health Outcomes*, webinar by Omar Hasan, MD, MPH, FACP, Vice President, Improving Health Outcomes, American Medical Association
 - Dr. Hasan was introduced at 4:10 pm by Dr. Stern followed by a presentation on the work of the American Medical Association to improve health outcomes. The presentation was focused around AMA's work to address the key risk factors of hypertension and prediabetes. Dr. Hasan shared various tools to include resources to improve blood pressure control, the National Diabetes Prevention Program, and STEPS Forward:
<http://targetbp.org>
www.cdc.gov/diabetes/prevention
www.preventdiabetesstat.org
www.stepsforward.org

COUNCIL UPDATES

Member Updates

- **Michaeline Fedder** – DHMH and the Governor's Appointments Office are seeking high energy, committed Maryland residents to apply for appointment consider as public members on Health Occupation (HO) Boards. Links to the 20 HO Board websites can be viewed at <http://dhhm.maryland.gov/pages/boards.aspx>. The HO Boards are the licensing entities for health practitioners. For those who want to learn more, please contact Kim Bennardi at 410-767-4049.

Legislative Updates – No updates

Center Updates - Kristi Pier

- **Walk Maryland Day** – Governor Hogan proclaimed October 5, 2016 as the 2nd Annual Walk Maryland Day, which will be 4-5 times larger than 2015. The event will promote the state exercise of walking and encourage individuals, groups, and worksites to participate by walking, generating awareness, and planning events. The event is co-sponsored by DHMH, MDoA, MSDE, University of Maryland Extension, and the Maryland Advisory Councils on Heart Disease and Stroke, Arthritis and Related Conditions, and Physical Fitness.
 - **Surina Jordan**, chair of the Advisory Council for Physical Fitness, explained that Walk Maryland Day is finally getting more synergy. The council is working to change the culture around walking and plan activities that will engage more partners and be sustainable.
- **Grants** – The center has received several grants to include a 5-year disabilities grant to improve chronic disease outcomes for those with disabilities; a 1-year grant from the Alzheimer’s Association to collaborate with the local chapter and implement action items from the Healthy Brain Initiative: Public Health Road Map; and an additional grant that will be announced soon.
- **Center Conference** – *Building Success of Evidence-Based Community Programs: Improving Chronic Disease Outcomes in Maryland*, for 300 of the center’s partners on September 7 at the University of Maryland College Park. Register - <http://tinyurl.com/ccdpc2016>
- **Wellness at Work Awards** – For the first time, 42 of Healthiest Maryland Businesses received awards from Secretary Mitchell for exemplary achievement in worksite wellness on June 10.
- **Be Healthy Maryland and Workshop Wizard** – Continued expansion and utilization of online tools for referrals and management of evidence-based programs (i.e. Diabetes Prevention Program).
- **Local Health Departments** – Building capacity around the 1422 grant for local health departments in 9 jurisdictions to move the bar on diabetes prevention. Awarded 5 local health departments to promote wellness in schools and child care centers and awarded 7 local health departments to do quality improvement work in health systems.

PRESENTATION

- *Alzheimer’s Disease and the Heart – Brain Connection* by Ilene Rosenthal, MSW, Alzheimer’s Association Greater Maryland Chapter
 - Ms. Ilene Rosenthal was introduced at 5:15 pm by Dr. Stern followed by a presentation on the current efforts of the Alzheimer’s Association, basics of Alzheimer’s disease (AD), and the heart-brain connection. There was discussion around the of incidence and prevalence of AD, lifestyle changes for treatment, and accurate diagnosis.

CHAIR NOMINATIONS

Dr. Stern announced that the council must vote for both Chair and Co-Chair positions through an anonymous online poll that would be sent via email after the meeting. The council thanked Dr. Stern for his 8 years on the council and leadership as chair.

By majority vote on the online poll, Dr. Michael Miller is the new Chair of the Council and Dr. Marcella Wozniak is the Co-Chair, effective July 2016. They will each serve a 2-year term.

UPCOMING MEETING

October 13, 2016, 4:00 – 6:00 PM

ADJOURNMENT

The meeting was moved to adjourn at 5:52 PM