

STATE ADVISORY COUNCIL ON HEART DISEASE AND STROKE  
MEETING MINUTES – July 23, 2015  
4:00 – 6:00 PM

**MEMBERS & GUESTS PRESENT**

Avin, Brian (member)	Wozniak, Marcella (member)
Aycock, Anna (member)	Kitsul, Tamara (guest)
Ntatin, Adelline (staff)	Miller, Mike (member)
Blumenthel, Roger (member)	Moncrief, Dana (guest)
Abuzahra, Mohammed (member)	Goldberg, Samuel (member)
Pier, Kristi (member)	Bell, Ashley (guest)
Cooke, Catherine (member)	Miller, Michael (member)
Fedder, Michaeline (member)	Stern, Barney (member)
Harrell, Roger (member)	McLea, Sheila (member)
Graham, Leslie (member)	Hashim, Sana (guest)
Donnelly-Struzzo, Mary (member)	

**WELCOME AND INTRODUCTIONS**

Council Chairperson Barney Stern convened the meeting at 4:05 p.m.

**Council Updates**

***Council Appointments***

- Barney Stern approved as Chairperson and Michael Miller as Co-Chair in June 2015.

***Member updates***

- Time did not allow for member updates.

**Maryland Quitline**

- Dawn Berkowitz, Director of the DHMH Center for Tobacco Prevention and Control, provided information about the Maryland Tobacco Quitline, 1-800-QUIT NOW. The Quitline is a free telephone-based counseling service available to all Maryland residents ages 13 and older who are ready to quit smoking. Ms. Berkowitz discussed the following topics: tobacco use in Maryland, cardiovascular effects of smoking and benefits of quitting, the steps of the Quitline counseling process, additional support for residents using the Quitline (e.g., free patches and/or gum for up to 12 weeks), dedicated programs for priority populations (e.g., pregnant women), demographic characteristics of Quitline users, fax/electronic/e-mail referral mechanisms, available provider trainings, samples of recent media, and information on ordering Quitline materials through [www.smokingstopshere.com](http://www.smokingstopshere.com). The Council members engaged in further discussion, providing helpful feedback on the best ways to share Quitline information with patients (e.g., in-hospital discharge instructions).
- See attached presentation.

**Maryland Heart Disease Stroke Council Report**

- Adelline Ntatin, Council Staff, discussed the status of the Council's Report to the Governor, which is to be submitted internally on October 1. The report is currently being drafted and once

approved it will be sent to Annapolis on or before November 1, 2015. Once ratified by the Governor, the report will be available for council members to read.

- In order to complete the Council Biennial report, all council members are encouraged to share organization measurable outcomes from programs and activities that reduce the burden of heart disease and stroke that have taken place in 2014 and 2015 using an update form to be shared with all.

### **Council Priorities for 2015-2017**

- Member feedback from the Council priorities and goals survey was presented and reviewed by all. These were stratified under the categories of *Prevention, Disease Management, and Sustainability*.
- Consensus among council members was to identify at least two priority strategies amongst each category for further discussions. The following strategies were agreed upon:
  - 1. Priority – Prevention**
    - ▶ Exercise to target cardiovascular disease risk – “Move Maryland”
    - ▶ Policies promoting healthy eating and walking
    - ▶ Saturated fat and cardiovascular risk
  - 2. Priority – Disease Management**
    - ▶ Monitor the state’s metrics for acute stroke treatment (and implications for health education, legislation, etc. to optimize acute stroke treatment)
    - ▶ Long term cardiovascular and stroke rehabilitation status of coverage in Maryland
    - ▶ Guidelines for vascular risk management
  - 3. Priority – Sustainability**
    - ▶ Enhance access to patient data through EHRs
    - ▶ Training healthcare team members to work effectively with clients in self-management programs

### **Action Items**

- Complete the report updates for the Biennial Report, due to Adelline Ntatin at DHMH ([adelline.ntatin@maryland.gov](mailto:adelline.ntatin@maryland.gov)) by August 10.
- Define council priorities.

**Meeting Adjourned:** 6:10 pm

**Next Meeting:** The meeting dates for 2015 are as follows:

October 22, 2015