

**STATE ADVISORY COUNCIL ON HEALTH AND WELLNESS:  
ARTHRITIS COMMITTEE  
MEETING MINUTES  
July 17, 2019  
5:00 PM**

**Maryland Department of Health  
201 West Preston St, Room Rm 100  
Baltimore, MD 21201**

**Committee Members Present**

Rachel Pigott (co-chair)  
Margaret Gwaltney  
Linda Kline

**Committee Members Absent**

Donna Nordstrom  
Jody Marshall (chair)

**Committee Staff Members Present**

Erin Ashinghurst

Minutes respectfully submitted by: Erin Ashinghurst

**Introductions**

- The meeting was called to order at 5:05 pm by Erin Ashinghurst.
- Committee members introduced themselves.

**Minutes**

Erin Ashinghurst asked if there were any changes to the April 17, 2019 meeting minutes. As there were no changes, following a motion to approved by Rachel Pigott which was then seconded by Linda Kline. All Committee members voted in favor of approving the April meeting minutes.

**Committee Goal Statements**

Erin presented a revised version of the draft work plan at the start of the meeting for discussion and noted that the committee needed to develop clear outcomes and a reasonable timeline for completion.

- Goal A: Increase the utilization of evidence-based programs/interventions to decrease the burden of arthritis in Maryland.
- Goal B: By 2020, increase the number of evidence-based programs addressing arthritis prevention and management in the community to 5-10%.
- Goal C: By 2020, increase health practitioner referrals to evidence-based programs for arthritis prevention and management in the community by some percent to be determined

- Goal D: By 2020, increase by a number to be determined of adults (older adults and people with disabilities) with arthritis participating in evidence-based programs.

## **Discussion**

- Since the last meeting, Ms. Piggott connected with Maryland and Delaware Arthritis Foundation to determine interest in participating in the Arthritis Committee and Wellness Council.
- The group discussed the proposed objectives and activities and identified that our current number of goals and scope of work seemed unattainable by the deadline set forth by the Wellness Council. The group debated ideas for revisions of each, as well as the option to condense goals and develop a new, focused goal and outcomes.
- One member voiced a need to understand the priorities of the Maryland Health Department so that the Arthritis Committee can identify how the work of our committee supports the mission of the Wellness Council at large. For example, has the Wellness Council identified categories or domains (i.e. “Public Awareness”) through which the Arthritis Committee could focus our efforts?
- There was a general consensus to move forward with a new priority to “Develop and implement a 5-year action plan to initiate, sustain, and expand dissemination strategies to promote selected Arthritis Appropriate Evidence-Based Intervention (AAEBIs)”.
- The group discussed the opportunity to partner with the Physical Activity Committee to launch social media messages promoting arthritis awareness materials as well as partnering with practitioners or national organizations such as the Arthritis Foundation to disseminate up to date data briefs and infographics.

## **Next Steps**

- Committee members agreed to continue to use Google docs to share documents in this planning process.
- Rachel Piggott will revise the Arthritis Action Plan template in google docs to include the revised goals.
- Per the co-chair, the committee chairs will meet with Dr. Rose and the Wellness Council’s other Committee leads team in mid-late July to review individual committee status and determine the next steps.
- Rachel will reach out to the Arthritis Committee following that meeting to schedule a conference call in August to discuss the next steps.

## **Adjournment**

- Erin Ashinghurst reminded the group that the next in-person meeting will occur on October 16, 2019 with a conference call option.
- Erin Ashinghurst moved to adjourn the meeting and Ms. Piggott seconded the motion. The meeting was adjourned at 5:55 pm.