

**HEART DISEASE AND STROKE COMMITTEE**  
**MINUTES**  
**OCTOBER 16, 2019**  
**5:00 p.m.**

The Heart Disease and Stroke Committee held a public meeting on 10/16/2019, beginning at 5:00 p.m. at the following location:

Maryland Department of Health  
201 West Preston Street, L-4  
Baltimore, MD 21201

**Members Present**

Mary Backley  
Angela Deal  
Roger Harrell  
Seth Martin  
Kristin Watson  
Vanina Wolf

**Members Not Present**

Lois Freeman  
Josie Ogaitis  
Anne Williams (Chair)

**MARYLAND DEPARTMENT OF HEALTH STAFF PRESENT**

Sadie Peters  
Melissa Beasley  
Maya Nirmalraj

**1. Roll Call and Introductions**

CCDPC staff took roll call. Existing and new council members introduced themselves to the committee and provided a summary of their work experience.

**2. Brainstorm Goals and Priorities for Work Plan Template**

CCDPC staff summarized the last meeting (April 17), since the July meeting was canceled. CCDPC staff stated that the committee is in a unique position to explore a new area to build upon. While the current chair has taken a leave of absence, the committee should continue their efforts.

The committee discussed the 2010 Heart Disease and Stroke Prevention and Control Plan. While the plan was extensive, it was broad and did not focus on prevention. The committee would like their work to focus on heart disease prevention. CCDPC staff discussed the fact that self-measured blood pressure monitors are a gap in care provided by clinicians. The CDC supports SMBP and the continued engagement of patients. There is significant evidence showing that team-based care and patient engagement can successfully improve health outcomes.

The committee would like to focus on BP screening. There is an American Heart Association developed toolkit on procedures for screening patients for high blood pressure. The committee discussed the state's new Community Health Worker Certification and would like to learn how extensive what the blood pressure screening training includes. If needed, the committee could develop a toolkit to address blood pressure screening.

### **3. Action Steps**

- CCDPC staff will look into Maryland's new Community Health Worker Certification to learn what it addresses for cardiovascular health outcomes.
- Dr. Watson will research the impact that Community Health Workers have had on BP screenings, hypertension, and overall cardiovascular outcomes.
- Ms. Deal will look for existing toolkits on BP screenings for the committee to decide if existing Community Health Workers need a refresher training.

### **Follow-up conference call**

- Committee members will determine if a follow-up conference call before January's meeting is necessary.

### **4. Adjournment**

The meeting was adjourned at 6:05 pm.

**Next Meeting: January 15, 2020**