Committee Activities and Updates:

- The Obesity Preventions Subcommittee (OPS) has met four times (May 15, June 26, Sept. 13, Oct. 11).
- Co-Chairs are Kim Davidson, BWMC and Becky Asher, DOH. DOH staffer is Ann Heiser Buzzelli.
- To address Strategy B which tasked OPS to “Conduct an inventory of existing programs, initiatives and assets in the County and determine what interventions are supported by documented evidence-based practices.” A draft of questions was created by Skip Lee, AACPS and updated by OPS membership through e-mail and meeting discussion. Carolyn Ryan, AAc Co. Rec. and Parks created a SurveyMonkey pilot for OPS membership to test. Currently, final edits are being made on survey.

  **Steering Committee Question:** Who should the survey be given to? Should it be forward to the Community Outreach Subcommittee to send out?

- To continue the conversation and work regarding evidenced based strategies to implement policy, systems and environmental changes the OPS is developing a Healthy Events Checklist. This one page set of guidelines would be a Healthy Anne Arundel Coalition document. Included with this would be a template to create a healthy event policy and physical activity and healthy eating resources.
- Annapolis Obesity Resolution Draft
  - Background – ACHIEVE subcommittee (CDC Grant) utilized two tools to assist with the creation of the Obesity Prevention Resolution for the City of Annapolis.
    - Legal Resource Center (LRC) through University of Maryland Francis King Carey School of Law who received CDC Community Transformation Grant funding and Robert Wood Johnson funding via their connection to Network for Public Health Law and can provide technical legal assistance.
  - Draft provided to OPS membership to review (attached for reference).
  - OPS membership discussed if Anne Arundel County should also have an Obesity Prevention Resolution.
  - ACHIEVE Subcommittee continues to update draft and include the most recent data on the obesity and make any suggested edits. Jeanna Beard and Maria Broadbent, with City of Annapolis, have suggested it would be best for City staff to submit the draft to the City’s law office. From there, all of City staff involved (with guidance from the law office), can determine which alderman would best fit to sponsor the resolution. The bill should go through a sponsorship, fine-tuning of language, first reader in front of council, proposed amendments, submission of resolution to assigned committees, then second reader at another council meeting, third reader, and final vote. Usually, the last three steps will be in the same meeting.

  **Steering Committee Question:** Should Anne Arundel County create an Obesity Prevention Resolution?

- PHHS Block Grant - Maryland “Million Hearts” Grant
  - Conducting interviews for Health Planner and Epidemiologist Consultant positions.
  - Consultants to start in November.
- Next OPS meeting is November 8, 8:30-10:00 a.m., location TBD.
Draft City of Annapolis Obesity Prevention Resolution:

Draft Resolution No. ________ Committing Annapolis to Fighting the Obesity Epidemic

PREAMBLE

WHEREAS, in Annapolis/Anne Arundel County 15.6 percent of children are overweight\(^1\) and 67.9 percent of adults are obese or overweight\(^2\)

WHEREAS, overweight children and adults are at greater risk for numerous adverse health consequences, including type 2 diabetes, heart disease, stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression and other debilitating diseases; \(^3\)

WHEREAS, the cost of obesity in Maryland estimated $1.53 billion in 2004;\(^4\)

WHEREAS, the total cost of diabetes in Maryland estimated $3.7 billion in 2006;\(^5\)

WHEREAS, most Americans fail to meet the Center for Disease Control and Prevention’s recommendations of at least 30 minutes of moderate physical activity at least five days a week for adults, and at least 60 minutes of moderate to vigorous physical activity for children everyday; \(^6,7,8\)

WHEREAS, individual effort alone is insufficient to combat the obesity epidemic and significant changes of policy, environment, and systems are needed to support individual efforts to make healthier choices;

NOW, THEREFORE, LET IT BE RESOLVED, that Annapolis hereby recognizes that obesity is a serious threat to the health and wellbeing of adults, children, and families in Annapolis. And in light of the foregoing considerations, Annapolis commits to do all it can to decrease the rate of obesity and overweight in its communities, and to implementing the necessary policies or environmental changes to create work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

I. Built Environment

BE IT FURTHER RESOLVED, that Annapolis directs all staff responsible for the design, approval, and construction of neighborhoods, streets, and business areas, including planners, engineers, public works staff, and community economic development and redevelopment personnel, to make every effort to:

- Support the City’s Bike Master Plan in constructing a safe and welcoming built environment that encourages regular walking and biking; and safe access to parks, playgrounds and trails.
- Continue to support the Department of Transportation’s efforts to provide sufficient public transportation to farmers’ markets, grocery stores, and other areas to access healthy foods.

II. Access to Healthy Food

BE IT FURTHER RESOLVED, that Annapolis recognizes that community gardens can improve nutrition, physical activity, community engagement, safety, and economic vitality for a neighborhood and its residents, and provide environmental benefits to the community at large. Therefore, Annapolis supports efforts to establish community gardens and encourages housing providers, private citizens, and government agencies to donate or otherwise provide land to communities for gardening.

BE IT FURTHER RESOLVED that in an effort to support community gardens, Annapolis directs the appropriate City department to inventory property owned by Annapolis and determine where there is unused land that Annapolis could provide to the public for community gardening.
BE IT FURTHER RESOLVED that Annapolis strongly encourages farmers’ markets to accept EBT (electronic benefit transfer) cards and WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) vouchers and to establish farmers’ markets within low-income communities to increase access to health food for low-income families.

III. Schools

BE IT FURTHER RESOLVED that Annapolis pledges to support schools’ efforts to promote physical activity and good nutrition by:

- Working with school districts and community organizations, such as for-profit, not-for-profit, Boys and Girls clubs, and local government agencies, to expand youth opportunities for physical activity through after school programs and by implementing community partnerships;
- Supporting schools’ efforts to cultivate school gardens;
- Supporting schools’ efforts to implement school garden to cafeteria programs;
- Supporting school districts’ efforts to establish and implement “safe routes to school” programs.

IV. Parks and Recreation

BE IT FURTHER RESOLVED that Annapolis encourages residents to use local parks, facilities, trails and programs therefore promoting regular physical activity and preventing chronic disease.

BE IT FURTHER RESOLVED that Annapolis hereby directs the Director of the Department of Recreation and Parks to continue to publish a “Family Resource Guide to Programs, Parks, and Activities”. This guide shall continue to be available to the public on the municipal website, at recreation and parks offices, and at community centers. The guide shall continue to include recommendations for being more physically active, as well as a list and descriptions of all public parks, playgrounds, and community programs involving physical activity within the municipality.

V. Community and Day Care Centers

BE IT FURTHER RESOLVED that Annapolis strongly encourages community centers, day care centers, after-school programs, and other youth-centered organizations to:

- Serve foods and beverages in accordance with the USDA Dietary Guidelines for Americans while eliminating foods and beverages of minimal nutritional value;
- Expand opportunities for children and families to engage in physical activity wherever practical; and
- Integrate the promotion of healthy eating and active living into their program activities.

VI. Food and Beverage Industry

BE IT FURTHER RESOLVED that Annapolis encourages all restaurants doing business in Annapolis to support the health of our communities by offering and clearly identifying healthier options on their menus.

VII. Annapolis Hospitals

BE IT FURTHER RESOLVED that Annapolis urges hospital leaders of Anne Arundel Medical Center to provide healthy food options based upon the MyPlate guidelines as well as fresh, seasonal produce options, a farmer’s market, and improved vending options.

BE IT FURTHER RESOLVED that Annapolis urges hospital leaders of Anne Arundel Medical Center to encourage physical activity through fitness programs and other wellness initiatives, including well marked walking paths and stairwells.
VIII. Employee Wellness

BE IT FURTHER RESOLVED that Annapolis strongly encourages municipal employees and private employers to adopt and implement employee wellness programs to promote physical activity and healthier eating.

IX. Implementation

BE IT FURTHER RESOLVED that the Annapolis Community Health Initiative (ACHI)\(^9\) shall report back to Annapolis within one year of the date of Resolution's adoption regarding steps taken to implement this Resolution, additional steps planned, and any desired actions that would need to be taken by Annapolis to implement the steps taken or planned.

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5 MD Diabetes Prevention and Control Fact Sheet, 2009.


7 US National Center for Health Statistics, Office of Analogy and Epidemiology. *Health*, 2008, Table 74. Available at: [www.cdc.gov/nchs/data/hus/hus.08.pdf#074](http://www.cdc.gov/nchs/data/hus/hus.08.pdf#074).


9 ACHI is a health partnership including City of Annapolis, Anne Arundel County Department of Health, Anne Arundel Medical Center, the Pediatric Group, Anne Arundel County Public Schools, and community members.
Committee Activities and Updates:

**Meeting Dates:**
- **Steering Committee:**
  - July 13
  - Aug. 9
  - Sept. 14
  - Oct. 11
- **Change Agents:**
  - July 11
  - Aug. 15
  - Sept. 19
  - Oct. 1

**Data Collection:**
- Provider Survey Completed July, 2012
  - Survey of approximately 200 mental health and substance abuse service providers.
  - Results were analyzed and will be used to:
    - Identify geographical gaps in services, resources
    - Plan future trainings and networking opportunities
- Physician Survey Completion Target Date: October 31, 2012
  - Survey completed and will be mailed to primary care physicians, pediatricians, nurse practitioners and physician assistants in Anne Arundel County.
  - Results will be used to:
    - Identify the geographical, service setting, and age demographics as well as medical specialty and estimation of percentage of patients presenting with co-occurring disorders
    - Identify somatic care providers current capabilities in screening co-occurring disorders
    - Identify barriers to referrals and treatment
    - Identify trainings and networking opportunities
- Participation in Community Health Needs Assessment data collection activities
- Recruiting and hosting a focus group for mental health consumers on Nov. 7, 2012

**Trainings/Technical Assistance to Providers:**
- Comprehensive Continuous Integrated Systems of Care Model (CCISC) with Dr. Kenneth Minkoff, September 11 & 12, 2012
- Statement encouraging providers to utilize COMPASS EZ™, a self-assessment tool for Behavioral Health Programs to determine Co-occurring Capable status. Technical assistance for agencies available through Committee members.

**Outreach/Awareness/Anti-Stigma Campaigns:**
- Recruited 8 new members for the Co-occurring Steering Committee and Change Agents, representing consumer groups, service providers, and academia.
- Committee members participation in September 15, 2012 Recovery Walk, Annapolis
Committee Activities and Updates:

The data gathering phase of the Community Health Needs Assessment is now complete and we are now working with the consultant to produce a final report by the end of October. The following is a status report of each of the study components:

Key Informant Interviews:
- The key informant interviews were completed during the mid-July to mid-August period.
- The findings are generally aligned with the previously identified priority issues of obesity and co-occurring disorders.
- Some specific issues mentioned included: obesity and related chronic health-related diseases, substance abuse and alcoholism, mental health, barriers to health care, with some general suggestions for improving health in the county.
- A draft is currently under review.

Focus Groups:
- All five sessions were completed as of September 17. Seven people attended the first, while an average of 10-12 attended the last four.
- The groups seemed to be representative of the population, i.e., diverse in terms of age, income, gender, etc.
- Participants’ ZIP codes were also diverse, so it can be inferred that holding them in different locations throughout the county was an effective tool to aid in diversity.
- One group discussion focused on co-occurring disorders while another’s discussion centered on obesity issues. The remaining three sessions consisted of discussion around access to care, general health issues, sources people use to get health information, and physical activity and healthy eating.
- According to our consultant, a common theme seemed to be communication with the public. We look forward to reviewing the final report.

Secondary Data Profile:
- The draft report is in the final revision process, ensuring that the information will accurately inform the Healthy Anne Arundel Coalition and its plans and activities for the next few years.
Committee Activities and Updates:

The Healthy Anne Arundel Coalition’s Community Outreach Subcommittee met on October 9 at John Wesley United Methodist Church, 6922 Ritchie Highway, Glen Burnie, MD. The proceedings from the Subcommittee’s quarterly meeting are below.

- Yevola Peters, Special Assistant for Minority Affairs and Human Relations, Office of the County Executive, and Eugene Peterson, Community Relations Specialist, Mayor’s Office, City of Annapolis opened the meeting with comments about the importance of the Healthy Anne Arundel Coalition.
- There were 18 representatives from faith based and community organizations and three Department of Hall staff present.
- Following Welcome and Introductions, Brandon Johnson, Community Engagement Coordinator, Anne Arundel County Department of Health, gave a brief general overview on the development and structure of the Healthy Anne Arundel Coalition and updates and progress of the Obesity Prevention and Management of Substance Abuse and Mental Health as Co-Occurring Disorders Subcommittees.
- Expectations/Goals of Community Outreach Subcommittee were reviewed:
  1. Conduct an inventory of health and wellness activities that faith-based and community organizations are currently providing to constituents, with an emphasis on the health priorities of Obesity Prevention and Management of Substance Abuse and Mental Health as Co-Occurring Disorders;
  2. Recruit volunteers to serve on a directory task force in order to publish a Directory of health and wellness activities provided by faith based and community organizations throughout Anne Arundel County.
  3. Provide information on the Obesity Prevention and Management of Substance Abuse and Mental Health as Co-Occurring Disorders Subcommittees and refer interested individuals to these groups.
- Eight individuals expressed an interest in participating in the Obesity Prevention Subcommittee and four expressed an interest in participating in the Management of Substance Abuse and Mental Health as Co-Occurring Disorders Subcommittee. Brandon Johnson will share this information with the Chairs of the Subcommittees and also follow up with the twelve individuals who signed up to learn more about the Subcommittees.
- There was an open discussion on the priorities for our expectations/goals of the Community Outreach Subcommittee and the Directory Workgroup. Julie Van Skiver of the Partnership for Children, Youth and Families shared information about InfoAnne Arundel (www.infoannearundel.org) and recommended the workgroup look in to collaboration with InfoAnneArundel. It was suggested that in order to continue to be inclusive and connect with those who do not have access to computer technology, that we also have available a hard copy directory so that we do not miss anyone.
Five individuals expressed an interest in participating in the Directory Workgroup. A meeting will be scheduled for Wednesday, November 14th, 1:00-2:30 p.m., at the Partnership for Children, Youth and Families Office, 1 Harry S. Truman Parkway, Suite 103, Annapolis, MD 21401. The agenda item will include an overview of InfoAnneArundel.

Pauletta Handy, Community Health Advocate, Priority Partners of Johns Hopkins Healthcare presented information on Priority Partners, which is one of seven managed care organizations authorized by the State of Maryland to provide health services for recipients of Medicaid, MCHP and PAC (www.ppmco.org). Several individuals signed up for follow up and possible presentations to their groups.

The Directory Workgroup Meeting is scheduled for Wednesday, November 14th, 1:00-2:30 p.m., at the Partnership for Children, Youth and Families Office, 1 Harry S. Truman Parkway, Suite 103, Annapolis, MD 21401.

SAVE THE DATE: Next Quarterly Community Outreach Subcommittee meeting is scheduled for Tuesday, January 8th, 6:00 p.m., location TBD in West County, Odenton.
Committee Activities and Updates:

Social Media:
- Releases about Focus Groups recruitment, Million Hearts® grant and Eat Healthier/Move More grants were featured on online newspapers and Healthy Anne Arundel website, Facebook and Twitter.
- Performed routine maintenance and updating of Healthy Anne Arundel website.
- Posted Subcommittee meeting schedules and contact information on the website.
- Linked Healthy Businesses section to the website.
- Currently compiling Walking Program information to put on the website.
- Currently researching Coalition Facebook pages to prepare recommendation for Healthy Anne Arundel Coalition Facebook marketing and maintenance.

Traditional Media:
- Announcements about Focus Groups recruitment, Million Hearts® grant and Eat Healthier/Move More grants ran on local print newspapers, radio stations and television stations (including AA County TV).
- Updated Healthy Anne Arundel Coalition Fact Sheet.

Other:
- Provided pediatrician mailing list to Co-Occurring Disorders Committee.