

**FCHCC CHRONIC HEALTH WORK GROUP
Colorectal Cancer Screening Subcommittee
Action Plan**

Vision Statement: Together, achieving a healthier Frederick County.

GOAL 1: % increase screening for minority communities and see an eventual decline of disease as early screening reduces incidence and mortality rates.

Members: List sub-committee members: Mark Bassett, Beth Mowrey, Melissa Carpenter, Christian Gomes, Dr. Naderge Pierre, Dr. Dawei Yang, Mung Tial, Dalila Ordonez, Mollie Radonovitch, Janet Rhoderick, Suzi Ford, Heidi Winkler, Gloria Bamforth, Katie Hall, Janet Harding, Janet Jones, Heather Kirby, Sara Littleton, Emeka Munonye, Denise Owen, Geoff Seidel, Avani Shah, Diane Tomasky

Objective	Action	Person(s) Responsible	Deadline/Status
1. Increase the # of people screened and treated for colorectal cancer from 169 in 2019 to 250 by June 30, 2020.	<ol style="list-style-type: none"> 1. Find community doctors willing to do events – DONE 2. Draft educational materials and call to screening card – DONE 3. Schedule and host 5-6 events for community education in the populations seeing disparities. 4. Education and screening resources provided to attendees of Frederick County Health Fair (target 300 participants from diverse communities) 	Colorectal Cancer Steering Committee	<ol style="list-style-type: none"> 1. DONE 2. DONE 3. June 30, 2020 4. October 30, 2021 – follow up ongoing
2. Sustain the involvement of 3 medical/specialty providers at community awareness event from	<ol style="list-style-type: none"> 1. Enhance collaboration between stakeholders (Mission of Mercy, Community Action Agency, etc.) and Colorectal Cancer Steering Committee and increase participation. 2. Develop materials including current recommendations, local disparity data, and cultural barriers/bias for providers 3. Distribute materials to providers to educate them on the current recommendations and local referral process and options: <ol style="list-style-type: none"> a. Partnered w/Polymedco to provide provider education on the use of OCFIT product for CRC screening; initial introduction to FIHN/Clinically Integrated Network Medical Director was very favorable and appears use of the OCFIT screener is an effective and easy to use tool, anticipate will be widely accepted by providers and patients 4. Host training event for providers possibly with CME credit. 	Colorectal Cancer Steering Committee	<ol style="list-style-type: none"> 1. June 2022 – delayed due to COVID 2. Initial draft completed January 2019 – ongoing 3. Initial education completed June 2019 – ongoing updates 4. June 2022

	<ol style="list-style-type: none"> 5. Provide training on current recommendations to provider practices such as Mission of Mercy (providers and nursing/clinical and support team). <ol style="list-style-type: none"> a. Ongoing – see above 6. CRC Steering Committee members participating in the American Cancer Society ECHO Learning Collaborative which provides an opportunity to learn from other organizations focused on community-wide CRC screening efforts 		<ol style="list-style-type: none"> 1. June 2022 – ongoing 2. Initiated September 2021 continuing through Spring of 2022
3. Implement a process to ensure 100% of individuals screen receive at least one recall/outreach <i>attempt</i>	<ol style="list-style-type: none"> 1. Create more effective follow-up procedure 2. Implement more effective follow-up procedure 3. Complete 1 year follow up, track and report. 4. Complete 2 year follow up, track and report. 	Sara Littleton & FCHD (Beth Mowrey)	June 30, 2022

**FCHCC CHRONIC HEALTH WORK GROUP
Youth Obesity Subcommittee
Action Plan**

Vision Statement: Together, achieving a healthier Frederick County.

GOAL 2: Reduce the reporting of unhealthy behaviors and increase reporting of healthy behavior choices in the 2020 Youth Risk Behavior Survey (YRBS) in Frederick County youth/students

Proposed:

1. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? The goal would be to decrease the percent who drank soda (in amount) and increase the percent not drinking
2. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? Increase the number of days students report being physically active for 60 minutes or more

Members: Carlo Alfano, Judy Couillard, Janet Harding, Danielle Haskin, Alissa Ingram, Heather Kirby, Sara Littleton, Suzanne Markowitz, Gail Martin, Sara Rogers, Monica Skidmore, Carrie Sorenson, Dr. Robert Wack, Haylee Stark, Diane Tomasky

Objective	Action	Person(s) Responsible	Deadline/Status
1. Increase community knowledge of healthy eating/living habits by hosting four 5-2-1-0 outreach/education events targeting middle school age children and their parents by June 30, 2020.	<ol style="list-style-type: none"> 1. Identify partners to best connect with the middle school population (faith-based, Frederick County Teen Coalition, FC Parks & Rec, etc.) 2. Identify venues for events to target middle schoolers and parents 3. Schedule events (spread events out) 4. Prepare materials and advertise for events 5. Host events and collect ideas/interest for Teen Wellness Champion: 1/2/20 Urbana library, 3/25 Brunswick 6. Evaluate 7. Hold Teen Wellness Champion meeting 8. ** Plan transition to virtual events – ongoing 	Youth Obesity sub-committee; Suzanne Markowitz; TBD	<ol style="list-style-type: none"> 1. ongoing 2. 12/1/2019 - ongoing 3. 7/30/2020 - ongoing 4. 7/30/2020 - ongoing 5. 7/30/2020 - ongoing 6. 10/31/2020 - ongoing 7. 10/31/2020 - ongoing
2. Maintain and support the % of FCPS middle schools that have wellness goals related to healthy eating/living habits at or above 75% by June 30, 2021.	<ol style="list-style-type: none"> 1. Establish connection with FCPS staff/School Health Council to ensure buy-in to this objective 2. Review 2018-2019 wellness goals in Middle Schools to determine how many align with 5-2-1-0 goals (baseline data) 3. Provide education and resources to curriculum specialists to share with schools to support wellness goals 	Youth Obesity sub-committee; Suzanne Markowitz; TBD	<ol style="list-style-type: none"> 1. 7/30/2019 - done 2. 12/1/2019 - done 3. 8/30/2019 - done

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	<ol style="list-style-type: none"> 4. Get list of 2019-2020 Middle Schools wellness goals and evaluate to determine how many schools had healthy eating/living habit goals 5. Provide support to school health council and FCPS staff for workshop for middle school leadership to support them in writing SMART goals related to 5-2-1-0 for 2020-2021 school year 6. Get list of 2020-2021 wellness goals and evaluate to determine how many were 5-2-1-0 goals 7. Develop criteria for school wellness awards and support the development of communication/recognition plan (similar to Healthiest Maryland Businesses but for schools) 		<ol style="list-style-type: none"> 4. 2/29/2020 - done 5. 8/30/2020 - done 6. 12/1/2020 7. 6/30/2021 – 1st award in the amount of \$5,500 distributed
<p>3. Increase community healthy eating/living habits by hosting a 5-2-1-0 challenge by June 30, 2022.</p>	<ol style="list-style-type: none"> 1. Create challenge parameters (focus on middle school families but open to anyone) 2. Draft forms 3. Engage community partners to participate in challenge 4. Post challenge on LiveWell Frederick website 5. Manage challenge 	<p>Youth Obesity sub-committee; Carlo Alfano; TBD</p>	<ol style="list-style-type: none"> 1. 1st complete 6/30/2020; 2nd underway 5K on the Runway planned April 2022

**FCHCC CHRONIC HEALTH WORK GROUP
Diabetes Subcommittee
Action Plan**

Vision Statement: Together, achieving a healthier Frederick County.

GOAL 3: Increase participation and retention in local evidence-based lifestyle change programs for people with prediabetes or diabetes, especially in underserved groups, in order to see an eventual decline in the number of new diagnoses of Type 2 Diabetes and/or complications.

Members of Diabetes Subcommittee: Crissy Barry, Angela Blair, Matt Burgan, Patricia Cash, Manny Casiano, Elizabeth Chung, Rebecca Conrad, Jennifer Cooper, Judy Couillard, Kitty Devilbiss, Janet Harding, Jordan Heerbrandt, Claire Hudson, Janet Jones, Terri Kemmerer, Heather Kirby, David Liddle, Sara Littleton, Rachel Mandel, Suzanne Markowitz, Beth Mowrey, Linda Ryan, Mehrnoosh Samimi-Gharai, Martin Sarkar, Emily Spear, M. Sullivan, Diane Tomasky, Anne Williams

Objective	Action	Person(s) Responsible	Deadline/Status
1. Assess the prediabetes/diabetes landscape in Frederick County, with a health equity lens.	Coalition and other community members will collaborate with the Frederick Regional Partnership’s HMA Consultants in the mapping of the local diabetes landscape through identification of local prediabetes/diabetes hotspots, disparities, and high risk populations.	-Coalition, subcommittee and community members -Drew Hawkinson, HMA consultant -Crissy Barry, Frederick RP Coordinator/Diabetes Subcommittee Lead	Completed 6/4/21
2. Assess current diabetes prevention and management programs, and related resources, in the county.	Coalition and other community members will collaborate with the Frederick Regional Partnership’s HMA Consultants by participating in data collection interviews and by connecting them with local providers of evidence-based lifestyle change programs, including DPP, DSMT, and DSMP, primary healthcare providers, and CBOs that serve the low-income populations.	-Coalition, subcommittee and community members -Akiba Drew, HMA consultant -Crissy Barry, Frederick RP Coordinator/Diabetes Subcommittee Lead	Completed 6/4/21
3. Identify barriers to enrollment & retention in diabetes prevention & management programs	Engage community to identify barriers to participation in DPP and DSMP programs with: A. Diabetes planning Summit B. CHW Educational Forum, both English and Spanish speakers C. Past DPP participant focus groups	Crissy Barry, Sara Littleton, and HMA Consultants	November 2021 A. Held 6/4/21. B. Held 09/16/21 C. TBD

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<p>4. Increase the # of providers/trained coaches for Diabetes Self-Management Training (DSMT), the CDC Diabetes Prevention Program (DPP) in the areas of need.</p>	<p>Reach out to Frederick Health staff and community partners to identify potential new facilitators and provide training, including those familiar with the areas of need.</p>	<ul style="list-style-type: none"> • Crissy Barry – DPP Coach Recruitment • DPP Coach trainings provided by MDH Center for Chronic Disease Prevention & Control (Contact: Sue Vaeth) 	<p><u>November 2021:</u></p> <ul style="list-style-type: none"> • As of 9/28/21, 16 new DPP coaches were recruited; ongoing • As of 9/29/21, 2 new DPP coaches were trained; more trainings in Oct & Nov 2021
<p>5. Develop recruitment and implementation strategies, including wrap-around services and incentives, in order to alleviate barriers to participation (such as transportation, childcare, healthy food distribution, etc.)</p>	<ul style="list-style-type: none"> • Develop referral system (FHH internal & external) • Develop Billing system for sustainability • Marketing (to community members, provider practices, and CBOs) • Community Events • Wrap around services 	<p>Crissy Barry, Sara Littleton, HMA Consultants</p>	<ul style="list-style-type: none"> • Ongoing • Ongoing • Ongoing • 10/30/21: Health Fair; 2022-5K being planned • Possible WW membership incentive

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6. Plan, implement, and evaluate DPP pilot program in hot spot communities.	Plan to launch 4 DPP cohorts via in-person, on-line, distance learning and a combination of the 3	Crissy Barry, Sara Littleton, HMA consultants	Start enrollment November 2021
7. Increase DSMP program offerings	Offer virtual DSMP workshop First virtual DSMP workshop pilot program began (4/22-5/27/21), with plans for future virtual workshops in summer and fall 2021. Restart in-person DSMP classes, both on-site at FHH and in the community.	-Lisa Allen, FHH Community Programs Coordinator -Colleen Swank, LHIC Grant Coordinator -DSMP Coaches	<u>Virtual DSMP:</u> Pilot completed 5/12/21 Hybrid pilot completed: 7/1-8/5/21. <u>In-person DSMP:</u> Restarted July 2021; ongoing
8. Increase DSMT programs	Collaborate and evaluate the current DSMT program offered by the Frederick Health Medical Group Center for Diabetes and Nutrition	Crissy Barry, Sara Littleton, Brent Purscelley, and Nicole Frantz	January 2022