Maryland Health Quality and Cost Council
Wellness and Prevention Workgroup
[DRAFT]
Proposed Methodology for Selecting Wellness and Prevention Strategies
March 2, 2009

Summary: Best policies, practices, and data systems for promoting wellness, preventing chronic disease, and measuring progress will be identified from existing guidance from federal Health and Human Services agencies and national public-private partnerships.

Methods:

1. A team of DHMH experts, including a preventive medicine physician and public policy analyst, will identify potential strategies from existing guidance from the federal Health and Human Services agencies related to promoting wellness, preventing chronic disease, and measuring progress. Examples of these resources which summarize the scientific evidence base include the CDC Guide to Community Preventive Services, US Preventive Services Task Force Guide to Clinical Preventive Services, the CDC cooperative agreement guidance documents for the Nutrition, Physical Activity, and Obesity Prevention Program and the Diabetes Prevention and Control Program, and resources from the HRSA Health Disparities Collaborative and the Agency for Healthcare Research and Quality. In addition, resources from national public-private partnerships such as the Healthy Eating and Active Living Convergence Partnership and the National Priorities Partnership will be reviewed. The potential strategies will be presented in a Straw Man Outline that addresses components of the Chronic Care Management Plan, specifically:
   --strategies for creating healthy environments
   --self-management education
   --dissemination of evidence-based information on prevention and treatment
   --leveraging of public and private initiatives
   --systems for collecting, analyzing, and maintaining statewide data
   --IT solutions as appropriate

2. After reviewing the potential strategies with the Workgroup, the team will identify activities and systems changes that are required to translate the evidence-based strategies into practice. The team will review proposed activities and systems changes from the resources identified in Step 1 as well as existing Maryland chronic disease strategic plans and selected plans from other states. Summary briefs will be presented to the Workgroup.

3. The team will complete key informant interviews of potential implementation partners in Maryland to determine the feasibility of implementing the activities and systems changes at different resource levels. This environmental scan will be presented to the Workgroup.