

Mid-Shore Health Improvement Coalition

The Mid-Shore Health Improvement Coalition is implementing priority recommendations of the Rural Health Collaborative through workgroups representing a broad base of diverse regional stakeholders.

01. Social Determinants of Health

Housing, transportation and poverty have profound impacts on the health of the Mid-Shore's residents. The Coalition is aligning clinical efforts to collect social determinants of health data with community-based efforts to improve the conditions and environments in which people are born, live, learn, work, play, worship, and age. This coordination of health and social support services is a central component of all workgroups.

02. Diabetes

1 in 3 Mid-Shore adults are estimated to have prediabetes, and without intervention many will go on to develop type 2 diabetes within 5 years. Drawing on the Maryland Diabetes Action Plan, the Coalition developed a prediabetes awareness campaign, launched a CDC Diabetes Prevention Program for the region with streamlined clinical referrals, and supported the establishment of more than 40 community gardens.

03. Tobacco/Cancer

All five Mid-Shore counties have youth tobacco use rates higher than Maryland, and a higher percent of females who smoke during pregnancy. Factors that are typically associated with rural areas, such as lower income and education levels, higher unemployment, and a lack of coordinated services contribute to these inequities. Stakeholders have committed to develop a multi-jurisdictional plan to leverage scarce resources, coordinate communications, and integrate referrals to clinical and community-based prevention and treatment services.

04. Health Literacy

Many Mid-Shore residents have difficulty finding, understanding, and using information and services to inform health-related decisions and actions for themselves and others. Research shows that people with low health literacy have increased hospitalization rates, develop more diseases, and experience higher mortality. The Coalition views health literacy as a central component to health improvement efforts and is addressing communication barriers through collaborations between public health, clinical and social service agencies.

05. Provider Recruitment/Retention

The Coalition is implementing multiple, coordinated strategies to increase the numbers and types of health professionals, such as nurse practitioners, physician assistants, nurse midwives, social workers, and dental hygienists, as well as community health workers, who will add capacity to the network of care in the Mid-Shore Region.

06. Telehealth

Having the option of telehealth can increase utilization of preventive and maintenance care, reduce transportation needs, and result in better health. Throughout the COVID-19 pandemic, telehealth has been efficiently and effectively used to provide a variety of health services including primary care, specialty care, and behavioral health to Mid-Shore residents. While many have benefited from this increase in access, there is still much work to do.

Who We Are

The Mid-Shore Health Improvement Coalition is a collaboration of stakeholders from Caroline, Dorchester, Kent, Queen Anne's and Talbot Counties. Partners from across the Mid-Shore of Maryland are working together to address pressing issues that affect the health of our residents. Help us create the healthiest Mid-Shore in one generation!

Aarons Place Inc.
Aetna
American Diabetes Association
CareFirst BlueCross BlueShield
Caroline County Chamber of Commerce
Caroline County Dept. of Social Services
Caroline County Health Department
Caroline County Public Schools
Caroline County Recreation & Parks
Chesapeake College
Chesapeake Multicultural Resource Center
Corsica River Behavioral Health Services Inc
Crossroads Community Inc.
Delmarva Community Services Inc.
Delmarva Pride Center
Dorchester Chamber of Commerce
Dorchester County Health Department
Dorchester County Public Schools
Eastern Shore AHEC
Eastern Shore Food Lab
Eastern Shore Wellness Solutions, Inc.
Easton Utilities
For All Seasons Behavioral Health
Greater New Hope Church & Ministries
Heirloom Athletics
Kent Center, Inc.
Kent County Health Department

Kent County Parks & Recreation
Kent County Public Schools
Luminis Health
Maryland Coalition of Families
Maryland Food Bank
Maryland Physicians Care
Maryland Poison Control
Maryland Rural Health Association
Maryland Rural Health Association
Maryland WIC
MD Living Well Center of Excellence - MAC, Inc.
Mid Shore Behavioral Health, Inc.
Modern Stone Age Kitchen
QAC Chamber of Commerce
Queen Anne's County Department of Health
Queen Anne's County Government
Queen Anne's County Parks and Recreation
Queen Anne's County Public Schools
Talbot County Chamber of Commerce
Talbot County Health Department
Talbot County Public Schools
Town of Greensboro
UM Shore Medical Group
UM Shore Regional Health
Upper Shore Aging Inc.
Washington College



MID SHORE
HEALTH IMPROVEMENT COALITION