

Healthy St. Mary's Partnership
HEAL Action Team
January 25, 2017
1:00 PM – 2:00 PM
Health Connections, MedStar St. Mary's Hospital

Minutes

1. **Attendance:** Jenna Mulliken - St. Mary's County Health Department (SMCHD), Stacey Spalding - College of Southern Maryland (CSM), Shannon Bingham - SMCHD, Beth Slick - SMCHD, Lori Norton - SMCHD, Nat Scroggins - Minority Outreach Coalition (MOC), Elizabeth White - St. Mary's County Public Schools (SMCPS), Rebecca Jackson - SMCHD, Clara Brooks - St. Mark's Bread of Life Pantry, Amber Herbert - St. Mary's County Government HR, Sue Veith - St. Mary's County Department of Land Use & Growth Management (LUGM)/Department of Economic Development (DED), Andrea Hamilton - MedStar St. Mary's Hospital (MSMH), Beena Khetpal - MedStar Shah Associates, Trina Gardiner - MSMH.
2. **Discussion/Team Projects**
 - a. **School Health Council:** Next Meeting on Monday February 5, 2017 from 5:00-6:30 p.m. in the Board of Education Meeting Room on Moakley Street, all members were invited to attend this meeting to participate in the revision process for the school wellness policy. The group discussed healthy vending machines and current regulations. Vending machines in the cafeterias are currently regulated but the contents of machines in other areas of the school are up to the discretion of the principals (but none of the machines anywhere should have marketing that promotes sugary drinks/snacks). This is still a topic the team would like to bring up at the [School Health Council](#) meeting. Andrea will gather some information about the process that MSMH went through when implementing healthy vending machines (cost, savings, number of sales, bidding process, etc.)
 - b. **Advocacy Agenda:** A draft of the overall HSMP advocacy agenda was distributed for the team to review. The HSMP advocacy agenda will represent policy issues (organizational, local or statewide) that represent the goals and objectives of the 4 action teams and can be supported by the entire partnership. The team discussed [Complete Streets](#) and will move forward with supporting this initiative locally. Complete streets policy would require new development and updates to roadways to prioritize the needs of pedestrians, bikers and all community members. It would encourage connectivity by sidewalks and alternative modes of transportation. A question was raised about food deserts and the team is interested in more information about this issue. The team also discussed the option to support



organizational policies that promote preventive care (like reduced co-pays or premiums for completing a wellness visit, etc.)

c. Partner Updates/Other Business:

- i. MOC will host a [Community Wellness Day](#) on Feb. 11.
- ii. MSMH and The Delicado's will host [Women's Wellness Day](#) on Feb. 28.
- iii. SMCPS hosted [Drug Prevention](#) presentations featuring Chris Herron for students at the three high schools and for the community.
- iv. MSMH has achieved [Baby Friendly](#) status which works to increase breastfeeding and healthy weight for newborns.
- v. The County Government will be seeking a new produce vendor for the Spring, an announcement will be released soon. They are also planning to host a Preventive Services event for employees.
- vi. Sue announced that she will be transitioning from LUGM to a new position at the DED. Sue will still participate on behalf of DED and will follow up with Ashley at LUGM to see if she is interested in attending HEAL team meetings in the future for LUGM. Sue also briefly discussed Community Gardens and an update will be coming soon - plans are to work with the Master Gardeners, Lexington Park Development folks and MD Extension office to get started.
- vii. Flyers were distributed for the following Health Connections Programs: [Simple Changes](#) (Diabetes Prevention/Weight Management), [Thriving & Surviving](#) (Cancer Survivors health information and support), [Living Well](#) (Chronic Disease Self-Management).
 1. A question was raised about the availability of similar health programs for youth. [The MOG Kidz Program](#) was suggested but the group agreed that programs like this are needed for kids!
 2. The [More To Explore Program](#) can also be promoted by local pediatricians. Rec & Parks is working with the libraries and more information will be discussed at the next meeting. If you signed up to collect the placards from local sites, please bring them to the next meeting or drop them off to Christi Bishop at the Recreation & Parks office.

3. Communications

- a. HSMP Newsletter: Please send news or program information to jenna.mulliken@maryland.gov

4. Upcoming Meetings:

- a. Next HEAL Team Meeting February 22, 2017 from 1:00 – 2:00 PM at Health Connections.

