

Healthy St. Mary's Partnership
HEAL Action Team
February 22, 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, Lori Norton - SMCHD, Nat Scroggins - Minority Outreach Coalition (MOC), Elizabeth White - St. Mary's County Public Schools (SMCPS), Rebecca Jackson - SMCHD, Christi Bishop – Recreation & Parks, Andrea Hamilton - MedStar St. Mary's Hospital (MSMH), Beena Khetpal - MedStar Shah Associates, Ashley Lagana – SMCHD.
2. **School Health Council Update**
 - a. School Policy Webinar – February 23, flyer distributed.
 - b. HEAL members that attended the last School Health Council meeting provided a brief update. The current wellness policies were strengthened and made more specific. Rebecca will follow up to see if there is a draft that can be shared with the team. The team also discussed vending machines, related policies and procurement processes. The cafeteria machines are currently monitored but the same standards are not applied to other machines in the building that are only supposed to be plugged in after hours. Principals may be concerned about switching out machines as they earn money for the schools. Chopticon has healthy vending machines but also has energy drink machines, etc. The team decided to have Elizabeth follow up at SMCPS first to get a better idea of current status/willingness to explore healthier options. Decision will be made whether to follow up with a letter to principals from the team after this initial outreach by Elizabeth. Jenna can draft basic letter if we reach this step, Andrea & Rebecca can help with content.
 - c. Save the Date: Next meeting on Monday, May 8, 2017 from 5:00-6:30 p.m. in the Board of Education Meeting Room on Moakley Street
3. **More to Explore Program 2017**
 - a. Christi met with the library – they are all on board to host the program year-round through their online program. They are able to add questions that pop up at specific sites or when individuals enter a certain number of site codes. The team needs to decide on start/stop dates for program prizes (Summer/Winter), do outreach for sponsors, make a decision on printed versions (limited supply or half sheet map), and figure out prizes. The sponsor letter from last year was distributed for feedback. Sponsors are needed for updating/installing damaged signs, any



printing and prizes. Andrea will follow up with United Way to see if we have any funding leftover from last year. Jenna will draft a basic press release & flyer for pediatrician offices once details are finalized. A statewide version is in the works that will be promoted by MD Tourism and will feature some of our sites. Christi was approached by an advertising representative from the “Deal Snap” app that could potentially raise money for MTE – more information on this will be provided at the next meeting. Members are encouraged to bring questions re: this advertising opportunity or acceptable sponsors to the next meeting. The next team meeting will be devoted to More to Explore Planning.

- b. Members should return any secret codes that they have collected by the next meeting!** Here’s who signed up to collect the online codes:

Location	Online Code	Physical Location	Volunteer Name
Cardinal Gibbons	Nutrition	At Playground	Sue Veith
Chancellors Run	Intervals	At Playground	Linda Fry
Dorsey Park	Strength	Small Pavilion/Playground	Liat Mackey
Elms Beach	Repetition	At Playground	Rebecca Jackson
5th District	Aerobics	Main entrance	Sue V.
Great Mills Canoe Launch	Glucose	Entrance sign	Jenna Mulliken
Greenwell	Body Mass Index	By the office	Liat M.
Home Grown Farmers Market	Training		Sue V.
Historic St. Mary's City	Metabolic	In the gift shop	Sue V.
Lancaster	Flexion	Memorial area by sign	Nat Scroggins
Baggett	Lifestyle	Behind pavilion on sign	Rebecca J.
Miedzinski	Sets	Entrance sign by playground	Elizabeth White
Myrtle Point	Kinesiology	Picnic area	Lori Norton
Nicolet Park	Cardiovascular	At Playground	Sue V.
Piney Point	Warm Up	Ship display	Jenna M.
Point Lookout	Flexibility	Next to the Nature Center (inside the campground – will need a code to get in)	Andrea Hamilton
7th District Park	Mobility	Main entrance sign	Rec & Parks



Sotterley	Endurance	It is behind the Visitor's Center, by the playground.	Liat M.
St. Clements Island Museum	Plateau	Boat Display	Rebecca J.
Libraries	Heart Rate		Angela Cochran
St Mary's River State Park	Conditioning	By the bathrooms	Rebecca J.
Town of Leonardtown	Stretching	Next to sign for Tudor Hall	Trina Gardiner

4. **Community Gardens & Complete Streets Update:** Put on hold while Sue is out for surgery, but we will get back to this when she returns!
5. **Proxy Designee:** Andrea will follow up with Stacy and Christi about this.
6. **Communications:**
 - a. HSMP Newsletter: Please send news or program information to jenna.mulliken@maryland.gov
7. **Next HEAL Meeting:** March 22, 2017 from 1:00 – 2:00 PM at Health Connections.

