

Healthy St. Mary's Partnership  
HEAL Action Team  
October 24, 2018 from 1:00 – 2:00 p.m.  
Health Connections, MedStar St. Mary's Hospital

**Minutes**

1. **Attendance:** Sue Veith – St. Mary's County Department of Economic Development (DED), Erin Carney – University of Maryland Extension, Nat Scroggins – Minority Outreach Coalition (MOC), Eva Miller – Student at St. Mary's College of Maryland (SMCM) , Garisan LaDue – Student at SMCM, Kyle Kebaugh – College of Southern Maryland (CSM), Clara Brooks – St. Mark's Bread of Life Food Pantry, Linda Fry – Church of Ascension, Angela Deal – Charles County Health Department (CCHD), Vanessa Price – St. Mary's County Land Use and Growth Management (LUGM), Kathy Faubion – St. Mary's County Library (SMCL), Isabel Robinson – UnitedHealthCare (UHC), Joshue Shaffer – MedStar St. Mary's Hospital (MSMH), Lori Norton – St. Mary's County Health Department (SMCHD), Jacquie Heaney – SMCHD
  
2. **Healthiest Maryland Businesses**
  - a. Angela is the Southern Maryland Coordinator for [Healthiest Maryland Businesses](#) (HMB). HMB is a statewide initiative to increase the health of Maryland employees. The program promotes making the healthiest choice the easiest choice in work environments. There is no size requirement for businesses or organizations and the program is grant funded making it free to join. HMB has new grants that are available for members to apply for each year for their worksite wellness program. It is easy to join HMB. All you have to do is [sign up online](#) and complete a survey to assess your current worksite wellness program. Contact [Angela Deal](#) if you have any question.
  - b. Charles County Health Department is hosting a [Healthy Worksites Collaborative](#) meeting on November 15. Register online now. There will be collaborative meetings in St. Mary's and Calvert counties in the new year.
  - c. Angela brought up the CDC initiative "[Active Friendly Routes to Everyday Destinations](#)" to see what St. Mary's is already doing. Vanessa mentioned that LUGM is looking into doing a planning study on complete streets and updating the long-range transportation plan next year. Economic Development is working with Maryland Transportation Association to get signage on bike routes in the county in the new year. The Lexington Park Development Plan also addresses this initiative.
  
3. **Healthy Meeting Toolkit**
  - a. Sue and Andrea were looking at the CDC HEAL Toolkits for a new project for the team. They came up with the idea of creating a Healthy Meeting Policy and Toolkit that we can promote to businesses and organizations in the county. The group reviewed a sample policy by the [National Network of Public Health Institutes](#). The team agreed to take on this project. Suggested action steps include creating the policy, developing sample menus and a resource list for businesses/organizations, contacting grocery stores/caterers about creating a healthier catering package to make healthier meeting menus easier for businesses/organizations, and contacting the local newspaper to promote the policy/toolkit and write an editorial. Angela, Linda, Sue, Erin, and Jacquie volunteered to begin working on the project.



#### 4. Old Business

##### a. More to Explore

- i. The program was very successful this year. We will start planning for the 2019 program and trying to get sponsors in the new year.

##### b. ArtsPark

- i. LUGM is working on a project in Lexington Manor Park with Recreation & Parks. They are waiting to find out who won the bid for a planning study, which will hopefully begin in January.

##### c. Community Gardens

- i. SMCHD is in the early stages of working on applying for a Maryland Community Health Resources Commission grant, which would support HEAL team goals focusing on promoting food security and addressing childhood and family obesity.

##### d. Food Drives

- i. The healthy food drive at the 2018 HSMP Annual Meeting was very successful, as was the healthy food drive at the governmental center. The toolkit has been sent to people who are doing food drives, but there has been little success in getting them to use it. Joshua suggested developing a healthy food drive sticker and having the local grocery stores put the sticker by suggested items in the store.
- ii. Jacquie is reaching out to the Rotary Club to see if they are able to present on their Feed St. Mary's project at the November meeting.

#### 5. Partner Updates

- a. SMCHD is seeking organizations that want to create or further develop youth mentoring programs. There will be an [open information session](#) on Thursday, November 8 from 5:30 – 6:30 p.m. at the Lexington Park Library.
- b. Thank you to everyone to attended the 2018 HSMP annual Meeting. Please take a few moments to fill out the [Meeting Feedback & Evaluation Form](#).
- c. Erin is working on a new Dining with Diabetes program. She is currently working on developing the materials for the program, which will be hosted in an online platform. She is hoping to pilot the program in the spring and will need approximately 75 participants in the tri-county area for the pilot.
- d. LUGM is working on a bus stop planning study in both St. Mary's and Calvert counties.
- e. [Garian and Eva](#) are students in a medical anthropology class at SMCM. They are working on a research project on food security in the county and are looking for people to interview, especially those with ties to food pantries.
- f. CSM will be having a [Giving Tuesday](#) fundraiser on the last Tuesday in November. The goal for the Leonardtown campus is to raise \$20,000 for their fitness trail.
- g. Church of Ascension Food Pantry is collaborating with UnitedHealthCare to have a cooking demo in November.
- h. MOC currently has 15 participants in their Diabetes class.
- i. Joshua is the new coordinator for the [Paddle for Heroes](#) race in Leonardtown. The event is scheduled for early June 2019. He is looking for sponsors and to promote the event to more kayakers/paddle boarders. Email [Joshua](#) for more information.



- j. The St. Mary's County Government is rolling out a policy in the new year making all county grounds smoke free. More information to come.

**6. Communications**

- a. Share events and news with HSMP partners through the HSMP Newsletter, calendar & social media outlets! Submit information at: <http://healthystmarys.com/newsletter/> or email [stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)

**7. Upcoming Meetings:**

- a. HEAL team: November 28, 2018 from 1:00 – 2:00 p.m. at Health Connections.

