

# Healthy Eating & Active Living Action Team Meeting

Wednesday, October 28, 2020 1:00 - 2:00 p.m.



# Agenda

1. Introductions
2. More to Explore
3. Complete Streets
4. Public/Private Partnerships
5. Resource Guide
6. LHIC Diabetes Grant
7. Partner Updates



# Introductions

- Shannon Heaney - Co-Chair
- Brian Abell - Co-Chair
- Jacquie Heaney - HSMP Coordinator
- Andrea Hamilton
- Christi Bishop
- Cindy Tomlinson
- Erin Jewell
- Japan Bhalja
- Joanne Payton
- Karen Mumbert
- Kyle Kebaugh
- Lynn Mejia
- Patricia Wright
- Stephanie Freeman
- Sue Veith



# More to Explore

- Virtual Program is live
  - Program will close this weekend.
  - Will get participation #s from the library.
- Prize winners will be notified and set a contactless pick up time at SMCHD



# Complete Streets



- Walk Audits
  - Who completed a Walk Audit this month?
    - Stephanie completed a walk audit (Lusby)
    - Sue completed a walk audit (Scotch Neck neighborhood and started Leonardtown)
    - If we find places with sidewalk issues we can forward to him and get it scheduled for maintenance.
    - Please send completed walk audits to HSMP email
- County Complete Streets study
  - Will send out an update when we have one.
- Safe Routes to School grant
  - Mark Fenton to provide Walk Audit training and complete streets presentation in January
    - At School Health Council meeting
  - Communicating with schools now to determine participation by school representatives
  - SRTS Action Plan draft - needs to be started
  - Looking for ideas on how to hold digital bike rodeo and Bike to School Day (May 5, 2021)

# Public/Private Partnerships (PPPs)

- Letter of support for YMCA? / Policy affirmation by HSMP Steering Comm. next week.
- YMCA Feasibility Study survey. Participate [here](#).
  - [YMCA Exploratory Committee Final Report](#)
- [Sports Complex Feasibility Study](#) - Presented to County Commissioners on October 27
  - [Project Fact Sheet for Sports Complex](#)
  - Potentially removed from budgeting?
- [R&P Capital Improvement](#)
- What can team members do?
  - Participate in the YMCA survey
  - Potentially consider speaking on this topic as commissioners host listening sessions for community input during budget season



# Resource Guide

- [Google Sheet](#)
  - **Action Item:** Add programs to the sheet so we can post on website by November!
  - This will continue to be a live document!



# LHIC Diabetes Grant

- Applied for grant through CHRC
- Projects included in the grant:
  - HEAL Webinar series (Virtual EXercise Classes, Cooking Classes, Nutrition Education, etc.)
  - FOODPLAY for schools
    - Offer through R&P and childcare centers as well
  - Alive-PD program
  - Communications Campaign





# Partner Updates



- SOMD Tennis Foundation continuing with outdoor programs through probably late November.
- CSM - first outdoor fitness class 2 weeks ago! Great trial run and provides insight for offerings in the Spring. Still offering virtual content!
- UME - Upcoming [Diabetes program series](#) - 4 week virtual series starting November 24. Discussing nutritional aspects of diabetes prevention and management. Updated details/flyer to come!
- UnitedHealthCare - launched an individual exchange product. Has different levels to accommodate community members. Open Enrollment starts November 1.
- Aetna Better Health - Supporting members - offering lunch & learns virtually. Providing updates on medicaid and a reading program for young children. Let Patricia know if you have any events you'd like her to attend.
- Child immunizations are still important! Make sure children are getting their immunizations even during covid.
- SMCG developed a new logo for their wellness program. Sending out a newsletter to staff. Trying to get the word out about flu vaccine this year. Looking into virtual options for employees to encourage physical activity and wellness.
- R&P - The pool is jumping - Online reservations available! R&P National Conference is on virtually. Programs are open and operating (gymnastics, leisure programs, sports programs). Parks are busier than ever!
- Economic Development - TCC has a coordinator for SOMD Heritage Area - received funding for bicycle signage and want signs up before the end of the year. Working to get Shannon Farms Park up and running. North County Farmers Market has approved site plan but still working out some final details.
- Grant Opportunity: <http://bestpractices.nokidhungry.org/resource/nutrition-hubs-grant-opportunity>
- Health Connections - Support groups and programs being offered in hybrid model. Some are strictly virtual. Currently running an online DPP program - starting new cohort in January. Working with SMCHD to get a virtual DPP program next year.
- SMCHD - Asthma program accepting referrals, Cancer program accepting referrals. Positions being posted soon.
- SMCHD and HSMP Town Hall tonight for community health needs assessments! Let me know if you'd like a calendar invitation

# Communications

- Submit event and news updates/information at:  
<http://healthystmarys.com/newsletter/> or email  
[stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)
- Follow HSMP on Social Media
  - Facebook: Healthy St. Mary's Partnership
  - Twitter: @HealthyStMarys



# Upcoming Meetings

- November 25, 2020 from 1:00 - 2:00 p.m.

