

Healthy Eating & Active Living Action Team Meeting

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



Agenda

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



Introductions

- Shannon Heaney - Co-Chair
- Brian Abell - Co-Chair
- Jacquie Heaney - HSMP Coordinator
- Sherrise DeBaugh
- Stephanie Freeman



Community Health Assessment



- Draft 2020 Community Health Assessment
 - Review Chronic Disease section
 - 4 health priority areas identified
 - Behavioral Health
 - Chronic Disease
 - Environmental Health
 - Violence, Injury, & Trauma
- New or missing data to include in final report?
- Consideration of additional or changing Community Assets/Resources? Any out of date?
- Action Item:
 - Continue to review this draft and provide any additional comments through the public comment period in December.

More to Explore

- 310 registered for the program
- 26 visited at least 1 site
- 12 completed the program
- Library noted that summer reading program numbers were low this year as well



Complete Streets

- [Walk Audits](#)
 - Please send completed walk audits to HSMP email
- Safe Routes to School grant
 - Mark Fenton to provide Walk Audit training and complete streets presentation the week of January 25th
 - School Health Council working to distribute parent surveys
 - Logo presented at next meeting - being finalized now.



Public/Private Partnerships (PPPs)

- YMCA Feasibility Study
 - Presentation at Commissioners' Meeting on November 17
 - 817 Respondents through Phone Interviews
 - Moving forward with looking into fundraising capacity in January
- Sports Complex Update
 - After Presentation by Md. Stadium Authority to Commissioners on Oct. 27 and a draft proposal to spend \$4,168,750 on the outdoor phase in the FY22 R&P Capital Projects Budget, Commissioners indicated project consideration will be delayed.
- Other R&P Capital Projects proposed for FY22: Snow Hill, Central County, Elms Beach, Myrtle Point Parks



Resource Guide

- Now available on HSMP website!



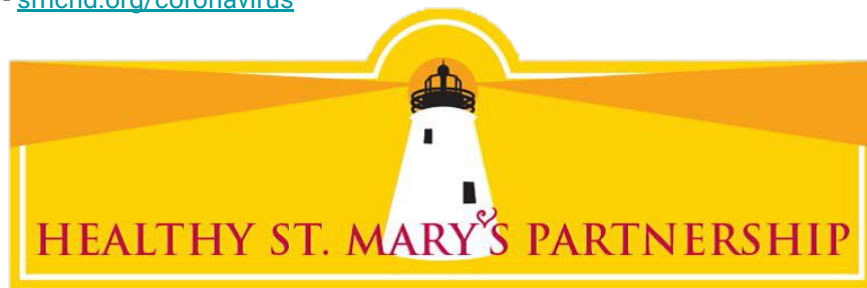
LHIC Diabetes Grant

- Alive-PD program
- HEAL Webinar series (Virtual Exercise Classes, Cooking Classes, Nutrition Education, etc.)
 - No Thyme to Cook
 - University of Maryland Extension
 - REAL Food Studio in Medley's Neck
 - Health Connections
 - Yoga
 - CSM (fitness)
 - Could we link with these programs for an activity they're already hosting and they'd be willing to let us co-host?
- FOODPLAY



Partner Updates

- Southern Maryland Tennis Foundation: Outdoor small group classes and special events are concluding during the first week of December. Winter indoor programs are uncertain due to COVID-19, since most facilities (such as Leonard Hall Rec Center, school gyms, tennis centers in PG County) are not taking Jan & Feb 2021 group reservations at this time.
- St. Mary's County Tennis Association: Outdoor charity tournament held Nov. 14 at Cecil Park in Valley Lee raised \$730 for SOMD Food Bank.
- Health Connections is starting a friends and family Diabetes Prevention Program January 25 (allows a support person to participate) - will continue on Mondays at 5:30 p.m.
- SMCHD's virtual DPP program starts on February 11 and will continue on Thursdays at 2 p.m
- MSMH's DPP program starts on March 17 - and will continue on Wednesdays at 5:30 p.m.
- MSMH's Living Well with Diabetes Program starts on March 30 - and will continue on Tuesdays at 6 p.m.
- Health Connections still offering all of their regular programs. Have a diabetes educator and dietician available you just need a doctor's order
- CSM - still operating remotely. Offered an outdoor zumba and outdoor spinning class. Primary focus now is promoting the virtual classes being offered (yoga, pilates, strength trainings, etc.)
- CSM Walking Trail still open and available.
- SMCHD is hosting a Health Equity [Webinar Series](#) starting Monday, November 30.
- Local COVID-19 updates visit - smchd.org/coronavirus



Communications

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



Upcoming Meetings

- No action team meetings in December
- Keep an eye out for email to schedule January action team meetings

