

Healthy St. Mary's Partnership  
HEAL Meeting

Monday August 18, 2014  
1:00 PM - 2:00 PM  
St. Mary's County Health Department

Agenda/Meeting Notes

1. Welcome & Introductions
2. History: Fit & Healthy Coalition
  - a. Andrea Hamilton & Lori Werrell, MedStar St. Mary's Hospital
    - i. 2010 Obesity Coalition → 2011 Fit & Healthy Coalition → 2012  
Community Transformation Funding expands opportunity to address health needs
    - ii. Numerous group accomplishments over the years include: Fit & Healthy Expos, Social Media campaigns, Photo Contests, and Let's Move Challenges.
3. Transition to Healthy Eating & Active Living (HEAL) Action Team
  - a. Dr. Meena Brewster, St. Mary's County Health Department
    - i. Information attached
4. Discussion: HEAL Barriers & Action
  - a. Members discussed assessment of current community needs, barriers, and existing efforts through an upcoming HSMP Survey. The survey will provide qualitative community data that will be paired with quantitative health surveillance data in order to support the planning process of HEAL objectives for the local health



improvement plan. The group decided on developing a survey for organizational partners to determine what efforts these partners are currently making to address HEAL, what they have found to be effective in reaching the community, and what barriers they and their consumers have experienced.

#### 5. Tentative Timeline

<b>Wednesday, September 24</b> Potomac Building Room 14	1:00 – 2:00	Assessment Review
<b>Thursday, October 23</b> Location: TBD	1:00 – 2:00	Selecting Plan Objectives
<b>Thursday, November 20</b> Potomac Building Room 14	1:00 – 2:00	Identifying Strategies
January 2015 Location & Time: TBD		Action Team review of compiled/revised objectives
February 2015 Partnership Meeting: TBD		HSMP review of Comprehensive Community Health Improvement Plan (CHIP)

### **Transition to HEAL Action Team**

#### **Coalition model applied to Action Team**

- Develop a HEAL plan for the community based on data, existing gaps, and feasibility (resources/time)
- Partners collaborate to develop new action called for by the plan
- Partners take back pieces of the plan and apply it to their own organization’s strategic plan and activities, for example:
  - Hospital’s community benefit plan & activities through Health Connections
  - Health Department’s agency strategic plan & public health initiatives
- Partners use action team as a forum for talking about their action and spreading the word of others’ action through their own communication efforts
- Action Team would have two organizational partner co-chairs with leadership changing every year
- Action Teams coordinate with three other action teams on the HSMP steering committee

#### **Evidence-based HEAL strategies**

- **ADVOCACY** for policies that would improve HEAL, such as:
- Built Environment policies/environmental changes



- Access to Healthy Eating
- Promoting physically active lifestyles
  - Town centers, compact design, mixed development
  - Public transportation – encourages physical activity to and from public transport
  - Parks, playgrounds, and open green spaces adjacent to housing areas
  - Traffic calming measures
- Active transport
  - Sidewalks - Safe and continuous, Buffered from roadways, Get to destinations of interest & public transit spots
  - Network of bikeways and bicycle facilities
  - Trail transportation corridors and trail-related facilities
  - Traffic calming measures
- Complete Streets!!
- Community-wide campaigns
  - Multiple community sectors
  - Multiple, highly visible coordinating components
- Individually-adapted health behavior change programs
- Social support initiatives in community settings
- Behavioral interventions to reduce screen time
- Increase the length of, or amount/intensity of physical activity in school-based physical education classes/"gym class"
- Stair prompts
- Worksite wellness initiatives
- Technology-supported multicomponent coaching or counseling interventions

