

Healthy St. Mary's Partnership  
HEAL Action Team

Wednesday January 28, 2015  
1:00 PM – 2:00 PM

Health Connections, MedStar St. Mary's Hospital

1. Introductions

- a. 7 members present representing: Healthiest Maryland Businesses (HMB), St. Mary's County Health Department (SMCHD), MedStar St. Mary's Hospital (MSMH), Department of Land Use and Growth Management (LUGM) and MedStar Family Choice (MFC).
- b. The team discussed capacity building. The HEAL meeting follow-up will include a [survey](#) to see if this meeting time/date is good for the majority of members. Co-Chairs and LHIC Coordinator will do targeted outreach to organizations who have participated in the past or who may be interested (SMCPS, food banks, local gyms, Recreation & Parks, Economic and Community Development, SMADC, tennis association, La Leche League, cycling groups and MD Extension). Next meeting announcement will include an RSVP.

2. Healthiest Maryland Businesses, [Angela Deal](#)

- a. HMB offers technical assistance to businesses to implement workplace wellness activities. HMB can help find speakers, offer help writing policies, and assist with starting or growing wellness programs. HMB hosts an annual forum, publishes a monthly newsletter, and will soon offer a recognition program. To join, the interested business must sign a commitment letter and complete an online workplace score card which is researched based and created by the CDC. This score card analyzes your business in 9 categories and evaluates how you are doing in workplace wellness. HMB provides a summary and recommendation for areas that need improvement. Strategies are also suggested that can be implemented to help (further action is decided by the business). Score cards are done each year.



- b. Recruitment of St. Mary's County Businesses – Recruitment flyer attached. The State of Maryland would like to see EVERY business in Maryland enrolled by 2018. HEAL identified growing the number of St. Mary's County Healthiest Maryland Businesses in Healthy St. Mary's 2020. Currently 20 in Southern Maryland (9 in SMC-however not all are up to date with score card). HMB is looking to launch a new website that is more user friendly than the current page.
      - c. Save the Date: Annual HMB Forum- April 24 from 8:30 AM -12:00 PM at the Southern Maryland Association of Realtors
      - d. Suggestions from members: Presentation to the Commissioners of St. Mary's County, Chamber of Commerce, and Leonardtown Business Association.
3. Distribute draft of the Community Health Improvement Plan (CHIP) Healthy St. Mary's 2020 for review by members, Jenna Mulliken
  - a. Please review and send comments, suggested revisions, or copies of organizational plans to [Jenna Mulliken](#) as soon as possible for inclusion.
  - b. The team will need to determine what strategies to get working on!
4. Partner Updates
  - a. Heath Connections, Lactation Program, Trina Gardiner - Breastfeeding moms group is held on Wednesday mornings. This support group is open and free to any baby/parent who is getting breast milk (from breast or bottle). Lactation consultants are also available for assistance.
  - b. MedStar Family Choice, [Tokeitha Wilson](#) – MFC will be organizing a Health and Wellness Expo at FedEx field in August for members. Information will be available and members can also complete annual physical exams. MFC understands that transportation is an issue and is working on creative solutions for this event. Table space is available for organizations to offer information on community resources. Games and activities for youth. MFC will also host an open meeting for members and the public on April 9<sup>th</sup>.



- c. SMCHD, Million Hearts Program, [Angela Cochran](#) – This program is grant funded through DHMH and its goal is to improve clinical outcomes related to hypertension and diabetes through health system changes. Last year 2 practices participated and this year the number has grown to 8. These practices are referring appropriate patients to tobacco cessation programs, diabetes prevention programs, care coordination programs, and chronic disease management programs. Data collection is done on outcomes through a team based approach.
  - d. Heath Connections, Simple Changes, [Andrea Hamilton](#) – This is an evidenced based Diabetes Prevention Program. Upcoming classes starting: February 20th in Lexington Park (only 25\$) at Gateways, March 21st and 25<sup>th</sup> at MSMH (99\$). 16 week course involving group support and skill development in the areas of healthy eating, active living, and weight management. \*Also please don't forget that Health Connections also offers a car seat assistance program.
5. Next HEAL action team meeting
- a. February 25, 2015: 1:00 PM – 2:00 PM at Health Connections [Tentative – Please complete this survey → <https://www.surveymonkey.com/s/HEALMEETINGS>]
  - b. Meeting schedule is available in the HSMP Newsletter and on the HSMP website
  - c. Submit information on programs, training opportunities, and HEAL news to the HSMP Newsletter online <http://healthystmarys.com/about/newsletter/>

