

Healthy St. Mary's Partnership  
HEAL Action Team

Wednesday February 25, 2015  
1:00 PM – 2:00 PM  
Health Connections, MedStar St. Mary's Hospital

Agenda

1. Introductions

- Sue Veith – Department of Land Use Growth Management (LUGM), Andrea Hamilton – Health Connections, Jenna Mulliken – St. Mary's County Health Department (SMCHD), Louis Effa – Virtual Fitness Education (VIFED), Dr. Meena Brewster – SMCHD, Judi Ferrara – CSM, Lori Werrell – Health Connections, Brian Abell – St. Mary's County Tennis Association, Anne Chaney – World Gym, Jacinta Bottoms Spencer – God's Gurl Enterprises.

2. Discussion: The team discussed planning for the next year, possible projects and prioritization of strategies. The team decided to pick 3 primary projects to work on this year. Primary projects will be chosen through a survey. Identifying a policy agenda focused on certain topics may be the most effective. Chairs will work on a survey for the group – next meeting we can narrow down this list.

- Last month Healthiest Maryland Businesses presented to the team. Members tried researching HMB online and it was very difficult to find information. The group discussed supporting the HMB by linking the information from the HEAL page of the HSMP website. Also on HEAL Page – link to CDC templates for stair signage and active workplace resources and distribute information to community partners and businesses. Consider creating a community stamp to recognize: Healthy St. Mary's businesses, schools, restaurants, etc.
- The team discussed creating community walking maps. LUGM would be able to create PDF files of different local communities that show how far residents are walking, maps could also feature distance on community connections. We can link to these on the HEAL webpage including “click here” to request your community. \*Add this as a strategy under adults and physical activity physical activity objectives.
- St. Mary's County will receive a local complete streets assessment through the Metropolitan Planning Organization (MPO). The HEAL team discussed writing a



Letter of Support and having some members apply to sit on the advisory board.

[What are Complete Streets?](#)

- LUGM plans to research grant opportunities to transform local vacant lots into pop up play spaces or pocket parks to increase access to physical activity.
- The team discussed advocating for change in school policy regarding bike racks (currently bike racks are prohibited). The team will look for grant opportunities to install racks in locations around the community.
- The team discussed encouraging healthy vending machine policies at local schools and workplaces. How do we get healthier snacks in schools and local businesses? Barriers – cost, procurement, standards, sales, contracts “Healthy vending options are only successful if there is no other choice”
- Can we address transportation issues for physical activities after school?
- LUGM made contact with the Home Grown Farmers Market – if someone can pick up the left-over food they will work with us on getting it to the pantries who are interested. HEZ transportation may be able to assist with this. \*Contact SMADC for input. Can the epidemiology team at SMCHD find an appropriate measure?
- In regards to the youth focused objectives (2.2-2.5). School data is now available and aggregated at the county level through VIFED (Louis Effa is interested in presenting this data at an upcoming meeting). Data may be helpful in advocacy efforts around community design.
- Training for culinary staff on low sodium food preparation
- Extra snap bucks for farmers market
- More to Explore Passport Program information is coming soon!

3. Next HEAL action team meeting

- March 25, 2015: 1:00 PM – 2:00 PM at Health Connections [RSVP HERE](#)
- Meeting schedule is available in the HSMP Newsletter and on the HSMP website
- Submit information on programs, training opportunities, and HEAL news to the HSMP Newsletter online <http://healthystmarys.com/about/newsletter/>

