

Healthy Lifestyles With St. Mary's County Library

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St. Mary's County Library

How is St. Mary's County Library Contributing to Healthy Lifestyles in Our Community?

In line with the Healthy St. Mary's 2020 plan, St. Mary's County Library is an educational institution that provides access and information to the public on a variety of health related topics.



St. Mary's County library also provides active and educational programs to help our community get up and get moving. We provide access to built environments that encourage more physical activity such as the Storywalk at Lexington Park branch and the access to the Three Notch Trail at Charlotte Hall branch. We have a large collection of physical and digital books and magazines that provide information about healthy eating and cooking, and through partnerships we give access to healthy foods and produce.

Healthy St. Mary's 2020 Objectives

BH 3 [Developmental] Increase the percentage of children with mental health conditions who receive treatment services

- Support local community-based support services, increase awareness of available programming

HEAL 1 Increase the percentage of adults who are at a healthy weight from 33.2 to more than 34.9 as measured by the BRFSS

- Promote and provide educational opportunities to teach families how to prepare and cook fruits and vegetables

HEAL 1.2 Increase the percentage of persons reporting at least 150 minutes of moderate physical activity or at least 75 minutes of vigorous activity per week from 53.5 to more than 56.2 as measured by the BRFSS

- Increase awareness about how the built environment (i.e., roads, sidewalks, trails, buildings, neighborhoods, etc.) can facilitate increased physical activity behavior

HEAL 2.2 Increase the percentage of youth who reported eating fruits and vegetables 5 or more times per day during the past 7 days from 19.2 to more than 20.2 as measured by the YRBS

- Support and provide educational opportunities to students about the importance and benefits of eating a plant-based diet rich in fruits and vegetables and about the amounts of fruit and vegetables they need daily

HEAL 2.4 Increase the percentage of youth reporting at least 60 minutes of daily physical activity per week from 22 to more than 23.1 as measured by the YRBS

- Increase awareness of the importance of physical activity (educate parents and students about daily requirements and value of physical activity & educate communities about existing programs)
- Increase access to places and opportunities for students to be physically active (support the development, renovation, and maintenance of parks, playgrounds, and recreation facilities)
- Advocate that all students receive 60 minutes of quality physical activity daily through physical education classes, before- and/or after-school programming, and through home activities

HEAL 3 [Developmental] Increase the distribution of fruits and vegetables to local residents

St. Mary's County Library Healthy Initiatives

BH3

- Contributes to the awareness of support services through providing a community space for local mental health support services for to provide information to the public
- Partnered with The St. Mary's County Department of Aging and Human Services and Walden Sierra to provide 'pop-ups' to meet with the public in a safe and comfortable environment within the library.

HEAL 1

- Provides a large collection of education materials including physical books and magazines as well as digital books and magazines that instruct on healthy cooking and food preparation.



HEAL 1.2

- Library staff participated in a walking steps challenge
- Lexington Park branch has an outdoor storywalk to increase movement and healthy activity while also increasing literacy.
- Partnered with St. Mary's County Recreation and Parks provide the More to Explore program that encourages families to get out and explore the local parks and historical sites.
- Charlotte Hall branch is an access point to the Three Notch Trail and provides a place for visitors to park.
- Participant in 'Let's Move in Libraries'
- Two branches within close walking distance of major neighborhoods. The new Leonardtown Library will also have immediate access to walking trails and Parks and Recreation fields.



HEAL 2.2

- Provide storytimes with healthy eating topics
- Large collection of materials for children about fruits and vegetables and healthy eating.

HEAL 2.4

- Provide wiggle-giggle storytimes weekly to get children 0-5 up and moving while learning.
- Lexington Park branch has an outdoor storywalk to increase movement and healthy activity while also increasing literacy.
- Participant in 'Let's Move in Libraries'
- Partnered with St. Mary's County Parks and Recreation provide the More to Explore program that encourages families to get out and explore the local parks and historical sites.
- Charlotte Hall branch is an access point to the Three Notch Trail and provides a place for visitors to park.
- Programs that encourage movement such as life-sized games, outdoor and indoor programs, field day, etc.

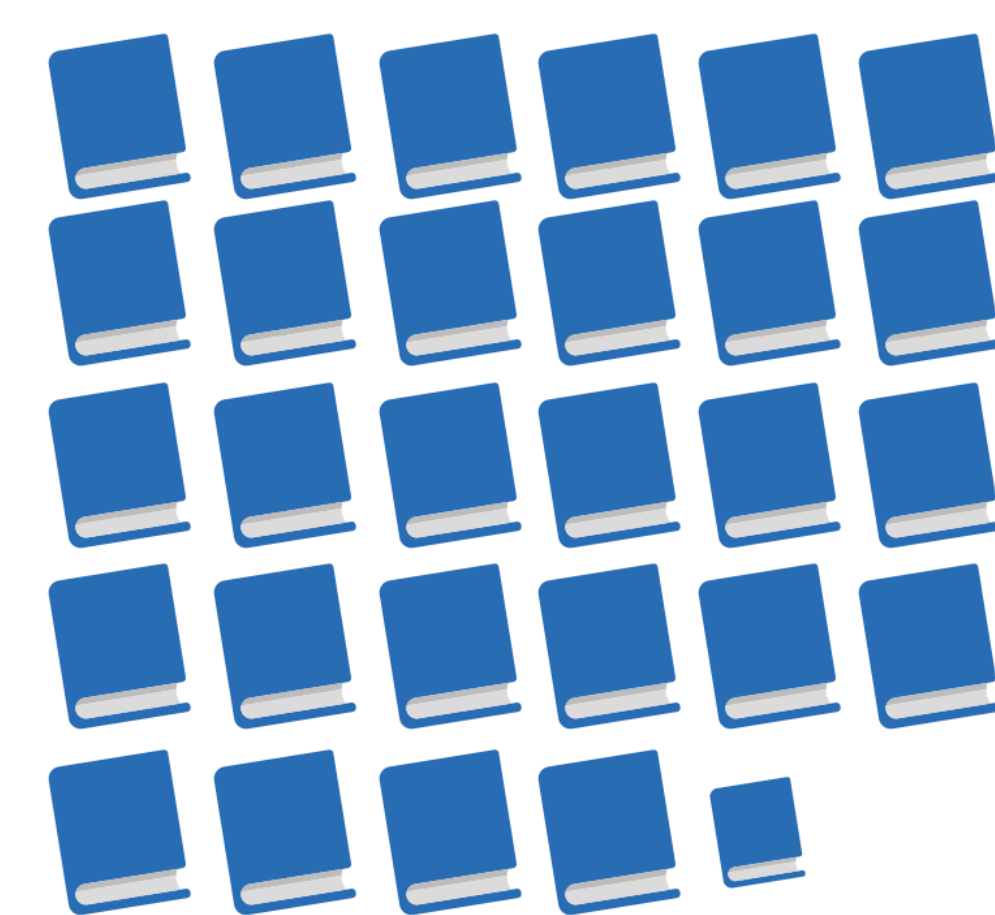
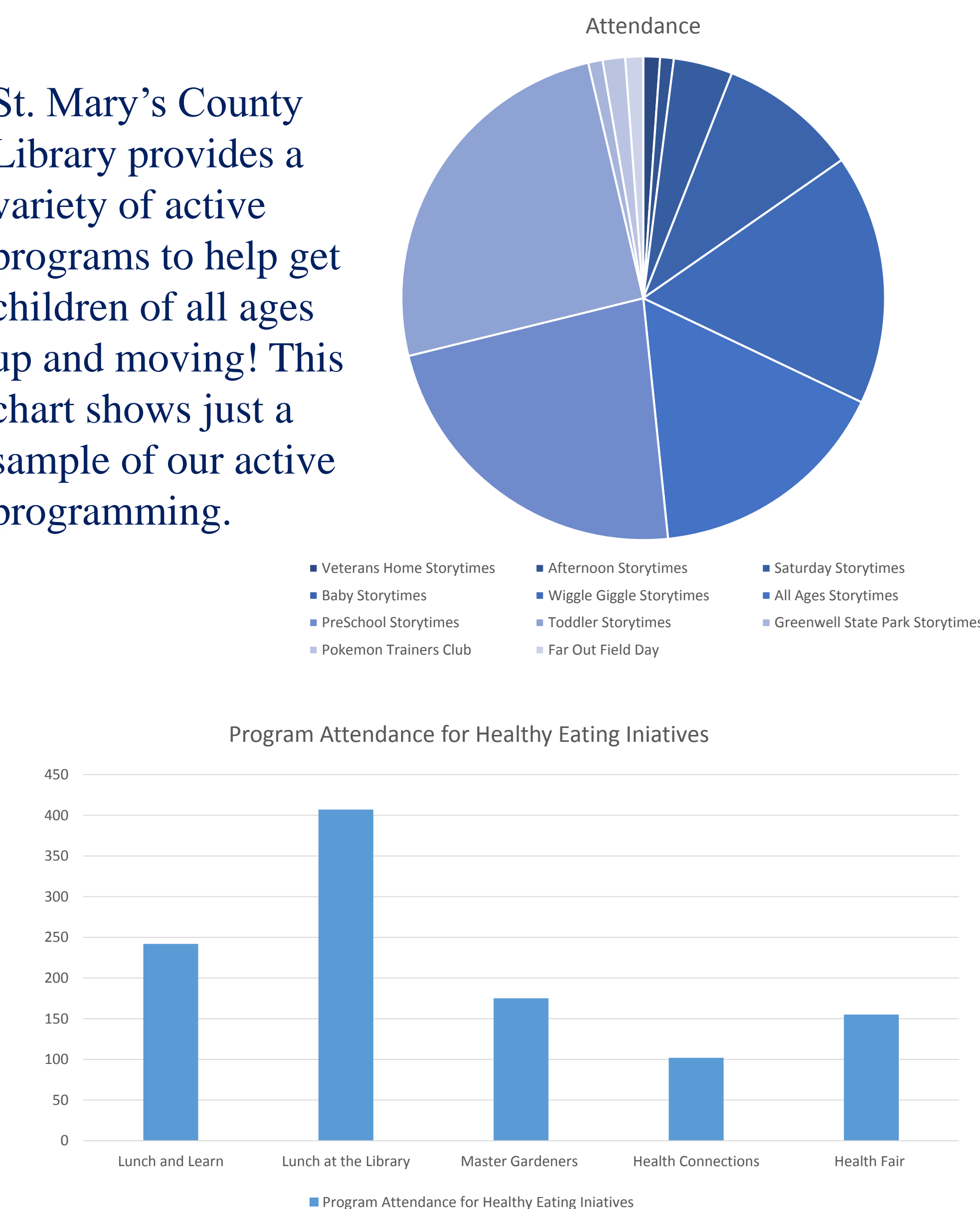
HEAL 3

- Provided healthy snacks for children and teens during the summer when they did not have any food to eat
- Partnered with St. Mary's County Public Schools to provide free or low cost nutritious lunches to children, teens and their families during the summer with the 'Lunch and Learn' program.
- Charlotte Hall branch partners with the Amish Farmer's Market to provide space and parking while giving the public access to local fresh produce and foods.



Outcomes

St. Mary's County Library provides a variety of active programs to help get children of all ages up and moving! This chart shows just a sample of our active programming.



St. Mary's County Library provides a collection of **28,300** books about healthy living and lifestyles.

*Each book represents 1,000 healthy living books.

St. Mary's County Library has over 28,000 books on healthy living and has held over 582 active programs in the last year. Nearly 16,000 adults and children have attended a storytime in the past year!



15,797 people (adults and children) attended a library storytime in the past year.

*Each circle represents 1,000 participants who attended a Library storytime.

St. Mary's County Library is a Great Place to Find Information for and Access to a Healthier Lifestyle

Through many partnerships throughout the community and internal initiatives, St. Mary's County Library is dedicated to providing quality information and education for everyone in our community. We believe in encouraging active lifestyles through fun and education activities and we recognize the real need in our community to have access to healthy foods and produce.



References and Acknowledgments

Healthy St. Mary's 2020
Internal statistics

Partners

St. Mary's County Public Schools
St. Mary's County Department of Aging and Human Services
St. Mary's County Department of Economic Development (Tourism)
St. Mary's County Department of Recreation and Parks
Walden Sierra
Let's Move in Libraries
Amish Farmer's Market
Healthy St. Mary's County Partnership
Local Boy Scouts troops
MedStar St. Mary's Health Connections
and
many others not mentioned but still appreciated

Contact Information

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