

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



- Local Health Priorities

- Behavioral Health
- Chronic Disease
- Environmental Health
- Violence, Injury, and Trauma

- Next Steps

- Public Comment Period - please take time to review the draft Community Health Assessment and provide comments!
- Announcement will go out about the new action teams and will provide the opportunity to update your membership information, notification subscriptions, and provide input on meeting times for the action teams you are interested in participating in.
- January 2020 we will launch the new action teams and begin work on the updated Community Health Improvement Plan.
- Elections for HSMP Co-Chair, Vice-Chair and Co-Chairs for the new action teams will take place at the beginning of 2021.

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!



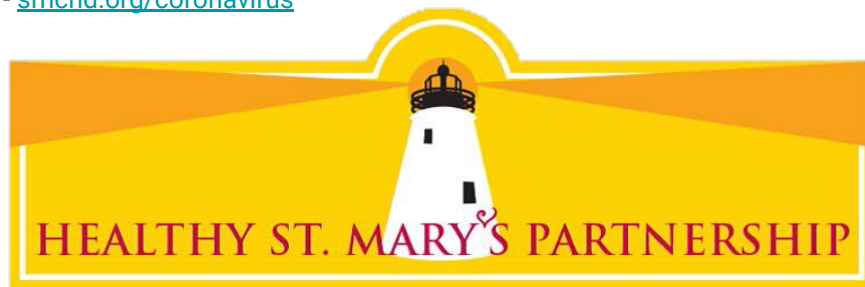
LHIC Diabetes Grant

- 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

