

Chronic Disease Action Team Meeting

Tuesday, February 23, 2021 1:00 - 2:30 p.m.



Agenda

1. Introductions
2. Maryland Legislative Overview
3. Data Points Discussion
4. Potential Strategies for CHIP
5. HEAL Webinar Series
6. More to Explore
7. Partner Updates



Introductions

- Jacquie Heaney - HSMP Coordinator
- Brian Abell - Co-Chair
- Keri Reed - Co-Chair
- Andrea Hamilton
- Blair Inniss
- Caitlin Kirkpatrick
- Erin Jewell
- Jessika Hall
- Lori Norton
- Lynn Mejia
- Michele Gaskill
- Nancy Stone
- Nat Scroggins
- Sara Seitz
- Sarah Thiroway
- Sherrise De Baugh
- Stephanie Thomas
- Suha Ansari
- Teresa Waldron
- Japan Bhalja



Maryland Legislative Overview

- [Legal Resource Center Presentation](#)
- If you have any questions, please contact [Sarah Thiraway](#)



Data Points Discussion

- The team reviewed data points suggested at the January meeting for inclusion/tracking in the CHIP.
- Review the list of data points with notes from the discussion [here](#).



Potential Strategies for CHIP



- Tobacco/Vaping
 - Promote Text to Quit programs to youth (This is Quitting, etc)
 - Implement Catch my Breath program in schools
 - Communications Campaigns
 - Tobacco Policies: Flavor Ban, packaging laws, price policies
- Diabetes
 - [MD Diabetes Action Plan](#)
- Cancer Screening Awareness
- Nutrition Education
- Mobile Clinic
- Healthy Kids Meals Bill
- Employer-based health & wellness programs
- **Action Item:** Review strategies listed here, those from the data discussion, and/or research other strategies for inclusion in the CHIP. We will continue this discussion at the March action team meeting.

HEAL Webinar Series



- Reached out to organizations. Responses so far:
 - Zumba class with UHC on Friday, May 7 from 12:00-12:40
 - Health Connections - Mindful Eating Seminar (schedule for April)
 - Real Food Studio - Healthy cooking, eating for health, savory and sweet substitutions (schedule for March)
- Plans for promotion
 - Flyer - sent to community partners
 - Hospital include on their facebook page, county fb page
 - Notice to SMCG employees
 - Library calendar
 - R&P calendar
 - Office on Aging (newsletter & on website)
- What is the name of this series?
 - Eat, Live and Stay Healthy
 - Healthy You
 - Living Well
 - Health is Wealth - Exercise, Nutrition & Stay Alive
 - Please send any other ideas to Jacquie - we will finalize the name via email so that we can launch the series in March.

More to Explore

- 2021 Virtual Program
- Due to time constraints, we will discuss this in March.



Partner Updates

- Health Connections has many programs starting soon - Living Wells w/ Diabetes will start on March 30; the Partner Up Program will start on March 15; Simple Changes will start on April 14; and Halt - their online only program - will start on April 12. Call Health Connections to register - 301-475-6019.
- The Legal Resource Center tracks a variety of public health bills, they send out weekly updates and host biweekly update calls - email publichealth@law.umaryland.edu if you'd like to be included on these updates!
- University of Maryland Extension is offering a 4 week [Dining with Diabetes Program](#).
- March is Colorectal Cancer Awareness Month - St. Mary's, Charles, and Calvert County are jointly pushing out an ad on their programs.
- UHC is offering a Diabetes Prevention Program - email [Lynn](#) for more information or with referrals.
- Open enrollment through Maryland Health Connection extended through May 15.
- [Get Out the Vax virtual community forum](#) on Saturday, February 27, 2021 at 2:00 p.m. - on SMCHD and NAACP facebook pages
- State Office of Rural Health: <https://pophealth.health.maryland.gov/Pages/Rural-health.aspx>
- Youth Mental Health & Wellness Webinar this Thursday at 6:30 p.m. - <https://smcyouthmentalhealth.eventbrite.com>
- CareFirst is working heavily with pre-diabetes programming and trying to meet gaps in care.



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

- March 23 @ 1:00 - 2:30 p.m.

