



# Chronic Disease Action Team Meeting

Tuesday, March 23, 2021

# Agenda

1. Introductions
2. CHIP Strategies
3. Eat, Live, and Be Healthy Webinar Series
4. More to Explore
5. Partner Updates

# Attendance

- Brian Abell - Southern Maryland Tennis Foundation, Co-Chair
- Keri Reed - Cedarville University FNP student, Co-Chair
- Andrea Hamilton - MedStar St. Mary's Hospital
- Angela Cochran - St. Mary's County Health Department (SMCHD)
- Lori Norton - SMCHD
- Kathy Faubion - St. Mary's County Library
- Erin Jewell - University of Maryland Extension
- Sue Veith - Department of Economic Development
- Caitlin Kirkpatrick - SMCHD
- Stephanie Freeman - SMCHD
- Jacquie Heaney - SMCHD
- Nancy Stone - SMCHD
- Stephanie Thomas - SMCHD
- Sherrise De Baugh - College of Southern Maryland
- Jessika Hall - SMCHD
- Lynn Mejia - UnitedHealthCare
- Michelle Pottinger - SMCHD
- Shannon Heaney - SMCHD
- Angela Brochu - NAS Patuxent River

# CHIP Strategies

- Team Members discussed strategies to include in the Community Health Improvement Plan utilizing the priority grid linked below to guide the discussion.
  - [Priority Grid](#)
- **Action Item:** Please review the priority grid and provide and comments or suggestions prior to April 12.

## Eat, Live, and Be Healthy Webinar Series

- Schedule so far (launching in April based on availability):
  - Health Connections Mindful Eating Seminar- April 19 @ 6:00 p.m.
  - Real Food Studio Healthy Meal Prep Class - April 29
  - UHC Lunchtime Zumba Break - Friday, May 7 @ 12:00-12:40
- Flyer Draft - Jacquie provided 2 options for the team to choose between
- Website is drafted
- Press Release is drafted and will be sent out within the next week or so.
- The team decided that it would be best to have an eventbrite for each event to see how many people plan to attend, but to also make the link to join public.
- New topic idea for future sessions:
  - Yoga for children - Sue has a contact and will send to Jacquie

## More to Explore

- 2021 Program
  - Jacquie will work to update the booklet this month.
- Shannon has funding through Safe Routes to School grant to print booklets
  - Add some Walking/Bicycle Safety Tips into booklets
  - Could target certain schools for distribution
  - Are libraries/R&P facilities still good options for distribution?
    - Jacquie will connect with Kathy and Christi to see what details need to be solidified prior to the program beginning this summer

## Partner Updates

- Minority Outreach Coalition is doing a produce giveaway at God's House of Refuge from 9-12 this Saturday. They will also be doing vaccine registration on site.

# Communications

- **Submit event and news updates/information at:**  
<http://healthystmarys.com/newsletter/> or email  
[stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)
- **Follow HSMP on Social Media**
  - Facebook: Healthy St. Mary's Partnership
  - Twitter: @HealthyStMarys

# Upcoming Meetings

- Tuesday, April 27, 2021 from 1:00 - 2:30 p.m.