



Chronic Disease Action Team Meeting

Tuesday, June 22, 2021

Agenda

1. Introductions
2. Eat, Live, and Be Healthy Webinar Series
3. More to Explore
4. Physical Activity Asset Map
5. 2022 Wellness Challenge
6. Partner Updates

Attendance

- Brain Abell - Southern Maryland Tennis Foundation
- Angela Brochu - Naval Health Clinic PAX River
- Japan Bhalja - St. Mary's County Health Department (SMCHD)
- Synda Chase - CareFirst Community Plan
- Stacey Morgan - SMCHD
- Sue Veith - Department of Economic Development
- Jacquie Heaney - SMCHD

Eat, Live, and Be Healthy Webinar Series

- Upcoming Schedule:
 - Wednesday, July 14, 2021 from 6:00 – 7:15 p.m. - Intuitive Eating
 - Wednesday, July 28, 2021 from 6:00 – 7:15 p.m. - Herbs & Spices
 - August 27 @ 10 and 1 - ToBe Fit, The Juggling Nutrition Magician Show (FoodPlay)
 - September 30 from 8:00 - 8:30 - Yoga
 - In the works - WARCycles (potentially an in person or hybrid event)
- Any new presentation ideas please email Jacquie.
- Idea to increase participation - share the [event registration](#) in your neighborhood Facebook Groups!

More to Explore

- Program is live!
- As of June 11 - 228 registered
- Booklets should be finished printing this week and will be delivered to the libraries ASAP.
- Need small prizes for libraries
 - Does anyone have giveaway items or funding they can spend on small toys?
 - Synda offered to donate prizes and drop off at Leonardtown Library.
 - Jacquie will reach out to SMCHD Prevention Team about giveaway items & to Nat.

Physical Activity Asset Map

- Google Earth Project
- Use resource guide developed last year for map points
 - Please take a few minutes to review and edit the google sheet with any new physical activity resources that exist in the county.

2022 Wellness Challenge

- Using [MSMH's previous yearlong challenge](#) as an example/guide
- Each month of 2022 have a challenge and a virtual event livestreamed to social media that supports this challenge (for example if the monthly challenge is pushups kick off the month with a live event of how to do proper pushups and modify them for where you are at)
- Use a google form to track participation each month
- Monthly winner drawn randomly from participants (anyone who completes the challenge)
- Asking team members to sign up for a month to take the lead on what the challenge will be, arrange for a prize, and schedule the event. IF you have an idea or would like to sign up for a month email [Jacquie](#).
 - January -
 - February -
 - March -
 - April -
 - May -
 - June -
 - July -
 - August -
 - September -
 - October -
 - November - Angela Brochu - potentially something for Tobacco Free Living Month?
 - December -

Partner Updates

- The Commissioners approved an agreement with the YMCA to create a project Task Force consisting of local leaders, YMCA staff and County staff to collectively explore the Great Mills Pool site and Nicolet Park locations for a future recreational facility.
- Lighting project approved for Cecil Park - predicting Fall of 2021.
- MWR has events happening throughout the summer.
- Angela is working on community gardens on base. Trying to get those in the barracks involved and excited.
- Planning a quit tobacco campaign on base.
- Pax River is gearing up for challenges for the next PRT cycle. They've started a Ship Shape program.
- CareFirst Community Plan is increasing adult dental benefit to \$750 as of July 1.
- The Sustainable Communities group is going to be making recommendations in July to the county (transportation options & recommendations to improve safety and community engagement in LP region).
- DPW&T was approved to apply for grant to get crosswalk at Great Mills and 235 (increase bikeability).
- North County Farm Market is targeted to open in September/October timeframe.
 - Got the go ahead to apply for grant to get the kitchen equipment for the facility!
- County is working with the National Parks Service/Tri-County Council on signage for bike routes.
- SMCHD has new [Quit Tobacco classes](#) starting June 24. [Caitlin](#) is also available for 1:1 smoking cessation help if need be.
- SMCHD [Cancer Screening Programs](#) are available for uninsured/underinsured residents.
- Final draft of Healthy St. Mary's 2026 Plan is set to be released on June 29.
- Save the Date for the [2021 Virtual HSMP Annual Meeting!](#)
 - We will be having a Virtual Exhibit Hall for the Annual Meeting. Complete the interest form [here!](#)

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

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