



Chronic Disease Action Team Meeting

Tuesday, July 27, 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

- Andrea Hamilton - MedStar St. Mary's Hospital
- Stacey Morgan - St. Mary's County Health Department (SMCHD)
- Nancy Stone - SMCHD
- Stephanie Thomas - SMCHD
- Bruce Beauverd - Walden University
- Michelle Pottinger - SMCHD
- Lynn Mejia - UnitedHealthcare Community Plan
- Suha Ansari - SMCHD
- Jessika Hall - SMCHD
- Kathy Faubion - St. Mary's County Library
- Synda Chase - CareFirst BlueCross BlueShield Community Health Plan of Maryland
- Brian Abell - Southern Maryland Tennis Foundation
- Erin Jewell - University of Maryland Extension
- Lori Norton - SMCHD
- Sue Veith - Department of Economic Development
- Jacquie Heaney - SMCHD
- Nat Scroggins - Minority Outreach Coalition
- Angela Brochu - Naval Health Clinic Patuxent River
- Bree Burandt - SMCHD

Eat, Live, and Be Healthy Webinar Series

- Upcoming Schedule:
 - 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 with Lauri Bruce
 - WARCycles Events in September and October - more to come on dates/times of these events (9/18, 10/16)
- Any new presentation ideas please email Jacquie. Looking for ideas for November/December.

More to Explore

- Program is live!
- As of July 19 - 743 registered, 114 logged at least 1 site, 4 finishers
- Booklets and small prizes delivered to the libraries over the past month. Thank you to those who donated prizes!
- Lexington Park library really pushing the program
- Sign issues:
 - Dorsey Park & Elms Beach.
 - Andrea will check Elms Beach tonight.
 - Update the cheat sheet for next year with contact person for each location and hints as to where signs are.
- Any ideas for extra ways to promote the program?
 - Add list of available prizes to beanstack (like summer reading program) - Jacquie will work on this list.
 - Winner spotlight at the end of the program - Kathy will check in to see if the libraries can help with this.
- How many winners to draw? (September 5 is the last day)
 - Will finalize at August meeting.

Physical Activity Asset Map

- Google Earth Project
- The plan is to use the [resource guide](#) developed last year for map points.
 - The team reviewed and edited the [google sheet](#) with any new physical activity resources that exist in the county or updates to listed .
 - If you have additional edits please email stmaryspartnership@gmail.com prior to the August meeting.
- Leonardtown released new [healthy living directory](#).

2022 Wellness Challenge

- Using [MSMH's previous yearlong challenge](#) as an example/guide
- Each month of 2022 will 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)
- 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 - Creating Healthy Habits? Tracking that you exercise throughout the month? Goal setting? SMART goal how to
 - February -
 - March -
 - April -
 - May -
 - June -
 - July - Tracking fruits & Vegetables to coincide with Buy Local Week??
 - August -
 - September -
 - October -
 - November - Angela Brochu - potentially something for Tobacco Free Living Month?
 - December - Mental Health Focus leading up to holidays?
- **The team discussed trying to focus on [health observances](#) and try to link the month's challenge in with that.** Jacquie and Andrea will assemble list for August meeting.

Partner Updates

- MSMH just kicked off their online DPP program. Their September Living Well with Diabetes they filled, so they opened a new one. Offering hybrid option.
- UME is hiring for a [Maryland SNAP-Ed project leader](#). Erin is working on lots of grant projects and preparing for Home Grown School Lunch week (Farm to School Day in partnership with schools) & SMC Fair.
- MOC is hosting a food drive in Callaway on August 7. Their annual back to school bag distribution event will take place on August 14th.
- On track for opening new North County Farm Market in September. Looking to get commercial kitchen contracts in place.
- [Complete Streets plan](#) out for public comment until August 3rd.
- CareFirst increased their adult dental benefit for medicaid clients. They are continuing to spread the word about their name change. They have reusable grocery bags and backpacks for distribution in the community.
- Bruce is a PH.D. candidate at Walden University. He is recruiting participants that are parents of 9- through 12-year-olds to learn what topics discuss to prevent underage drinking. He will be emailing out his recruitment flyer.
- SMCHD Cancer Screening Program has [new flyers in Spanish and English](#). Please note the American Cancer Society lowered the age for colonoscopies to 45 so the program followed suit.
- PAX River is getting health risk assessment survey out to obtain some baseline data. Also have a tobacco cessation campaign ongoing and the ship shape program which is open to any TriCare beneficiary.
- [Healthy St. Mary's 2026](#) plan was released at the beginning of the month. Please share with your organizations and contacts!
- Registration is now open for the 2021 HSMP Annual Meeting! Register [here](#)! If you are interested in participating in the Virtual Exhibit Hall - fill out [this google form](#).

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, August 24, 2021 from 1:00 - 2:00 p.m.