



Chronic Disease Action Team Meeting

Tuesday, December 14, 2021

Agenda

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

Attendance

- Brian Abell - Southern Maryland Tennis Foundation
- Christine Allred - Maryland SNAP-Ed; University of Maryland Extension St. Mary's
- Synda Chase - CareFirst Community Health Plan MD
- Jacquie Wells - St. Mary's County Health Department (SMCHD)
- Andrea Hamilton - MedStar St. Mary's Hospital
- Sherrise DeBaugh - College of Southern Maryland
- Nancy Stone- SMCHD
- Michelle Pottinger - SMCHD
- Lori Norton - SMCHD
- Caitlin Kirkpatrick - SMCHD
- Michael Wallace - CrossFit Pax
- Luciana Smith - Aetna Better Health of Maryland

Eat, Live, and Be Healthy Webinar Series

- Attendance for December 9th webinar was 10.
- Final webinar for the year:
 - December 21 at 5:30 p.m. - Inclusive Exercise Class with Gail Wathen
- Eventbrite registration link and previous session recordings are available [here!](#)

Physical Activity Asset Map

- The team continued discussing gaps and next steps/suggestions to be included in the Draft Outline of the Asset Map Report. Jacquie will work on this report over the next month.
- Jacquie shared the draft webpage for the Environmental Health Action Team's google map of food resources. Upon review, the team agreed to have the same format for the physical activity map webpage. Jacquie will draft the webpage for review at the January action team meeting.

2022 Wellness Challenge

- Review Final Draft of Flier and Sign-up form
 - The team decided to include optional demographic questions in the registration form (Age, Race/Ethnicity, etc.)
 - Jacquie will finalize the sign-up for and the webpage on the HSMP website and then we can begin promoting. The goal will be to have this finalized by next Monday.
- Prize Discussion (January, February, and March) - The team agreed that we should try to coordinate the prizes to the month's challenge.
 - Synda provided information for CareFirst's sponsorship program.
 - Jacquie has prizes from More to Explore that we can use - Lawn Darts/Bocce Bal set, Slammo, and some fitness balls.
- Finalize Q1 Events (alternate between evenings and days)
 - January - SMART Goals & Intro to the Challenge
 - Jacquie and Andrea will solidify a date/time for this.
 - February - Highlighting the benefits of exercise and some different options available in the community
 - Advertise free intro workouts with Crossfit Pax. Andrea also suggested reaching out to Row House.
 - March - Nutrition discussion "Eating for Life"
 - CrossFit Pax has nutrition info they can highlight
 - MSMH Dietician

Partner Updates

- Christine is new to the SNAP-Ed program at UMe St. Mary's. UME Snap-Ed is hosting a 30 minute educational session each Thursday at 11 a.m. on [Facebook live](#).
- Aetna is planning for 2 virtual baby showers in 2022 - more info to come!
- Crossfit Pax is hosting free 1 hour intro sessions at 10 a.m. on January 1 & 29, February 5 & 26th, and March 5.
- CSM is regrouping and rebranding for the Wellness & Aquatics Center. They are brainstorming what the focus/look of the facility will be in the future.
- CareFirst's Medicaid coverage is expanding to Western MD in January. DSNP plan will be available to St. Mary's and Calvert as of January 1. They will also be expanding prenatal appointment coverage and including incentives for expecting mothers.
- Health Connections' virtual Living Well with Diabetes class is starting on January 24. They will be starting an in-person Living Well with Diabetes class on March 7. Their next Simple Changes cohort will start on March 16. They also have several support groups that meet on a regular basis. Contact [Health Connections](#) for more information.
- SMCHD Cancer Screening Programs have started a waiting list for those who want screening in the next fiscal year (beginning July 1).

Partner Updates

- SMCHD Asthma Program is looking to increase enrollment. They are currently hiring a new CHOW for the program.
- SMCHD virtual Tobacco cessation starts on January 4. Caitlin is also offering 1:1's with people if they can't make it to the classes.
- SOMD Tennis Foundation has been taking advantage of the nice weather to continue with programming through December.
- HSMP is gearing up to start gathering updates to the Healthy St. Mary's 2026 plan. To collect organization updates, HSMP is launching surveys focused on each of the health priority areas in Healthy St. Mary's 2026 plan. The surveys can be accessed below.
 - [Behavioral Health](#)
 - [Chronic Disease](#)
 - [Environmental Health](#)
 - [Violence, Injury, and Trauma](#)
- The Healthy St. Mary's Partnership is holding elections for the positions of HSMP Co-Chair and Vice-Chair for the 2022-2023 term. Individuals serving in these roles provide overall leadership for HSMP. Click [here](#) for candidate biographies and to cast your vote. The deadline for voting is 5:00 p.m. on December 30, 2021.

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

- The team agreed to keep the same meeting schedule as 2021 (4th Tuesday at 1:00).
 - Our next meeting will take place on January 25, 2022 at 1:00 - 2:00 p.m.
- Have a wonderful holiday season!