


Chronic Disease Action Team Meeting

Tuesday, January 25, 2022

Agenda

1. Introductions
2. More to Explore
3. Physical Activity Asset Map
4. 2022 Wellness Challenge
5. 2022 Action Team Planning
6. Stakeholder Recruitment
7. Partner Updates

Introductions

- Shan Chen - St. Mary's County Health Department (SMCHD)
 - Morgan Jones-Axtell - Legal Resource Center for Public Health Policy
 - Nancy Stone - SMCHD
 - Jacquie Wells - SMCHD
 - Andrea Hamilton - MedStar St. Mary's Hospital
 - Lori Norton - SMCHD
 - Stacey Morgan - SMCHD
 - Caitlin Kirkpatrick - SMCHD
 - Michelle Pottinger - SMCHD
 - Synda Chase - CareFirst Community Health Plan of Maryland
 - Sherrise De Baugh - College of Southern Maryland
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More to Explore

- Next month we will be signing up to go out and check how the signs held up.
- The team discussed some of the suggestions from last year's program:
 - The team agreed that we should update the hints sheet for libraries so they have a better guide when participants struggle to find the sign. The updated hint sheet would include a photo of where the sign is so they have a visual to explain to participants.
 - The team discussed expanding the program to include a nutrition portion as suggested when developing the community health improvement plan last year. Suggested ways to incorporate nutrition:
 - Include local farms, farm stands, and the new North County Farm Market as new sites.
 - QR code on signs to link to nutrition education that has the code word?
 - Videos
 - Recipes
 - See if Good Earth still offers nutrition education program
 - **Action item:** Think about this for the next month. Look into programs that have done something similar and bring ideas to February meeting.

Physical Activity Asset Map

- The team reviewed the draft of the Asset Map Report.
 - **Action Item:** Please review the report and comment if you have any edits or suggestions.
- The team reviewed the draft webpage for the asset map and approved it to be published.
 - The map is now available to be shared here. Please share with community members and on social media.

2022 Wellness Challenge

- We've had 42 participants sign up so far.
- Monthly plan:
 - The website will be updated with resources and information about the challenge.
 - Jacquie developed a newsletter template to send out to participants monthly with resources, information about the challenge, link to submit their monthly challenge completion, and link to the monthly video.
 - Check out [January's newsletter!](#)
 - Looking for a presenter for the February video session - looking for a highlight on how to get started in your exercise journey.
 - Jacquie reached out to Crossfit Pax and Row House with no response.
 - Michelle will reach out to some personal trainers that she knows to see if they are interested.
- Please continue to share the challenge! All resource will be available throughout the year and community members will be able to sign up throughout the year.

2022 Action Team Planning

- The team discussed the following items as potential focus areas/projects for 2022. We will continue this discussion in February to narrow down what we would like to move forward with.
 - Produce Rx Program
 - Dental care focus (programs like Mission of Mercy)
 - Partnership with meal delivery services to encourage healthy eating
 - Example: Movable Feast in Baltimore
 - Encouraging Yearly well-checks
 - A visual 'timeline' graphic including PCP, dental 2x a yr, eye, colonoscopy every yr past __, etc. (even rec shots that adults need, like shingles at 50, etc.)
 - Promoting the COVID-19 Booster shots
 - Wellness day/fair
 - Offer onsite physicals, blood pressure screenings, etc

Stakeholder Recruitment

Who's missing from the team?

- NP Family Practice & other providers
- St. Mary's College Wellness Center
- Head Start

Partner Updates

- CareFirst is encouraging those with the Community Health Plan over the age of 12 to get fully vaccinated. \$100 gift card for those fully vaccinated by mid-March.
- Maryland legislative session is going on currently! Contact Morgan for any questions related to the legislative session and for the link to their tracker and bi-weekly update calls.
- CSM is currently planning for upcoming semesters.
- SMCHD has a tobacco cessation class going on now - the next class will start in March. Sign up here! Caitlin is hopeful that the first class session will be in person (pending on covid status).
- Health Connections has a Living Well with Diabetes class starting in March and a Simple Changes cohort starting March 16. They also have ongoing support groups as well as a dietician on site. Contact Health Connections for more information.

Partner Updates

- The new HSMP Coordinator, Shan Chen, started last week!
- HSMP is 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
- We will be launching a new feature on the HSMP website soon. Jacquie will provide a walk-through when it is live!

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

- February 22, 2022 at 1:00 - 2:00 p.m.