

Chronic Disease Action Team Meeting

Tuesday, February 22, 2022

Agenda

1. Introductions
2. More to Explore
3. 2022 Wellness Challenge
4. 2022 Action Team Planning
5. Partner Updates

Attendance

- Brian Abell (Southern Maryland Tennis Foundation)
- Erin Jewell (University of Maryland Extension)
- Andrea Hamilton (MSMH)
- Marva Kumpf (St. Mary's County Recreation and Parks)
- Shan Chen (SMCHD)
- Christine Allred (University of Maryland Extension)
- Morgan Jones-Axtell (Legal Resource Center for Public Policy)
- Lisa Hugh (Southern Maryland Dietitian)
- Jacquie Wells (SMCHD)
- Sherrise De Baugh (CSM)
- Isabel Robinson (CareFirst)
- Brandy Tulley (Department of Aging and Human Services)
- Nathaniel Scroggins (MOC)
- Jessika Hall (SMCHD)

More to Explore

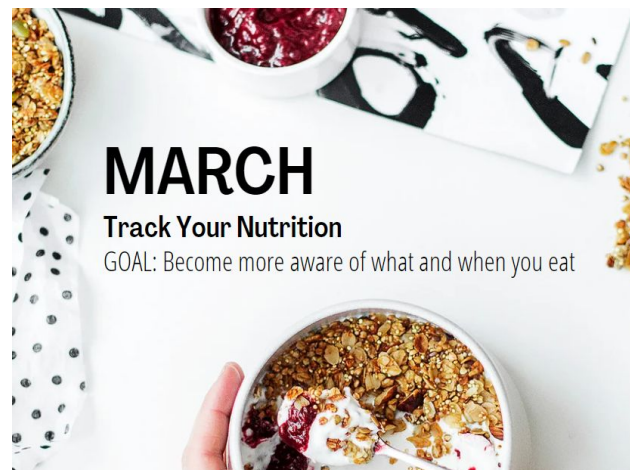
- Team members will be going out to check on the signs. [Sign up here!](#)
 - Please do the following:
 - Take a photo of the sign
 - Take a photo of where the sign is nearby (a “clue” on where to find it, for library staff to provide to guests)
 - Notate status of the sign (intact, broken, needs replacement)
 - Suggestions for new locations
 - Lexington Manor Passive Park Community Garden
 - Farmers markers, produce stands, etc
- Ideas discussed in January
 - Expanding the program to include a nutrition portion, as suggested when developing the community health improvement plan last year.
 - Include local farms, farm stands, North County Farm Market as new sites
 - Jacquie will check with Sue on the timeline for North County market
 - Action item:
 - Check with farms/markets over this next month to see if they’d be interested in participating in the program
 - Trossbach’s & BAE lot market (Andrea)
 - Farm near Clements (Brian)
 - Summerseat is also working on a walking path accessible when they are open. (Christine Allred)

More to Explore (continued)

- Maryland's Best might have more information about local farmers markets if there are any gaps. There's also information about what's in season.
- Book social media presence with nutritional info
- One idea to include a nutrition portion was to put the QR code on the signs, linking to nutrition education along with the code word
 - Links to videos, recipes, or nutrition education programs like Good Earth, for example
- Other forms of incentives include
 - Coupon(s) for "Pick Your Own" produce
 - Voucher(s) for farmers markets
- Previous program (MD SNAP-ED) - Market to Mealtime at the farmers markets
 - Christine is working to establish a plan with farmers markets and will keep us in the loop
- The team is looking to reach out to additional organizations for funding
 - Please share the More To Explore sponsorship letter and form!
 - Will need to print booklets & one pagers
- Updating booklet to include new sites and nutrition elements

2022 Wellness Challenge

- We've had almost 50 participants sign up so far.
- February report
 - Focus performance
 - [Link](#) to newsletter
- March Challenge
 - "Track your nutrition"
 - GOAL: Become more aware of what and when you eat
 - It will be promoted on the HSMP social media pages (image)
- Recorded videos will be created and shared
 - Lisa Hugh will check with her team to see if someone can record a short video on tracking nutrition
- April Challenge - Erin Jewell provided contact info for a colleague who may be able to record a video on the health benefits of sleep.
- Please continue to share the challenge! Community members can sign up at any time and resources are available throughout the year!



2022 Action Team Planning

- The team voted on the following focus areas/projects for 2022, with the highest number of votes going to “Encouraging Yearly Wellness Checks”
 - Produce Rx Program (**5 votes**)
 - Dental care focus (programs like Mission of Mercy/Free Dentistry Days)
 - HSMP to continue sharing dental events on social media
 - For National Children’s Dental Health Month, we have been sharing pediatric dental care resources which has led to positive engagement
 - Smile Castle/Maryland Healthy Smiles
 - Partnership with meal delivery services to encourage healthy eating
 - Example: Movable Feast in Baltimore
 - School Lunch & Learn program in the summer & there is a piece of legislation up that builds on distribution of the school nutrition program leftovers to families in need
 - Potentially a more long term project?

2022 Action Team Planning (continued)

- Encouraging yearly wellness checks (**Highest # of votes**) - **Approved**
 - A visual 'timeline' graphic of annual wellness checkups for adults
 - Examples - Children, Male & Female health screenings
- Promoting the COVID-19 Booster shots
- Wellness day/fair (**5 votes**)
 - Dept of Aging & Human Services holds an annual event every Fall
 - They also host a Men's Health event in June
 - Hospital considering building off of their Women's wellness event held in previous years
 - Potentially partner with the chronic disease action team
 - Offer onsite physicals, blood pressure screenings, etc
- Developing Advocacy Agenda
 - Establishing a timeline (Brian)
 - Anticipate letters of support to be sent June/July, after primary

Partner Updates

- Carefirst is offering a monetary incentive for members to get their COVID-19 booster
 - Ends March 31 (\$100 gift card)
 - Dental increased last year
 - Available to participate in events
- Erin Jewell will be leaving her position at UME.
 - We wish you the best of luck, Erin!
- MSMH's upcoming Diabetes Prevention Program starts March 16
 - Call Health Connections to register at (301) 475-6019
- MSMH's Living Well with Diabetes 6-week workshop starts March 7
 - Call to register
- SAVE THE DATE for the HSMP Annual Meeting - Thurs, September 29, 2022!
 - Please fill out [this form](#) to submit your ideas for potential upcoming topics and speakers!
- The Senior Centers are open!
 - The staff is getting retrained on the chronic disease self-management programs.

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

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