



Chronic Disease Action Team Meeting

Tuesday, March 22, 2022

Agenda

1. Introductions
 2. More to Explore
 3. 2022 Wellness Challenge
 4. Easter Egg Festival Food Drive
 5. Annual Wellness Checks
 6. Advocacy Agenda
 7. Partner Updates
 8. HSMP Annual Meeting
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Attendance

- Shan Chen - St. Mary's County Health Department (SMCHD)
- Michelle Pottinger - SMCHD
- Brian Abell - Southern Maryland Tennis Foundation
- Andrea Hamilton - MedStar St. Mary's Hospitals
- Jacquie Wells - SMCHD
- Stephanie Freeman - SMCHD
- Marva Kumpf - St. Mary's County Recreation & Parks
- Morgan Jones-Axtell - Legal Resource Center for Public Health Policy
- Nathaniel Scroggins - Minority Outreach Coalition
- Nancy Stone - SMCHD Cancer Program
- Caitlin Kirkpatrick - SMCHD Cancer Program
- Sherrise De Baugh - College of Southern Maryland
- Shannon Heaney - SMCHD
- Caroline Taylor - SMCHD Intern

More to Explore

- More To Explore [sponsorship letter](#) and [form](#)!
 - Looking for sponsors for booklets, prizes, signs, etc
- 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)
 - Updates on new location ideas
 - Lexington Manor Passive Park Community Garden
 - Move the Lancaster Park sign over here and reword the booklet to encourage community members to check out both parks?
 - Agreed to instead add this as a new site in addition to Lancaster Park.
 - Trossbach’s & BAE lot market (Andrea) - will check once open
 - Russell Farms (Brian) - will check once open
 - Summerseat is also working on a walking path accessible when they are open.
 - Christine reached out to Summerseat and they are interested in participating.
 - North County Farm Market
 - Jacquie and Shan will check in with Sue.

More to Explore (continued)

- Finalizing nutrition portion on updated booklet
 - 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
 - Highlight “Market to Mealtime” events on social media
 - 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, Real Food Studio, for example
 - At indoor locations
 - Bonus prize submission form, prize ideas include:
 - Coupon(s) for “Pick Your Own” produce
 - Voucher(s) for farmers markets

2022 Wellness Challenge

- We've had 53 participants so far.
- March report
 - Video by SOMD Dietician
 - Newsletter
- April Challenge: "Keep a record of when you go to bed, when you get up, and how well you slept!"
 - GOAL: Improve sleep habits & wake feeling rested
 - It will be promoted on the HSMP social media pages
 - Looking for a local sleep expert for our short intro video
 - Let us know if you think of someone!
- Please continue to share the challenge! Community members can sign up at any time and resources are available throughout the year!



Easter Egg Festival Healthy Food Drive

- April 9 at the Fairgrounds
- Flyer
 - Ask Sue to print a large version of this
 - Add an extra line
 - *“Monetary donations can be dropped off at the HSMP table!”*
- What pantry should we donate to?
 - Reach out to Feed St. Mary’s?
 - Bread if Life Food Pantry
 - St. Cecilia’s is currently running a drive as they are in need of donations
 - Church Ascension
 - Jacquie and Shan will solidify the pantry
- Interested in volunteering? Let us know!

Annual Wellness Checks

- Shan drafted an image (below)
 - Add COVID-19 vaccine recommendation
 - Modify older age groups to say “continue screenings from previous age group(s)”. Example: self breast exams should occur in all 3 age groups
 - Include disclaimer - Talk to your doctor about getting screenings earlier if you have a family history
 - Distribution plan:
 - Social media
 - Website
 - Printed card
- Annual Care Checklist
 - Make our own version of this
- Next Steps:
 - Edits to be made
 - Professional review

Annual Wellness Checks for Adults 18+

It is vital to your long-term health to make scheduling your annual checkup a priority. It's easy to get overwhelmed with the hustle and bustle of life, but setting aside time to schedule an appointment with your doctor can make all the difference for your health. Getting your regular annual exams can make all the difference when it comes to keeping you healthy and happy.

To help you stay on top of your health, we've compiled a list of important screenings and tests you should receive if you're between the ages of 18 and 39.

Make your health a top priority! You'll thank yourself later for scheduling your annual appointments!



Screenings

- Diabetes
- Cholesterol, heart disease
- Blood pressure
- Skin checks
- Hepatitis screening
- Lifestyle screening check (Tobacco/alcohol use, healthy eating, STI, depression/anxiety)

Immunizations

- Flu shot (annually)
- HPV immunization
- Tdap booster (every 10 years)

Annual Exams

- Physical exam
- Dental exam
- Eye exam
- Hearing exam

18 - 39

- Pap smear (every 3 or 5 years)
- Self breast exam
- Self testicular exam

40 - 59

- Colorectal Cancer Screening (45+)
- Mammogram (40+)
- Lung cancer screening (50+)
- Prostate cancer screening (50+)

60 and up

- Shingles immunization (65+)
- Pneumococcal immunization (65+)
- Bone Mineral Density Test
- Balance/Fall Assessment



Advocacy Agenda

- Any other items for consideration - for formal consideration next month
 - Touch base with Laura Hale on tobacco advocacy items
 - Please email us if you have any additional thoughts prior to the April meeting
- Advocacy Agenda Update for March 2022
 - Include advocating for more warm-water therapy pools
 - Encourage continued partnership at the Wellness & Aquatics Center
 - Currently struggling to change the mindset that the facility is only for college students
 - A facility in the Northern end of the county
- Update on Commissioners' budget
 - FY 2023 Capital Improvement Budget Request and FY 2024-2028 Plan
- Anticipate letters of support to be sent June/July, after primary

HSMP Planning Tool



- Jacquie demonstrated the new HSMP website feature to the team.
- Please take a moment to register for an account on the website!
 - Instructions on how to register here

Partner Updates

- MedStar St. Mary's Hospitals has their upcoming online Diabetes Prevention Program starting April 1st. Regular support groups are ongoing - call Health Connections if interested.
- St. Mary's County Recreation & Parks will be attending the Cherry Blossom Festival on March 26 and the Easter Egg Festival on April 9. They will be handing out information about their swim lessons and fitness classes/challenges. Spring programs have opened up!
- Minority Outreach Coalition has kicked off their Prevent Type 2 Diabetes class Thursdays at the Lexington Park Library. They are accepting participants through April 1. [Email Nat Scroggins](#) if you are interested in joining!
- College of Southern Maryland is hosting their Educational Showcase event on Sunday, April 10 at the Leonardtown Campus. The event will be a way to reintroduce the community to the college. There will be interactive educational opportunities and they will be highlighting new programs and offerings at the college! Registration for the Kids College is open - new classes are being offered!

Partner Updates (continued)

- SMCHD's Asthma and Lead programs are open for referrals! To qualify for a children's asthma home visit, the child must be between the age of 2-18, must be a resident of SMC, and be eligible or currently enrolled in Medicaid.
- NAACP will be having their In The Park series at Lancaster Park on April 30
- SMCHD's Cancer Program would like to remind everyone that March is Colorectal Cancer Awareness Month. They have received extra grant funds to be able to work through their waitlist!
- SMCHD Cancer Program will also be at the Hispanic Health Fair at George Washington Carver Elementary on April 2 from 12pm-2pm.
- New HSMP grants
 - Community Garden
 - Gestational Diabetes
 - Planning a Community Baby Shower
 - If your organization has information or programs relevant to healthy lifestyles during pregnancy, gestational diabetes prevention, etc... let us know and we'll reach out with more info as we begin planning!

HSMP Annual Meeting - September 29, 2022

**SAVE
THE
DATE**

2022 HSMP
Annual Meeting


healthystmarys.com/hsmpannual2022

SEPTEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Bay District
Volunteer Fire Department

Save the Date for the 2022 HSMP Annual Meeting - Thursday, September 29, 2022!
This event will be in-person at the Bay District Volunteer Fire Department.
More details will be released soon!

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

- April 26, 2022 at 1:00 - 2:00 p.m.