

Chronic Disease Action Team Meeting

Tuesday, April 26, 2022

Agenda

1. Introductions
2. Hybrid Meetings
3. More to Explore
4. 2022 Wellness Challenge
5. Annual Wellness Checks
6. Community Baby Shower
7. Advocacy Agenda
8. Partner Updates

Attendance

- Shan Chen - St. Mary's County Health Department (SMCHD)
- Nancy Stone - St. Mary's County Health Department (SMCHD)
- Caitlin Kirkpatrick - St. Mary's County Health Department (SMCHD)
- Jacquie Wells - St. Mary's County Health Department (SMCHD)
- Brian Abell - Southern Maryland Tennis Foundation
- Michelle Pottinger - St. Mary's County Health Department (SMCHD)
- Ana Cortes - United Healthcare
- James McDaniel - Serenity Place LLC
- Marva Kumpf - St. Mary's County Recreation & Parks
- Isabel Robinson - CareFirst

Hybrid Meetings

- Discussion of hybrid meetings
 - Hosted by partners and Action Team recruitment
 - The team voted and there is enough interest for moving to hybrid occasionally
 - 5 votes for virtual
 - 3 votes for in-person
- Lisa Kelley of the Real Food Studio is confirmed as willing to be the meeting host for next month's meeting on Tuesday, May 24.
- Bear with us next month as this will be our first hybrid meeting!

More to Explore

- More To Explore sponsorship letter and form!
 - Looking for sponsors for booklets, prizes, signs, etc
- Team members are continuing to check on the signs. Sign up here!
- Updates on new location ideas
 - Lexington Manor Passive Park Community Garden
 - The team has agreed to instead add this as a new site, in addition to Lancaster Park
 - Trossbach's & BAE lot market - Trossbach's is not open yet
 - Russell Farms - opened 2 weeks ago
 - Pending final approval to be added as new location
 - Summerseat is also working on a walking path accessible when they are open.
 - Will continue to follow up
 - North County Farm Market
 - Good to put up a sign similar to Home Grown Farm Market's

More to Explore (continued)

- Finalizing nutrition portion on updated booklet
 - What nutritional information do we want included?
- Dates for MTE (June - Sept)
 - The team decided on the following MTE dates:
 - From June 16 (last day of school) through Tuesday/Wednesday after Labor day weekend

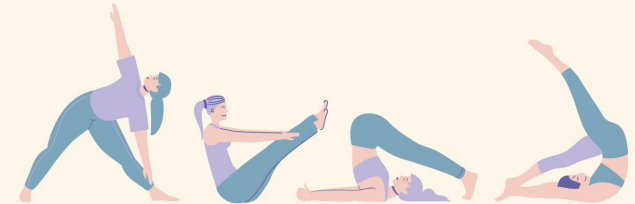
2022 Wellness Challenge

- We've had 55 participants so far.
- April report
 - Newsletter
- May Challenge: "Track & increase breaks you take to stretch & move throughout the day"
 - GOAL: Sit no more than an hour without a break.
 - It will be promoted on the HSMP social media pages
 - Looking for someone to do a stretching video!
 - Let us know if you have someone in mind!
 - SMCHD meditation event from NPHW
- Please continue to share the challenge! Community members can sign up at any time and resources are available throughout the year!

May Challenge

Track and increase breaks you take to stretch & move throughout the day

GOAL: Sit no more than an hour without a break



Annual Wellness Checks

- Shan drafted an image (below)
 - Previous recommendations were made
 - The team strategized easier ways to present information to the reader
 - Additional changes were recommended, including double checking ages for recommended screenings/vaccinations to reflect CDC's 2022 guidelines
 - Distribution plan:
 - Social media
 - Website
 - Printed card
- Annual Care Checklist
 - Touch base with Ana at United Healthcare to see if we can partner to use this document and add our logo
 - Check ages for cancer screenings
- After making final edits, the document(s) will be sent for professional review
 - Professional review suggestions
 - Dr. Monica Lee
 - Dr. Beena Khetpal

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 within age groups 18 - 39, 40 - 59, and 60 & up.

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



Adapted from Yankton Medical Clinic, P.C. www.yanktonmedicalclinic.com

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)
- COVID-19 immunization + booster

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+)
- Continue screenings from previous age group

60 and up

- Shingles immunization (65+)
- Pneumococcal immunization (65+)
- Bone Mineral Density Test
- Balance/Fall Assessment
- Continue screenings from previous age group

It is important to talk to your doctor about getting screened earlier if you have a family history of cancer or other chronic health conditions.



Community Baby Shower

- HSMP hosted “Ask The Dietician: Nutrition During Pregnancy” this evening.
 - Watch the live recording [here](#)
- Planning community baby shower on June 11th from 10:00am - 2:00pm at Lexington Manor Passive Park.
 - Vendor registration form [here](#)
- Would you like to volunteer to help? Let us know!
 - Ana (UHC)

Advocacy Agenda

- Any other items for consideration?
- Advocacy Agenda Update for March & April 2022
 - Prepare advocacy letter to Recreation & Parks Department outlining the Action Team's promotion of facilities to include input on Central County Park planning (starting July 1st) and ideas for new facilities beyond YMCA
 - Brian will draft and bring to the May meeting
 - Decide whether information is useful to send to all primary candidates by June 1st
- Update on Commissioners' budget
 - FY 2023 Capital Improvement Budget Request and FY 2024-2028 Plan
- More detailed advocacy efforts for primary winners after July 19th
- Let us know if you have any recommendations for May's Steering Committee

Partner Updates

- CareFirst is open to volunteer/collaborate/participate in any events, including the June 11th Community Baby Shower. Dental has increased to \$750 this year.
- UHC has been conducting outreach at indoor and outdoor community events. They are assisting members to get back to regular care that may have fallen behind during COVID-19 and are also hosting member orientation events.
- SMCR&P's Wellness and Aquatics Center is currently enrolling for the Spring session and planning for its summer session. They are offering additional classes & registration is open for summer camps. They're also hiring for summer camps and group fitness instructors!
- Southern Maryland Tennis Foundation has a lot of events going on in April and May, including its upcoming Ladders, Lessons & Leagues event!
- SMCHD's Asthma program is accepting enrollments. To qualify, the child must be age 2-18, have Medicaid or is eligible to enroll, and have moderate/severe asthma. Call Michelle more information: 240-561-4830
- NAACP will be hosting their Fitness in the Park event this Saturday at Lancaster Park from 12-4!
- SMCHD's Breast & Cervical program is working through their waitlist. There is a wait for mammograms (appointments are being scheduled about 2 months out).
- 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.

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

- May 24, 2022 at 1:00 - 2:00 p.m. (Hybrid meeting)
 - In-person at Real Food Studio in Leonardtown!