

Chronic Disease Action Team Meeting

Tuesday, June 28, 2022

Agenda

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

Introductions

- Andrea Hamilton - Medstar St. Mary's Hospital
- Marva Kumpf - St. Mary's County Recreation & Parks
- Caitlin Kirkpatrick - St. Mary's County Health Department (SMCHD)
- Candace Smith - Calvert County Health Department
- Derisha Marshall - St. Mary's County Health Department (SMCHD)
- Jacqueline Wells - St. Mary's County Health Department (SMCHD)
- Japan Bhalja - St. Mary's County Health Department (SMCHD)
- Margaret Williams - St. Mary's County Health Department (SMCHD)
- Michelle Pottinger - St. Mary's County Health Department (SMCHD)
- Nancy Stone - St. Mary's County Health Department (SMCHD)
- Sareka Butler - St. Mary's County Health Department (SMCHD)
- Shan Chen - St. Mary's County Health Department (SMCHD)
- Shemeka Robinson - Calvert County Health Department
- Stacey Morgan - St. Mary's County Health Department (SMCHD)
- Sue Veith - Department of Economic Development
- Nathaniel Scroggins - Minority Outreach Coalition
- Shaunda Holt - College of Southern Maryland

More to Explore

- The More to Explore Program launched on June 16th and will run through Sept 2022.
 - New sites:
 - Lexington Manor Passive Park Community Garden
 - Russell Farms
 - Summerseat
 - Barns at New Market
 - Real Food Studio
- The libraries have received printed copies of the Quick Guide
 - Please share this digital copy with anyone who is interested so they can print the quick guide from home!

2022 Wellness Challenge

- We've had 55 participants so far.
- June newsletter
- July's Challenge
 - Track and increase how much water you drink
 - Goal: Improve hydration and cut back on sugar-sweetened beverages
- We have had low levels of participation each month
 - How can we revamp to get more people involved?
 - Reaching out to businesses, their employees, Healthiest Maryland Businesses
 - Email/Listserv
 - Sharing in December to be launched January 2023
 - Sharing our toolkit
 - Press release
- Please continue to share the challenge! Community members can sign up at any time and resources are available throughout the year!

July Challenge

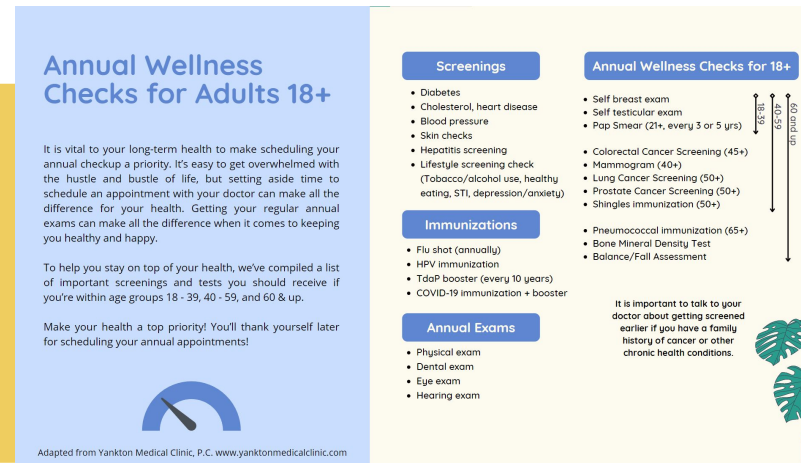
TRACK & INCREASE HOW MUCH WATER YOU DRINK

Goal: Improve hydration and cut back on sugar-sweetened beverages



Annual Wellness Checks

- Annual Wellness Checks for Adults 18+ image is ready (below)
 - Waiting for professional review
- Annual Care Checklist by United Healthcare
 - UHC is working on versioning flyer; will bring us 200 copies after it has been finalized
- Where should we be putting these out?
 - Outreach events
 - Senior activity centers, libraries, local gyms, wellness centers, gym at the College of Southern Maryland
 - Channel 19 (county website)
 - Distributing within Medstar Health system
 - Doctor's offices/waiting rooms, Doctor's offices-scrolling media, Maryland Primary Care Collaborative
 - Consider laminating, adding a QR code



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

Annual Wellness Checks for 18+

- Self breast exam
- Self testicular exam
- Pap Smear (21+, every 3 or 5 yrs)
- Colorectal Cancer Screening (45+)
- Mammogram (40+)
- Lung Cancer Screening (50+)
- Prostate Cancer Screening (50+)
- Shingles immunization (50+)
- Pneumococcal immunization (65+)
- Bone Mineral Density Test
- Balance/Fall Assessment

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.

18 and up
40-59
65 and up

Community Baby Shower

- 150 participants attended
- Great success!
- New rounds of funding for future activities - stay tuned!



Advocacy Agenda

- FDA proposes ban on menthol cigarettes and flavored cigars
 - The team reviewed and approved the draft Letter of Support
 - Andrea and Brian will sign and we will submit by the close of the open comment period

Partner Updates

- SMCHD's Cancer Screening Program is waiting for the state to approve their new grant. They're screening their last client for this fiscal year and starting screenings for next year soon!
- The Healthy St. Mary's Partnership, St. Mary's County Health Dept & St. Mary's County Library are pleased to announce that their telehealth booths are arriving and being installed in the Lexington Park & Charlotte Hall libraries! Clients can book a time slot by calling the libraries. Inside each booth will feature a wifi-enabled laptop with telehealth platforms installed and information to local behavioral health resources.
- The Department of Economic Development reports that St. Mary's County has applied for a grant to put kayak lockers at landings in the county. They have been selected to submit a full application.
- Minority Outreach Coalition will be at the Southern Maryland Minority Business Expo on August 6 at UMD @ Southern Maryland (44219 Airport Rd, California, MD). Registration is required to be a vendor. More info at www.sal1906.org
- Medstar St. Mary's Hospital has regular classes coming up. In September, its Living Well With Diabetes workshop begins - call to register! Its Diabetes Prevention Program is starting in October. Ongoing support groups for cancer, stroke, lactation and Parkinson's will be happening too. All are free to the community!

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

- Tuesday, July 26, 2022 at 1:00 - 2:00 p.m.
- Please let us know if you are interested in being a partner spotlight and hosting a meeting in the coming months to highlight your organization!