


Chronic Disease Action Team Meeting

Tuesday, July 26, 2022

Agenda

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

Introductions

- Shan Chen - St. Mary's County Health Department
- Andrea Hamilton - Medstar St. Mary's Hospital
- Margaret Williams - St. Mary's County Health Department
- Marva Kumpf - St. Mary's County Recreation & Parks
- Derisha Marshall - St. Mary's County Health Department
- Brian Abell - Southern Maryland Tennis Foundation
- Eliot Willenborg - St. Mary's County Health Department
- Nancy Stone - St. Mary's County Health Department
- Caitlin Kirkpatrick - St. Mary's County Health Department
- Blair Inniss - Legal Resource Center for Public Health Policy
- Michelle Pottinger - St. Mary's County Health Department
- Cindy Tomlinson - St. Mary's County Government
- Jacquie Wells - St. Mary's County Health Department

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!
- Program statistics
 - 448 registered, 332 visits to sites, 8 people have completed
- Issues:
 - Home Grown Farmers Market Sign needs to be checked? There are potentially 2 signs at this location.
 - Shan will check and remove the second sign.
 - Nicolet Park sign broken/stolen
 - Shan will check to see if we have a spare sign. If we do not have a spare sign then Andrea will order a replacement.

2022 Wellness Challenge

- We've had 55 participants so far.
- July's Newsletter
- August's Challenge
 - Track and reduce your daily screen time
 - Goal: Cut weekly screen time by 25% or more
- 2023 Planning
 - The team discussed developing future roll-out methods
 - We will create a toolkit for use by any business or organization. The team discussed making the items in the toolkit (images, newsletters, etc.) generic with no month or date on them so that that the challenge can be tailored to a business' needs!
 - Cindy Tomlinson (Wellness/Safety Officer for St. Mary's County Government) said she would potentially be interested in using certain months in 2023.
- Please continue to share the challenge! Community members can sign up at any time and resources are available throughout the year!

August Challenge

Track and reduce your daily screen time

Goal: Cut weekly screen time by 25% or more



Annual Wellness Checks

- Annual Wellness Checks for Adults 18+ image is ready
 - We are waiting for professional review. If you know of a physician who would be available/willing to review please let us know!
- Annual Care Checklist by United Healthcare
 - UHC is continuing to work on updating the document
 - Shan will reach out to Ana to touch base on a timeline for when the updated checklist will be ready.
- Possible places to distribute materials:
 - 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 and 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.



Advocacy Agenda

- FDA proposed a ban on menthol cigarettes and flavored cigars
 - The advocacy letter was submitted yesterday
- Brian provided an update on the primary election.
 - There are 9 candidates for county commissioners now. There are 5 Republicans and 4 Democrats continuing on to the general election. 3 incumbent county commissioners won their primaries, all of whom supported the YMCA project & similar projects.
 - Next Step: Draft a letter advocating for public private partnerships and the YMCA project.

Partner Updates

- SMCHD's Cancer Screening program has begun seeing its colon clients. They will be doing follow ups for their breast & cervical clients in the coming months.
- St. Mary's County Government previously hosted annual 1-day Wellness Fair events in the past, however since the COVID-19 pandemic, it has morphed into a Wellness Week. This year, they will be holding a hybrid-style Wellness Week on the first week of October for their employees at the Governmental Center. It will feature a blood drive, seated massages, ergonomic demonstrations, ice cream and more. Additionally, they will soon be offering a Wellness Room for employees!
- SMCHD is raising awareness for an upcoming group, the Community Health Corps, a group of volunteers to connect to for community events. Contact [Eliot](#) for more information!
- SMCHD's Tobacco Cessation program is awaiting funding for Fiscal Year 2023. They are enrolling for their tobacco cessation class now. Class starts August 2 - [click here](#) to register.
- SMCHD's Chronic Disease team is applying for a grant for tobacco/chronic disease which would establish a [TOPS](#) (Take Off Pounds Sensibly) program.
- St. Mary's County Recreation & Parks is wrapping up its youth summer camps and working through weather challenges. This summer's [Summerstock production](#) has its final performances this weekend. They are planning for Fall programs now, with registrations set to open on August 15.

Partner Updates (continued)

- SMCHD's Asthma & Lead program is still taking enrollments for its childhood [Asthma program](#). The child must be ages 2-18, a resident of St. Mary's and have diagnosis of moderate to severe asthma. Email [Michelle Pottinger](#) for details!
- SMCHD will be attending the following events:
 - National Night Out - Aug 2 at Wildwood, Nicolet Park, and Mechanicsville
 - Title I Parent & Family Conference - Aug 13 at Green Holly Elementary School from 8:30am-2:00pm - MUST RSVP to participate! There will be free backpacks, school supplies, and social & emotional health agencies available. [View](#) the flyer.
- Southern MD Tennis Foundation's tennis camps are still going on through many organizations. Private lessons available as well! They are prepping for fall programs. Email [Brian Abell](#) for more information.
- MedStar St. Mary's Hospital will be attending select National Night Out events. They are also preparing for their upcoming fall classes:
 - New Diabetes Self-Management Education class, a replacement for the Living Well class, will use conversation maps. This class will be starting in September.
 - [Simple Changes](#) (ongoing Diabetes Prevention Program) starts October 5. Call 301-475-6019 to register.
- Healthy St. Mary's Partnership's Violence, Injury & Trauma Action Team is hosting a viewing & discussion of Paper Tigers this Saturday, July 30 - [register here!](#)
- HSMP is continuing to plan for its [Annual Meeting - September 29](#) at Bay District Volunteer Fire Department. The registration link will be available mid-late August.
- The 988 Suicide & Crisis Lifeline is now live - [click here](#) to learn more!

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, August 23, 2022 at 1:00 - 2:00 p.m.
 - It will be a hybrid meeting to feature our Partner Spotlight
 - St. Mary's County R&P Wellness & Aquatics Center (22950 Hollywood Rd, Leonardtown, MD 20650) - presented by Marva Kumpf
- 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!