



Chronic Disease Action Team Meeting

Tuesday, August 23, 2022

Agenda

1. Introductions
 2. More to Explore
 3. 2022 Wellness Challenge
 4. Annual Wellness Checks
 5. Advocacy Agenda
 6. Partner Spotlight - Aquatics and Wellness Center
 7. Action Team Meetings for Sept., Nov. & Dec.
 8. Partner Updates
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Introductions

- Brian Abell - Southern Maryland Tennis Foundation
- Nat Scroggins - Minority Outreach Coalition (MOC)
- Michelle Pottinger - St. Mary's County Health Department (SMCHD)
- Margaret Williams - St. Mary's County Health Department (SMCHD)
- Sue Veith - St. Mary's County Department of Economic Development
- Christine Allred - MD SNAP-ED
- Marva Kumpf - St. Mary's County Recreation & Parks
- Andrea Hamilton - Medstar St. Mary's Hospital (MSMH)
- Erica Daley - Cystic Fibrosis Foundation
- Caitlin Kirkpatrick - St. Mary's County Health Department (SMCHD)
- Nancy Stone - St. Mary's County Health Department (SMCHD)
- Candace Smith - Calvert County Health Department
- Derisha Marshall - St. Mary's County Health Department (SMCHD)
- Sareka Butler - St. Mary's County Health Department (SMCHD)
- Jacquie Wells - St. Mary's County Health Department (SMCHD)
- Shan Chen - St. Mary's County Health Department (SMCHD)

More to Explore

- The More to Explore Program will conclude on September 9.
 - How many prize drawings do we want to do this year?
 - We can base this off of the number of completers? If we have a low # of completers - give to everyone. If lots of completers - 5?
 - We can send an email update with final numbers once the program closes.
- Program statistics (as of July)
 - 448 registered, 332 visits to sites, 8 people have completed
- Shan removed the extra sign at Home Grown Farm Market and replaced the missing/broken sign at Nicolet Park.

2022 Wellness Challenge

- We've had 55 participants so far.
- [August's Newsletter](#)
- September Challenge
 - Track strength training included in your week
 - Goal: Increase total minutes or the weight used as you get stronger
- 2023 Planning
 - [Draft toolkit](#)
 - Give instructions for how to create a completion log (link to our logs so they can see the example) - Microsoft surveys, Google Forms, Survey Monkey
 - [Sample of basic newsletter to include in toolkit](#)
 - Leave an editable text box where they can add a title or label the month
 - Shoot for October to have this finished
 - Include additional resources in the toolkit
 - nutritional eating on a budget (Myplate 10 tips, etc)
 - Mention More to Explore in the toolkit!
 - Link Physical Activity Map, Healthy Meeting Toolkit, Walking Maps, Walk SMC booklets
 - List of suggested prizes
 - **Action Item:** Find resources that we can link in the toolkit. Email to HSMP gmail or bring to next team meeting.
- Please continue to [share](#) the challenge! Community members can sign up at any time and resources are available throughout the year!



Annual Wellness Checks

- Annual Wellness Checks for Adults 18+ image is ready
 - The image has been reviewed and approved by Temeria Wilcox at NP Family Practice!
 - Last edit to make is adding the HSMP logo
 - The language services team at SMCHD is working on creating a Spanish version
 - MSMH can put in a printing press order to have hard copies made
- Annual Care Checklist by United Healthcare
 - UHC is continuing to work on updating the document
- 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, NP Family Practice, Dr. Katherine Martin, PM Kidz
 - Doctor's offices/waiting rooms, Doctor's offices-scrolling media, Maryland Primary Care Collaborative
 - Consider laminating and adding a QR code
- Let us know if you're interested in receiving copies or would like the digital version to print yourself!

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 ages 18 - 39, ages 40 - 59 and age 60 and 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

- Update from Brian:
 - Next Step: Draft a letter advocating for public private partnerships, the YMCA project, the central county park and the sports complex
 - Brian will have a draft letter for the team to review before Labor Day - please be on the lookout for this in your email.
 - Link latest details on YMCA (location, mock up, etc)
 - They are currently starting an engineering study on St. Andrews Church Rd & Indian Bridge Rd for the central county park with the objective to get the central county park and the sports complex funded for more than just the preliminaries.
 - If you're interested in walking the boundaries of the central county park, let Brian know!
 - The YMCA 50-year lease, 20-acre property next to Great Mills High School was tentatively approved. They are waiting for the final vote in December by the incoming board of commissioners.

Partner Spotlight - Wellness & Aquatics Center

Marva Kumpf highlighted the Wellness & Aquatics Center and provided a tour of the facilities following the meeting.

Action Team Meetings for Sept., Nov. & Dec.

- The Chronic Disease Action Team voted on meeting dates for September, November and December. Based on survey results, we will be meeting on the following days:
 - September 27
 - October 25
 - November 22
 - The team will not meet in December

Partner Updates

- Medstar St. Mary's Hospital's Diabetes Prevention Program starts October 5, Conversation Maps program starts September 12. It also has ongoing support groups that meet regularly. View the list of classes and events [here](#).
- [Erica Daley](#) is interested in launching a cystic fibrosis support group in St. Mary's - email her if you would like to be involved!
- University of Maryland Extension is training on physical activity learning for preschool teachers and home care. Let [Christine](#) know if you are interested! UME is also working on promoting healthy donations to food pantries and kicking off partnerships with schools as we go into the new school year.
- SMCHD's Cancer Screening Program is still waiting on its Fiscal Year 2023 approved budget. They saw their second colon cancer screening patient today.
- SMCHD's Tobacco Cessation Program's next class starts September 27. Register at <https://smchd.org/tobacco/>
- SMCHD's Asthma Program is now able to receive referrals through CRISP from PCPs.
- Minority Outreach Coalition is kicking off its [Stay Healthy Diabetes Program](#) on the 4th Thursday of September (1 year program)
- HSMP's Food Security Subcommittee has launched its [St. Mary's County Food Security Survey](#). Please share the [flyers and posters](#) on your social media pages and website! The survey will be open until Oct 21. There will be Stakeholder Forums scheduled - stay tuned.
- The HSMP Annual Meeting is Sept 29. We are trying to solidify CEUs and will be opening up registration soon. There will be many speakers and presentation topics!

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, September 27 at 1:00 - 2:00 p.m.
- The HSMP Annual Meeting is September 29 - Registration coming soon!
- 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!