

# THANK YOU TO OUR ANNUAL MEETING SPONSORS



MedStar St. Mary's  
Hospital



ST. MARY'S COUNTY  
HEALTH DEPARTMENT



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# HEALTHY ST. MARY'S PARTNERSHIP (HSMP) Annual Meeting

Lori Werrell, MPH, MCHES, Assistant Vice President, Care Transformation  
MedStar St Mary's Hospital/MedStar Southern Maryland Hospital Center,  
HSMP Co-Chair

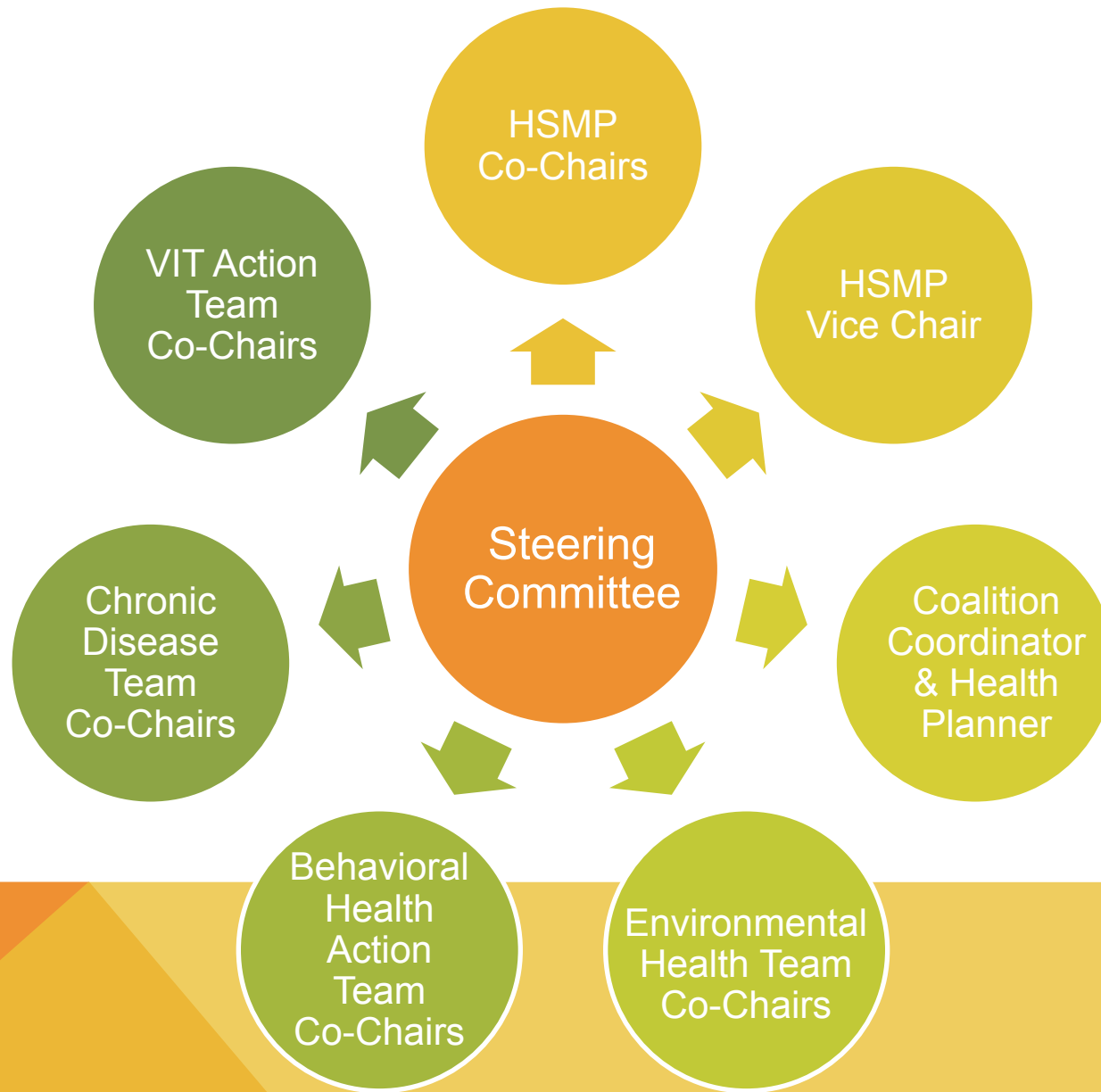
# WHAT IS THE HEALTHY ST. MARY'S PARTNERSHIP?

- Coalition working toward local health improvement
- Community members and partner organizations
- Assess health needs
- Identify what's important
- Action & collaboration
- Evaluate efforts



# ACTION TEAMS WORK TO ADDRESS PRIORITY HEALTH NEEDS

- Behavioral Health (Mental Health & Substance Use)
- Chronic Disease Prevention & Control
- Environmental Health (Natural & Built Environment)
- Violence, Injury, & Trauma

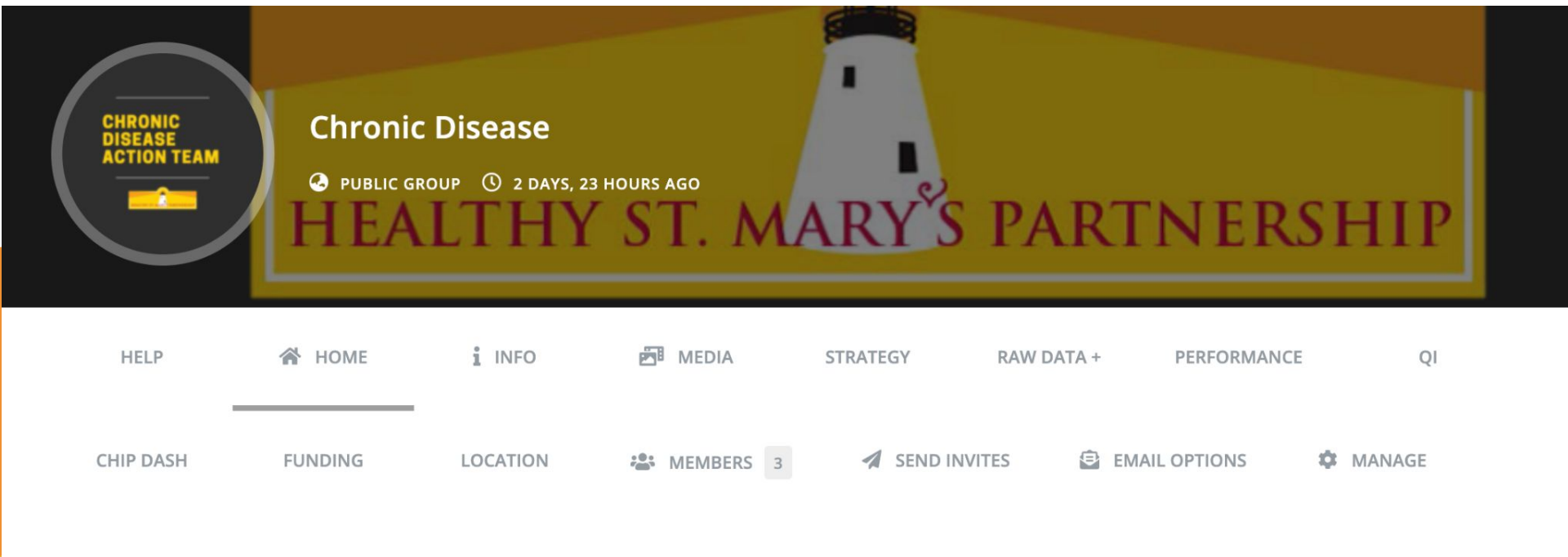


# DOWN TO BUSINESS

**So... what has HSMP been working on  
this past year?**

# HSMP PLANNING TOOL

- A new public health planning tool to support local health improvement efforts
- Provide community members the opportunity to
  - View local health data
  - Connect with others
  - Interact in groups



# ACTION TEAM PROJECTS/PRIORITIES

## Behavioral Health Action Team (BHAT)

- Health Equity
- Youth & Geriatric Behavioral Health Gap Analysis Report
- Youth Mental Health Needs

### Co-Chairs

Maryellen Kraese

Greg Reuss



# ACTION TEAM PROJECTS/PRIORITIES

## Behavioral Health Action Team (BHAT)

- Telehealth Booths
  - ADA compliant booths now available at Lexington Park and Charlotte Hall Libraries
  - Lexington Park Booth used **5 times in the first month!**



# ACTION TEAM PROJECTS/PRIORITIES

## Chronic Disease Action Team

- St. Mary's County Physical Activity Map
- Eat, Live, & Be Healthy Wellness Challenge
  - Over 50 participants throughout the year
  - Creating a toolkit for businesses and organizations to implement for their employees
- Advocacy
  - FDA proposed ban on menthol cigarettes and flavored cigars
  - Public Private Partnerships

### Co-Chairs

Brian Abell

Andrea Hamilton

# ACTION TEAM PROJECTS/PRIORITIES

## Chronic Disease Action Team

- **More to Explore Program**
  - Annual passport challenge that encourages community members to explore local parks and farmers markets
  - Enter the secret code found at each site for a chance to win prizes
  - 5 new sites added to the program this year
  - Almost 500 participants this year!



# ACTION TEAM PROJECTS/PRIORITIES

## Chronic Disease Action Team

- Annual Wellness Checks for Adults 18+

### 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](http://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

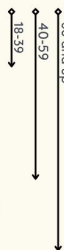
#### Annual Exams

- 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.



# ACTION TEAM PROJECTS/PRIORITIES

## Chronic Disease Action Team

- Gestational Diabetes
  - Community Baby Shower
    - Over 150 participants attended!
  - Physical Activity Group
  - Mini-Grants



# ACTION TEAM PROJECTS/PRIORITIES

## Environmental Health Action Team

- Radon
  - Hosted virtual event with Maryland Department of the Environment
- Published St. Mary's County Food Connection Map
- Food Insecurity Report
  - Food security Survey
  - Town Halls

### Co-Chairs

Heather Moritz

Sue Veith

# ACTION TEAM PROJECTS/PRIORITIES

## Violence, Injury, and Trauma (VIT) Action Team

- Adverse Childhood Experiences (ACEs) & Trauma
  - ACEs 101 Trainings
  - Almost 40 attendees at Paper Tigers Screenings!
- Safe St. Mary's Summer Party
  - Over 70 attendees!

### Co-Chairs

Stephanie Freeman

Tania Ceasar



# ACTION TEAM PROJECTS/PRIORITIES

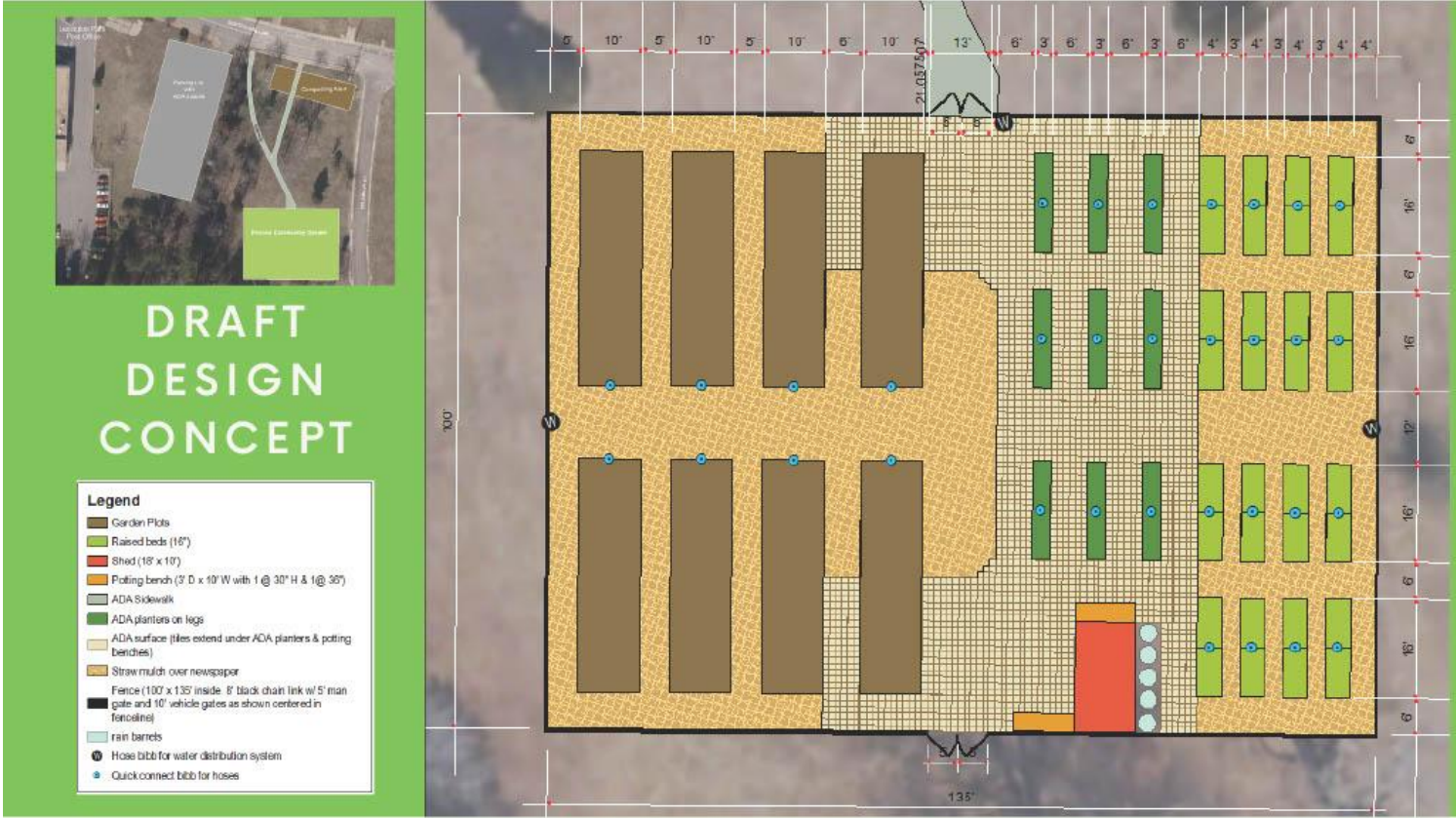
## Violence, Injury, and Trauma (VIT) Action Team

- Domestic/Dating Violence
  - When Dating Hurts Event and Book Club
  - #SMCWhatIsLove Campaign





# COMMUNITY GARDEN



# HOW CAN I HELP?

- **Stay Connected**
  - E-Newsletter
  - [healthystmarys.com](http://healthystmarys.com)
  - Social Media
- **Participate**
  - Team Meetings
  - Advocacy work
  - Recruitment and development
- **Implement**
  - Align organizational work with Healthy St. Mary's 2026
  - Collaborate on strategies for health improvement

# WHAT TO LOOK OUT FOR

- **Action Team Co-Chair Elections**
  - Nominations coming in October
- **Healthy St. Mary's 2026 Data Update**
  - Coming in December
- **Healthy St. Mary's History**
- **HSMP 10 year celebration!**

# GENERAL INFORMATION

- **Schedule**
- **Membership & Action Team Information**
- **Healthy Food Drive**
- **Lunch Activities**
- **Telework Space**
- **Evaluation Forms**
- **Bathrooms**

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