


Chronic Disease Action Team Meeting

Tuesday, October 25, 2022

Agenda

1. Introductions
 2. 2022 Wellness Challenge
 3. Annual Wellness Checks
 4. Advocacy Agenda
 5. Co-Chair Nominations
 6. Partner Updates
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Introductions

- Brian Abell - Southern Maryland Tennis Foundation
- Andrea Hamilton - MedStar St. Mary's Hospital
- Nancy Stone - St. Mary's County Health Department (SMCHD)
- Nat Scroggins - Minority Outreach Coalition
- Marva Kumpf - Recreation & Parks
- Caitlin Kirkpatrick - SMCHD
- Michelle Pottinger - SMCHD
- Sareka Butler - SMCHD
- Christine Allred - University of Maryland Extension SNAP-Ed
- Blair Innis - Legal Resource Center
- Jacquie Wells - SMCHD

2022 Wellness Challenge

- 56 participants
- [October Newsletter](#)
- November Challenge
 - Maintain Don't Gain
 - Goal: Avoid unwanted holiday weight gain
- 2023 Planning
 - The team reviewed the [toolkit](#).
 - Andrea and Jacquie will review to make sure all links work.
 - Suggested edits:
 - Include note about going to our webpage for draft trackers/submission forms
 - In HMB blurb - Add info about you can increase your wellness scorecard by implementing the challenges
 - CareFirst offers ShareCare - do other health insurance carriers offer this? If so we can include to check with insurance provider about sending out reminders for challenge
 - Distribution Plan:
 - HSMP Mailchimp blast
 - DED send to businesses on their listserv
 - Chamber of Commerce
 - Patuxent Partnership
 - Fleet and Family Support
 - Faith Based Organizations with Health Ministries
 - We will plan to finalize the toolkit in the next week and launch next month so that businesses/organizations have time to plan for launching in January 2023.



"Maintain, Don't Gain" over the holidays

Goal: Avoid unwanted holiday weight gain

Annual Wellness Checks

- Annual Wellness Checks for Adults 18+ image is ready!
 - The Spanish version is available here!
 - Printed copies now available
- Distribution Plan (previously discussed):
 - Outreach events
 - Senior activity centers, libraries, local gyms, wellness centers, gym at the College of Southern Maryland
 - Channel 19 (county website) - **Jacque will touch base with Alex Huseman**
 - 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 (larger version to be posted up) - Check with Sue about getting poster printed
 - Other ideas?
 - Faith Based Ministries - **Michelle**
 - Cove DFZ
 - Schools - PeachJar or message from principal - **Andrea**
 - Food Pantries and Farmers' Markets - **Christine**
 - NAACP - **Michelle**
- **Action Item:** Make QR Code version, print posters, and send to team for distribution..

Advocacy Agenda

Our Advocacy Agenda for employing public-private partnerships to develop more recreational facilities (promoting enhanced physical activity facilities & programs) encourages continued work on the:

- YMCA of the Chesapeake Great Mills project, with final Commissioner approval in December & implementation;
- Central County Park plans and advocacy for funding to build it;
- SMC Sports Complex plans for indoor/outdoor distinctive facilities and advocacy for funding to build; &
- YMCA or other indoor physical activity facility in northern St. Mary's County.

Attorney Chris Beavers met with Interim County Administrator David Weiskopf in mid October and advocated strongly for the vision we have and for preparation for County Commissioner action on plans to move forward.

Brian Abell met with SMC R&P Project Manager Christi Bishop regarding Central County Park & Sports Complex plans and issues, and also talked in person to both Democratic and Republican County Commissioner candidates.

Environmental concerns on the property at the corner of Indian Bridge & St. Andrew's Church Roads are delaying full consideration of the Central County Park at that location. There is also the large property owned by the County that has been considered for the Sports Complex, located across from St. Andrews Estates & St. Andrews Church. Discussion is underway to consider use of that property for both the Sports Complex and the Central County Park, as an alternative to the nearby property with more environmental issues.

We are now trying to set up a visit to both large properties to walk all boundaries and then propose possible plans of action to achieve our goal of enhanced, distinctive sports and physical activity facilities in the central part of St. Mary's County. Again, our advocacy is to provide such distinctive opportunities locally and use public-private partnerships to accelerate the timetable and enhance the nature of facilities and programs.

Written advocacy letters from HSMP to officials is next in order, taking into account these revised circumstances.

Action item: Keep an eye on your email for draft letter in the next couple of weeks so that we can get it to the new commissioners immediately following elections.

Co-Chair Nominations

- It is election year for Action Team Co-Chairs.
- Please submit your nominations for Chronic Disease Action Team Co-Chairs [here](#).
- Elections will take place at our next team meeting, November 22

Partner Updates

- Minority Outreach Coalition (MOC) kicked off their diabetes class on October 6. They will continue to take enrollees through November 3. If interested please contact [Nat!](#)
- MOC is hosting a food drive at the Callaway Weis on November 5 from 8-12!
- SNAP-Ed is continuing to work with local Title I schools and offer the farm to school program.
- MSMH currently has an ongoing diabetes prevention program - they will be starting their next one in March. Their next Diabetes Conversation Maps program will start in January. They have started planning for Women's Wellness Day on March 11! Contact Health Connections for more information.
- The Maryland Legislative Session starts in January! The Legal Resource Center (LRC) tracks all public health legislation in a spreadsheet and hosts zoom calls every other week during the session. If you are interested in more information [please contact the LRC.](#)
- Southern Maryland Tennis Foundation has been very active this month including a tournament at SMCM.
- SMCHD Cancer Prevention Program is currently screening women and men for breast, cervical, and colon cancer. Next month they will be bringing an exemption disclosure form to the action team for members to complete as a requirement for their grant.
- SMCHD Asthma and Lead Program is receiving CRISP referrals from the hospital.
- This week is National Lead Poisoning Prevention Week!
- October is Breast Cancer Awareness Month!
- Great American Smokeout is November 17!

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, November 22 from 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!