

Chronic Disease Action Team Meeting

Tuesday, September 27, 2022

Agenda

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

Introductions

- Shan Chen - St. Mary's County Health Department (SMCHD)
- Nancy Stone - SMCHD
- Caitlin Kirkpatrick - SMCHD
- Christine Allred - SNAP-ED
- Margaret Williams - SMCHD
- Andrea Hamilton - MedStar St. Mary's Hospital
- Michelle Pottinger - SMCHD
- Derisha Marshall - SMCHD
- Stacey Morgan - SMCHD
- Nat Scroggins - Minority Outreach Coalition
- Jacquie Wells - SMCHD
- Sareka Butler - SMCHD
- Ana Cortes - UnitedHealthCare

More to Explore

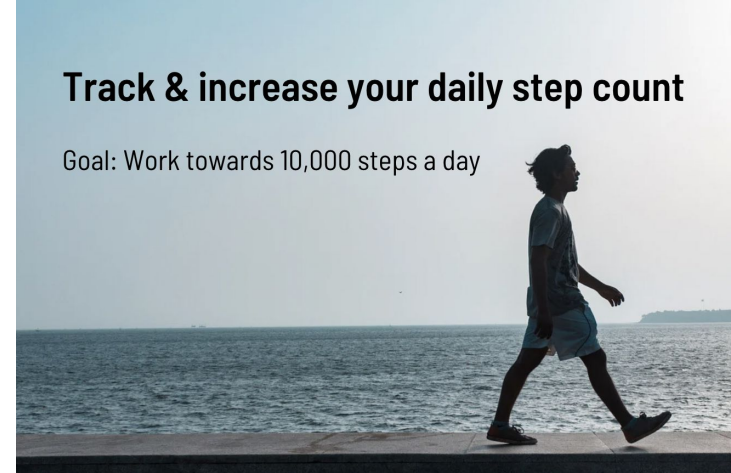
- The More to Explore Program concluded on September 9.
- Final program statistics from the libraries:
 - 487 registered
 - 113 logged a site
 - 31 finishers
- Shan will begin with prize distribution will begin next week.

2022 Wellness Challenge

- We've had 55 participants so far.
- September Newsletter
- October Challenge
 - Track & increase your daily step count
 - Goal: Work towards 10,000 steps a day
- 2023 Planning
 - The team reviewed the Draft toolkit. Jacquie will finalize for the October team meeting so we can begin sending it out to businesses so they can plan ahead for 2023.
 - Did anyone find resources that we can link to the toolkit?
 - Andrea will provide food tracking resources to be included.
- Please continue to share the challenge! Community members can sign up at any time and resources are available throughout the year!

Track & increase your daily step count

Goal: Work towards 10,000 steps a day



Annual Wellness Checks

- Annual Wellness Checks for Adults 18+ image is ready!
 - The Spanish version is available [here](#)!
 - MSMH has donated the printing
- Ana provided an update on the 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 (larger version to be posted up)
- 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+)
- Stingles 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
40-49
50-59
60 and up

Partner Updates

- MOC is kicking off their Prevent Type II Diabetes class around the first week of October. Contact [Nat](#) for more information.
- UHC is looking to partner with Feed St. Mary's to discuss the possibility of donating Holiday Food Boxes.
- The SNAP-Ed Program is getting underway with the new school year. Christine is doing nutrition education with elementary aged students in Title I schools as well as working with local food pantries and farmers markets this fall to help bundle foods to make it easier for people to grab healthy food choices when they have options. She is also encouraging farm vendors to accept electronic SNAP, WIC, and EBT payments. Partnering with the Judy Center for Winter Festival December 1st from 5:30pm-7:00pm at Green Holly Elementary.
- Margaret is awaiting approval of her CRF grants. She currently has a tobacco cessation class underway. She will be attending PRIDE festival on October 9th.
- Michelle is attending Community Resource Day at the Church of the Ascension on September 30. They are still accepting children into SMCHD's Asthma and Lead program.
- SMCHD cancer screening program is continuing to screen clients for breast, cervical, and colon cancer. Doctor's offices are currently 2 months out for appointments.
- Stacey conducted outreach at the SMC Fair this past weekend. There was a great turnout and lots of information shared with community members!
- MSMH has a Diabetes Prevention program starting next week that is currently at capacity, but community members can be placed on the waitlist. Participants seem to be enjoying the new Conversation Maps diabetes class. They are looking to offer the next round of this class starting in November. MSMH will be offering Flu Shots on Community Resource Day free of charge!
- The [2022 HSMP Annual Meeting](#) is this Thursday at the Bay District Volunteer Fire Department from 8:30am-4:00pm. There will be opportunities to check out the telehealth booths across the street at Lexington Park Library, walking audit, we will also be accepting food donations on site!

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, October 25 at 1:00 - 2:00 p.m.
- Don't forget to register for the HSMP Annual Meeting this Thursday!
- 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!