

# Chronic Disease Action Team Meeting

Tuesday, January 24, 2023

# Agenda

1. Introductions
2. 2023 Brainstorming
3. Partner Updates

# Introductions

- Sue Veith - St. Mary's County Department of Economic Development
- Stacey Morgan - St. Mary's County Health Department
- Nancy Stone - St. Mary's County Health Department
- Brian Abell - Southern Maryland Tennis Foundation
- Margaret Williams - St. Mary's County Health Department
- Nat Scroggins - Minority Outreach Coalition
- Ali Wohlgemuth - St. Mary's County Health Department
- Caitlin Kirkpatrick - St. Mary's County Health Department
- Christine Allred - SNAP-Ed
- Christine Delise - Aetna Better Health of Maryland
- Shan Chen - St. Mary's County Health Department
- Jacquie Wells - St. Mary's County Health Department
- Sareka Butler - St. Mary's County Health Department

## 2023 Brainstorming

- What organizations are missing from the action team?
- What would make the CDAT meetings more beneficial for you?
- What specifically are you passionate about related to Chronic Disease?
- Identify 2023 areas of interest
  - Areas of interest, strategies

# What organizations are missing from the action team?

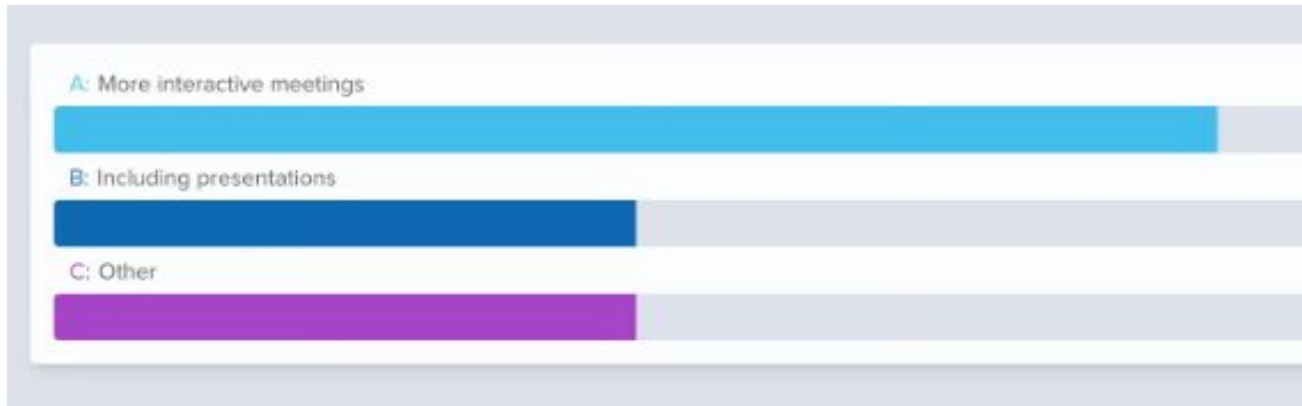
The team suggested the following organizations:

- Faith-based service organizations
- Health ministries
- Fitness and exercise businesses
- Department of Social Services
- St. Mary's County Recreation & Parks
- St. Mary's County Public Schools
- Food banks
- Nutritional businesses
- College of Southern Maryland
- UCAC
- NAACP
- PFLAG
- Senior Centers
- Knights of Columbus groups
- Other churches that have gyms or want to offer wellness/fitness/nutrition ministries



Students, write your response!

# What would make the CDAT meetings more beneficial for you?



- The team discussed including presentations, such as holding a Partner Spotlight presentation, as a way to make the meetings more interactive.
  - If you are interested in doing a presentation on your agency for our monthly Partner Spotlight, please fill out [this form!](#)



# Identify 2023 Areas of Interest - CHIP Objectives

The team voted on their top areas of interest from the Chronic Disease Objectives in the Healthy St. Mary's 2026 Community Health Improvement Plan. The top 4 areas of interest are highlighted below.

Reduce the percentage of adolescents who currently use tobacco products.	Reduce the percentage of residents who are considered overweight and obese.	Reduce the burden of diabetes and improve quality of life for all people who have, or are at risk for, diabetes.
(Developmental) Reduce racial disparities in chronic disease control and prevention.	Help people get recommended preventive health care services.	Improve health, fitness, and quality of life through regular physical activity.
Improve cardiovascular health.	Reduce the occurrence of asthma complications.	Reduce new cases of cancer and cancer-related illness, disability, and death.



# Identify 2023 Areas of Interest - CHIP Strategies

The team voted on their top areas of interest from the Chronic Disease Strategies in the Healthy St. Mary's 2026 Community Health Improvement Plan. The top 2 areas of interest are highlighted below.

Develop a resource guide of quit tobacco resources and promote a variety of cessation resources.	Educate the community on the risks of secondhand and thirdhand smoke exposure.	Address tobacco related disparities.	Increase the number of lifestyle change programs available in the community and promote programs that are already available.
Expand the implementation of healthy cooking, teaching kitchens and healthy eating education and skill-building opportunities.	Collaborate with partners to establish support groups for people with diabetes.	Support education around language disparities, health literacy, and health equity.	Support insurance education and enrollment efforts.
Conduct asset mapping and gap analysis of local exercise opportunities.	Promote local exercise opportunities and facilities.	Promote regular monitoring of blood pressure.	Support community-wide media campaigns and programs to promote increased fruit and vegetable consumption and healthy diets.
Support community-wide education and awareness on hypertension.	Promote Green & Healthy Homes initiative and host trainings for parents.	Collaborate with partners to establish support groups for people with cancer.	Promote cancer screenings including home screenings.
Support community-wide education on cancer risk factors.	Establish a Food Prescription program.	Expand More to Explore program to include nutrition program and education.	



Students, drag the icons!



## 2023 Brainstorming (continued)

- **Action Item:**
  - Review the priority areas/strategies identified during the meeting and research evidence-based practices and innovative ideas for trainings, events, and programs that can be implemented by the action team in 2023.



## Partner Updates

- Southern Maryland Tennis Foundation is holding Weekend Morning Social Tennis for adults at 10am and youth tennis indoors on Saturdays.
- Aetna Better Health of Maryland is offering its members and the general public free online courses on managing chronic diseases.
- In honor of Black History Month, the U.S. Colored Troops Interpretive Center in Lexington Manor Passive Park will be open every Wednesday and Saturday in February from 10am to 2pm.
- SMCHD is having a site visit with the state next month. Please continue to fill out the Appointee Exemption Disclosure Form. The John Hopkins Advisory board may join in on the Chronic Disease Action Team meetings. The SMCHD cancer screening program is continuing to screen clients for breast, cervical, and colon cancer.
- SMCHD's Smoking Cessation program is going on until mid-March. Margaret is also teaching a small class at Walden. She will be doing outreach at the SMCBHC Annual Black History Celebration on Sunday, February 26.
- The University of Maryland Extension SNAP-Ed has an Eat Smart blog!
- SMCHD's Asthma Control Program is continuing to enroll children and is receiving weekly referrals. They are looking to partner in future school-based programs/health clinics.

## Partner Updates (continued)

- The Administrative Care Coordination Unit (ACCU) is continuing to reach out to pregnant women to complete their prenatal care, get access to dental services, and reduce their barriers to access.
- HSMP has been recognized as a Healthy People 2030 Champion. The Community Health Improvement Plan (CHIP), Healthy St. Mary's 2026, has received a January 2023 update.
- SMCHD has released its new Health Data Dashboard. SMCHD recently put out a public health advisory for everyone to be aware of rising rates of COVID-19, respiratory syncytial virus (RSV) and influenza and to take preventive measures to avoid contracting and spreading these illnesses. Testing and vaccine appointments are available at SMCHD's Behavioral Health Hub.
- In addition to testing and vaccines, the Behavioral Health Hub is now open! Examples of services offered include crisis stabilization, harm reduction, community mediation and behavioral health services. Primary health care services is provided by Greater Baden Medical Services. Free legal expungement clinics are happening monthly.
- January is Radon Awareness Month. Learn the myths about radon!

# Communications

- Submit event and news updates/information at:  
<http://healthystmarys.com/newsletter/> or email  
[stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)
- Follow HSMP on Social Media
  - Facebook: [Healthy St. Mary's Partnership](#)
  - Twitter: [@HealthyStMarys](#)

## Upcoming Meetings

- Tuesday, February 28, 2023 from 1:00 - 2:00 p.m.
- Interested in being in our Partner Spotlight? [Sign up here!](#)