



# Environmental Health Action Team Meeting

Wednesday, February 15, 2023

# Agenda

1. Introductions
2. EHAT Word Cloud
3. 2023 Brainstorming
4. Earth Day Event
5. HSMP Evaluation Survey
6. Partner Updates

# Introductions

- Shan Chen - St. Mary's County Health Department (SMCHD)
  - Val Perez - Department of Natural Resources, Commission on the Environment
  - Ali Wohlgemuth - SMCHD/John Hopkins University
  - Courtney Jenkins - Land Use & Growth Management
  - Sarah Diehl - Maryland Department of Planning
  - Michelle Turkaly - St. Mary's County Health Department
  - Ashlyn Dishman - St. Mary's County Health Department
  - Christine Delise - AETNA Better Health of Maryland
  - Christina Bishop - St. Mary's County Recreation & Parks
  - Jacquie Wells - St. Mary's County Health Department
  - Kimberly Thorpe Smart - Wiley Wheels
  - Shelby Watson - Southern Maryland Agricultural Development Commission
  - Teresa Cox - St. Mary's County Public Schools
  - Brenda Wolcott - Medstar St. Mary's Hospital
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“What specifically are you passionate about related to environmental health?”



## 2023 Brainstorming

- Last month, the team voted on its top 3 areas of interest from the Environmental Health objectives (Healthy St. Mary's 2026 CHIP). These are:
  - *Walkable Neighborhoods* - Create neighborhoods and environments in St. Mary's County rural growth areas that promote walking.
  - *Transportation* - Increase local transportation options and assistance to support healthcare and healthy food access.
  - *Food Security* - Reduce household food insecurity and hunger.
- This month, the team participated in a brainstorming session using Google Jamboards focusing on the question "What trainings, events, and programs can be implemented by the action team in 2023 for each of the chosen objectives?"

# 2023 Brainstorming (continued)

## Walkable Neighborhoods

- The team brainstormed and discussed the following ideas:
  - Sharing walking maps
  - Advocate for more Complete Streets
  - Connect sidewalks, increase neighborhood trails, add sidewalks or walking trails at existing parks, such as Chancellors Run; make sure there are ways for neighborhoods close by to access parks safely
    - Recreation & Parks (R&P) has trail maps for each park and has included connectivity to the extent that they are able in their Master Plan
  - Promote neighborhood walking groups led by community advocates, hold community walk days and events
  - Education around walking safety
  - Viewing a presentation from Land Use and Growth Management (LUGM) on the new comprehensive plan and how it addresses this issue
    - Something we can possibly revisit once the comprehensive plan is finalized and LUGM is back up to staff
- The team discussed the development of a Comprehensive Walking Page on HSMP featuring walking maps, a Walk SMC resource, and hosting a walking group now that it is getting warmer. We would need to push this in the community (develop outreach materials and take to community events, HOAs, recreation centers, lobbies, etc).
- **Action Item:** Share Google Document to collect information for walking page on HSMP website.

# 2023 Brainstorming (continued)

## Transportation

- The team brainstormed and discussed the following ideas:
  - Continue Bike Share project
    - The Bike Share project is in need of funding. Kimberly of Smart Wiley Wheels is going to keep pursuing funding and will bring more information to the team as she has it.
  - Installing roundabouts in more locations
  - Establishing a bike share at Three Notch Trail and community libraries
    - Christina of R&P is open for conversations for bike shares at other locations, such as parks and farmers markets.
  - Discussion of the Three Notch Trail, trailhead property
  - Invite BIAC members to discuss
    - Jacquie presented at a BIAC meeting in 2022 and there was a lack of buy in/interest from Tri-County Council (TCC) & The Bicycle and Pedestrian Infrastructure Advisory Committee (BIAC) on a tri-county bike share project.

# 2023 Brainstorming (continued)

## Food Security

- The team brainstormed and discussed the following ideas:
  - Urban Agroforestry options
  - Food waste program - rescue food from going to waste/landfill
  - Support the Community Gardens initiative at Lexington Manor Passive Park
    - Use LMPP as a pilot to expand community garden project to other sites around the county, educational programs.
  - Earth Day is trying to cater to farmers to show the community its local food resources
  - Assist in Farmers Feeding St. Mary's Program this summer
  - Host a food drive, partner with a backpack buddies program
    - There is a [Healthy Food Drive Toolkit](#) available on HSMP's webpage
  - Develop platform to connect community members and food pantries (HSMP has 2023 funding to support this project)
  - Publicize locations, resources, etc.
  - Indoor aquaponics for simple vegetable sources; pesticide/herbicide free, filtered water/clean fertilizer source
  - Develop a recipe/cookbook for meals that are inexpensive, but healthy. Share food education resources (cooking, storing, preparing, etc)
    - Ali Wohlgemuth shared an example [recipe book](#) showing how to eat well on \$4/day.

# Earth Day Event

- Commission on the Environment is holding an Earth Day event and is looking for vendors. It is on April 22, 2023 from 11 am - 4 pm at Summerseat Farm (26655 Three Notch Road, Mechanicsville, 20659).
- The team agreed to have an HSMP Environmental Health Action Team table at the event. We will further discuss at the next meeting who wants to attend and what materials we will provide.
  - Ashlyn and Courtney volunteered to attend

# HSMP Evaluation Survey

- Ali developed a survey for HSMP's evaluation plan
  - Please take a moment to complete - it takes 5 minutes or less!
- Once we have the results in, Ali will be reaching out to some of the EHAT members for interview.

# Partner Updates

- Medstar St. Mary's Hospital is hosting Women's Wellness Day on March 11 at the James A. Forrest Career & Technology Center. The event is from 8:30am - 2:30pm. There will be community partners and vendors, health screenings, and complimentary breakfast and lunch. There will be speakers to present on various health topics. Registration is required.
- Recreation & Parks is hosting the Cherry Blossom Festival at Lexington Manor Passive Park on March 18. View the flyer. The Easter Egg Festival is April 1st at St. Mary's County Fairgrounds. Contact Christina Bishop if you are interested in being a vendor or have any questions.
- Registration is open on March 1 for Recreation & Parks' Summer Camps and childcare programs for the next school year. View the flyer here.
- As one of several value-added benefits, Aetna Better Health of Maryland members receive free rides to the pharmacy, WIC-eligibility appointments, prenatal classes, and 12 round-trip rides per year to a food bank or grocery store, job interviews, job training, shopping for work-type clothing and to community health services otherwise not covered.

# 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

- Wednesday, March 15, 2023 from 10:00 - 11:00 a.m.
- Interested in being in our Partner Spotlight? [Sign up here!](#)