



Chronic Disease Action Team Meeting

Tuesday, February 28, 2023

Agenda

1. Introductions
2. HSMP Evaluation Survey & Word Cloud
3. 2023 Brainstorming
4. Updates on Previous Team Projects
5. Partner Updates

Introductions

- Shan Chen - St. Mary's County Health Department
- Brian Abell - Southern Maryland Tennis Foundation
- Rihana Bouhoussein - St. Mary's County Health Department
- Nat Scroggins - Minority Health Coalition
- Sareka Butler - St. Mary's County Health Department
- Michelle Pottinger - St. Mary's County Health Department
- Margaret Williams - St. Mary's County Health Department
- Christine Delise - Aetna Better Health of Maryland
- Nancy Stone - St. Mary's County Health Department
- Nicolas Spiller - University of Maryland School of Law Public Health Clinic
- Ashleigh Pagano - University of Maryland School of Law Public Health Clinic
- Caitlin Kirkpatrick - St. Mary's County Health Department
- Ali Wohlgemuth - St. Mary's County Health Department
- Stacey Morgan - St. Mary's County Health Department
- Andrea Hamilton - Medstar St. Mary's Hospital
- Shannon Heaney - St. Mary's County Health Department

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 CDAT members for interview.

Help us make a Chronic Disease Action Team Word Cloud!

- What specifically are you passionate about pertaining to Chronic Disease?
 - Each team member submitted his/her answer which will then be made into a word cloud to be presented at the next meeting.



2023 Brainstorming

- Last month, the team voted on its top areas of interest from the Chronic Disease objectives (Healthy St. Mary's 2026 CHIP). These are:
 - *Cardiovascular Health* - Improve cardiovascular health.
 - *Percentage Overweight/Obese* - Reduce the percentage of residents who are considered overweight and obese.
 - *Racial Disparities* - Reduce racial disparities in chronic disease control and prevention.
- 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)

Cardiovascular Health

- The team brainstormed and discussed the following ideas:
 - Improving access to farmer's markets and grocery stores
 - Having more free opportunities for community walks, runs, hikes
 - Advocate for increase physical activity programs and facilities
 - Form a community walking group; utilize Walk St. Mary's trails
 - Healthy meals & heart healthy eating
 - Advocate to increase funds in SNAP to use for healthy foods
 - Post on social media heart healthy meals (30 min meals)
 - Blood pressure monitoring
 - Outreach with heart healthy lifestyle
 - "What can you do in your free time to be healthy?"
 - Focus on easy ways to more frequently monitor blood pressure and hypertension awareness
 - Create a heart healthy journal with community whom have heart issues
 - Connect clinical services to community programs that help people prevent and manage chronic diseases
 - Host a Community Health Day
 - Free community testing
- The team discussed a family-oriented initiative and piggybacking off of existing wellness events and programs (Women's/Men's/Community Health Days, the TOPS Program) in the community to promote heart health. Caitlin suggested adding a physical activity component to the existing More to Explore program.

2023 Brainstorming (continued)

Percentage Overweight/Obese

- The team brainstormed and discussed the following ideas:
 - Assist with or implement a Family Healthy Weight Program. This would focus on nutrition, physical activity and behavior change strategies. Targeted age ranges included.
 - Promote the TOPS Program that will be offered at the health department.
 - Target children through schools and programs on healthy eating
 - Education on healthy options for children for snacks and the importance of exercise and children's wellness.
 - Make healthy foods more available in schools.
 - Educate the public on what overweight and obese actually mean; educate about a healthy lifestyle
 - Provide education or attend/host an event
 - Free BMI testing, body composition tests
 - Health at Every Size
 - Promote community planning and transportation plans that create places for safe and accessible physical activity.

2023 Brainstorming (continued)

Racial Disparities

- The team brainstormed and discussed the following ideas:
 - Make aware of the available resources
 - Share them with flyers/websites/outreach
 - Promote (already existing) health educational guidance (like pamphlets and flyers) in Spanish & English
 - Neighborhood canvassing and outreach to promote programs offered at the health department and at the Health Hub
 - Getting the message out to all that we care and want to help everyone live their healthiest life
 - Overcome obstacle to promote participation such as transportation and fees
 - Outreach to faith based organizations; possibly family oriented health fairs/events at church(es)
 - Increase options for good nutrition across the lifespan. Promote community planning and transportation plans that create places for safe and accessible physical activity.
 - Connect clinical services to community programs that help people prevent and manage chronic diseases such as heart disease and diabetes.
 - Community outreach to promote free or low-cost health care resources (health clinics, and health insurance through Maryland's Health Connection program)

Updates on Previous Team Projects

- More to Explore 2023 - coming this summer!
- Eat, Live & Be Healthy Wellness Challenge Toolkit
 - In the last 28 days, there have been 61 page views
 - Unable to determine number of toolkit downloads unless self-reported
 - Please continue sharing!
- YMCA Public Private partnership and sports complex update
 - Public hearing today (February 28)
 - The legislative hearing will be on March 7
 - St. Mary's County Commissioners approved the request for federal support (\$3 million dollars)

Partner Updates

- UnitedHealthcare has released its updated [2023 Annual Care Checklist](#).
- The Thrive By Three program is hosting a [Community Baby Shower](#) for new and expecting mothers on May 20th at Spring Ridge School-Based Health Center. There will be giveaways and raffles! Stay tuned - more information to come.
- Michelle Pottinger is the new director of SMCHD's Violence Injury and Trauma Unit! Congratulations Michelle!
- SMCHD's Asthma Program is still enrolling children ages 2-18 in its program. Call 301-475-4330 or visit smchd.org/asthma for more information.
- Spring Ridge School-Based Health Center is scheduled to give free [nutritional classes](#) every week. Individual counseling is available too!
- The Legal Resource Center reports that the marijuana bill is getting worked through legislature. Also discussed were several proposed bills which may be relevant to the action team including SB259, HB1000, HB315 & SB817 and SB795. A summary of each can be found [here](#).
 - If you are interested in learning more about these bills and other tracked legislation, please email publichealth@law.umaryland.edu to receive links to the Center's Legislative Tracker and Legislative Zoom Updates!

Partner Updates (continued)

- SMCHD will be partnering with St. Mary's County Government this spring/summer to provide an informational session to educate the community on the recreational marijuana bill and what it means for our area. Guest speakers will be present. More information to come.
- SMCHD is finishing up with the first cohort of its tobacco cessation class. The second cohort will begin meeting after Easter - register [here](#). SMCHD is currently working on organizing an after school town hall focused on vaping and middle school students.
- Aetna Better Health of Maryland is offering a [free online course](#) on heart health on March 16, from 12pm-1pm. Register [here](#).
- Medstar St. Mary's Hospital is hosting Women's Wellness Day on March 11th from 8:30am-2:30pm. The event is free to attend, but registration is required. Call 301-475-6019 or scan the QR code on the [flyer](#).

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