



Chronic Disease Action Team Meeting

Tuesday, March 28, 2023

Agenda

1. Introductions
2. Cardiovascular Health
3. Percentage Overweight/Obese
4. Racial Disparities
5. Updates on Previous Team Projects
6. Partner Updates

Introductions

- Brian Abell - Southern Maryland Tennis Foundation
- Shan Chen - St. Mary's County Health Department
- Rihana Bouhoussein - St. Mary's County Health Department
- Caitlin Kirkpatrick - St. Mary's County Health Department
- Nathaniel Scroggins - Minority Outreach Coalition
- Nancy Stone - St. Mary's County Health Department
- Michelle Pottinger - St. Mary's County Health Department
- Sareka Butler - St. Mary's County Health Department
- Stacey Morgan - St. Mary's County Health Department
- Christine Delise - Aetna Better Health of Maryland
- Derisha Marshall - St. Mary's County Health Department
- Ali Wohlgemuth - St. Mary's County Health Department
- Margaret Williams - St. Mary's County Health Department
- Lisa Hugh - Southern Maryland Dietician
- Meka Robinson - Calvert County Health Department

Cardiovascular Health

- The team continued to brainstorm of ways to incorporate a heart healthy lifestyle, and doing more than just hosting a health event:
 - Focusing on specifics like a low sodium diet, fitness, blood pressure monitoring
 - Starting a community walking group at local parks and trails that meet once or twice a month
 - Potential locations to do walks/cycling throughout the county
 - Lancaster Park (southern), Dorsey Park (northern), Charlotte Hall Library, Leonardtown Wharf Park
 - Baggett Park at Laurel Grove could be a potential location to host a walking group; it has an access point to Three Notch Trail
 - **Action Item:** Reach out to In the Right Direction - a group that hosts community walks and obtain a point of contact
 - Nat will also reach out to a local community cycling group for a point of contact
- The team also discussed strategies from County Health Rankings & Roadmaps website which included chronic disease self-management programs, community fitness programs, and community-based social support for physical activity
- The team will continue expanding on this discussion at April's meeting.

Percentage Overweight/Obese

- The team further discussed health approaches to lower the percentages of individuals who are overweight/obese. The following health frameworks were discussed:
 - Health at Every Size
 - Defining weight - Weight Bias in Adults
- The team will continue this discussion at April's meeting.

Racial Disparities

- The team brainstormed and discussed promoting existing resources, connecting clinical services and community programs
 - Examples of existing programs/resources to promote
 - TOPS program
 - Nutrition classes at Spring Ridge and Margaret Brent school-based health centers
 - Classes are available, however according to Rihana there has been no interest yet
 - Other sources of nutrition education, like Giants Food Nutrition Facts and Education
- There was a discussion about individuals who lacked insurance coverage to see nutritionists. There are limitations in coverage with plans such as Medicare
- The team discussed transportation options for physical activities
 - **Action item:**
 - Look into public transportation options to take individuals, such as youth and individuals in other age groups, to physical activities (not only doctors appointments)
 - Look into STS routes vs demand services and times of operation.

Updates on Previous Team Projects

- More to Explore 2023 - coming this June!
 - We are seeking sponsorship for the following items. Contact Shan if your organization is interested in helping out!
 - Printing booklets
 - Replacing missing or broken signs
 - More to Explore Prizes
 - Checking MTE signs
 - **Action Item:**
 - Volunteer to check on the signs by filling out this Google Sheet!
 - Please take a photo of the sign and notate its condition (broken, missing, etc)
- Please continue sharing the Eat, Live & Be Healthy Wellness Challenge Toolkit!
 - In the last 28 days, there's been 18 views and 8 clicks on the webpage
- YMCA Public Private partnership and sports complex update
 - We will know the final results of the bond approval for YMCA of the Chesapeake facility by April 12 and the Commissioners received word that the initial planning is coming in at budget.

Partner Updates

- HSMP has received 44 responses for its HSMP Evaluation Survey. Ali Wohlgemuth is currently following up and interviewing members on their responses. She will be compiling an evaluation report and sharing the findings soon.
- Southern Maryland Dietitian is partnering with Cedar Lane Senior Living to bring nutrition programs to the residents of their community. They will be conducting educational sessions, cooking demonstrations and meeting with participants weekly throughout 2023 and 2024. Lisa Hugh is looking to partner with local agencies/organizations who are interested in working with low-income seniors. [Email Lisa](#) if you're interested.
- [SMCHD's Tobacco Cessation Program](#) is currently accepting registrations for its April cohort. They will be working with St. Mary's County Public Schools' Health Council to host a session after school on vaping at the end of May.
- [SMCHD's Asthma Control Program](#) is continuing to enroll children and is receiving weekly referrals. Contact [Sareka Butler](#) for more information.
- May is Asthma Awareness Month! The Asthma Control Program is partnering with the local School Based Health Centers to do an Asthma Awareness Night on May 2nd and May 3rd from 5:00 p.m. - 7:00 p.m. Partners, vendors and speakers will be present.
- [SMCHD's Cancer Screening Program](#) is continuing to screen clients for breast, cervical, and colon cancer. CPEST has completed its site visit. Please complete the [Appointee Exemption Disclosure Form](#) if you have not done so yet.
- April is Minority Health Month! Minority Outreach Coalition will be coordinating program activities in observation of this important month!
- HSMP is hosting a [Healthy Food Drive at the Easter Egg Festival](#) on April 1st at St. Mary's County Fairgrounds. Food and monetary donations will be accepted - please reach out to Shan if you would still like to donate!
- Free nutrition classes are now available at the School Based Health Centers (SBHC)! View the April class schedule for [Margaret Brent SBHC](#) or [Spring Ridge SBHC](#).

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, April 25, 2023 from 1:00 - 2:00 p.m.
- Interested in being in our Partner Spotlight? [Sign up here!](#)