




Chronic Disease Action Team Meeting

Tuesday, April 25, 2023

Agenda

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

- Shan Chen - St. Mary's County Health Department (SMCHD)
- Margaret Williams - St. Mary's County Health Department (SMCHD)
- Caitlin Kirkpatrick - St. Mary's County Health Department (SMCHD)
- Nat Scroggins - Minority Outreach Coalition (MOC)
- Brian Abell - Southern Maryland Tennis Foundation
- Eliot Willenborg - St. Mary's County Health Department (SMCHD)
- Andrea Hamilton - MedStar St. Mary's Hospital (MSMH)
- Derek Adams - St. Mary's County Health Department (SMCHD)
- Rihana Bouhoussein - St. Mary's County Health Department (SMCHD)
- Stacey Morgan - St. Mary's County Health Department (SMCHD)
- Christine Allred - University of Maryland Extension SNAP-Ed
- Christine Delise - Aetna Better Health of Maryland
- Michelle Pottinger - St. Mary's County Health Department (SMCHD)
- Mark Davis - WARcycle
- Jacqueline Wells - St. Mary's County Health Department (SMCHD)
- Aniko Renee - Seedco
- Sue Veith - St. Mary's County Department of Economic Development

Cardiovascular Health

- The team discussed starting a community walking group
 - Located in local parks/trails that meet once or twice a month
 - The team will do the initial leg work to coordinate park site location approvals
 - Potential partners and updates
 - In the Right Direction, a walking group, is unable to partner at this time due to scheduling conflicts
 - Peaktop Wellness - Shan sent an interest email
 - WarCycle, a mobile spin class - Mark is open to partnering but will need to discuss with business partner first
 - Please contribute to this resource list of known walking groups in the county for future, potential partnerships
- “Walk with a Doc” event is coming this fall
 - If you are interested in taking part in this project, please reach out to HSMP!

Percentage Overweight/Obese

- One framework discussed involves wellness programs that include the whole family. [Click here](#) for examples.
- The action team discussed hosting a combination of a healthy cooking and family fitness education program/activities.
 - Ideas for partnerships
 - Spring Ridge Middle School-Based Health Center, other schools
 - Rihana (SMCHD) volunteered to give a small presentation on smart nutrition choices
 - Summer camps
 - Judy Center
 - UME SNAP-Ed - Christine Allred
- **Action item:** Identify who the specific target audience should be (ages, demographics, location, etc.) and what content we want covered. We will continue the discussion at the May meeting.

Racial Disparities

- The team discussed addressing transportation access and availability of after school programs to improve racial disparities
- We will look into the Transportation Advisory Council's rider feedback survey results with us once data collection is complete
- Currently, the primary form of public transportation in the county is the St. Mary's Transit System. Other options for transportation (reserved for medical appointments or for seniors) include SMCHD's Medical Assistance Transportation program, Wheels2Wellness, and SoMD Senior Ride programs (Lifestyles, SMC Senior Rides). Charles County's VanGO bus system also services parts of Charlotte Hall.
- **Action items:**
 - 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 current after school programs active at Title I Elementary Schools and potential opportunities for partnerships/expansion

Updates on Previous Team Projects

- More to Explore 2023 - coming this June!
 - Plan is to launch June 9th - SMCPs' last day of school
 - We are seeking sponsorship for the below items. Contact Shan if your organization is interested in helping out!
 - Printing booklets (or one-pagers)
 - Replacing missing or broken signs
 - Prizes
 - **Action Item:** Sign up to check the MTE signs by filling out this Google Sheet!
 - Please take a photo of the sign and note its condition
- Please continue sharing the Eat, Live & Be Healthy Wellness Challenge Toolkit!
- YMCA Public Private partnership and sports complex update
 - State legislature approved facility bond approval for county projects to include \$15 million for the YMCA of the Chesapeake facility on Great Mills Rd.
 - Willows Recreation Center is closing, but the owner of the facility is proposing purchasing of the building for \$5.4 million to the county and it is considering on using it as the St. Mary's County gymnastics center.

Partner Spotlight

Mark Davis held a presentation on WARCycle, a mobile indoor/outdoor cycling company that services Maryland and Virginia.



Partner Updates

- MedStar St. Mary's Hospital is kicking off a virtual Diabetes Prevention Program starting mid-May. Call Health Connections at 301-475-6019 if you are interested!
- Seedco is assisting clients in insurance enrollment. They are continuing to do outreach in the community and have hired [Stefany Urrutia-Lam](#), a bilingual outreach specialist.
- SMCHD's Cancer Screening Program completed its site visit. They are now working on a grant application. If you would like to donate to the Maryland Cancer Fund, which offers Cancer Treatment Grants for low-income Marylanders, contact [Caitlin Kirkpatrick](#). Contact Caitlin if you would also like to be a member of the Southern Maryland Advisory board.
- UME SNAP-Ed is sharing books with Title 1 elementary school students called, "The Secret to An Extraordinary Day." Access the book in [English](#) or [Spanish](#).
- Maryland Responds Corps is looking to expand their reach. If you need short-term volunteers, reach out to [Eliot Willenborg](#).
- SMCHD's Asthma Team is hosting Asthma Community Night May 2 at [Spring Ridge Middle School-Based Health Center](#) and May 3 at [Margaret Brent Middle School-Based Health Center](#). Additionally, the Maryland Asthma Summit is May 18 at Howard County Health Department.

Partner Updates

- Minority Outreach Coalition is holding its Community Conversation tomorrow, April 26 from 6:00-7:30pm at the Hickory Hills Community Center. All are welcome! Light refreshments will be available.
- SMCHD's Thrive by Three program is hosting its Community Baby Shower on May 20 from 9:00am-12:00pm at Spring Ridge Middle School-Based Health Center. There will be resources available for new and expecting mothers, giveaways and raffles!
- SMCHD & SMCPS will be holding a vaping/tobacco after school info-session on May 31 at Spring Ridge Middle School-Based Health Center.
- Lexington Manor Passive Park Community Gardens has received funding by the county commissioners and construction is set to begin soon! Funding will go to provide fences, raised beds, tables for handicap-accessible beds, sidewalks, water and more! There will be an upcoming work day - volunteers will be needed!
- HSMP is planning its 2023 Annual Meeting now. A location has been secured. If you have ideas for speakers or topics, please reach out stmaryspartnership@gmail.com!

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, May 23, 2023 from 1:00 - 2:00 p.m.**
- Interested in being in our Partner Spotlight? [Sign up here!](#)