



Chronic Disease Action Team Meeting

Tuesday, May 23, 2023

Agenda

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

Introductions

- Rihanna Bouhoussein - St. Mary's County Health Department
- Shan Chen - St. Mary's County Health Department
- Sareka Butler - St. Mary's County Health Department
- Nancy Stone - St. Mary's County Health Department
- Margaret Williams - St. Mary's County Health Department
- Caitlin Kirkpatrick - St. Mary's County Health Department
- Brian Abell - Southern Maryland Tennis Foundation
- Andrea Hamilton - MedStar St. Mary's Hospital
- Christine Delise - Aetna Better Health of Maryland
- Jacquie Wells - St. Mary's County Health Department
- Kimberlie Ryan - Calvert County Health Department
- Derek Adams - St. Mary's County Health Department
- Stacey Morgan - St. Mary's County Health Department

Cardiovascular Health

- Community walking group updates
 - Amanda Brelage (Peaktop Wellness) has expressed interest in leading a walking group. She has been invited to next month's meeting.
 - Next steps: solidify the following locations: Lancaster Park (southern), Dorsey Park (northern), Charlotte Hall Library, Leonardtown Wharf Park
- Email HSMP if you know of anyone interested in partnering!
- The Environmental Health Action Team is planning its "Walk with a Doc" event this fall. There will be two event dates:
 - September 30 at MedStar St. Mary's Hospital from 10am-11am
 - October 14 (hosted by Aetna Better Health of Maryland) at Lexington Manor Passive Park - more info to come! Proposing 10am-12pm
 - Shan will solidify LMPP reservation and Christine Delise will confirm provider(s) attendance
 - The rain date for both events is October 28

Percentage Overweight/Obese

- 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. Unfortunately, the school does not have a facility for cooking demonstrations.
 - R&P summer camps, Judy Center (POC Kerrie Walzer), UME SNAP-Ed. Shan will reach out to see if they are interested in collaborating for cooking demonstrations.
- Healthy eating and cooking demonstrations for the whole family
 - The Barns at New Market facility has a commercial kitchen and cooking equipment
 - Andrea will check availability and see if R&P has plans for use
 - Connects to a walking trail - tie in a physical fitness piece?
 - **Action item:** Think of recipe ideas for cooking demonstration. Examples include smoothies, overnight oats, no-bake granola bars, crockpot ideas and more!

Racial Disparities

- The team discussed addressing transportation access and availability of after school programs to improve racial disparities
 - Look into public transportation options to take individuals, such as youth and individuals in other age groups, to physical activities (not only doctors appointments)
 - **Action items:** Exploring school buses (privately owned) to offer regional transportation
 - Shan will reach out to SMCPs' director of transportation
 - Look into current after school programs active at Title I Elementary Schools and potential opportunities for partnerships/expansion
 - Green Holly has 1 after school program, and other non-school sponsored activities
 - Building Bridges (Lexington Park) has an after school program with 32 students.
- We will look into the Transportation Advisory Council's riders feedback survey results once data collection is complete
- Calvert County has partnered with other transportation agencies to provide services other than Dr's appointments
 - The ARC, BAYCSS, SMCPs has a list of contractors that handle transportation.

Updates on Previous Team Projects

- More to Explore program
 - Launching on June 9 (last day of school)
 - Andrea is ordering replacement MTE signs
 - Jacquie was able to secure the printing of 2,800 booklets
 - Will include 2 pages of additional resources (food & physical activity)
 - We can also provide one-pagers and print posters
 - **Action Item:** Sign up to check the MTE signs by filling out this [Google Sheet!](#)
- Willows Recreation Center update
 - St. Mary's County Government announced its intent to [purchase Willows Recreation Center](#) and the county commissioners may execute contract on May 23. This facility is set to become the new home of the St. Mary's Gymnastics Academy, offering competitive and recreational gymnastics, as well as pickleball use and other fitness classes!

Partner Updates

- St. Mary's County Health Department's (SMCHD) Cancer Screening Program received next year's grant for cancer screening. They will be submitting and receiving their contract soon.
- SMCHD and SMCPS are hosting a virtual vaping/tobacco info-session on May 31.
- SMCHD will be holding a nutrition presentation at Men's Health Day on June 3.
- SMCHD's Asthma program is continuing to enroll children ages 2-18 with Medicaid. Starting July, they will be able to enroll children who are privately insured as well.
- SMCHD just wrapped up its community baby shower last weekend (May 20). It was very successful, with 189 attendees!
- MedStar St. Mary's Hospital (MSMH) is working with the county government to offer its virtual diabetes prevention program to county employees. They are also offering a diabetes self-management program starting in the fall. Call Health Connections at 301-475-6019 for more information.
- Save the Date for HSMP's 10-Year Annual Meeting on September 28, 2023!
 - HSMP is seeking proposals for presentations for the 2023 HSMP Annual Meeting.
- St. Mary's County Health Hub is holding an Open House on Saturday, June 3 from 9:00am - 12:00pm. Stop by to learn about the many services provided by the Health Hub and get a tour of the facility!
- St. Mary's County Community Development Corp. is doing a Community Cleanup of Great Mills Rd on June 3. There is also a prayer walk being held in St. Mary's Square on June 2 and 3.
- The Juneteenth Celebration is June 17 and will be held at Lancaster Park.
- SMCHD and the Commissioners of St. Mary's County are hosting a Community Briefing on cannabis legalization on June 7. Questions can be submitted ahead of time using this form.

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, June 27, 2023 from 1:00 - 2:00 p.m.**
- Interested in being in our Partner Spotlight? [Sign up here!](#)