



Chronic Disease Action Team Meeting

Tuesday, June 27, 2023

Agenda

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

Introductions

- Sareka Butler - St. Mary's County Health Department
- Christiana Keefer - St. Mary's County Health Department
- Michelle Pottinger - St. Mary's County Health Department
- Andrea Hamilton - MedStar St. Mary's Hospital
- Shan Chen - St. Mary's County Health Department
- Nancy Stone - St. Mary's County Health Department
- Brian Abell - Southern Maryland Tennis Foundation
- Eliot Willenborg - St. Mary's County Health Department
- Christine Allred - University of Maryland Extension Snap-Ed
- Derek Adams - St. Mary's County Health Department
- Amanda Brelage - Peaktop Wellness
- Marybelle Edelen - Lifestyles of Maryland
- Caitlin Kirkpatrick - St. Mary's County Health Department
- Blair Inniss - Legal Resource Center
- Mark Davis - WARcycle
- Nat Scroggins - Minority Outreach Coalition
- Stacey Morgan - St. Mary's County Health Department

Cardiovascular Health

- Community walking group updates
 - Mark Davis (WARcycle) has been coordinating his own weekly walking group and invited members who were interested to join! His next walk is Thursday, June 29 at 5:00 p.m. at Lancaster Park.
 - Amanda Brelage (Peaktop Wellness) has volunteered to lead the monthly walking groups. The walking groups will meet 1 or 2 times a month, in Lancaster Park and Chancellors Run Park.
 - Next steps: Amanda will inform the team when and where the first walk take place. More info to come!
 - Interested in partnering? Email HSMP.
- Environmental Health Action Team's - "Walk with a Doc" Event
 - Updates
 - September 30 at MedStar St. Mary's Hospital
 - Stephenie Gutridge-Snode, CRNP has been secured as a provider
 - October 14 at Lexington Manor Passive Park
 - There is a \$50 application fee to reserve LMPP, with additional staffing costs (\$25 per staff member per hour). HSMP will be speaking with the R&P director and potentially looking for sponsors.

Percentage Overweight/Obese

- The team is working with the following partners to coordinate healthy cooking demonstrations
 - R&P summer camps
 - Therapeutic Recreation Coordinator, Crystal Haislip, does therapeutic summer camps for children with special needs
 - Continuing to seek out partners to do the cooking demonstrations
 - Shan and Andrea are reaching out to dieticians. [Email HSMP](#) if you are interested and have the capacity to do demonstrations.
 - Following up with Val Perez, program coordinator
 - University of Maryland Extension SNAP-Ed
 - Christine Allred is currently doing nutrition education on Thursdays at the schools. She can do cooking demonstrations however, over 50% of the audience would need to be SNAP/EBT recipients or free/reduced lunch recipients.
 - Discussion of potential sites
 - For information on SNAP-Ed's Eat Smart blog, reach out to [Christine Allred](#).
 - The Judy Center (kindergarten and younger)
 - Coordinator Wendy Binkley says it is not feasible to do cooking demonstrations at the Carver Elementary Lunch & Learn as it is an open meal site
 - Holding cooking demonstrations during morning play groups in the fall is better. Play groups typically consist of a parent and child. Cooking sites can be at Lexington Park, George Washington Carver and Green Holly Elementary schools
- The Barns at New Market facility has a commercial kitchen and cooking equipment
 - R&P has no ties to the building and has no plans to offer anything. Additional coordination would be necessary to utilize the equipment due to shared use with local producers
- [A collection of summer recipes](#) was compiled for upcoming cooking demonstrations

Racial Disparities

- The team is continuing to look into addressing transportation access and researching the availability of after school programs at Title I Schools
 - Explore public transportation options to take individuals (youth and individuals in other age groups) to physical activities (not only doctors appointments)
 - Shan reached out and left a message for Jeff Thompson, Director of Transportation of SMCPS to explore school buses (privately owned) as an option to offer regional transportation.
 - Look into current after school programs active at Title I Elementary Schools and potential opportunities for partnerships/expansion
 - We will continue to explore programs
- The STS bus offers some transportation services to exercise facilities located within Chancellors Run Park, Leonardtwn, and San Souci plaza, a shopping center with gyms. Some services run as late as 11pm.
 - The team discussed possibly speaking with the County Commissioners to keep the STS buses operating on holidays
- Transportation Advisory Council is currently analyzing its data from its STS survey. They should have its full report released by July 20

Updates on Previous Team Projects

- More to Explore launched on June 9 and will run through August 27
 - Replacements for missing or broken signs were ordered and installed
 - Nat Scroggins volunteered to replace the faded MTE sign at Greenwell State Park
 - 2,800 booklets have been ordered and will soon be delivered to the libraries! Over 400 Quick Guides have already been delivered!



Partner Updates

- MedStar St. Mary's Hospital is offering a [self-management diabetes class](#) starting in September and November. They are also offering a [diabetes prevention program](#), in September and October. Call Health Connections at 301-475-6019 to register.
- SMCHD's [Cancer Screening Program](#) has submitted its grant application for the next fiscal year and is working on its report for this fiscal year. Its screening program is in full swing; slots being filled quickly and some clients have been waitlisted.
- [UME SNAP-Ed](#) just finished the year with the school system. They are now focused on working with food pantries, farms, and farm vendors to have them accept EBT. They are partnering with The Judy Center in July and the school system's extended year program.
- SMCHD is encouraging firearm safety by giving away [free gunlocks](#).
- Touchdown Against Gun Violence has been rescheduled to July 8. [View the flyer](#).
- [Lifestyles of Maryland](#) is holding an Open House at its new office (21815-D Three Notch Road, Lexington Park) at the end of July.
- SMCHD's [Asthma program](#) is continuing to enroll children ages 2-18 under Medicaid. Currently, they are waiting to hear back on enrolling children with private insurance.
- Minority Outreach Coalition is working with St. Mary's County Government to distribute [free HP Chromebooks](#). MOC is also holding a women's wellness event in July and are seeking providers to speak about breast cancer screenings. If you would like to assist with either of the above, reach out to [Nat Scroggins](#).
- WARcycle is hosting its next community walk this Thursday at 5:00 p.m. Follow its [walking group on Facebook](#) to get more information and participate!
- [St. Mary's County Tennis Association](#) is [registering for Universal Tennis](#) - singles league for all ages and skill levels 16 & up!

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