



Chronic Disease Action Team Meeting

Tuesday, July 25, 2023

Agenda

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

Introductions

- Nat Scroggins - Minority Outreach Coalition
- Stacey Morgan - St. Mary's County Health Department
- Nancy Stone - St. Mary's County Health Department
- Christine Delise - Aetna Better Health of Maryland
- Mark Davis - WARcycle
- Caitlin Kirkpatrick - St. Mary's County Health Department
- Shan Chen - St. Mary's County Health Department
- Christine Allred - University of Maryland Extension SNAP-Ed
- Aniko Renee - Seedco
- Michelle Pottinger - St. Mary's County Health Department
- Sue Veith - St. Mary's Department of Economic Development
- Suha Ansari - St. Mary's County Health Department
- Sareka Butler - St. Mary's County Health Department

Cardiovascular Health

- Community walking group updates
 - Amanda (Peaktop Wellness) and Mark (WARcycle) will be hosting monthly walking groups on the 3rd Wednesday of each month!
 - The next walk will be on August 16 at Lancaster Park at 6pm. Please share the [Community Walking Group flyer!](#)
 - WARcycle also hosts weekly [WARcycle Walk-It-Out](#) walks at Lancaster Park/Lexington Manor Passive Park in the evenings. They will be doing a walk today (weather permitting).
- Environmental Health Action Team's "Walk with a Doc" Event Updates
 - September 30 at MedStar St. Mary's Hospital (10am-11am)
 - Stephenie Gutridge-Snode, CRNP has been secured as a provider
 - October 14 at Lexington Manor Passive Park (10am-12pm)
 - Aetna Better Health of Maryland is submitting the application and payment for the park rental and is working to solidify doctors
 - Following the walk, there will be a small community health fair, featuring the following potential vendors
 - Seedco, St. Mary's CDC, Lifestyles of Maryland, Minority Outreach Coalition, R&P, Tri-County Council

Percentage Overweight/Obese

- The team is working with the following partners to coordinate healthy cooking demonstrations
 - University of Maryland Extension SNAP-Ed
 - Christine Allred reports they partnered with R&P's Therapeutic Summer Camp to do a mini-cooking demonstration. They made pumpkin energy bites with the youth campers on June 24!
 - On August 7th, she will be at Church of the Ascension to hold a small cooking demonstration!
 - The Judy Center
 - Continuing to look into hosting cooking demonstrations during play groups in the fall. Shan will touch base with Wendy Binkley, SMCPs Judy Center Early Learning Hubs Coordinator
- We are continuing to seek out dieticians, partners and facilities to do cooking demonstrations. Email HSMP if you are interested and have the capacity to do so!
 - The Barns at New Market facility
 - The commercial kitchen has limited space for an audience, however we could potentially consider this as a site for virtual cooking demonstrations
 - The Extension building at St. Mary's County Fairgrounds has prep table with a mirror above it to host a cooking class. The only downside is that it is not air conditioned.
- 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
 - No response from Jeff Thompson at SMCPS
 - 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 team discussed advocating with the County Commissioners to keep the STS buses operating on holidays
 - Expansion of existing routes and hours of service was a key finding from the TAC's STS rider survey (below)
- Transportation Advisory Committee met on July 20 and shared the results of its survey. View the video recording of the meeting [here](#).
 - Findings
 - STS is the most used form of public transportation in the county
 - There is a great demand for expanding existing STS routes by extending the hours of operation and reaching citizens in more remote parts of the county.
 - Many citizens are unaware of the transportation services available to them and would benefit from greater advertisement.

Updates on Previous Team Projects

- More to Explore launched on June 9 and will run through August 27
 - MTE booklets have been printed and delivered to the libraries! Pick up yours today!
- Do you need MTE booklets? Contact Shan to coordinate pick up at St. Mary's County Health Department!



Partner Updates

- SMCHD's Cancer Screening Program is now in Fiscal Year 2024. Grants and reports have been submitted. They are beginning to see patients for breast and cervical cancer screenings, and have enrolled two patients for colon cancer screening.
- Aetna Better Health of Maryland continues to offer free one hour online health courses on heart health and diabetes. The next class (Basics of Type 2 Diabetes) is August 8 from 12-1pm. Click here for information on its online health courses.
- Seedco is able to assist with insurance enrollment following Medicaid expansion from the Healthy Babies Equity Act! Reach out to Aniko Renee with questions.
- SMCHD's Asthma program is continuing to enroll children ages 2-18 with Medicaid coverage. They are still waiting for the greenlight to enroll children with private insurance.
- National Night Out is taking place August 1 in neighborhoods across St. Mary's County! SMCHD will be present at Wildewood and Nicolet Park.

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, August 22, 2023 from 1:00 - 2:00 p.m.**
- Interested in being in our Partner Spotlight? [Sign up here!](#)