


Chronic Disease Action Team Meeting

Tuesday, August 22, 2023

Agenda

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

- [Click here](#) to access the list of meeting attendees!

Cardiovascular Health

- Community walking group updates
 - Amanda (Peaktop Wellness) and Mark (WARcycle) are hosting monthly walking groups on the 3rd Wednesday of each month!
 - The next walk will be on September 20 at Lancaster Park at 6pm. Please share the [Community Walking Group flyer!](#)
- 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 has reserved LMPP!
 - A provider has been secured from Greater Baden Medical Services
 - 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 continuing to work with the following partners to coordinate healthy cooking demonstrations throughout the county
 - University of Maryland Extension SNAP-Ed - [Christine Allred](#)
 - On August 7th, Christine held a small cooking demonstration at Church of the Ascension.
 - The Judy Center
 - We are looking into hosting cooking demonstrations during play groups (parents and children) in the fall. Shan will touch base with Wendy Binkley, SMCPS Judy Center Early Learning Hubs Coordinator
 - MedStar St. Mary's Hospital has started doing monthly cooking demonstrations at Cedar Lane Senior Living Community. At their first demonstration this past weekend, they served 10 individuals!
- We are continuing to seek out dieticians, partners and facilities to do cooking demonstrations. [Email HSMP](#) if you are interested and have the capacity!
- The team discussed exploring the option to live-stream cooking demonstrations
 - Potential locations
 - The Barns at New Market's facility
 - The Extension building at St. Mary's County Fairgrounds
 - Nat (MOC) and Andrea (MSMH) said they could get their diabetes prevention classes to participate as an audience!

Racial Disparities

- The team is continuing to look into addressing transportation access and researching the availability of after school programs at Title I Schools
 - Look into School Health Council to see what they know
 - 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)
 - There was a discussion on which holidays would likely have the most rider activity (Juneteenth, July 4th). County Holidays were reviewed (page 3).
 - There was a discussion on funding for STS to include additional routes
- The Transportation Advisory Committee met on July 20 and shared the results of its survey. View the presentation slides here. Findings include:
 - 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 is ending this week!
 - Beanstack's stats:
 - 819 people registered.
 - **58 participants** logged 12 or more sites to complete the passport.
 - **4 additional** people completed 12 or more sites using the paper passport
- Expanding physical activities in St. Mary's County
 - This morning, the County Commissioners approved the Department of Recreation & Parks' request for a Sports Complex – Phase II Preliminary Design Services.
 - This includes multi-purpose fields, indoor pickleball, tennis courts and baseball fields in a sports complex on St. Andrews Church Rd.

September CDAT Meeting

- September's CDAT meeting has been cancelled to accommodate the time commitment for team members to attend the 2023 HSMP Annual Meeting on September 28.
- The next CDAT meeting will be Tuesday, October 24.

Partner Updates

- Registration is now open for the 2023 HSMP Annual Meeting! [Click here](#) to register for free! For more information, visit the [HSMP Annual Meeting webpage](#).
- [Southern Maryland Tennis Foundation's](#) junior team tennis is back in operation. We have teams participating in the championships in Montgomery country in September.
- [Seedco](#) will be assisting individuals with Open Enrollment on November 1. Aniko Renee is departing Seedco and her last day is September 1. She will be joining SMCHD and working as the Local Health Improvement Coordinator for HSMP! Welcome, Aniko!
- MedStar St. Mary's Hospital is offering multiple 4 week-long [Diabetes Self Management Workshops](#) this fall. The first workshop begins September 11. They are also offering a [Diabetes Prevention Program](#), with distance learning starting September 21 and in-person learning starting October 4. Call Health Connections at 301-475-6019 to register!
- The [2nd Annual St. Mary's Goes Purple Walk for Recovery](#) will be held September 9 from 9:00 a.m. - 12:00 p.m. at Leonardtown Square. This walk is held to celebrate those in recovery and the people who support them, to help end stigma surrounding substance use and mental health disorders, and to bring awareness to the disease of addiction and how it impacts our community. [Sign up here!](#)
- [SMCHD's CPEST \(Cancer, Prevention, Education, Screening, and Treatment\) Program](#) is off to a great start to the fiscal year with screening for breast, cervical and colon cancer in our county. They are tight on budget they're not able to take many clients off their waitlist. They have reached out to other counties to assist with their waitlist but they're also in the same situation. If you know someone that needs screening, please have them reach out to the health department to get screened using the sliding scale payment.

Partner Updates (continued)

- The Horowitz Center for Health Literacy will be tabling at the HSMP Annual Meeting and will be providing information on health literacy and language access.
- CareFirst will be doing a Roadshow for Southern Maryland. If you know of organizations who are looking for grants/sponsorship, reach out to Isabel Robinson.
- The Commissioners of St. Mary's County and St. Mary's County Homelessness Prevention Board is hosting Community Resource Day on September 8 at Lexington Park United Methodist Church from 11:00 am - 2:00 pm.
- The second Farmer's Feeding St. Mary's event is taking place on September 16. SMCHD and HSMP will be attending.
- SMCHD's Asthma Program is continuing to enroll children ages 1-18 with Medicaid and are now able to enroll kids under private insurance too! They have the capacity to enroll up to 80 kids for the 2023 fiscal year.
- St. Mary's County Community Development Corporation signed the MOU contract with Recreation & Parks to start managing and building the Lexington Manor Passive Park Community Garden! There will be a volunteer work day coming soon. St. Mary's CDC is continuing to look for sponsors!
- Lexington Park Business Association is holding a meeting on Thursday, August 24 at 8:00 AM at Regency Furniture to discuss its Business Improvement, Retention and Expansion program (BIRE). There will be a presentation on the YMCA of the Chesapeake.

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, October 24, 2023 from 1:00 - 2:00 p.m.**
- Interested in being in our Partner Spotlight? [Sign up here!](#)