


# Chronic Disease Action Team Meeting

Tuesday, October 24, 2023

# Agenda

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

- Click here to access the [attendee](#) list!

# Cardiovascular Health

- **HSMP's Walking Groups are continuing to meet! Please join us!**
  - Due to the earlier sunset, the walk now begins at 5:30 PM.
  - The next walk will be Wednesday, November 15.
  - Please share the [Community Walking Group flyer!](#)
- Environmental Health Action Team's "Walk with a Doc" Updates:
  - Stephanie Gutridge-Snode led the walk on September 30 at MedStar St. Mary's Hospital. It was a successful event!
  - The second Walk with a Doc is on Saturday, October 28 at Lexington Manor Passive Park from 9:30-11:30am.
    - Temeria Wilcox of NP Family Practice will be leading the walk!

# Percentage Overweight/Obese

- The team is continuing to work with partners to coordinate healthy cooking demonstrations throughout the county.
  - Shan has reached out to Wendy Binkley at The Judy Center to coordinate possible dates.
  - HSMP and SMCHD's Health Equity Team will be partnering with a local lifestyle coach and cook enthusiast, Shaniqua Cousins, to host virtual and in-person cooking demonstrations.
    - The first session will be on November 17 from 6:00-7:00 PM. Reach out to HSMP for details!
- Potential locations for demonstrations:
  - The Barns at New Market's facility, but would be live-stream only.
  - The Extension building at St. Mary's County Fairgrounds.
- The Interactive Planning Session poster from the 2023 HSMP Annual Meeting on Overweight/Obesity was shared with the team.

# Racial Disparities

- The team is continuing to look into addressing transportation access and researching the availability of after school programs at Title I Schools.
  - The group discussed doing more research. We agreed to:
    - Look into School Health Council to see what they know
    - Look into current after school programs, active Title I Elementary Schools, and discuss potential opportunities for partnerships and expansion.
- The team discussed advocating with the County Commissioners to keep the STS buses operating on holidays.
  - The group stated holidays that coincide with drunk-driving is also important.
  - The community expressed the need for expansion of existing routes and hours of service, according to TAC's STS rider survey results.
  - **Action Item:** The team discussed drafting an advocacy letter to extend the days and hours of operation.

# Updates on Previous Team Projects

- Expanding physical activities in St. Mary's County:
  - St. Mary's County Gymnastics Academy (formally Willows Recreation Center) held its successful Grand Opening on October 24th.
    - Recent funding was approved (\$350K) by the county commissioners for outdoor camps!
  - There were no new updates on the YMCA of the Chesapeake Design Plans or on groundbreaking.

# CHNA Survey

Please take MedStar St. Mary's Hospital's Community Health Needs Assessment Survey [here](#)!

- We have received 918 responses so far!
- The CHNA survey ends on Oct 29th
- If you have a paper copy, please reach out to Andrea Hamilton to coordinate drop off.

## Partner Updates

- Hope & Healing offers offers therapy and counseling and wellness classes.
  - They are holding a Hocus Focus Wellness Workshop on October 27th. For more information on future events, reach out to [Anna Guy](#).
- [The Legal Resource Center](#) is hosting a Tobacco Enforcement Webinar on November 28th at 12:00 PM.
- October is Breast Cancer Awareness Month! [SMCHD's Cancer Screening Program](#) is continuing to screen women for breast, cervical and colon cancer and men for colon cancer.
- [Horowitz Center for Health Literacy](#) is celebrating Health Literacy Month by reaching out to Local Health Improvement Coalition and offering assistance for health information/trainings.
- If you are interested in the TOPS (Taking Off Pounds Sensibly) program, please reach out to [Derisha/Stephanie Thomas](#).
  - Their current active chapter currently meets Wednesdays at 5pm at Lexington Park Library, while a new chapter starts in January 2024!
- MedStar St. Mary's Hospital is offering Diabetes-Prevention Programs. Contact Health Connections at 301-475-6019 to register.

# Partner Updates

- CareFirst is continuing to remind members to recertify for the upcoming year.
- If you have Spanish resources available for your programs, please share them with Maria Reynolds of SMCHD's Language Services Department.
- Minority Outreach Coalition is attending Halloween at the Square at St. Mary's Square on October 28. For questions, contact Nat Scroggins.
  - MOC is also running two (2) diabetes prevention programs. One at Cedar Lane Senior Center and one at Senior Living on Pegg Road in Lexington Park.
- The Asthma Home visiting program continues to enroll children. Its Title V Children's program is now enrolling children with private insurance.
- Seedco shared their open enrollment is coming up for people under 65 through January 15th.
  - They are planning an open enrollment event on December 2nd, and offering extended hours at their office in Great Mills.
- SMCHD's Maternal, Child & Elder Health Unit offers medical assistance for community members, sends referrals to WIC, refers first time moms to the NF Partnership program, and more!
- SMCHD's Chronic Disease team's new Tobacco Prevention & Control Coordinator has been onboarded! Welcome, Kasenia Coulson!
- Welcome, Aniko Renee - HSMP's new Local Health Improvement Coordinator!

# Communications

- Submit event and news updates/information at:  
<http://healthystmarys.com/newsletter/> or email  
[stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)
- Follow HSMP on Social Media
  - Facebook: [Healthy St. Mary's Partnership](#)
  - Twitter: [@HealthyStMarys](#)

# Upcoming Meetings

- **Tuesday, November 28, 2023 from 1:00 - 2:00 p.m.**
- Interested in being in our Partner Spotlight? [Sign up here!](#)