



Chronic Disease Action Team Meeting

Tuesday, November 28, 2023

Agenda

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

Introductions

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

Cardiovascular Health

- HSMP's Walking Groups:
 - The walking groups have been on hold until a new location has been determined. They are no longer held at Lancaster Park due to it closing at 5:00 PM.
 - Amanda Brelage mentioned partnering with Planet Fitness to have access to indoor treadmills. Shan will follow-up with Amanda - updates will be posted on HSMP's [Facebook page](#)!
- Other suggestions for physical activity:
 - Hold weekend walks during the day. FDR Blvd (a complete street) is well-lit with dual sidewalks and ample parking!
 - Remove weeds and invasive plants in Historic St. Mary's City on December 9.
- HSMP's EHAT held its second "Walk with a Doc" event on Saturday, October 28.
 - Temeria Wilcox of NP Family Practice led the walk and is interested in participating in future walks!
 - There was a lower turnout than expected due to conflicting Halloween events happening on the same day.
 - EHAT discussed coordinating with an existing community event or festival for potential WWAD events in Spring/Summer.



Percentage Overweight/Obese

- HSMP and SMCHD's Health Equity Team partnered with a local lifestyle coach and cooking enthusiast, [Shaniqua Cousins](#), to host an [in-person cooking demonstration](#) on November 17 at Southern Maryland Kitchen and Bath Design. See below!
 - The next in-person demonstration will be in January - stay tuned and keep an eye out for updates on our HSMP [Facebook page](#)!
 - We are expecting to fill all 15 spots for the next event! Cooking demos will be on a monthly basis. We will be partnering and sharing this opportunity with groups who are working with individuals to manage their chronic diseases.
- The team is continuing to work with partners to coordinate healthy cooking demonstrations throughout the county.
 - Shan reached out to Wendy Binkley, who suggested we reach out to the Little People Child Care Center located on Lexwood Drive in Lexington Park as potential partners.
 - The team also proposed reaching out to youth mentorship groups.



Racial Disparities

- The team continues to
 - Look into current after school programs, active Title I Elementary Schools, and discuss potential opportunities for partnerships and expansion.
 - Existing after-school programs:
 - GW Carver's and Lexington Park Elementary program-contact their liaison
- The team discussed writing a letter advocating to expand transportation access, which includes extending the hours of operation for STS buses
 - Currently, there is an STS staffing shortage.
 - Students are having trouble taking continuing education courses because the STS bus doesn't operate when needed.
 - Offer potential solutions
 - This advocacy item is being voted on by the Steering Committee in December to be officially added to the HSMP Advocacy Agenda. We hope to write/present the letter in January 2024.

Updates on Previous Team Projects

- Expanding physical activities in St. Mary's County:
 - Advocating and promoting the sports complex on St Andrews Church Rd and northern county facilities and programs.
 - The complex is on the Commissioners' radar and discussions were had about upcoming action.
- More To Explore
 - Shan contacted the 2023 contest winners to collect their prizes.
 - In March 2024, we will start checking the MTE signs.
 - The sign's condition will be noted. Any damaged or missing signs will be replaced.
 - If your organization would like to help sponsor the MTE signs, please reach out to [HSMP](#)!

Partner Updates

- SOMD Tennis Foundation is getting their indoor tennis going! Junior tennis will be held Friday evenings and Saturday afternoons, with indoor activities in Clinton starting December 1.
- SNAP-Ed will be working Title I schools on nutrition education and gardening in the spring. They are expanding their Pre-K access and eligibility, and working with food pantries in winter going into spring. They will be holding Farm-to-school activities in Spring time as well and exploring new opportunities, like introducing kids to a pop-up farmers market.
- Frank Allen is contributing starter plants to the upcoming Community Garden and to students for their own garden. Email Frank if you'd like some starter plants or seeds!
- SMARTA is looking to map sidewalk gaps for walking, focusing on the items mentioned in the Lexington Park Master Plan and addressing trail connectors.
- SMCHD's Asthma program is continuing to enroll kids age 2-18 with Medicaid and kids with private insurance through Title V. They have been referring children without insurance to the School-Based Health Centers. SBHCs are a great resource for health services!

Partner Updates

- SMCHD's TOPS program will be starting a new chapter in January. The program will start as health department employees only, but will expand to include community members later.
- SMCHD is partnering with MedStar St. Mary's Hospital to offering a smoking cessation class starting in January.
- MSMH is starting its 4-week diabetes self-management workshop on January 22 and in-person Diabetes Prevention Program on March 20. They also offer a variety of support groups. Call Health Connections for more info at 301-475-6019.
- St. Mary's County Department of Aging is looking for a Senior Yoga Instructor to host Tuesday classes in the evening.
- University of Maryland Extension is now hiring for its Family Consumer Science position! It is now expanded to include not only nutrition but health and wellness promotion. For questions, contact Christine Allred.

Communications

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

Upcoming Meetings

- December's meeting has been canceled.
- **Our next meeting will be Tuesday, January 23, 2024 from 1:00 - 2:00 p.m.**