

What organizations or partners are missing from the action team?

Schools

**Hospitals
and
doctors**

**Vesta -
outpatient
mental health**

**nutrition
businesses,
consultants,
providers**

**Food bank/Food
pantry
representatives**

**Senior
groups**

**doctor
offices**

**Local EMS or Fire
department
representatives**

**Gym trainers &
Physical
activity
providers**

**Garden
clubs**

**Churchs
or pastors**

colleges

**institutional
buyers for
senior centers,
colleges,
schools, care
facilities**

**physical
therapist or
occupational
therapists**

**Major
employers
CEO &
Wellness
coaches**

**Rec &
Parks**

**Community
schools
coordinators**

Lifestyles

**local Gym
& Zumba
coaches**

What would make the CDAT meetings more beneficial for you?

set several yearly goals and have workgroups report out on status, progress, needs

An action plan decided in Jan to work on throughout year with deadlines - "SMART goals"

Current members recruiting new members

every couple of months have an in person meeting

More partner presentations to learn about resources and services in the community

increased education on interventions that work

Interactive meetings

maybe doing a "walking" meeting

What is the best way to contact new partners?

**Direct
asks and
invitations
work**

**Hybrid/in-person
meetings**

**Have current
partners invite
their partners**

**social
media
pages &
groups**

**UPDATE
HSMP
EMAIL
LIST**

**Word
of
Mouth**

**For all HSMP action
teams include
report in the SM
Medstar
publications and the
meeting schedule
on community
calendars with link
to agendas**

**A sample email
invitation for CDAT
& HSMP that
individuals can send
out to prospects.**

**phone call
with follow up
email or vice
versa**

**do a
recruitment
drive for
partnership
overall**

What specifically are you passionate about related to chronic diseases?

reducing stigma for chronic diseases, & being overweight

Encouraging people to find the activities that they like to get in their daily minutes

weight management, sugar and insulin resistance issues

Health classes and home economics-type classes in schools so all students learn life skills to take care of their health.

Education

Increasing knowledge about sexual health and wellness for all communities

Prevention

Reducing Uninsured Rates - Breaking down this barrier to health

Promoting a culture of fitness and healthy eating

Nutrition and Food Security

helping people understand the science of good nutrition

Lifestyle changes - small changes to our eating and activity habits

weaning people off ultra-processed foods

Increased opportunities for fun exercise

infrastructure that encourages/supports active lifestyles

medical screenings/prevention

Ways to live with chronic conditions successfully

What project(s) does the team want to focus on for 2024?

Education and outreach to get ultra processed foods out of school vending machines and cafeterias

Food addiction

Food insecurity

Working with grocery stores to highlight healthy menu options

Providing tools to eat healthy on an extremely limited budget/SNAP only

Education about the programs of new partners related to diet and exercise

continue educating the community of the resources we have in our community that they can benefit from

Advocate for indoor physical activity facilities

Programs for children

there's a lot of science about how food additives promote weight gain, chronic problems, and cravings--maybe do a primer on worst 20 things to avoid

What project(s) does the team want to focus on for 2024?



