



# **Chronic Disease Action Team Meeting**

Tuesday, February 27, 2024

# Agenda

1. Introductions
2. New CDAT Co-Chair
3. Partner Updates
4. Updates on Previous CDAT Projects
5. 2024 Brainstorming

# Introductions

Please click here to access the attendee [list](#).

# New CDAT Co-Chair



## Christine Delise

- Member of HSMP's Chronic Disease and EH Action Teams since Jan 2023, and also serves on the newly created Health Equity & Period Poverty Workgroup.
- Since fall 2022, Southern Maryland Community Development Coordinator for Aetna Better Health of MD, an MCO under HealthChoice, the State's Medicaid program. In my role, I work with faith and community-based organizations, schools, and health departments to explore areas of opportunities for collaboration to help improve health outcomes and address other SDoH for the So. Maryland community.
- Other health coalitions: Partnerships for a Healthier Charles County and Access to Care Team

# Partner Updates

- HSMP is holding its annual Healthy Food Drive at the Easter Egg Festival on March 23 at the St. Mary's County Fairgrounds. Drop off donations at the front entrance or at the Health Department table inside!
- SMCHD's Asthma program is continuing to enroll children ages 2-18.
- SMCHD is continuing to host smoking cessation classes in partnership with MSMH. The Emergency Adult Dental Program is open to St. Mary's county residents. The new TOPS Chapter for SMCHD employees will host its first meeting on March 6!
- SMCHD's Maternal Child & Elder Health Unit is hosting a Community Baby shower on Saturday, May 4 from 9AM-12PM at Margaret Brent Middle School. Each person that registers will receive diapers, wipes, and be entered into a drawing for raffle prizes.
- During tax season, individuals can sign-up for health insurance through the Maryland Health Connection Easy Enrollment Program. Learn how to get a duplicate 1095-A tax form from Maryland Health Connection here.
- SMCHD's Cancer Screening Program offers colorectal cancer screening, as well as breast and cervical screenings.
  - March is Colorectal Cancer Awareness Month! Individuals aged 45 and up are recommended to get screened.

## Partner Updates (continued)

- HSMP's Violence, Injury & Trauma Action Team is hosting an ACEs Discussion panel on March 27 from 6-8:30PM at St. Mary's College of Maryland - Glendening Annex. Brianne Daly, SMCHD's Youth Engagement Coordinator, will be a featured panel member. Flier coming soon!
- SMCFA is hosting an art contest on "What does love look like to you?" for teens (aged 13-21) in Charles, Calvert and St. Mary's County. Entries will be accepted until March 8!
- The Youth Mentoring Connection program is now accepting referrals from the schools, teen court, and more! They just received a CHRC grant to expand behavioral health services at the school-based health centers.
- UME's SNAP-Ed Program is continuing to support Title I schools, food banks and farmers markets, as well as the LMPP Community Garden! They will be publishing a book soon that will be available free on their website. They are looking to partner with food banks/pantries for the spring.
- Minority Outreach Coalition has partnered with Building Bridges for its after school program. UCAC is now accepting applications for sponsors and vendors for its Juneteenth Celebration on Saturday, June 15, 2024.
- Legal Resource Center for Public Health Policy provided a legislative update on three tobacco bills!
- Other upcoming events in the community:
  - MedStar Health's Women's Wellness Day on March 16
  - Recreation & Park's Easter Egg Festival on March 23
  - Recreation & Park's Cherry Blossom Festival on April 6

# Updates on Previous CDAT Projects

- More To Explore 2024
  - In March, we will start checking the MTE signs.
    - **Action item:** Volunteer to check on the signs by clicking [here](#)!
  - HSMP is also looking for MTE sponsors - [email HSMP](#) if interested!
- HSMP's Walking Groups
  - The walking groups are now twice a month! The next walks will be March 16th in Leonardtown and 20th in Lexington Park. View the [HSMP calendar](#) for future walk dates!
- HSMP's Cooking Demonstrations
  - February's cooking demonstration was completed last Friday. The next one will be March 22 - email [HSMP](#) for the registration link.
- Advocacy Letter - No new updates
- Advocacy for Enhanced Physical Activity Facilities and Program Initiatives
  - Partnerships with YMCA of the Chesapeake - Great Mills Rd.
  - Focus on North St. Mary's County
  - Sportsplex in central St. Mary's County with indoor/outdoor facilities
    - Commissioners have approved preliminary design costs of \$275,000
  - Child care facilities for county workers as a proposed project for Recreation & Parks

# 2024 Brainstorming

- HSMP staff will be reaching out to organizations and partners that were identified last month to invite them the action team meetings.
- The team revisited last month's Jamboard ideas and explored Action Team Level Strategies in the Healthy St. Mary's 2026 Plan (page 11) to identify initiatives for 2024.
- CDAT Initiatives for 2024:
  - Education
    - Nutrition - host a discussion panel with the following ideas
      - Disordered eating, lifestyle diets, eating healthy on a budget and preparing meals in a timely manner
      - Include a Hispanic audience, with interpreters
    - Offer a series of workshops following the initial discussion panel
    - Physical activity
      - Continue to promoting free local resources, such as the TOPS program at SMCHD, walking groups and cooking demonstrations.



# Communications

**The Healthy St. Mary's Partnership Newsletter is distributed every two weeks and highlights information on the four health priority areas for St. Mary's County. Sign up or share information with our members!**



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**Get social with us! Share your favorite healthy recipes, fun ways to be physically active, tips for quitting smoking and more with HSMP!**



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# Upcoming Meetings

**Our next meeting will be Tuesday, March 26, 2024 from 1:00 - 2:00 p.m.**

- Interested in being our Partner Spotlight? Sign up [here](#) or share with your partners!
- Team members voted to hold one evening action team meeting to ensure all community members have the opportunity to participate.
  - Tuesday, June 25 from 6-7 PM