



Chronic Disease Action Team Meeting

Tuesday, March 26, 2024

Agenda

1. Introductions
2. Partner Updates
3. Updates on Previous CDAT Projects
4. Education on Nutrition & Physical Activity
5. Colorectal Cancer Awareness Month

Introductions

Access the attendee list [here](#).



Partner Updates

- Blossoming Butterfly Warriors is looking to host a group community baby shower this May/June. Contact Alisa McLeish if you're interested in partnering!
- St. Mary's County Health Department's Thrive by Three program is hosting a Community Baby Shower on Saturday, May 4 at 9:00 a.m. - 12:00 p.m. at Margaret Brent Middle School-Based Health Center. New and expecting moms are welcome! Pre-registration is recommended, as space is limited to 300 participants.
- Save the Date for HSMP's Annual Meeting on Thursday, September 26, 2024! HSMP staff are working to solidify speakers and agenda items. More info coming soon!
- Southern Maryland Tennis Foundation is hosting "Show Up & Play" tennis events on Saturdays and Sundays from 10:00 a.m. to noon at Leonardtown High School, and Fridays 10:00 a.m. to noon at Cecil Park in Valley Lee.
- Compassionate Hearts Resource Center is looking for partners willing to help teach life skills to people enrolled in its programs. If you would like to get involved, please reach out to Christine Allred and she will connect you.
- CareFirst BlueCross BlueShield is available to do community outreach and hold presentations. Reach out to Isabel Robinson to invite her to your event!

Partner Updates (continued)

- [Rihana Bouhoussein](#) is available to hold nutrition education presentations.
- St. Mary's County Health Department's [Asthma program](#) is continuing to enroll children ages 2-18. Contact [Sereka Butler](#) with any questions.
- SMCHD's [Emergency Adult Dental Program](#) is open to St. Mary's county residents and has available appointments for free cleanings, extractions, and fillings. Reach out to [Derisha Marshall](#) for more information.
- SMCHD's [Nicotine Cessation program](#) is enrolling for its final virtual class. Classes meet every Tuesday evening from May 14 - June 25. Email [Kasenia Coulson](#) for more info.
- Aetna Better Health of Maryland is also participating in the Community Baby Shower. Medicaid redetermination is ongoing. They are continuing to make sure enrollees have up-to-date information in [Maryland Health Connection](#).
- Minority Outreach Coalition is hosting its annual Community Conversation event on April 25 from 6:00 - 7:30 p.m. at Hickory Hills Clubhouse. If you would like to be a speaker, or tabling vendor, [email Nat Scroggins](#). There will be information on SMCHD and HSMP's programs!

Updates on Previous CDAT Projects

- More To Explore 2024
 - **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
 - Now that the weather is warming up, please join us for our next [walking groups](#) taking place on April 17 and 20. View the [Walking Resource Page](#) for future dates!
- HSMP's Cooking Demonstrations
 - This month's cooking demonstration was rescheduled to this Friday, March 29.
 - Next month's class will be hybrid and take place on April 19. Email [HSMP](#) to register for the in-person class or tune in to HSMP's [Facebook page](#) to watch!
- Advocacy Letter - No new updates
- Advocacy for Enhanced Physical Activity Facilities and Program Initiatives
 - The YMCA was granted \$850,000 in funding from the federal government. They have over \$17.2 million in funds in hand and are continuing to fundraise to reach the goal of \$22 million, but they will be breaking ground this fall.

Education on Nutrition & Physical Activity

- The action team is planning to host a discussion panel focusing on nutrition education. Some topics to consider are: Disordered eating, lifestyle diets, eating healthy on a budget and preparing meals in a timely manner, Mention where food access sites are.
- We plan on partnering with the library (either Leonardtown or Lexington Park) to hold the panel this summer, on a weekday, either in the late afternoon or evening.
 - Partners to invite as panelists
 - Christine Allred of UME Snap-Ed
 - A Dietician
 - A speaker in Holistic Wellness, Nutrition
 - Rihana Bouhoussein - community member
 - Additional partners to consider: Lifestyles, religious groups or churches
- Depending on the time of the event, the target audience could be **families** in the evening, **seniors** in the early afternoon, and **parents** of young children after story time (at the library).
- This educational panel can be a series of workshops that take place throughout the year.
 - Consider hosting a Spanish-speaking audience, with interpreters on site
 - Additional sites to consider: Schools, Senior Centers
- We will be forming a subcommittee to plan this event. Volunteers include the CDAT co-chairs, Christine Allred and Rihana Bouhoussein.

Education on Nutrition & Physical Activity (cont'd)

- The action team will continue to promote existing resources and programs as they relate to physical activity. Examples include:
 - SMCHD's TOPS program
 - Lexington Park and Leonardtown Chapters
 - Walk SMC, a local walking guide
 - HSMP's bi-monthly walking groups
 - HSMP's Walking Maps & Resources webpage

March is Colorectal Cancer Awareness Month

- Colorectal Cancer is the 4th leading type of cancer in the United States.
- If possible, try to eat more fruits and vegetables and limit the consumption of processed foods.
 - [Click here](#) for a list of foods that are high in fiber! ([Spanish version](#))
- Schedule a visit with your doctor if you notice any of the following signs and symptoms:
 - bleeding from bottom/blood in stool
 - change in bowel habits such as penciling
 - unexplained abdominal mass
 - unexplained new onset of abdominal cramps or pain
 - unexplained/unintentional weight loss
- St. Mary's County Health Department's [Cancer Screen Program](#) provides free screenings for colorectal cancer, as well as for breast and cervical cancer. Reach out to [Caitlin Kirkpatrick](#) if you have questions about the cancer screening program.

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!



Subscribe here!

Share information



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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Contact us



Upcoming Meetings

Our next meeting will be Tuesday, April 23, 2024 from 1:00 - 2:00 p.m.

- Interested in being our Partner Spotlight? Sign up [here](#) or share with your partners!
- Save the date for our evening action team meeting on Tuesday, June 25 from 6-7 PM.