


Chronic Disease Action Team Meeting

Tuesday, April 23, 2024

Agenda

1. Introductions
 2. Partner Spotlight
 3. Partner Updates
 4. Updates on Previous CDAT Projects
 5. Education on Nutrition & Physical Activity
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Introductions

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

Partner Spotlight

- Suha Ansari, Health Equity Coordinator, Division of Community Engagement and Policy, at the St. Mary's County Health Department, hosted a presentation on addressing and creating sustainable solutions to period poverty.
 - The HSMP Period Poverty Drive taking place during National Menstrual Health Awareness Month in May. View our Period Poverty Supply Drive Toolkit and email our presenter at suha.ansari@maryland.gov for more info!
 - Blossoming Butterfly Warriors Inc. and the SMCHD Health Equity Team will be partnering to provide menstruation products through grant funding.

It's that time 
 Time to end
period poverty.




Partner Updates

- The St. Mary's County Minority Outreach Coalition (MOC) is planning their annual Juneteenth Celebration with St. Mary's County NAACP-7025, on June 15. Register here.
- The SMCHD Community Baby Shower is on May 4 at Margaret Brent Middle School from 9 a.m-12 p.m. Anyone who is pregnant or that has a child 1 year or younger is eligible. Guests can receive door prizes like car seats, pack-n-plays, diaper bags, and more! Register here!
- Asthma Awareness Month and Menstrual Health Awareness Week are in May! In celebration, HSMP is partnering with SMCHD's Health Equity and Asthma Control Teams to plan three community canvassing days to share health and program information with the community. Canvassing will take place on 5/9 (Charlotte Hall/Golden Beach), 5/14 (Central), and 5/24 (Southern).
- The Calvert County Health Department Health Equity Team, Mount Olive United Methodist Church and Calvert County Recreation & Parks are working together to coordinate community events to decrease violence in Prince Frederick, Maryland. Email Meka at CCHD for more information!
- Seedco- the Medicaid unwinding is still ongoing and Marylanders are still losing coverage. They have until 7/21 to enroll in a private plan with Maryland Health Connection. Call Seedco at 855-642-8572.
- SMCHD Emergency Dental Program is still accepting St. Mary's County residents who need both emergency and planned dental work at this time. Call SMCHD at 301-475-4330 for more info.
- Farmers Feeding St. Mary's events will take place on 8/15 and 9/7 to offer farm fresh produce to the community for free!

Education on Nutrition & Physical Activity

- HSMP members formed a Healthy Food Panel Subcommittee to plan and host a nutrition discussion panel. The subcommittee met on April 11.
 - View the minutes!
- The first of two discussion panels would target (adults and parents)
 - Date: July-November 2024
 - Location: St. Mary's County Public Library in Lexington Park
 - Topics and speakers still need to be finalized.
- Christine met with Amy Ford, librarian for the SMCPL in Lexington Park.
 - Discussed hosting the event on Thursday, September 12.
 - Team members suggested partnering with the Take Off Pounds Sensibly (TOPS) chapter currently meeting on Wednesdays at the same library at 5 p.m.
 - Dates of interest for SMCHD will be confirmed by May 8.
- Physical Activity Education Event?

Updates on Previous CDAT Projects

- More To Explore 2024
 - Christine visited the signs at the Barns at New Market and the barn is recommending the sign be placed on the new Three Notch Trail sign on the left side of the barn. Brian and Andrea have been taking photos of the signs. Stacey will be looking at 7th district and will update the team.
 - The team discussed launching the MTE program on 6/8, through the Tuesday after Labor Day weekend (9/3) to line-up with private and public schools in the county letting out for summer. Shan will touch base with the libraries. Andrea will coordinate with the hospital for their sign/funding.
- HSMP's Walking Groups
 - Now that the weather is warming up, please join us for our next walking groups on the third Wednesday and on one Saturday a month. View the Walking Resource Page for future dates!
- HSMP's Cooking Demonstrations
 - This month's hybrid cooking demonstration was on April 19. Email HSMP to register for the in-person class or tune in to HSMP's Facebook page and Youtube to watch! May 24 is our last cooking demo. Email HSMP to register!

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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Upcoming Meetings

- **Tuesday, May 28, 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!**
 - Our first HSMP after-hours action team meeting will be on on Tuesday, June 25 from 6-7 PM.
 - The [HSMP Annual Meeting](#) will take place on Thursday, September 26, 2024 at the USM at Southern Maryland SMART Building - Grand Hall from 8:30AM-2PM! [Register](#) to vendor/table now!

