Chronic Disease Action Team Meeting

Tuesday, May 28, 2024

Agenda

1. Introductions

2. Partner Spotlight

3. Partner Updates

4. SMCHD's CPEST Program

5. Education on Nutrition & Physical Activity

6. Updates on Previous CDAT Projects

Introductions

- Click here to access the attendee list.

Partner Spotlight

- **Kasenia "Kassie" Coulson, Tobacco Control Coordinator at SMCHD, presented about their Nicotine Cessation and VapeAware programs!**
  - Learn more about the "Proud to Be Tobacco Free" campaign in partnership with PFLAG Southern Maryland and Stella's Girls Inc..
  - Email Kassie at kasenia.coulson@maryland.gov for more information!

Partner Updates

- The Unified Committee for Afro-American Contributions is planning their annual Juneteenth Celebration, in partnership with the St. Mary's County Minority Outreach Coalition (MOC) and NAACP-7025, for June 15. Register here.

- HSMP's Environmental Health Team will be hosting a Community Walk through the Lexington Manor Passive Park Community Garden during the Juneteenth event on June 15, at 3 PM. Free seeds and resources will be available to participants!

- Aetna Better Health of Maryland subscribers can access a new healthy meals kit benefit on their website, available with free delivery! Members can use their SNAP benefits to purchase meal kits, as well as accessing diabetes and heart healthy recipes online. Visit healthymeals.aetna.com to learn more.

- Save the Date! Farmers Feeding St. Mary's events will take place on August 15 and September 7 to offer FREE farm-fresh produce to the community.

- Seedco - Certified health insurance navigators are still assisting the tri-county area with Maryland Medicaid Unwinding through July 21. People could lose Medicaid coverage this year due to federal COVID-19 programs ending. Call the Seedco Southern Region Hotline at 855-642-8572 for FREE assistance, or make an appointment to be seen in-person at their offices in Great Mills and Waldorf (M-F, 8:30 AM - 4:30 PM).

SMCHD's CPEST Program

- Call the St. Mary's County Health Department at 301-475-4330 to schedule an appointment with the cancer screening team:

CPEST

Cancer, Prevention, Education, Screening, Treatment

Breast: Women ages 40-64
Clinical Breast Exam and Mammogram

Cervical: Women ages 21-64
Office visit, pap/hpv test

Colon: Men or Women age 45+ unless having issues
Consultation, med prep, colonoscopy, post apt if need be

Fiscal year is July 1 to June 30
We service:
Maryland residents
Limited income (below 250% poverty line)
Underinsured or uninsured
Documentation status is not taken into consideration, we accept anyone as long as you meet
our minimum requirements and we have available funding.

Education on Nutrition & Physical Activity

- **Healthy Choices/Healthy Eating Panel Event Planning-** CDAT members are interested in hosting a discussion panel that would target adults and parents:
  - **Location:** St. Mary's County Public Library in Lexington Park
  - **Dates:** Wednesday evenings, from mid-October to as late as November.
    - Holidays to avoid: Columbus Day - Oct 14, Election Day - Nov 5.
  - **Time:** The group suggested holding the panel following the local Take Off Pounds Sensibly (TOPS) meeting on Wednesdays, starting around 5/5:30 PM.
  - **Topics:** Need to be reviewed along with possible speaker information.
    - Will require approval from the action team before going forward.

- The St. Mary's CDC and University of Maryland Extension (UMEE) Master Gardeners are developing nutrition education and gardening graphics for produce grown at the community garden.
  - Graphics have been provided by SNAP-Ed.
  - Follow the LMPPCG Facebook Page to stay up to date on classes and events.
  - Community members who volunteer at the garden are able to take home FREE produce after assisting!

- Possibility of a Physical Activity Education event later in the year.
  - The group tabled this discussion until the first event is discussed and finalized.

Updates on Previous CDAT Projects

- More To Explore 2024 is launching on June 8!
  - Action team members are checking on the status of the remaining signs and replacement signs will be ordered soon!
  - The libraries are running low on finisher prizes:
    - Sponsorship for prizes are needed! Reach out to HSMP if you can donate!
    - Types of prizes: Compasses, podomoters, spare outreach materials donated by partners (12 sites to receive the prize, but finishers get entered into a drawing for grand prizes that promote physical activity).
  - HSMP is developing a quick guide to the parks with information for partners and participants. Follow the More to Explore Facebook Page for updates!
- HSMP's Walking Groups
  - Now that the weather is warming up, please join us for our walking groups every Wednesday evening and once a month on Saturday morning.
  - View the Walking Resource Page for future dates!
- HSMP's Cooking Demonstrations with Shaniqua L. Cousins
  - Our final cooking demonstration was Friday, May 24. Thank you to everyone that attended! Watch the recorded livestream on our Youtube page.

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!

👍 Like us on Facebook   Visit our webpage 🌎

Contact us 📝

Upcoming Meetings

- **Our first HSMP after-hours meeting will be on <u>Tuesday, June 25 from 6-7</u> <u>PM.</u>**
  - Interested in being our next Partner Spotlight? Sign-up or send the form <u>here</u>!

- <u>Save the Date!</u>
  - The <u>HSMP Annual Meeting</u> will take place on Thursday, September 26, 2024 at the USM at Southern Maryland SMART Building - Grand Hall from 8:30AM-2PM! <u>Register</u> to vendor/table now!

2024 HSMP Annual Meeting Sponsors

Seedco | improving lives growing communities

MedStar Health

aetna
Aetna Better Health of Maryland

my HAPPY YOGA PLACE wellness center

MARYLAND DEPARTMENT OF HUMAN SERVICES

ST. MARY'S COUNTY HEALTH DEPARTMENT

Essential Blends Aromatherapy, LLC