

Chronic Disease Action Team Meeting

Tuesday, October 22, 2024

1:00 - 2:00 pm

Agenda

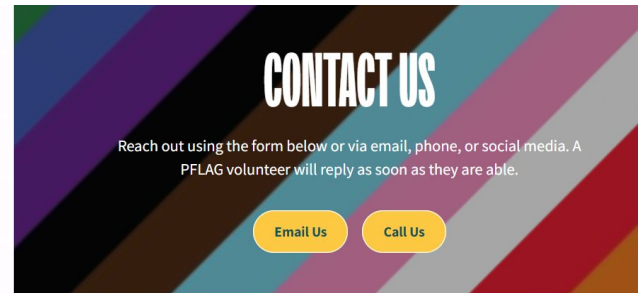
1. Introductions
2. Partner Spotlight- PFLAG
3. SMCHD Asthma Program
4. Education on Nutrition & Physical Activity
5. Updates on Previous CDAT Projects
6. Partner Updates
7. Meeting Close
 - Contact HSMP
 - Upcoming Meetings
 - Co-chair elections!

Introductions

- View the attendee list [here](#).
- Watch the recording [here](#).

Partner Spotlight

- **Brandon Russell, vice-chair of Pride SoMD and avid volunteer of PFLAG Southern Maryland.** View their presentation [slides](#).
 - **Supports LGBTQ+ families** through monthly peer-to-peer groups and social events. **Educates the Southern Maryland community** on LGBTQ+ issues through educational events, collaboration with local institutions, and our presence at local events. **Advocates for inclusive policies** and practices in local government, businesses, healthcare, and educational institutions.



- Email: info@pflagsomd.org
 - Call or Text: (240) 309-2398
 - Social Media: [@pflagsomd](#)
- Mail: P.O. Box 1253, Leonardtown, MD 20650

SMCHD Asthma Program



DOES YOUR CHILD HAVE ASTHMA?

SCHEDULE A HOME VISIT AND RECEIVE:

- ✓ MATTRESS COVER
- ✓ PILLOW COVER
- ✓ PULSE OXIMETER
- ✓ CLEANING SUPPLIES
- ✓ TIPS & RESOURCES

FREE for St. Mary's County children ages 2-18 with asthma!

301-475-4330
smchd.org



ASTHMA HOME VISITING PROGRAM

A PROGRAM TO HELP YOU LEARN ABOUT ASTHMA AND MAKE YOUR HOME ASTHMA-FRIENDLY



VISIT 1

Complete intake paperwork and learn more about asthma symptoms, triggers and medications



VISIT 2

Walk through your home to identify asthma triggers, then set goals to reduce these triggers



VISIT 3

Discuss progress on controlling your asthma and reducing triggers



Our team is here to help if you have questions or need additional support.

FREE TOOLS, such as cleaning supplies, mattress covers, spacers, etc., may be available to assist participants with ongoing asthma management.

FREE for St. Mary's County residents ages 2-18 with asthma



301-475-4330

www.smchd.org/asthma

Education on Nutrition

- Education & Nutrition:
 - CDAT Event - The community chapter of the Take Off Pounds Sensibly (TOPS) met on October 2.
- Diabetes and Obesity Education Grant - HSMP hosted 3 cooking demos with life and wellness coach, Shaniqua L. Cousins in September!
 - We will be recording short videos to showcase healthy snacks and lunches for students and sending through the schools' digital flyer platform Peachjar.

Updates on Previous CDAT Projects

- HSMP's FREE Walking Groups have concluded!
 - Walking Groups at Lancaster Park is still meeting on Wednesdays at 5:30 for the rest of the month.
 - To sign up, email Mark at WARcycle!
 - WALKtober in Maryland - View the MD sustainable growth webinar series.
- More To Explore 2024 ended on September 3!
 - Winners of the drawing have been contacted and have picked up their prizes!
 - Aetna Better Health of MD provided donations of MTE finisher prizes!
 - Christine brought stress balls, pop-its, and pedometers to the library.
- Healthy Food Drive - 2024 HSMP Annual Meeting
 - Partnered with DCEP Health Equity Team to provide donations from the Annual Meeting to the predominantly Spanish-speaking community at "Unity Church" in Lexington Park (United Methodist) and the St. Mary's Caring Soup Kitchen.



Don't Fall Behind Submit your flyers!

**Submit your
upcoming events,
flyers, or programs
here to be
highlighted in our
biweekly newsletter!**



Use this Google Form: forms.gle/4D6SE9b7QpZCj47e9

Partner Updates

- **CPEST Women's Wellness Day** was on October 19!
 - Internal Healthy Food Drive was a success!
 - Thank you Seedco for donating reusable water bottles to the event!
 - October is breast cancer awareness month! Learn more about self-breast exams [here](#).
Learn more about free screening programs at SMCHD by visiting smchd.org/cancer
- SMCHD Maternal, Child, & Elder Health Unit
 - Drive-Thru Community Baby Shower on November 6, 11 - 1 pm at the Health Hub. Pre-registration required, open to residents of St. Mary's who are pregnant or have a child 6 months or younger. There will be door prize drawings for larger items!
- BHAT 5th Annual Halloween in the Square Scavenger Hunt (October 26, 1 -4 pm)
 - Reach Back & Lift 1 Nonprofit partnership with SMCHD Health Hub and BHAT.
- SMCHD Medicaid Team & Health Insurance Program members are also available at the Health Hub in Lexington Park on Tuesdays and Thursdays and SMCHD Clinic to assist with health insurance enrollment, information, and more! No appointment needed!

Partner Updates, Cont.

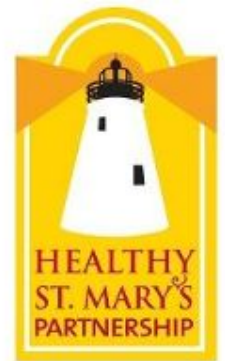
- Health Equity & Outreach Team & HSMP will be attending Community Assistance Day on November 14 from 3 - 7 PM at Lexington Park Methodist Church!
 - Providing VIT Action Bags for the unhoused
 - Successful Sock Drive last month
- **University of Maryland Extension** offers a new Prevention Learning Portal to assist health departments, schools, nonprofits, and Extension educators in providing science-based programs to keep communities healthy with practical tools that assist with follow through from planning stages into actual implementation.
- **Action Item:** Period Equity Initiative Work Groups - Call for volunteers! Work groups will focus on funding for period products. Please reach out to Suha or HSMP by Nov 4!

Partner Updates, Cont.

- St. Mary's College of Maryland reconstructed 6 tennis courts! Over 100 players attended a tournament on the new courts.
- Seedco: Open enrollment starts November 1 for MD health connection plans. Please send people to Seedco! New policy for recipients of DACA to receive tax credits. Several enrollment events will happen throughout the season. Contact Kara for more information.
- Pilot Hub & Spoke program for St. Mary's is completing a needs assessment and asset mapping survey for St. Mary's County residents for school-aged children for behavioral health needs. For more information contact Tammy Loewe.

Meeting Close

- Contact HSMP
- Upcoming Meetings
- Nominations



CONTACT HSMP



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Upcoming Meetings

- **When should our next CDAT meeting be?** *(1 mtg. for Nov. & Dec.)*
 - **Live poll** in Google Meet Chat!
 - **Tuesday, December 3.**
- **HSMP Action Team Co-Chair Elections**
 - 2024 Action Team co-chair elections are near!
 - Nominate yourself or others to be a co-chair for one of our 4 health improvement action teams!
 - Nominations are open **October 16 - 30, 2024** (4PM!)
 - HSMP Bylaws state **voting must take place at the final meeting of the year for each action team.**

