

Chronic Disease Action Team Meeting

Tuesday, February 25, 2025

1:00 - 2:00 pm

Agenda

1. Introductions
2. Partner Spotlight
3. More to Explore Update
4. Partner Updates
5. 2025 Brainstorming Review
6. 2025 Projects and Goals
7. Meeting Close
 - Contact HSMP
 - Upcoming Meetings

Introductions

- See the attendee list [here](#)

- Action Team Co-Chairs
 - Sareka Butler, Asthma Program Coordinator at SMCHD
 - Temeria Wilcox, Board Certified Nursing Practitioner and Owner of NP Family Practice

Partner Spotlight

- Jacquelyn Ellis, representing the Legal Resource Center
 - Law student at University of Maryland's Public Health Law Clinic
 - See her slides [here](#)
- View the legislative tracker [here](#).
 - Legislative update calls happen every other Tuesday from 11:30-12:30. The next one is scheduled for March 4th. Zoom link can be found [here](#).
- Contact information
 - Jacquelyn: jacquelyn.ellis@clinic.law.umaryland.edu
 - UMD: publichealth@law.umaryland.edu

Partner Spotlight

Kassie Coulson with SMCHD's Tobacco Cessation Program

- View the slides [here](#)

More to Explore

- Goals for 2025
 - We are currently working with two Girl Scouts who are completing their silver awards, they have thought of some new locations and are looking into types of geocaching
 - We hope to have all signs in English and Spanish, replaced in April/May
- New site additions and words
 - Check out our [list](#) and add any words you think would fit that we have not used before
- Materials for signs
 - Does anyone know of a good vendor to order custom metal signs through?
 - Compliance signs.com
 - R&P SmartSign
 - Laser engraved signs
 - Tech center or students

Partner Updates

- Asthma awareness month is May (asthma awareness day is May 6)! **SMCHD** will be running ads to promote their services. Sareka will be in the libraries in May to provide asthma education and distribute free books for attendees- dates to come!
- **HSMP** would like to table at events but we must have members volunteer to help. If no one volunteers, we can not be present at events. Please sign up for what events you are interested in helping at [here](#).
- **Parks and Recreation** is holding the cherry blossom [festival](#) in LMPP on March 29!
- **UCCA** will host a Juneteenth celebration/Freedom [Day](#) on June 7 at SMC fairgrounds! Sponsors & Vendors are needed. This event is free and family-friendly!
- **Recreations and Parks** are hosting the Easter Egg Festival will be at the fairgrounds on April 12. Currently accepting vendors and sponsors. Access the link [here](#)
- April is minority health month!

Partner Updates, Cont.

- **SMCHD**'s nicotine cessation class is enrolling adults for the next round of sessions, starting March 4. This program lasts 7 weeks and meets on Tuesdays.
- The **Greenwell Foundation** is looking for groups to come out for guided nature hikes. HSMP is reaching out for more information on scheduling a group hike for our organization
- **MedStar Hospital** will be hosting a Women's Wellness Day on March 22, at the USMSM Smart building. Please register!
- March is a colorectal awareness month. **SMCHD**'s CPEST does screenings for people who qualify, reach out to Nancy to be placed on the waitlist
- **Horowitz Center for Health Literacy** will be hosting a free event on March 12 in College Park and March 26 in Cambridge to educate professionals on health literacy. HSMP will be in attendance

2025 Brainstorming Activity

Goals or Projects

Diabetes education classes in the community

Revamping More to Explore

Food assistance

More smoke/tobacco free campuses

More doctors

More assistance for home bound elderly

Creating or obtaining health information at a 3rd grade level

Health fair or health screening event for uninsured community

Identifying sources of reliable health information

Chronic pain and opioid awareness

Healthy Eating

Access to PCP and getting the proper screenings

Topic Areas

Physical Activity for kids and families

Hypertension access and control

Healthy aging

Mental Health as a chronic disease risk

tobacco use in teens

Something around Diabetes

Identifying sources of reliable health information

Chronic pain and opioid awareness

Healthy Eating

Access to PCP and getting the proper screenings

2025 Goals and Projects

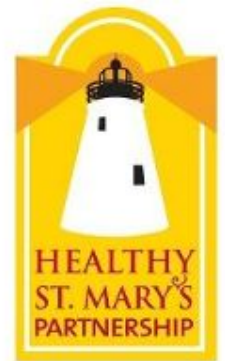
- Nutrition education
 - What projects will support nutrition education?
 - Sessions at the library, getting a sponsor to have food, have a partner present (dietician). Need to make sure information provided is evidence based
 - Snack smart campaign- focus on whole foods. Social media campaign/in person activities
- Tobacco use [in teens]
 - How can we improve tobacco education?
 - Community outreach opportunities. Alternatives to going in the schools (ex. Sporting events, mentoring programs, community events)
- Health literacy
 - How can we tackle this big topic?
 - We could provide easy to understand materials to doctors office
 - Health info corner in the libraries and other locations- educational materials, easy to understand
- Physical activity [focus on families]
 - What projects can we do to contribute to physical activity?
 - We previously did walking groups, WARcycle will continue these and may be able to do other events- we can connect with them
 - More to Explore- advertise big this year! Kick off event?

2025 Goals and Projects

- Hypertension control
 - What projects can we do to support this? Education?
 - Classes in the community? Local employers to have wellness incentives for employees, like monitoring blood pressure
 - SMCHD has blood pressure cuffs that need to be distributed!
- Mental Health as a chronic health risk
 - Could we collaborate with BHAT for a project? Plan to make a subcommittee
- What other projects should we focus on?

Meeting Close

- Contact HSMP
- Upcoming Meetings



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Upcoming Meetings

- Interested in being our next partner spotlight? Sign up [here](#).
- Our next meeting will be March 25, 1 - 2 pm.

