

**Human Relations Commission
February 15, 2007
Minutes**

Attendance: Sanjay Apte, Barbara Hendricks, Joyce Dyson, Jim Hanley, Norma Pipkin and Mac McClintock.

Absent: Joseph Bush, Maureen Johnson, Bernadette Lewis, Betty Quinn, and Rose Ann Everett

Staff Liaison: Cynthia Brown

The meeting was convened at 5:10 p.m. by Chairperson Mac McClintock. Mr. McClintock introduced the speaker of the evening.

Guest Speaker: Barbara Hay, Health Connections, St. Mary's Hospital.

Ms. Hak began her presentation by stating cancer, diabetes and heart disease are the prevalent causes of death in the United States. While genetics plays a role in one's chances of developing these illnesses, lifestyle, what people eat, how they exercise and how they handle stress also are contributing factors. Ms. Hak's presentation focuses on Type II diabetes and she presented materials, brochures and hand-outs on the subject. She urged the public to take advantage of the many resources available to learn more about Type II diabetes, their individual degree of risk and ways to prevent or manage the disease. Anyone needing information can contact the Health Connections at 301 475-6016 or access the websites for the American Heart Association or American Diabetes Association.

Study Circles: Mac McClintock gave an update on community-wide discussion forum on race relations in St. Mary's County. The Human Relations Commission, County Government's Community Services Division, the St. Mary's County Public School and St. Mary's College are collaborating on this project. The first group of participants will start in March with several more gatherings over the upcoming months.

The next meeting will be March 7, 2007.