

MINUTES: Healthy Carolinians of Macon County – Chronic Disease Committee

DATE: January 10, 2008

PLACE: Angel Medical Center

TIME: 9:00 – 10:30 AM

ATTENDEES: Rhonda Blanton, Teresa Breedlove, Jennifer Garrett, Sherry Held, Jennifer Hollifield, Larry McDonald, Kathy McGaha, Jillian Ream and Yvonne Smith

| TOPIC | DISCUSSION | ACTION | FOLLOW-UP |
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| Welcome and Approval of Minutes | Teresa Breedlove welcomed everyone to today's meeting of the Chronic Disease Committee. Ms. Breedlove asked the committee members to review the minutes of the last meeting. Yvonne Smith motioned for the approval of the minutes. Sherry Held 2 nd the motion, with a unanimous vote for approval. | | |
| Breakfast | Breakfast was provided by Angel Medical Center. Please thank Teresa Breedlove and her staff. | | |
| Church Wellness Program Report | <p>Jennifer Hollifield updated the committee members on the Church Wellness Program. Ms. Hollifield stated that pre-screenings were conducted at all three churches. She reported that 122 people were screened. Prentiss Church of God's screening was conducted after the Sunday morning service and had the best turnout. Ms. Hollifield reported that ten people were given lipid profiles and only one person has had it done. She also reported that 38 people had high blood pressure and will need follow-ups.</p> <p>Ms. Hollifield said that the pedometers had arrived. Each church will receive 166 pedometers. Sarah Gregory, a WCU Nutrition Student, will also be available to conduct nutrition classes for each church.</p> | | |
| School Health Fair BMI Results and Discussion | <p>Jennifer Hollifield presented several handouts to the committee members on BMI data collected from the recent school health fairs with comparisons of BMI data from past years. The committee members reviewed the handouts and discussed what to do with this information.</p> <p>Kathy McGaha suggested the development of a fact sheet for this data. Ms. McGaha suggested that points of interests be listed for consideration and clarification of</p> | | |

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| | <p>the data. After a group discussion, the following points were suggested:</p> <ul style="list-style-type: none"> ➤ Stress most children fall into healthy range ➤ Explain and clarify percentiles ➤ Not measuring body fat itself ➤ Whole societal problem, not just school or home ➤ Can't give specific reasons for increase ➤ Diabetes numbers are increasing ➤ Standardize collection of data for Macon Middle School and Franklin High School ➤ Consider results from YRBS and Health Assessment <p>Kathy McGaha and Rhonda Blanton will review the data and suggestions made today and develop a fact sheet.</p> | <p>Kathy McGaha and Rhonda Blanton will review the data and committee suggestions and develop a fact sheet.</p> | |
| Other Items of Discussion | <p>Jennifer Hollifield reported on the recent presentation by Gruen Von Behrens. Ms. Hollifield said he did three presentations at Franklin High School and Macon Middle School. Students from Early College and Union Academy also attended these presentations.</p> <p>Ms. Hollifield said oral screenings for the students were conducted on the following Friday. She stated 23 students were screened and seven were recommended for follow-ups.</p> | | |
| Next Meeting Date | <p>The next meeting of the Chronic Disease Committee will be held on Thursday, March 20th, from 9:00 – 10:30 AM in the Video Conference Room at Angel Medical Center.</p> | | |