

MINUTES: Healthy Carolinians of Macon County – Chronic Disease Committee

DATE: January 14, 2010

PLACE: Health and Human Services Building

TIME: 11:00 AM – 2:00 PM

ATTENDEES: Rhonda Blanton, Teresa Breedlove, Jennifer Garrett, Michael Grubermann, Jennifer Hollifield, Kathy McGaha, Sherrie Peeler and Yvonne Smith

GUESTS: Sally Smith and Jennifer Stuart

TOPIC	DISCUSSION	ACTION	FOLLOW-UP
Welcome and Introduction of Guests	<p>Teresa Breedlove welcomed everyone to today's meeting of the Chronic Disease Committee. Ms. Breedlove asked Kathy McGaha to introduce today's guests and inform the committee members of today's schedule.</p> <p>Ms. McGaha introduced today's guests – Jennifer Stuart and Sally Smith. Ms. Stuart is the Librarian in the Health Sciences Library at MAHEC. Ms. Smith is also with MAHEC and represents WNC Health Network and WNC Healthy Kids.</p>		
Setting up Google Accounts	Jennifer Stuart explained that if the committee members did not already have a Google account they would need to first sign up for one. Ms. Stuart led the committee members through this process.		
Lunch	Lunch was provided by Angel Medical Center. Please thank Teresa Breedlove and her staff.		
WNC Healthy Kids	<p>Jennifer Stuart briefly explained the history of this project. Ms. Stuart stated that a group of regional partners gathered to discuss regional ways to prevent and reduce childhood obesity. This group started the Regional Obesity Project.</p> <p>Ms. McGaha reminded the committee members of the three regional strategies of this project:</p> <ol style="list-style-type: none">1. A regional database of obesity efforts2. A consistent measurement of BMI's throughout the region3. A weight management referral resource <p>Ms. McGaha said that the development of the wiki by MAHEC is in response to the first objective. The wiki</p>		

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WNC Healthy Kids Wiki Training	<p>will contain local information of activities, programs and events being conducted in the western counties.</p> <p>Jennifer Stuart next asked the committee members to go to www.wnchealthykids.net. Ms. Stuart asked the committee members to review and familiarize themselves with the website.</p> <p>Ms. Stuart asked the committee members to click on Programs and Activities in the WNC Region. Ms. Stuart reminded the committee members that they must sign in to add and edit information.</p> <p>Ms. Stuart explained how to add information to the wiki and asked the committee members to try this process at this time. Ms. Stuart also explained how to edit information. Ms. Stuart said a practice period would be provided next to practice adding and editing.</p> <p>Ms. Stuart informed the committee members that if they have any questions or run into problems in the future, please feel free to contact her.</p>		
Practice Period	<p>Jennifer Stuart asked the committee members to use this time as a practice period. Ms. Stuart asked each committee member to practice setting up an organization, program or activity in the wiki. Ms. Stuart offered her assistance if anyone encountered problems.</p>		
Approval of Minutes	<p>Teresa Breedlove asked the committee members to review the minutes of the last meeting. Jennifer Hollifield motioned for the approval of the minutes. Jennifer Garrett 2nd the motion, with a unanimous vote for approval.</p>		
MCPHC Reports	<p>Jennifer Hollifield updated the committee members on the following MCPHC programs:</p> <ol style="list-style-type: none"> 1. Diabetes Program – Ms. Hollifield reported that the program has started. Kay Hilty is currently 		

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	<p>meeting with patients. Ms. Hollifield stated that Ms. Hilty has completely booked the month of January and is starting to fill up February.</p> <ol style="list-style-type: none"> 2. Statewide Smoking Ban – Ms. Hollifield stated that the statewide smoking ban went into effect on January 2nd. Ms. Hollifield reported that so far no complaints had been reported in Macon County. 3. Walk to Jerusalem – Ms. Hollifield reported that four churches were participating in this program. The churches are: <ol style="list-style-type: none"> a. First Methodist Church b. Watauga Baptist Church c. Holly Springs Baptist Church d. Iotla Baptist Church 4. Ladies Night Out – Ms. Hollifield stated that three programs have been held. Ms. Hollifield stated that the January program will focus on how to achieve New Year’s Resolutions. 5. Macon County Heart Health Walk – Ms. Hollifield explained that this will be a 1-mile walk around downtown Franklin on February 13th. The walk will start and end at Tartan Hall with a healthy meal being offered after the walk. 6. Prevention Rx – Ms. Hollifield said this program is up and going. Ms. Hollifield said the focus for this quarter would be tobacco cessation. 7. Tri-Fit Body Age Assessment Equipment – Ms. Hollifield stated this equipment will be loan from Be Active Appalachian Partnership from January 25th to mid-April. Ms. Hollifield stated there will be a training session for this equipment on February 2nd. 8. TRU Clubs – Ms. Hollifield stated that the TRU Clubs hope to participate in the Great American Spit Out Day in February. 		

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	<p>9. Girls on the Run – Ms. Hollifield said this program had completed with a regional run held in Asheville on December 12th. Ms. Hollifield said that South Macon School will try and keep this program going.</p> <p>10. BMI Data – Ms. Hollifield said she had compiled all the BMI data from the recent School Health Fairs. She stated this data would be ready to review at the next meeting.</p>		
Warmth in Winter	<p>Kathy McGaha informed the committee members that this event will be held on January 27th, from 4:00 PM – 8:00 PM at CARENET. Ms. McGaha explained that this project is targeted to help those in our community who are homeless or are having a tough time in this economy.</p> <p>Ms. McGaha stated a hot meal will be offered and items such as clothing and personal hygiene products will be passed out. She also said local agencies such as Social Services, Medication Assistance and Macon Program for Progress will be on hand to answer questions. Ms. McGaha said transportation to this event is being provided by Macon Transit.</p> <p>Ms. McGaha said donations are currently being accepted at CARENET for items such as blankets, children coats, gloves, socks and hats. Personal hygiene products such as deodorant and chapstick are also being accepted.</p>		
Other Items for Discussion	<p>Other Items for Discussion:</p> <ul style="list-style-type: none"> ○ Jennifer Garrett explained the need for a volunteer to set up and handle a Health/Safety Booth at next year’s School Health Fairs. Ms. Garrett explained that up till last year Larry McDonald had manned this booth. Ms. Garrett said several different things were tried this year to cover this part of the health fair, but were not really successful. Ms. Garrett asked the 		

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	committee members for ideas and suggestions for next year.		
Next Meeting Date	The next meeting of the Chronic Disease Committee will be held on Wednesday, March 11 th , from 8:30 AM – 10:00 AM in the Video Conference Room at Angel Medical Center.		