

MINUTES: Healthy Carolinians of Macon County – Chronic Disease Committee

DATE: March 20, 2008

PLACE: Angel Medical Center

TIME: 9:00 – 10:30 AM

ATTENDEES: Becky Barr, Rhonda Blanton, Teresa Breedlove, Sherry Dills, Jennifer Garrett, Sherry Held, Jennifer Hollifield, Kathy McGaha and Jill Ream

TOPIC	DISCUSSION	ACTION	FOLLOW-UP
Welcome and Approval of Minutes	Kathy McGaha welcomed everyone to today's meeting of the Chronic Disease Committee. Ms. McGaha asked the committee member to review the minutes of the last meeting. Jill Ream motioned for the approval of the minutes. Teresa Breedlove 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	<p>Jennifer Hollifield announced that two out of three churches have reached Jerusalem. Ms. Hollifield said the last day of this program will be Sunday, March 23.</p> <p>Ms. Hollifield said the post screenings for the churches have been scheduled and asked for volunteers. The post screenings dates are:</p> <ul style="list-style-type: none">○ April 5th (10:00 AM – 12:00 N) – Holly Springs Baptist Church○ April 6th (11:30 AM – 1:30 PM) – Prentiss Church of God○ April 9th (5:30 PM – 7:00 PM) – First Methodist Church <p>Ms. Hollifield also invited the committee members to the Walk to Jerusalem Celebration being held on April 24th starting at 6:00 PM. The location will be Tartan Hall at First Presbyterian Church and the meal will be prepared by Angel Medical Center. Ms. Hollifield said t-shirts have been printed celebrating the walk and will be given away that night. Ms. Hollifield said that the costs for both the meal and the t-shirts will be covered by the Aid to County monies.</p>		

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	<p>Ms. Hollifield said that nutrition classes, taught by Sarah Gregory, were offered at each church. Ms. Gregory used the Eat Smart, Move More, Weigh Less curriculum. Ms. Hollifield said the churches are trying to improve menu and snack choices.</p>		
<p>School Health Fair BMI Results</p>	<p>The committee members next discussed the School Health Fair BMI Results.</p> <ul style="list-style-type: none"> ▪ Report on Cartoogechaye and Cowee PE Teachers Perspective – Jennifer Garrett said she had met with Cartoogechaye (Sarah Lowell) and Cowee (Anne Wiggin) PE teachers to discuss their BMI results. Ms. Garrett said one thing the teachers are currently doing is using the SPARK Elementary Physical Education Program. SPARK stands for Sports, Play and Active Recreation for Kids. SPARK represents a collection of research-based physical activity/nutrition programs. ▪ List of Risk Factors associated with high BMI – The committee members considered and discussed what possible risk factors could locally be associated with high BMI’s. The committee members discussed possible ideas and solutions for our high BMI results. The committee members will discuss the list of risk factors further at our next meeting. ▪ Report with School Health Report – Ms. Garrett and Ms. McGaha asked the committee members that instead of developing a fact sheet with the BMI information, to report our BMI data with a School Health Report. Ms. Garrett explained that this report could show how different factors effect education locally and how we are removing barriers with different health interventions. The committee members agreed to use our BMI data in a School Health Report. 		

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	<ul style="list-style-type: none"> ▪ Do we analyze BMI by variables? – Ms. McGaha asked the committee members to consider if we analyze BMI data by variables. The committee members discussed and considered what exactly our BMI data could be used for. The committee members will consider this topic further at the next meeting. 		
Other Items of Discussion	<p>Other Items of Discussion were:</p> <ul style="list-style-type: none"> ➤ Becky Barr explained the <i>Eat Smart, Move More</i> grant and how this grant money has been used locally in the past. The committee members discussed and suggested some possible ideas that the grant could be used for. Some ideas were smoothie machines, fruit freebies or to redecorate school cafeteria(s). ➤ Kathy McGaha announced that the Full Partnership Meeting will be held on Wednesday, May 21st, from 8:30 AM – 10:30 AM at Angel Medical Center’s cafeteria. Ms. McGaha said the program would be a celebration of the past ten years and the accomplishments of Healthy Carolinians. Ms. McGaha asked everyone to please mark it on their calendars and plan to attend this celebration. ➤ Kathy McGaha informed the committee members that during the Full Partnership Meeting each Healthy Carolinians committee will present a past accomplishment. The committee members suggested that possible topics could be asthma or childhood obesity. Ms. McGaha asked the committee members to consider these topics, especially childhood obesity, and we will discuss this further at the next meeting. ➤ Rhonda Blanton passed out a handout of an invitation for an upcoming event in our 		

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	community. The Senior Friendly Community Planning Forum will be held on Thursday, March 27 th , at the Community Facilities Building starting at 10:00 AM.		
Next Meeting Date	The next meeting of the Chronic Disease Committee will be held on Tuesday, April 29 th , from 9:00 – 10:30 AM in the Video Conference Room at Angel Medical Center.		The meeting date was changed to Tuesday, April 15th, from 9:00 AM – 10:30 AM in the Video Conference Room at Angel Medical Center.