

MINUTES: Healthy Carolinians of Macon County – Chronic Disease Committee

DATE: March 11, 2010

PLACE: Angel Medical Center

TIME: 8:30 – 10:00 AM

ATTENDEES: Becky Barr, Sarah Bishop, Rhonda Blanton, Jennifer Garrett, Sherry Held, Jennifer Hollifield and Kathy McGaha

TOPIC	DISCUSSION	ACTION	FOLLOW-UP
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. Jennifer Hollifield motioned for the approval of the minutes. Jennifer Garrett 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.		
MCPHC Reports	Jennifer Hollifield and Becky Barr updated the committee members on the following MCPHC programs: <ol style="list-style-type: none">1. Ladies Night Out – Ms. Hollifield said these programs were going well and the next one is scheduled for March 23rd at 6:30 PM at Angel Medical Center. This program will highlight Colorectal Cancer. Ms. Hollifield said they are also considering applying for an Avon Grant.2. Walk to Jerusalem – Ms. Hollifield said all four churches are hard at work on this program. She said three churches had used the Tri-Fit equipment and all four churches had done a healthy cooking class.3. Statewide Smoking Bans – Ms. Hollifield said one complaint had been received in Macon County. Ms. Hollifield said this complaint had been resolved.4. Heart Health Walk – Ms. Hollifield said the Heart Health Walk has been rescheduled for Saturday, March 13th at 10:30 AM starting at Tartan Hall. She explained besides the walk, a lunch will be provided and Dr. Kit Helm will be talking.5. Colorectal Month – Ms. Hollifield said that		

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	<p>March is Colorectal Month. In honor of this, MCPHC employees have been asked to wear blue on March 5th.</p> <p>6. Chronic Disease Management - Ms. Barr said a program for Chronic Disease Management is being considered. Ms. Barr said she is currently reviewing different programs and financing options for this program.</p> <p>7. Girls on the Run – Ms. Barr said they hoped to continue this program. Ms. Barr said the consideration is to concentrate on 5th graders, with the opening of the new 5/6 school.</p>		
<p>Macon County Schools' PEP Grant</p>	<p>Kathy McGaha passed out a handout concerning the Physical Education Program (PEP) Grant. Ms. McGaha explained that this is a three year federal grant that is issued by the Department of Education and was awarded to Macon and Jackson counties.</p> <p>Ms. McGaha said Cindi Simmons, from Jackson County, was chosen as the Grant Director. Ms. Simmons will be responsible for the coordination and implementation of this grant.</p> <p>Ms. McGaha said one component of the grant will allow for a physical fitness and equipment area in each middle school and high school in the two county area. The biggest problem for schools in Macon County is finding space to put equipment in.</p>		
<p>Regional Obesity Project</p>	<p>Kathy McGaha reminded the committee members that one component of the Regional Obesity Project was to achieve a consistent measuring method for BMI's in western North Carolina.</p> <p>Ms. McGaha said a group has been assembled to work on establishing a set of criteria for everyone to use on obtaining BMI's. Ms. McGaha stated that she thought</p>		

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County Health Rankings	<p>Macon County had the most extensive history of BMI information in the western region.</p> <p>Kathy McGaha explained that the County Health Rankings had been released. Ms. McGaha said the report was sponsored by the Robert Wood Johnson Foundation and the University of Wisconsin.</p> <p>Ms. McGaha reported that Macon County ranked 44th in the state for overall health and 9th overall in western North Carolina. Ms. McGaha said that Macon County was 44th out of the 100 counties for Health Outcomes and 15th for Health Factors.</p> <p>Becky Barr reviewed some possible causes for our county rankings.</p> <ul style="list-style-type: none"> • A lack of health care for uninsured residents • A reluctance of county residents to seek medical treatment in early stages of the disease process • A reluctance to use preventive care services 		
Upcoming ESMM Grant	<p>Kathy McGaha passed out a handout about an upcoming Eat Smart, Move More Community Grant Program. Ms. McGaha explained that this grant funds physical activity and nutrition interventions in local communities.</p> <p>Becky Barr stated that the grant application is turned in by Health Education. Ms. Barr listed past projects that had been approved:</p> <ul style="list-style-type: none"> ➤ Water Park Feature ➤ Walking Trail ➤ Recreation Master Plan <p>Ms. McGaha asked the committee members to suggest possible ideas to apply for this grant:</p> <ol style="list-style-type: none"> 1. Girls on the Run 2. Something to add onto the Regional Obesity Project 		

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	<p>3. Programs/equipment at the new 5/6 School 4. Project/Program for Nantahala Hiking Club 5. Exercise equipment for churches 6. Summer camps for low-income children</p> <p>Ms. Barr suggested that the committee members go to the Eat Smart, Move More website and look at the projects that have won in the past to arrive at possible ideas. The website is www.eatsmartmovemorenc.com. Ms. Barr asked the committee members to send any ideas/suggestions to her.</p>		
Other Items for Discussion	<p>Other Items for Discussion:</p> <ul style="list-style-type: none"> ○ Kathy McGaha asked the committee members if they had suggestions for possible new members for this committee. Ms. Hollifield suggested Tom Forkner. Ms. Breedlove offered to talk with him and see if he is interested. ○ Kathy McGaha informed the committee members that the tentative information for the upcoming Full Partnership Meeting is June 23rd from 9:00 – 11:00 AM at Macon Bank. Ms. McGaha will inform all HCMC members once all this information is finalized. 	Teresa Breedlove offered to talk with Tom Forkner to see if he is interested in becoming a member of this committee.	
Next Meeting Date	The next meeting of the Chronic Disease Committee will be held on Thursday, May 6 th , from 8:30 -11:00 AM in the ICU Conference Room at Angel Medical Center.		