

MINUTES: Healthy Carolinians of Macon County – Chronic Disease Committee

DATE: April 15, 2008

PLACE: Angel Medical Center

TIME: 9:00 – 10:30 AM

ATTENDEES: Rhonda Blanton, Teresa Breedlove, Sherry Dills, 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. Sherry Held 2 nd the motion, with a unanimous vote for approval.											
Wrap-up of Church Wellness Program	<p>Jennifer Hollifield gave a wrap-up of the Church Wellness Program to the committee members. Ms. Hollifield said she was very pleased with the success of this program. Ms. Hollifield also reminded the committee members of the celebration banquet on April 24th, starting at 6:00 PM at Tartan Hall.</p> <p>Ms. Hollifield said there was a total of over 350 participants from the three churches with a total of over 47,000 miles completed. Ms. Hollifield said one individual had a total of over 1,900 miles.</p> <p>The rough total miles completed at each church were:</p> <table data-bbox="472 974 987 1079"><tr><td>First Methodist Church</td><td>-</td><td>23,000</td></tr><tr><td>Prentiss Church of God</td><td>-</td><td>14,000</td></tr><tr><td>Holly Springs Baptist</td><td>-</td><td>9,000</td></tr></table> <p>Below is a list of some of the nutrition changes:</p> <ul data-bbox="514 1153 1039 1299" style="list-style-type: none">▪ Water is being offered more▪ Gravy and sauces served on the side▪ Grilled items are available▪ Fruit choices are available <p>Ms. Hollifield said they hope to offer a program in the fall titled – Walk to Bethlehem. This program would start in the fall and run to Christmas. Ms. Hollifield said this program would be offered to the same three churches, plus adding an additional church.</p>	First Methodist Church	-	23,000	Prentiss Church of God	-	14,000	Holly Springs Baptist	-	9,000	-	
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<p>Presentation of Childhood Obesity Successes at Full Partnership Meeting</p>	<p>Kathy McGaha informed the committee members that the Full Partnership Meeting will be held Wednesday, May 21st, starting at 8:30 AM in the cafeteria at Angel Medical Center. Ms. McGaha asked the committee members to please RSVP to Rhonda Blanton by May 16th.</p> <p>Ms. McGaha explained that the program would be a celebration of the past ten years and the accomplishments of Healthy Carolinians. At the last meeting, Ms. McGaha had asked the committee members to consider the past accomplishments of the Chronic Disease Committee.</p> <p>At the last meeting, the committee members had discussed which community successes they would address at the Full Partnership Meeting. The committee members agreed upon the topic of childhood obesity. Ms. McGaha asked the committee members to consider and discuss which projects to include.</p> <p>The committee members first discussed – Environmental Impact. The committee members discussed and listed the following projects:</p> <ul style="list-style-type: none"> • Publicly accessible walking trails • Wesley’s Playground • Water feature • Multi-purpose playing fields • Recreation Master Plan • Restructuring of the county’s recreation boards • Bond referendum <p>The committee members next discussed – Monitoring. The committee members discussed and listed the following projects:</p>		

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	<ul style="list-style-type: none"> • Continued administration of the Youth Risk Behavior Survey • Continue BMI screenings at the annual school health screenings • Administer the Heart Healthy Survey • Promote Healthy Carolinians to raise awareness of what we are doing and what we have accomplished <p>The committee members next discussed – Improving Nutritional Value. The committee members discussed and listed the following projects:</p> <ul style="list-style-type: none"> • Continued promotion of the Winner’s Circle snacks • Continued promotion of classroom snack policies • School Wellness Policy • Increase nutritional value of school menus • Church Wellness Program • Employment of Registered Dietitian as Child Nutrition Director at Macon County Schools <p>The committee members finally discussed – Changing Choices – Education and Awareness of Nutrition and Physical Activity. The committee members discussed and listed the following projects:</p> <ul style="list-style-type: none"> • Low-fat milk campaign • Promoting Winner’s Circle snacks as choices for home based snacks • Education promotion during Church Wellness Programs <p>Ms. McGaha told the committee members she would review the suggestions made today and incorporate them in the development of an action plan.</p>		<p>The Youth Physical Activity Directory was one project not discussed, but needs to be added.</p>

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Additional Members	<p>Kathy McGaha asked the committee members to suggest names of candidates for joining the Chronic Disease Committee. The following suggestions were made:</p> <ul style="list-style-type: none">➤ Sherrie Peeler➤ Vince West➤ Head Start/MPP Representative➤ Ministerial Representative (Suggested Don Moffitt) <p>Ms. McGaha asked the committee members to bring names of possible candidates to join this committee to the next meeting.</p>	The committee members will bring names of possible candidates who might want to participate in this committee to the next meeting.	
Other Items of Discussion	Jennifer Hollifield informed the committee members that the NC Health and Wellness Trust Fund announced the results of the 2007 North Carolina Youth Tobacco Survey. The report stated that since 2003, middle school smoking dropped by 51.8 % and high school smoking dropped by 30.4 %.		
Next Meeting Date	The next meeting of the Chronic Disease Committee will be held on Tuesday, July 29 th , from 9:00 – 10:30 AM in the Video Conference Room at Angel Medical Center.		