

**MINUTES: Healthy Carolinians of Macon County – Chronic Disease Committee**

**DATE:** May 6, 2010

**PLACE:** Angel Medical Center

**TIME:** 8:30 – 10:00 AM

**ATTENDEES:** Rhonda Blanton, Teresa Breedlove, Sherry Dills, Jennifer Garrett, Mike Grubermann, Sherry Held, Jennifer Hollifield, Kathy McGaha and Derek Roland

| 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 Garrett motioned for the approval of the minutes. Jennifer Hollifield 2 <sup>nd</sup> the motion, with a unanimous vote for approval.  |  |           |
| Healthy Communities Toolkit and Action Plan | <p>Kathy McGaha first stated that the time period for the Eat Smart, Move More grant had passed. This grant funds physical activity and nutrition interventions in local communities.</p> <p>Ms. McGaha then informed the committee members of another grant opportunity from the National Association of County and City Health Officials. The grant will be awarded to 5 communities across the nation. Ms. McGaha said North Carolina was one of the preferred states for this grant.</p> <p>Ms. McGaha imparted that the grant had two primary focus areas:</p> <ol style="list-style-type: none"><li>1. Incorporate physical activity into the WIC Program</li><li>2. Promote safer routes to school</li></ol> <p>Ms. McGaha explained since this grant is nationwide with only five sites being selected, there were other ideas for our committee.</p> <ol style="list-style-type: none"><li>1. Check into the possibility of sending a team (at our expense) to the training session. Becky Barr will check on this.</li><li>2. Review the contents of the Healthy Eating and Active Living Toolkit.</li></ol> | Becky Barr will check on the possibility of sending a local team to the training session for this grant. |           |

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|       | <p>The <i>Leadership of Healthy Communities'</i> comprehensive Action Strategies Toolkit contains policy approaches and resources that can help state and local policy-makers improve our children's health and prevent childhood obesity.</p> <p>Ms. McGaha next stated that she would ask the committee members to review and discuss each strategy listed in the toolkit.</p> <ol style="list-style-type: none"> <li>1. <b>What the research shows:</b> There is a significant body of evidence linking transportation, planning and community design to increased physical activity. <ul style="list-style-type: none"> <li>• <i>Improving safety for bicyclists and pedestrians</i></li> <li>• <i>Expanding trails and connections</i></li> </ul> <ul style="list-style-type: none"> <li>❖ Derek Roland stated that the Department of Transportation is currently in the process of developing a Transportation Improvement Plan. This plan will demonstrate a multi-modal approach which includes planning for bicycle paths and sidewalks.</li> <li>❖ Mr. Roland also reminded the committee members that Macon County is currently developing a Comprehensive Master Plan.</li> <li>❖ Mike Grubermann said the Main Street Plan is in the second year of the sidewalk program.</li> </ul> </li> <li>2. <b>What the research shows:</b> Evidence suggests that youth get more regular physical activity when they have opportunities to walk or ride a bicycle from home to nearby schools, parks and businesses.</li> </ol> |        |           |

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|       | <ul style="list-style-type: none"> <li>• <i>Re-evaluating urban design and comprehensive land-use plans to improve active living</i></li> <li>• <i>Improving community design features to encourage physical activity</i></li> </ul> <ul style="list-style-type: none"> <li>❖ Ms. McGaha informed the committee members of the concept of Senior Friendly Communities that the Elder Care and Caregivers Committee are currently working on.</li> <li>❖ Mr. Roland said the concept of healthy active living will hopefully be adopted into the comprehensive plan.</li> </ul> <p>3. <b>What the research shows:</b> An increasing body of evidence suggests that children who live in communities with open spaces, such as parks, ball fields, nature centers, picnic areas and campgrounds are more physically active than those living in areas with fewer recreation facilities.</p> <ul style="list-style-type: none"> <li>• <i>Increasing access to recreation facilities and open spaces, including parks and community gardens</i></li> </ul> <ul style="list-style-type: none"> <li>❖ Mr. Roland stated that since almost 50% of the land in Macon County is designated “forest land”, there are many opportunities to participate in several outdoor activities like hiking and fishing.</li> <li>❖ Ms. Held stated that it would be nice if there were more local community parks or greenways in our county.</li> <li>❖ Ms. McGaha reminded the group that the County’s Master Recreation Plan includes the desired number of parks and ball fields for a county our size.</li> </ul> |        |           |

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|       | <ul style="list-style-type: none"> <li>❖ Ms. McGaha reminded the committee members that a community garden was started this year in the Franklin area.</li> <br/> <li>4. <b>What the research shows:</b> Evidence suggests that students who spend more time in physical education or other school-based physical activity can improve their fitness levels and their scores on standardized achievement tests.               <ul style="list-style-type: none"> <li>• <i>Offering quality physical activity daily</i></li> <li>• <i>Requiring standards-based physical education (PE) classes taught by certified PE teachers</i></li> <li>• <i>Supporting walk-to-school and Safe Routes to School (SRTS) programs</i></li> <li>• <i>Facilitating joint-use agreements</i></li> </ul> </li> <br/> <li>❖ The committee members agreed that most students in Macon County do receive physical activity daily and the classes are taught by certified PE teachers.</li> <li>❖ The rural lay-out of Macon County prevents promoting many safe routes to school.</li> <li>❖ Joint-use agreements exist between Macon County Recreation Dept. and Macon County Schools.</li> <li>❖ Mr. Roland stated that the new Mountain View Intermediate School will have room for playground equipment and the gym at Nantahala School is being remodeled.</li> <br/> <li>5. <b>What the research shows:</b> In undeserved communities, access to safe places to play, such as school playgrounds during after-school hours, improves the likelihood that children will be physically active.</li> </ul> |        |           |

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|       | <ul style="list-style-type: none"> <li>• <i>Keeping communities safe and free from crime to encourage outdoor activity</i></li> <li>❖ The committee members agreed that safety should always be promoted for all outdoor activities in all locations. Committee members expressed concern for safe usage of the following:               <ul style="list-style-type: none"> <li>• Greenway</li> <li>• The crossing between Mountain View and MMS.</li> <li>• Trails throughout the county</li> </ul> </li> <li>❖ Committee members discussed the importance of lighting at all schools, trails, and anywhere residents participate in physical activity.</li> </ul> <p>6. <b>What the research shows:</b> Changes in school food policies can improve nutrition, reduce consumption of empty calories and potentially reduce excess weight gain over time.</p> <ul style="list-style-type: none"> <li>• <i>Ensuring that students have appealing, healthy choices in foods and beverages offered in schools</i></li> <li>• <i>Supporting farm-to-school and school garden programs</i></li> <li>• <i>Implementing a standards-based health education program taught by teachers certified in health education</i></li> </ul> <ul style="list-style-type: none"> <li>❖ Ms. Held said the School Nutrition Department is always trying to ensure that students have appealing, healthy choices in foods and beverages.</li> <li>❖ Ms. Held said the Nutrition Department tries to use local farm products, but these products must</li> </ul> |        |           |

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|                            | <p>be GAP certified.</p> <ul style="list-style-type: none"> <li>❖ Mr. Roland said this is also promoted in the comprehensive plan.</li> <li>❖ Ms. Garrett said health education standards are set by the Department of Public Instruction.</li> </ul>   |        |           |
| Other Items for Discussion | <p>Other Items for Discussion:</p> <ul style="list-style-type: none"> <li>○ Jennifer Garrett said WLOS had recently had a story on childhood obesity and promoting locally grown produce being provided to school children.</li> <li>○ Rhonda Blanton passed out handouts with results of BMI's conducted in Cherokee County schools. The article stated that overall, body mass indexes of school children in the county had decreased by about 5 percent.</li> <li>○ Kathy McGaha informed the committee members of the upcoming change in the Food Stamp program. This program is currently available to applicants whose gross income is less than 130 percent of the federal poverty level. Starting on July 1<sup>st</sup>, it will change to gross income less than 200 percent of the poverty level. Ms. McGaha said at a recent meeting of the Healthy Carolinians Directors, they discussed promoting healthy eating for food stamp clients.</li> <li>○ Sherry Dills said with the upcoming proposed state budget, there were proposed multiple cuts in personal care services. Ms. Dills said an independent state appraiser would evaluate the services of each client.</li> <li>○ Jennifer Hollifield stated that Sherry Dills and Liz Crawford had some success with the NOT program and had three participants at the last class.</li> </ul> |        |           |

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|-------------------|--|---------------|--|
| Next Meeting Date | The next meeting of the Chronic Disease Committee will be held on Tuesday, June 15 <sup>th</sup> , from 8:30 AM – 11:00 AM in the Video Conference Room at Angel Medical Center. |               | <b>The next Chronic Disease Meeting has been changed to June 15<sup>th</sup>, from 8:30 – 10:00 AM in the Video Conference Room at Angel Medical Center.</b> |

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