

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

**DATE:** June 15, 2010

**PLACE:** Angel Medical Center

**TIME:** 8:30 -10:00 AM

**ATTENDEES:** Rhonda Blanton, Teresa Breedlove, Jennifer Garrett, Jennifer Hollifield, Kathy McGaha, Yvonne Smith and Emily Wright

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 <sup>nd</sup> the motion, with a unanimous vote for approval.		
Introductions	<p>Jennifer Hollifield introduced Emily Wright. Ms. Wright is the new Tobacco Educator and is located at the Macon County Public Health Center. Ms. Breedlove then asked everyone to introduce themselves and tell what organization they represent.</p> <p>Ms. Wright briefly informed the committee members of what is currently happening with this program:</p> <ul style="list-style-type: none"><li>▪ Assisted the TRU Clubs with recent editorial letters in the local newspapers</li><li>▪ Planning a live commercial</li><li>▪ Tobacco Free Signage has been delivered to the new Mountain View School</li></ul> <p>Ms. McGaha stated that she would like for this committee to reconsider working on a Tobacco-Free Policy for the county's recreation land. Ms. McGaha asked Ms. Wright to obtain polices from other counties that have this type of policy in place.</p> <p>Ms. McGaha said she would also like to invite Bob Simpson, Seth Adams and Vince West to the next Chronic Disease Committee meeting to further discuss the possibility of a policy for the county's recreation land. Ms. Hollifield volunteered to contact Bob Simpson about attending the next Chronic Disease Committee</p>	<p>Kathy McGaha asked Emily Wright to obtain Tobacco-Free Policies for county recreation land from counties that have one in place.</p> <p>Jennifer Hollifield will contact Bob Simpson about attending the next Chronic Disease Meeting. Kathy McGaha will contact Seth Adams and Vince West once a meeting date has been set.</p>	

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	<p>meeting.</p> <p>Another idea suggested today, was to man a booth during the Fourth of July celebration. This celebration is one of the biggest events held in Franklin.</p>		
<p>Continued Healthy Carolinians Toolkit and Action Plan</p>	<p>Kathy McGaha led the committee members into a continued discussion on the strategies listed in the toolkit.</p> <p>7. <b>What the research shows:</b> Greater availability of healthy food in stores is related to greater availability and increased consumption of healthy foods at home.</p> <ul style="list-style-type: none"> <li>• <i>Attracting grocery stores that provide high-quality, healthy and affordable foods to lower-income neighborhoods.</i></li> <li>• <i>Encouraging convenience stores and bodegas to offer healthier food</i></li> <li>• <i>Establishing healthy mobile markets</i></li> </ul> <ul style="list-style-type: none"> <li>❖ The committee members agreed that due to our rural community, it is hard to attract big-name food chains to our county.</li> <li>❖ Ms. McGaha stated that one factor from the recent 2010 County Health Rankings Report that hurt Macon County was access to health food options.</li> <li>❖ The committee members agreed to further discuss if encouraging convenience stores and bodegas to offer healthier food is a viable option.</li> </ul> <p>8. <b>What the research shows:</b> Policies that increase local sources of food will provide consumers with healthier choices, farmers with more marketing opportunities and communities with powerful economic development opportunities.</p> <ul style="list-style-type: none"> <li>• <i>Supporting farmers' markets</i></li> </ul>		<p>Rhonda Blanton contacted Alan Durden to obtain the number of local farmers' markets.</p> <ol style="list-style-type: none"> <li>1. Franklin Tailgate Market held on Saturday's in downtown Franklin.</li> <li>2. Another one is held on Wednesday mornings at the Franklin Flea Market.</li> <li>3. Rickman's Store also offers one on Friday afternoons.</li> </ol>

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	<ul style="list-style-type: none"> <li>• <i>Supporting community gardens</i></li> <li>• <i>Supporting the procurement of locally grown food</i></li> </ul> <ul style="list-style-type: none"> <li>❖ The committee members were in support of local farmers’ markets.</li> <li>❖ The community garden in its first year has been a great success.</li> <li>❖ This committee could encourage locally grown produce to be procured by local schools, restaurants and businesses.</li> </ul> <p>9. <b>What the research shows:</b> Studies have indicated that nutrition information on restaurant menus empowers consumers and influences food choices.</p> <ul style="list-style-type: none"> <li>• <i>Encouraging restaurants to offer reasonably sized portions and low-fat and low-calorie menus</i></li> <li>• <i>Encouraging restaurant menu labeling</i></li> </ul> <ul style="list-style-type: none"> <li>❖ The committee members agreed to encourage local restaurants to offer reasonably size portions, low-fat items, low-calorie items and menu labeling.</li> <li>❖ Ms. Hollifield did remind the committee members that low-fat milk campaigns had been conducted in the past.</li> <li>❖ Ms. Garrett suggested maybe favoring a tax on junk food.</li> </ul> <p>10. <b>What the research shows:</b> According to the Institute of Medicine, “food and beverage marketing practices geared to children and youth are out of balance with healthful diets and contribute to an environment that puts their health at risk.”</p> <ul style="list-style-type: none"> <li>• <i>Regulating the marketing of unhealthy foods</i></li> </ul>		

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	<p style="text-align: center;"><i>in or near schools and other youth facilities</i></p> <ul style="list-style-type: none"> <li>❖ Ms. McGaha stated she was not a fan of a la carte items in the school cafeteria's, but also understood the need for these items since the nutrition department must be self-supporting.</li> <li>❖ Ms. Garrett stated that she wished there was a school policy regulating what foods could be used for rewards or served at parties.</li> <li>❖ Ms. Smith suggested having a tax or higher price for unhealthy foods.</li> <li>❖ Ms. Garrett said some school systems have featured a vegetable of the week or month and encouraged the vegetable promotions in other school activities.</li> <li>❖ Ms. Garrett said it would be helpful if the cafeteria staff received more education.</li> </ul>		
Other Items for Discussion	<p>Other Items for Discussion:</p> <ul style="list-style-type: none"> <li>○ Kathy McGaha reminded the committee members of the upcoming Full Partnership Meeting scheduled for July 16<sup>th</sup> from 8:30 -10:30 AM at the Macon Bank Corporate Center.</li> <li>○ Kathy McGaha informed the committee members that the most recent Youth Risk Behavior Survey is completed and a meeting will be set up with Mars Hill to review the data before it is released.</li> <li>○ Jennifer Hollifield stated that the last Ladies Night Out Program had 77 attendees; this was the most yet at any of the programs.</li> <li>○ Jennifer Hollifield also announced that the Duke Endowment Grant was not awarded to the Ladies Night Out Program. Ms. Hollifield said they would pursue other grant opportunities.</li> <li>○ Kathy McGaha gave an update to the committee members on the WNC Healthy Kids Project. <ul style="list-style-type: none"> <li>➤ Started a newsletter</li> </ul> </li> </ul>		

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	<ul style="list-style-type: none"><li>➤ Four people from the “Project” will attend the upcoming Institute on Obesity Prevention</li><li>➤ Will sponsor an Obesity Conference at MAHEC in October</li></ul>		
Next Meeting Date	The next meeting of the Chronic Disease Committee will be set at a later date.		

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