

MINUTES: Healthy Carolinians of Macon County – Chronic Disease Committee

DATE: August 12, 2010

PLACE: Angel Medical Center

TIME: 8:30 -10:00 AM

ATTENDEES: Becky Barr, Rhonda Blanton, Sherry Dills, Jennifer Hollifield, Kathy McGaha, Yvonne Smith and Emily Wright

GUESTS: Bob Simpson and Vince West

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 members to review the minutes of the last meeting. Jennifer Hollifield motioned for the approval of the minutes. Emily Wright 2 nd the motion, with a unanimous vote for approval.		
Introduction of Guests and Purpose of Meeting	Kathy McGaha introduced today's guests. Bob Simpson is a County Commissioner and is the commissioner representative for the Recreation Commission. Vince West, lives in the Nantahala area, and is involved with Senior Games and serves on several local boards including Healthy Carolinians and the Macon County Public Library. Ms. McGaha welcomed them both and thanked them for attending today's meeting.		
Countywide Tobacco Free Initiative	Kathy McGaha reminded the committee members that the discussion topic from the last meeting was the consideration of a Tobacco-Free Policy for the county's recreation land. Invitations had been given to Bob Simpson, Vince West and Seth Adams to further discuss this topic with the committee members. Becky Barr briefly reviewed some state and local statistics on tobacco usage. Ms. Barr also commented that only one complaint had been reported in Macon County, since the smoke-free law went in effect in January. Ms. McGaha asked Yvonne Smith about the transition that Highlands-Cashiers Hospital went through on going		

MINUTES: Chronic Disease Committee

TOPIC	DISCUSSION	ACTION	FOLLOW-UP
	<p>smoke-free. Ms. Smith said they were one of the first hospitals that went smoke-free in 2003. Ms. Smith said some employees and visitors were getting slack about following the policy. Ms. Smith said the policy was revisited in 2008 and some minor revisions were made.</p> <p>Ms. McGaha then explained to Mr. Simpson and Mr. West that this committee had discussed and considered the possibility of promoting a county-wide tobacco free initiative. Mr. Simpson and Mr. West expressed their interest in this idea.</p> <p>The committee members reviewed the current county tobacco-free policy. Under the current policy:</p> <ul style="list-style-type: none"> ❖ All county buildings are tobacco-free ❖ All county vehicles are tobacco-free ❖ A 50-foot tobacco-free perimeter is around the Health and Human Services Building <p>The committee members suggested to Mr. Simpson and Mr. West that some type of grounds policy prohibiting tobacco products be considered for Macon County. The committee members explained that the main factor of this initiative would be to protect the health of individuals in public places by eliminating exposure to secondhand smoke.</p> <p>Ms. Simpson suggested sending all information on this topic to the county attorney – Chester Jones. Ms. Barr said there had also recently been a webinar on this topic and there would be more in the future. Ms. Barr offered to send the webinar information and the information on House Bill 2 to Mr. Jones.</p> <p>Mr. West made a motion to pursue a tobacco-free policy for county property (not public places) in Macon County.</p>	<p>Becky Barr will forward webinar information and the HB 2 to the county attorney, Chester Jones.</p>	

MINUTES: Chronic Disease Committee

TOPIC	DISCUSSION	ACTION	FOLLOW-UP
	<p>Mr. Simpson 2nd the motion, with all committee members in agreement. Mr. Simpson suggested a possible phase-in period of six months.</p> <p>The committee members suggested possible ways to help county employees quit using tobacco products.</p> <ul style="list-style-type: none"> ▪ QUITLINE ▪ Cessation programs offered by local hospitals ▪ Insurance premiums less for non-smokers ▪ Insurance coverage for cessation products <p>Ms. McGaha offered to contact Wilma Anderson, Macon County’s Human Resource Director, to check and see if any cessation products are currently covered under the county’s insurance plan or if there is any possibility they might be covered.</p> <p>Ms. Barr, Ms. Hollifield and Ms. McGaha offered to draft a letter and compile information to place in a packet to present to the Board of Health and then to the Board of Commissioners. The committee members suggested to start informing the county employees and the public in January and make the policy effective July 1st</p> <p>The committee members then discussed what other groups/organizations could be contacted for further discussions on this topic. The following suggestions were made:</p> <ul style="list-style-type: none"> • Recreation Board • Healthy Carolinians of Macon County Board • Angel Medical Center Board • Highlands-Cashiers Hospital Board • Senior Games Board • School Superintendent 	<p>Kathy McGaha offered to contact Wilma Anderson to check on insurance coverage of tobacco cessation products.</p> <p>Becky Barr, Jennifer Hollifield and Kathy McGaha offered to draft a letter and compile information for a packet to present to the Board of Health and the Board of Commissioners.</p>	

MINUTES: Chronic Disease Committee

TOPIC	DISCUSSION	ACTION	FOLLOW-UP
	<p>The committee members also discussed what other factors would need to be considered for promotion and later enforcement of this policy. The following suggestions were made:</p> <ul style="list-style-type: none"> • Ms. McGaha suggested providing plenty of signage (including regular signs, metal signs to place on buildings and window decals). Ms. Wright said she might have some money available through the Tobacco Grant for signs. • Mr. Simpson suggested meeting with all sports coaches (community and little league) to explain the tobacco-free policy • Ms. Barr suggested that the tobacco-free policy be printed on all sport registration forms <p>The committee members again thanked Mr. Simpson and Mr. West for attending today’s meeting.</p>		
WNC Healthy Kids	<p>Kathy McGaha updated the committee members on WNC Healthy Kids. Ms. McGaha said the <i>WNC Healthy Kids Spreadsheet of Programs & Activities</i> has received entries from all 16 counties in WNC and the Cherokee Reservation. Ms. McGaha asked the committee members to continue adding programs and projects to it.</p> <p>Ms. McGaha said a conference is planned for October 22, 2010. The conference is titled – <i>WNC Healthy Kids: Communities Working Together</i>. This conference will provide participants with various methods to work with children who are either at risk for being obese or who already are obese.</p> <p>Ms. McGaha also said work is still continuing on developing a system to collect and report Body Mass Index (BMI) data on children in the region in a uniform manner. Ms. McGaha said that Macon, Jackson and</p>		

MINUTES: Chronic Disease Committee

TOPIC	DISCUSSION	ACTION	FOLLOW-UP
	<p>Haywood probably have the most collected BMI data.</p> <p>Ms. McGaha said one way our local BMI information is being used is in the IsPOD Program. Ms. McGaha said a meeting is set for September 2nd with Dr. Brigman, Carol Waldroop and all K-8 PE Teachers to further discuss using the IsPOD Program and specifically the FITNESSGRAM software.</p> <p>Ms. McGaha said that also the North Carolina Health Director's have suggested working on childhood obesity as a next project with the North Carolina Health Incubator Collaborative.</p> <p>Ms. McGaha asked the committee members for other ideas that might be done regionally:</p> <ul style="list-style-type: none"> ➤ Regional Low-Fat Milk Campaign conducted at local grocery stores ➤ Regional Breastfeeding Campaign ➤ Promote the Food for Thought program ➤ Encourage Social Services to promote nutrition programs to their clients ➤ Encourage the western counties to gather data and other information for preparation in applying for grants – whether locally or regionally 		
Other Items for Discussion	<p>Other Items for Discussion:</p> <ul style="list-style-type: none"> ○ Ladies Night Out Program – Jennifer Hollifield said the next Ladies Night Out Program will be on August 24th, at 6:30 PM in the Angel Medical Center Cafeteria. The topic will be Hospice Care. 		
Next Meeting Date	The next meeting of the Chronic Disease Committee will be set at a later date.		