

MINUTES: Healthy Carolinians of Macon County – Chronic Disease Committee

DATE: October 8, 2008

PLACE: Angel Medical Center

TIME: 12:00 N – 1:30 PM

ATTENDEES: Becky Barr, Rhonda Blanton, Teresa Breedlove, Jennifer Giles, Sherry Held, Jennifer Hollifield, Kathy McGaha and Kimi Stevens

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. Sherry Held motioned for the approval of the minutes. Becky Barr 2 nd the motion, with a unanimous vote for approval.		
MCPHC 2008/2009 Health Promotion Plan	<p>Jennifer Hollifield stated that the Walk to Bethlehem program started on September 28th and will end on December 21st. Ms. Hollifield listed the four churches involved with this program:</p> <ul style="list-style-type: none">❖ First Methodist Church of Franklin❖ Holly Springs Baptist Church❖ Prentiss Church of God❖ Watauga Baptist Church <p>Ms. Hollifield stated that three churches participated in the pre-screenings (Prentiss Church of God did not) with a total of 88 participants. 32 participants had elevated blood pressures, but many of those were already under a physician's care.</p> <p>Ms. Hollifield stated we had partnered with Be Active North Carolina – Appalachian Partnership. Susan Tumbleston conducted a class for the four churches promoting the use of a pedometer and physical activity. Ms. Hollifield stated that over a 100 participants were at the class.</p> <p>Ms. Hollifield, said through the Be Active North Carolina – Appalachian Partnership, another program can be offered. The Tri Fit program checks blood pressure, height, weight, strength and flexibility. This program</p>		

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	<p>can then tell the participant their body age. Ms. Hollifield said they hope to have this program available at the beginning of 2009.</p>		
<p>MCPHC 2008-2011 Health and Wellness Trust Fund Grant</p>	<p>Jennifer Hollifield updated the committee members on the MCPHC 2008-2011 Health and Wellness Trust Fund Grant. Ms. Hollifield said the announcement would be made by the first of December for the notification on this grant.</p> <p>Ms. Hollifield reviewed some of the objectives that have been proposed by Macon County:</p> <ul style="list-style-type: none"> ▪ Bring national speakers to Macon County. Some possible candidates were Rick Stoddard and Gruen Von Behrens. ▪ Provide a tobacco cessation program for youth ▪ Continue providing training on tobacco cessation to local doctors and dentists and their office staff ▪ Provide merchant education on tobacco ▪ Start a third TRU program at another county school (FHS and Macon Middle have one) ▪ Promote tobacco free school campuses with items such as rugs, banners and signage ▪ Support tobacco free areas at our recreation parks 		
<p>What Next: NC Child Obesity Prevention Project</p>	<p>Kathy McGaha reported that we were not awarded the NC Child Obesity Prevention Project. Ms. McGaha said the counties of Cabarrus, Dare, Henderson, Moore and Watauga were each awarded \$380,000.</p> <p>Teresa Breedlove asked if we would be receiving any feedback on how the above counties were selected. Ms. McGaha said she had requested that this information be put in a written form so it can be reviewed. Ms. McGaha stated that Mr. Bruckner can send in a written request to receive this information. Ms. McGaha said she will bring this information to the next meeting.</p>	<p>Kathy McGaha will bring the grant feedback to the next meeting.</p>	

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	<p>Ms. McGaha reviewed the each component of the grant:</p> <ol style="list-style-type: none"> 1) Health Communications/Social Marketing Plan – This will not proceed. 2) Bicycle/Pedestrian Plan – Mr. Grubermann is looking into other grant opportunities and will provide updates to the committee members. 3) Preschool/Child Care – Kimi Stevens is currently enrolled in training for the NAP-SACC program. Ms. Stevens is still hoping to offer this program to the five targeted Child Care Centers of Macon Program for Progress. 4) Healthcare – Sherry Dills will continue working with the local medical offices in assisting these providers with the issues of childhood obesity and eating habits. 5) WakeMED ENERGIZE – This program will probably not proceed further. 6) Hospital Worksite Wellness – Ms. Breedlove said AMC had been in contact with their insurance carrier BCBS about different worksite wellness programs they offer. 7) In-school Prevention of Obesity and Disease – Ms. McGaha said that five schools in Macon County are currently implementing components of the SPARK Curriculum and using the Fitnessgram Technology. <p>Additional components were:</p> <ol style="list-style-type: none"> 1) Schools – Sherry Held stated that she would be obtaining a glass door merchandiser for Franklin High School. Ms. Held said she is also still planning to compile nutritional analysis for foods being served and post this information to the school system website. 2) Faith – The Walk to Bethlehem has started in four local churches. 		

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