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		
MCDIIC 2000 /2000 II III	vote for approval.		
MCPHC 2008/2009 Health Promotion Plan	Jennifer Hollifield stated that the Walk to Bethlehem		
Promotion Plan	program started on September 28 th and will end on December 21 st . Ms. Hollifield listed the four churches		
	involved with this program:		
	❖ First Methodist Church of Franklin		
	 Holly Springs Baptist Church 		
	Prentiss Church of God		
	❖ Watauga Baptist Church		
	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.		
	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.		
	the class.		
	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		

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	can then tell the participant their body age. Ms. Hollifield said they hope to have this program available at the beginning of 2009.		
MCPHC 2008-2011 Health and Wellness Trust Fund Grant	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.		
	 Ms. Hollifield reviewed some of the objectives that have been proposed by Macon County: 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 		
What Next: NC Child Obesity Prevention Project	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. Teresa Breedlove asked if we would be receiving any	Kathy McGaha will bring the	
	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.	grant feedback to the next meeting.	

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TOPIC	Ms. McGaha reviewed the each component of the grant: 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	ACTION	FOLLOW-UP
	Additional components were: 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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	3) Farmer's Market – Macon County's application		
	did not include this intervention.		
Other Items of Discussion	Other Items of Discussion:		
	 Kathy McGaha informed the committee members 		
	about a regional meeting she attended on		
	Childhood Obesity and Nutrition. Ms. McGaha		
	said Health Shuler was very interested in these		
	issues.		
	Becky Barr informed the committee members	Rhonda Blanton will contact	
	about a program titled – Eat Smart, Move More	Sherrie Peeler about attending	
	and Weigh Less. Ms. Barr said this program was	the next meeting to explain	
	being offered by Cooperative Extension and	this program.	
	suggested having Sherrie Peeler attend the next meeting to explain it. Rhonda Blanton offered to		
	contact her.		
	o Becky Barr informed the committee members		
	that Macon County did not receive the Eat Smart		
	Move More grant. This grant would have		
	provided fitness equipment to two of the churches		
	in the Walk to Bethlehem program and Macon		
	County.		
	 Becky Barr said both Macon County and the 		
	Town of Highlands have tobacco ordinances.		
	Ms. Barr said Health Promotion is hoping to		
	assist the Town of Franklin in developing one.		
	o The committee members discussed and wanted to	Rhonda Blanton will	
	further investigate how local legislators were	investigate the voting records	
	voting on tobacco and smoking issues. Rhonda	of local legislators.	
	Blanton offered to investigate local legislators	T 'C TT 11'C' 11 '11	
	voting records on these issues. The committee	Jennifer Hollifield will	
	members also suggested having Tracy Clark	contact Tracy Clark about	
	attend one of our meetings and suggested Jennifer Hollifield contact her.	attending a future Chronic	
Next Meeting Date		Disease meeting.	
Next Meeting Date	The next meeting date of the Chronic Disease Committee will be held on Wednesday, December 10 th , from 11:30		
	AM – 1:00 PM in the Video Conference Room at AMC.		
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