

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

**DATE:** November 5, 2009

**PLACE:** Angel Medical Center

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

**ATTENDEES:** Melanie Batchelor, Rhonda Blanton, Teresa Breedlove, Michael Grubermann, Sherry Held, Jennifer Hollifield, Jill Matulis and Kathy McGaha

<b>TOPIC</b>	<b>DISCUSSION</b>	<b>ACTION</b>	<b>FOLLOW-UP</b>
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. Jennifer Hollifield 2 <sup>nd</sup> the motion, with a unanimous vote for approval.		
Breakfast	Breakfast was provided by Angel Medical Center. Please thank Teresa Breedlove and her staff.		
MAHEC Childhood Obesity Wiki	<p>Kathy McGaha stated at a recent Healthy Carolinians meeting, that Jennifer Stuart from MAHEC explained the MAHEC Childhood Obesity Wiki. A wiki is a website that allows the easy creation and editing of any number of interlinked web pages.</p> <p>Ms. McGaha reminded the committee members that one objective from the Regional Obesity Project was a regional database of what's in place and available in western North Carolina for efforts in fighting obesity.</p> <p>Ms. Stuart explained the wiki and showed examples of data that had been entered. Ms. McGaha stated that she would like to invite Ms. Stuart to our next meeting so she could demonstrate the wiki to our committee members. The committee members were in agreement and Ms. McGaha will contact Ms. Stuart to set up a meeting date.</p>	Kathy McGaha will contact Jennifer Stuart and invite her to our next meeting.	
YMCA	<p>Kathy McGaha reported that Rhonda Blanton and herself had recently attended a meeting with a group that is currently considering the possibility of a facility to house an aquatic center, multipurpose rooms, meeting rooms and possibly childcare.</p> <p>Ms. McGaha said this group had recently talked with</p>		

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	<p>YMCA representatives to gather information on their organization and how their facilities are set up and operated.</p> <p>Ms. Blanton said the subsequent meeting had representatives from Waynesville and Murphy to explain how centers in their cities were opened and operating. Ms. Blanton stated she will go to future meetings and report back to this committee.</p>	<p>Rhonda Blanton will attend future meetings and report back to the committee members.</p>	
<p>MCPHC Report</p>	<p>Jennifer Hollifield updated the committee members on the following MCPHC programs:</p> <ol style="list-style-type: none"> <li>1. Ladies Night Out – Ms. Hollifield reported the first program was held on October 27<sup>th</sup> with the focus that night on the importance of breast cancer screenings. The next program will be on November 24<sup>th</sup> with the focus that night on Influenza and Winter Illness Prevention. The following program will be held on December 15<sup>th</sup> and focus on Healthy Holiday Eating.</li> <li>2. Prevention Rx – Ms. Hollifield said they had conducted the first one last week. The meeting was held at the doctor’s office and lunch was provided. Ms. Hollifield said the doctor’s and their staff are informed of what programs are available at the Health Department.</li> <li>3. NOT Leader Training – Ms. Hollifield said Sherry Dills has received her certification.</li> <li>4. TRU Clubs – Ms. Hollifield said the TRU Clubs will be focusing on the upcoming Great American Smokeout.</li> <li>5. Town of Franklin – Ms. Hollifield reminded the committee members that the Town of Franklin had recently adopted a policy that eliminates tobacco use in town-owned buildings and vehicles.</li> </ol>		

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	<p>6. Statewide Smoking Ban – Ms. Hollifield reminded the committee members of the state’s smoking ban in restaurants and bars will go into effect on January 2<sup>nd</sup>, 2010. Becky Barr will provide further information on this topic at the next meeting.</p>	<p>Becky Barr will provide further information on the upcoming statewide smoking ban at the next meeting.</p>	
Other Items for Discussion	<p>Other Items for Discussion:</p> <ul style="list-style-type: none"> <li>○ Rhonda Blanton passed out handouts on the Community Garden. Ms. Blanton said she had met with Alan Durden and got this information. The committee members reviewed the application, agreement and rules that apply to the Community Garden.</li> <li>○ Sherry Held announced that her student intern, Jill Matulis, will be conducting the Skim Milk Campaign for grades K-5 in each elementary school. Ms. Held said there will be a visit at each school by Daisy the Cow. Ms. Matulis said she is in need for volunteers at some of the schools.</li> <li>○ Sherry Held also announced that the cafeteria sections for each school are now recycling plastic bottles per the new state law.</li> <li>○ Mike Grubermann updated the committee members on the Walkability Plan. Mr. Grubermann said currently they are working on completing the sidewalk portion of the plan. Mr. Grubermann said priority areas will be determined and an assessment will need to be done for each area. Ms. McGaha suggested that this committee might be of assistance to him.</li> </ul>		
Next Meeting Date	The date for the next meeting of the Chronic Disease Committee will be determined at a later date.		