

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

**DATE:** December 11, 2008

**PLACE:** Angel Medical Center

**TIME:** 8:30 – 10:00 AM

**ATTENDEES:** Rhonda Blanton, Teresa Breedlove, Sherry Dills, Jennifer Garrett, Michael Grubermann, M.R. Hall, Sherry Held, Jennifer Hollifield, Larry McDonald, Kathy McGaha, Sherrie Peeler, Yvonne Smith and Carlos Vargas

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. Sherry Held motioned for the approval of the minutes. Jennifer Hollifield 2 <sup>nd</sup> the motion, with a unanimous vote for approval.		
Introductions	Kathy McGaha asked everyone to introduce themselves and tell what organization they represented.		
Update on Franklin's Main Street Program	<p>Michael Grubermann updated the committee members on Franklin's Main Street Program. Mr. Grubermann explained that one facet of this program is to add more sidewalks in Franklin. He said some other facets were to add bicycle lanes and increase signage into Franklin.</p> <p>Mr. Grubermann informed the committee members that the Main Street area covered roughly 6½ miles. This area stretches from Highlands Road to Porter Street.</p>		
MCPHC Walking to Bethlehem	<p>Jennifer Hollifield updated the committee members on the MCPHC Walking to Bethlehem program. Ms. Hollifield stated that three of the four churches have been very successful. One church that has struggled is in the process of changing pastors. Ms. Hollifield stated that this program will end on December 21<sup>st</sup>.</p> <p>Ms. Hollifield explained that Macon County will have access to TRI-FIT Assessment Equipment through Be Active Appalachian Partnership. This assessment equipment measures a person's actual body age determined from several factors. Ms. Hollifield said each church will be offered the opportunity to use this equipment.</p>		

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<p>County Body Mass Index Information</p>	<p>Jennifer Garrett gave an overview of the BMI findings from the recent school health fairs. Rhonda Blanton passed out several handouts on the County Body Mass Index Information. Jennifer Hollifield had compiled all the BMI data from the recent school health fairs and had produced several graphs with current and past BMI data.</p> <p>Ms. Garrett stated that roughly 1,991 children had gone through the recent school health fairs. Ms. Garrett gave a brief breakdown of which grades were done from each school.</p> <p>Ms. Garrett also explained to the committee members that CDC has recently changed the categories. The categories now are underweight, healthy weight, overweight and obese.</p> <p>Ms. Garrett led a group discussion with the committee members discussing factors that were same/different from each school. The committee members also discussed and made suggestions on factors contributing to our BMI numbers and suggestions for ideas to help with getting our children more fit.</p>		
<p>Eat Smart, Move More &amp; Weigh Less</p>	<p>Sherrie Peeler from Cooperative Extension explained the program Eat Smart, Move More &amp; Weigh Less to the committee members. Ms. Peeler said this program runs for 19 weeks and stresses increasing physical activity and improving nutrition. Ms. Peeler said this program has been done twice locally.</p> <p>Ms. Peeler said the county employees will be doing this program starting January 26<sup>th</sup>. This program will also include a food journal and a magazine.</p> <p>Ms. Peeler also described another program called – Rethink Your Drink. Ms. Peeler gave examples of</p>		

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	<p>different beverages consumed throughout the average day and how many calories they contain. The committee members were amazed at the calorie numbers and they agreed this would be a good program to promote.</p>		
<p>Ideas for School Focused Obesity Interventions for the Regional Project</p>	<p>Kathy McGaha asked for ideas for School Focused Obesity Interventions for the Regional Project. Ms. McGaha explained that this concept came from the recent Community Obesity Prevention Project Grants.</p> <p>Ms. McGaha said that Heath Shuler is very interested in this project and has formed a Health Advisory group to address obesity in our area. This Advisory group has proposed three categories of interventions to consider:</p> <ol style="list-style-type: none"> <li>1) School-based Interventions</li> <li>2) Community-based Interventions</li> <li>3) Policy Interventions</li> </ol> <p>Jennifer Garrett and Kathy McGaha have volunteered to be on the School-based Interventions sub-committee. Ms. McGaha asked the committee members to discuss and suggest interventions to suggest for the regional project. The committee members suggested:</p> <ol style="list-style-type: none"> <li>1) A simple nutrition campaign with a creative way of the getting the message out to school children and the general public – For example, Rethink Your Drink</li> <li>2) BMI data for school-aged children for the whole region</li> <li>3) Promote physical activity</li> </ol> <p>Ms. McGaha also asked the committee members to send her names of any regional organization or committee that might benefit from receiving this information.</p> <p>Ms. McGaha said she will attend the next regional meeting and communicated our ideas and suggestions for</p>	<p>Kathy McGaha asked committee members to send her names of any regional organizations/committees that might benefit from receiving this information.</p> <p>Kathy McGaha will attend the regional meeting and communicate our ideas and suggestions for school-based interventions.</p>	

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	school-based interventions.		
Tar Wars	<p>Dr. Vargas next explained that he is starting the Tar Wars Program back up in the local schools with the assistance of Jennifer Garrett and Jennifer Hollifield. Dr. Esterwood had originally done this program, but it hasn't been done in the last few years.</p> <p>Dr. Vargas said this program will be done in the fourth and fifth grades. He stated that he will need volunteers to help cover all the schools.</p>		
Next Meeting Date	The next meeting of the Chronic Disease Committee will be held on Thursday, January 8 <sup>th</sup> , from 8:30 – 10:00 AM in the Video Conference Room at Angel Medical Center.		