



**Justus-Warren Heart Disease and Stroke Prevention Task Force (JWTF)  
Minutes for November 17, 2016 meeting**

Agenda Item	Discussion Points	Action Items
Meeting Attendees	<p><b>Members:</b> Senator Kathy Harrington, Co-Chair; Representative Becky Carney, Co-Chair; Frank Amend (volunteer, American Heart Association); Helen Brann (Duke Heart Center); Shonda Corbett (NC Association of Area Agencies on Aging); Chris Dobbins (Gaston County Health Director); Brian R. Forrest (practicing physician); Ashley Honeycutt (Licensed Dietician/Nutritionist, UNC Rex Health); Kathryn M. Lawler (RN, At-Large Appointee); Sherée Vodicka (Eat Smart, Move More NC); and Randall Williams (Deputy Secretary for Health Services, DHHS). Note: Meredith Berson, Legislative Assistant, attended on behalf for Senator Chad Barefoot; and Tracy Linton attended on behalf of Beth Daniel, NC Division of Medical Assistance.</p> <p><b>Partners:</b> Zandra Alford (speaker, NCSU NC Cooperative Ext.), Elizabeth Baynard (Robeson Co Health Department), Alexa Briers (Rex Dietetic Intern), Anna Bess Brown (JWTF Exec. Director), Melody Brown (Alliant Quality), Alicia Clark (DPH CCCPH), Ronald Cromartie (Innovative Health Care Consulting), Abby Fairbank (AHA), Morgan Wittman Gramann (NCAH), Greg Griggs (NCAFP), Sally Herndon (speaker, DPH TPCB), Sarah Jacobson (AHA), Sanga Krupakar (DPH CCCPH), Jim Martin (DPH TPCB), Mary McCaskill (NC AHEC), April Reese (DPH CCCPH), Lori Rhew (Speaker, DPH CCCPH), Sharon Rhyne (DPH CDI), Kathleen Shapley-Quinn (DPH CDI), Sandra Stanley (ARHA/ODHDSP), Cindy Stevenson (DPH CCCPH), Joyce Swetlick (DPH TPCB), Cathy Thomas (DPH CCCPH), Betsy Vetter (AHA), and Noah Woods (Robeson County Commissioner).</p>	List of members posted at <a href="http://startwithyourheart.com/Justus-Warren/Members">startwithyourheart.com/Justus-Warren/Members</a>
Welcome and Introductions Senator Kathy Harrington, Co-Chair	Senator Harrington welcomed everyone, thanked the Sergeant-at-Arms and noted that the long session begins on January 11, 2017. She stated that the Task Force is charged to examine the data, follow trends, and make recommendations to the legislature on ways to improve heart health. She invited Task Force members to introduce themselves with name and affiliation.	

Agenda Item	Discussion Points	Action Items
Approval of April 6, 2016 Minutes	Sherée Vodicka motioned the April 6, 2016 minutes be approved as submitted. Chris Dobbins seconded the motion. The motion passed with no opposing votes.	Minutes posted at <a href="http://startwithyourheart.com">startwithyourheart.com</a>
Report on Short Session Senator Kathy Harrington, Co-Chair	<p>Senator Harrington reported that the Task Force voted at the last meeting to endorse the Healthy Corner Store Act which passed, and \$250,000 was included in the budget. She thanked members for endorsing access to healthy food to prevent heart disease and stroke and for the efforts made to pass this bill.</p> <p>She announced that the final budget also included \$250,000 for You Quit, Two Quit, a perinatal smoking cessation program which the Task Force was following but did not vote to support officially.</p>	
Stroke Advisory Council Report Peg O'Connell, Vice Chair, Stroke Advisory Council	The Stroke Advisory Council, established by statute in 2006 to advise the Justus-Warren Heart Disease and Stroke Prevention Task Force on a comprehensive system of stroke care, has developed and adopted a list of 15 priorities and formed three work groups: Integrating and Accessing Care; Prevention and Public Awareness; and Post-Stroke Health. Meeting minutes, including the list of priorities, are posted on the website.	<a href="#">SAC meetings/10-13-16 SAC Minutes</a>
Action Agenda Process Anna Bess Brown, Executive Director	<p>Anna Bess Brown reviewed the structure and duties of the Task Force and shared an analysis of the current North Carolina Plan for Prevention of Heart Disease and Stroke 2012-2017, the report to the Legislature and Governor, and member priorities. She presented the Action Agenda process.</p> <p>During Q&amp;A, Anna Bess clarified that the Action Agenda process would be repeated yearly and that the Action Agenda would be updated as new recommendations are added, as action is taken and as legislation moves forward. A member asked how the Task Force will promote the applications. The Executive Director will post applications on the Start With Your Heart (SWYH) website, disseminate through the JWTF listserv, and share with partners including the NC Alliance for Health and the NC Child Fatality Task Force.</p> <p>The Action Agenda will be posted on the website. A Task Force member asked if the process would be repeated before each session. The answer was yes. Another member commented that it would make sense for it to follow the session calendar. A member expressed support for the Action Agenda and cautioned about taking on too much in the first cycle as the timeline is short. The co-chairs discussed whether January 9 must be the hard cut-off for accepting recommendations and noted that a March deadline would allow more time. Representative Carney suggested the chairs talk with leadership for a waiver that would allow the Task Force to meet during session. Senator</p>	Action Agenda Process presentation posted at <a href="http://startwithyourheart.com/Meetings">startwithyourheart.com/Meetings</a>

Agenda Item	Discussion Points	Action Items
	<p>Harrington asked for a motion to adopt the Action Agenda process. Chris Dobbins formalized the motion, Brian Forrest seconded; and members voted unanimously to adopt the Action Agenda with an option to change the timeline. Next, Senator Harrington recognized Representative Carney who exhorted, "Let's get busy."</p>	
<p>Tobacco Use in North Carolina Sally Herndon, Tobacco Prevention and Control Branch, NC DPH</p>	<p>Sally began with reminding everyone that we were meeting on the 2016 "Great American Smokeout" day. According to the Surgeon General's report, "The Health Consequences of Smoking: 50 Years of Progress," smoking is causal for heart disease, and secondhand smoke is now also listed as causal for stroke. Sally gave the status of tobacco/nicotine use in NC today; 19.1% of North Carolina adults are smokers which is higher than the national rate of 16.8%. She explained that we do know what works to prevent and control tobacco use: educate kids and decision makers and drive the demand for tobacco cessation programs. Smokers who get at least 4 coaching calls and nicotine replacement therapy are 3 times more likely to quit successfully than those who try to quit on their own.</p> <p>Members raised questions and concerns about funding cuts to the Quitline which serves smokers who want to quit. There are 1.5 million smokers in NC, and demand for Quitline services is outstripping the funding. Task Force member Frank Amend asked if there is anything the Task Force could do to help. Members asked, "What is the basic number needed to meet the current demand for Quitline services?" Senator Harrington explained that as Appropriations Chair, she works through the budget with the committee when they receive it from the subcommittee level. Representative Carney added that if there is a need, the Task Force should ask. She stated that you might ask for \$500,000 and get \$250,000. Frank Amend agreed we should submit. Brian Forrest, MD noted that the Quitline should be fully funded. Dr. Forrest states that \$2.00 per smoker is allowed and should be raised to \$5.00 per smoker. E-cigarettes are being targeted at youth, and use is increasing dramatically with little knowledge of long-term effects.</p> <p>A member noted that hookah use is also increasing. Shonda Corbett said that NC Central University is smoke free, and Sally Herndon added that DPH is working to ban smoking on college campuses to make smoking non-normative. Sally offered to show the contents of the "Tox Box" following the meeting so all could see what is being marketed to youth.</p>	<p>Speaker presentations posted at <a href="http://startwithyourheart.com/Meetings">startwithyourheart.com/Meetings</a></p>
<p>Active Living Lori Rhew, Community and Clinical Connections for Prevention and Health,</p>	<p>Lori Rhew presented on the benefits of active living for health. She shared the physical activity recommendations and described how physical activity reduces risks for chronic disease. Lori noted that Task Force member Sherée Vodicka was instrumental in the legislation on Open Use which makes school property</p>	<p>Speaker presentations posted at <a href="http://startwithyourheart.com/Meetings">startwithyourheart.com/Meetings</a></p>

Agenda Item	Discussion Points	Action Items
NC DPH	<p>available to the public for recreation purposes and promotes physical activity. Copies of the following brochures were offered to all in attendance: 1. North Carolina's Plan to Address Obesity: Healthy Weight and Healthy Communities 2. Move More: A Toolkit for Promoting Open Use of School Property in North Carolina.</p> <p>During Q&amp;A Lori Rhew was asked how Open Use would be marketed. She explained that online training and marketing are being developed to promote the new Open Use policy. The YMCA provided signage for the Burlington/Alamance County school district to announce its Open Use policy. Senator Harrington added that parks funding is available for upgrading and building parks and that there is a parks trust that supports funding especially for people with disabilities.</p>	<p>The Plan and Toolkit handouts are available for download and print at <a href="http://eatsmartmovemorenc.com/ESMMPPlan/ESMMPPlan.html">eatsmartmovemorenc.com/ESMMPPlan/ESMMPPlan.html</a></p> <p><a href="http://eatsmartmovemorenc.com/School.html">eatsmartmovemorenc.com/School.html</a></p>
<p>Healthy Eating Zandra Alford, Dept. of Agricultural and Human Sciences, NC State University</p>	<p>Zandra Alford presented information on healthy eating in combatting chronic disease. She shared a new resource <a href="http://medinsteadofmeds.com/">medinsteadofmeds.com/</a> which contains information, videos, and recipes promoting the Mediterranean diet for better health.</p> <p>In response to questions, Zandra explained that a tool to identify healthy food choices for those who live with a limited budget is being developed. Dr. Forrest expressed his appreciation for the Med instead of Meds brochure and said that he would begin using the resource immediately in his practice. Zandra was also asked about affordability. She discussed the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed) and added that frozen and canned food options can be just as good as fresh. Senator Harrington suggested we share the link for the website in the minutes.</p>	<p>Speaker presentations posted at <a href="http://startwithyourheart.com/Meetings">startwithyourheart.com/Meetings</a></p> <p>The Med instead of Meds brochure is available for download and print at <a href="http://medinsteadofmeds.com/">medinsteadofmeds.com/</a></p>
<p>Closing Remarks Senator Kathy Harrington, Co-Chair</p>	<p>Representative Carney commented that the presentations provided members with great information and asked, "What will the Task Force do with the information?" She stated that we want to be active. Everyone in the room is working these issues. Perhaps we can change the habits of our adolescents. She suggested sharing the presentations with the Child Fatality Task Force. She noted that the chairs will inquire about waiving the regulation limiting the Task Force to meeting only when the legislature is not in session in order to increase the interaction and keep the momentum going.</p> <p>Senator Harrington encouraged all to educate their legislators as legislators count on constituents to keep them informed about their needs.</p> <p>A motion to ask for a report on Quitline funding needs passed unanimously.</p>	<p>A motion to ask for a report on Quitline funding needs passed unanimously.</p> <p>The chairs will inquire about the ability of the Task Force to meet after session begins.</p>

Agenda Item	Discussion Points	Action Items
	<p>A member suggested placing “Tox Boxes” in schools to help educate students about e-cigarettes.</p> <p>Senator Harrington shared that Open Use can be used by Parks and Rec. Representative Carney talked about <a href="#">Open Streets 704</a> in Charlotte which encourages walking and biking and engages families.</p> <p>Kathryn Lawler shared her work in Brunswick County which has adopted a ban on smoking, tobacco/nicotine use in parks and recreation areas.</p> <p>Representative Carney encouraged members to share their ideas with the chairs. Senator Harrington thanked all for attending and reminded Task Force members of the November 28, 2016 deadline for filing a travel reimbursement request for today’s meeting.</p> <p>The next Task Force meeting is <b>11 AM- 1 PM on January 9, 2017.</b></p>	