

SHAC Meeting Minutes

Date: February 22, 2024 Time: 2:30pm

Location: Charlotte Library (South Blvd. Library), 4429 South Blvd, Charlotte, NC 28209

Meeting Attendees: Irini McCarthy, Treva Johnson, Kerry Barbera, Sahsine Davis, Ursula Douglas, Molly Rush, John Concelman, Andrew Romberger, Jenn Vedder, Krista Collins, Rosy Crumpton, and Allison Nelson

#2:

health, wellness and safety.

Welcome, Introductions, and Icebreaker

Introduced Krista Collins, CMS Health & Wellness Manager

Office of Chronic Disease Policy & Prevention Action Plan (Allison Nelson)

Our Action Plan is based upon the data in the 2022 Mecklenburg County Community Health Assessment (CHA). This identifies our community's assets, needs, and priority areas of focus for community health improvement planning. Chronic diseases account for seven of the ten leading causes of death. This represents over 50% of deaths in 2021. The mortality rate has increased over the past decade with a dramatic increase in 2020 and 2021 due to COVID-19, the third leading cause of death. Those with chronic conditions have a higher risk of severe illness and death from COVID-19. Focus Area 1: Built Environments for Active Living-increase and improve opportunities for physical activity with a focus on bicycle and pedestrian safety. Focus Area 2: Food Security-increase and improve healthy food environments and strengthen healthy food access. Focus Area 3: Tobacco Prevention and Control-increase and improve the number of tobacco-free environments and prevent youth tobacco use.

American Heart Association Program Overview (Irini McCarthy)

The American Heart Association's work in communities that drives equity: We reduce the risk for women ... address community needs during the pandemic ... work to end e-cigarette and tobacco use ... provide tools and programs empowering people to lower their blood pressure ... improve nutrition security ... and build mental well-being. heart attack is when blood flow to the heart is blocked, and sudden cardiac arrest is when the heart malfunctions and suddenly stops beating unexpectedly. A heart attack is a "circulation" problem and sudden cardiac arrest is an "electrical" problem. Hands-Only CPR is CPR without mouth-to-mouth breaths. Automated external defibrillator (AED) is a lightweight, portable device that delivers an electric shock through the chest to the heart. The shock can potentially stop an irregular heartbeat (arrhythmia) and allow a normal rhythm to resume following sudden cardiac arrest (SCA). Life's Essential 8: Identifies the 8 most important factors for cardiovascular health - 4 health behaviors and 4 health factors. Health factors: Blood Pressure, Blood Lipids, Healthy Weight, and Blood Sugar Health behaviors: Not smoking or vaping, Adequate Sleep, Healthy Diet, and Physical Activity

School Health Teams (Treva Johnson)

Quarterly check-in meetings with School Health Team Ambassadors/Champions on 11/20 & 11/21 School Health Team Meeting Survey link was sent out so all m

Workgroup Sub-committee
(Treva Johnson)

Our focus will shift in creating a SHAC Playbook with students in mind. The goal is for sub-committees to meet to come up with initiatives, activities, and resources schools could use. The goal is to roll-out the playbook next school year. See the list below of the



