

The Cleveland County Public Health Board met on Tuesday, May 14, 2024, at 6:00 p.m.

Board members present: Chair Sara Karner, Vice-Chair Kale Meade, Ronnie Whetstine, Robert Miller, Marty Hamrick, Christina Alexander, Henry Gilmore, Heather Bridges Moore, and Nancy Cline

Health Department staff present: Tiffany Hansen, DeShay Oliver, Heather Voyles, Leslie McSwain, Nathan McNeilly, Andrea Power, Anne Short, Intern Jacey Hillman

County Attorney present: Martha Thompson (remote)

CALL TO ORDER/WELCOME:

Chair, Sara Karner called the meeting to order at 6:00 pm and welcomed everyone.

Mr. Miller gave the invocation.

CITIZEN RECOGNITION:

No citizens requested to appear before the Board.

APPROVAL OF AGENDA FOR MAY 14, 2024, PUBLIC HEALTH BOARD MEETING:

Chair Karner presented the proposed agenda for the May 14, 2024, Public Health Board meeting for consideration of adoption.

Motion: A motion was made by Robert Miller with a second by Kale Meade to adopt the agenda for the May 14, 2024, Public Health Board meeting as prepared. The motion carried unanimously.

APPROVAL OF APRIL 9, 2024, PUBLIC HEALTH BOARD MEETING MINUTES:

Chair Karner presented the April 9, 2024, Public Health Board meeting minutes for consideration of approval.

Motion: Henry Gilmore moved that the minutes of the April 9, 2024, Public Health Board Meeting be approved, and Ronnie Whetstine made the second. The motion carried unanimously.

HEALTH EDUCATION PRESENTATION:

Chair Karner introduced Anne Short with the Health Education Presentation. Anne began by explaining the purpose of health education and health promotion. Health Ed delivers education, prevention and early intervention programs to residents of Cleveland County to prevent, delay, or

reduce the onset of risky health behaviors. The programs we provide must be evidence-based, medically accurate and age-related and culturally appropriate for the selected audience. The information is delivered to individuals, in classrooms, in other group settings or community events with flexibility in time and place. The health education team consists of 5 full-time staff who are Anne Short, MBA, Haley Jones, BS, Hallie Boggs, MPH, Alisha Heavner, CHES, and Zakoya Spikes, BS. We are using two frameworks for health education with one of those being population health, and the second one being social determinants of health. Health education consists of many programs as follows: One of our areas of emphasis is Nutrition and Healthy Food Choices. We offer “A Bag in Time” emergency food to cover four to six meals for a family over the span of a 2 to 3 days depending on the size of the family. We also started the Med-South Program that teaches healthier Southern eating with a Mediterranean twist. There are five classes that are 45 minutes each, taught on site. We have had 59 individuals participate to date. Another area of emphasis is Physical Activity and Active Living. The Live Healthy Cleveland County brochure has a list of all the walking trails, playgrounds and recreational amenities in Cleveland County. National Exercise Day took place on April 18, 2024, and CCHD did participate with a rotation of five cardio-vascular exercises completed in a 15-minute cycle. Another area of focus is the Minority Health Council. This group serves as our Equity Advisory Council to help identify health disparities in Cleveland County. One of the major focus areas for Health Ed is Reproductive Health and Safety. We originally started the Adolescent Pregnancy Prevention Program in 2015. We currently receive \$100,000 annually to aid in teaching 5288 students in middle and high schools with a focus on positive decision-making to aid in reducing teen pregnancies and education about sexually transmitted infections. A new curriculum for classroom instruction is to begin in FY 2024-2025 that will be called the 3 Rs: Rights, Respect and Responsibility. We will also begin rebuilding the Youth Advisory Council and update the Private Matters Student Resource Guide and Parent Survival Guide. The Teen Pregnancy Prevention Coalition serves as the Community Advisory Council for the Adolescent Pregnancy Prevention Grant. In May we will celebrate Adolescent Pregnancy Prevention Month with a special event set for Tuesday, May 21, 2024, at 6:30 PM at the Health Department for parents and students. During the months of June and July we will collect feminine hygiene products to distribute to students that need them through our school nurses. We also have a focus area around substance misuse prevention through the S.O.A.R (Student Options and Redirection) Program. This program is a diversion program for students who violate substance abuse policies in Cleveland County schools. The program consists of four sessions led by certified Community Health Educators. We use a substance abuse subtle screening inventory for assessment of current and future chemical dependence. The program involves both the students and parents with information tailored to each student’s needs. We also collaborate with the HealthCare Foundation and Safe Kids to offer a one-day Safe Sitter class designed to prepare students in grades 6-8 to be safe when they are home alone, watching younger siblings or babysitting. We have three classes scheduled this summer that will take place on June 25, July 10 and August 1. The Health Education team also provides staff training support. We have four community health educators that are trained to teach the basic life support provider course, BLS renewal course and to conduct skills practice and testing sessions for HeartCode BLS for Cleveland County Health Department staff members. We also provide QPR training to all staff upon hire. QPR stands for Question. Persuade. Refer. Question---a person about suicide. Persuade...someone to help. Refer...someone to the appropriate resource. QPR training can assist staff in helping to identify someone that is in

a depressed state and how to help them get the help they need. Health Education is also responsible for the Community Health Assessment that is done every four years with our most recent CHA due in Summer 2024, the Community Health Improvement Plan that must address two identified health issues, currently being teen births and drug overdose deaths, and the State of the County Health Report (SOTCH) which includes our community health scorecard. The SOTCH is published in years when a CHA is not completed. Anne also explained that Health Education planned staff appreciation events that included lunch for all staff during National Public Health Week. The slogan was Protecting, Connection, and Thriving. We are All Public Health. Resource Guides are updated annually by Health Education. The resource guides are the Cleveland County Resource Guide, Private Matters for Cleveland County Youth, and the Parent Survival Guide for Middle School Parents. Our health educators also perform suitcase presentations. The presentations are available to community groups upon request. The reason behind the name is because all materials can be contained in a rolling cart for delivery. The presentations are developed with age-related and culturally appropriate materials. Anne explained that we also host non-clinical student internships via partnerships with Appalachian State University, UNC-Chapel Hill, UNC-Greensboro, UNC-Charlotte, and East Carolina University. We also have new activities coming soon that will include Diabetes Prevention/Education and Gambling Prevention—Stacked Deck gambling prevention program focusing on high school and college youth.

COMMUNITY SATISFACTION SURVEY RESULTS:

Chair Karner introduced Anne Short with the Community Satisfaction Survey Results. This survey is required annually to meet accreditation requirements. This survey is made up of 5 questions and distributed via email to various partners throughout the County. There were 74 total responses to this survey that was active during the dates of March 19, 2024, through April 30, 2024. The questions are as follows:

1. Have you, in the past 12 months, used Cleveland County Health Department clinical services (for example, dental clinic, child health clinic, immunizations, etc.) or programs such as WIC, health education or environmental health? 38 respondents answered no, and 36 respondents answered yes.
2. How would you rate your satisfaction with your experience? 34 respondents answered excellent, 6 answered very good, 1 answered average, 1 answered not so good, and 27 answered not having used our services.
3. The staff members were polite and professional in their interactions with these services. 32 respondents strongly agree, 9 respondents agree, 2 respondents strongly disagree, 12 respondents answered that it is not applicable, and 8 respondents answered that they have not used our services.
4. Are you satisfied with the health department's hours of operation for regular services? 51 respondents answered yes, 1 respondent answered no, and 9 respondents answered that it was not applicable.

5. Would you refer your family or friends to the health department for services? 51 respondents answered yes, 2 respondents answered no, and 7 respondents answered that it was not applicable to them.

Chair Karner asked how we decide on who receives the emails for the survey. Anne answered that the emails are sent out to all our partners and via all resources available including social media.

MISCELLANEOUS:

Chair Karner asked if there was any miscellaneous business to discuss. DeShay Oliver shared information on an Opioid Public Meeting that will be held on May 22, 2024, from 9 AM until 11 AM at the Cleveland County Health Department in our conference rooms. We will discuss current opioid data, strategies, and resources in our County. We will also discuss opportunities for new strategies and next steps. DeShay also reminded everyone that our Summer Days Healthy Ways event is planned for this coming Saturday from 10 AM until 2 PM rain or shine. Chair Karner asked about the flyer for sharing. DeShay said she would send that flyer out to everyone via email for sharing.

ADJOURN: 6:41 PM

There being no further business, Chair Karner called for a motion to adjourn.

Motion: Henry Gilmore moved, with a second by Robert Miller, that the Cleveland County Public Health Board meeting be adjourned. The motion carried unanimously.

RESPECTFULLY SUBMITTED,



Tiffany Hansen, Secretary
Cleveland County Public Health Board