

Pitt Partners for Health

Date: January 14th, 2020

Time: 8:30-10:00am

Location: Zoom

Mission statement: To improve the population health of Pitt County through coalition building and partnership



Present	(31 participants total all not listed)	
New!	John Britt (New Community Paramedic)	
Welcome	Robin started the meeting	
Minutes	Vicki made Motion to approve minutes with no changes. Second by Alice	
Agenda Item	DISCUSSION / NOTES	ACTIONS
COVID Update <i>(Silvernail vis Robin as Proxy)</i>	<ul style="list-style-type: none"> • 1801 active cases over the last 14 days (about 128/day) • Over 12,000 cases to date (Pitt Co residents) • Estimated recovered 10,316, Deaths = 69, 13.2% tests returning positive • 224 vaccinations for those 75+ (by appt only). Booster will be easier to do by working with Vidant to administer to eligible groups. Waiting list protocol will now be implemented with appts available online (name, phone number, DOB, and email address needed) • Hotline number for questions is 252-902- (hit option 7) • Information shared via press release, calls to local pastors. More avenues need to be explored because Seniors are not getting the information in addition to anxiety, depression, and hopelessness due to the pandemic 	Visit PCHD page for more information on Vaccine waitlist for those 65+
Agenda Item	New Year, New You 2021- Time for Change	ACTIONS
Brenda Leigh	<ul style="list-style-type: none"> • New Year Resolutions, do they work? • Try a new approach that focuses on the why, how and what • Read Michael Pollan: Food Rules. 45 min read to impact your nutrition goals. “eat food, not too much, mostly plants”. Quote is referring to real food • Eat only foods that eventually will rot. Will have no preservatives and chemicals harmful to your body and harmful to your nutrition goals • Redefine fast food by prepping raw fruits and veggies. Can also cook and freeze beans to add to soup later • Resources to help: Forks over Knives, Dr. Gregors Daily Dozen App, Fooducate App Sticky note reminders • Be sure to keep moving! By getting out into nature, making exercise mandatory (not optional) and taking advantage of virtual resources on the Vidant Wellness Facebook and YouTube page 	Brenda will email change will for members
Agenda Item	Presentation	ACTIONS

<p>HPHC Update</p>	<ul style="list-style-type: none"> • EQ survey will be distributed after the meeting. Members are asked to complete the survey by Jan 31st • PPH year and review slideshow was shown to members. Significant growth in Kids in Parks, CATCH, and WalkWise NC. Action teams have also progressed in goals in spite of COVID 19 setbacks. 	<p>Tiera will email link to slideshow and send out link to EQ survey.</p>
<p>Announcements:</p> <ul style="list-style-type: none"> -Lydia reminded everyone we needed a single document with DPP groups listed to combine efforts and better collaborate. Will take lead if everyone will agree to send information. KCC also having grocery giveaway on Saturday, 12pm to 2pm. For ANYONE who needs food. Can also pick up for someone else -Remember to promote curbside meals with PCC. Also job opening for nutrition supervisor -MHFA will be available online. Look for flyer in email. Help save lives!! 		

Next Meeting: February 11th 2020

Location ZOOM