



KFAP Minutes September 24, 2009
State Lab Building, Frankfort, Kentucky

Members present and representing: Department for Public Health: Dr. Ruth Ann Shepherd, Shelley Adams-Child & Family Health Improvement (Linda Lancaster's replacement), Trina Douglass and Regan Hunt (for Mary Sue Flora); St. Elizabeth's Healthcare: Kristin Theobald; March of Dimes: Katrina Adams-Thompson; Fayette Co. HD: Nicole Nicholas; Louisville Metro HD: Susan Borders; and the BRDHD: Diane Sprowl, & Susan Brown.

Members unable to attend: From the Trover Clinic in Madisonville: Sarah Almon and LeAnn Todd; Lexington Central Baptist Hospital: Shari Stewart; Madison Co HD: Kelly Owens pregnant EDC 9-25-09 unable to travel; Northern KY Independent District: Sherri Hoffman; Spina Bifida: Jennifer Riley (Health Fair that day); OB/Midwifery Practice in Bowling Green: Leigh Ann Lindsey (patient care); DPH: Debra Israel (meeting conflict), Susan Reffett-position change no longer involved with FA); WKU: Deanna Hanson (Teaches clinicals on Thursdays); Monroe Co HD: Jill Ford-a last minute meeting was called locally to discuss the H1N1 virus.

- Call to order: Susan Brown
- Welcome and Introductions: Sign in sheet, as each member told their name and where they were from. Shelley Adams with the DPH is attending her first KFAP meeting today as Linda Lancaster's replacement. Also attending her first KFAP meeting today is Regan Hunt, filling in for Mary Sue Flora. Katrina Adams-Thompson informed the group that Shari Stewart had a last-minute scheduling change and wouldn't be here today.
- Diane Sprowl made "folic acid rich" foods to share with the group in celebration of our 10th anniversary of the KFAP.
- Approval of the Minutes from 5-28-09 (Katrina Adams-Thompson made the motion to approve the minutes as written and Susan Borders seconded the motion)
- Chairman's Report: Dr. Ruth Ann Shepherd:
Dr. Shepherd presented a PowerPoint Presentation on the results of data gathered from the 500 participants at the 11 statewide MCH forums:
 - Purpose: Block grant reviewed every 5 years with updates based on this data
 - Process: one year ago public health professionals accessed survey monkey, to offer their opinions of the top health concerns within their communities

- The top 3 concerns then, were obesity, teen pregnancy and smoking
- Then: Patient response data was collected from the 3,000 returned surveys received from across the state.
- Those respondents fell into three groups:
 1. Pregnant women
 2. Teens
 3. New moms
- The top three healthcare concerns from each of these three groups was determined as follows:
 - ✓ Pregnant women chose: 1. Second-hand smoke, 2. Child abuse, 3. Car-seats and booster seats
 - ✓ Teens chose: 1. Substance abuse, 2. Teen pregnancy, 3. Teen smoking
 - ✓ New moms chose: 1. Obesity, 2. Depression, 3. Smoking
- During the open forums tables were designated for each of these 6 hot topics:
 1. Obesity
 2. Substance Abuse
 3. Health/Immunizations
 4. Smoking
 5. Teen Pregnancy
 6. Dental Care
- The top two *consistently* hottest topics from the 11 forums were
 - ✓ 1. Obesity (which was expected) and
 - ✓ 2. Teen pregnancy (that wasn't expected to be a hot topic).
- The top three *consistent* measures suggested to help fight obesity included:
 - ✓ 1. Mandated PE in all KY schools;
 - ✓ 2. Increased cooperation among agencies; and
 - ✓ 3. New WIC EBT system can monitor what foods moms are purchasing which their WIC. This arms RDs with the ability to provide more personalized nutrition counseling based on what choices the client made at the grocery store.
- Additional topics discussed at the forums included:
 - ✓ Mental health: Stigmas remain with mental illness and referral is an issue when found
 - ✓ Prenatal/preterm care-Getting the right people hooked up with the right services is a big problem in the HBWW areas
- Healthy Babies are Worth the Wait (HBWW) ends in December—data collection and analyzing—6 more months. Expanding to also include the comparative sites/BRDHD.
- KY still 46th in nation for PTB—2005 data shows us at over 15%--but data from 2006 & 2007 shows us below 15% in PTB.
- What lies ahead and what messages do we need to continue repeating?
 - ✓ Folic Acid helps prevent preterm births and with 50-70% of all PTB being spontaneous, this is a message that all women need to hear.
 - ✓ Vitamin D deficiencies are linked to vaginal infections, including the most common—bacterial vaginosis, which is also a risk factor for PTB.
 - ✓ FIMR (Fetal/Infant Mortality Review) This project investigates fetal and infant deaths to identify potential preventive measures and implementation of community and statewide interventions to reduce fetal and infant mortality.
 - ✓ Possibility of using St. Elizabeth's data to look at our births and compare those who stated they took folic acid in that specific grant's survey, to see what their numbers are for PTB. (Kristin will take this back to St. Eliz. for discussion).

- ✓ 10th year anniversary of the KFAP (9-7-99): Dr. Shepherd suggested *possibly* using this opportunity to highlight the KFAP history, its' message and current focus during the next KPHA conference in the spring.
- Kristin Theobald-St. Elizabeth Healthcare, "Friend to Friend Folic Acid Campaign:"
 - ✓ Please see the detailed attachment that explains this grant more fully as described in the St. Elizabeth Newsletter. Members received medicine boxes & magnets.
- Committee Reports:
 - Community, Diane Sprowl: Encouraged members to check out the CDC website—much improved with updated webcasts, podcasts, and PSAs with preconception info. HBWW has a Facebook page. Diane and other members offered input about possible ways to reach our CBA audience via You Tube and Twitter, and the possibility of getting a PTB/FA/KFAP iphone app to reach users of the popular iphone. It was suggested that perhaps the CDC would be willing to pursue this further as a way to promote folic acid use. Technology has changed the way young people think and learn as Diane has seen with her WKU students. It recently came to her attention via a couple of graduate nursing students that the abbreviation MTOBP means "mom tired of being pregnant." More proof that the public remains unconvinced and therefore unsupportive that having a baby a few weeks early is cause for concern. (Dr. Shepherd agreed and commented that the KET program on PTB that was filmed early in the year—still not been aired b/c their administrators are confused as to why PH isn't more concerned about the *bigger* problems we have in the state like diabetes and heart disease. They just don't see PTB as a big issue). Community will meet afterwards to discuss and finalize the 2010 plan, and update the evaluation of the 2009 plan.
 - Professional, Katrina Adams-Thompson: Provided members with copies of the 2009/2010 Professional Plan and reported on current progress and future objectives. Professional will also meet following this meeting.
 - Media, Shari Stewart/Beth Crace Fisher: Neither Co-Chair was able to attend today's meeting but Shari Stewart sent word that she and Beth plan to meet soon to finalize their 2009/2010 plans.
- Old Business:
 1. Expansion of HBWW: To the three comparable site locations, and to the Barren River District Health Departments.
 2. Update from KPA Conference June 2009: Katrina reports 100 attendees down from 160 the previous year. The agenda listing speakers and topics still posted on the KPA website. The KPA Board meets Oct 1, 2009 with current chair Amy Snell, and Dr. Pam Hodges coming in as the new chair in 2010.
 3. Prematurity Summit will be held in two locations this year: Paducah on November 12th and Lexington on November 17th (Prematurity Day-wear purple).
 4. Friend to Friend Campaign Grant-previously reported
 5. Using the new WIC packages as an incentive for BFG: New changes have occurred and every effort was made to reward breastfeeding mothers and babies with additional foods if they are exclusively breastfeeding during the first six months and continue to breastfed throughout the entire first year.

6. FU to 2008 plan to reward area restaurants who go smoke-free: Several communities have been successful in banning smoking in ALL public places, while other areas continue to struggle with this. The BRDHD has been providing “Certificates of Appreciation,” to those restaurants that choose to go smoke free. The names of these establishments are also posted on their website.

- New Business—Members Share:

1. Susan shared this note from Debra Israel, “It is concerning that the numbers of members participating in the KFAP meetings are continuing to decrease. It may be time to complete a survey of KFAP members and get their input on the meetings and what they feel would help participation.” There was discussion among members and these were the recommendations made:

1. Shelley and Trina will talk with Dr. Shepherd to see if she would agree to send letters out in January, to all HD Directors, encouraging their agency’s participation in the KFAP. Since January is National Birth Defects Prevention Month and Folic Acid Awareness week, it would be a good lead in for Dr. Shepherd’s comments and request for their participation.
2. Members agreed that meeting in person is more enjoyable than meeting via videoconference and decided to meet in person during the May and September meetings, and via videoconference during our January meetings (this should also help us to avoid any travel problems due to inclement weather).
3. The dates for 2010 are: 1-28-10/videoconference; 5-27-10/State Lab; 9-23-10/State Lab. (Trina will book the press room for those dates).
4. Mention was made to investigate whether meeting via webcasts would be an option. Diane Sprowl will investigate and report back in the January meeting (i.e. gotomeeting.com). If this is a doable option, the group suggested that we may want to consider changing our meetings from only three times per year—to quarterly meetings—with two via webcast and two via traveling to Frankfort to network face-to-face.

- Trina Douglass wants members to know that the GIFTS program is expanding.
- She also shared that a local AHEC office provided a PTB training using the HBWW prematurity toolkit materials. Participants were given both pre and posttests. Only 18-28% passed the pretest, but 100% of the participants passed the posttest.
- Regan Hunt provided an updated chart showing the NTD rates for KY Residents from 1998 through 2006 with copies distributed to all members present (an attachment will also be sent with the minutes). Our thanks to both Regan and Mary Sue Flora for this update. FYI: The *finalized* 2007 data should be available soon and will be incorporated.
- Susan Brown shared that there is a conflict with the November 17th Lexington Prematurity Summit date. The KDPH Nutrition Services Branch is offering a two-day Train the Trainer session for “The Business Case for Breastfeeding,” that may take away from some our intended audience, with this being the first year the Prematurity Summit has offered Breastfeeding on the agenda. Their training is set for November 16th and 17th 2009, in Frankfort. Perhaps those affected by the conflict that would normally attend in Lexington, might consider making the trip to Paducah instead, and attend the Summit on November 12th.

- The meeting was adjourned with a group of 6 members able to remain to attend the sub-committee meetings, at O 'Charley's.

KFAP Minutes Prepared and Distributed October 15, 2009
Per Susan Brown, Kentucky's Folic Acid Campaign Coordinator