



**Justus-Warren Heart Disease and Stroke Prevention Task Force
Minutes for December 9, 2020 meeting**

| Agenda Item | Discussion Points | Action Items |
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| Meeting Attendees | <p>Members: Stephanie Dorko Austin (daughter born with heart defect); Helen Brann (Hospital Administrator, Duke); Senator Jim Burgin; Commissioner Sherry Butler; Representative Becky Carney (Co-Chair); Beth Daniel (Associate Director of Medical Policy, Division of Medical Assistance, DHHS); Carolyn Dunn (NC State); Rebecca Freeman (NC Div. Aging and Adult Services); Ashley Honeycutt (UNC Rex, Licensed Dietician/Nutritionist); David Huang (UNC Health Care); Representative Frank Iler; Kimberly Moore (Communications Professor, NC Central); Wanda Moore (Registered Nurse, Brunswick County); Deborah Holt Noel (UNC TV); Ruth Gilliam Phillips (Director, NCCU Student Health & Counseling); Joey Propst (Stroke Survivor); Senator Vickie Sawyer (Co-Chair), Ryan Swanson (Pharmacist, BCBSNC), Sheree Vodicka (Licensed Dietician, Eat Smart, Move More NC); Representative Larry Yarborough.</p> <p>Partners: Susan Ashcraft (Novant Health); Anna Bess Brown (Task Force Exec. Dir.); Nicole Burnett (UNC Health); Tory Cairns (WakeMed); Amber Carter (Cone Health); Alicia Clark (DPH CCCPH), Sylvia Coleman (Wake Forest Baptist Health [WFBH] COMPASS Study); Ron Cromartie (Innovative Health Care Consulting); Audrey Edmisten (DHHS); Emily Gobble (Central Carolina Hospital); Morgan Wittman Gramann (Speaker, NC Alliance for Health); Sally Herndon (DPH TPCB); Sarah Jacobson (American Heart Assn- AHA); Rayetta Johnson (WFBH); Lorelei Jones (Speaker, Expanded Food and Nutrition Education Program [EFNEP]); Robin Jones (Mission Health); Joanna Keeter (Vidant Health); Mary Jo Kelley (WakeMed); Diomelia Laues (Cape Fear Valley); Monique Mackey (Area L AHEC); Elizabeth Massiah (Alliant Health); Barb McGrath (FirstHealth); Shewana McSwain (Speaker, EFNEP); Jim Martin (Speaker, Director of Policy and Programs, Tobacco Prevention and Control); Phil Mendys (UNC, Pfizer); Nicolle Miller (UNC Asheville); Lisa Monk (Duke); Peg O'Connell (Speaker, Stroke Advisory Council Chair); Manesh Patel (Speaker, Chief, Div. of Cardiology and Co-Director Duke Heart Center); Sharon Rhyne (DPH CDI); Birtha Shaw (Diabetes Supply); Tish Singletary (DPH CCCPH); Alan Skipper (NC Medical Society); Erica Palmer Smith (Speaker, Care4Carolina); Wayne Sullivan (Johnson & Johnson); Sarah Van Horn (Blue Ridge Health); Julie Webb (Duke); Renee White (Vidant Health); Joyce Wood (DHHS CDI).</p> | List of members posted at startwithyourheart.com/justus-warren-heart-disease-and-stroke-prevention-task-force/members/ |
| Welcome Co-Chair Representative Becky Carney | Representative Carney welcomed all in attendance. She briefly reviewed the agenda and spoke to the many operational changes brought on by COVID-19. | |

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| Roll Call and Approval of January 7, 2020 Minutes Anna Bess Brown, Task Force Executive Director | <p>Anna Bess conducted a verbal roll call for members asking each to note their response for approving the minutes of the January 7, 2020. The minutes were approved by members present with three abstaining from voting.</p> <p>Representative Carney thanked Senator Vickie Sawyer for agreeing to serve as co-chair of the Task Force.</p> | January 7, 2020 minutes posted to startwithyourheart.com/ |
| Undiagnosed Atrial Fibrillation and Risk of Stroke Manesh Patel, Chief, Division of Cardiology and Co-Director Duke Heart Center, Duke Clinical Research Institute, Duke University | <p>Dr. Patel presented <i>Understanding Unrecognized Atrial Fibrillation and How to Help Build a Community Response</i>. Atrial Fibrillation (AF) increases the risk of stroke. It is estimated that 15% of all strokes in the US are AF-related. An unknown condition cannot be treated, but today's smart technology can increase our awareness and support early intervention. Good primary care and screening lead to more anticoagulation. Dr. Huang, Task Force member and stroke neurologist, added that he sees 1-2 patients per week with large strokes who have AF and agreed that it is underdiagnosed and undertreated. He added that those who fall in the coverage gap and are not getting preventive care may have strokes. See Dr. Patel's slides for more information on the presentation.</p> | Speaker presentations posted at startwithyourheart.com/Meetings |
| Stroke Advisory Council (SAC) Report Peg O'Connell, Chair | <p>Peg presented an update on the Stroke Advisory Council's work and congratulated council vice-chair, Chuck Tegeler, on being named Chair of the Dept. of Neurology at Wake Forest Baptist Health. Peg expressed gratitude for his leadership at Wake Forest and with the Council.</p> <p>Last year the Council developed a Stroke System of Care Plan for North Carolina and posted it on our website Start with Your Heart.com where it is regularly updated with new information. This SSC Plan has strategies for prevention and care, and it has multiple resources for each category. The SSC Plan drives the work of the Council. SAC work groups focus on different aspects of the Plan and report to the Council with recommendations. Work group updates:</p> <ul style="list-style-type: none"> • Hospital Survey: This work group developed a Stroke Services Survey to ascertain which stroke services are being offered at each hospital in the state so that we can identify gaps in care. The survey went out to stroke coordinators in all NC hospitals on Oct. 26, and we are currently following up with the hospitals that have not completed surveys. • The Health Information Exchange (HIE) Stroke Registry work group has been meeting to determine which information in the HIE will be most helpful to our understanding of the incidence of stroke and continuity of care. We are working closely with NC Health Connex which developed and maintains the HIE. • The Telestroke work group has gathered information on all telestroke services offered in the state and is updating a map of telestroke sites which will help us identify gaps in service. This group will make recommendations to improve telestroke services. • The Prehospital Assessment work group is examining stroke response and transfer across the state. This group is comprised of representatives from EMS and from hospitals around the state. | Speaker presentations posted at https://www.startwithyourheart.com/justus-warren-heart-disease-and-stroke-prevention-task-force/jwtf-meetings/ |

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| | <ul style="list-style-type: none"> • The SAC Meeting Planning work group has been planning the content of our SAC meetings. Since lockdown, SAC meetings have been held via webinar. Each meeting has included presentations on the expansion of telehealth and on how stroke services have adapted as a result of COVID-19 among other topics. By offering these virtual meetings, we strive to connect folks who are providing stroke care. <p>Peg thanked all the members and partners who have developed presentations for meetings and who serve on work groups to keep this critical work going.</p> | |
| <p>Tobacco Use Prevention and Cessation Morgan Wittman Gramann, NC Alliance for Health</p> <p>Jim Martin, Tobacco Prevention and Control Branch</p> | <p>Morgan Wittman Gramann reported on the current funding needs and requests for funding to cover tobacco use prevention and cessation programs. She noted that there have been multiple reports from Surgeons General (initially in 1964 and 33 reports since) on the dangers of tobacco use and the specific dangers to youth. She described funding gaps for tobacco use prevention and cessation programs in NC. Morgan explained that none of the \$140 million coming to North Carolina yearly from the 1998 Tobacco Master Use Agreement are being used for tobacco use prevention as was the original intention. NC has minimal funding for tobacco cessation. See the full presentation.</p> <p>Jim Martin reported on tobacco use prevention and cessation through evidence-based interventions. He shared statistics of the burden of tobacco use and the rise in use of e-cigarettes by youth. E-cigarettes are an aerosol and not a vapor product; and research shows they increase the risk for stroke, heart disease, and diseased arteries. NC has no funding for tobacco use prevention in the budget, nor does NC have enough funding for tobacco cessation services for all who want to quit. There was a question about incentivizing smokers to quit, and Mr. Martin emphasized the importance of evidence-based interventions. He will follow up with additional information. Another question asked where the Tobacco Master Settlement Money goes. Mr. Martin answered that it goes into the general fund. See the full presentation for details.</p> | <p>Speaker presentations posted at https://www.startwithyourheart.com/justus-warren-heart-disease-and-stroke-prevention-task-force/jwtf-meetings/</p> |
| <p>Heart Disease and the Health Insurance Coverage Gap in NC Erica Palmer Smith, Care4Carolina</p> | <p>Erica Palmer Smith spoke about the increasing gap in health insurance coverage and its impact on residents with cardiovascular disease. As one of only 12 states that has not expanded Medicaid, NC could insure up to 750,000 North Carolinians by closing the gap. Most adults in the coverage gap are working full-time jobs and do not make enough to afford insurance. The impact of COVID-19 on those in the gap, which includes many essential workers, is growing. Task Force member and Director of UNC's Comprehensive Stroke Center David Huang shared his real world experience, "At any time when I'm on service, I have 3-4 patients with no health insurance. There's nowhere we can place them while they await Medicare, and we must turn away others. This is a regular occurrence. It's frustrating; our medical center is 100% full, and we don't know where we'll put all the COVID patients that are coming in. We had this problem before COVID." Ms. Smith responded to a question about the amount of money that would come to our state if NC expands Medicaid: \$11 billion in federal funds. See the slides for more information.</p> | <p>Speaker presentations posted at https://www.startwithyourheart.com/justus-warren-heart-disease-and-stroke-prevention-task-force/jwtf-meetings/</p> |

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| Expand EFNEP Lorelei Jones and Shewana McSwain | Lorelei Jones and Shewana McSwain shared an update from the Expanded Food and Nutrition Education Program (EFNEP) including their increased outreach during COVID. Given the program was primarily face-to-face, EFNEP shifted to online formats and increased their social media presence and print materials in both English and Spanish. They also assisted with emergency food distribution efforts. EFNEP offered lessons by telephone when technology posed blocks to other venues. See the slides for more information on EFNEP's impact. | Speaker presentations posted at https://www.startwithyourheart.com/justus-warren-heart-disease-and-stroke-prevention-task-force/jwtf-meetings/ |
| Closing Remarks Representative Becky Carney, Task Force Co-Chair | Representative Carney thanked presenters, members and guests for participating in the meeting and for their work to prevent heart disease and stroke. The next Task Force meeting will be January 7, 2021 from 1-2:30 pm . Please join us in the new year. Stay safe; wash your hands; wear a mask; wait/stay six feet away to enjoy a healthy, happy holiday season and a bright new year. | Info on future meetings posted at https://www.startwithyourheart.com/justus-warren-heart-disease-and-stroke-prevention-task-force/jwtf-meetings/ |