



Macon County  
Public Health

**MACON COUNTY BOARD OF HEALTH**  
**MINUTES**  
**7/29/2025**

**Members:** Garrett Higdon, Engineer; John Shearl, County Commissioner; Barry Breeden, County Commissioner/Optometrlist position; Dr. Roy Lenzo, Veterinarian; Cortney Patrick, Pharmacist; Dr. Matt Corbin, Dentist and Vice Chair; Angela Stone, Nurse Representative; Dr. Carlos Vargas, Physician; Members of General Public, Jerry Hermanson Chair, Dr. Nathan Feibelman III, General Public; Steve Grissim, General Public

**Members Absent:** Roy Lenzo

**Staff Present:** Kathy McGaha, Christina Stamey, Melissa Setzer, Jennifer Garrett, Chaz Allen, Bonnie Morgan, Kirstyn Smotherman, Jimmy Villiard, Toni Wade and Jessica Baucum.

**Guests:** Warren Cabe, Joanne Roesner, Constance Neely, Stephanie Price and Autumn Lucas.

**Media:** Shelby Powell (The Franklin Press), Bobby Coggins (Macon Media and News), Kristin Fox (Highlands Newspaper)

**Call to Order:** Jerry Hermanson called the meeting to order at 6:14 p.m.

**Welcome/Intro/  
Departures/  
Recognition/  
Announcements:** Kathy McGaha opened the meeting welcoming new staff members, Heather Fregeau (Billing Assistant), Vanessa Wood (Nutritionist), Betsy Alvarez (Dental Program Coordinator), Brianna Goembel (MOA), and Skyler Messer (Clerical Processing Assistant).

**Public Comment:** Jerry Hermanson started Public Comment off by explaining the rules of speaking in Public Comment. Jerry Hermanson explained personnel issues will not be discussed in an open meeting to protect privacy in accordance with state statutes.

Dr. Joanne Rosner was the first speaker during public comment. Dr. Joanne Rosner, introduces herself as a veterinarian and community leader, emphasizing her work in the rescue community and her efforts in providing free vaccinations. Dr. Rosner advocates for the reinstatement of Stephanie Price's certified vaccinator status to reach more pets and criticizes the proposed change to an advisory board structure for the Board of Health.

Stephanie Price was the second speaker during public comment. Stephanie Price shares her experiences working in animal control. Stephanie highlights the issues of closed intake shelters and the need for mobile rescue services to address the problem of strays. She requests her certified rabies vaccinator status back to help the community and emphasizes the importance of proper documentation and records.

Autumn Lucas was the final speaker during public comment. Autumn Lucas thanked the board members for their efforts and supports the reinstatement of Stephanie's vaccinator status. Autumn echoes the concerns raised by Dr. Rosner and Stephanie about the impact of unsanitary conditions on the community and the importance of the Board of Health stay in control of decision-making in public health.

#### **Agenda Approval:**

Jerry Hermanson made a motion to approve the amended agenda adding approval of minutes from the Board of Health's special meeting on 07/17/2025. Matt Corbin asked that the Board of Health's meeting schedule be added to new business on the agenda. Steve Grissim made a motion to approve the amended agenda and Matt Corbin seconded it. The Motion passed unanimously.

#### **Presentation:**

##### Healthy Living

##### Community Events:

Kirstyn Smotherman is the Public Health Education Specialist. Kirstyn done a presented a couple of the community programs. The first program she presented was the "Duck Hunt". The Duck Hunt event is a physical activity initiative encouraging community exploration and local trails. The event includes raffles for prizes to motivate physical activity, with data showing increased physical activity among participants. The next event was the "Healthy Little Chef's" program. This is a monthly cooking class for 5-8-year-olds, which has shown significant improvements in fruit and vegetable consumption among participants. This program is partnered with the Macon County library. According to the parent survey about this program, parents say their children are more excited about eating healthier food and wanting to help in the kitchen preparing meals. Dr, Feibelman asked what the possibilities of being able to over this program in Highlands, NC. Cortney Patrick also showed interest in this program and asked how this program was published to the public. Kirstyn explained the funding that would be necessary to be able to provide this program in Highlands and also explained the different ways the public is informed of these programs. (Please see handouts for more information)

### Macon Milk Program:

Bonnie Morgan is the Breast-Feeding Peer Counselor. Bonnie introduced the “Macon Milk” program, a local mother support group offering free lactation services. The program has seen significant success, with increased attendance and positive feedback from participants. Bonnie highlighted the importance of the program in providing accessible breastfeeding support and the collaboration with WIC and other local organizations. When Bonnie started with this program, initially it was offered twice a month but due to the increase of participation, it is now offered weekly at the Macon County Public Health Building. Dr. Carlos Vargas asked if there were any comments from mothers feeling unwelcomed in certain businesses or places while breastfeeding. Bonnie explained not unwelcomed but uncomfortable usually from the public and not business owners if no area was designated for feeding. Cortney Patrick acknowledged how great this program is. She asked if because of the relationships Bonnie builds with the mothers, was she able to see when there may be times of postpartum depression and if so, are there resources to direct these mothers to. Bonnie explained that she does and has researched and provides information and help with these resources. Dr. Nathan Feibelman asked if this program offered any education to mothers on what kinds of medication could affect their breast milk. Bonnie explained that there are members within this program that can and will. This program also offers books with information on this topic. Bonnie also explained there is a resource called “Mother to Baby”, which you can call or text anonymously anytime for concerns on something that may affect their baby. (Please see handouts for more information)

### **Approval of Previous Meeting Minutes:**

Dr. Carlos Vargas asked that the minutes for 05/27/25 would be amended to add comments from Commissioner John Shearl about developers, fees and taxpayers. Cortney Patrick made a motion to approve the amended minutes. Steve Grissim seconded the motion. Motion passed unanimously.

The approval for the minutes on 07/17/25 were tabled by Jerry Hermanson and will be brought back to the 08/26/25 meeting for approval.

### **Old Business:**

#### **Environmental Health Update:**

Lisa Browning the Environmental Health Admin., provided an update on the Cloud Permit project, which aims to streamline the application process for environmental health permits. The update includes details on the different components of Cloud Permit and the expected go-live date in October. Lisa also shared environmental health statistics, including research requests, septic and well application rates, and inspection rates, highlighting the department's efforts and challenges. Questions arose from the Board asking questions such as, will there be delays due to the new program with the application process or work being performed? Will there be support within this new program since there is the possibility of computer errors? Lisa explained that the only delay would be the educational learning in the beginning for the customers but they would be walking customers through every step. Lisa explained there would not be a delay in the wait period for permits being done. John Shearl showed concern for individuals like himself that

does not use or have computer access or knowledge. Lisa assured John that the paper forms will still be available and no one will be turned away.

#### Finalized FY26

##### Budget Confirmation:

Melissa Setzer is the Finance Officer/ Section Admin. Melissa presented the approved budget expenses and revenues for the FY 26 year, noting minimal changes after review by the county commissioners. The budget includes no new permanent staff members due to the proposal for Animal Services, with positions currently covered by non-recurring funds.

The discussion includes the reallocation of staff within programs and the impact on specific programs like OB care management and private drinking water. Due to the majority of board being new, a lot of questions were asked about what some of the certain programs were and why there were decreases to some of them. There was also a question if the vacant job positions were added into the budget. Melissa along with Jennifer Garrett, the Nursing Director explained in depth the programs and why the changes in the budget. Melissa also confirmed that the vacant positions were calculated into the budget. (Please see handouts for more information)

#### New Business:

##### Follow up from Board of Health Special Meeting:

This follow-up was strictly about the complaint process. There was discussion on how and what contact information will be made public. They also discussed the resolution on the complaint process along with moving the Board of Health meetings to monthly instead of bimonthly. Jerry Hermanson started the conversation asking Warren Cabe, the County Manager what process the county uses for complaints. After explanation from Warren, it was clear it is pretty much the same process the MCPH uses. There was much deliberation and back and forth between the Board, Staff, and the Commissioners that act as Liaisons on the Board of Health. Again, the Board of Health Liaisons reiterated that the Commissioners are paid elected Officials that should have control over Public Health Employees, taking the employees out from under the State. The liaisons were reminded that it was the County Commissioners who voted to appoint the Board of Health members. The Board again emphasized on the fact that it is out of their control to be able to handle any complaints, if the Commissioners are not directing the complaints to the appropriate individuals within the complaint process. The board and staff members showed great frustration that the complaints were never brought to the boards or staff's attention for them to be able to address them. The board asked the liaisons questions about how many complaints on a daily basis do they receive, how they are documented and how they determined the complaints to be legitimate or vindictive. It was agreed by the board that there are certain complaints that would have to be directed to certain individuals of more knowledge and information. Matt Corbin, Kathy McGaha and Warren Cabe discussed issuing county emails for the Board of Health members to receive complaints. Some Board members expressed concern there is a disconnect in the complaint process and needs to be followed

properly for it to be effective and fair. Matt Corbin wants the Board to be informed of any resolutions. Angie Stone said staff needs to be informed of resolution as well. HR explained there are laws protecting employee information, so where staff can be informed that a complaint is being resolved, not all details of the resolution may be disclosed due to laws protecting employee personnel information. A motion was made to approve the complaint process they discussed by Matt Corbin. Angie Stone seconded the motion. The motion passed unanimously. Then there was a motion by Cortney Patrick to move the Board of Health meetings back to monthly rather than bimonthly. Carlos Vargas seconded the motion. The motion passed unanimously.

**Closed Session:**

(If necessary, according to N.C. Statute G.S. 143-318.11)

A motion to go into closed session at 8:05 PM, with a 5-minute break prior was made by Carlos Vargas. Cortney Patrick seconded the motion. The motion passed unanimously. Angie Stone made a motion to come out of closed session and go straight to adjournment at 10:07 PM. Steve Grissim seconded the motion. The motion passed unanimously.

**Next Meeting Date:**

08/26/2025

**Adjournment:**

Adjournment was immediately following the end of closed session at 10:07 PM. The motion was made by Angie Stone. Seconded by Steve Grissim and passed unanimously.

**Minutes Recorded by:**

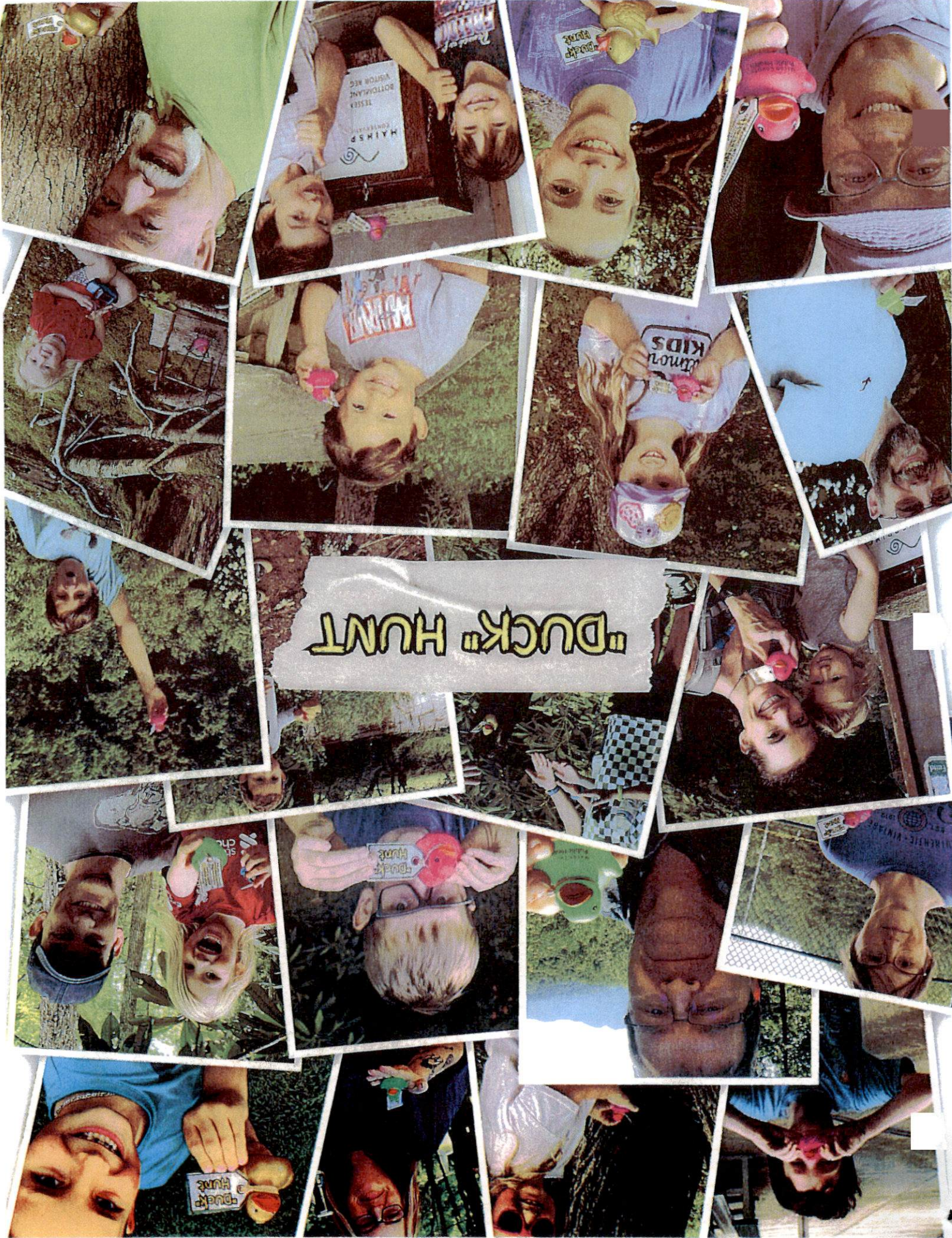
Christina Stamey



Macon County  
Public Health

# Healthy Living Community Events





# "DUCK" HUNT



# "DUCK" HUNT

Year 3: Data & Statistics

---

- MCPH "Duck" Hunt Facebook group membership nearly doubled to 144 members (2024: 74 members)
- Partnered with 4 **new** local businesses whom sponsored prizes this year:
  - Macon County Rec Pool (day pool passes)
  - Highlands Pool (day pool passes)
  - New Visions Training Center (punch cards)
  - WellCare (Asheville Tourist tickets & Well Care swag)
- Hid ducks on 3 **new** trails this year.
  - Tessentee Bottomlands Preserve
  - Dixon Woods Park
  - Harris Lake Park
- 84% of surveyed participants who were aware of the "Duck" Hunt, increased their physical activity and reported that the Duck Hunt motivated them to be more active.



# "DUCK" HUNT

Year 3: Data & Statistics

## Ducks

- **64%** (67 of 104) ducks were found/turned in. (2024: 56%)
  - 76% of Franklin ducks were found. (38 of 50 ducks) (2024: 68%)
    - Franklin Greenway: 80% found (20/25) (2024: 75%)
    - Parker Meadows: 80% found (8/10) (2024: 40%)
    - Tessentee Bottomlands Preserve: 66% found (10/15)
  - 54% of Highlands ducks were found. (29 of 54 ducks) (2024: 46%)
    - Mill Creek Trails: 44% found (8/18) (2024: 43%)
    - Highlands Biological Station: 40% found (6/15) (2024: 50%)
    - Dixon Woods Park: 66% found (10/15)
    - Harris Lake Park: 83 % found (5/6)
- **42%** of those who found Ducks were aware of the event. (2024: 45%)
  - Franklin: 50% of individuals who found a duck were aware of the event.
    - Franklin Greenway: 30% aware of event.
    - Parker Meadows: 75% aware of event.
    - Tessentee Bottomlands Preserve: 70% aware of event.
  - Highlands: 38% of individuals who found a duck were aware of event.
    - Mills Creek Trails: 12% aware of event.
    - Highlands Biological Station: 29% aware of event.
    - Dixon Woods Park: 70% aware of event.
    - Harris Lake Park: 17% aware of event



# Healthy Little Chefs Program Statistics January-June 25'



**INCREASED FRUIT  
CONSUMPTION**

**61%**

**INCREASED VEGGIE  
CONSUMPTION**

**52%**

**FAMILIES TRIED NEW  
RECIPES & COOKED  
MORE**

**100%**

**CHILD SHOWED  
MORE INTEREST IN  
COOKING AT HOME**

**96%**

\*As reported by parents of 23  
different children







## EMPLOYEE *Spotlight*

I empower, educate, and motivate women during their breastfeeding journey. I support families through the challenges that come along with breastfeeding by helping them overcome common barriers. I am a WIC breastfeeding success story myself! I was able to nurse both of my children for a total of 3 years with the support I received from the WIC Breastfeeding Peer Counselor Program. My breastfeeding experience encouraged me to help other moms through theirs.



**BONNIE MORGAN**  
Breastfeeding Peer Counselor

Bonnie Morgan, BFPC- MCPH WIC

- Supports, empowers, and educates families in the WIC community about breastfeeding.
- Advocates for breastfeeding families when needed.
- Promotes breastfeeding to families who are unaware of the benefits.
- Supports moms through their breastfeeding goals, regardless of what they may be.



**Georganna Cogburn, MSHE, RD, LDN,  
IBCLC, RLC**

Continuing Education Planner  
(Region 1 Lactation Trainer)

✉ [georganna.cogburn@mahec.net](mailto:georganna.cogburn@mahec.net)

📞 828-257-4754

Georganna Cogburn, MSHE, RD, LDN,  
IBCLC, RLC

- Region 1 Lactation Trainer
- Helped facilitate a group of individuals to come together for a meeting to discuss a mother support group with free lactation support.
- Facilitates/trains our region in all lactation focused trainings.



# 2025 Parent Education Program

## Preparation for Childbirth

Having a baby is an exciting event. Preparation for childbirth helps you to be fully involved in the birth of your baby. Taught by certified childbirth educators, this class will fully prepare you, the expectant mother and your loved ones, with the facts about labor and delivery including both information and techniques to handle the labor process. This series should be started by the 7 month of pregnancy.

Please inquire about class dates by calling 828.586.7907.

## Breastfeeding A-Z

Taught by our Board Certified Lactation Consultants, this class provides information about the importance of breastfeeding to babies and their families. Techniques for latch-on and positioning are demonstrated to help you get started. Combining breastfeeding with pumping and returning to work or school is also introduced. Expectant mothers should attend this class one to three months before their due date with fathers, grandparents, and other support people.

Breastfeeding A-Z is a one time class offered on Tuesdays from 6-9pm or on Saturdays from 9am-12pm.

### Tuesdays:

January 6th  
May 6th

July 1st  
September 2nd  
November 4th

### Saturdays:

February 1st  
April 5th  
June 7th

August 2nd  
October 4th  
December 6th

## Newborn Care

Having a baby can be a new exciting experience but can also be a little scary and overwhelming! Our newborn care class covers newborn appearance, behaviors, comfort techniques, safety, diapering, bathing, and more.

Newborn Care is a one-time class offered on Tuesdays from 5-9 or Saturdays from 9am-1pm.

### Tuesdays:

January 21st  
June 17th  
October 14th

### Saturdays:

February 22nd  
April 26th

August 23rd  
November 15th

## The Mothers Connection ✖

Mothers and their new babies, from birth through crawling stage, are invited to join this popular class. Mothers share joys, frustrations, questions, and concerns as they make new friendships and receive positive support for their role as a mother.

Wednesdays from 9-11am, drop-ins welcome.



To register for a class or for  
more information, call

828.586.7907

**NEW  
GENERATIONS**  
FAMILY BIRTHING CENTER  
at Harris Regional Hospital



**HARRIS**  
REGIONAL HOSPITAL

A Duke LifePoint Hospital

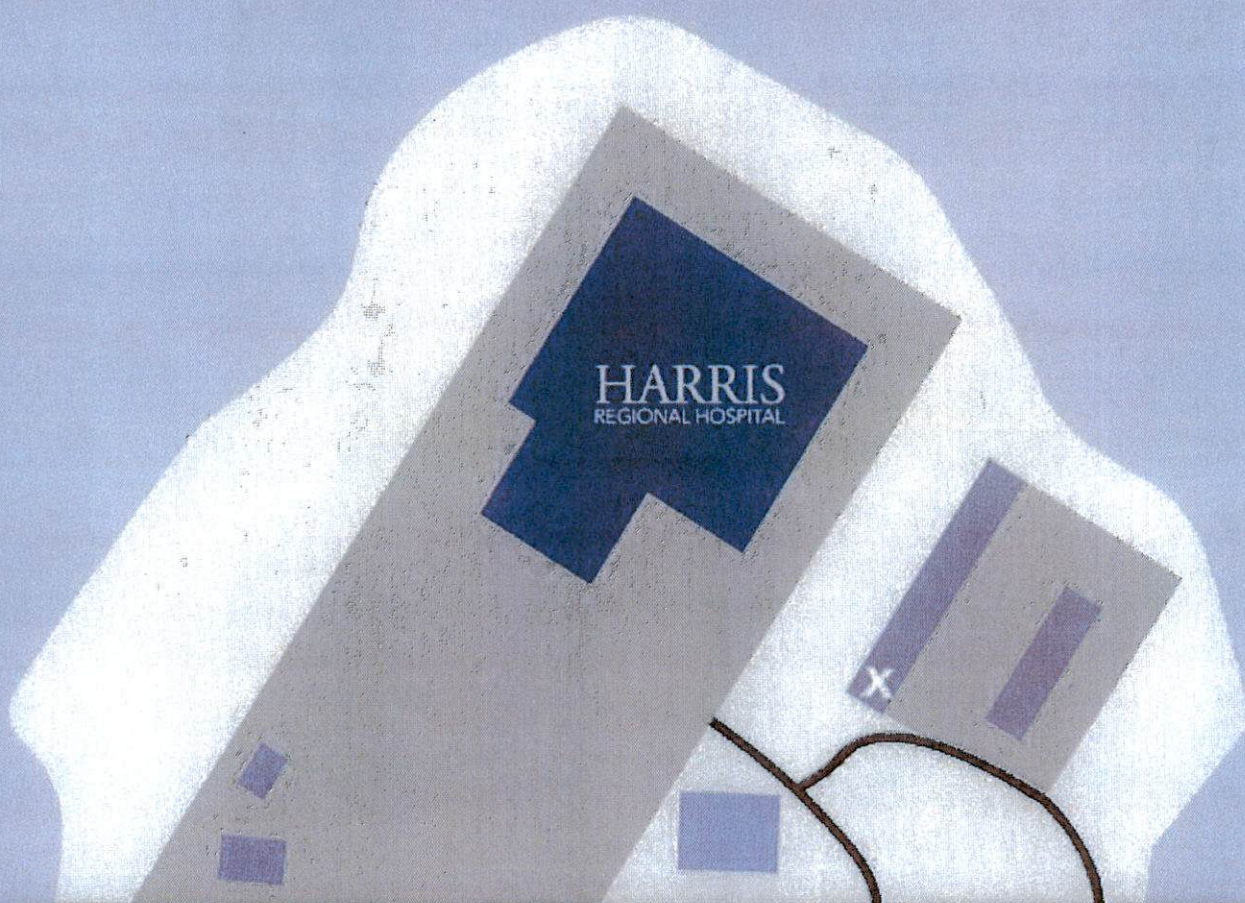
**Lactation Services**

CALL 828.586.7907

**Wednesdays from 9 - 11 am**  
Drop-ins Welcome

51 Eastgate Drive, Sylva, NC 28779

(marked by X on map below)



Asheville Hwy

**CALL 828.586.7907**





A Macon County Mothers' Support Group  
*Grupo de Apoyo Para Madres del Condado de Macon*

**Weekly gathering for mothers  
will be held on Fridays  
from 10:00 AM to 12:00 PM  
at the Macon County Health Department.**

*Reuniones semanales para madres se realizará los  
Viernes de 10am-12pm en el Departamento de Salud del Condado de Macon*

Light refreshments

Weight checks

Lactation support and more...

*Refrigerio, Control de peso, Con apoyo mutuo y mucho mas*

Supported by (Con el apoyo):



**HARRIS**  
REGIONAL HOSPITAL  
A Duke LifePoint Hospital





October 2024 WIC Breastfeeding Data North Carolina Local Agency Report

| Program Code         |   | Agency Name | PARTICIPATION DATA (NUMBER)   |   |  |  | STATISTICAL DATA (PERCENT) |                         |                             |  |                           |
|----------------------|---|-------------|---|---|--|--|----------------------------|-------------------------|-----------------------------|--|---------------------------|
|                      |   |             | Fully Breastfed Infants (# of breastfeeding infants receiving the fully breastfeeding food package) | Partially Breastfed Infants ( # of breastfeeding infants receiving the > or < MMA partially breastfeeding food package) | Total Breastfed Infants (Fully and Partially BF) | Fully Formula-Fed Infants (# of non-breastfeeding infants receiving the fully formula feeding) | Total Infants              | Fully Breastfed Infants | Partially Breastfed Infants | Total Breastfed Infants (Fully and Partially BF) | Fully Formula-Fed Infants |
| NORTH CAROLINA TOTAL |   |             | 9,826   | 13,646  | 23,472   | 34,506   | 57,978                     | 16.9%                   | 23.5%                       | 40.5%  | 59.5%                     |
| 031                  | DUPLIN COUNTY HEALTH DEPARTMENT         |             | 42  | 124   | 166  | 339  | 505                        | 8.3%                    | 24.6%                       | 32.9%  | 67.1%                     |
| 033                  | EDGECOMBE COUNTY HEALTH DEPARTMENT      |             | 25  | 56  | 81   | 264  | 345                        | 7.2%                    | 16.2%                       | 23.5%  | 76.5%                     |
| 034                  | FORSYTH COUNTY                          |             | 451   | 658   | 1,109  | 1,398  | 2,507                      | 18.0%                   | 26.2%                       | 44.2%  | 55.8%                     |
| 035                  | FRANKLIN COUNTY WIC PROGRAM             |             | 47  | 62  | 109  | 231  | 340                        | 13.8%                   | 18.2%                       | 32.1%  | 67.9%                     |
| 036                  | GASTON COUNTY                           |             | 189   | 288   | 477  | 916  | 1,393                      | 13.6%                   | 20.7%                       | 34.2%  | 65.8%                     |
| 038                  | GRAHAM COUNTY HEALTH CENTER             |             | 10  | 7   | 17   | 43   | 60                         | 16.7%                   | 11.7%                       | 28.3%  | 71.7%                     |
| 039                  | GRANVILLE VANCE                         |             | 83  | 111   | 194  | 483  | 677                        | 12.3%                   | 16.4%                       | 28.7%  | 71.3%                     |
| 040                  | GREENE COUNTY WIC PROGRAM               |             | 17  | 28  | 45   | 81   | 126                        | 13.5%                   | 22.2%                       | 35.7%  | 64.3%                     |
| 041                  | GUILFORD COUNTY HEALTH DEPT             |             | 532   | 902   | 1,434  | 1,653  | 3,087                      | 17.2%                   | 29.2%                       | 46.5%  | 53.5%                     |
| 042                  | HALIFAX COUNTY HEALTH DEPARTMENT        |             | 40  | 53  | 93   | 262  | 355                        | 11.3%                   | 14.9%                       | 26.2%  | 73.8%                     |
| 043                  | HARNETT COUNTY HEALTH DEPT WIC PROGRAM  |             | 114   | 118   | 232  | 488  | 720                        | 15.8%                   | 16.4%                       | 32.2%  | 67.8%                     |
| 044                  | HAYWOOD COUNTY WIC PROGRAM              |             | 59  | 26  | 85   | 153  | 238                        | 24.8%                   | 10.9%                       | 35.7%  | 64.3%                     |
| 045                  | HENDERSON COUNTY H D                    |             | 105   | 116   | 221  | 207  | 428                        | 24.5%                   | 27.1%                       | 51.6%  | 48.4%                     |
| 047                  | HOKE COUNTY HEALTH CENTER WIC PROGRAM   |             | 68  | 88  | 156  | 327  | 483                        | 14.1%                   | 18.2%                       | 32.3%  | 67.7%                     |
| 049                  | IREDELL COUNTY HEALTH DEPARTMENT        |             | 135   | 159   | 294  | 547  | 841                        | 16.1%                   | 18.9%                       | 35.0%  | 65.0%                     |
| 050                  | JACKSON COUNTY WIC PROGRAM              |             | 46  | 38  | 84   | 104  | 188                        | 24.5%                   | 20.2%                       | 44.7%  | 55.3%                     |
| 051                  | JOHNSTON COUNTY HEALTH DEPARTMENT       |             | 218   | 271   | 489  | 687  | 1,176                      | 18.5%                   | 23.0%                       | 41.6%  | 58.4%                     |
| 052                  | JONES COUNTY HEALTH DEPARTMENT          |             | 8   | 5   | 13   | 25   | 38                         | 21.1%                   | 13.2%                       | 34.2%  | 65.8%                     |
| 053                  | LEE COUNTY WIC PROGRAM                  |             | 52  | 89  | 141  | 240  | 381                        | 13.6%                   | 23.4%                       | 37.0%  | 63.0%                     |
| 054                  | LENOIR COUNTY WIC                       |             | 47  | 75  | 122  | 315  | 437                        | 10.8%                   | 17.2%                       | 27.9%  | 72.1%                     |
| C32                  | LINCOLN COMMUNITY HEALTH CENTER         |             | 234   | 717   | 951  | 826  | 1,777                      | 13.2%                   | 40.3%                       | 53.5%  | 46.5%                     |
| 055                  | LINCOLN COUNTY HEALTH DEPT WIC PROGRAM  |             | 86  | 54  | 140  | 231  | 371                        | 23.2%                   | 14.6%                       | 37.7%  | 62.3%                     |
| 056                  | MACON COUNTY HEALTH DEPARTMENT          |             | 48  | 51  | 99   | 85   | 184                        | 26.1%                   | 27.7%                       | 53.8%  | 46.2%                     |
| 057                  | MADISON COUNTY HEALTH DEPARTMENT        |             | 18  | 9   | 27   | 51   | 78                         | 23.1%                   | 11.5%                       | 34.6%  | 65.4%                     |
| 094                  | MARTIN TYRRELL WASHINGTON HLTH DISTRICT |             | 49  | 50  | 99   | 205  | 304                        | 16.1%                   | 16.4%                       | 32.6%  | 67.4%                     |



# October 2024 WIC Breastfeeding Data North Carolina Local Agency Report

| Program Code         |                                       | Agency Name | PARTICIPATION DATA (NUMBER)   |  |  |  | STATISTICAL DATA (PERCENT) |                         |                             |  |                           |
|----------------------|---------------------------------------|-------------|---|--|--|--|----------------------------|-------------------------|-----------------------------|--|---------------------------|
|                      |                                       |             | Fully Breastfed Infants (# of breastfeeding infants receiving the fully breastfeeding food package) | Partially Breastfed Infants (# of breastfeeding infants receiving the > or < MMA partially breastfeeding food package) | Total Breastfed Infants (Fully and Partially BF) | Fully Formula-Fed Infants (# of non-breastfeeding infants receiving the fully formula feeding) | Total Infants              | Fully Breastfed Infants | Partially Breastfed Infants | Total Breastfed Infants (Fully and Partially BF) | Fully Formula-Fed Infants |
| NORTH CAROLINA TOTAL |                                       |             | 9,826   | 13,646   | 23,472   | 34,506   | 57,978                     | 16.9%                   | 23.5%                       | 40.5%  | 59.5%                     |
| 061                  | TOE RIVER HEALTH DISTRICT             |             | 36  | 22   | 58   | 61   | 119                        | 30.3%                   | 18.5%                       | 48.7%  | 51.3%                     |
| 088                  | TRANSYLVANIA COUNTY HEALTH DEPARTMENT |             | 46  | 17   | 63   | 63   | 126                        | 36.5%                   | 13.5%                       | 50.0%  | 50.0%                     |
| 090                  | UNION COUNTY                          |             | 246   | 235  | 481  | 507  | 988                        | 24.9%                   | 23.8%                       | 48.7%  | 51.3%                     |
| 092                  | WAKE COUNTY WIC PROGRAM               |             | 698   | 1,270  | 1,968  | 1,930  | 3,898                      | 17.9%                   | 32.6%                       | 50.5%  | 49.5%                     |
| 093                  | WARREN COUNTY HEALTH DEPARTMENT       |             | 12  | 16   | 28   | 96   | 124                        | 9.7%                    | 12.9%                       | 22.6%  | 77.4%                     |
| 096                  | WAYNE COUNTY HEALTH DEPARTMENT WIC    |             | 150   | 269  | 419  | 674  | 1,093                      | 13.7%                   | 24.6%                       | 38.3%  | 61.7%                     |
| 097                  | WILKES COUNTY HEALTH DEPARTMENT       |             | 59  | 90   | 149  | 260  | 409                        | 14.4%                   | 22.0%                       | 36.4%  | 63.6%                     |
| 098                  | WILSON COUNTY WIC PROGRAM             |             | 59  | 106  | 165  | 435  | 600                        | 9.8%                    | 17.7%                       | 27.5%  | 72.5%                     |
| 099                  | YADKIN COUNTY                         |             | 39  | 45   | 84   | 136  | 220                        | 17.7%                   | 20.5%                       | 38.2%  | 61.8%                     |
| 103                  | YANCEY COUNTY                         |             | 25  | 16   | 41   | 42   | 83                         | 30.1%                   | 19.3%                       | 49.4%  | 50.6%                     |
| 200                  | EASTERN BAND OF CHEROKEES             |             | 27  | 13   | 40   | 56   | 96                         | 28.1%                   | 13.5%                       | 41.7%  | 58.3%                     |

Premiere Level Criteria #1: >15% fully breastfed infants in the previous year, with growth in the current year. This month's percentage exceeds last fiscal year's average for your agency. Sustaining or improving this trend may qualify your agency for the Premiere Award. =

Premiere Level Criteria #2: >25% but <40% fully breastfed infants. This month's percentage meets the Premiere Award standard. Sustaining or improving this trend may qualify your agency for the Premiere Award. =

Elite Level Criteria: >40% fully breastfed infants. This month's percentage meets the Elite Award standard. Sustaining or improving this trend may qualify your agency for the Elite Award. =

# What does the data show?

Breastfeeding has become the cultural norm with more than 80% of parents initiating breastfeeding

## CDC Data 2019

- Nationwide – 83.2% initiation rate (ever breastfed)
- North Carolina – 83.4% initiation rate (ever breastfed)

## NC WIC 2023

- Initiation rate: 77.87%
- Six Weeks: 54.50%
- Six Months: 34.78%
- 12 Months: 29.08%

## NC MIH Data

- Breastfeeding Initiation: 80.9%
- North Carolina Maternal and Infant Health Data Dashboard

\*\*Projected that 75% of the nation's infants are eligible for WIC. On average 40 – 50% of those infants participate on WIC.



What does the data show? (Group 1)

|          | NC MIH | WIC Initiation | WIC -6 Weeks | WIC – 6 Months | WIC -12 Months |
|----------|--------|----------------|--------------|----------------|----------------|
| Cherokee | 79.8 % | 86.51%         | 57.25%       | 30.43%         | 23.91%         |
| Clay     | 80.5%  | 90.0%          | 64.62%       | 41.54%         | 36.92%         |
| Graham   | 73.6%  | 81.97%         | 25.71%       | 28.57%         | 22.86%         |
| Haywood  | 82.0%  | 85.19%         | 55.79%       | 32.63%         | 27.37%         |
| Jackson  | 88.1%  | 82.46%         | 54.35%       | 33.70%         | 29.35%         |
| ★ Macon  | 81.7%  | 94.54%         | 73.97%       | 48.24%         | 39.20%         |
| Swain    | 77.3%  | 70.18%         | 52.46%       | 22.95%         | 19.67%         |

# Moms need WIC too!



You can still  
get WIC after  
having your baby.

WIC is very important after you deliver  
because eating right helps you to:

- feel stronger
- have more energy
- achieve and maintain a healthy body weight

How long can I get WIC after I have my  
baby?

- Up to one year if you breastfeed, or
- up to six months if you choose not to breastfeed.

How do I get on WIC after I have my  
baby?

- Apply at your local WIC office.
- Call your local health department.

Visit the WIC web site at:  
[www.nutritionnc.com](http://www.nutritionnc.com)



North Carolina Department of Health and Human Services  
Division of Public Health • Nutrition Services Branch  
[www.ncdhhs.gov](http://www.ncdhhs.gov) • [www.nutritionnc.com](http://www.nutritionnc.com)

This institution is an equal opportunity provider.

50,000 copies of this public document were printed at a cost of \$1,775.62 or \$0.04 each. 12/16 ©

NSB #0024



"Talking to other mamas who were in the same stage as life as me and going through the same struggles helped more than anything else!"

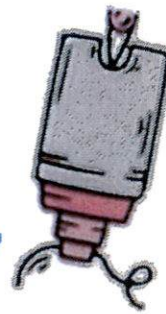
"Macon milk has helped me tremendously... my baby never had breastfeeding problems however, I struggled with postpartum depression/anxiety and going to group gave me a sense of community."

"...¡ahora puedo devolver mi extractor de leche de WIC! ¡Ya no tengo que extraerme leche! Seguí sus instrucciones y pude aumentar mi producción."

"...now I can return my breast pump from WIC! I am no longer having to pump! I followed her instructions and was able to increase my supply!"

"Thank you for everything you have done so far"

"This has been a hard road for me at times because of somethings that have happened...so having a newborn has been difficult, but Bonnie has been an amazing support for me."



"The compassion some people have has helped me a lot. I'm still learning and trying to figure out what works best for me and my family."

"I love that place and how much they helped me with my baby's tongue tie!"

"...Beth Hodges has helped me a lot as well on my nursing journey. Her expertise has showed me that I am producing enough for my little guy"

"¡No he usado ninguna fórmula desde que salí del grupo el viernes! He estado amamantándola exclusivamente y no tengo dolor."

"I have not used any formula since I left group on Friday! I have been exclusively breastfeeding her and have no pain!"

"I have grew so many friendships through this group that I feel will last a lifetime this group has become part of my every Friday routine"

"I love group! I love getting out of the house and around other mamas! I'm a FTM and of course full of endless questions and it's so nice to have some moms to relate to, ask advice, and laugh with. I also, love the weighted feedings!"





*"Helping you feed your Baby  
with Confidence and Joy"*



Gain support and guidance with issues such as:

- Prenatal infant feeding preparation
- Pain or discomfort when nursing
- Issues with infant weight gain
- Managing milk volume and production/Weaning
- Breast pump management and use/Returning to work
- Mammary inflammation/Mastitis/Engorgement
- Infant sleep/Adjusting to life after baby
- Formula/mixed feeding support
- Breastfeeding and medication safety
- Connection and referrals to community resources

International Board Certified Lactation Consultant offering in office, home visit, and virtual infant feeding support in WNC.

**Insurance Accepted:**

BCBS, Aetna, Humana,  
United Healthcare  
Commercial

**Medicaid Accepted:**

Medicaid Direct, HealthyBlue,  
United HealthCare Community,  
EBCI Tribal Option Medicaid  
More coming soon!

Home visits offered in the Buncombe, Madison, and surrounding Counties  
by Jayne Carpenter, IBCLC. Major insurances accepted.

294 W Main St, Sylva NC | 828-331-1592  
Fax: 704-209-7352

BirthstoneWellnessCenter.com  
BrandiHarrisonLC.com



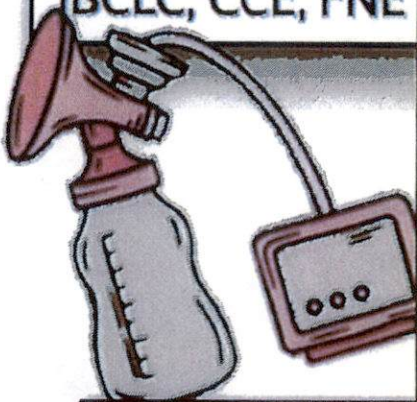
Book Here:







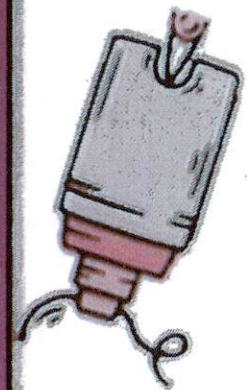
**Beth Hodges, BSN, RN,  
IBCLC, CCE, FNE**



Beth is a mother of seven and one of Harris Lactation's three International Board-Certified Lactation Consultants (IBCLC). She received her Bachelor of Science degree in Nursing from University of Central Florida in 2007. Her family moved to the mountains in 2014 and she joined Harris Regional as a Labor and Delivery staff nurse. Beth has over 18 years of experience in labor & delivery and holds a passion for educating families and healthcare workers on birth and breastfeeding.

**Beth:**

- Coaches and referees' soccer
- Homeschools all seven of her children
- Helps moms each week at group, outside of group, and even on the soccer field!
- Is a vital asset to Macon Milk and our success





MACON  
MILK

# MACON, THE MILKY WAY

## August 9<sup>th</sup> 2 - 5PM at Cowee School Field

Macon Milk is proud to host their first annual free  
Celebration of Breastfeeding

Macon Milk se enorgullece de presentar su primera  
Celebración Anual Gratuita de la Lactancia Materna.

Open to all families, parents and supporters of  
breastfeeding!

¡Abierto a todas las familias, padres y personas que  
apoyan la lactancia materna!

Offering family activities

Local Vendors on site &

Educational booths

Ofrecemos actividades familiares.

Vendedores locales en  
el lugar y puestos educativos.

Latch on at 3pm

Door prizes at Latch on

Prenderse al pecho 3:00 Premios de puerta.

This institution is an equal opportunity provider

**HARRIS**  
REGIONAL HOSPITAL

A Duke LifePoint Hospital



Macon County  
Public Health



Prioritize Breastfeeding  
Create sustainable support systems  
WABA | WORLD BREASTFEEDING WEEK 2025

Event QR



# THANK YOU!!

If you have any questions after today, call/text me!



Bonnie Morgan  
Breastfeeding Peer Counselor  
WIC  
bmorgan@maconnc.org

Macon County  
Public Health

1830 Lakeside Drive  
Franklin, NC 28734  
Office (828) 349-2451  
Cell (828) 371-1996



# Macon County Public Health

## FY26 Approved Budget for Expenses

| PROGRAM                                 | 2025<br>APPROVED BUDGET | 2026<br>APPROVED BUDGET | DIFFERENCE IN<br>FY25 & FY26 |
|---|-------------------------|-------------------------|------------------------------|
| HEALTH ADMINISTRATION                   | 517,259.00              | 542,286.00              | 25,027.00                    |
| OPERATIONS                              | 544,942.00              | 551,098.00              | 6,156.00                     |
| PHI: LOCAL WORKFORCE D                  | 28,029.00               | 29,019.00               | 990.00                       |
| SCHOOL HEALTH NURSE                     | 394,107.00              | 405,466.00              | 11,359.00                    |
| WISEWOMEN                               | 19,330.00               | 19,920.00               | 590.00                       |
| BREAST & CERVICAL CANC                  | 52,022.00               | 53,014.00               | 992.00                       |
| ADULT HEALTH                            | 361,098.00              | 386,008.00              | 24,910.00                    |
| DISEASE CONTROL                         | 379,150.00              | 386,930.00              | 7,780.00                     |
| HEALTHY COMMUNITIES                     | 186,739.00              | 195,146.00              | 8,407.00                     |
| CARE COORDINATION FOR CHILDREN          | 77,407.00               | 21,159.00               | (56,248.00)                  |
| LABORATORY                              | 243,469.00              | 251,961.00              | 8,492.00                     |
| EMERGENCY PREPAREDNESS                  | 125,786.00              | 113,846.00              | (11,940.00)                  |
| W.I.C.                                  | 263,637.00              | 270,441.00              | 6,804.00                     |
| OB CARE MANAGEMENT PROGRAM              | 92,198.00               | 21,446.00               | (70,752.00)                  |
| MATERNAL HEALTH                         | 170,585.00              | 155,847.00              | (14,738.00)                  |
| CHILD HEALTH                            | 59,063.00               | 61,226.00               | 2,163.00                     |
| CHILD DENTAL HEALTH                     | 575,721.00              | 566,794.00              | (8,927.00)                   |
| FAMILY PLANNING                         | 160,592.00              | 164,456.00              | 3,864.00                     |
| BF PEER COUNSELOR PROG                  | 20,134.00               | 20,523.00               | 389.00                       |
| EMPLOYEE AND FAMILY HEALTH              | 176,970.00              | 182,258.00              | 5,288.00                     |
| ON-SITE WASTEWATER                      | 468,095.00              | 554,259.00              | 86,164.00                    |
| PRIVATE DRINKING WATER                  | 381,846.00              | 280,926.00              | (100,920.00)                 |
| FOOD/LODGING                            | 391,939.00              | 280,348.00              | (111,591.00)                 |
| ANIMAL CONTROL                          | 427,783.00              | 467,883.00              | 40,100.00                    |
| <b>DEPARTMENT TOTAL</b>                 | <b>6,117,901.00</b>     | <b>5,982,260.00</b>     | <b>(135,641.00)</b>          |
|   |                         |                         | -                            |
| <b>COMPLETELY GRANT FUNDED PROGRAMS</b> |                         |                         | -                            |
| NC TOBACCO SETTLEMENT                   | 87,772.00               | 87,772.00               | -                            |
| REG CHRONIC DISEASE 14                  | 330,023.00              | 438,107.00              | 108,084.00                   |
| <b>TOTAL</b>                            | <b>417,795.00</b>       | <b>525,879.00</b>       | <b>108,084.00</b>            |

# Macon County Public Health FY26 Approved Revenue Budget

| ACCOUNT NUMBER |        | PROGRAMS                       | 2025<br>APPROVED<br>BUDGET | 2026<br>APPROVED<br>BUDGET | DIFFERENCE FY25<br>APPROVED & FY26 |
|----------------|--------|--------------------------------|----------------------------|----------------------------|------------------------------------|
| 113511         | 436004 | EMERGENCY PREPARE - STATE      | 28,766.00                  | 28,766.00                  | -                                  |
| 113511         | 436007 | SCHOOL NURSE - STATE           | 150,000.00                 | 150,000.00                 | -                                  |
| 113511         | 436023 | WISEWOMAN REV                  | 6,550.00                   | 6,550.00                   | -                                  |
| 113511         | 436026 | MATERNAL HEALTH - STATE        | 38,883.00                  | 38,883.00                  | -                                  |
| 113511         | 437000 | STATE AID TO COUNTIES/HEALTH   | 82,398.00                  | 82,398.00                  | -                                  |
| 113511         | 437199 | LAB FEES - MEDICAID            | -                          | -                          | -                                  |
| 113511         | 437200 | LAB FEES                       | 35,000.00                  | 35,000.00                  | -                                  |
| 113511         | 437201 | FAMILY PLANNING FEES           | 14,500.00                  | 14,500.00                  | -                                  |
| 113511         | 437204 | FOREIGN TRAVEL/OTHR VACCINES   | 120,000.00                 | 120,000.00                 | -                                  |
| 113511         | 437300 | MATERNAL HEALTH FEES           | 8,500.00                   | 8,500.00                   | -                                  |
| 113511         | 438011 | ADULT HEALTH FEES              | 6,000.00                   | 6,000.00                   | -                                  |
| 113511         | 438013 | BCCCP - STATE                  | 16,400.00                  | 16,350.00                  | (50.00)                            |
| 113511         | 438022 | BF PEER COUNSELOR REVENUES     | 20,013.00                  | 20,013.00                  | -                                  |
| 113511         | 438501 | FAMILY PLANNING - STATE        | 55,722.00                  | 55,722.00                  | -                                  |
| 113511         | 438502 | WIC - STATE                    | 143,623.00                 | 156,913.00                 | 13,290.00                          |
| 113511         | 438504 | HEALTH PROMOTION - STATE       | 34,526.00                  | 34,526.00                  | -                                  |
| 113511         | 438508 | TB - STATE                     | 2,170.00                   | 2,170.00                   | -                                  |
| 113511         | 438509 | CHILD HEALTH - STATE           | 9,999.00                   | 9,999.00                   | -                                  |
| 113511         | 438510 | CHILD DENTAL FEES              | 25,000.00                  | 25,000.00                  | -                                  |
| 113511         | 438511 | ADULT HEALTH/MEDICAID          | 10,000.00                  | 10,000.00                  | -                                  |
| 113511         | 438512 | FAMILY PLANNING/MEDICAID REIMB | 12,000.00                  | 12,000.00                  | -                                  |
| 113511         | 438513 | CHILD HEALTH/MEDICAID REIMB    | 1,000.00                   | 1,000.00                   | -                                  |
| 113511         | 438514 | MATERNAL HEALTH/MEDICAID REIMB | 15,000.00                  | 15,000.00                  | -                                  |
| 113511         | 438515 | OB CARE COORDINATOR            | 45,000.00                  | 20,000.00                  | (25,000.00)                        |
| 113511         | 438518 | COMM DISEASE-STATE             | 10,678.00                  | 10,678.00                  | -                                  |
| 113511         | 438520 | IMMUNIZATION - STATE           | 12,117.00                  | 12,117.00                  | -                                  |
| 113511         | 438521 | COMMUNICABLE DISEASE FEES      | 1,200.00                   | 1,200.00                   | -                                  |
| 113511         | 438522 | CARE COORD. FOR CHILDREN-STATE | 4,724.00                   | 4,724.00                   | -                                  |
| 113511         | 438524 | IMMUNIZATIONS-MEDICAID REIMB   | 7,500.00                   | 7,500.00                   | -                                  |
| 113511         | 438526 | FLU VACCINE PROGRAM - MEDICAID | -                          | -                          | -                                  |
| 113511         | 438528 | FLU VACCINE PROGRAM            | 20,000.00                  | 20,000.00                  | -                                  |
| 113511         | 438531 | MEDICAL RECORDS PAYMENTS       | -                          | -                          | -                                  |
| 113511         | 438533 | CARE COORD. FOR CHILDREN       | 40,000.00                  | 20,000.00                  | (20,000.00)                        |
| 113511         | 438535 | CHILD DENTAL MEDICAID          | 250,000.00                 | 250,000.00                 | -                                  |
| 113511         | 438541 | CMARC CMHRP                    | 44,000.00                  | 10,000.00                  | (34,000.00)                        |
| 113511         | 438543 | MEDICAID CAPITATION PAYMENTS   | 70,000.00                  | 70,000.00                  | -                                  |
| 113511         | 438546 | CHILD HEALTH FEES              | 5,000.00                   | 5,000.00                   | -                                  |



|              |        |                                   |                     |                     |                   |
|--------------|--------|-----------------------------------|---------------------|---------------------|-------------------|
| 113511       | 438550 | COMM DISEASE/MEDICAID             | 1,300.00            | 1,300.00            | -                 |
| 113511       | 438551 | MEDICAID COST SETTLEMENT FUNDS    | 450,000.00          | 450,000.00          | -                 |
| 113511       | 438552 | TB CONTROL-MEDICAID               | -                   | -                   | -                 |
| 113511       | 438554 | TB FEES                           | 3,200.00            | 3,200.00            | -                 |
| 113511       | 438561 | PRIMARY CARE                      | 30,000.00           | 30,000.00           | -                 |
| 113511       | 438563 | EMPLOYEE HEALTH                   | 6,500.00            | 6,500.00            | -                 |
| 113511       | 438567 | PRIMARY CARE - MEDICAID           | 5,000.00            | 10,000.00           | 5,000.00          |
| 113511       | 438702 | ONSITE WASTEWTR FEES              | 162,000.00          | 185,000.00          | 23,000.00         |
| 113511       | 438703 | WELL FEES                         | 45,000.00           | 56,000.00           | 11,000.00         |
| 113511       | 438704 | FOOD/LODGING FEES                 | 5,500.00            | 18,000.00           | 12,500.00         |
| 113511       | 438705 | FOOD & LODGING - STATE            | 10,165.00           | 10,165.00           | -                 |
| 113511       | 438706 | WATER TEST FEES                   | 20,000.00           | 22,000.00           | 2,000.00          |
| 113511       | 438707 | TEMP FOOD FEES                    | 1,200.00            | 1,200.00            | -                 |
| 113511       | 438708 | POOL FEES                         | 2,500.00            | 2,500.00            | -                 |
| 113511       | 445200 | CONTRIBUTIONS                     | 1,000.00            | 1,000.00            | -                 |
| 113511       | 445725 | AA117 LOCAL WORKFORCE DEVELOPMENT | 25,662.00           | 28,091.00           | 2,429.00          |
| 113344       | 435013 | ANIMAL ADOPTION FEES              | 12,000.00           | 12,000.00           | -                 |
| 113344       | 435014 | ANIMAL CONTROL FINES & FEES       | 2,500.00            | 2,500.00            | -                 |
| 113344       | 435018 | ANIMAL SERVICES MICROCHIP FEES    | 250.00              | 250.00              | -                 |
|              |        |                                   |                     |                     | -                 |
| <b>TOTAL</b> |        | <b>HEALTH PROGRAMS</b>            | <b>2,130,046.00</b> | <b>2,120,215.00</b> | <b>(9,831.00)</b> |

#### GRANT FUNDS

|              |        |                                |                   |                |                   |
|--------------|--------|--------------------------------|-------------------|----------------|-------------------|
| 113511       | 426001 | TOBACCO GRANT                  | 87,772.00         | 87,772         | -                 |
| 113511       | 426007 | MINORITY DIABETES PREV GRANT   | 160,023.00        | 160,023        | -                 |
| 113511       | 426016 | WNC FARMFRESH DOUBLESNAP10.311 | -                 | 70,942         | 70,942.00         |
| 113511       | 436016 | COMMUNITY FOUNDATION OF WNC    | 20,000.00         | 6,386          | (13,614.00)       |
| 113511       | 436032 | DOGWOOD HEALTH TRUST           | -                 | 34,606         | 34,606.00         |
| 113511       | 436033 | ASAP PRODUCE PRESCRIPTION PROG | -                 | 11,150         | 11,150.00         |
| 113511       | 436031 | HLTHY PEOPLE HLTHY CAROLINAS   | 150,000.00        | 125,000        | (25,000.00)       |
| 113511       | 436034 | Z SMITH REYNOLDS FOUNDATION GR | -                 | 30,000         | 30,000.00         |
|              |        | CARRY OVER FUNDS FROM FY25     |                   | 28,243         | 28,243.00         |
| <b>TOTAL</b> |        |                                | <b>417,795.00</b> | <b>554,122</b> | <b>136,327.00</b> |