

Winter 2015



Partnering for Public Health

Jerry Parks, ARHS Health Director Receives 2015 Ronald H. Levine Public Health Award

ARHS Health Director, Jerry L. Parks, MPH, was named the 2015 recipient of the Ronald Levine Legacy Award in recognition of his contributions to public health in North Carolina at the 2015 State Health Director's Conference last week in Raleigh. The award, named for former North Carolina State Health Director Dr. Ron Levine, honors individuals whose work and commitment on behalf of the public's health have resulted in significant, sustainable, and positive improvements to health and quality of life in North Carolina.



Jerry Parks and Ronald H. Levine at the State Health Director's Conference on January 22, 2015

Mr. Parks was commended for his accomplishments in the areas of expanding the scope and impact of public health services and pro-

grams and improving the public's health through the creation of sustained partnerships.

Inside this issue:

FFESMM—Zion Hill Missionary Baptist Church	2
FFESMM Celebration	2
February is Heart Month	3
Northampton Wears Red	3
Northampton Partners for Physical Activity and Healthy Eating	4
Dare Partnering for Prevention	4
NENCPPH to Hold Retreat	4
Preparedness and Planning (con't)	5
Hyde—New Health Director Hired	5
PICH Funding Received	6
Calendar of Events	7
What is the NENCPPH?	7

Ebola Preparedness and Planning Continues in Dare County

By James Wooten, Preparedness Coordinator & Safety Officer

In the summer of 2014, the Ebola crisis in West Africa had escalated to a point that raised widespread concern in the United States. The domestic reaction progressed

slowly at first, from simply monitoring the situation across the Atlantic to preparing for the return of the first waves of international aid workers (many of whom resided in North

Carolina). Then, after the first case of Ebola arrived in Texas, our domestic Ebola preparedness efforts escalated quickly. The Texas Ebola situation ex-
(Continued on Page 5)



Faithful Families at Zion Hill Missionary Baptist Church

These women pictured were the most active participants of the Faithful Families Eating Smart and Moving More (FFESMM) program that was implemented by Ashley Miller, Health Educator, with Albemarle Regional Health Services, and Lay Leader Rev. Gail McNeil, at Zion Hill Missionary Baptist Church in Colerain, NC in Bertie County. The eight classes were held from September 22 - November 24, 2014 with an average of four to five participants at each class. The program went really well. Six food demonstrations were held that gave participants the opportunity to try food tastings from the recipes that went with each lesson. All the healthy recipes focused on whole grains, low fat, low sodium, fresh vegetables and lean meats. Favorite recipes included; Tuna Burgers, Easy Stove Top Lasagna, and Beef Skillet Dinner.

Currently, Zion Hill is taking steps to adopt a policy and environmental change in their faith community. Zion Hill will implement a move more policy to increase regular physical activity in their Holy Soles Ministry. Walking is the main focus of this program within the church. They will use a map of the church parking lot to walk. They will also implement a water pitcher policy to serve water and healthy food options at church meetings and functions.



FFESMM Participants from Zion Hill Missionary Baptist Church: Rev. Gail McNeil, Cindy Ruffin, Irma Robbins, and Winnie Leary

The successes of Faithful Families were participants taking what was learned, especially how to read food labels, and being able to apply it on a daily basis. One woman with a heart condition was particularly pleased at learning how to read food labels to reduce her sodium intake even further. These women are now more conscious of what food they are putting into their body and are making healthier food choices to improve their overall health.

Faithful Families Eating Smart and Moving More Celebration Scheduled for March

The Northeastern NC Partnership for Public Health (NENCPPH) will be hosting a Faithful Families Eating Smart and Moving More (FFESMM) Celebration in March. FFESMM Facilitators and the NENCPPH Healthy Weight Action Team will convene to celebrate the successes of the FFESMM program in our region, share stories and challenges, and plan for the future. We are fortunate to have Annie Hardison-Moody, the FFESMM State Coordinator also joining us.

March 4, 2015
9:30 am—1:30 pm
The Hitch'n Post
Williamston



February is Heart Month

(From the CDC website: <http://www.cdc.gov/features/heartmonth/>)

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and [Million Hearts](#)[®]—a national effort to prevent 1 million heart attacks and strokes in the United States by 2017—are encouraging Americans to know their blood pressure, and if it's high, to **make control their goal**.

Uncontrolled [high blood pressure](#) is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure.¹ People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.²

High blood pressure often shows no

signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

Make Control Your Goal



If you know you have high blood pressure, take these steps to help [get it under control](#):

- **Ask your doctor what your blood pressure should be.** Set a goal to lower your pressure with your doctor and talk about how you can reach your goal.
- **Take your blood pressure medicine as directed.** Set a timer on your phone to remember to take your medicine at the same time each day.
- **Quit smoking—and if you don't smoke, don't start.**
- **Reduce sodium intake.** Most Americans consume too much sodium, which can raise blood pressure. Read about [ways to reduce your sodium](#) and visit the Million Hearts[®] [Healthy Eating & Lifestyle Resource Center](#) for heart-healthy, lower-sodium recipes, meal plans, and helpful articles.

Northampton County Wears Red



Northampton County Health Department Staff Wearing Red to raise awareness of heart disease and promote February as being American Heart Month

Northampton County Partners to Increase Physical Activity and Healthy Eating

Northampton County Health Department along with Northampton Cooperative Extension and Northampton County Recreation Department work together to increase physical activity and healthy eating behaviors in children and teens of Northampton county.

Their Early Head Start Program recently held a cooking class for parents of children at Woodland Headstart Center. Verlene Stephenson

with Northampton County Cooperative Extension conducted the four-part class "Cook Smart/Eat Smart" developed by NC State University. The participants had a lot of fun and learned a great deal about eating fruits and vegetables.



Picture is of Cook Smart/Eat Smart participants with instructor and nurse

Dare Partnering for Prevention

The Dare County Department of Health & Human Services - Public Health Division (DCDHHS-PHD), School Health Program is collaborating with The Outer Banks Hospital (TOBH) and Dare County Schools (DCS) to raise awareness of cancer prevention through HPV vaccinations.

Certain types of cancers resulting from HPV infection can be prevented

with vaccinations. These vaccinations are recommended for both boys and girls beginning at age 11-12 years. The school nurses did an initial audit of current 8th and 12th grade students (summer 2014) to determine the rate of vaccination against HPV. 8th grade students receiving all 3 doses of HPV was 8% while 12th grade students receiving all 3 doses was 20%. An initial audit of current 6th

grade students (fall 2014) found that only 0.2% had received all 3 doses of the vaccine.

Meetings have taken place between the school health nurses, DCS and TOBH to plan for this initiative. Information regarding HPV prevention to go out to the students and families is currently being finalized. This information will be

Northeastern NC Partnership for Public Health to Hold Retreat

The Northeastern North Carolina Partnership for Public Health will convene it's Board of Directors for two days at the end of March to review programs, learn about new initiatives, and plan for the future. Guest presenters will include Carmen Hooker-Odum, former secretary of the NC Department of Health and

Human Services and Marilyn Pearson, Health Director for Johnston County.

Students from the University of North Carolina will also provide to us an update on their project regarding the public health nurse workforce shortage in Northeastern North Carolina.

At the end of the retreat, we will also have Sally Herndon and Pam Diggs come to discuss regional tobacco control and prevention.

March 26-27
Cooperative Extension
Edenton

Preparedness and Planning *(continued from page 1)*

posed gaps in several facets of hospital and public health readiness.

Beginning in October of 2014, public health coordinating calls were expanded to include emergency management, hospitals, law enforcement, and other response agencies. These "all-partner" calls proved useful not only in information sharing, but also in bringing together diverse groups of public servants from across the community. In Dare County, our task force consisted of representatives from the local health department, The Outer Banks Hospital, Emergency Management, EMS, Fire Marshall and Sheriff's offices, Public Relations, Dare County

Schools, and the SPCA.

Local preparedness efforts in Dare have grown from these all-partner coordination calls. Dialogue surrounding emergency preparedness became routine and agency plans were regularly shared with partners. Task force participants have continued to meet regularly and conduct small table top exercises. In mid-February 2015, a series of exercises will be conducted across several disciplines, designed to test our abilities to respond to a variety of scenarios. Multi-agency table top exercises will lead into a hospital/EMS functional exercise, with a simultaneous public health response drill focusing

on contact tracing and communications.

As the Ebola crisis in West Africa diminishes in the news cycle, there continues to be a threat that requires continual readiness. Other public health concerns, most notably the current measles outbreak rippling across the western part of the country, highlight the importance of emergency preparedness activities such as these. While the most notorious infectious disease may differ from week to week, many of the public health intervention efforts that we are using in response to these threats are universal.



Hyde County Health Department Hires New Health Director

Please welcome David G. Howard as Hyde County Health Department's new Health Director. Mr. Howard has also been appointed to the Northeastern North Carolina Partnership for Public Health (NENCPPH) Board of Directors, for which he will be on the healthy weight task force.

Mr. Howard started as the Hyde County Health Director this past month. He comes to us from Wilmington, NC where he was working as the Region 8 Community Transformation Grant

Project Regional Lead for Engagement/Communications. His public health work prior to that included regional public health preparedness, directing a large free clinic, injury prevention programming, and substance abuse research and process/quality improvement. Mr. Howard also has experience in pharmaceutical research as well as banking and financial services. He received his Master of Public Health (MPH) in Health Education from UNC Greensboro, attended the management academy for public health at UNC Chapel Hill, and re-



ceived his BS in Business from UNC Wilmington. Mr. Howard is married and has two children.

PICH Funding Received by ARHS for the NENCPPH 17-Member Counties to Address Chronic Diseases

In July of 2014 Albemarle Regional Health Services (ARHS) applied for the Partnerships to Improve Community Health (PICH) funding through the Centers for Disease Control and Prevention. In late September 2014 ARHS was notified that they were the recipients of the PICH funding, for small cities/counties, in the amount of \$439,641 for a three-year period ending in September 2017. There were 20 awardees nationwide in this category.

The PICH project for ARHS focuses on the leading cause of death and disability in the 17 counties with the Northeastern North Carolina Partnership for Public Health (NENCPPH): which is chronic diseases. Chronic diseases include: heart disease; cancer; stroke; diabetes; and chronic lower respiratory disease.

To address risk factors for these diseases, two multi-sector coalitions, made up of representatives from health departments within the NENCPPH region, faith-based institutions, local government agencies,

community colleges, and community organizations, will implement strategies to reduce secondhand smoke exposure and improve nutrition. The two coalitions, the Tobacco Free Living Council and the Healthy Foods Council, will address these specific goals:

Increasing the number of people who are provided with a safe and healthy smoke-free and/or tobacco-free environment in all county government buildings, by decreasing exposure to secondhand smoke and by decreasing tobacco use as health outcomes related to heart disease, stroke, and diabetes are improved.

Improving access to fresh fruits and vegetables in food desert areas by enhancing and creating farmers markets and expanding the Supplemental Nutrition Assistance Program and Electronic Benefits Transfer availability in rural, low income areas.

Most recently, Lisa Phillips was hired by ARHS and the NENCPPH to serve as the Tobacco Free Living Coordinator. Her office is located in Manteo at the Dare County Department of Health and Human Resources, Public Health Division.

A kick-off meeting of the Tobacco Free Living Council is scheduled for Friday, March 6th from 10am-12:00pm at the Shepard-Pruden Memorial Library in Edenton. If you would like to attend this initial meeting, please contact Lisa at (252) 475-5077 or lisa.phillips@arhs-nc.org.

**Tobacco Free Living
Council Kick-off Meeting**
Friday, March 6th
10am - 12:00pm
Shepard-Pruden Memorial
Library, Edenton



Northeastern NC Partnership for Public Health



Bertie • Beaufort • Camden • Chowan • Currituck • Dare • Edgecombe
Gates • Halifax • Hertford • Hyde • Martin • Northampton • Pasquotank
Perquimans • Tyrrell • Washington

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**“Healthy Communities Through Public
Health Collaboration”**

www.nencpph.net

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Phyllis Rocco
Division of Public Health, NC Dept of Health and Hu-
man Services

John White
Interim Director, Northampton County Health De-
partment

Calendar of Events

Feb 23	NENCPPH Finance Committee Meeting
Feb 26	NENCPPH Executive Committee Meeting
March 4	Faithful Families Eating Smart and Moving More Cele- bration, Williamston
March 23	NENCPPH Finance Committee Meeting
Mar 26-27	NENCPPH Board Retreat, Edenton
April 20	NENCPPH Finance Committee Meeting
April 23	NENCPPH Executive Committee Meeting

What is the Northeastern North Carolina Partner- ship for Public Health?

The Northeastern North Carolina Part-
nership for Public Health (NENCPPH) is
a partnership of health departments in
Northeastern NC which have come
together with support from the Division
of Public Health, East Carolina Univer-
sity, and the NC Institute of Public
Health at UNC Chapel Hill, to collec-
tively address the community's health
by sharing best practices and resources.
Currently the NENCPPH represents
seven health departments and thirteen
counties.