

Spring 2019



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Improving Access to Healthy Foods in Pasquotank County - Stella's Healthy Corner Store

Submitted by Mary Jane Lyonnais

Selma White is determined to use her small convenience store, Stella's, on Greenleaf Street in Elizabeth City, as a place where residents can purchase an assortment of healthy options such as fruits, vegetables, low-fat milk, lean meats, eggs and other items. Mrs. White has been operating her store in the neighborhood for 18 years and sees the need to offer healthy food options in order to help people in her community make better life style

choices. Mrs. White says, "I see people in my neighborhood suffering from high blood pressure and diabetes and I want to do my part in helping them be healthy." Stella's Convenience Store is also accepting SNAP/EBT and WIC. Albemarle Regional



Health Services Healthy Communities Coordinator Amy Underhill, Healthy Foods Coordinator Mary Jane *(Continued Page 3)*

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Escape A Vape - Dare County

Submitted by Rebecca Woods, Dare County Dept. of Health and Human Services

Dare County Schools and the Dare County Department of Health and Human Services are responding to the rise in youth electronic cigarette use. March 20, 2019 was "Kick Butts Day" which provided the platform for educating our young folks about the dangers of tobacco, including electronic cigarettes. The *(Continued page 5)*



Pictured above are Dare County Students from the Peer Power Program

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Board of Directors Corner

To Our Public Health Nurses, Thank You!

Submitted by Luana Gibbs, Hyde County Health Director

With the upcoming National Nurses Week (May 6 – 12, 2019), I felt it appropriate to pay homage to our Public Health Nurses. This is in no way a testament that the nursing discipline is more important than another. It is strictly an opportune time to praise these fine folks for the work they do.

Many think of Florence Nightingale as “the founder” of nursing, and she truly was important to the profession. Nightingale is well known for her care of wounded soldiers, carrying a lamp to make rounds at night. At my pinning ceremony we all received miniature Nightingale lamps as reminders of her contri-

bution to nursing. However, let us not forget Lillian Wald, the founder of Public Health Nursing. Nurse Wald saw public health for what it is. She believed that nurses should treat social and economic problems, complete neighborhoods, not just the sick. Her philosophy was that we should treat all people, regardless of social status or income, with human dignity and respect. Through her efforts, Nurse Wald organized the Henry Street Nurses’ Settlement, which eventually led to an organization of over 250 nurses, all caring for the community. What is public health doing now with our nurses?

Today, our nurses are working in communities, within clinics, at

schools, and are providing a range of services. Community health is holding large flu shot clinics in different areas of our counties, making home visits to new mothers and at risk children. Promotion of health is seen in everything they do, through joining walking challenges as role models, teaching clients how to eat healthy, and avoid risky (Continued on Page 4)



Above: Luana Gibbs, Health Director, Hyde

Living With Bats

Submitted by Laura Ellis, Halifax County Public Health System

The Halifax County Public Health System hosted a free public forum on bats and rabies at the Kirkwood Adams Community Center in Roanoke Rapids, NC. The program “Living with Bats” was held on April 11, 2019 and featured presentations from Bruce Robis-
trow, Halifax County Health Director (at right) and Robert Richardson, Animal Control Supervisor. The health department collaborated with multiple partners and resources to share information on the topic. Presentations from

those partners included NC Wildlife Diversity Specialist, Katherine Caldwell (photo on right), NC Public Health Veterinarian, Carl Williams and Martin Exterminating Wildlife Damage Control Agent, Johnny Snyder. The program offered education and data on the bat population, areas of concerns in the community and treatment if suspected exposure. For more information on the “Living with Bats” program, please contact the Halifax County Public Health System at 252-583-5021.



Healthy Corner Store *(Continued from Page 1)*

Lyonnais, as well as Ellen Owens, Director of the Pasquotank County Cooperative Extension, and Susan Chase, EFNEP & SNAP-Ed Regional Nutrition Extension Associate, will partner together to offer nutrition education programs through taste tests, cooking demonstrations, kid’s activities, and health screenings at the store once a quarter. Healthy recipes are displayed on the counter and will be featured in the cooking demonstrations. Mrs. White also plans to work with local produce farmers to help build the counties local food economy through buying and selling local produce to resi-

dents. It is the hope that other small convenience stores will follow in Stella’s footsteps and offer more local produce and healthier snack options.

Stella’s was recently designated a Healthy Corner Store. The North Carolina Healthy Food Retail Designation recognizes small food stores that meet product criteria estab-

lished by the North Carolina Healthy Food Retail Collaborative. Any small food store in North Carolina that meets the designation criteria is eligible to receive a “Healthy Food Sold Here” certificate of designation and a door decal.



Dare County is Expanding Services

Submitted by Debbie Dutton, Dare County Dept. of Health and Human Services

The Dare County Department of Health and Human Services’ Public Health Division (Dare Public Health Division) has gained a new clinic location in Nags Head. The addition of this location makes three clinic sites across the county. Doors opened at the new location in Nags Head on April 10, 2019.

The expansion will help address transportation barriers and make receiving necessary services much easier for Dare County residents. Dare Public Health Division will provide all of our current services at each location to address family planning, women’s and children’s

health, maternal health, communicable diseases/STDs, and adult health.

Another driver of this expansion was a result of Dare Public Health Division’s previous patient satisfaction surveys. In the past, patients frequently identified the

clinic location as an issue. Dare Public Health Division is fortunate to have had the opportunity for expansion. “It is gratifying to know we are helping to meet the needs of so many. We look forward to our next round of patient satisfaction surveys,” stated Clinical Nursing Director, Debbie Dutton.

“We are always striving for better ways to serve our community. Our goal is to continue to grow and expand our services,” commented Debbie Dutton. “In fact, we were recently able to add an additional health care provider and nurse position. Grant funding is crucial to our ability to add staff and services and has played a significant role



Nurses *(Continued from Page 2)*

behaviors through education in our schools and clinics. Our public health nurses must be good at assessment, as many times they are the first ones to recognize social problems within a family unit. They provide preventive services for all populations – young, old, male, female. Public health nurses are the biggest advocates for their clients. It's like giving a dog a bone - the PH Nurse will not stop until she/he has exhausted everything to make a difference for the client in need.

With evolving health issues (chronic diseases, opioid epidemic,

outbreaks of vaccine preventable diseases, and unintentional injuries) there is no shortage of work to be done. Our nurses dedicate their careers to helping others, and do so with pride. Many times they are limited to the resources they have at their disposal, and wear many hats to accomplish the goals set before them. They work tirelessly for a healthier community, by committing their discipline to improving cultures and environments. Many times they “think out of the box” in order that they may make one small difference. I could give multiple

examples of things our nurses do, but there is not enough paper to do so. I simply encourage everyone to think back to Nurse Wald and her vision. Let's continue to encourage and support our public health nurses to carry on the good works of Nurse Wald. We only have one life on this earth. Let's make it as good as we can for all people, and take the time to thank those who go above and beyond in their endeavors to help others. To our Public Health Nurses, Thank You!

Kick Butts Day at John A. Holmes High School

Submitted by Wanda Stallings, ARHS

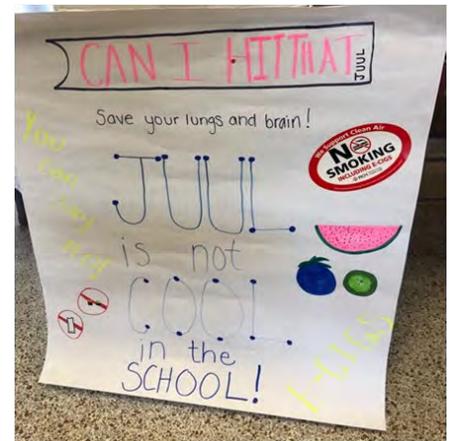
Kick Butts day is a day where empowered youth take a stand against big tobacco companies. On March 20, 2019 students at John A. Holmes High School in Edenton had the chance to learn about the effects of using tobacco. Students from the health sciences class created posters that displayed the effects of using vape products, as well. The posters were displayed in numerous locations around the cafeteria.

During lunch time, students were given the opportunity to get information on vaping and JUULing. Wanda Stallings, Public Health Education Specialist with Albemarle Regional Health Services, and Kia Boone, an East Carolina University intern, provided education for students about the effects of vaping and JUULing at



High School Students holding Aces Pride, Put Tobacco Aside t-shirts

their booth during lunch. Materials given out included: pencils, wristbands, brochures, and t-shirts.



Escape a Vape *(Continued from page 1)*

theme this year was "Escape a Vape." Students from Manteo, Cape Hatteras, and First Flight Schools were provided opportunities to take place in activities where they learned about the effects tobacco products can have on their health. Peer Power students assisted with the educational process. The picture

below shows First Flight Middle School students, who were given the opportunity to sign a pledge to refuse to use tobacco products, including electronic cigarettes. Students who signed the pledge were given a T-shirt (see design at right) with information about the dangers of electronic cigarettes.



Northeastern NC Preconception Health Summit Held in Plymouth, NC

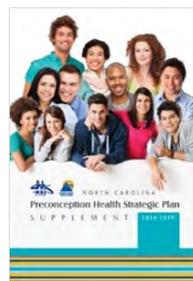
Approximately sixty individuals representing community, education, and faith leaders and health and human service providers from Northeastern NC, attended the Northeastern NC Preconception Health Summit held April 5, 2019 at the Vernon James Center in Plymouth, NC. The purpose of the Summit was to bring together regional community stakeholders to discuss issues around improving the health and well-being of women and men of child-bearing age. The 2019 Summit was the second Preconception Health Summit hosted by the NC Division of Public Health Women's Health Branch. The first was held in Durham, North Carolina in July 2017.

Preconception health refers to the health of women and men during their reproductive years (ages 14 –

44) and helps them to think about how their behaviors, lifestyles, and medical conditions affect their ability to live healthy lives and have healthy children. As discussed in the North Carolina Preconception Health Strategic Plan, preconception health and wellness go beyond individual behaviors to include community and cultural norms. The plan's supplement for 2014 – 2019 is available at <https://whb.ncpublichealth.com/docs/NorthCarolinaPreconceptionHealthStrategicPlanSupplement-2014-2019.pdf>.

Erin McClain, Assistant Director of the UNC Center for Maternal and Infant Health, opened the 2019 Summit with a

discussion on the lifelong impact of the social determinants of health on individual, family, and community health. Megan Carlucci, a recent graduate of the Gillings School of Global Public Health, followed with a robust discussion on the state of health of the northeastern region looking beyond the data. Megan conducted a comprehensive review of the community health assessments of the 17 northeastern counties to identify preconception health concerns and opportunities. The keynote speaker, Dr. Ronny Bell, Chair of the Department of Public Health at East Carolina University spoke on the broader implications of disparities on the health and well-being of the community focusing on the historical context of how we arrived at the current state of health. *(Continued page 6)*



NENC Preconception Health Summit *(Continued from page 5)*

While the breakout session notes are still being analyzed, general recommendations from the Summit included galvanizing partnerships with faith-based organizations and other non-traditional partners and extending preconception health messaging reach to grandparents. The question left on the table was how we can build on the momentum of the day. One forward moving effort in work is

expansion of the NC Preconception Peer Educator Program into the Northeastern NC Partnership for Public Health (NENCPPH) region. Albemarle Regional Health Services is partnering with the NC Division of Public Health Women’s Health Branch on this project to reach the college-age population with targeted health messages emphasizing preconception health and healthcare. The NENCPPH

would also like to share preconception health information and local initiatives in their newsletter and Facebook page.

For more information on preconception health and wellness in general or to join in efforts, contact Shelby Weeks at 919-707-5707 or Shelby.weeks@dhhs.nc.gov.

Rabies Clinic offered at Halifax County Farmer’s Market

Submitted by Laura Ellis, Halifax County Health System

The Halifax County Health Department in partnership with Lake County Animal Hospital offered a Spring Rabies clinic on April 13, 2019 at Halifax County Farmer’s Market located in Roanoke Rapids, NC. A total of 117

animals were vaccinated: 114 dogs and 3 cats.

Rabies clinics are offered at least twice a year (spring and fall). For more information about rabies clinics, please contact the Halifax County Public Health System at 252-583-5021.



National Public Health Week 2019 in Edgecombe County

Submitted by Leigh Saner, Edgecombe County Health Department

National Public Health Week this year took place from April 1-7th. Edgecombe County Health Department Staff spent the week promoting healthy communities, healthy workplaces, and violence and chronic disease prevention. On Saturday, April 6th, to round out public health week, the Health Department and the town

of Tarboro partnered together to organize the Tarboro Spring Fest Street Fair, promoting health, wellness, fitness and self-care. Several organizations and businesses came to the event and health department staff had a blast talking to people about dental

care, sexual health, chronic disease and environmental health.



Edgecombe County Tackles Substance Use Prevention and Harm Reduction

Submitted by Michelle Etheridge & Leigh Saner, Edgecombe County Health Dept.

The Edgecombe County Health Department has received approval to move forward with establishing a syringe exchange program in Edgecombe County. The program is called E.S.S.I. – Edgecombe Safe Syringe Initiative, and will be located at both of our locations – Tarboro and Rocky Mount. This initiative will begin Monday, May 6th, 2019.

The health department has also recently been awarded a micro-grant through the Foundation for Health Leadership and Innovation to implement a project focused around understanding barriers to care and de-stigmatizing substance use disorder and syringe exchange programs. The overall goal of the project is to reduce stigma, increase education around substance use disorder as a disease and increase the knowledge of public health professionals on barriers to care and health care services in the community.

The C.O.R.E. (Coordinated Opioid Recovery Effort) Coalition, comprised of 14 organizations and 1 network, has continued to do great work in the

field of substance use prevention, opioid education and awareness. The Coalition has applied to continue to receive funding from Vidant Edgecombe Hospital's Community Benefits Grant Program in efforts to provide residents with lockboxes for their medications as well as other strategies aimed to reduce overdose rates in the community.

In the beginning of 2019, the Health Department, Eastpointe and the Edgecombe County Sheriff's Office partnered to implement an opioid education series in the community aimed at addressing unmet needs and to promote awareness related to several issues surrounding the opioid crisis. On April 17th, the first series of 4 sessions was completed. Plans to implement a second series in a different part of the

county in the coming months is being worked on. This first series was well received in the community, with an average of 38 community members attending each of the 4 sessions. The sessions included a variety of speakers such as individuals in long term recovery, parents who have lost a child due to an overdose, individuals working in the field to advocate for policy change, and professionals who are researching impacts on health from adverse childhood experiences (ACEs).

We are excited about the new and continuing initiatives and public health programs surrounding substance use in the community and are looking forward to the new partnerships we will have moving forward!



Beaufort County Health Department Happenings

Submitted by JaNell Lewis, Beaufort County Health Department

Beaufort County Health Department (BCHD) participated in the Beaufort County St. Patrick's 5K for Relay for Life.



BCHD hosted its 5th Annual 411 Health Fair, April 13, 2019! Due to rain the event had to be transferred inside, but it couldn't rain on our parade! The event was a success and had a great turnout as well as lots of public comments regarding how much the fair is enjoyed! Screenings conducted included 20 breast cancer screenings, 4 HIV, Hepatitis C, and Syphilis tests, 69 A1C screenings, and about 75 wellness screenings. Approximately 175 people attended this year's health fair.



Dare County to Begin Recovery Court

Although Dare County has had an informal drug court, it has now formalized this process of a drug recovery court. A recovery court offers individualized treatment plans including counseling, supervision, drug testing, sanctions, and incentives for meeting recovery goals.

Emily Urch has been hired as the coordinator. Ms. Urch is a Dare

County attorney and graduate of North Carolina Central School of Law with prior experience assisting clients requiring addiction treatment. She will manage the program, organize treatment protocols, and liaise with outside professionals.

Some of the driving forces behind the creation of the local recovery court have been Dare County

Commissioners Wally Overman and Ervin Bateman, who are also members of the Saving Lives Task Force which Mr. Overman co-chairs along with Roxana Ballinger from Dare County Health And Human Services. The task force focuses on prevention of substance use disorder and increasing access to treatment for Dare County residents.

Berry Mango Spinach Salad

Makes: 4 Servings

Ingredients

For the Salad

- 6 cups baby spinach, washed
- 1 large ripe mango, peeled, pitted, and sliced or cubed
- 1 cup washed and sliced strawberries
- 1 large avocado, peeled, pitted and sliced
- Half a small red onion, thinly sliced
- 1/2 cup chopped cleaned asparagus
- 2 tablespoons sliced almonds

For the Dressing

- Juice of 1 lemon
- 1/4 cup olive oil
- 2-3 Tbsp balsamic vinegar, to taste
- Salt and black pepper, to taste

Directions

Place spinach in a large bowl or on salad plates if you prefer to arrange separately. Top the spinach with the fresh mango, strawberries, avocado, red onion, and asparagus. Lightly toss the ingredients to mix.

Add the sliced almonds to the bowl or on the top of the salads if plating separately.

Meanwhile prepare the salad dressing. Place the olive oil, balsamic vinegar, lemon juice, and black pepper in a medium-sized bowl and whisk to combine.

Drizzle the dressing evenly over the salad plates or over the large bowl and toss again to coat.

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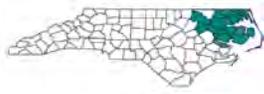
Meanwhile prepare the salad dressing. Place the olive oil, balsamic vinegar, lemon juice, and black pepper in a medium-sized bowl and whisk to combine.

Drizzle the dressing evenly over the salad plates or over the large bowl and toss again to coat.

Nutrition Facts (per serving): Calories: 283, Protein: 4 gm, Total Carbohydrates: 22 gm, Fiber: 7 gm, Total Fat: 22gm, Cholesterol: 0mg, Sodium: 45mg

Source: *Fruits and Veggies More Matters* (<https://www.fruitsandveggiesmorematters.org/spring-clean-your-diet-with-seasonal-produce/>)

Northeastern NC Partnership for Public Health



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Edgecombe · Gates · Halifax · Hertford · Hyde · Martin
Pasquotank · Perquimans · Tyrrell · Washington

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“Healthy Communities Through Leadership and Collaboration”

www.nencpph.net



www.facebook.com/nencpph

Calendar of Events

May 1-3	Eastern District NCPHA Conference
May 14	NCPHA Spring Education: Social Media
May 30	NENCPPH Workforce Development Workgroup Mtg NENCPPH OBCM/CC4C Data Workgroup Meeting
June 14	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings, Edgecombe County
June 24	NENCPPH Finance Committee Conference Call
June 26	NENCPPH Board Retreat, Kill Devil Hills
July 31	Items Due for Summer NENCPPH Newsletter

For full calendar view: <https://www.nencpph.net/calendar>

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Phyllis Rocco

Division of Public Health, NC Dept of Health and Human Services

Amy Belflower Thomas

NCIPH at Gillings Global School of Public Health, UNC at Chapel Hill

What is the Northeastern North Carolina Partnership for Public Health?

The Northeastern North Carolina Partnership 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 University, and the NC Institute of Public Health at UNC Chapel Hill, to collectively address the community's health by sharing best practices and resources. Currently the NENCPPH represents seven health departments and sixteen counties.