

Winter 2020



Winter 2020

Board of Directors' Corner: Public Health Champions and Teamwork

Welcome 2020! Each new year brings new opportunities. This is so incredibly true in our public health work. The depth and breadth of public health work is inspiring and motivating. As I sat the other day in our Epi Team meeting looking around the table at our team it struck me why I love public health so much – **teamwork!** Around the table sat wisdom and experience from numerous disciplines, nursing, social work, environmental health, health education, finance, school health, home health & hospice, and administration. Around the table sat dedicated and passionate professionals who were reviewing and discussing how best to ensure we are prepared and ready to educate and protect our citizens from nCoV 2019.



Whether it be addressing emerging threats from novel viruses, managing ongoing threats from acute diseases or chronic illnesses, ensuring food, lodging and water safety, caring for our most fragile, recognizing and connecting those in need with essential services or educating the public on important health issues, public health is at the core. I hope, regardless of your specific role in public health, you recognize yourself as a valuable public health champion and that you seize opportunities to continue to help improve the health and welfare of those around you.

I also hope you will consider attending the 2020 We are The Champions – Moving Public Health Forward conference in March 2020. Registration is now open.

Click here to register for March 27

<https://www.easternahec.net/courses-and-events/59254>

Click here to register for March 31

<https://www.easternahec.net/courses-and-events/59485>

Hope to see you there!

Warmest regards,

Sheila F. Davies, PhD
Director

Dare County Health & Human Services

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Luka Kinard Visits the Region

Submitted by Teresa Beardsley, Tobacco-Free Living Coordinator

Luka Kinard, a North Carolina teen, began vaping at the age of 14 and quickly became addicted. Once an honor roll student and student athlete, he quickly lost sight of his everyday interests and moved his focus to Juuling. Facing mood swings and behavior changes along with financial challenges as he tried to feed his addiction, his mother Kelly, worked diligently to find help for her son. After attending a rehab treatment facility in California, Luka and his mom began the fight against youth vaping and nicotine addiction. Now speaking nationally and sharing his story, Luka is working tirelessly to inform the public about the dangers of vaping. His story has been featured on Today, NBC News, the Wall Street Journal, and Inside Edition.

Luka and Kelly visited our region during the first week of February and spoke to nearly 1,700 youth and adults about the harmful effects of Juuling. While here, they spoke in Dare, Currituck, Camden, and Chowan Counties. Luka, honest with his story, reminded youth that nicotine is an addiction, and is a gateway to future drugs. He said, "Once an addict, always an addict." Luka has now been clean for 16 months from all substances, including nicotine. Luka left youth with several messages: Find a healthier alternative to vaping, alcohol or other substances, don't be afraid to try new healthy things, and be yourself (stop trying to fit in). Kelly, on the other hand, had a strong message for parents. Kelly said, "Juuling is the expressway to drug addiction." She urges parents nationwide to draw a strong line and have zero tolerance at home for vaping. She also said that nicotine addiction must be treated like any other substance misuse/addiction.

The 2019 National Youth Tobacco Survey shows that youth e-cigarette rates are at alarming levels. Compared to 3.6 million youth users in 2018, now more than 5 million youth are current e-cigarette users. In addition, the majority of users reported Juul as their usual brand. The Surgeon General's Advisory on E-cigarette Use Among Youth identifies the following risks for youth e-cigarette use: E-cigarette aerosol is not

harmless; most e-cigarettes contain nicotine; and nicotine exposure during adolescence can harm brain development, and can increase the risk for future addiction to other drugs.



Pictured Above: Luka Kinard speaking to students at Moyock Middle School.



Above: Luka and Kelly Kinard and the Dare Health and Human Services Health Education Team

Community Convenings to Grow Healthy Food Access

Submitted by Mary Jane Lyonnais, PICH Healthy Foods Coordinator

The Beaufort County Healthy Eating Active Living (HEAL) Collaborative is in the process of finishing up a Community Food Assessment with the help of Partnerships to Improve Community Health (PICH) and East Carolina University Department of Public Health. The goal of the assessment is to describe the local food system and overall food environment as well as summarize data to inform the goals and strategies of the HEAL Collaborative. The Community Food Assessment involved administering surveys on access to healthy foods, interviews with farmers/restaurants/community partners/the school system, and community focus groups. The community focus groups were held in towns all around the county from Pantego to Blount's Creek to Aurora to Washington. These conversations were valuable because many times conversations around health initiatives happen in county seats and large towns separately from the small towns that are likely the most under-resourced and effected by poor health outcomes. Each town had different ideas as to what would help change their food environment, and these conversations have led to energy around implementing healthy food strategies in their communities.



Pictured At Left: Resident in Pantego explains to group a type of gardening that is built high off the ground so that it is easy to do and promotes physical activity.

At Right: Washington Farmer and Alphalife Non-Profit representative discuss the importance of getting the youth interested in farming in the county.



Edgecombe County Board of Commissioners Approve Tobacco Ban

Submitted by Karen Lachapelle, Edgecombe County Health Director

Edgecombe County Board of Commissioners approved an update to their current Smoking Ordinance at their January 2020 meeting with a vote of 5 – 2. The new ordinance does not allow the use of any tobacco/vaping product on or in county property, owned or rented. This was a success for the health of county employees. The health department is working to post signage on all county property and wants to provide smoking cessation classes, as well, for employees who wish to stop smoking. Edgecombe County Health Department is excited about the opportunity to work with county employees to “Kick the Habit.”

Hyde County Health Department WIC Expands Operations

Submitted by Misty Gibbs, Hyde County Health Department

Thanks to a WIC special funding opportunity by the NC Division of Public Health Nutrition Services Branch, Hyde County Health Department was able to expand services for WIC to include a location in Engelhard, NC, the population center of Hyde County. The WIC satellite office is located inside Hyde County Department of Social Services located at 35015 US Hwy 264, Engelhard, NC 27824.

Staff began seeing clients at that location about two days a month in November 2019. The current WIC caseload has increased by 19% during that time period. WIC Director Jenna Brinn stated, “We are hoping that having satellite offices will make services more accessible.”

Citizens interested in utilizing this service can do so by visiting the Engelhard office on Thursdays or calling 252-926-4399 to schedule an appointment. WIC services are also offered at Hyde County Health Department in Swan Quarter Monday through Friday, 8 AM to 5 PM and quarterly on Ocracoke.



Halifax County Adopts No Tethering Ordinance

Submitted by Laura Ellis

Unattended tethering of dogs is now illegal in Halifax County effective January 1, 2020. Halifax County Commissioners approved the ordinance at the December 2019 County Commissioner meeting.

The following checklist will help Halifax County residents ensure that their dog(s)' living conditions are legal.

- Dogs cannot be tethered outside unattended. They must be kept indoors or in a securely fenced in area.
- Securely fenced-in areas must measure at least 10 feet by 10 feet and at least 6 feet in height. For dogs weighing 29 pounds or less, a secure fenced in area must measure at least 6 feet by 6 feet and at least 5 feet in height.
- Except for hunting dogs, for each additional dog there shall be an additional 50 square feet of space of penned area.
- Animal living areas must be kept clean, dry and clear of debris and waste.
- Dogs must have adequate shelter that protects them from injury and the weather, including rain, direct sunlight and heat or cold. It must have a solid floor and be large enough for the dog to lie in comfortably.
- Dogs must always have access to fresh water in a clean and durable container.
- Dogs must be provided with nutritious food on a daily basis.

Halifax County Health Department, Animal Control and the Halifax County Sheriff's Department are informing the citizens of the adoption of the no tethering ordinance with effective date of January 1, 2020.

ARHS Wears Red for Heart Health Awareness



Pictured above: Jami Williams, Teresa Beardsley, Wanda Stallings, and Shayla Hayes

Registration is Now Open



We Are The Champions!
Moving Public Health Forward TOGETHER

March 27, 2020 **OR** **March 31, 2020**

K. E. White Graduate Center
Elizabeth City State University
1862 Edgewood Dr.
Elizabeth City, NC

The Vernon James Center
207 Research Station Rd.
Plymouth, NC

Jointly provided by
Eastern Area Health Education Center
Northeastern North Carolina Partnership for Public Health

Registration is now open for the “We Are The Champions! Moving Public Health Forward TOGETHER” Conference.

Click here to register for March 27

<https://www.easternahec.net/courses-and-events/59254>

Click here to register for March 31

<https://www.easternahec.net/courses-and-events/59485>

Congratulations to the Participants of the NENCPPH Regional Walking Challenge

Well done to all sixty teams and 290 individuals who participated in the third annual Northeastern NC Partnership for Public Health (NENCPPH) Regional Walking Challenge which started on September 16 and finished on November 10, 2019! Of the 60 teams, forty-nine teams were designated as local health department (LHD) teams and eleven were designated as LHD partnering agency teams. That's two more teams than last year. All of the LHDs in the NENCPPH region had teams participating, and three of the LHD Health Directors also participated: Wes Gray, Bruce Robistow, and Sheila Davies!

Dare County once again took home the LHD traveling trophy for the LHD team with the most average team steps. The top team was "SASSS" from Dare County Health and Human Services with an average of 639,439 team steps. Congratulations to team SASSS! Congratulations and the Partnering Agency Traveling Trophy goes to "Keep Trucking" for the most average team steps out of the Partnering Agency Teams; they had 520,621 average team steps.

The individual from a LHD team with the most steps goes to Heather Gardiner on team Miles to Martinis of Dare County Health and Human Services with a whopping 1,100,934 steps. Donald Bennett had the most steps out of the Partnering Agency teams with 703,806 steps; he was on team Keep Trucking from Halifax County Partnering Agency - Register of Deeds and Operations.

Special recognition also goes to the team with the most creative name "We Thought They Said Rum" from the Halifax County Public Health System.

Certificates and trophies were presented at the December 4th NENCPPH Board of Directors Meeting. Next year, the hope is to have more Health Directors and partnering agency teams participating. The NENCPPH is also exploring additional means to encourage physical activity and/or healthy eating in our region. Walk on for fitness and health!



Pictured Above: Team SASSS, from Dare County Health and Human Services



Pictured Above: Margie Shearin and Donald Bennett from Keep Trucking, Halifax ROD and Operations



Pictured Above: Bruce Robistow, from team "We Thought You Said Rum," Halifax County



Pictured Above: Heather Gardiner, Dare County Dept. of Health and Human Services



Updates for Beaufort County

Submitted by JaNell Lewis, Beaufort County Health Department

Anna Parker joined the Beaufort County Health Department, December 2019 and is the Diabetes Prevention and Chronic Disease Public Health Education Specialist. (Pictured at right)



Pictured Above: December 20th we had our first ever Beaufort County Teen Night! Teens, ages 13-18, were encouraged to come out in their best 80s theme for a night of fun and education! As part of our Teen Pregnancy Prevention Initiative, Reducing the Risk, we were able to provide a fun, safe time for students as well as provide education regarding teen health.

April 4, 2020 Beaufort County Public Health Department will be hosting their Annual 411 Health Fair from 10:00am to 2:00pm at the Beaufort County Health Department in Washington. They will offer the following free screenings: A1c, BMI, Blood Pressure, Cholesterol, HIV, Hep C, Syphilis, and Breast & Skin cancer screenings. Plus a food truck, bouncy house, fire and rescue trucks, and much, much more will be there! (Flyer attached at right)





Health Fair

"Healthier Together"

April 4th, 2020

10:00am-2:00pm

JOIN US! Entry is FREE!



FREE Screenings!

- Breast
- Hep C, HIV, & Syphilis
- Blood Pressure
- A1c & MORE!



Giveaways & Prizes!

Bike Rodeo!



FREE helmets!



Kids Activities!

Bouncy house and fossil pit!

For more information contact:
JaNell Lewis @ (252) 940-5090

Don't forget money for
FOOD TRUCKS!

Northeastern NC Partnership for Public Health



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

912 Soundside Road
Edenton, NC 27932

Phone: 252.339.6727

E-mail: jtunney@arhs-nc.org

**“Healthy Communities Through
Leadership and Collaboration”**

www.nencpph.net



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Calendar of Events

Mar 13	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
Mar 19	NENCPPH Workforce Development Workgroup Mtg
Mar 27	We Are the Champions! Conference, Elizabeth City
Mar 30	NENCPPH Finance Committee Conference Call
Mar 31	We Are the Champions! Conference, Plymouth
April 2-3	NENCPPH Board Retreat, Kill Devil Hills
April 6-12	National Public Health Week
April 7	NENCPPH LHD Substance Misuse Forum
Apr 29-May 1	EDNCPHA Spring Conference, Kill Devil Hills
May 4	Items Due for Spring NENCPPH Newsletter

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

Board of Directors

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Sheila Davies,

Director, Dare County Department of Health & Human Services

Ruth Little

Public Health Dept., East Carolina University

Beth Lovette

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.