

Fall 2020



## Partnering for Health

### Edgecombe LHD Victorious in Walking Challenge

*Submitted by Thomas Stebner, Edgecombe County Health Department*

The Edgecombe County Health Department entered the 4<sup>th</sup> Annual Northeastern NC Partnership for Public Health Regional Walking Challenge with five teams and brought home the victory for the first time! Team “Good Trouble,” one of the teams representing Edgecombe County Health Department, had the highest team average number of steps amongst the participating health department teams over the 6-week period with 692,021 steps! The Health Department will receive a certificate and a traveling trophy! All of our participants worked hard to get the highest number of steps possible during this time. Our 25 participants combined for a total of 9,553,426 steps which is equal to ~4,750 miles!!! Great job to everyone who participated this year and for pushing your teammates to meet your goals.

*Edgecombe...brought home the victory for the first time!*

*“The key to obtaining our goals was **consistency** day by day. It’s about **being committed, motivated, dedicated, and conditioned**. “Good Trouble” set our goals high. We tried to meet weekly to **motivate each other** and to discuss our goals which was to win the challenge, and bring the Trophy back to Edgecombe County, but most importantly to continue to work on being healthy.”*

See more results, photos and excerpts from some of the top steppers in the Walking Challenge on pages 4 and 6-8.



Pictured Above is Team “Good Trouble”: (From left to right: Glenn Filkins, Laura Viveros, Mary Jo Darden, Gwen Shaw, and Calvin Bridgers) Team

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## Pampers Collection for Halifax Families

*Submitted by Denise Norman, Halifax County Health Department*

During the month of September the Halifax County Public Health System partnered with Nurse Family Partnership in an effort to collect pampers for mothers in our community. A box was set up outside of the Social Work unit for staff members to drop off pampers. Research has shown that 1 in 3 babies do not have the pampers that they need. On behalf of the HCHCD Social Work Unit, we are grateful to all who supported this community initiative to help mothers in our community.



*Pictured Above from left to right: Doris Taylor, Sharon Deloatch, Georgiana Couden, Natashja Hunter, Kadesia Ellis & Tekesha Turner*



*Pictured Above from left to right: Sharon Deloatch, Natashja Hunter, Georgiana Couden, Shea Briggs, Kim White, Kadesia Ellis, Tekesha Turner, & Doris Taylor*

## Save The Date: We Are The Champions Conference April 16, 2021



"We Are The Champions! Moving Public Health Forward TOGETHER" workforce development conference has been rescheduled for April 16, 2021. The Northeastern North Carolina Partnership for Public Health conference planning team is working with Eastern AHEC to provide the same, or similar, one-day conference offerings as originally planned for spring 2020, but now as a one-day virtual conference. Save the Date and plan to attend. Be on the look out for registration information to come.



## Halifax Health Department Employees Go Pink

*Submitted by Denise Norman, Halifax County Health Department*

Halifax County Health Department, employees go pink to show support for Breast Cancer Awareness Month this past October.

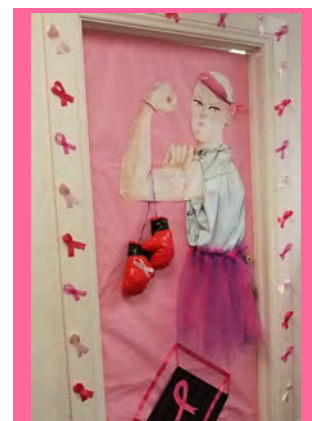
Fact: Other than some kinds of skin cancer, breast cancer is the most common form of cancer in women in the US regardless of race or ethnicity. Learn more with the United States Cancer Statistics @ <http://bit.ly/2N8cluq>. Today and every day we support, honor, and remember all who have been affected by breast cancer.



*Pictured above is Health Director Bruce Robistow (kneeling) and the Halifax County Health Department staff.*



*Pictured above (l-r) are Crystal Lynch, Deborah Jordan, Kim Rose, and Linda Arrington*



*Breast Cancer Awareness Door Decor*



*Pictured above (l-r) are Uniquinika Drake, Tina Flythe, Jessica Shearin, and Joyce Fitts*



*Pictured above (l-r) are Johnny Taylor and Teresa Jarrell*



*Pictured above (l-r) are Gaynelle Byrd, Regina Price, and Frances Vick*

## PICH Supports North Eastern NC Consumers, Nutrition Education Services, and Local Farmers and Retailers with Produce Prescription Program

*Submitted by Mary Jane Lyonnais, PICH Healthy Foods Coordinator*

At least 6 Nutrition Education Programs, 7 Fruit and Vegetable Farmers/Retailers, and 32 consumers around the region have participated in the PICH Produce Prescription Program so far in 2020. The program is three fold. 1. Nutrition education providers encourage participants to complete their programs by incentivizing them with fruit and vegetable vouchers. 2. Participants are given extra financial support through the vouchers to use what they learned during the class to purchase quality fruits and vegetables in their community. 3. Local farmers and retailers increase their profit margins while also potentially establishing new/recurrent customers that become more familiar with local farmers in their area. Research on Produce Prescription Programs has shown that when you pair nutrition education with fruit and vegetable prescriptions, participants are more likely to take advantage of the program and consume the fruits and vegetables that they purchase. Public Health Professors at East Carolina University are currently studying the PICH Produce Prescription Program to determine whether participants have improved access, purchasing patterns and consumption of fruits and vegetables as a result of the program. Currently residents, nutrition education providers and farmers/retailers in Beaufort, Bertie, Edgecombe, Hertford, Hyde and Martin are being served by this program. If you are interested in participating, please contact the Healthy Foods Coordinator, Mary Jane Lyonnais at [Maryjane.lyonnais@arhs-nc.org](mailto:Maryjane.lyonnais@arhs-nc.org) or at 252-340-0395 for more information.



*Pictured at left: Julie Tunney of NENCPH, and her dog, Annie getting some steps in.*

*Pictured at right: Mike Wheeler, Hyde County Health Department, with his treadmill*





## Tobacco Prevention and Health Education at Camp S.A.L.T.

*By: Rebecca Woods, Health Education and Outreach Supervisor, Dare County Department of Health and Human Services and Teresa Beardsley, Regional Tobacco Prevention Manager, Albemarle Regional Health Services*

Each summer, the Dare County Sheriff's Office offers several sessions of Camp S.A.L.T (Save A Life Together). The camp provides safe opportunities for youth to increase their courage and healthy coping skills through adventure-based activities. Camp S.A.L.T. extended their sessions through the first quarter of school as a support to local families with students in remote learning. Dare County's Health Education and Outreach unit partnered with Teresa Beardsley, Regional Tobacco Prevention Manager with Albemarle Regional Health Services and the Dare County Sheriff's Office to deliver weekly health education lessons to youth attending the camp.

Over a 6 week period, these young people, ages 8 through 14, learned about the dangers of tobacco use and vaping through a variety of activities and displays with a focus of preventing youth tobacco use. As we know, tobacco use is the number 1 preventable cause of disease and death within the United States, therefore, we could not think of a better topic to focus on with these students. In addition we also worked with students on healthy ways to cope with anxiety and bicycle safety. Youth in need of a bicycle helmet were provided one through a grant from the North Carolina Department of Transportation.



## Regional Walking Challenge Results, Photos, and Excerpts



Walk for fun, for better health, for stress relief, to get rid of quarantine pounds, or to show your colleagues what you're made of. And do you know what? Three hundred fourteen (314) local health department (LHD) and partnering agency staff did just that this fall; they participated in the Northeastern North Carolina Partnership for Public Health (NENCPPH) Fourth Annual Regional Walking Challenge. There were a total of sixty-two teams, of which 48 were LHD teams and 14 were partnering agency teams. Six of the NENCPPH Board of Directors also participated this year! Edgecombe County Health Department was able to field a winning team this year to beat Dare County Department of Health and Human Services (Dare DHHS). Dare DHHS has fielded the winning LHD team for the past three years. Congratulations to Edgecombe's "Good Trouble" for their victory (see article and photo on page 1).

Heather Gardiner, on team "Walking on Sunshine", Dare Department of Health and Human Services, once again was amazing in being able to accumulate the vast number of steps which she did: 1,236,607 steps (that's over 618 miles) which earned her first place in the most individual steps walked! Well done, Heather!

When asked how she was able to fit in so many steps into her busy day, Heather said, *"Well every year I run the Yeti 100-mile race in September during the walking challenge, so that really helps my steps! I am an ultrarunner so I get up 6 days a week and run...many mornings 3:30 am to get in 10 miles before work. I was also hiking after work with a women's adventure group I am a part of. I am highly competitive and was definitely pushing the last 2 weeks to see if our team could get ahead of Edgecombe, but it just didn't happen. As a team*

*we really worked together to encourage each other to get those extra steps during the work day!"*



Heather Gardiner, Dare DHHS



For the local partnering agency winning team, "Keep on Trucking" from Halifax County ROD and Operations fielded the winning team again this year (pictured at left). Donald Bennett, who was on that team, was able to once again maintain first place for most individual steps of a partnering agency team with a total of 818,857 steps! Well done, Donald and "Keep on Trucking"!

When asked how they did it, here's what they said: *"3 out of 5 of our team members are in Operations...All they do is walk all day at work... We try and walk 3 times a day and then go home to take care of our households which requires constant movement... We don't fit it (walking) into our schedules as much as it is our schedules."*



## More Walking Challenge Results, Photos, and Excerpts

The first place award for the Northeastern NC Partnership for Public Health (NENCPPH) Board Member with the most steps goes to Sheila Davies, Director of Dare County Department of Health and Human Services. Well done, Sheila!




Pictured above: Sheila Davies



The youngest walker award goes to Charlie (pictured at left)! Sarah Bradshaw, the team captain of SASSS from Dare County Department of Health and Human Services, was pregnant and had her baby boy during the challenge! She continued to walk throughout the challenge even on her maternity leave. Team SASSS won the Regional Walking Challenge last year.

There were so many creative team names again this year. In fact, we had a tie for the most creative name for the Regional Walking Challenge: "Between a Walk and a Hard Pace" (Edgecombe County Health Department) and "My Achy Breaky Parts" (Halifax County Health Department). Runner-ups included the "Young and the Breathless" and "Covid Cruisers" (both from Dare County Department of Health and Human Services).



### 2020 NENCPPH Regional Walking Challenge

*Well done to all participants in the walking challenge, but especially to the teams with the most steps!*

#### Final results – Most Average Team Steps

##### Local Health Departments

**1<sup>st</sup> place - "Good Trouble", Edgecombe County Health Department, with 692,021 steps**

**2<sup>nd</sup> place - Walking on Sunshine, Dare County Health and Human Services, with 675,182 steps**

**3<sup>rd</sup> place - Witness the Fitness, Dare County Health and Human Services, with 601,167 steps**

##### LHD Partnering Agencies

**1<sup>st</sup> place - Keep on Trucking, Halifax County ROD and Operations, with 629,705 steps**

**2<sup>nd</sup> place – Marching 4 Belinda, Halifax County DSS, with 498,873 steps**

**3<sup>rd</sup> place – Moving Mamas, Halifax County DSS, with 487,684 steps**

#### Final results – Individual With Most Steps Taken

##### Local Health Departments

- 1<sup>st</sup> place - Heather Gardiner**, Walking on Sunshine, Dare County Health and Human Services, with 1,236,607 steps
- 2<sup>nd</sup> place – Rebecca Woods**, Witness the Fitness, Dare County Health and Human Services with 942,005 steps
- 3<sup>rd</sup> place - Rita Boone**, Road Runners, Albemarle Regional Health Services, with 839,137 steps

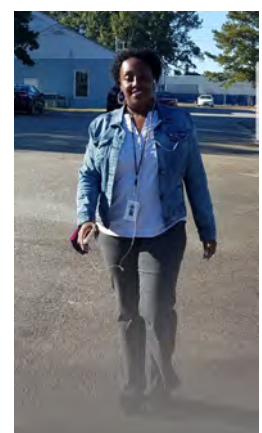
##### LHD Partnering Agencies

- 1<sup>st</sup> place - Donald Bennett**, Keep on Trucking, Halifax County ROD and Operations, with 818,857 steps
- 2<sup>nd</sup> place – Stephen Capehart, Jr.**, Keep on Trucking, Halifax County ROD and Operations, with 763,319 steps
- 3<sup>rd</sup> place – Margie Shearin**, Keep on Trucking, Halifax County ROD and Operations, with 748,772 steps

*Walk on for Fitness and Good Health!*



*Pictured are representatives of Halifax County's "Marching 4 Belinda" (at left) and "Sole Sisters" (at right)*





## Halifax Walks—Regional Walking Challenge





## Halifax County Public Health System—Facelift for WIC

*Submitted by Denise Norman, Halifax County Health Department*

While all Halifax County WIC offices have been closed to the public, the Roanoke Rapids office has received quite the face lift. Thanks to a State-funded grant opportunity and local artist Heather Bailey, our clients will be welcomed back into a bright and cheerful waiting room and lab area. Without any interruptions to services, Halifax County WIC caseload is at an all-time high!! All WIC appointments are being conducted via telephone, potential applicants are encouraged to call 252-535-4845 to determine WIC eligibility.



## Beaufort Conducts COVID-19 Testing in the Community

*Submitted by JaNell Octigan, Beaufort County Health Department*

Beaufort County continues to provide COVID-19 testing in the community, as well as responding however is needed, to slow the spread of COVID-19.





## Apple Quinoa Salad with Roasted Butternut Squash

Bring a taste of fall to your table with this recipe.

### Ingredients

#### For the Base

3 Cups Quinoa, cooked  
2 Cups Butternut Squash, cubed  
1 1/2 tsp Olive Oil, divided  
1/4 tsp Ground Cinnamon  
1/2 Small Red Onion, thinly sliced  
1/ Rave Apple, cubed  
1/4 Cup Pecans  
1/4 Cup Dried Cranberries, 50% reduced sugar  
Fresh Thyme, for garnish

#### For the Dressing

1 1/2 Tbsp Olive Oil  
2 Tbsp Apple Cider Vinegar  
1/2 Tbsp Maple Syrup  
1/4 tsp Cracked Black Pepper, ground

### Instructions

As always, wash all produce under running water and let dry.

Preheat oven to 400F.

In a medium mixing bowl, combine butternut squash cubes, ground cinnamon and 1 tsp of olive oil. Spread evenly across the baking sheet. Roast in the oven for 30-45 minutes or until softened. Stir half way through to ensure even cooking.

In the same mixing bowl, add in 1/2 tsp of olive oil and sliced onions. Coat evenly. Add to baking sheet with butternut squash for the last 15 minutes of roasting.

In a small bowl, whisk together all of the ingredients for the dressing. Set aside.

While the vegetables are roasting, roughly chop the pecans and cube the apples.

When the squash and onions are done roasting, combine the cooked quinoa, apples, pecans and roasted vegetables in a large mixing bowl. Add in cranberries and drizzle dressing over the top. Stir well to coat evenly.

Garnish w/ fresh thyme.

Enjoy this salad warm right away, or keep the in the refrigerator until ready to eat.



## Northeastern NC Partnership for Public Health



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

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Leadership and Collaboration”**

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## Board of Directors

Bruce Robistow, NENCPPH Board Chair  
Director, Halifax County Public Health System

James Madson, NENCPPH Board Vice-Chair  
Director, Beaufort County Health Department

Luana Gibbs, NENCPPH Secretary and Treasurer  
Interim Director, Hyde County Health Department

Wes Gray  
Director, Martin-Tyrrell-Washington District Health  
Department

Karen Lachapelle,  
Director, Edgecombe County Health Department

Battle Betts  
Director, Albemarle Regional Health Department

Sheila Davies,  
Director, Dare County Department of Health & Hu-  
man Services

Ruth Little  
Public Health Dept., East Carolina University

Beth Lovette  
Division of Public Health, NC Dept of Health and Hu-  
man Services

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

## Calendar of Events

Nov 16 –Dec 31	Eat Smart, Move More, Maintain, Don't Gain! Holiday Chal- lenge
Nov 30	NENCPPH Finance Committee Conference Call
Dec 1	NENCPPH Substance Misuse Taskforce Meeting
Dec 2	NENCPPH Board Meeting
Dec 11	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
Jan 15	NENCPPH Workforce Planning Meeting
Feb 2	Items Due for Winter NENCPPH Newsletter

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

## What is the Northeastern North Carolina Partner- ship 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.