

Summer 2021



## The National Guard and ECHD Vax the Community

*Submitted by Thomas Stebner, Edgecombe County Health Department*

The Edgecombe County Health Department (ECHD) and the National Guard have been working together during the pandemic to provide COVID-19 vaccinations to the community. The partnership has been an instrumental part in getting vaccines in arms of people who need it most. They have helped enter information into COVID-19 Vaccine Management System (CVMS) and administer vaccines at the ECHD clinics in both Tarboro and Rocky Mount since January. Now, the National Guard and the ECHD are taking an aggressive approach to vaccinating by scheduling pop-up events throughout the county. These events are in areas with low vaccination numbers and are held in a variety of settings including churches, work places and housing developments. The orders for the National Guard will be over at the end of August and the ECHD is truly grateful for the time, energy, and flexibility all of their staff has given during the response.



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## NENCPPH Board Corner — “Partnerships Work”

*Submitted by Karen Lachapelle, Edgecombe County Health Department Director*

It has been a pleasure to serve as the Edgecombe County Health Director for the last fifteen years and to serve on the Northeastern North Carolina Partnership for Public Health (NENCPPH) Board of Directors. The leadership this board provides to the sixteen counties it serves has positively impacted the healthcare of the residents we serve.

I have been very proud of the accomplishments the NENCPPH has had over the last twenty-two years: not only in improving healthcare access, but the relationships we have built between the counties we represent. It is amazing to read all the accomplishments we have had in the region. We have addressed diabetes, HIV/AIDS, rabies, tobacco substance use, nutrition and exercise, and promoting the need for our residents to have better access to fresh fruit and vegetables.

Together we have worked to address the COVID-19 pandemic. What an asset to meet weekly as Health Directors to discuss the needs, problems, and best solutions needed to reduce the spread of COVID in our communities. We have, and are, doing a great job.

Mental health access has been a need identified in this region. Together the members of the NENCPPH Board are addressing the mental health needs in the 16 counties. Albemarle Regional Health Services, Martin-Tyrrell-Washington, Beaufort, and Hyde County Health Directors are currently working together to bring additional mental health services to the region.

There are so many other projects and initiatives we have joined forces together to address over the years and have made a difference. Now as it is my time to retire, I leave all of you with wonderful memories of our quarterly meetings together, my phone calls to all of you at least once in desperation for help to assist me in problem solving, and many other things. I say thank you with a full heart, eyes full of tears, and confidence in knowing Northeastern North Carolina is in good hands. As I always say to staff, “Stay Strong and continue to move forward. I got your back.” – Karen



## Family Nurse Practitioner Joins Hyde County Health Department

*Submitted by Anna Schafer, Hyde County Health Department*

Hyde County Health Department (HCHD) is elated to introduce its new Family Nurse Practitioner, Emma Williams! Emma graduated from Beaufort Community College in 2010 with an Associate Degree in Nursing and soon began her career at Cross Creek Nursing Home in Swan Quarter, followed by Community Hospice & Coastal Home Care. In fact, Emma has spent most of her career working with the geriatric population and has loved every second! In 2017, Emma obtained her Bachelor's degree at the University of Mount Olive, followed by a Master's degree at South College with a concentration in Family Nurse Practitioner in 2020.



Emma serves as the primary provider at HCHD and sees patients of all ages. HCHD provides maternity care, child health care, primary care, weight loss/management support, EKGs, chronic disease prevention & management, nutrition education, mental health assessments, referrals to specialty care, and so much more. Emma has also recently completed the training and certification processes to provide Hepatitis C Treatment, Medication Assisted Therapy (i.e. Suboxone), CDL Physicals, and Merchant Mariner Physicals, and will begin providing these much needed services at HCHD in the coming months.

Emma was born and raised in Hyde County and is married with two beautiful daughters. She also serves as the Vice President of the Hyde County Chamber of Commerce, a member of Hyde County 4-H Livestock Committee and is very active with events in the community. Emma genuinely enjoys giving back to Hyde County and loves serving her patients here. Hyde County Health Department is incredibly lucky to have her on staff. Welcome to the HCHD team, Emma!



## Best Wishes to Karen Lachapelle on Her Retirement

Although we are sad to see Karen Lachapelle retire, and she will miss as a member of the Northeastern North Carolina Partnership for Public Health (NENCPPH) Board, we are happy for her in her decision to retire. Karen Lachapelle will retire as Health Director of the Edgecombe County Health Department on September 1, 2021 after serving as their Health Director for fifteen years. Ms. Lachapelle has worked in public health for thirty years: two years in Nash County; the remaining 28 years in Edgecombe County. For over fifteen years, she has been actively participating with the NENCPPH. Once Ms. Lachapelle retires, Michelle Etheridge will step in as the Interim Health Director for Edgecombe County Health Department, and member of the NENCPPH Board.



When asked what she is looking forward to when she retires, Ms. Lachapelle replied "spending time with family, including my 87-year-old mama" in addition to her husband and two sons, and "just chillin'."

All the Best, Karen Lachapelle!



## Martin-Tyrrell-Washington District Health Updates

*Submitted by Kirsten Beasley, MTW District Health*

The 2nd Judicial District Opioid Coalition is hosting their first International Overdose Awareness event on August 31st from 6 to 8 PM at the Moratoc Park in Williamston. This event is FREE and open to the public. There will be vendors, Narcan training and the opportunity to receive a free dose of naloxone, a presentation on SSPs and resources in the district, a raffle, and speakers who will share their lived experience. Oh, and did I mention a free dinner?! If you would like to be a vendor or want more information on this event, please contact Kirsten Beasley at [kirsten.smith@mtwdh.org](mailto:kirsten.smith@mtwdh.org). (See picture at right)

MTW District Health has FIVE new nationally Certified Child Passenger Safety Technicians that will serve the residents of Martin, Tyrrell and Washington Counties. Community members can schedule an appointment to have their car seat installed by calling (252) 791-3125. MTW also has car seats available for those who are patients and are unable to purchase their own. (See photos below)



*Pictured above, left to right are: Kimberly Clark, Emily Spruill, Kristi Hassel, Nicole Barnes and Kirsten Beasley.*

Thanks to receiving the Vidant Chowan Community Benefits Grant, MTW will be updating their walking trail with new solar lights, flower beds, and workout stations. We are so excited to improve this area so our residents have a safe, fun opportunity to exercise. Pictured at right are Kirsten Beasley and her intern, Kyle Whidbee.



**Martin-Tyrrell-Washington District Health**

Promoting Healthier Lifestyles Through Personal and Environmental Health Services

## It's time to Get Moving!

It is time to get moving! And what better way than to participate in what was the NENCPPH Regional Walking Challenge, and is now the NENCPPH Regional Get Moving Challenge? The challenge is encouraging participants to move more, be that by walking, running, or any other form of physical activity. A conversion chart will be used to convert other activities into steps. Sign-up with your local health department (LHD) coordinator today! The challenge will run for six weeks: from September 13 through October 24. All NENCPPH local health departments and their partnering agencies are eligible to participate. Sign-up as part of a 5-member LHD or partnering agency team, or you can sign-up as an individual participant! If you participated last year, can you increase the number of steps you obtained? Could your team win the travelling trophy for most team steps?

The winning LHD team from last fall, Good Trouble (Edgecombe County Health Department), shared how they achieved their success. *"The key to obtaining our goals was consistency day by day. A walking challenge is a great way to get moving more each day. What a better way than walking or running with family to get this challenge in. Our team, Good Trouble, has done just those things to win this challenge. It's about being committed, motivated, dedicated, and conditioned. One must condition themselves physically, mentally and spiritually, as well. Good Trouble set their goals high. We tried to meet weekly to motivate each other and to discuss our goals which was to win the challenge, to bring the Trophy back to Edgecombe County, but most importantly to continue to work on being healthy."*

Let's see how many individuals and teams we can get to participate in this activity to promote healthy lifestyles.

For more information, contact Julie Tunney, NENCPPH Coordinator at [jtunney@arhs-nc.org](mailto:jtunney@arhs-nc.org).

**It's time to Sign up**  
for the  
**2021 NENCPPH**  
**Regional**  
**Get Moving Challenge**

Improved Mental Health

Get Moving for Better Health

Which Health Department team can get the most steps in 6 weeks?

Which LHD Partnering Agency team can get the most steps in 6 weeks?

**Sign-up as a team, or as an individual, by Labor Day 2021**

**Dates of Challenge: September 13 - October 24, 2021**

Chance to Win Bragging Rights, Traveling Trophy and Photograph in the newsletter/social media for the Winning Teams

For more information contact your LHD Get Moving Coordinator, or Julie Tunney, Regional Get Moving Coordinator ([jtunney@arhs-nc.org](mailto:jtunney@arhs-nc.org))

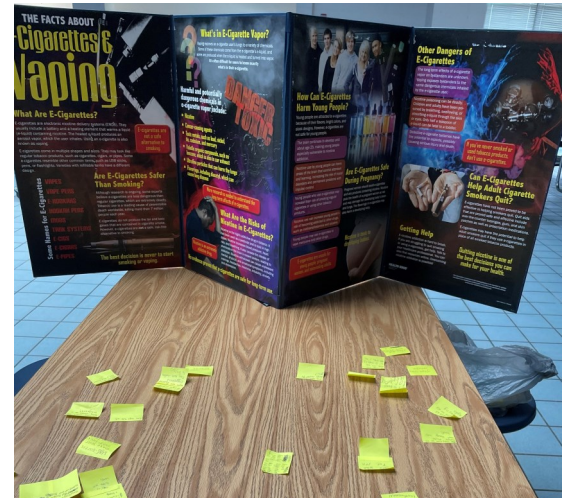


## Youth Vaping/Tobacco Cessation Efforts

*Submitted by Teresa Beardsley, Tobacco Prevention Manager—Region 9*

The Dare County Department of Health & Human Services teamed up with the Dare County Sheriff's Office to provide vaping prevention education to youth attending Camp S.A.L.T. (Save a Live Together) in Dare County. Jair Torres of Dare County Department of Health and Human Services, is providing a lesson to all campers this summer on the myths and truths about vaping. Also, be sure to check out and share these free youth cessation programs with your community:

1. TRUTH This is Quitting: Youth text "DITCHVAPE" to 88709
2. Live Vape Free Text Line through QuitlineNC: Youth ages 13-17 text VapeFreeNC to 873373
3. QuitlineNC: Call 1-800-Quit-Now



### FREE Youth Tobacco Resources for PARENTS:



**Live Vape Free:** Online support course for concerned adults. Support regarding discussions with youth around vaping or dealing with issues that may arise due to their child's usage of e-cigarettes or other tobacco products. <https://www.quitlinenc.com/>

**The Vape Talk:** Intended to help parents talk about vaping with their kids and includes a downloadable guide. <https://www.lung.org/stop-smoking/vape-talk/>

**PAVe:** Founded by three concerned moms of whom seek to educate parents about the dangers of e-cigarettes; advocate for the health and safety of kids with regards to their widespread use of these products, and activate members to work for action against e-cigarette companies when and if necessary. <https://www.parentsagainstvaping.org>



Scan for additional resources or to contact your local tobacco prevention and control manager.

Updated July, 2021

### FREE Youth Tobacco Resources for PARENTS continued:

**Partnership for Drug-Free Kids Vaping Guide:** What you need to know and how to talk with your kids about vaping.

✓ This is meant to help you understand vaping, the appeal to youth and what research says about the known and unknown risks. There is a link to the guide at the website below.

<https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/>

**E-cigarette Health Advisory Materials:** Materials to educate on the pressing issue of young people's use of electronic cigarettes and similar nicotine delivery devices. <https://www.tobaccopreventionandcontrol.ncdhhs.gov/youth/index.htm#ecigham>

**Massachusetts Department of Health:** Resources include facts on products, tips for parents on how to talk to their kids about vaping, community engagement and tips for schools.

✓ <http://makesmokinghistory.org/dangers-of-vaping/>



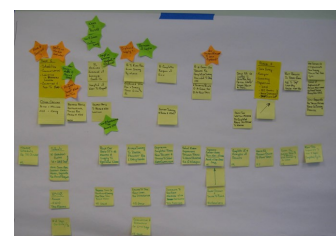
## Dare County Public Health Leads the way in QI

*Submitted by Laura Willingham, Dare County Department of Health and Human Services*

The Dare County Department of Health and Human Services (DHHS), Division of Public Health was one of 6 local health departments Health Department, Martin- ment, Montgomery County Health Department, and Per- lected by the North Carolina (NCLHDA) Program and Pop- participate in a six-month (QI) design team to develop tivities. Health departments ticipation. NCLHDA and Im- to sustainably improve quality partments in North Carolina. Participating in the design team will allow the Dare County Department of Public Health to shape what kinds of support will be provided to local health departments moving forward. Dare County's QI Coordinator, Laura Willingham, will take the lead in participating on this team with support from team members Rebecca Woods and Jair Torrez. Laura will seek and share input with the Dare County DHHS's QI council as well. Hopefully this will lead to more Quality Improvement tools and support coming to local health departments across the state.



statewide (along with Burke County Tyrrell-Washington District Health Department of Health, Onslow County son County Health Department) to be se- Local Health Department Accreditation ulation Health Improvement Partners to long collaborative Quality Improvement and test quality improvement-related ac- will receive a \$1,500 stipend for their par- improvement Partners are working together improvement support for local health de-



**Save the Date**

**for the**

**NENCPPH Regional Local Health Department  
Conference and Celebration**

**April 26, 2022**

**Eastern AHEC, Greenville**

*(A Virtual option will also be available)*

## Summer 2021 Fresh Produce Spotlight Series

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

This summer PICH featured famers, schools, stands, and markets from all over the region for our Fresh Produce Spotlight series! See below a sneak peak of the series. More can be found at <https://www.facebook.com/HealthyNC>. All farms featured accept PICH Produce Prescription vouchers.

....PICH had the pleasure of interviewing Mr. Brown's daughter, Sharonda Brown, about her work at the Brown Family Farm in Hertford County. The Brown Family Farm was established over 10 years ago and though the land was covered with wood, Mr. Brown had a vision. Mr. Brown grew up working on a farm with his father, and so he saw the land as an opportunity to help his children and their children prosper. Soon enough, Mr. Brown cleared the land to make it suitable for his crops. Today, the Brown Family Farm has a total of five fields where they grow their produce. Initially, Ms. Brown did not see her father's vision. She believed that if she wanted vegetables, she could simply go to the grocery store. However, about 7 years ago, Ms. Brown began to see her father's vision and became more involved with the Brown Family Farm. Not only did she begin to see Mr. Brown's vision for the family, but she also wanted to help the community receive access to fresh produce and connect with the experiences of her grandparents who farmed...

A huge thank you to the PICH Summer Produce Prescription Specialist Intern, Nicole Osborne, for all of her hard work in making the Fresh Produce Spotlight Series such a success!



It's that time of year again! To learn more about Farmers Market week and what you can do to support your local farmers market - check out this website!

<https://farmersmarketcoalition.org/national-farmers.../>



# PICH

Partnerships to Improve  
Community Health






## Beaufort County Health Department Updates

*Submitted by JaNell Octigan, Beaufort County Health Department*

Attached are photos from the first "Eating with the Experts" event organized by Beaufort County Health Department. Four more similar events will be held throughout the county. The purpose of each event is to provide the opportunity for community members to ask questions or share concerns they have regarding COVID-19, the vaccine, or other issues revolving around COVID. The panel is comprised of the health director, a doctor from Vidant, a county commissioner, and a doctor from Agape.



# Eating with the Experts

## JOIN US

*for free lunch and a chance to ask community, trusted experts questions or concerns you have about COVID-19, variants, vaccines, & more.*

**11:30am - 12:30pm**  
at one of the following locations:

**August 4th @** Snowden Elementary School Cafeteria  
693 7th St, Aurora, NC 27806

**August 11th @** Chocowinity Middle School Cafeteria  
3831 US 17 Business Chocowinity, NC 27817

**August 18th @** The Wilkinson Center  
144 W Main St, Belhaven, NC 27810

**August 25th @** St. John's Church of Christ  
2283 St John Church Rd, Washington, NC 27889

**Sept. 1st @** Temple of Jesus Christ-Family Life Center  
810 Hackney Ave, Washington, NC 27889

RSVP BY CLICKING [HERE](#)



*Pictured from left to right are Bishop James McIntyre, Health Director James Madson, Vidant Aurora Doctor Callahan, Commissioner Jerry Langley, and JaNell Octigan*



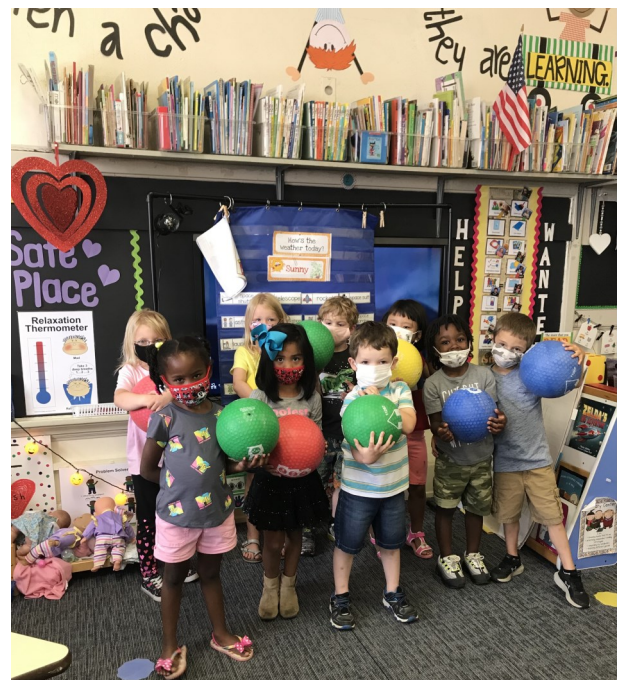
## CATCH this...

*Submitted by Laura Ellis, Halifax County Public Health*

In May 2021, the Halifax County Health Department utilized CATCH (Coordinated Approach to Child Health) grant funds to serve a total of 4,699 students in pre-k, elementary and middle schools at Roanoke Rapids Graded School District, Halifax County Schools, Weldon City Schools, and KIPP Schools. Each student enrolled at the schools received an age appropriate ball to take home to encourage physical activity while away from school. In addition to the individual balls, each school was donated a CATCH equipment set that consists of various physical education items which includes assorted balls, jump ropes, and hula hoops. These sets will provide opportunities for students to practice and participate in physical education at their schools and at their homes.

CATCH is an evidence-based, coordinated school and after-school health program that promotes physical activity, healthy food choices, and tobacco avoidance for children in pre-K through 8<sup>th</sup> grade.

Also, please see attached pictures that correspond with the event. Health Department staff, along with the National Guardsmen who were assigned to our agency worked really diligently to get this project completed.



**CATCH**<sup>®</sup>  
COORDINATED APPROACH TO CHILD HEALTH

## Grilled Peach Sundae Recipe

When you're grilling this summer don't forget the peaches! Try this simple recipe for a cool grilled dessert.

A delicious way to use in-season peaches.

*You could simply eat the grilled peaches on their own. Or you could make it a special treat and add a scoop of frozen yogurt or sorbet to make a peach sundae.*



Servings: 2

### Ingredient List

- 2 peaches, halved and pitted
- 1 tsp canola oil
- 2 scoops of nonfat vanilla frozen yogurt or fruit sorbet
- 1 Tbsp toasted unsweetened coconut

### Instructions

Preheat grill to high.

Brush peach halves with oil.

Grill until tender.

Place 2 peach halves in each bowl and top with a scoop of frozen yogurt (or sorbet) and coconut.

### Nutrition Facts:

Calories 154

Total Fat 4g

Saturated Fat 2g

Cholesterol 0

Sodium 41mg

Total Carbohydrate 28g

Dietary Fiber 2g

Protein 4g

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Coming Soon!**

# NENC CONNECT

Be on the look out for more information coming soon.

NENC Connect, the Northeastern North Carolina Regional Substance Use Information Campaign is slated to go live soon! Window clings, postcards, yard signs, and social media posts will point people to the new NENC Connect webpage and app via a QR code and/or phone number for a local behavioral health specialist where information and a substance use service locator will be available. The aim is to connect community members in the region (and beyond) to prevention, support, treatment, and recovery services. Local health departments, health providers, businesses, and community service providers will be asked to post and share the information.



**Connecting People to Prevention, Support, Treatment & Recovery Services**

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

[www.nencpph.net](http://www.nencpph.net)



[www.facebook.com/nencpph](https://www.facebook.com/nencpph)

## 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

Aug 11	EDNCPHA Virtual Education Conference
Aug 13	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
Aug 24	NENCPPH Substance Misuse Taskforce Meeting
Aug 31	NENCPPH CMARC/CMHRP meeting
Sept 13	GET MOVING Challenge Starts
Sept 15	NENCPPH Workforce Planning Meeting
Sept 20	NENCPPH Finance Committee Conference Call
Sept 22	NENCPPH Board Meeting
Oct 24	GET MOVING Challenge Ends
Oct 29	Items Due for Summer NENCPPH Newsletter

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

## 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.