

Winter 2022



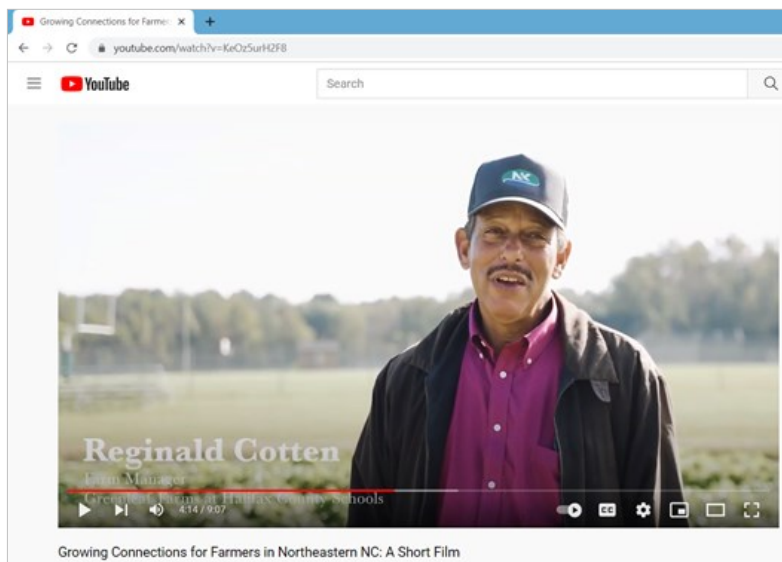
Partnering For Public Health

Growing Connections for Farmers and Food Security

Submitted by Mary Jane Lyonais, PICH Healthy Foods Coordinator

In January of 2022, PICH partnered with A Better Chance a Better Community and Community Food Strategies to host a mini film viewing and regional conversation about how we can support our farmers and connections this has to food security in Northeastern North Carolina. Often in rural areas, our population densities are not large enough to support very many farmers markets in a way for them all to thrive and can result in less access to fresh food. If we work together, we have the ability to design our food system in a way that gives people the means to afford quality, local healthy food. Right now there is a large disconnect between the nutritional guidelines for fruit and vegetable intake and the dollars that are spent towards small and midsize farmers who are producing these fruits and vegetables as well as the minimum income needed to afford such produce. Supporting policies and programs that benefit local farmers can help increase healthy food access because if our farmers are stable and sustainable, we in turn are more resilient. And when we are more resilient, we have the power to decide where our food comes from in a way that supports our health, prosperity and wellbeing. Check out the short video titled “Growing Connections for Farmers in Northeastern NC: A Short Film” on YouTube to learn more about what stakeholders from all over the region have to say about this topic.

<https://www.youtube.com/watch?v=KeOz5urH2F8>



Inside this issue:

Board Member Corner Wes Gray	2
Hyde County HD Out Into Community	3
We Are Public Health Champions	4
American Rescue Plan Act Funds	4
Halifax Public Health System Activities	5
Tobacco-Free Living and Catch My Breath	6
Medicaid Requires 100% Tobacco-free Campuses	6
MTW Tobacco Aware- ness	7
Drive-Thru Overdose Awareness	8
HIV LHD of the Year	8
Saving Lives Task Force and Dare DHHS	9
Chicken and Kale Soup Recipe	10
Calendar of Events	11
What is the NENCPPH?	11

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NENCPPH Board Corner — “Moving Beyond COVID...”

Submitted by Wes Gray, Health Director, MTW District Health Department

For the past two years, the vast majority of our focus in local public health has been on COVID-19. We are working at the forefront of the greatest public health challenge



*Wes Gray, MAS, MPA, MPH
Director, MTW District Health*

“Local public health is a lot more than communicable disease response”

of our lifetimes, and its something we will look back on for the rest of our career. Case studies will be written on how we coordinated initial testing, the vaccine rollout, and how we worked with community partners to keep them informed and safe. However, we all know that local public health is a lot more than communicable disease response.

One thing that has kept me in good spirits over the last year is working in our community garden, right outside my office here at the health department. This garden is in its 4th year, and it has grown in size and “volunteers” each year. We were recently featured in a short film on healthy foods in northeastern NC, and you can even see our MTW Environmental Health Director Mitchell Patrick in his element: <https://tinyurl.com/nenchealthyfoods>

Reducing the impact of chronic disease by promoting healthy foods has been a focus of the Partnership since at least 2012 at the start of the Community Transformation Grant project. Our coalition is still going strong under the direction of Mary Jane Lyonnaise at ARHS, and it will hopefully continue for years to come.

Public health is still a great field – and your work and the decisions you make have a direct impact on the lives of local residents. Thank you for all you have done and continue to do to make local public health a success.

- Wes



Wes has been the Health Director at Martin-Tyrrell-Washington District Health Department since September 2017. After college at NC State, he served over 8 years at the North Carolina Department of Agriculture and Consumer Services, first as a soil chemist at the State Soil Lab and then as a statistician at NC Agricultural Statistics Office, where he developed the weekly NC Crop Weather Report and worked on crop, livestock, and price estimates. His last role at the Agriculture Department was in the Farmland Preservation Trust Fund Office, which led to an opportunity to become the Healthy Foods Coordinator for the Community Transformation Grant (CTG) at Albemarle Regional Health Services. When grant funding for CTG ended, he worked for several years at the NC DHHS, first at Disability Determination Services and then as a contract monitor at the Office of Rural Health. He returned to ARHS for a year before joining MTW. Wes grew up in Plymouth and went to undergrad at NC State and graduate school at East Carolina University (MPA), UNC Chapel Hill (MPH), and Johns Hopkins University (MAS). Wes is married to Cecilia and they have a 6 year old named Mary Braxton. They love to spend time on the Chowan River and take trips to Nags Head. Mary Braxton helps out on weekend trips to the health department to work in the garden, even when she would rather be at the pool!

Hyde County Health Department Getting Out Into the Community

Submitted by Joy Dodge, Hyde County Health Department

From the Lighthouse to the Lodge, Hyde County Health Department is getting out into the community! During the month of December, Hyde County Health Department participated in various Christmas parades and events in the townships of Swan Quarter, Fairfield and Engelhard! Also during the month of December, Roni Collier set up shop at Mattamuskeet School Career Day to educate students about the work of a Registered Environmental Health Specialist. Hyde County Health Department continued their community outreach by partnering with local agencies and businesses to widely distribute information about an awesome new resource available to our region, NENC Connect. (For more information, visit nencconnect.org!) Additionally, Hyde County Health Department was given the opportunity to host Invision Diagnostics' mobile mammo-gram unit at our offices in January 2022. A great thanks to Invision Diagnostics for taking the time to bring this much needed resource to Hyde County residents!



Pictured: Roni Collier, Environmental Health Specialist, participating in Mattamuskeet School Career Day



Pictured: Luana Gibbs and Melissa Sadler of HCHD participating in Hyde County Christmas Parade

“We Are Public Health Champions! Meeting People Where They Are”

This year's national public health week (NPHW) theme is “**public health is where you are.**” Where we live and work impacts our communities' health. And we can make our communities healthier, stronger and safer by meeting people where they are.

In conjunction with the NPHW theme for this year, the NENCPH conference planning committee is offering a conference this spring called “We Are Public Health Champions! Meeting People Where They Are.”

Let's Celebrate Public Health,

public health champions, provide some tips for self-care (we all deserve that), think about health equity and practical applications, and more at the NENCPH spring Regional Workforce Development Conference for local health department staff entitled “We Are Public Health Champions! Meeting People Where They Are.” Save-the-Date now; registration details to follow.

And make sure you enter a video showcasing your awesome work as a local health department in the video challenge to be viewed during the conference.



WE ARE PUBLIC HEALTH CHAMPIONS!
MEETING PEOPLE WHERE THEY ARE

Tuesday, May 10, 2022
Check-In: 8:15 a.m. - 8:45 a.m.
Program: 8:45 a.m. - 4:00 p.m.

The Education Center at Eastern AHEC
2600 W. Arlington Blvd., Greenville NC
Also Presented via Live Webinar

Keynote – Victor Armstrong, NCDHHS Chief Health Equity Officer,
Health Equity • Self Care • Interactive Skill Building • Panel of Public Health Champions • “This is Public Health” Video Competition • & more!

Northeastern North Carolina Partnership for Public Health



ADA Accommodation: 252 737-1018 / ada-coordinator@ecu.edu
For more information, email brother116@ecu.edu.
www.easternahec.net



Announcing the

2022 Local Health Department Video Competition

Submit a video to be shown during the

May 10, 2022

Local Health Department Conference “Public Health Champions – Meeting People Where They Are”

Conference Attendees will vote on which videos receive awards

Here's an opportunity to showcase your LHD staff and services as well as what makes your LHD special. This video can be used as a promotional tool for your LHD to be used in the community, on social media, for NCPHA, etc.

Use your previously submitted video, revise it, or create a new one.

Videos should be:

- Maximum of 3 minutes duration
- Submitted in YouTube format
- Submitted to Julie Tunney (junney@arhs-nc.org)
- Submitted by March 31, 2022

Thank you for your interest in participation,
The Northeastern NC Partnership for Public Health (NENCPH) Workforce Development Taskforce



American Rescue Plan Act Funding Received Locally

Public Health in North Carolina has been fortunate enough to receive American Rescue Plan Act (ARPA) funding. One portion of the ARPA funding has gone each public health region for COVID-19 Public Health Workforce Grants to be used to support regional efforts to recruit, hire, and train public health staff to address priorities deriving from the COVID-19 pandemic, including strengthening public health foundational capabilities. A leadership team comprised primarily of Health Directors in the region will provide advice on the content, execution, and monitoring of the workplan. Some initiatives may be more localized, whereas others may happen in conjunction with other regions in the State. Our hopes are that this funding will lessen the burden and stress on our current public health colleagues which has been most recently brought to light while addressing the COVID-19 pandemic.

Halifax County Public Health System Activities

Submitted by Laura Ellis, Halifax County Public Health System

Here's a sampling of some of the activities Halifax County Public Health System has been involved in.

Halifax County Health Department celebrates at Halifax Harvest Days by providing fresh fruit and healthy snacks to local schools in Halifax County (see photo below).



The BESST program is offered to pregnant women and caregivers of children under the age of 1. No registration needed and regardless of residence. See details below.

Baby's Easy Safe Sleep Training Program

Ready Set Baby



Join us in a phone session to learn more about safe sleep practices and the benefits of breastfeeding:

February 16, 2022 @ 10:00 am

Teleconference Number:
Dial 716-427-1108

Access Code: 661013#

FREE Pack n' Play!

Pick-up Time: 12 noon

Pick-up Location:
Halifax County Public Health System
19 North Dobbs Street
Halifax, NC

This program is for pregnant women and caregivers of children birth to one year.

No Registration Required



HalifaxCounty
PUBLIC HEALTH SYSTEM
NO REGISTRATION REQUIRED



North Carolina
HEALTH SYSTEM FOUNDATION

Halifax County Public Health System continues to provide COVID-19 vaccinations and testing.



MASS COVID-19 DRIVE-THRU TESTING EVENTS

HALIFAX COUNTY HEALTH DEPARTMENT IN
PARTNERSHIP WITH RADEAS LABS WILL HOLD MASS
COVID-19 TESTING EVENTS

JANUARY 19, 2022 THRU FEBRUARY 18, 2022

9:00 AM – 6:00 PM, MONDAY-FRIDAY

LOCATION: ROANOKE RAPIDS THEATRE

500 CROSSROADS PKWY ROANOKE RAPIDS, NC

-NO APPOINTMENT OR REGISTRATION REQUIRED
-NO OUT OF POCKET COSTS/INSURANCE ACCEPTED/NOT REQUIRED
-RT-PCR TESTS WITH RESULTS WITHIN 12-24 HOURS OF TESTING



Tobacco Free Living and CATCH My Breath

Submitted by Teresa Beardsley, Tobacco Prevention Manager—Region 9

After looking at our community health assessments within the region, it is apparent that we need to continue to focus efforts on substance misuse and prevention. Six members of the Region 9 Tobacco Free Living Coalition have attended the CATCH My Breath Train the Trainer.

Professor Steven Kelder, senior scientific editor of the 2016 surgeon general's report on youth e-cigarette use is the lead researcher behind CATCH My Breath. CATCH my Breath is currently the ONLY evidence-based youth vaping prevention program and its FREE! CATCH has proven to decrease the likelihood that students will experiment with vaping. In January of 2020, a peer review study demonstrated this effectiveness. This study was published in the official journal of the U.S. Surgeon General.

Miranda Keel of Martin, Tyrrell, Washington District Health, Alexandria Diamond of Vidant Chowan & Bertie, and Wanda Stallings, Shayla Hayes, Tia Brown and Teresa Beardsley all of Albemarle Regional Health Services have been trained. Three Rivers Healthy Carolinians and Albemarle Alliance for Children and Families are also supporting this effort. The current goal is to train PE/Health teachers within our local school systems to implement the curriculum. Catch My Breath has curriculum for grades 5-12. There are a total of 4 sessions for each grade level and each session will take between 35-40 minutes to teach. The curriculum aligns with national academic standards as well as common core curriculum. Every lesson is complete, from start to finish inclusive of a teacher guide, slide deck, pre and posttest, along with optional quizzes along the way to check for student understanding.



NC Medicaid Standard and Tailored Plans Require 100% Tobacco-Free Campuses by December 2022

NC Medicaid Tailored Plans will now launch December 1st, 2022. This means that the start date for the *NC Standard and Tailored Plans Tobacco Free Policy Requirement* will also be December 1st, 2022.

Starting December 1st, 2022, North Carolina Standard and Tailored Prepaid Health Plans serving Medicaid and uninsured patients will require contracted medical, behavioral health, and some intellectual/developmental disabilities (IDD)/traumatic brain injury (TBI) organizations to provide a **100% tobacco-free campus**. On January 25th, 2022, DHHS released a memo to providers advising them of the new start date for the tobacco-related policy requirements going into effect in December. To learn how this requirement might apply to your agency, read the [provider memo](#) posted on the NC Medicaid blog. Retail pharmacies are excluded from this requirement and certain residential IDD/TBI programs have a different set of requirements.

[Breathe Easy NC: Becoming Tobacco Free](#), is the statewide initiative created to support this policy change. Service providers can visit BreatheEasyNC.org for the resources and information providers will need to take campuses tobacco-free and integrate tobacco use treatment into their services. Service providers can also contact their county's [regional or local tobacco control staff](#) directly for assistance.

Tobacco Awareness in Martin, Tyrrell and Washington Counties

By Miranda Keel, Martin-Tyrrell-Washington District Health Department

In October, Kirsten Beasley and Miranda Keel (pictured below) met with Teresa Beardsley and her intern to pick up cigarette butts in Washington and Tyrrell Counties. Overall, there were 786 butts picked up and several vaping products (see the picture below of the Dr. Pepper bottle which is a representation of the size of one of the piles of cigarette butts collected!)



In addition, November was successfully declared as Tobacco Awareness Month in Martin, Tyrrell, and Washington Counties by the County Commissioners. Miranda Keel presented a PowerPoint made by her and Teresa Beardsley to the commissioners to inform them of the dangers of tobacco. Huge thanks to Teresa for all of her help in MTW's tobacco efforts!

In an attempt to further extend the knowledge of the importance of a tobacco free lifestyle, Miranda completed the Duke-UNC Tobacco Treatment Training Specialist program (see photo at right). A tobacco cessation program is currently being constructed for MTW and we can't wait to see the results!



Pictured Above: Miranda Keel receives certificate for Tobacco Treatment Training Specialist

Drive-thru Overdose Awareness Event

Submitted by Miranda Keel, Martin-Tyrrell-Washington District Health Department

On August 31st, the 2nd Judicial District Opioid Coalition hosted a drive-thru Overdose Awareness Event at Moratoc Park in Williamston. This effort was a collaboration of MTW, Beaufort County, and Hyde County health departments. Bags were given out that included resources and pamphlets on mental health and substance use. Nasal and IM Narcan were available to anyone who requested it through the drive-thru event. Participants could write the name of a loved one who passed away due to overdose on a purple heart and attach it to a memorial board. The memorial board is now displayed at the Hope Exchange office. Thanks to the gracious donation made by Trillium, we were also able to provide personal pan pizzas to participants. Leftovers were then donated to the community. Although COVID-19 turned the event into a drive-thru instead of the planned dinner event, there was still an awesome turn out. A total of 52 doses of Narcan were distributed.



MTW Awarded HIV Local Health Department of the Year

Submitted by Miranda Keel, Martin-Tyrrell-Washington District Health Department

Kirsten Beasley was awarded "Local Health Department of the Year" through the NC Aids Action Network in Charlotte at the "Building Power Across the Spectrum 2021" HIV Advocacy Conference (see photo)! The Local Health Department of the Year Award is awarded to local health departments who have demonstrated exemplary work and service, have enriched the lives of people living with HIV and hepatitis in their community, and worked to prevent new HIV transmissions.

Kirsten Beasley from MTW pictured on far right as she receives the Local Health Department of the Year



Saving Lives Task Force and the Dare County Health and Human Services

Submitted by Roxana Ballinger, Dare County Health and Human Services

Dare County Saving Lives Task Force provides recovery and overdose support services which are enumerated in the below flyer. They have also put together Fentanyl Testing kits—see details below.

Recovery & Overdose Support Services

Our services include, but are not limited to:

- Assisting those struggling with substance use and misuse.
- Helping individuals with mental health and trauma challenges.
- Supporting family and friends of those who struggle.
- Providing Harm Reduction education and resources.
- Offering Syringe Services in Partnership with the Community Care Clinic of Dare.

CONTACT US:

Dave Edmonds
Peer Support Specialist
252.473.7923

Katy Haslar
Peer Support Specialist
252.473.7861

Recovery Services
@DareNC.com

SAVING LIVES
TASK FORCE

County of Dare
Department of Health & Human Services

Recovery & Overdose Support Services

Recovery and Overdose Support Services (ROSS) provides support groups, harm reduction education and resources, overdose response, and assistance with recovery planning.

Dave Edmonds
Peer Support Specialist
252.473.7923

Katy Haslar
Peer Support Specialist
252.473.7861

RecoveryServices@DareNC.com

County of Dare
Department of Health & Human Services
PO Box 669 | Manteo, NC 27954
Health 252.475.5003 | Social Services 252.475.5500
Veterans Services 252.475.5604 | DareNC.com/HHS

**Be safer.
Be sure.**

FENTANYL
TEST KIT

Instructions for use on back side of this card.

Instructions for use:

1. Add sterile water to your empty baggie or the cooker you just prepped - mix well. (Load your shot FIRST! Only test your rinse water!)
2. Dip the test strip in the water, in up to the first line & hold for 15 seconds.
3. Place test strip on sterile surface or across top of cooker. Wait 5 minutes to read the test results. After 10 minutes results are no longer accurate.

1 line - Positive for fentanyl!

2 lines - Use caution

What can I do after I get my test result?

1. I can have naloxone with me.
2. I can have someone with me who can call 911 and give me naloxone if I overdose.
3. I can go slow and use less.

SAVING LIVES TASK FORCE

The Saving Lives Task Force is a non-profit 501(c)(3) organization. The task force is a team of professionals and community members working toward the prevention of substance use disorders, increasing access, and the availability of effective treatment for all Dare County residents in need of help.

FOR MORE INFORMATION
SavingLivesOBX.com
[@SavingLivesOBX on Facebook](https://www.facebook.com/SavingLivesOBX)
 252.475.5619

SAVING LIVES
TASK FORCE
109 Exeter Street | Manteo, NC 27954

Chicken and Kale Soup

This easy chicken and kale soup will keep you warm on a cold and rainy day or any day that calls for a simple, hearty soup. For convenience, you can make this soup with frozen kale without the need to thaw it beforehand.

Prep Time: 20 mins; Total Time: 45 mins

Servings: 6 (1½ cups each)

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 ½ cups chopped yellow onion
- 1 tablespoon minced garlic
- 1 (15 ounce) can no-salt-added great northern beans, rinsed
- 12 ounces boneless, skinless chicken breast
- 2 medium Yukon Gold potatoes, peeled and diced (1/2-inch)
- 6 cups unsalted chicken broth
- 3 thyme sprigs
- 1 teaspoon kosher salt
- ½ teaspoon ground pepper
- 3 cups chopped kale or 1 10-ounce package frozen chopped kale
- 2 tablespoons lemon juice



Instructions

Heat oil in a large heavy pot over medium heat. Add onion; cook, stirring occasionally, until softened, about 5 minutes. Add garlic; cook, stirring constantly, until fragrant, about 1 minute. Add beans, chicken, potatoes, broth, thyme, salt and pepper. Bring to a boil over medium-high heat; reduce heat to maintain a simmer. Simmer, covered, until the potatoes are tender and an instant-read thermometer inserted in the thickest portion of the chicken registers 165 degrees F, about 18 minutes.

Transfer the chicken to a plate and, using 2 forks, shred it into bite-size pieces. Stir kale into the soup; cook over medium heat, stirring often, until the kale is wilted and tender, about 2 minutes. Remove from heat; stir in the shredded chicken and lemon juice. Remove the thyme sprigs before serving. Serve hot.

Nutritional Facts, Per Serving:

271 calories; protein 25.8g; carbohydrates 30.4g; dietary fiber 7g; sugars 4.5g; fat 5.1g; saturated fat 0.9g; cholesterol 48.2mg; vitamin a iu 837.4IU; vitamin c 21.7mg; folate 49.8mcg; calcium 88.8mg; iron 2.3mg; magnesium 64.8mg; potassium 879.3mg; sodium 531mg.

Recipe Credit: <https://www.eatingwell.com/recipe/280904/chicken-kale-soup/#nutrition>

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



www.facebook.com/nencpph

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

Bruce Robistow
Director, Halifax County Public Health System

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

Calendar of Events

Feb 15	NENCPPH Leadership Call
Feb 23-25	Rural Health Symposium
Mar 5	Public Health Champion Nominations Due
Mar 11	PICH Healthy Foods and Tobacco-Free Living Coalitions
Mar 21	NENCPPH Finance Committee
Mar 24-25	NENCPPH Board Retreat
Mar 31	LHD Videos Due for Video Challenge
Apr 6-8	EDNCPHA Conference
Apr 27-29	NCPHA Conference
Apr 29	Items Due for NENCPPH Winter Newsletter
May 10	LHD CONFERENCE "We Are PH Champions!"

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.