



Northeastern North Carolina Partnership for Public Health

“Partnering for Public Health”

Summer 2022



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Community in Action

Submitted by Ja'Nell Octigan, Human Services Planner, Preparedness Coordinator, Beaufort County HD



The Community in Action event took place May 22, 2022 in which over 250 participants came out to receive free lunch, education, screenings (a1C, Blood pressure, cholesterol), food boxes, naloxone and more.

Partners for this event included: The City of Washington, BC360, Trillium, Beaufort County Behavioral Task Force, Beaufort County Health Department, BCH3C, Clearpoint, ECU Health, Albemarle Food Bank, and Agape.

The event was held at 7th street park in Washington NC, from 1:00pm -3:00pm.



Three Rivers Healthy Communities

Submitted by Wanda Stallings, Public Health Education Specialist

A group from Chowan County Health Department visited Askewville Preschool on May 19, 2022 to do some fun activities in order to promote healthy lifestyles. Four classes were instructed, 77 students, on how to plant cucumber seeds to take care of in the classroom and carry home to transplant. We shared with the students how many vegetables were needed each day to make them grow strong and the importance of eating healthy foods. We did a movement activity in which they were pretending to walk through chocolate pudding, jump in place as if you were popcorn popping and swim as if you are in a giant pool of Jell-O. The kids loved the activity and were full of giggles. The last thing we did was introduce them to fruit water. We had strawberries, lemon and lime slices, blueberries and orange slices. A lot of the kids were skeptical because they did not like water. The kids were surprised at how much they enjoyed the treat. I had already cut up the fruit and gave the kids the infused water with oranges, strawberries and blueberries. I gave the teachers the lemon and limes so they could try with the students as they can become bitter in the water if left too long. Teresa Beardsley, Elizabeth Baker, Wanda Stallings, Dominique Campbell and Brittany Judge (ARHS intern) had the pleasure to work with this group of kids.



(L to R) Teresa Beardsley, Bobbi Holley (Bertie Co. Schools, Director of Early Learning and NC Pre-K), Brittany Judge (ARHS Intern), Dominique Campbell, and Wanda Stallings. Not pictured, Elizabeth Baker (Bertie County Extension)

Halifax County Animal Shelter talks about overcrowding, euthanasia

Shared by Bruce Robistow, Director, Halifax County Public Health System

The Halifax County Animal Shelter has seen a spike in dog sheltering, contributing to increased euthanizations which takes a toll on the staff's mental health to put down man's best friend.

The Herald reached out to Supervisor Robert Richardson with HCAS Thursday morning, who said they had to euthanize 15 dogs that morning, which is not common. Richardson said there had been a spike in people turning their dogs into the shelter for a number of reasons. He said some of the reasons come from people moving into homes where landlords do not allow animals such as pets.

"It's mostly housing, where they're moving to, they can't take the dog, or they got a dog, and it's become a nuisance — now I don't want to take care of it anymore," he said.

Richardson said the Halifax County Animal shelter has 36 dog kennels and 24 cat cages.

"Worst case scenario, we can hold up to 70 dogs," he said. "But that's two in a room. We try not to do that. So the max we can hold right now is 36 and 24 cats."

Richardson said the state requires the shelter to hold any surrendered animal for 72 hours, but at the officer's discretion, if the animal is in distress or injured, it can be euthanized immediately. He said nearly 80% of the dogs that come to the shelter are pit bulls, which were the majority that were put down that Thursday morning. With the strain on the max capacity of the shelter, Richardson said they did not want to risk having other dogs near the pit bulls because some dogs could be someone's pet that they took in.

"But in this situation, these are dogs that can't be rehabilitated or are aggressive to people and other dogs or will kill another dog," he said. "So we had to make the decision. They're signed over to Halifax County, and once they're signed over, we can still hold them 72 hours, and then we can euthanize them."

Richardson said the euthanasia rate was drastically cut with the arrival of the nonprofit Rainbow Animal Rescue in years past, which is not far from the Halifax County Animal Shelter.

Rainbow Rescue is an alternative for many of the dogs at the county shelter where they can be sheltered and saved from euthanization. However, Rainbow Rescue has had an issue with the lack of volunteers, an influx of dogs, and low adoption rate, which leaves little room to take in more dogs.

Richardson said when Rainbow Animal Rescue has a problem with how many they can take, it falls back on the Halifax County Animal Shelter.

"So evidently, they have an issue with adoptions — fosters, which makes us have to hold on longer because they don't have space," he said. "So that slows them up, which slows up them coming from here taking the ones with us. So if we are trying to hold these animals past the state 72-hour period, then we put our shelter under bind because we got an inflow coming in."

And after that period, dogs will have to be euthanized.

Richardson said this takes a toll on his staff, that has to feed and take care of the dogs during that time.

"All three of our guys feed, clean and take care of the animals," he said. "And at the end of the week, if any dogs that have to be put down, they're the same ones that have to do it. After a while, it gets to be a strain mentally on a person. If you took care of this animal for a week, 10 days, now you got to come back and take his life. So my goal is for them to be relieved by getting a shelter person now to come in and take care of feeding the animals, so when my guys got to come in they don't have much interaction with them, and it relieves that emotional stress when you don't have to feed and clean that dog every day. Yeah, you hate to do it, but it's not as bad. It's kind of like a little detachment. You got to have some of that."

When it comes to euthanizing an animal, Richardson said everyone goes home at the end of the day thinking about what had happened.

"People say, 'Oh, don't take your animal to the animal shelter because all they're going to do is kill it,'" he said, remarking on some people's perspective about animal control. "That's wrong. We work every way we can to try to find a rescue group or somebody to send his animal to because we don't want to put it to sleep. We don't want to kill any animal. We realized it when you took this job. You realize that this is a part of the process, but it's one you don't like. After euthanasia, we don't even talk about it."

Richardson said before his staff members are certified each year, each officer must take what is called a Compassion Fatigue Class to make sure that they are not becoming used to killing an animal.

"Don't get a dog if you're not ready for one," he said as a message to the public to help alleviate the overcrowding problem. "Don't get a dog because he's a cute puppy. Then when he turns six months old, he's hyper, he's jumping up scratching, and you are just tired of him and you're ready to get rid of him because that's the life that's got to be decided once he gets here. And you think about it, one person did it then a thousand people did it."

When asked if people who do not think about this issue and surrender their animals could do the job animal control does, Richardson said, "I think what it is, it's easy for them to say hey, come pick it up and they don't have to think about it. If they had to bring that animal out here and watch the process, I think they'll start learning. 'Hey, I don't want to do that again.'"



Board of Directors' Corner: *We Are in It Together*

By Jim Madson, RN, MPH, Beaufort County Health Director



For years, organizations have operated utilizing a modest number of interactions with other organizations doing similar work. In the military we used to call this “staying in your lane”. Good work and efforts have come from organizations “staying in their lane,” but we still see major issues in our communities and discouraging situations that need to be solved. Recently, the idea of utilizing collaborations has changed the process by which we tackle issues, especially at the public health department on health and wellness issues. According to The Merriam-Webster Dictionary, collaboration and related terms reflect the idea of individuals (or organizations) coming together for a mutually accepted goal or mission.

For Beaufort County Public Health, there is recognition that other organizations and individuals in the community share some of our mission. Organizations such as Co-operative Extension, BCCC, ECU Health Beaufort Hospital, County Planning Office, United Way, Social Services, Agape, Partnership for Children, the school system, Trilium, churches, and others all have at least in part the goal and an invested interest in a healthy community. Likewise, the health department shares goals with these organizations that involve learning, resource access and utilization, housing, poverty, parenting, and other social factors. Instead of each one of us doing this work alone, we have a better chance of making positive changes if we do it together. It is with this intention that the Health Department is a member of the BC360 and many other important collaborative efforts in Beaufort County.

Much of the collaboration literature identifies three key behaviors that enhance the work of partnerships and facilitates collaboration. These behaviors include networking, leadership, and visioning.

It is very important that the organizations are in constant contact with each other. This networking effort adds to the process by assisting us to know each other, through sharing of information, and by decreasing obstacles that might arise. It is the leadership of each organization that makes this effort important to their staff and sets priorities related to the collaborative efforts. It is incumbent that the leaders work together to foster the environment of cooperation and commitment needed to align what visions and goals we all wish to strive towards.

From the Health Department’s perspective, we use collaborations to help 1) develop and expand funding resources for public health improvement projects; 2) build and develop community assets for health improvement, including leadership skills; 3) increase public health communication and networking; 4) advocate for core public health functions; 5) assist in reducing health disparities; and 6) evaluate components of local communities and the public health system.

Health initiatives and community system changes do not happen randomly. It takes people who are not afraid to redefine their relationships with each other and are committed to spending the time necessary to build partnerships and think differently about how to approach public health. It's about us, working together to build healthy communities.

Car Seat Training

Submitted by Wanda Stallings, Public Health Education Specialist



Albemarle Regional Health Services received the Wolfe Mini Grant and was able to get 17 people car seat trained! Along with the training, we were able to receive sandwich boards for our counties that will hold hot car posters and Am I Using the Correct Seat posters that can be used around our counties to get these important messages out. Another great thing that we got to distribute to parents and grandparents are rearview mirror clings that says Don't Forget Me and I'm in the Back. They are clings with an image of a baby smiling, reminding the driver they have precious cargo in the back seat. A very exciting thing we were able to purchase and share among our eight counties was 42 car seats!! This purchase will be very beneficial for our counties as we see a lot of families that have not purchased a car seat and do not see the importance. We will be able to educate the caregivers on the importance of using a seat each time their child/grandchild rides in the car. We are very grateful to have received this grant to help keep our children safe in the car!

MTW District Health Department Program Updates

Submitted by Miranda Keel, Health Education Supervisor

MTW has started a Gun Safety Team! This team is part of an on-going effort to educate the public on firearm safety, prevent accidental firearm death and injury, and prevent suicide by firearm. If you are interested in joining the team, please contact Yerlin Villegas at 252-793-1607 or Yerlin.villegas@mtwdh.org. In addition to starting a Gun Safety Team, Yerlin has also purchased mental health advocacy shirts through the American Foundation for Suicide Prevention. These shirts have been a huge hit among community members and have resulted in much needed conversations regarding mental health awareness and advocacy. If you would like a shirt, please reach out to Yerlin.



Health educators wearing mental health shirts— left to right: Dakiah Rowe, Miranda Keel, Yerlin Villegas

GUN VIOLENCE PUBLIC HEALTH CRISIS IN NORTH CAROLINA

21 North Carolina confirmed incidents in which **a child aged 0-11 years** gained access to an unsecured firearm and fired it

4.6 million children live in a home where guns are **unlocked** and **loaded**

Every firearm injury and death is **preventable.**

Invite your children to come to you whenever they have **questions or concerns about guns.**

Do you want to make a difference?

Join MTW's **Gun Safety Team** Today!
Together we can learn about **Firearm Safety**

For more information call:
Yerlin Villegas
(252) 793 - 1607



Congratulations to our Tobacco Cessation Coordinator, Dakiah Rowe!

Dakiah completed the Duke-UNC Tobacco Treatment Specialist Training Program in April. She now joins Miranda Keel in completing this program and working towards 240 practice hours as they await a test date for the National Certification exam. As a result of their training, MTW is thrilled to offer a tobacco cessation counseling program lead by these two health educators. We can't wait to gain patients and progress our health district to a tobacco-free lifestyle!



The Hope Exchange, MTW's syringe services program, has continued to grow and provide a much-needed resource to the community. The Hope Exchange provides a safe space for injection drug users to seek guidance and sterile injection supplies. In addition to injection supplies, free Narcan is available in both nasal spray and intramuscular injection forms. Since we believe in treating the whole person, hot lunches, a food pantry, and free clothing are also offered at our site. From June 2021 to July 2022, 251 Narcan kits were distributed, which led to 78 reported overdose reversals. In that time frame, we have also distributed 19,540 syringes and received 4,895 used syringes. We are excited that the program continues to grow and make such an impact in our communities.



Samantha Combs, Lead Lifestyle Coach of our Minority Diabetes Prevention Program, has been putting forth lots of effort in participating in outreach events to raise awareness of Type 2 Diabetes and recruit participants who are at risk of developing diabetes into our program. Samantha has partnered with Cooperative Extension offices in Tyrrell and Washington Counties to offer healthy cooking classes to combat diabetes. Turnout and interest by the community has been amazing and we are so thankful for this partnership!



Pictured above- Samantha Combs and Sharisse Johnson



Pictured above –

Samantha Combs at an outreach event

Substance Use Education Series

Submitted by Thomas Stebner, Edgecombe County Health Department

This summer the Edgecombe County Health Department had the privilege to be a part of the Robertson Scholar program and have an intern working with us for eight weeks. Danica Bajaj was the Robertson Scholar who worked at the Health Department and she completed multiple projects surrounding substance use.

Throughout July, we ran a three-part series on Substance Use prevention, treatment, and recovery, featuring speakers from CORE, CINC, Edgecombe EMS, Carolina Family Health Center MAT programs, Peer Support Specialists and those with lived experience. The series was open to the public, free of charge, and held in person, with Zoom being an option for those who weren't able to attend.

Each event had turnouts of around 40 people! Additionally, we have been working on proposals for the Opioid Settlement funding – looking to mobilize our syringe service program and increase resources in the county. The past eight weeks has greatly expedited the process with the help of Danica conducting research on evidence-based strategies.

Additionally, this summer the ECHD has been looking to improve marketing



and community in the health department. Danica worked on developing a logo, independent of the county logo, to increase recognizability and receptiveness to our flyers, posts, and other community outreach.

The Health Department is very thankful to have had this opportunity with the Robertson Scholar Program and the projects completed have made a lasting impression on our community as a whole.



Best Wishes To Battle Betts on His Retirement



For 28 years, R. Battle Betts, Jr. has been a public health champion at Albemarle Regional Health Services (ARHS). Starting out in health education, Battle Betts worked his way up to become Health Director in 2016. In those years, he has accomplished a great deal for the communities served and the ARHS family. Battle Betts will retire as Health Director of ARHS on September 1, 2022. As the Board Vice-Chair of the Northeastern North Carolina Partnership for Public Health, his participation will surely be missed and although we are sad to see him retire, we are happy with his decision. Mr. Betts is set to embark on a new journey as CEO and president of the Obici Healthcare Foundation in Suffolk, Virginia.

All the Best, Battle Betts!

All the Best to Beth Lovette

Beth Lovette will be retiring on September, 8 2022. Working with the NC Department of Health and Human Services, Division of Public Health (DPH) as Deputy Director since 2017, Beth serves as one of the primary state liaisons to local health directors. As a board member of the Northeastern North Carolina Partnership for Public Health, we cannot thank Beth enough for the time and effort she has put into supporting the partnership.

Thank you, Beth Lovette!



Tobacco Free Living

Submitted by Teresa Beardsley, Tobacco Prevention Manager

Dare Camp Salt

Tobacco Free Living has been very busy this summer throughout the region. Teresa Beardsley, Region 9 Tobacco Prevention Manager, has been teaching tobacco prevention to students attending Camp SALT in Dare County. Also, Dare County Health and Human Services has updated their Tobacco Free policy to include 100% Tobacco Free Grounds. Therefore, updated signage is in the works! Finally, Teresa Beardsley has teamed up with the Saving Lives Taskforce and Dare Health and Human Services to attend local farmers markets. At these markets cessation information, health risks of tobacco use, and vaping information is provided. These are great successes within Dare County!

Dare Farmers Market



Martin, Tyrrell, and Washington County Health Departments are also working on updating their tobacco free signage. In addition, Dakiah Rowe, MTW Health Education Tobacco Specialist, Miranda Keel, Health Education Supervisor and Teresa Beardsley are strategizing around strengthening the Tobacco Free policies in all three counties.

Albemarle Regional Health Services are also working on updating their tobacco free signage in all eight counties. Additionally, Shayla Hayes, Health Education Specialist, and Teresa Beardsley are working with the Gates Partnership for Health and Gates County Commissioners regarding strengthening the Gates County Tobacco Free policy.

If you would like more information about Tobacco Free work within the region, or would like to attend our next coalition meeting, please contact Teresa Beardsley at Teresa.beardsley@arhs-nc.org or call 252-340-0407. Our next coalition meeting will be on September 9 at 9:00 AM at the Elizabeth City Albemarle Regional Health Services office.

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POLICY PROHIBITS THE USE OF TOBACCO PRODUCTS.
EVERYWHERE. BY EVERYONE. AT ALL TIMES.
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En todas partes. A todos. En todo momento.
Gracias por su cooperación.

Celebrating Public Health Champions!

Submitted by Julie Tunney, Regional Coordinator, NENCPPH



This year the Northeastern North Carolina Partnership for Public Health once again chose to recognize the awesome work of you, the often times uncelebrated public health champions from the local health departments. The work you do each day, meeting people where they are, is *essential* for maintaining the health of our communities. Public health champions are found doing all different roles within the health departments, including housekeepers, front

desk clerks, finance and billing staff, translators, environmental health staff, health educators, nurses, and more. During the “Public Health Champions! Meeting People Where They Are” conference held in May 2022, public health champions who were nominated by their Health Directors were recognized and provided with a medal. Congratulations to those champions! Thanks to those champions who were also selected to be on a panel of peers to share about their work in public health; it was a great and entertaining exchange.

Well done to the five health departments who also created original videos showcasing their work in public health. Awards were voted on by the participants, and trophies presented to the winners. Hyde County received the “Best Public Health Message” award, ARHS received the “Best Ensemble Cast” award, Halifax County received the “Most Likely to Make Work Fun” award, Beaufort County received the “Most Spirited” award, and Dare County received the “Most Likely to Go Viral” award. Links to the videos can be viewed at: https://docs.google.com/document/d/14J8k20_QxXoYIKdpXMHmT26kO5bRIKpD06hcXMGcG_Y/edit?usp=sharing

During the Conference, presenters also discussed the importance of self-care, work-life balance, equity, and the American Rescue Plan Act (ARPA) Public Health Workforce Initiative in North Carolina. Dr. Sheila Davies kicked the conference off with a welcome and champions challenge. Victor Armstrong followed, providing ways to approach and incorporate health equity in the workplace in his presentation entitled “Leading with Equity.” Dr. Christina Bowen led an interactive session about creating your optimal well-being, and Dr. Irma Corral presented about diversity, equity, and inclusion in the public health workplace and why it matters more now than ever. Douglas Urland then shared about the American Rescue Plan Act (ARPA) Public Health Workforce Initiative in North Carolina. Dr. Davies concluded the conference with the champion’s charge – asking each participant to reflect on what they heard today, and think through how each could incorporate those ideas into their work and daily lives.

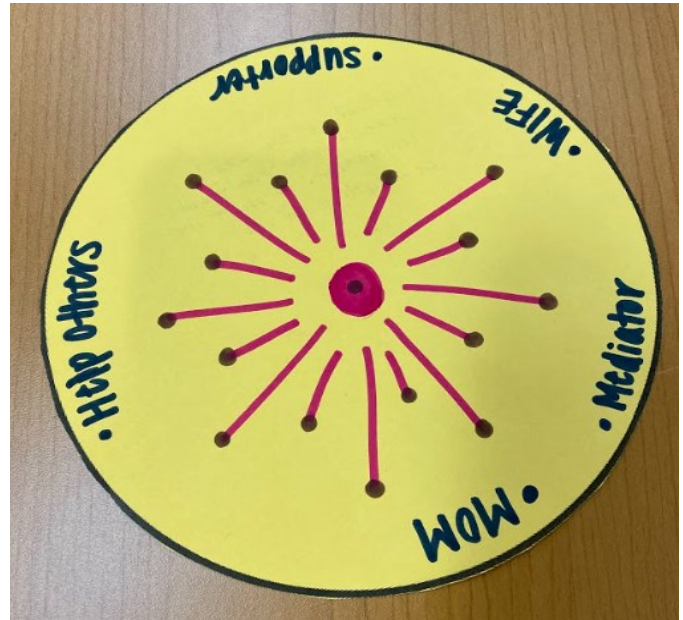
Thank you especially to the planning committee for a successful conference. Thanks also to Eastern AHEC for their planning and support and the use of their facility in Greenville, the presenters, and to financial support from WellCare, Healthy Blue North Carolina, and Region 9 ARPA grant funds.

Be on the look-out for another regional conference to hopefully occur fall of 2023.

*Photos
from the
Public Health Champions
Conference*



*Photos
from the
Public Health Champions
Conference*





Welcome Aboard!

The Northeastern North Carolina Partnership for Public Health would like to say a big “Welcome” to some of our new partners:

Northampton County, along with Health Director Megan Vick

Pamlico County, along with Health Director Melanie Campen

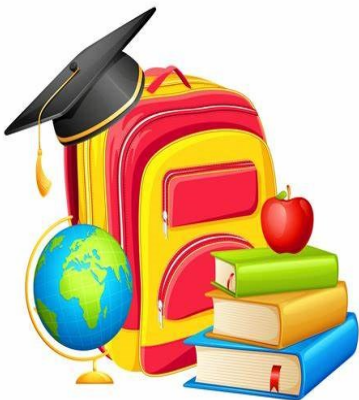
Ashley Stoop, taking the reins from Battle Betts, Jr. as Health Director of Albemarle Regional Health Services

Happy 80th Anniversary to Albemarle Regional Health Services

Since 1942, Albemarle Regional Health Services has been dedicated to providing quality service, education, and advocacy to people in Pasquotank, Perquimans, Camden, Chowan, Currituck, Bertie, Gates and Hertford counties.



Coming Down the Pipeline



The “Careers in Public Health” campaign aims to generate awareness, interest, and excitement for careers in Public Health. Made possible by funding through the American Rescue Plan Act (ARPA), a cohesive marketing campaign will be developed geared toward local middle schoolers, high schoolers and the general population. Marketing materials will focus on providing information about a multiple careers from a Public Health Nurse to a Vehicle Operator. With collaboration from local health department Human Resource Directors, Health Educators, Health Directors, and the NENCPPH board, the hope is to foster growth in the public health workforce.

988 24/7 Crisis & Support



Starting Saturday, July 16, if you or someone you know needs support, call or text 988 or chat <https://988Lifeline.org>. 988 Suicide & Crisis Lifeline connects you with a trained crisis counselor who can help

NENC CONNECT

NENC Connect, the Northeastern North Carolina Regional Substance Use Information Campaign aims to connect community members in the region (and beyond) to prevention, support, treatment, and recovery services. For more information about NENC Connect and how to get involved, visit: [NENC Connect | Connecting People to Prevention, Support, Treatment & Recovery Services](#)

Scan or Call for Local Substance Use Help or Information



Connecting People to Prevention, Support, Treatment & Recovery Services



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www.nencconnect.org

It's time to Sign-up for the NENCPPH Regional Get Moving Challenge!



GET MOVING FOR BETTER HEALTH

It's time to Sign up for the 2022 NENCPPH Regional Get Moving Challenge!

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 September 16
Dates of Challenge: **September 26- November 6 2022**

IMPROVED MENTAL HEALTH

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)

Northeastern North Carolina Partnership for Public Health

Take advantage as the weather starts to cool down to move more with this Regional Get Moving Challenge. Form a team of five with colleagues from your health department or partnering agency, and see if you can be the team to achieve the greatest number of steps. See if your team can also win the most creative name contest. If a team isn't your thing, you can also participate as an individual. The challenge runs for six weeks from September 26 through November 6, 2022. Your local health department wellness challenge coordinator will provide you with additional details. Let's Get Moving!

Regional Idea Exchanges Taking Off

Submitted by Julie Tunney, Regional Coordinator, NENCPPH

The exchange of ideas and best practices and sharing of resources is something public health in Northeastern North Carolina is used to and does well. In fact, the Northeastern North Carolina Partnership for Public Health (NENCPPH) was started back in 1999 as a means of sharing ideas, best practices, and resources amongst the health departments and Health Directors in Northeast NC. In previous years regional groups came together around focus areas such as Care Management, Behavioral Health, Substance Misuse, and Billing. Other regional partnering included the Community Transformation Grant Project (CTPG) groups around active living, healthy eating, and tobacco-free living which morphed into Partnerships to Improve Community Health (PICH) Healthy Foods Coalition and Tobacco-Free Living Coalition. More recently there has been an upsurge of regional sharing with three more Idea Exchanges having been added for Health Educators, Human Resource Directors, and Finance and Billing Officers. How wonderful to have these opportunities to learn from one another. For additional information, contact Julie Tunney (jtunney@arhs-nc.org).



Chicken and Zucchini Casserole

This baked chicken and zucchini casserole is creamy, hearty and low-carb! The whole family will love this easy casserole, plus it's a great way to get the kids to eat their veggies (concealed in a delicious cheese sauce!).



Ingredients

- 3 tablespoons butter, divided
- 2 pounds boneless, skinless chicken breast, cut into 1-inch pieces
- 2 large zucchini, cut into 1/2-inch pieces
- 1 large red bell pepper, chopped
- 1/2 cup all-purpose flour
- 1 cup no-salt-added chicken broth
- 1 cup whole milk
- 3 ounces reduced-fat cream cheese
- 1 1/4 cups shredded part-skim mozzarella cheese, divided
- 3/4 teaspoon ground pepper
- 1/2 teaspoon salt

Directions

Step 1

Preheat oven to 400 degrees F. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add chicken to the pan; cook, stirring occasionally, until well browned, about 8 minutes. Transfer the chicken to a medium bowl. Add zucchini and bell pepper to the pan; cook, stirring occasionally, until the vegetables start to soften, about 4 minutes. Transfer the zucchini mixture to the bowl with the chicken.

Step 2

Add the remaining 2 tablespoons butter to the pan. Stir in flour; cook, stirring constantly, until the flour starts to brown, about 1 minute. Add broth and milk; bring to a boil, whisking often. Remove from heat and add cream cheese and 3/4 cup mozzarella; stir until melted. Stir in pepper and salt. Drain liquid from the chicken and vegetable mixture; stir the chicken and vegetables into the cheese sauce. Transfer to a 2-quart baking dish. Place the dish on a foil-lined baking sheet; sprinkle the casserole with the remaining 1/2 cup cheese.

Step 3

Bake until the top is browned and the edges are bubbly, 20 to 25 minutes. Let stand for 10 minutes before serving.

Nutrition Facts

Serving Size: 1 cup Per Serving:

307 calories; protein 33.6g; carbohydrates 11.1g; dietary fiber 1.2g; sugars 4.9g; fat 13.8g; saturated fat 6.9g; cholesterol 114.3mg; vitamin a iu 1050.1IU; vitamin c 33.5mg; folate 60.1mcg; calcium 196mg; iron 1.1mg; magnesium 58.4mg; potassium 747.8mg; sodium 388.7mg.

Northeastern NC Partnership for Public Health



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

*“Healthy Communities Through Leadership and
Collaboration”*

www.nencpph.net

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.

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www.facebook.com/nencpph

Board of Directors

James Madson, NENCPPH Board Chair

Director, Beaufort County Health Department

Battle Betts, NENCPPH Board Vice-Chair

Director, Albemarle Regional Health Department

Luana Gibbs, NENCPPH Secretary and Treasurer

Director, Hyde County Health Department

Sheila Davies,

Director, Dare County Department of Health & Human Services

Wes Gray

Director, Martin-Tyrrell-Washington District Health Department

Michelle Etheridge,

Director, Edgecombe County Health Department

Ruth Little

Public Health Dept., East Carolina University

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

Melanie Campen

Director, Pamlico County Health Department

Megan Vick

Director, Northampton County Health Department

Calendar of Events

August 25 - NENCPPH Leadership Call

September 14-16 - NCAPHA Fall Conference

September 23 - Annual Board Meeting

October 27 - NENCPPH Leadership Call

December 9 - Annual Board Meeting

December 22 - NENCPPH Leadership Call

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