



# Partnering for Public Health

## HCHD Participates in Pop Up Markets

*Submitted by Laura Ellis, Halifax County Health Department*

Halifax County Health Department along with host agency, Halifax County Co-operative Extension volunteered with the Food Bank of Central and Eastern NC during the months of October and November 2022 at two of their **Pop Up Market\*** distribution events. The events were held in the parking lot of the Halifax County Agricultural Extension Building. Health department employees helped with setting up the distribution, stocking tables, assisting clients throughout the process and assisting with packing up after the distribution. Health Department staff also contributed and distributed COVID-19 test kits at the event that was held in November 2022. During the two events 238 households/1031 individuals were served.

\* Note:

**Pop Up Markets** are direct distributions facilitated by the Food Bank of Central and Eastern NC where food resources may be difficult to access. They are outdoor distributions set up similar to a farmer's market, so clients can walk through and select the products their households will use.



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## NENCPPH Board Corner - What Does Your 2023 Look Like?

*Submitted by Ashley Stoop, Albemarle Regional Health Services Director*

Have we hit the ground running or what? It's 2023 y'all!!! I shared this with our Albemarle Regional Health Services (ARHS) staff in January and I just loved it so much I thought I would share with our entire partnership region (sorry ARHS peeps). I know you all have seen these before, but my husband shared this one with me. (It was rather unlike him to be touched by this so definitely worth a share, right?) The first three words you see will describe your 2023. Mine were compassion, healing, and progress. Okay so full disclosure, my second word was SOD, but I don't think that was an intended word. My actual word was right next to it... or so I am claiming! What are your three??

### The first 3 words you see describe your 2023

ASCBJGJERGHKVJNDVMRTWDHRGQBLoveVEQRKBNVWKVN  
WDKJVNawIKRVNQWCOURAGERKVNWKLIRFDKVFDVMWDL  
CSPCOMPASSIONDFYOBGJOYIERGKLPFACDLWQVYRWTHGUF  
FDVXMIZPJDUVHOPEBNWDLKIFCJMVSDVZXVDSEUCQCMZ  
KDNGBSDPURPOSEVQESKJDUWHDAQPTSYLBCSLEMKPEFWD  
TRUTHFGBEYHFCVWEYFCCSCSSXCWPVFKESDMVFERVBNCF  
DVFIJCRFVURBRGRACEAPDLPTHLDFOFJWHPEACEIGFBDN  
CASDJCNUWIKGFHBIUTRUSTWIFCBWEYDUVWRKNGJKGFLV  
NUVCGNFHAPPINESSVQWKNCNWDEBCVIBQUWEALTHGFBV  
EYUFCGDBPOFRDCHNVJLHEALINGSODZNCXVMCZVBFOSGRP  
GLWRNTGERUHONNVRFVYDCPAEFWMDWADKVFTPCLMNPA  
TIENCETGNRGVBNEDFORGIVENESSCVMFSJIDLRKNTYPDFIJ  
NYNISRLRPOWERHQWLBFQRGVJSKDLONTEWQRGHEALTHW  
RTGQORINFVNWEUQBFCFREEDOMQWHFBCQUWEFBRWTGO  
NFEPROGRESSMFMNDFVJSDVJSPLWQXAUTHENTICITYBCW  
IEUFBEYTGRTHMLPRSBNEAQWISDOMEFBVEHVBDJBVBWVUM  
VDRKJNVQREUVJNBWDCWDVNJIWVJNWRQVNJBQIRVNBCN  
AWAKENINGMCSAOCWFGMQRWGYIMERGVJKENRVCMWDCO  
RMWDQQWFMSTRENGTHMXNCBVMYTPKLDJSUCCESSNVIO  
HPTYHMBNISDFVAIFDVJQIWMAGICFQPWEFMCZXZDVRGBRT  
YHDMCLARITYRDOHKMUARKNEQRELAXATIONIVONFVNIM  
DVMDFVWRGBWMBVNUABUNDANCEFCPBRTBMFDVIDMIQW  
JTFRLKYFRMPRGSQVLNVOSDCBLESSINGSSDVRTNWNVQF

@courtneyforcefield

Whatever your words or your goals, I think we can all agree that the comradery we have as the Northeast North Carolina Partnership for Public Health region is the best! I have spent over 17 years in Public Health and the friends I have made, not only in our agency but across the state and especially in this region, are truly some of the best. The fact that we can work together for a greater good, putting individual needs aside is something commendable and admirable. So I would like to take this opportunity, on behalf of each and every Health Director in our region, to simply say THANK YOU! Thank you for being a friend. Thank you for being a partner. Thank you for being a PUBLIC HEALTH CHAMPION!

Here's to 2023! - Ashley



## Five New Board Members Join NENCPPH

The Northeastern North Carolina Partnership for Public Health (NENCPPH) Board of Directors is excited to welcome five new members to its Board of Directors in the past seven months! Megan Vick, Health Director for Northampton County and Melanie Campen the Health Director for Pamlico County joined the NENCPPH this past summer when the Pamlico and Northampton County Health Departments decided to rejoin the Partnership. An additional three board members are taking over from retired members of the Board: Ashley Stoop, Health Director of the Albemarle Regional Health Services; JaNell Octigan, the Beaufort County Health Director, and Stacie Turpin Saunders, the Deputy Director of the Division of Public Health in the North Carolina Department of Health and Human Services. It's exciting to add these dynamic women to an already energetic and engaging group of leaders comprising the NENCPPH Board of Directors. Please see more information about each of these new NENCPPH Board Members elsewhere in this newsletter.

The NENCPPH started in 1999, and continues to meet regularly to lead and support regional community health improvement through collaboration and collective impact. The NENCPPH comprises eighteen counties in northeastern North Carolina, including: Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Edgecombe, Gates, Halifax, Hertford, Hyde, Martin, Northampton, Pamlico, Pasquotank, Perquimans, Tyrrell, and Washington Counties. The Board of Directors includes the Health Directors of the Health Departments covering these counties plus representatives from the Division of Public Health in the North Carolina Department of Health and Human Services, the NC Institute of Public Health at the University of North Carolina at Chapel Hill, and the Department of Public Health in the Brody School of Medicine at East Carolina University. To learn more about the Northeastern North Carolina Partnership for Public Health you can visit the website here: <https://nencpph.net>.



# NENCPPH

Northeastern North Carolina Partnership for Public Health

## Ashley Stoop Appointed Health Director for ARHS

Ashley Stoop serves as the newly appointed Health Director for Albemarle Regional Health Services (ARHS). Ashley has been with ARHS since 2005 and has served the agency in key roles including Preparedness Coordinator and most recently as the Director of Policy and Planning. In addition, Mrs. Stoop has served as Safety Officer, HIPAA Privacy and Security Officer, and the agency Accreditation Coordinator. During her 17-year career with ARHS, Ashley has also held leadership roles and state positions including, NC Division of Public Health Agreement Addenda Quality Improvement Council, NC Local Health Department Accreditation Task Force, NC Institute of Medicine Task Force on the Future of Local Public Health, and established the NC Public Health HIPAA Alliance where she served as chair. Most recently, Ashley received her Climate Change and Health Certificate from Yale School of Public Health. Mrs. Stoop is a two - time graduate of UNC Chapel Hill with degrees in Journalism and Mass Communications and a Master of Public Health.



## Megan Vick Appointed Health Director for Northampton County

Megan Vick graduated in 2007 from East Carolina University with a Bachelor of Science in Health Education with a concentration in Community Health. She received her Masters of Public Administration from the University of North Carolina at Pembroke in 2022. Ms. Vick began her Public Health career as a Health Educator in 2010. During her 13-year tenure at the Northampton County Health Department, Ms. Vick served as a Health Educator, Human Services Planner/Evaluator II, Local Public Health Administrator I, and in May 2022, she became the Health Director of the Northampton County Health Department. She was born and raised in Northampton County so it was easy for her to come back home. Ms. Vick lives in Jackson with her husband Trey and sons Hunter (6) and Reid (2). "I look forward to this next chapter of my Public Health career as I promote and protect the health of the citizens of Northampton County," stated Ms. Vick.



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## JaNell Octigan Appointed Health Director for Beaufort County



JaNell Octigan serves as the newly appointed Health Director for Beaufort County Health Department (BCHD). Ms. Octigan served as an intern with Beaufort County Health Department in 2012. In 2013, she was hired as a Public Health Education Specialist and served in that role for a year before being promoted in 2014 to Human Services Planner IV/Preparedness Coordinator. For the past 9 years she has served as Preparedness Coordinator, Health Education Department Supervisor, Public Information Officer, Community Outreach Coordinator, and recently as Co-Accreditation Officer. Ms. Octigan achieved her Bachelors in Public Health Studies from East Carolina University in 2012 and her Masters in Public Health from East Carolina Brody School of Medicine in 2014.

## Melanie Campen, Health Director for Pamlico County Health Department

Melanie Campen is the Health Director for Pamlico County Health Department. She has been employed at Pamlico County Health Department since 2007. Originally she was employed by the Health Department to work in Environmental Health. Prior to working at Pamlico Health Department, Ms. Campen worked in environmental health in Craven and Lenoir Counties, as well as Beaufort, South Carolina. And before that, Ms. Campen was employed with a private environmental company. Ms. Campen graduated from the University of North Carolina at Wilmington in 1996 with a B.A. in Environmental Studies with a concentration in Geology. She is a member of the Eastern District North Carolina Public Health Association Environmental Health Section and has served as past treasurer and current secretary. She is also a member of the Pamlico Community College Environmental Science Advisory Committee.

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## Stacie Saunders, Deputy Director for NC Division of Public Health



Stacie Turpin Saunders is currently the Deputy Director for NC Division of Public Health and Section Chief of Local & Community Support. She began her Public Health career in 2007 and has served as a Local Health Director in Alamance and Buncombe counties before her role at NC DPH. Stacie served as an officer in the NC Association of Local Health Directors from 2018-2022. She has also served on numerous local and state boards and advisory councils including the NC DHHS Vaccine Advisory Council, NC IOM Task Force for the Future of Local Public Health and Upstream NC Advisory Committee. Stacie attended Radford University for her undergraduate studies and received a Masters in Public Health from Johns Hopkins Bloomberg School of Public Health.



## Gas Station Partners With Public Health to Save Lives

*By Michelle Wagner, Public Health Educator, Dare County DHHS*



The Dare County Department of Health & Human Services' Recovery and Overdose Support Services (ROSS) and TJ's Gas and Grill at 2197 Colington Road have recently teamed up to combat opioid-related overdoses and overdose deaths locally.

Since early December of 2022, ROSS Peer Support Specialist Jesse Ruby has been making regular visits to the Colington convenience store to keep it stocked with the life-saving drug Naloxone, a nasal spray medication that rapidly reverses an opioid overdose and is considered a front-line defense in the nation's opioid crisis. Ruby also provides TJ's with fentanyl test strips, which are small strips of paper that can detect the presence of fentanyl in other drugs and substances. Proven to avert drug overdoses and overdose deaths, both of these harm reduction tools – along with medicine lock boxes and other resources – are provided free to the public and are conveniently located at a small booth next to the cash register for customers who may need them or know of someone who does.

Fentanyl, a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine, is a major contributor to fatal and nonfatal overdoses in the United States, according to the Centers for Disease Control. Illicitly manufactured fentanyl is on the drug market in different forms and is commonly mixed with drugs like heroin, cocaine and methamphetamine, or made into pills that resemble other prescription opioids and benzodiazepines.

ROSS's efforts at TJ's are aimed at "getting help out to the locals" where they can easily access it, said Ruby.

"The Colington Harbour area is where a lot of us locals live, so when I started this work in harm reduction, I knew that was one of the spots I really wanted to target," Ruby said. Ruby is also visiting dozens of convenience stores and other high-traffic establishments across the county to deliver these life-saving items.

The booth at TJ's has been highly successful, with customers regularly taking advantage of the free single doses of Naloxone and fentanyl test strips. "We put 24 single doses of Naloxone out [one day] at 3 p.m. and they are gone by the next day at 2 p.m.," Ruby noted.

TJ's employee Cindy Swoope has been working closely with Ruby to see that these harm reduction tools get into the hands of those who need them – and said she's been overwhelmed by the positive feedback and support she's received from patrons. "Props to TJ's for giving out these tests" and "TJ's saves lives" are just a few examples of the text messages Swoope has received since the Naloxone and test strips became available at TJ's. At the store, customers have made similar comments such as, "This might save my friend's life."

In the tight-knit community of Colington, Swoope points out that everybody knows and helps one another, and TJ's cares about the community. The impact that fentanyl overdoses have had locally, she said, has been a big topic and the tools provided by ROSS "save lives...you don't know who you are affecting but it is someone's brother, mother, sister, kid."

Being able to recognize the signs of an opioid overdose can save a life. Symptoms to look for in a potential overdose victim include small, constricted pinpoint pupils; falling asleep or losing consciousness; slow, weak or absence of breathing; choking or gurgling sounds; limp body; cold and/or clammy skin; and discolored skin, especially in lips and nails.

Part of the Dare County Department of Health & Human Services' ROSS is designed to respond to community members struggling with substance use and misuse, mental health, and trauma challenges. Living in recovery from mental illness and/or substance use disorder themselves, ROSS's peer support specialists offer support to others who can benefit from their lived experiences by providing coaching, mentoring, consultation, and support. These specialists promote self-advocacy, self-direction, and provide information and education.

ROSS also supports families and friends of those who struggle.

Any Dare County resident, business or agency can reach out to ROSS's peer support specialists, Katy Haslar and Jesse Ruby, via the confidential email address: [RecoveryServices@DareNC.com](mailto:RecoveryServices@DareNC.com).

## Tobacco-21 and Tobacco-Free Living Activities

*Submitted by Teresa Beardsley, Region 9 Tobacco-free Living Coordinator*

Region 9 Tobacco Free Living Work has grown! Edgecombe and Halifax have joined our region, therefore, Region 9 now consists of 16 counties. We are excited for the opportunity to serve two additional counties.

Over the last several months, we have had a strong focus on educating stakeholders regarding the importance of Tobacco-21. It is essential that North Carolina raises its minimum age to purchase tobacco products to 21 to match the federal age requirement passed in 2019. Many young people transition from experimental use to regular daily use between the ages of 18 to 21. North Carolina is currently one of nine states that does not have an age requirement of 21. Additionally, 40 states require a tobacco retailer permitting system to sell tobacco products. This is an effective means to reduce sales to youth because it allows the state to know where tobacco products are being sold. In turn, the state can inspect for responsible retail practices and effectively enforce the law when violations are detected.

On August 17, 2022, the NC Association of Local Health Directors unanimously voted to protect NC's young people from vaping and nicotine addiction by supporting a comprehensive Tobacco 21 law inclusive of a retailer permitting system. In addition, The Northeast North Carolina Partnership for Public Health Board unanimously adopted the resolution on December 9, 2022 and the North Carolina Citizens for Public Health adopted it on January 27, 2023. Finally, the NC Alliance for Health voted to promote policies that support the implementation of an effective Tobacco 21 law in North Carolina, including retailer licensing.

Region 9 has also had amazing support from local Boards of Health regarding a comprehensive Tobacco 21 law. The following Boards of Health have adopted a comprehensive Tobacco 21 resolution:

- Dare County Health & Human Services Board of Health - December 2022
- Northampton County Board of Health - January 2023
- Martin-Tyrrell-Washington District Board of Health - January 2023

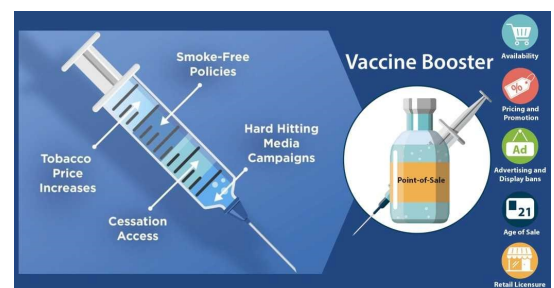
We also hope to have the support of the Albemarle Regional Health Services Board of Health in February and the Hyde County Board of Health in March.

Additionally, it is important that we educate school boards and further stakeholders that have a vested interest in the health of our youth. If you would like a presentation or further information regarding Tobacco-21, please contact Teresa Beardsley at [Teresa.Beardsley@ARHS-NC.ORG](mailto:Teresa.Beardsley@ARHS-NC.ORG).

For further information regarding Tobacco Free work within the region, please contact Teresa Beardsley at [Teresa.Beardsley@ARHS-NC.ORG](mailto:Teresa.Beardsley@ARHS-NC.ORG) or call 252-340-0407.

The next Tobacco Free Living coalition meeting will be held virtually on February 10, 2023 at 9:30 AM.

We would love to have you join us!



## Edgecombe County Health Department Partners with Local Convenience Store to Offer Healthier Food Options

*By Jessica Scott, Public Health Education Specialist, Edgecombe County Health Department*

Edgecombe County Health Department (ECHD) is excited to announce it's first healthy food retail designation, GNS Express Mart. This small store is located in one of Edgecombe County's food deserts, a community with limited or no access to grocery stores. ECHD has partnered with GNS Express Mart to provide healthier food options to the community which meets the criteria of the NC Healthy Food Retail Designation Program. ECHD helps the small food store by working to bring in partners from farmer markets, community gardens, and individuals to supply more nutritious foods to sell in the store. As shown in the pictures below, ECHD provided the store with promotional signage to raise awareness of the store's new venture, to contribute healthier food options in the community, and to attract people to purchasing healthier food items. ECHD's Public Health Education Specialist, Jessica Scott, will continue to work closely with the small food store to ensure that it offers and maintains stock of the nutritious items that customers desire to purchase.

Saed Najemeddin's, owner of GNS Express Mart, willingness and enthusiasm to offer a variety of fruits and vegetables for his customers is an asset to the program and the community that he serves. Mr. Najemeddin and Ms. Scott are excited to continue to work together to increase health equity by improving healthier food access within the community.



Footprint decals were placed on the floor to guide consumers to the healthier food choices.



Jessica Scott and GNS Express Mart Employee, James Britt, holding the store front banner



## Hyde County Health Department Happenings

*Joy Dodge, Substance Awareness Worker, Hyde County Health Department*

This past quarter Hyde county Health Department has put in the extra effort to reach out into our community!



In October, Our Substance Awareness Department hosted a recovery walk! Attendance was way up from the previous year, thanks in large part to our staff going the extra mile to hand out flyers and even put on a little scavenger hunt for county employees!



Summer and Crystal held down the tent at Farm Days this year!



For Halloween 2022 our crew at the HCHD hosted "Treats Around the Track!" Everyone dressed up as M&Ms! The event was a great success!

Thank you to our community for coming out and showing your support from the Lighthouse to the Lodge!

We are looking forward to all the opportunities in the future to get back out into our community!





## Surfing for Autism!

*Debbie Dutton, RN, BSN, NCSN, Clinical and Community Services Nursing Director, Dare County DHHS*

Surfing for Autism is a non-profit organization on the Outer Banks whose mission is to offer individuals and families impacted by Autism Spectrum Disorder a supportive environment to connect and share by creating opportunities to experience the therapeutic benefits of surfing. Through these opportunities, Surfing for Autism is also creating a greater awareness and a deeper understanding of ASD within the community.

Their vision is to involve individuals with autism, their families, siblings, caregivers, therapeutic professionals, surfers, and the larger community in an inclusive, comprehensive, and compassionate experience which celebrates the therapeutic benefits of surfing

Surfing For Autism is an Autism Spectrum Disorder Awareness Event held each Summer on the Outer Banks of NC that provides participants with an amazing experience and opportunity to surf. Each participant is partnered with two surfers and a skilled therapist or teacher who are well educated in the special needs of people with autism. Together, they experience paddling, surfing, and other creative ways to have fun in the sun.

The organization also holds a Sensory Sensitive Santa Event which is another opportunity for individuals and families touched by autism to experience the joy of the holidays and a visit with Santa in a sensory sensitive manner best suited for these children.

The Dare County Department of Health and Human Services reached out to Surfing for Autism around Thanksgiving asking for a way to support this local organization through the holidays. Our staff voluntarily collected toys and sensory items identified by the organization to distribute to their children, participants and families.



## The Helping Hand Project at ECU

The Helping Hand Project is a non-profit organization dedicated to supporting the limb difference community through recreational prosthetics, education, and volunteering. The Helping Hand Project (HHP) designs and provides free recreational prosthetic devices for children through 3D printing techniques.

With a focus on community outreach with other East Carolina University students for Equitable Health Outreach community service project in addition to provide 3D printed toys including ornaments, and fidget toys.

We welcome individuals from all backgrounds to join for bi-weekly meetings at the Isley Innovation Hub on East Carolina University campus at 6:00pm. Design workshops occur on off weeks at the Innovation and Design Lab located a few miles off campus at 300 E 1st St, Greenville, NC 27858.



reach, we have partnered with organizations such as Student comes to pursue our first adjacent with Pirate PALS to create animal figurines, snowflake

backgrounds to help support and encourage anyone interested in attending meetings at the Isley Innovation Hub on East Carolina University campus at 6:00pm. Design workshops occur on off weeks at the Innovation and Design Lab located a few miles off campus at 300 E 1st St, Greenville, NC 27858.

The NENCPPH provides a fantastic partnership for HHP as your connections, resources, and opportunities are areas members of our group are excited to learn about! We have a diverse membership base, with students studying engineering, biology, exercise physiology, pre-occupational therapy, and public health. We strive to share ideas, identify community problems and resources and address public health problems, with a focus on creating prototypes for the limb difference community.

Follow us on Instagram and TikTok at [hhp.ecu](https://www.instagram.com/hhp.ecu). If you have any questions, please reach out to the president Hannah Blackburn at [blsckburnh21@students.ecu.edu](mailto:blsckburnh21@students.ecu.edu).





## Reaccreditation Status Granted to LHDs

*Submitted by Amy Belflower Thomas, North Carolina Institute for Public Health*

Twelve health departments were awarded reaccreditation status by the North Carolina Local Health Department Accreditation (NCLHDA) Board on November 18, 2022. "All of the agencies recently achieving reaccreditation have much to be proud of. They have not only demonstrated their ability to meet a set of important performance standards, but excelled in many areas. Through reaccreditation, these agencies demonstrate a strong commitment to continuously work to improve the quality of services provided to their respective communities," comments Amy Belflower Thomas, NC Local Health Department Accreditation Administrator.

Two NENCPPH agencies, Pamlico County Health Department and Martin-Tyrrell-Washington District Health Department were awarded the highest achievement - Reaccreditation with Honors. This honorary designation was implemented for the first time in Fall of 2017 to recognize agencies that especially excelled in their accreditation assessment by missing one or less activities within each of five standards set by the NCLHDA program.



### Halifax County Health Department Implements CATCH My Breath

The Halifax County Health Department has implemented the CATCH My Breath program to local middle schools in Halifax County. CATCH My Breath is an evidenced-based vape prevention program designed to be implemented in a school setting for grades 5-12. CATCH My Breath is a peer-led teaching approach that empowers students with the knowledge and skills needed to make informed decisions about e-cigarettes. The program educates students on the social pressures to vape and strong refusal skills. Students enjoyed the program including creating their own social media campaign on the dangers of vaping, how to say no and the harmful ingredients. ([Catch My Breath - Vape Education - Tobacco Youth Prevention](#))

## MTW District Health Happenings

*Submitted by Miranda Keel, MTW Health Education Supervisor*

The Hope Exchange, the syringe services program through Martin-Tyrrell-Washington District Health (MTW), applied for funding from Trillium's Opioid Remediation Program to assist in purchasing bio-hazard containers, cookers, and lock boxes. They applied for \$1,469.42 and received the full amount to help them in their harm reduction efforts. Dave Peterson, Senior Regional Director, hosted a check ceremony with MTW health educators on December 1<sup>st</sup> to present MTW with the check and congratulate them on their efforts in fighting the opioid epidemic. *(picture on right)*



MTW District Health Department is also proud to announce that it has been reaccredited with honors! Health Director, Wes Gray, and co-accreditation coordinators, Nicole Barnes and Miranda Keel, attended the North Carolina Local Health Department Accreditation Board meeting on November 18<sup>th</sup> to receive a plaque and recognition.

Thanks to Lead Site Visitor, Bill Smith, and the rest of the site visitation team (pictured on right) for evaluating our facilities, policies, and plans. The team also sends heartfelt condolences to the family of Bill Smith, as he passed away in December. MTW was grateful that they were able to work with him through the accreditation process.



Kirsten Beasley, Family-Centered Justice Project Coordinator, is hosting an  
**Impact and Response to Trauma for Children and Families Conference**

March 15th, 2023 from 9:00-3:30

at Eastern AHEC in Greenville

Registration information will be available soon!

## Lunch Salad

*This is called lunch salad because, yes, you guessed it, it makes a great lunch. Instead of taking tuna, egg, or chicken salad for lunch, which contain mostly meat, you can make this quick lunch salad that incorporates so many more vegetables and grains, and is as satisfying as it is good for you. There are multiple variations but the basic premise is a whole grain – bean – vegetable – and a protein (chicken, tuna, or more beans). Other ways to vary this dish would be to add fruit in place of some of the vegetables.*



Serves 6

Serving Size: 1 ¼ cups

Prep Time: 25 minutes-1 hour (based on choices)

### Ingredients

#### Choose 2 CUPS Whole Grain:

- Brown rice
- Quinoa
- Bulgur

#### Choose 1 CUP Beans:

- Garbanzo beans
- Pinto beans
- Black eyed peas
- White beans

#### Choose THREE CUPS of Chopped Vegetables (choose a combination or select just one):

- Carrots
- Cucumbers
- Summer squash
- Green peppers
- Celery
- Onion
- Napa cabbage
- Broccoli
- Cauliflower

#### Choose a Protein:

- 6 ounces of grilled chicken
- 1 (5 ounce) can of tuna
- 1 cup of beans (additional)
- 3 ounces of nuts (about ½ cup of almonds or ⅔ cup of peanuts)

### Dressing:

- 6 tablespoons olive oil
- 6 tablespoons balsamic vinegar

### Directions:

1. Mix your selections with olive oil and balsamic vinegar (or vinegar of your choice).
2. Place in 6 individual containers. You are ready for a week (almost) of lunches.

### Nutrition Information per Serving (based on quinoa, garbanzo beans, carrots, celery, broccoli, and chicken):

- Serving Size: 1 ¼ cups
- Vegetables: ¾ cup
- Fruits: 0 cups
- Calories: 225 calories
- Carbohydrates: 19 grams
- Fiber: 4 grams
- Protein: 4 grams
- Fat: 15 grams
- Sodium: 76 mg



## Northeastern NC Partnership for Public Health



Bertie · Beaufort · Camden · Chowan · Currituck · Dare · Edgecombe  
Gates · Halifax · Hertford · Hyde · Martin · Northampton · Pamlico  
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)

## Calendar of Events

Feb 9	NENCPPH Regional HR Directors Idea Exchange
Feb 10	NENCPPH Regional Finance/Billing Idea Exchange
Feb 10	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
Feb 23	NENCPPH Leadership Call
Mar 16-17	Public Health Leadership Conference, Raleigh
Mar 22	NENCPPH Workforce Conference Planning Meeting
Mar 27	NENCPPH Finance Committee Conference Call
Mar 30-31	NENCPPH Board Retreat
April 14	PICH Tobacco-Free Living and Healthy Foods Coalition Meetings
April 26-28	EDNCPHA Conference, Kill Devil Hills

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

## Board of Directors

Luana Gibbs, NENCPPH Chair  
Director, Hyde County Health Department

Michelle Etheridge, NENCPPH Vice Chair  
Director, Edgecombe County Health Department

Amy Belflower Thomas, NENCPPH Secretary-Treasurer  
NCIPH at Gillings Global School of Public Health, UNC at Chapel Hill

Melanie Campen,  
Director, Pamlico County Health Department

Sheila Davies,  
Director, Dare County Department of Health & Human Services

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

Ruth Little  
Public Health Dept., East Carolina University

Janell Octigan  
Director, Beaufort County Health Department

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

Stacie Saunders  
Division of Public Health, NC Dept of Health and Human Services

Ashley Stoop  
Director, Albemarle Regional Health Department

Megan Vick,  
Director, Northampton County Health Department

### 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 nine health departments and eighteen counties.