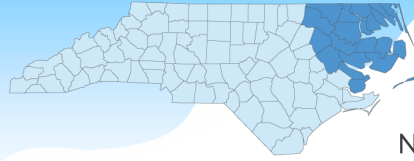


Spring 2024



NENCPPH

Northeastern North Carolina Partnership for Public Health

Partnering for Public Health

A quarterly publication of public health activities in Northeastern NC

Careers To Make A Difference

Submitted by Misty Gibbs

Environmental Health Specialist, Brittani Stephens, Health Educator, Kysha Gary and Processing Assistant IV, Deborah Flythe, of Northampton County Health Department (NCHD) attended the Career and Community Resource Fair at Roanoke-Chowan Community College (pictured below). Each of these ladies talked to future leaders about careers in public health.



To find out more information about careers at NCHD please visit www.northamptonnc.com or to find about public health careers in not only Northampton County but also other counties in Eastern North Carolina, visit [Careers 2 Make a Difference](#).



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NENCPPH Board Corner -

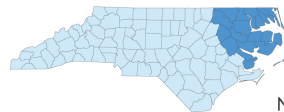
Welcome Back to Wes Gray and Welcome to Pitt County Health Department

The Northeastern North Carolina Partnership for Public Health (NENCPPH) is pleased to have John Wes Gray back as a NENCPPH Board Member. Mr. Gray was a member of the NENCPPH for over six years during which time he also served as the Health Director for Martin-Tyrell-Washington District Health. Mr. Gray served one year as Vice-Chair and another year as Chair of the NENCPPH Board. Mr. Gray started his new role as Health Director for Pitt County Health Department located in Greenville, NC on October 16, 2023. At the start of December 2023, Pitt County Health Department joined the NENCPPH.



Mr. John Wes Gray

The Northeastern North Carolina Partnership for Public Health (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 nineteen counties in northeastern North Carolina, including: Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Edgecombe, Gates, Halifax, Hertford, Hyde, Martin, Northampton, Pamlico, Pasquotank, Perquimans, Pitt, Tyrrell, and Washington Counties. The Board of Directors includes the Health Directors of the Health Departments covering these counties plus representatives from the Divisions of Public Health Child and Family Well-Being a part of 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

Funding Yields Successes in Addressing Foundational Capabilities in LHDs

Submitted by Doug Umland and Parris Drakeford, NC Division of Public Health

The allocation of American Rescue Plan Act of 2021 (ARPA) funding has catalyzed numerous impactful initiatives across the regions of North Carolina, yielding notable successes in various domains. Leadership development has been a focal point, with a comprehensive array of educational programs, workshops, retreats, and conferences addressing critical areas such as legal matters, management, supervision, and skill-building. These endeavors have not only equipped participants with essential competencies but have also facilitated the dissemination of valuable insights and lessons learned, fostering a culture of continuous improvement across multiple regions.

A significant achievement has been witnessed in the realm of Environmental Health (EH) staffing, where collaborative efforts between two regions culminated in a statewide project examining *(Continued page 3)*

Successes in Addressing Foundational Capabilities in LHDs *(Cont'd from pg 2)*

(Continued from page 2) staffing dynamics, salaries, recruitment strategies, and retention challenges. The resulting data has informed strategies to enhance the attraction and retention of EH personnel, with particular emphasis on bolstering collaboration with universities offering EH degrees. Notably, internship initiatives have proven highly successful, with a remarkable 50% of student interns transitioning into professional roles within local health departments.

Statewide Regional Retreats, featuring participation from regional leads, the Division of Public Health, and the NC Institute of Public Health, have emerged as pivotal forums for improved communication and the sharing of successes. This collaborative approach has fostered greater cohesion and alignment within North Carolina's public health landscape.

The implementation of a Wastewater Surveillance Project for disease detection stands out as a model initiative, offering valuable insights and best practices for other counties in the state to emulate.

Addressing the challenge of staff recruitment and retention, multiple projects have been undertaken, including the development of targeted strategies and the creation of recruitment videos customizable by health departments. Additionally, regions have offered educational support through initiatives such as tuition reimbursement, certification assistance, and facilitating attendance at national conferences, further nurturing the professional growth of their workforce.

Regions have used ARPA Workforce funds to modernize work processes has yielded tangible benefits, notably the digitization of over 2.2 million Environmental Health files. This transformation has not only enhanced record-keeping practices but has also translated into improved customer service, operational efficiencies, and optimized utilization of space within local public health departments.

Furthermore, the expansion of partnerships with North Carolina colleges and universities, particularly through initiatives like the HBCU/MSI Internship program, represents a significant success. The burgeoning collaboration with departmental chairs and faculty members has not only enriched opportunities for minority participation in public health but has also facilitated ongoing dialogue and collaboration in recruitment initiatives and career development opportunities.

Background

The COVID-19 pandemic stretched the public health workforce in North Carolina and exposed gaps in foundational public health capabilities at the state and local levels, hindering optimal public health pandemic prevention and response. The American Rescue Plan Act of 2021 (ARPA), also called the COVID-19 Stimulus Package, is an economic stimulus bill signed into law by on March 11, 2021. The North Carolina Division of Public Health (DPH) received funding from the Centers for Disease Control and Prevention (CDC) to address these workforce issues.

This grant provides funding to establish, expand, train, and sustain the state, tribal, local, or territorial (STLT) public health workforce to support jurisdictional COVID-19 prevention, preparedness, response, and recovery initiatives.

As part of this initiative, and a critical investment area, DPH made available funds for the 10 regions identified by the North Carolina Association of Local Health Directors (NCALHD) to recruit, hire, and train personnel to fill critical gaps in its Public Health Infrastructure Foundational Capabilities to respond to the COVID-19 pandemic. The Public Health National Center for Innovations' Public Health Leadership Forum *(Continued page 17)*

Pitt County Public Health Activities

Submitted by Allison Swart, Pitt County Health Department



Above: Pitt County Board of Commissioners recognized for proclaiming April 1 – 7, 2024 as National Public Health Week.



Above: Pitt County representatives attended the Public Health Leaders Conference (March 2024)



Above: Pitt County Health Department held a basketball tournament for middle schoolers to promote physical activity and nutrition.

Brittany Kinder named Preceptor of The Year

Brittany Kinder of Pitt County Health Department was named the 2023 Preceptor of the Year for East Carolina University's Community Health Program.

Brittany, who works at the [Pitt County Health Department](#), welcomes nursing students each semester. She has done an amazing job at creating a community health nursing experience for ECU students, helping them to have a well-rounded rotation and understanding of the role of the community health nurse. Students are made to feel "a part of the team."

She takes time to explain new experiences in advance, but also takes time afterward to debrief and help students understand how every encounter fits into the bigger picture of the community nurse's role.



Pitt County Floss Cutting Held

A floss cutting was held on March 18, 2024 for the new Pitt County Health Department Mobile Dental Unit.



Martin-Tyrrell-Washington Celebrates 50 years of Public Health

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



Martin-Tyrrell-Washington District Health (MTW) is celebrating 50 years of service in 2024! We have been serving Martin, Tyrrell, and Washington counties since 1974. Our spring health fairs have been a great celebration of our service while also advocating for the health and wellness of our communities. Tyrrell County's health fair was held April 4th, Martin County's health fair was held April 18th, and Washington County's health fair was held May 2nd. Throughout the series, we have hosted 51 vendors and had participation from approximately 200 community members! We are looking forward to continue promoting our services and advocating for health throughout the rest of our 50th year.

We would like to extend a grateful welcome to our new provider, Angelica Keech, ANP, WHNP! She joined the MTW family in February and has been such a huge asset to our agency. Angel's focus is primary care and she is truly passionate about quality health care for our clients.

Reducir la Muerte Infantil en las Comunidades (RIMC)



Clases Gratis

Brindamos clases de apoyo, de lactancia materna y clases de sueño seguro. Son elegibles aquellas mujeres embarazadas o madres de bebés de 0 a 3 meses.

(Aquellos que asistan a las clases pueden recibir un **pack 'n play gratis, un asiento de seguridad para bebés, un monitor para bebés, kits de lactancia y más!**)

Misión

El programa RIMC tiene como objetivo promover prácticas seguras para dormir y brindar servicios de apoyo a la lactancia materna a mujeres embarazadas y familias.

APRENDE MÁS

¿Interesada en participar?

Comunícate con nosotros!

Información de Contacto

Nicoria Williams
252-793-1605
nicoria.williams@mtwdh.org

Ashley Garcia
252-793-1638
ashley.garcia@mtwdh.org

Reducing Infant Mortality in Communities (RIMC)



Free Classes

We provide FREE breastfeeding classes/support services and infant safe sleep classes to expecting mothers or mothers of infants 0-3 months.

Those who attend the classes may receive a **free pack 'n play, infant car seat, baby monitor, breastfeeding kits, and more!**

Mission

The RIMC program aims to promote safe sleep practices and provide breastfeeding support services to expecting mothers and families.

Learn More

Interested in participating?

Contact us!

Contact Information

Nicoria Williams
252-793-1605
nicoria.williams@mtwdh.org

Ashley Garcia
252-793-1638
ashley.garcia@mtwdh.org

MTW has received a Reducing Infant Mortality in Communities (RIMC) grant to implement evidence-based programming to lower the overall infant mortality rate and infant mortality disparity ratio in our counties. RIMC coordinator, Nicoria Williams, and breastfeeding peer support counselor, Ashley Garcia, are hosting Infant Safe Sleep and Breastfeeding Support classes in Martin and Washington counties for expecting mothers. Call 252-793-1605 or email nicoria.williams@mtwdh.org for more information or to refer an expecting mother.

Halifax County Health Department Celebrates Public Health Week

By Laura Ellis, Halifax County Health Department

Halifax County Health Department celebrated Public Health Week the first week of April 2024. Employees enjoyed a fruit parfait bar and special lunch. The theme this year, Protecting, Connecting and Thriving: We are Public Health, was promoted on social media outlets throughout the week. Our amazing Public Health team was celebrated and appreciated for their dedication, hard work and commitment to the work of Public Health with a lunch and gift bag. Thank you to all the employees at Halifax County Health Department for their commitment to Public Health and the citizens of Halifax County.



Pinwheels for Preventing Child Abuse

Submitted by Amy Joyner, Halifax County Health Department

In a heartfelt effort to raise awareness and promote prevention during Prevent Child Abuse Month, members of the Halifax Health Department and other community members of Halifax County recently came together for a symbolic and impactful event in conjunction with John 3:16 Center. On April 22nd, 2024 a pinwheel planting ceremony was organized, with each pinwheel representing a child affected by abuse or neglect in our community during 2023.

The significance of this event lies not just in the visual representation of numbers but in the collective commitment to protecting our children and creating a safe environment for them to thrive. As 484 pinwheels were placed into the ground, it served as a moving reminder of the work that still needs to be done to prevent child abuse and support those affected.

Community leaders joined hands to plant these pinwheels, showing that we can make a significant impact when we unite for a common cause. The act of planting pinwheels was not just about acknowledging the issue but also about fostering hope and resilience.

Department of Social Services Director, Felicia Exum, shared the context of this number [484] emphasizing the importance of the community's role. Raising awareness and working together can create a community where every child feels safe, loved, and protected.

This event was a testament to the power of community engagement and advocacy. It is a reminder that preventing child abuse is not just the responsibility of organizations or authorities but of every individual who cares about the well-being of our children.



As we reflect on this meaningful event, let us continue supporting initiatives that promote child safety, advocate for policies prioritizing children's rights, and create a nurturing environment where every child can grow up without fear.

Together, we can plant the seeds of a brighter and safer future for our children.



Hyde Happenings

Submitted by Savannah Equils, Niki Waters, and Sarah Page, Hyde County Health Department

The Hyde County Health Department has been empowering Hyde County's youth through Impactful Engagement and Awareness with our Annual Pre-Prom Alcohol Prevention Events. Thanks to funding from the Hyde County ABC Board and the assistance of local EMS and police, our dedicated Substance Awareness Team has been driving change by educating both Ocracoke and inland students on the dangers of underage drinking, drinking and driving, as well as the short and long-term effects of alcohol abuse. Through immersive vehicle simulations, sobriety tests, and interactive educational games, we are building a safer, more informed community for our future leaders.

Additionally, the Hyde County Health Department significantly enhanced community support by hosting a 2-day ASIST (Applied Suicide Intervention Skills Training) workshop. Thanks to our amazing partners, Ann Gasperini and Sarah Chitick with Stop Soldier Suicide who facilitated the training, individuals were provided with the ability to recognize signs of suicidal ideation using powerful audiovisuals, engaging discussions, realistic simulations, and the ability to conduct effective interventions. These skills will not only enable the development of a comprehensive safety plan with the person in distress but also connect them with further support. Importantly, the workshop aimed to increase participants' willingness, confidence, and capacity to provide crucial suicide first aid, thereby strengthening the community's overall resilience and support network.



Tobacco-Free Work in Full Force

By Teresa Beardsley, Regional Tobacco Prevention and Control Coordinator

Albemarle Regional Health Services partnered with the Open Door Food Pantry in Perquimans County and the Food Bank of the Albemarle in Pasquotank County to provide resources while clients shop. Health Educators Mallynda Whittington, Emily Lewis, and Gabbi Corprew have been very involved with the planning and implementation of this partnership. Emily Lewis from the Healthy Foods Coalition provides food tastings and recipes while Mallynda and Gabbi provide resources such as tobacco prevention and cessation, healthy eating options, vaccine information, and WIC resources. Mallynda a fluent English and Spanish speaker has also done an amazing job connecting our Hispanic population to needed resources as well. It has been wonderful to see that we are able to meet the needs of even more community members through this partnership.



Trinitee Smith, a student intern from Elizabeth City State University through the NENCPPH and ARPA, has done an amazing job connecting Albemarle Regional Health Services to the University. Trinitee has attended at least 10 events on campus and 5 events off campus representing Albemarle Regional Health Services and Tobacco Free Living. She provided tobacco prevention and cessation resources to students, staff and community members along with information for students on the regional Careers to Make a Difference campaign. She has met with professors on campus regarding social media campaigns and strategized on how to continue connecting students to resources after the completion of her internship. Trinitee is finishing her junior year at Elizabeth City State University and is majoring in Social Work. Additionally, Trinitee spent time with the social work department at Albemarle Regional Health Services and looks forward to working as a social worker within a local health department in the future.



Tobacco-Free Work in Full Force *(Continued)*

At right: Wanda Stallings, Health Educator with Albemarle Regional Health Services, and Teresa Beardsley, Regional Tobacco Prevention and Control, attended the Chowan Middle School Career Day to share information regarding jobs in the Public Health field. Students learned public health fun facts, information on the educational track to take regarding their field of interest and the vast amount of jobs that are available in Public Health. Each grade level from Chowan County Middle School had the opportunity to attend.



Below: Teresa Beardsley, Regional Tobacco Prevention and Control, partnered with Shavonna Boone of ECU Health and Martin Community College, to provide staff health screenings and information on tobacco prevention and cessation. This event was well received and attended by all staff on campus. We look forward to this continued partnership.



At Right: Teresa Beardsley and Gabi Corprew from ARHS provide health education at New Hope Stables



Halifax County Promotes Heart Health by Wearing Red

HALIFAX COUNTY CELEBRATED NATIONAL WEAR RED DAY FEBRUARY 2, 2024



TOP: Left to Right - DSS Adult Services, Finance Department , Health (EH), and Operations BOTTOM: Left to Right: - Tax Department and Health Department



HALIFAX COUNTY CELEBRATED NATIONAL WEAR RED DAY FEBRUARY 2, 2024

National Wear Red Day is the first Friday in February. Wear red - and encourage others to do the same. Help raise awareness that heart disease is the leading cause of death in the U.S. and largely preventable. Source: <https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.nhlbi.nih.gov%2F>

TOP: Left to Right DSS Child Welfare, County Manager's Office Staff



Edgecombe County Health Department Celebrates 2024 Public Health Week

Submitted by: Meredith Capps, Edgecombe County Health Department

The Edgecombe County Health Department (ECHD) celebrated National Public Health Week, April 1-7, 2024. During Public Health Week, staff at ECHD participated in activities planned around this year's theme of *Protecting, Connecting, and Thriving: We Are All Public Health*.

Monday, April 1st, we celebrated Civic Engagement by creating care packages that will be distributed to the homeless in our area. Staff also had the opportunity to dress down and represent their favorite decade.

Tuesday, April 2nd, was dedicated to Healthy Neighborhoods. ECHD held a Community Clean Up Event, where staff walked the neighborhoods surrounding our health department and picked up trash. Each participant was challenged with collecting at least one full bag of trash. See photo at right of staff participating in the community clean-up activity.



Wednesday, April 3rd, was Mental and Physical Health Day. Staff were able to participate in a group exercise event in the morning and a de-stress event in the afternoon. Pictured at left are staff participating in the morning exercise event.

On Thursday, April 4th, staff dressed as a disease and wore a name tag that said, "Ask me what I am". This activity gave staff an opportunity to educate others on the disease they chose.

On the final working day of Public Health Week, ECHD came together over a Healthy Foods from Around the World Potluck Breakfast. Each team within the health department was given a different area of the world and they were responsible for presenting a healthy dish from that area at our potluck breakfast. This breakfast was planned around this year's theme, but more importantly planned so the ECHD staff could celebrate each other and the work that we do daily to improve the health and wellness of our communities. It was a perfect wrap up to a successful National Public Health Week Campaign.

ARHS Stocks Emergency Food Boxes

By Sara Foreman, Albemarle Regional Health Services

Albemarle Regional Health Services (ARHS) staff realized that an increasing number of people coming in for services were experiencing food insecurity. A screening tool is used in all clinics and appropriate referrals are made to WIC, SNAP, and area food pantries. However, staff were encountering patients with a lack of transportation to the store to spend benefits, benefits running out before the end of the month, insecurity while waiting for a benefit application to be approved, or those that were ineligible for food benefits but still experienced food insecurity. A partnership was developed with the Food Bank of the Albemarle to address this issue. The Pasquotank health department began stocking emergency food boxes in March 2024. Boxes are available in healthy food choice boxes, diabetes healthy food choice boxes, and culturally appropriate Hispanic food choice boxes. These boxes allow staff from any clinic in the health department to send a family home with an emergency food supply until they can access community resources for further support. Boxes have already been provided to patients in our peds, primary care, high risk maternity, behavioral health, and diabetes programs. It is planned to trial this program for a few months in Pasquotank and expand to the other health departments in the ARHS district in the future!

National Nutrition Month Celebrated in Halifax County

Submitted by Denise Norman, Halifax County Health Department

National Nutrition Month:

“Maintaining good health means focusing on both physical and mental well-being. Learn about developing healthful habits, making informed nutrition choices and more this month.” Source: <https://www.eatright.org>



Cooking with Kale

Halifax County Working On Wellness Program (“W.O.W.”)

Presenter: Sara Pike, Halifax Family and Consumer Science Agent

On March 21, 2024 the Halifax County Working on Wellness Program (“W.O.W.”), along with the Halifax NC Cooperative Extension celebrated National Nutrition Month. The event was based on Cooking with Kale, learning how Kale is one of the healthiest vegetables you can eat along with taste tests, recipes provided and incentives for employees who attended the event. The presenter for this event was Sara Pike, Halifax Family and Consumer Sciences Agent.

The Working on Wellness Mission is to provide health services that will help all employees attain one of the greatest gifts of all—wellness. If county employees have any questions about this program please contact your Wellness Coordinator, Denise Norman @ wellness@halifaxnc.com.

Peer Power Cultivating Healthy Foods

By Michelle Wagner, Public Health Educator, Dare County

The Dare County Department of Health & Human Services' (DCDHHS) Peer Power Program has been awarded a \$5,000 Partnership to Improve Community Health mini-grant from Albemarle Regional Health Services – money that Peer Power staff and students will use to enhance two community gardens next fall.



The goal of the grant is to incorporate youth perspectives into action-oriented projects that will improve healthy food access in northeastern North Carolina. To that end, under the guidance of Peer Power staff, students will begin upgrading and maintaining the existing community garden at First Flight Elementary School and volunteering at the already established Peace Garden in Manteo during the fall semester of the 2024-2025 school year.

“Not only will this help to increase healthy food access for students, their families and community members; it will also help students acquire skills and knowledge so that they can grow healthy foods themselves,” said Kelly Fleming, DCDHHS Health Education & Outreach supervisor. Fleming said that the peer educators will mentor elementary and middle school aged students, who will also participate in the project.

Peer Power is a for-credit, semester-long, high school class in which students are trained on health-related topics to become Peer Health Educators. These Peer Health Educators then deliver health education to elementary, middle, and high school students through various classroom presentations, lessons, activities, and events. The goal of this mentoring program is to encourage their peers to choose healthy behaviors.

Peer Power will use the funds to purchase equipment, soil, and seeds for the gardens. An additional component of the project will also include peer educators creating recipe cards that use ingredients harvested from the garden and then share those recipes with younger students.

Dare County Department of Health & Human Services' Peer Power Educators Hunter Williams and Lisa Ainslie are excited to implement the project, which will begin in August and extend into late fall. They envision the efforts the students make at the gardens this year will result in long-lasting benefits.

According to Williams and Ainslie, data shows that younger students who have positive peer mentors are more likely to choose healthier behaviors, so these projects can serve to increase young people's desire to incorporate healthy foods into their diets.

For more information on Peer Power, please visit, darenc.gov/hhs or call 252.475.5003 or 252.475.5037.

Opioid Remediation Programs Receive Boost

Submitted by Misty Gibbs, Northampton County Health Department

On February 22, 2024, Trillium Health Resources presented a check for \$103,021.60 to the Hertford-Northampton County Opioid Crisis Coalition (HNOCC) to support Opioid Remediation programs in the local community. HNOCC provides to Hertford and Northampton Counties: medication drop boxes and take-back days, education and prevention around opioid use, Naloxone awareness and provision, medication lock boxes, deactivation kits to destroy used medications, and information about local treatment facilities. Additionally, in partnership with Albemarle Regional Health Services, HNOCC provided Opiate and Methamphetamine Training for Public Health Workers.



Pictured (From left to right): William Blanchard (Northampton County EMS), Chris Collier (Northampton County Fire Marshall), Andrea Porter (Albemarle Regional Health Services), Melvetta Broadnax-Taylor (Northampton County Commissioner), Megan Vick (Northampton County Health Director), Michelle Lewis (Director of Population Health, RCCHC & HNOCC Chair), Tomeka Johnson (Hertford County EMS), Julian Phillips (Northampton County Manager), Chinita Vaughan (System of Care & Community Liason, Trillium Health Resources), and Tony Burnette (Northampton County Emergency Management Director)

Successes in Addressing Foundational Capabilities in LHDs (Cont'd from pg 3)

(Continued from page 3) identified 8 Foundational Capabilities of Public Health—the suite of skills, programs, and activities that must be available in state and local health departments everywhere for the health system to work anywhere. The NC Division of Public Health is committed to strengthening the public health workforce in the State and recognizes the vital importance of local health departments (LHDs) in promoting and protecting the public's health.

The 10 Lead Health Departments are as follows:

Region 1 -Transylvania County Department of Public Health

Region 2 - Foothills Health District

Region 3 - Appalachian District Health Department DBA AppHealthCare

Region 4 - Cabarrus Health Alliance

Region 5 - Guilford County Department of Health and Human Services–Division of Public Health

Region 6 - Cumberland County Health Department

Region 7 - Granville-Vance Public Health

Region 8 - Duplin County Health Department

Region 9 - Albemarle Regional Health Services

Region 10 - Pitt County Health Department.

In addition to the COVID-19 PH Workforce Grant funds, Regions 8 and 9 receive funds for a care management pilot and Region 4 receives funds for a data portal project.

The COVID-19 PH Workforce Grant supports regional efforts to recruit, hire, and train personnel to address projected COVID-19 response and recovery needs in the 10 NCALHD regions, including strengthening the Public Health Foundational Capabilities to address local public health priorities deriving from COVID-19.

The eight Public Health Infrastructure Foundational Capabilities are:

Assessment/Surveillance

Emergency Preparedness and Response

Policy Development and Support

Communications

Community Partnership Development

Organizational Administrative Competencies

Accountability/Performance Management

Equity

Local Public Health Staff Featured on CBS17

Submitted by Kellen Long



In April, the Careers 2 Make A Difference campaign was highlighted during the My Carolina Show segment on CBS17 out of Raleigh. JaNell Octigan, Health Director with Beaufort County Health Department and Kiahna Johnson, Health Education Supervisor/Preparedness Coordinator with Lenoir County Health Department were both featured during the segment. The purpose of the segment was to highlight our Careers 2 Make A Difference campaign, as well as to just promote Public Health careers, in general. During the interview, JaNell and Kiahna provide insight in the journey to their own career paths in Public Health, as well as all the career choices that Public Health has to offer. To view the full segment, click on the link here: <https://we.tl/t-lypGCiPHm8>

If you know someone that may be interested in an exciting career in Public Health, please share the CBS 17 segment video, along with our campaign website link: <https://careers2makeadifference.com/>.

Scan or Call for Local Substance Use Help or Information



Connecting People to Prevention, Support, Treatment & Recovery Services

1-866-437-1821

Free, Confidential, 24/7

www.nenccconnect.org



Click the QR Code at left or go to www.nenccconnect.org for local substance use information and services.

One Skillet Pork Chops, Apples, and Brussel Sprouts



Prep Time: 30 mins **Servings:** 4

This is the perfect easy & healthy dinner for anytime! Protein and side cook all in one pan. It is bursting with flavor and makes for a gorgeous, filling dinner! Forks up!

Ingredient List

- 4 center-cut boneless pork chops
- 3 tablespoons extra-virgin olive oil
- 1 large apple (Sugarbee or other variety of your choosing), cored and sliced on the bias (diagonal)
- 1 large red onion, sliced in half, and then on the bias (diagonal)
- 16 ounces Brussels sprouts, sliced in half
- $\frac{3}{4}$ teaspoon kosher salt
- 1 tablespoon chopped rosemary, plus more

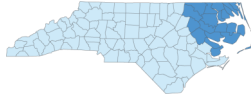
Instructions

1. In a large bowl, mix apples, onion, and Brussels sprouts, tossing with the rest of the olive oil, $\frac{3}{4}$ teaspoon kosher salt, and chopped rosemary.
2. Heat a large cast-iron skillet to medium high, adding 1 tablespoon of olive oil.
3. Season both sides of the pork chops with kosher salt and freshly ground black pepper.
4. Add pork chops to skillet, and let them cook undisturbed to get a good sear, about 2-3 minutes, then flip and cook 2-3 minutes on the other side, until chops are cooked through (the time needed will depend upon the thickness of your pork chops). Remove and set aside to a plate; cover to keep hot.
5. Pour apple mixture into the skillet and sauté on medium high for 7-9 minutes, until mixture is seared around the edges, and Brussels sprouts are fork-tender.
6. Turn off heat and add pork chops back to skillet, so that each one is surrounded by the Brussels sprout mixture. Sprinkle a little more fresh rosemary over the skillet, and serve!

Credit: [One Skillet Pork Chops, Brussels Sprouts & Sugarbee Apples - Have A Plant \(fruitsandveggies.org\)](https://www.fruitsandveggies.org)

Recipe development and photography by: [Anessa Chumbley, RD](#) for [Chelan Fresh](#)

Northeastern NC Partnership for Public Health



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

912 Soundside Road

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“Healthy Communities Through Leadership and Collaboration”

www.nencpph.net



www.facebook.com/nencpph

Calendar of Events

May 21-23	NC Public Health Data Summit
May 30	NENCPPH Leadership Call
May 30	NENCPPH Champions Conference Planning Call
June 14	PICH Tobacco-Free Living and Healthy Foods Coalition Virtual Meetings
June 24	NENCPPH Finance Committee Meeting
June 28	NENCPPH Board Meeting
July 4	Independence Day
July 31	Partnering for Public Health Newsletter Items Due
Aug 22	NENCPPH Leadership Call
Oct 7	NENCPPH Finance Committee Meeting
Oct 9-11	NENCPPH Board Retreat

Board of Directors

- Michelle Etheridge, NENCPPH Chair
Director, Edgecombe County Health Department
- Janell Octigan, NENCPPH Vice Chair
Director, Beaufort County Health Department
- Megan Vick, NENCPPH Secretary-Treasurer
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- Yvonne Copeland
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- Sheila Davies,
Director, Dare County Department of Health & Human Services
- Melanie Dixon,
Director, Pamlico County Health Department
- Luana Gibbs, NENCPPH Chair
Director, Hyde County Health Department
- Wes Gray
Director, Pitt County Health Department
- Cheyenna James,
Halifax County Public Health System
- Amy Joy Lanou
NCIPH at Gillings Global School of Public Health, UNC at Chapel Hill
- Ruth Little
Public Health Dept., East Carolina University
- Vickey Manning
Director, Martin-Tyrrell-Washington District Health Department
- Stacie Saunders
Division of Public Health, NC Dept of Health and Human Services
- Ashley Stoop
Director, Albemarle Regional 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, the Division of Child and Family Well-Being, 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 ten health departments/districts and nineteen counties.