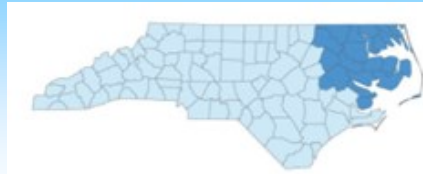


Summer 2024



NENCPPH

Northeastern North Carolina Partnership for Public Health

# Partnering for Public Health

A quarterly publication of public health activities in Northeastern NC

## Regional Get Moving Challenge Coming This Fall

Submitted by Julie Tunney, NENCPPH

The 8th annual NENCPPH Regional Get Moving Challenge starts October 14, 2024! Which local health department (LHD) will win the coveted traveling trophy for the most average team steps for the six-week challenge? Which partnering agency team, and individuals will have the most steps? Begin forming your teams, coming up with a novel creative name, and signing-up with your LHD Get Moving Challenge Coordinator.

**The 8th Annual**

**NENCPPH Regional**

**Get Moving Challenge**



**Is coming again this fall**

**October 14 - November 24, 2024**

Compete against Health Dept and Partnering Agency Teams across northeastern NC to see who can get the most steps in 6 weeks!

Feeling creative? Put your creativity skills to the test in the most creative team name contest!

**Sign-up** as a team, or as an individual, **by October 7, 2023**

\* Teams of 5 preferred, but teams of 3 or more are accepted

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, the Regional Get Moving Coordinator ([jtunney@arhs-nc.org](mailto:jtunney@arhs-nc.org))

### Inside this issue:

Board Corner: Internal Referrals for Continuity of Care	2
Meet Cheyenna James	3
Why We Wear Blue	3
Community Fitness	4
NENC Connect	4
Tobacco-Free Living Work is Growing	5
Building Veteran-Healthy Communities	6
OD Awareness Event	6
Continuous Glucose Monitors	7
Northampton Accredited	8
Health Ed to Youth and Seniors	9
Dare—Sound Minds	10
Pamlico Back in Game	11
Walk, Bike, Roll and LIFT	12
UNC Community Hub	13
MTW Immunizations and HOPE for Substance Use	14
Thanks Regional Intern	14
Harvest of Month:	15-16
Recipe	17
Calendar of Events	18
What is the NENCPPH?	18

Like us on Facebook:



www.facebook.com/nencpph

## NENCPPH Board Corner - Internal Customer Referrals Role in the Continuity of Care

*Submitted by Cheyenna James, MPH, Halifax County Public Health System Director*

Public Health services thrive off of a few different components that can be make or break when it comes to meeting the needs of the population you serve. Overarching goals of public health require us to ensure that every client, patient or program participant has the resources they need to achieve optimal health in various facets. We are able to do this, and do this well, at our agency through our strong internal customer referrals and understanding of program outcomes. When staff are onboarded, they are made aware of each working department and the services they provide to ensure a well-rounded experience for our citizens. The ability to connect is what fuels the relationships we form with our clients and external partners, but most importantly – within our own agency!

We have the unique capability in Public Health to meet the needs of each individual in a household and give them the opportunity to lead with the end in mind as it relates to their health. The programs we provide in the clinic have kept families connected to our agency for years simply because of the way we can impact the whole family with services. Our maternal health program allows us to connect with mothers once they conceive to provide compassionate prenatal care for them and their baby. If deemed high risk, they could connect with our Care Management for High-Risk Pregnancy program to ensure they have the education and support they need. Once delivered, we are able to provide child health for the infant involving wellness visits and maintaining immunizations. The new parents would also be able to utilize our family planning program as a means to effectively plan pregnancies in the future. Through conversations during clinic, if there is a need identified in food insecurity, we can connect families with our WIC department for the nutritional needs of the baby, mom and the entire family. Connecting with Triple P can also occur for any parenting support or behavior needs. All programs surrounding the work of public health are intended to address various determinants of health.

If we aren't able to meet the needs of a family, we try to connect them with someone who can! Relationship building is our number one priority when connecting with each person we encounter. Our staff have curated strong community ties and relationships throughout the years that have kept our agency integrated in all facets of health. It's these ties that allow us the chance to be face to face with the people our internal programs are meant to reach while bringing awareness to the other services we also have to offer. With each single person we impact, we are doing the work of the many and it starts with our strong internal relationships for generational change.



*Pictured Above: Cheyenna James*



**HALIFAX  
COUNTY GOVERNMENT**  
North Carolina

## Meet Cheyenna James, Health Director - Halifax County Public Health

*Submitted by Cheyenna A. James, MPH*

My passion for public health has stemmed from so many different facets of my life that I never knew until I began to truly understand what public health was, and what it is meant to accomplish. As a child, I grew up right here in Halifax and Warren counties and knew that wherever my career goals would lead me, I desired to come back and serve in some capacity. Our small communities are continuously led by members that have strong ties to the area and I've always wanted to be one of those people. My passion for outreach was instilled in me at a young age and led me to find the career path of public health, to which the possibility of who and how I could serve would be endless.

While attending my alma mater, East Carolina University, I was a part of various campus organizations that continued to feed my desire to "serve" with volunteer work in the Greenville community as well as on campus. I never thought that my first public health job would lead me back home to Halifax County with the Local Health Department. My initial work as a health educator continued to fuel this desire to connect with the community through agency and statewide collaboration. Understanding the rural nature of Halifax County, its needs, and identifying an approach that would be well received, encouraged me to continue to remain with the agency. Not to mention, the amazing staff here!

As my career with the Halifax County Health Department developed, I was exposed to the administrative side of operations which highlighted my education in Health Administration. The importance of internal collaboration along with streamlining procedures were key in ensuring successful services to our patients and program clients. I appreciated having the experience of diving into accreditation because it shed light on how each person within the health department plays a major role in the bigger picture of the work we do! In the midst of my various career exposure, I had the opportunity to apply to be our agency's health director.

For me, this role means more than the title because I have the opportunity to not only continue to work with the amazing people at this agency, but I have the chance to impact HOME. I have the chance to pour into people who deal with the same health disparities I did and find ways to mitigate them so that they can live healthier, more fulfilling lives. I have the chance to allow the community, my community, be a voice in how we can best serve them!

### Why We Wear Blue - Halifax County Public Health System

Fathers. Husbands. Brothers. Uncles. Friends. Co-Workers. Sons.  
They are the reasons we **Wear BLUE**.

Show them you care about them and their health by wearing  
blue. *(June 14<sup>th</sup>)*

Men seek regular checkups, or testicular cancer education, prostate  
cancer education, or other health issues that affect you.

(Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and  
more.)



# Northampton Engages Community in Fitness

*Submitted by Misty Gibbs, Northampton County Health Department*

Northampton County Health Educator Kysha Gary and E. B. Odom of [Northampton County Cooperative Extension](#) have partnered with the Town of Seaboard to bring the L.I.F.T. program to the Seaboard Community. L.I.F.T. stands for Lifelong Improvements Through Fitness Together. L.I.F.T. is an in-person, group-based strength training program that lasts 8 weeks. The classes help participants improve strength and mobility, learn healthy food options, create a habit of physical activity, and help form a community. This is a free group open to everyone. The group meets at 3 pm on Mondays and Wednesdays at the Town of Seaboard.



*Pictured above are the Seaboard Community LIFTERS*



Health Educator with the Northampton County Health Department, Kysha Gary has also partnered with the Town of Seaboard to form the Seaboard Community Walkers. This group meets to walk every Monday morning at 6:00 AM at the Seaboard Community Park.

*Pictured from left to right are Carolyn James, Kysha Gary, Constance Zephir and George M. Jerman, Sr.*

**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.nenconnect.org](http://www.nenconnect.org)



Click the QR Code at left or go to [www.nenconnect.org](http://www.nenconnect.org) for local substance use information and services.

## Tobacco Free Living Work is Growing

*Submitted by Teresa Beardsley, Regional Tobacco-Free Living Coordinator*

Wow! Our work and our team continues to grow and I couldn't be happier! Our service area is now comprised of Regions 9 and 10, consisting of 25 counties. Please be reminded of how I can assist with the work being done in each county. A review of our goals and resources is below. Please remember that I can provide resources and funds as needed and as available to promote any of the resources and programs below for our local health departments, providers, schools, etc. Also, please note that I cannot provide pharmacotherapy, purchase tobacco products, or provide direct cessation services. Additionally, we are meeting quarterly and I am working to provide virtual trainings according to needs within our counties.

Please contact Teresa Beardsley at [Teresa.Beardsley@arhs-nc.org](mailto:Teresa.Beardsley@arhs-nc.org) or at 252-340-0407 with any questions or needs. *Our next in person Tobacco Free Living coalition meeting will be on Friday, September 13 at the NC Telecenter Building: 415 East Blvd #130, Williamston, NC 27892.*

### Goals and Resources

#### Preventing initiation of tobacco use among youth and young adults

Promote Health Education and Evidence Based prevention programs within schools and community groups.

#### Promoting quitting among adults and youth

*Live Vape Free* - Free Text line for youth ages 13-17

*This is Quitting* - Free Text line for ages 13-24

*QuitlineNC* -

1-800-Quit-Now, Text Ready to 34191

Español: 1-855-Déjelo-Ya (1-855-335-3569)

[QuitlineNC.com](http://QuitlineNC.com) ([ncdhhs.gov](http://ncdhhs.gov))

*Duke/UNC Tobacco Treatment Specialist Training* - Evidence-based tobacco treatment training for medical, behavioral, and public health professionals. [Duke-UNC Tobacco Treatment Specialist Training Program | Durham, NC](http://Duke-UNC Tobacco Treatment Specialist Training Program | Durham, NC) ([dukeunctts.com](http://dukeunctts.com)) Learn how to implement/integrate the tobacco treatment standard of care, how to bill, pharmaceuticals, etc.

#### Eliminating exposure to secondhand smoke

*Medicaid Transformation* - 100% tobacco free facilities and grounds

*Zoning* - Eliminate an increased number of vape shops in an area.

*Tobacco 21* - Promote an evidence-based tobacco 21 law.

*Policy Work* - Promote and pass tobacco free government buildings, grounds, vehicles, parks/recreation, and public places within each county.

#### Identifying and eliminating tobacco-related disparities among population groups

Look at local community health assessment data and identify connections with tobacco use such as: Leading causes of death, chronic diseases, need for resources, etc. Use this information to promote cessation services through the health department, providers, and Quitline NC.

Promote evidence-based prevention and cessation trainings.

## Edgecombe Collaborates to Build Veteran-Healthy Communities

### ECHD Collaborates with Community Partners on Building Veteran-Healthy Communities

*Submitted by Meredith Capps, Edgecombe County Health Department*

Edgecombe County Health Department (ECHD) is working with UNC Gillings School of Global Health and several other community organizations to address the needs of Veterans living in our community. Building Veteran-Healthy Communities (BVHC) is a new project that aims to engage the community and area organizations by developing new partnerships, setting priorities, and supporting local actions to improve community conditions that affect Veterans’ health and well-being. The project has five priorities that are essential to the success of the project.

1. Identify community factors and evidence-based approaches known to affect Veteran mental health and well-being.
2. Engage partners and Veteran-serving organizations to initiate actions to improve conditions in the community.
3. Connect community partners to identify challenges and prioritize opportunities to support Veterans and their families.
4. Provide partners and Veteran-serving organizations with county level data and evidence-based tools they can use to improve local conditions.
5. Support community-led efforts to address priorities that create positive changes that benefit Veterans and their families.

Our Veterans and their families are an important part of our community. We are eager to learn more about them and the unique barriers that they face. We are excited to work with our community to serve those who have served for us.

## Beaufort County Partners for Overdose Awareness Event

*Submitted by JaNell Octigan, MPH, Beaufort County Health Director*

Beaufort County Health Department is partnering with Faith and Deliverance Church to host the first Overdose Awareness Event to educate and empower those who are impacted by substance use disorders. The Event will be at Beebe Memorial Park on August 30, 2024 from 3 pm to 6:30 pm. We will remember those who lost their lives to an overdose and hope to increase the number of available Narcan in the community and decrease the number of fatal overdoses in the county by bringing awareness to substance use disorders. At the event, there will be free health screenings, Narcan training, community resources, and more.

**Overdose Awareness Event**  
**EMPOWERMENT THROUGH AWARENESS**  
 8/30/2024 Beebe Memorial Park 3:00 - 6:30  
*Together We Can*  
**PREVENT OVERDOSE DEATHS**

- Free hotdogs for kids
- Free Narcan & Training
- Games
- Support
- Free Health Screenings
- Community Resources

For more information contact event coordinators at [krhodges38@gmail.com](mailto:krhodges38@gmail.com) or [proudmom2013.mc@gmail.com](mailto:proudmom2013.mc@gmail.com)

**PREVENTION POINT PROGRAM**

## Continuous Glucose Monitors for Diabetes Management in Beaufort County

*Submitted by JaNell Octigan, MPH, Beaufort County Health Director*

On July 24th Anna Parker, the Diabetes Coordinator at the Beaufort County Health Department partnered with Abbott Diabetes Care to host a **continuous glucose monitor (CGM)** user wear training. A CGM is a device that gives real-time updates on the glucose level of the wearer’s interstitial fluid and provides predictive trends for glucose levels in the body. Prescribed for people with diabetes, this device continuously communicates glucose data that enables the wearer and/or support persons to correct and prevent potentially life-threatening complications due to hypoglycemia or hyperglycemia. Clinical hands-on training and education

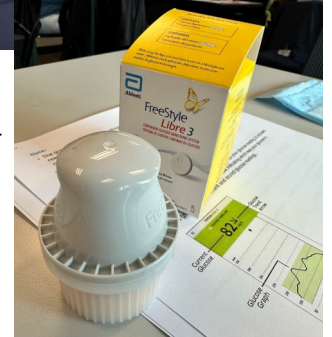


of CGM systems is vital for increased prescribing, utilization, and understanding by providers and their patients. CGM systems are an extremely useful tool used in the Diabetes Self-Management Education and Support (DSMES) program. DSMES is an evidence-based program that aids people with diabetes and their support systems to develop practical diabetes self-management skills. Through this grant, Abbott provided 24 FreeStyle Libre3 CGMs to healthcare providers and public health professionals that work with the Amer-

ican Diabetes Association accredited DSMES programs from the Beaufort County Health Department, Pitt County Health Department

and NC Department of Health and Human Services. The participants will wear the CGM for the next 14

days and be able to observe their own glucose trends. We are so excited to have been awarded this opportunity to help advance healthcare for our patients in rural Eastern North Carolina. We would like to say a special thank you to Nancy Kate Durham, Corrissa Payton and Patti Columbe.



## Northampton County Health Department awarded Reaccreditation with Honors

*Submitted by Misty Gibbs, Northampton County Health Department*

**JACKSON, NC-** Hard work and years of preparation have led to a huge accomplishment for the Northampton County Health Department. The agency received its Reaccreditation with Honors status on May 17, 2024. This is the second time the agency has been awarded Reaccreditation with Honors status. The agency was awarded its initial accreditation status in 2009 and reaccreditation was awarded in 2014 and 2018.

Health Director Megan for the official North Department Accredita- meeting on May 17<sup>th</sup> awarded Reaccredita- This honorary designa- for the first time in Fall agencies that especially tation assessment by ties within each of five NCLHDA program. Visit, which occurred and their findings cy "Met" 147 out of 147 NCLHDA Site Visit team tary of the Board of Health, agency leadership, staff, and the agency's resiliency during their COVID-19 re- sponse. The Reaccreditation status will last four years and in 2028 the agency will be up for Reaccreditation again.



Vick traveled to Raleigh Carolina Local Health tion (NCLHDA) Board where the agency was tion with Honors status. tion was implemented of 2017 to recognize excelled in their accredi- missing one or less activi- standards set by the They discussed their Site January 31<sup>st</sup> of this year, which showed the agen- benchmarks. The was highly complemen-

The North Carolina Local Health Department Accreditation Program, initiated in 2002, is a mandated process in which North Carolina local health departments must participate in. The NCLHDA's website describes their focus "is on the capacity of the local health department to perform at a prescribed, basic level of quality the three core functions of assessment, assurance, and policy development and the ten essential services as detailed in the National Public Health Performance Standards Program. The program focuses on a set of minimal standards that must be provided to ensure the protection of the health of the public, but does not limit the services or activities an agency may provide to address specific local needs."

For questions or more information, please call the Northampton County Health Department at (252) 534-5841 Monday through Friday from 8:30 am to 5:00 pm.



# NCHD

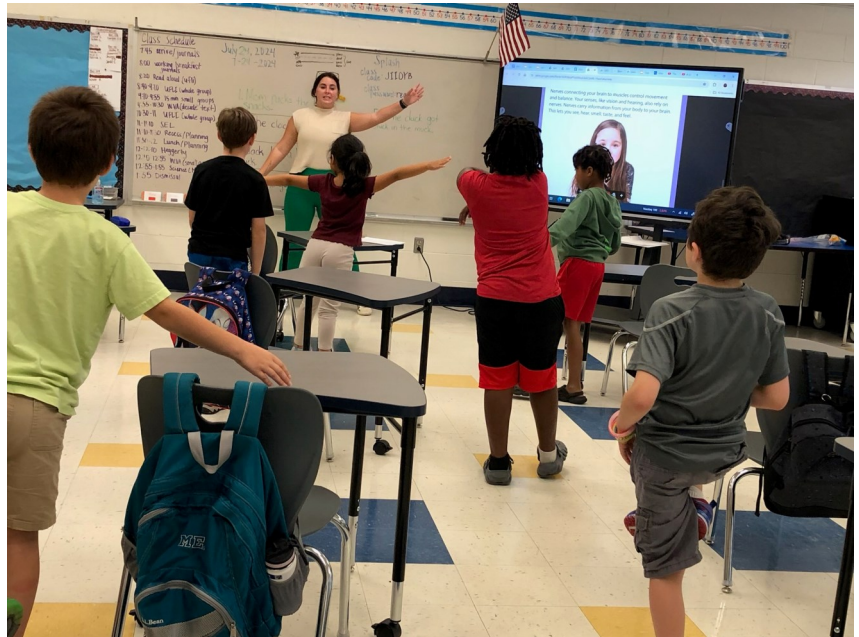
Northampton County Health Department



## Health Education Provided to Youth and Seniors by ARHS Staff

*Submitted by Wanda Stallings, Albemarle Regional Health Services*

Albemarle Regional Health Services (ARHS) visited P.W. Moore Elementary School in Elizabeth City and taught 11 classes on the importance of hand-washing! The summer program, Summer Read to Achieve Camp, was provided to any 1st, 2nd, or 3rd grade student who did not demonstrate reading proficiency during the normal school year. The program is a 72-hour literacy intervention focusing heavily on foundational reading skills using Heggerty, UFLI and West Virginia Phonics curricula. We also spend a few days teaching about the body systems, using the Core Knowledge science curriculum, to build knowledge around the human body to deepen students' vocabulary, literal and inferential thinking to aid in comprehension. I am not sure who had the most fun, our staff or the students. The students were well behaved and very engaged with what we were teaching. They have a bright future ahead!



Gabrielle Corprew pictured above with students at PW Moore



Wanda Stallings at Shred-It Event

Wanda Stallings, Health Educator with ARHS, also partnered with Chowan County Cooperative Extension at a Shred-It event for seniors. The Council on Aging, Chowan County Social Services, Chowan County Sheriff Department and Albemarle Regional Health Services were in attendance to share resources with seniors. Information was shared about the Breast and Cervical Cancer Control Program (BCCCP), WISEWOMAN, healthy eating, car seat safety, and ARHS services. BCCCP is a free or low-cost breast and cervical screening program for those who meet certain criteria. WISEWOMAN is a health program for 40-64 year-old-women to educate, screen and counsel on risks for heart disease and stroke. Hand sanitizers and medicine lock boxes were also available for distribution. The Sheriff Department shared information on fraud prevention, which is very important for our seniors to know how to recognize.

## Sound Minds

*Submitted By Michelle Wagner, Dare County Department of Health and Human Services*

With the help of a \$40,000 special impact grant from the Outer Banks Community Foundation, the Dare County Department of Health & Human Services (DCDHHS) has collaborated with two local non-profit organizations to see that residents who need mental health services get the help and support they need - regardless of their ability to pay.

Called Sound Minds, the collaborative project between DCDHHS, Interfaith Community Outreach and the Outer Banks Relief Foundation has been incredibly successful in securing mental health treatment for residents in need and since its initial grant award, has received an additional \$43,000 in grant monies from various donors to help continue the program through the fiscal year.

Speaking of those individuals Sound Minds aims to help, DCDHHS Social Worker Supervisor Leigh Brinkley said, "We felt like there needed to be somebody to come alongside those in need to do a little high level case management and provide some funding."

To apply with Sound Minds, residents can go to any of the three agencies' websites to complete a short google form application. Once submitted, a case manager reaches out to them to go over their situation and evaluate how Sound Minds can help. If residents need help with the application, they can contact the Dare County Department of Health & Human Services.

"We've been extremely successful in getting people connected with a provider," Brinkley said. "It's not always someone who is in their network, but oftentimes they don't have insurance so it's just a private pay situation and the providers have been really excellent, often giving us a discounted rate."

Grant money has helped applicants secure treatment for both mental health and substance use disorder, including private therapy, play therapy for young children and family therapy sessions. "We really try to keep it as flexible as possible to make it fit the needs of the patient and family," Brinkley said. Grants to clients range from \$800 to \$2,000. Requests for more are evaluated on a case-by-case basis.

Due to its success, Sound Minds is going to become a year-round stand alone program beginning this summer. The project will be facilitated by Interfaith Community Outreach.

Brinkley said the partners are excited to see the program continue to grow and be a resource for the community, estimating that it will take between \$100,000 and \$120,000 a year to operate. But it's not just about the dollars, she adds.

"It's the lives that are changed, and the trickle-down effect that has, how it's helping families and children in school," she said. "Mental health is really important - it really does need to be a whole-person approach and it does need to have the time and case management given to it, just as we would for diabetes education, cancer treatment or any other health issue we face."



# DARE COUNTY

NORTH CAROLINA

## Pamlico County Health Department Back in the Game

*Submitted by Melanie Dixon, RHES, M.S., Pamlico County Health Director*

Pamlico County Health Department is small but mighty. With a workforce of only 12 full-time employees, we are still able to get the job done! A lot of changes have taken place in the last few years. We now have 32-hour provider coverage a week, enabling us to be in network. We have academic partners that we did not have before such as Duke University Global Health Institute (Student Research Teams-SRT) and East Carolina University. They have provided the Department with numerous interns, helping us with our Community Health Assessment and outreach activities. Duke University is piloting a Telehealth program with the Health Department to provide adult health and primary care to lessen the burden of provider shortages and transportation issues. We have requested to become a Veterans Clinic Site to support the 14% veteran population in our County, especially since we lost our only urgent care clinic. Hate to keep bragging, but we have also added VaxCare to incorporate Long-acting reversible contraception (LARC) and private immunizations to increase access to health services. Our staff have gone through Mental Health First Aid training to help address the mental health/substance abuse epidemic. Keep your eyes open, Pamlico County Health Department is back in the game!!!

Pictured below is the Duke University Global Health Institute student research team.



## Halifax County Public Health System Integrates Fitness into Community

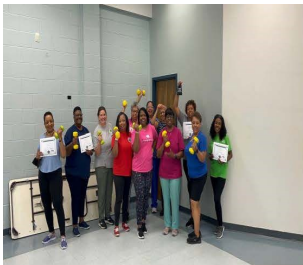
*Submitted by Laura Ellis, Halifax County Public Health System*

Halifax County Public Health System’s (HCPHS) Health Education promoted and coordinated the Walk, Bike and Roll to School Day Spring 2024 event for elementary and middle schools in Halifax County. Health Educators shared information with schools regarding the event and registered schools that were interested in participating. Six schools from two school districts, Halifax County Schools and Roanoke Rapids Graded School District participated in the event with a total number of 1,583 children. HCPHS donated bags of chips and water for the students. HCPHS also delivered bike helmets to the schools that participated. The helmets were donated by Safe Kids of Halifax County.

Walk, Bike and Roll to School Day is a National Bi-annual event that takes place in the Spring and Fall of



each year. The event highlights the importance of safe walking and biking as well as the benefits of physical activity. The focus is placed on teaching safe pedestrian and bicycling skills to children.



LIFT Group Participants

Top Right: Gift Card Winners – Phyllis Caine and Bottom Left: Angela Boone  
Keep up the great work!



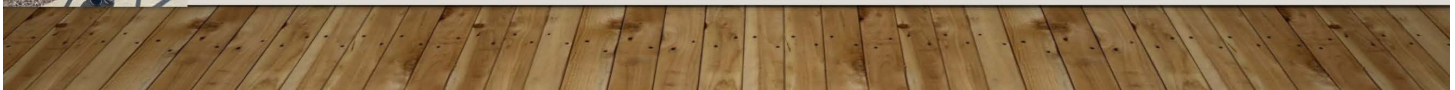
# LIFT WITH HALIFAX COUNTY WORKING ON WELLNESS PROGRAM

LIFT IS AN IN-PERSON, GROUP- BASED STRENGTH TRAINING PROGRAM THAT LASTS 8 WEEKS.

PARTICIPANTS MEET 2X/ WEEK FOR 1-HOUR SESSIONS.

THE CLASSES HELP IMPROVE YOUR STRENGTH AND MOBILITY, LEARN HEALTHY FOOD OPTIONS, AND MOST IMPORTANTLY HELP FORM A COMMUNITY.

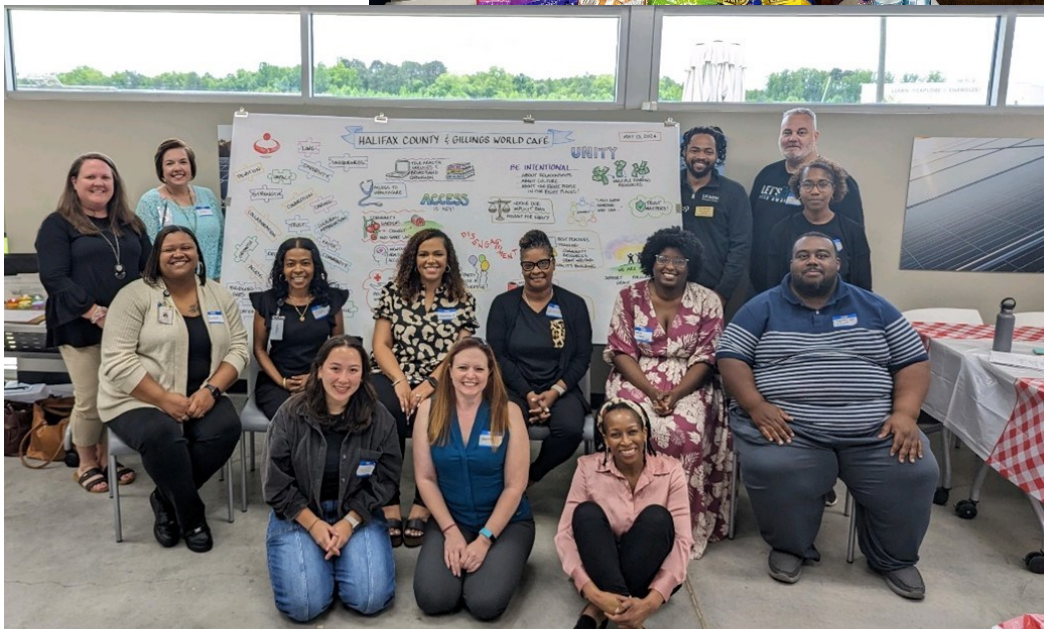
A CERTIFICATE OF COMPLETION WAS AWARDED TO PARTICIPANTS BY SARA PIKE, HCCE FAMILY AND CONSUMER SCIENCES AGENT.



# UNC Community Hub

*Submitted by Laura Ellis, Halifax County Public Health System*

The UNC Gillings School of Public Health and the Halifax County Public Health System hosted their World Café at the Center for Energy Education with various community advocates. By design, the world café component is used to identify areas of Public Health the collaboration should focus on as it makes strides with its pilot hub. Halifax County is one of four chosen counties to move forward with recent UNC initiatives to integrate students and resources within communities in North Carolina. The UNC Community Hub will be housed at the Halifax County Public Health System and run by the Community Hub Coordinator. Once filled, the Community Hub Coordinator will be establishing a series of practicum and internship opportunities to move the work of public health forward in Halifax County through partnering agencies and community work. We are excited to foster this opportunity for collaboration to strengthen the work being done and bring innovative ideas to address community health needs at various levels.



## MTW – Immunization Clinics, HOPE Stands, and Substance Use Grant

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

Martin-Tyrell-Washington District Health (MTW) initiatives:

In an effort to get 7<sup>th</sup> and 12<sup>th</sup> graders ahead of the crowd to receive their mandatory school vaccines, MTW held School Immunization Clinics in all three counties. We were able to administer vaccines to 52 students which is exciting considering that we reached over 1/3 of the population who need the vaccines this year through these specialty clinics. We are looking forward to serving the rest of the population before the summer ends!

August 31<sup>st</sup> is International Overdose Awareness Day. MTW's Syringe Service Program, the HOPE Exchange, is planning to recognize the day by unveiling our new HOPE Stands and the meaning behind HOPE. These stands will be placed in all three of our counties and include harm reduction supplies for community members to take as needed. These supplies will include naloxone, fentanyl test strips, xylazine test strips, band-aids, and other harm reduction items like sunscreen and toothbrushes. Stay tuned for more information!

MTW has received a new Strategic Prevention Framework - Partnerships for Success grant through SAMHSA in all three counties! We will be focusing on preventing the onset of alcohol use and prescription medication misuse among youth and young adults. The goal of this grant is to decrease substance use and impact indicators of mental health among youth and young adults ages 12-25 in historically marginalized and/or underserved communities by implementing evidence-based and evidence-informed substance use prevention and mental health promotion strategies.

---

## Thanks to our Regional Intern, Ashlan Bowdry

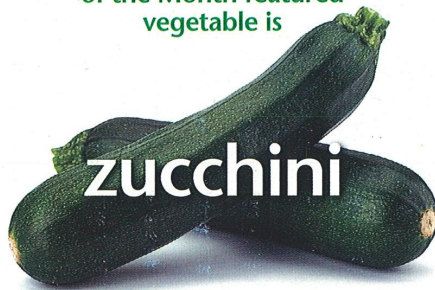
The Northeastern NC Partnership for Public Health (NENCPPH) would like to thank our summer intern, Ashlan Bowdry, for her work on the NENC Connect substance use information campaign ([www.nencconnect.org](http://www.nencconnect.org)) and the fall 2024 Regional Get Moving Challenge. Ashlan received her B.S. in Exercise Science from the University of North Carolina at Charlotte (UNCC) in 2022. She will also be graduating from UNCC in December with her Master's in Public Health with a concentration in physical activity and nutrition. During Ashlan's time with the NENCPPH, she updated and added several provider locations on the NENC Connect substance use app and assisted with the planning of the Get Moving Challenge. She has created 7 weekly newsletters, an announcement flyer, an exercise-to-steps conversion chart, and more. As part of her time with the NENCPPH, she also had the opportunity to attend board meetings and visit local health departments to gain insight into how health professionals from various health departments and counties come together and collaborate to provide services for individuals.



# North Carolina Harvest of the Month

## STEPS TO HEALTH

The North Carolina Harvest of the Month featured vegetable is



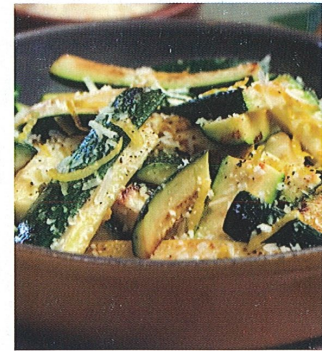
### Health and Learning Success Go Hand-in-Hand

Learning does not end when the school day ends. And neither does the need for healthy food choices! Growing students need nutritious foods all year long to help the body and mind grow and function. *Harvest of the Month* can help your family eat healthy and be more active.



### Healthy Serving Ideas

- Sauté chopped zucchini, yellow squash, onions, and peppers. Add to chicken enchiladas, burritos, or quesadillas.
- Dip raw zucchini slices into lowfat salad dressing for a light summer snack.
- Sauté chopped zucchini with garlic and a dash of oregano. Sprinkle with lowfat cheese and serve as a warm side dish.
- Zucchini is delicious grilled, served on its own with some olive oil, salt and pepper, or chopped into a grilled veggie salad.



### Herbed Vegetable Combo

Makes 4 servings. 1/2 cup each.

Cook time: 10 minutes

#### Ingredients:

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1 1/4 cups thinly sliced yellow squash
- 1/2 cup green bell pepper, cut into strips
- 1/4 cup celery, cut into 2-inch strips
- 1/4 cup chopped onion
- 1/2 teaspoon caraway seeds
- 1/8 teaspoon garlic powder
- 1 medium tomato, cut into wedges

#### Directions:

1. Heat water in medium pan. Add 1 zucchini, squash, bell pepper, celery, and onion.
2. Cover and cook over medium heat until vegetables are crisp-tender (about 4 minutes).
3. Sprinkle vegetables with seasonings. Top with tomatoes.
4. Cover again and cook over low heat until tomatoes are warm (about 2 minutes). Serve warm.

#### Nutrition information per serving:

Calories 24, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 11 mg

Adapted from: *Everyday Health Meals, Network for a Healthy California, 2007.*

### Home Grown Facts

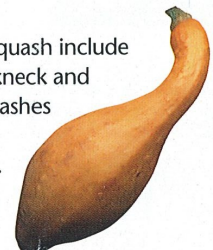
- Zucchini is a type of soft shell summer squash. Zucchini is actually the fruit of the plant but is considered a vegetable because of the nutrients it provides. Some zucchini grow on bushes, others on vines.
- The zucchini plant develops flowers, known as squash blossoms, which can be eaten. After the flowers are pollinated, zucchini will begin to grow just behind the flower. As the squash grows, the flower dries up and falls off.



- In North Carolina, summer squash, like zucchini, are available in the spring and fall. The majority of zucchini is grown in Sampson and Henderson counties. Many family farms and backyard gardens across NC also grow zucchini.

- Other summer squash include the yellow Crookneck and Straightneck squashes and scalloped Pattypan squash.

[www.ces.ncsu.edu](http://www.ces.ncsu.edu)



### BE AN ACTIVE FAMILY!

The summer months are a great time to be active outdoors. Create a weekly family calendar of ways to be active together as a family. Limit TV, video games, computer and mobile device use to no more than 2 hours a day. Get out and play!

# North Carolina Harvest of the Month

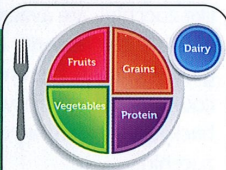
## STEPS TO HEALTH

The North Carolina Harvest of the Month featured vegetable is



### Why Focus on Fruits and Vary My Veggies?

- Fruits and vegetables are an important part of an overall healthy, balanced diet.
- Fruits and vegetables are also a good source of many vitamins and minerals which may lower the risk of serious health problems.
- Zucchini provide vitamin C. This vitamin helps your body heal cuts and wounds and lowers your risk of infection.
- Zucchini are also a source of vitamin B<sub>6</sub>. This vitamin helps your body build healthy blood cells. It is also needed to help build proteins and release energy.
- A good tip to follow is to make half your plate fruits and vegetables to reach your daily needs!

To learn about the other food groups, visit  ChooseMyPlate.gov

### How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart at right to find out how many cups of fruits and vegetables you and your family need every day.

### Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5–12	Teens and Adults, Ages 13 and up
Males	2½–5 cups per day	4½–6½ cups per day
Females	2½–5 cups per day	3½–5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

### How Much Zucchini?

- A half cup of sliced zucchini is about one cupped handful.
- A half cup of sliced zucchini is a good source\* of vitamin C.
- It also provides a source of manganese.

\*Good sources provide 10–19% Daily Value

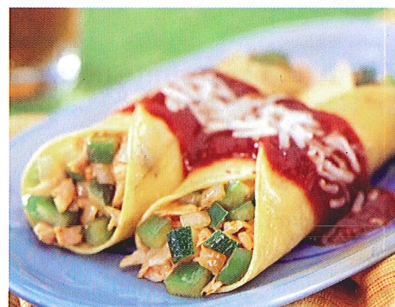
### Nutrition Facts

Serving Size: ½ cup zucchini, sliced (57g)

Calories 9	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 16%	Iron 1%

### Produce Tips

- Look for zucchinis with shiny skin that feel heavy for their size. Ripe zucchinis should feel slightly firm.
- Keep whole zucchinis in the refrigerator for up to five days. Wash zucchinis just before using.
- Put sliced zucchinis in a sealed plastic bag. Keep in the refrigerator for up to two days.



### More Zucchini Each Day

- Add extra shredded zucchini to **zucchini bread**. Bake in muffin tins for an easy snack. Make this treat even healthier by using applesauce instead of oil and adding in raisins.
- Sauté chopped zucchini, onions, and bell peppers to add to chicken **enchiladas**.
- Sauté zucchini **sticks** with garlic and a dash of oregano. Top this tasty side dish with a little Parmesan cheese.

**ACTIVE ADULTS:** You don't need to complete all 30 minutes of recommended daily physical activity at once. Try a brisk 10-minute walk in the morning, take the stairs throughout the day, and go for a walk after dinner. By the end of the day, you may have met your activity goals!

This material is adapted from Harvest of the Month produced by the California Department of Public Health, Network for a Healthy California. The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)



## Slow-Cooker Sun-Dried Tomato & Spinach Pasta Bake

This simple vegetarian pasta bake is rich in protein and comes together effortlessly in the slow cooker, for a convenient one-pot meal. The combination of sun-dried tomatoes, sun-dried tomato pesto and plenty of veggies delivers a mix of sweet and savory flavors with every bite. Feel free to replace the sun-dried tomato pesto with basil pesto, offering a fresh twist on the dish.

By [Amanda Stanfield](#); Published on March 7, 2024, [www.Eatingwell.com](http://www.Eatingwell.com)

Active Time: 15 mins

Total Time: 2 hrs 50 mins

Servings: 6

### Ingredients

- 1 (15-ounce) can unsalted diced tomatoes with basil, garlic and oregano, undrained
- 1 (12-ounce) package frozen fire-roasted red bell peppers and onions
- 1 (8-ounce) package sliced fresh cremini mushrooms
- 2 (3-ounce) packages sun-dried tomato halves
- 2 cups unsalted vegetable broth
- 2 tablespoons sun-dried tomato pesto
- 1 tablespoon cornstarch
- 2 teaspoons garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 teaspoon crushed red pepper
- 1 (9-ounce) package fresh linguine
- 5 ounces baby spinach
- 1/2 cup shredded low-moisture part-skim mozzarella cheese
- 1/4 cup grated Parmesan cheese
- Torn fresh basil leaves, for garnish (optional)

### Directions

1. Combine diced tomatoes, frozen peppers and onions, mushrooms, sun-dried tomatoes, broth, pesto, cornstarch, garlic powder, oregano, basil, salt, pepper and crushed red pepper in a 6-quart slow cooker; stir to mix well.
2. Cover and cook on High for 2 hours and 20 minutes, or until the vegetables are tender. Stir in linguine and spinach; cook on High for 10 more minutes.
3. Turn off slow cooker. Sprinkle the mixture with mozzarella and Parmesan. Cover and let stand until the cheese is melted, about 5 minutes. Garnish with basil, if desired.

**Nutrition Information** - Serving Size: about 1 1/2 cups

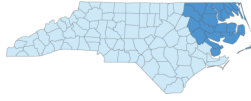
Calories 320, Fat 5g, Saturated Fat 2g, Cholesterol 33mg, Carbohydrates 55g, Total Sugars 18g, Added Sugars 0g, Protein 16g, Fiber 7g, Sodium 489mg, Potassium 1,349mg



*Photo: by Photographer: Fred Hardy, Food Stylist: Jennifer Wendorf, Prop Stylist: Lydia Purcell*

[Slow-Cooker Sun-Dried Tomato and Spinach Pasta Bake \[eatingwell.com\]](http://www.Eatingwell.com)

## Northeastern NC Partnership for Public Health



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

912 Soundside Road

Phone: 252-339-6727

Email: [jtunney@arhs-nc.org](mailto:jtunney@arhs-nc.org)

### “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

Aug 22	NENCPPH Leadership Call—9 am
Aug 26	NENCPPH Board Retreat Planning Meeting
Sept 2	Labor Day
Sept	HIPAA—Regional Network
Sept 13	PH Champions conference Planning Mtg
Sept 13	PICH Tobacco-Free Living Coalition, Williamston
Sept 17-20	NCALHD Fall Educational Conference, Cherokee
Oct 7	NENCPPH Finance Committee Meeting
Oct 9-11	NENCPPH Board Retreat, Manteo
Oct 14	Get Moving Challenge Kick-Off
Oct 22	Regional Substance Misuse Collaborative
Oct 31	Newsletter items due
Nov 24	Get Moving Challenge Ends

## 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  
Director, Northampton County Health

Joy Brock,  
Director, Greene County Health Department

Yvonne Copeland  
Director, Division of Child and Family Well-Being  
NC Dept of Health and Human Services

Sheila Davies,  
Director, Dare County Dept 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

Stacie Saunders  
Deputy Director, 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 Children 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 eleven health departments/districts and twenty counties. Learn more at <https://www.nencpph.net/>