

Fall 2024



NENCPPH

Northeastern North Carolina Partnership for Public Health

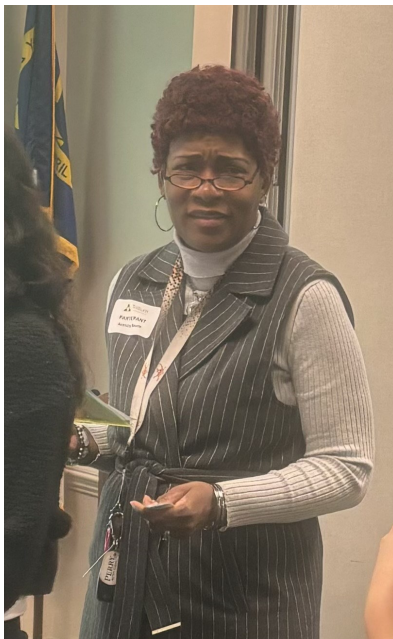
Partnering for Public Health

A quarterly publication of public health activities in Northeastern NC

Trillium’s Supporting Children Early Simulation

Submitted by Wanda Stallings, Albemarle Regional Health Services

Several staff from Albemarle Regional Health Services attended the Supporting Children Early Simulation event put on by Trillium. During this event there were participants that were given a real-life situation, a few resources to gain money, a little money if you were lucky and what was expected of you to take care of your child/children. You had to have a correct diagnosis to get help for your child, pay rent, buy food, take your child to daycare as well as find ways to provide for your little one(s). Everywhere you went for help you had to have a bus ticket and try to figure out where your next meal was coming from if you had no income. There were a few resources that could help but transportation was often an issue and many places you would go for help would not allow you to have your children with you. It was eye-opening to find out how difficult it is to need resources and have no way of getting them and bettering yourself as a parent. Most people felt frustrated as we went through four weeks of trying to take care of our household. We agreed that we need to be more compassionate with people we encounter and be available to help them find resources within our community to help with their efforts.



Pictured: Juanita Baum (at left) and Andrea Porter (below) from ARHS at the simulation



Inside this issue:

Board Corner: Checking Off To-Do List, J. Brock	2-3
NENCPPH New Board Members	4-5
NENCPPH Board Retreat	5
Dare Mobile Recovery Support Unit	6
Hyde Happenings	7
Halifax Staff Recognized	8
Halifax HIPAA Compliance, Broadband, Cybersecurity	9-10
Influenza Tour 2024—Pitt County	11
Minority Diabetes Prevention Program	12
Breast Health and Cancer Awareness—ARHS	13
ARHS at HOPE Academy	14
Rabies Clinic & Breast Cancer Info—Northampton	15
Community Baby Shower—Edgecombe	16-17
NACCHO Priorities	17
MTW Flu Clinics and MDPP Conversations	18
HOPE Stands—MTW	19
Tips for Bonding	20
Vaping and Preparedness	21
Get Moving Challenge	22
Recipe	23-24
Calendar of Events	25
What is the NENCPPH?	25

Like us on Facebook:



www.facebook.com/nencpph

NENCPPH Board Corner - Checking Things Off That 2024 To-Do List

Submitted by Joy Brock, Health Director, Greene County Department of Public Health

Greene County Department of Public Health recently joined the Northeastern North Carolina Partnership for Public Health. My team and I are excited about joining the Partnership, and growing new relationships with health departments in the region. Although I'm new to the Partnership, I'm no stranger to Public Health. I have called Greene County Department of Public Health "home" for 24 ½ years... my first job right out of college. One thing about me is I love to-do lists...writing something down and being able to check it off brings me much satisfaction. One of our biggest accomplishments in 2024 was starting and completing a renovation project at the Health Department. Remodeling the clinic lobby and front desk area was much-needed and long overdue. During the renovation project, there were minimal disruptions in our delivery of clinical services to our patients. That was a top priority for my team during this whole process. Front desk clinical staff set up shop in the Administrative / Environmental Health section of the Health Department, and business proceeded as "normal". The end result was definitely worth all the headaches and inconveniences we endured along the way. Here's to making that to-do list for 2025.

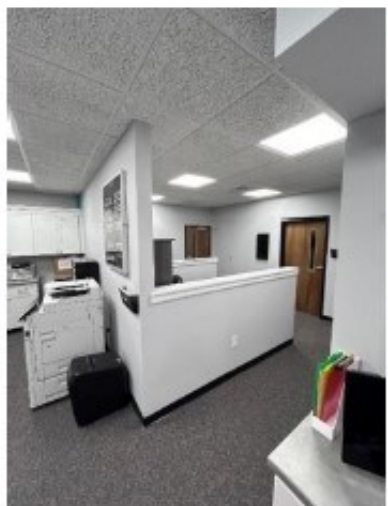
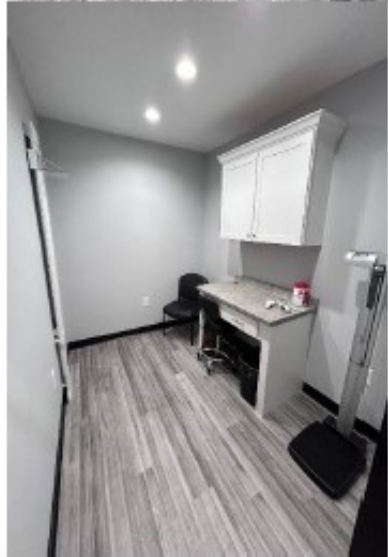
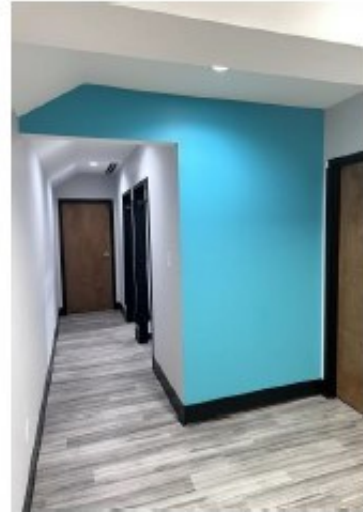


Before...



Greene County Department of Public Health's To-Do List Completed

After...



NENCPH New Board Members

Submitted by Julie Tunney, Northeastern NC Partnership for Public Health

I'd like to welcome and introduce you to two of our newest Northeastern North Carolina Partnership for Public Health Board Members: Joy Brock, Health Director for Greene County Department of Public Health and Nicole Barnes, Health Director for Martin-Tyrrell-Washington District Health.

Joy Brock

Joy Brock is the Health Director, Greene County Department of Public Health located in Snow Hill, NC. Joy has been the Health Director for six years; however she has worked at the Greene County Department of Public Health for 24 years. Joy got interested in public health while taking classes for her undergraduate degree at East Carolina University (ECU). Joy received her Bachelor of Science in Health Education and Promotion with a concentration in Community Health from ECU in December 1999. She returned to East Carolina University to work towards her Master of Public Health; she graduated with an MPH in July 2018 with a concentration in Health Administration.

The Greene County Health Department was officially created at the first Greene County Board of Health meeting on May 19, 1937. In January 2017, the name was changed from Greene County Health Department to Greene County Department of Public Health. There are 30 staff working at Greene County Department of Public Health. Services provided include WIC, Health Education, Environmental Health, Preparedness & Response, CMHRP, CMARC, and Clinical Services (Child Health, Women's Health, BCCCP, general clinic, Communicable Disease).

Joy grew up in Lenoir County. She currently lives in La Grange, NC. Joy has two daughters, Kalyn (18) and Kara (15). Kalyn is a freshman at ECU and Kara is a sophomore at North Lenoir High School. Joy also has 3 dogs: PeeDee, Chloe and Jade. When asked about what she likes to do when she's not working she said she loves traveling with her girls!



Nicole Barnes

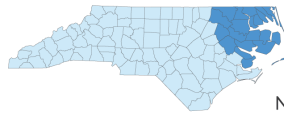
Nicole Barnes is the Health Director for Martin-Tyrrell-Washington District Health (MTW) based in Plymouth. She started in this new role on November 1, 2024. Nicole has worked at MTW for ten years. Nicole was born and raised in Plymouth, North Carolina. She is a dedicated public health leader with a strong commitment to improving community health outcomes. Her passions include child, adolescent, and family health, with a strong focus on promoting infant safe sleep practices and ensuring car seat safety. She is dedicated to raising awareness about these critical issues, believing that every child deserves a safe and healthy start in life. Nicole Barnes has been with MTW since 2014 and has served the agency in key roles including Billing Specialist, Human Resources Director, and most recently Clerical Billing Supervisor for the district. Nicole received her bachelor's degree in Neurodiagnostic and Sleep Science from the



NENCPPH New Board Members (cont'd from page 4)

University of North Carolina at Charlotte and a Master of Public Health from UNC Chapel Hill Gillings School of Global Public Health. Outside of work, Nicole enjoys spending quality time with her husband, Brandon, and their two children - Baylor (3) and Hadleigh (8).

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 twenty counties in northeastern North Carolina, including: Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Edgecombe, Gates, Greene, 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

October 2024 Northeastern NC Partnership for Public Health Board Retreat, Manteo

The Northeastern NC Partnership for Public Health held its fall retreat on October 9-11, 2024 in Manteo, NC. Pictured below are Board members, leadership staff, as well as presenters Scott Harrelson and Shannon Peaden who were present.



Dare County Unveils Mobile Recovery Support Unit

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

The Dare County Mobile Recovery Support Unit is officially operational following a ribbon-cutting ceremony on Oct. 15, 2024. The unit, made possible through a partnership between the Department of Health & Human Services (DCDHHS) and the Saving Lives Task Force, will greatly expand the reach of the department's Recovery and Overdose Support Services (ROSS) team in their harm reduction efforts.

"This is the first of a kind mobile recovery unit in Dare County," Dare County Commissioner and Saving Lives Task Force Co-Chair Wally Overman said during the Oct. 15 ceremony. "This unit can go anywhere in Dare County to provide services and we are excited about its potential."

DCDHHS Health Education & Outreach Manager and Saving Lives Task Force Co-Chair Roxana Ballinger echoed Commissioner Overman's comments, noting that the mobile unit will allow ROSS to meet the needs of many more people in Dare County.



During the ceremony, Ballinger recognized Overman for his invaluable contributions to the Task Force. She presented Overman with a plaque dedicating the unit to him that will be mounted inside the unit. Ballinger also thanked ROSS Peer Support Specialists Jesse Ruby and Katy Haslar for their perseverance and vision in making the unit a reality. "They both have been crucial to all of this and it wouldn't have happened without them," she said.

The Mobile Recovery Support Unit will be staffed by Ruby and Haslar and will provide syringe services, harm reduction tools, naloxone, fentanyl testing kits, support services, education, treatment resources, and rapid HIV and hepatitis C testing. In addition to these harm reduction services and resources, the unit will also provide personal care items and is partnering with the Beach Food Pantry to offer food for those in need.

With the mobile unit in operation, ROSS peer support specialists will now be able to reach more underserved populations and rural areas of the county, offering services to individuals regardless of their circumstances or transportation limitations.

The Mobile Recovery Support Unit was made possible through the generosity of Easter Seals/Port Health Services, which has agreed to lease/donate the vehicle to DCDHHS; as well as the Outer Banks Community Foundation, which awarded a \$9,000 grant for the mobile unit's wrap as well as supplies to stock the unit.

For more information on the Mobile Recovery Support Unit, please contact Roxana Ballinger at 252.475.5619 or Roxana.Ballinger@darenc.gov.

Hyde County Happenings

Submitted by Savannah Equils, Hyde County Health Department

Hyde County Health Department has been working to protect our community through a series of 5 flu and covid vaccine clinics. The clinics were held in various townships across the county, including on Ocracoke Island. These clinics allow us to serve more people in the large county, including those who may be at higher risk of complications from these infections. Together we are building Hyde's immunity.

The Hyde County Health Department also hosted National Night Out on October 1st to celebrate local law enforcement and foster community relationships. The event featured touch-a-trucks, safety demonstrations, a bounce house, games and so much more. The community had the opportunity to engage with first responders and community partners like the sheriff's department, EMS, DSS, and many others in a fun and educational environment.



Halifax County Public Health System Staff Receive Awards

Submitted by Denise Norman, Halifax County Public Health System

Outstanding Achievement Award – North Carolina Public Health Association-Social Work

Halifax County Health Department Social Work Supervisor, Dr. Georgiana Couden, received the Outstanding Achievement Award at the 2024 NCPHA Fall Education Conference in Cherokee, NC. This award is given to individuals who have shown exceptional dedication and performance in public health social work and those who reflect the core values and ethics of social work and have made a significant impact in their field.

Dr. Couden has been an asset to the Halifax County Public Health System by engaging community and collaborative support with other agencies. In a few short years she has established and implemented several programs to enhance client participation and awareness. She developed the Substance Abuse Task Force for Halifax County: a collaboration of agencies that stem from the Judicial System to Local and State agencies that combat issues facing families and children in Halifax County, NC. This Task Force meets monthly to discuss referral processes and ways to promote health and wellness. Dr. Couden also established the Halifax County Health Department as the only car seat checking station in Halifax County. This has allowed the agency to receive numerous grants and funds to assist with lowering the risk of safety hazards of children having car seats. Along with the checking station, Georgiana established classes that are provided by Certified Car Seat Technicians to educate and demonstrate proper car seat installation. This has allowed a decrease in child fatality rates in Halifax County.

Dr. Georgiana Couden exemplifies the quality of and achievements for the Outstanding Contributions to Social Work in Public Health Award. The contributions to social work and Halifax County have been invaluable. Congratulations, Dr. Georgiana Couden, we are so Proud of You!



Dr. Georgiana Couden at left; Cheyenna James, Health Director at right.

Animal Control 2024 Career Service Award

Halifax County Animal Control and Pet Adoption Supervisor, Robert Richardson, received the 2024 Career Service Award at the 48th Annual North Carolina Animal and Rabies Control Association (NCARCA) Training Conference held in Atlantic Beach, NC! Mr. Richardson received this award for his years of service and dedication to enhancing the welfare of pets and people in Halifax County. A big congratulations to Mr. Richardson on his 30+ years of dedicated service and for a job well done! We are very proud of him!



The NCARCA, Inc. exists to improve, promote, professionalize, and publicize animal control while promoting justice and equity in the enforcement of animal control laws. They advance the health, morale, welfare, training, and knowledge of animal control officers while providing communications and education for animal control organizations. The NCARCA, Inc. nurture the public trust by holding themselves to the highest standards of performance and ethics.

Halifax County Public Health System

Submitted by Amber Lynch, Halifax County Public Health System

Halifax County Health Department Achieves HIPAA Compliance

Halifax Health Department achieved HIPAA compliance for the 4th year in a row via Compliancy Group, LLC. The HIPAA Seal of Compliance (SOC) was received which reflects the annual compliance review/audit and ongoing compliance efforts.



Empowering Rural Healthcare Providers & The Communities They Serve

HELP US CONNECT YOU

Lots of people in Halifax county don't have good internet connections or any connection at all. That means they can't do lots of things that other people can, things like telehealth. **But you can change this.**

STEP 1 Take a picture of this poster with your phone.

STEP 2 Then, when you get home, visit this link <https://ncmaps.info/HI> on your computer if you have one. If you don't, call either of the numbers below, based on your language of preference. English: 919-750-0553 Spanish: 919-750-8860

STEP 3 Finally run the speed test and answer a few questions.

STEP 4 Also, send your picture or pass a flyer to your family and friends. The more the better.

To learn more, please visit: <https://nctna.org/advocacy>

NC HEALTHCARE BROADBAND COALITION

NCTNA

The Halifax County Health Department serves on the NC Healthcare Broadband Coalition (NCHBC) Halifax Pilot Project to collect broadband speed test data from Halifax residents for state maps to show the need for broadband expansion. NCHBC is an association of representatives from NC's healthcare community, public health organizations, and other healthcare-adjacent affiliates. The coalition is staffed by NCTNA in support of our NC Healthcare Providers. NCHBC is committed to promoting equitable access to resources, specifically broadband connectivity, for healthcare providers and patients in unserved and underserved regions of North Carolina. Through strategic partnerships and pilot project initiatives, the coalition aims to bridge the healthcare gap, end the digital divide, and create healthier future for all NC residents.

Halifax County Health Department Acknowledges National Cybersecurity Month

October, is National Cybersecurity Month. Halifax County Public Health System takes time this month to raise awareness about the importance of cybersecurity; educate staff on online safety, protecting personal data, and helping secure our world. We can increase our online safety through 4 simple actions, whether at home, work, or school, these tips make us more secure when connected: Use Strong Passwords, Turn on Multi-Factor Authentication, Recognize & Report Phishing, and Update Software. See additional details on the next page, page 10.



NEED TO KNOW NEWSLETTER | OCTOBER 2024

CYBERSECURITY AWARENESS MONTH 2024

October is Cybersecurity Awareness Month. Private companies and government agencies unite to raise awareness on cybersecurity topics critical to protecting your safety online.

This year, Cybersecurity Awareness Month focuses on four topics to create the best recipe for cybersecurity success: recognizing and reporting phishing, using strong passwords and a password manager, updating software and enabling multi-factor authentication (MFA).



STRONG PASSWORDS

The key to a successful password is creating something easy to remember but hard to guess. Incorporate a favorite quote, a song title or a favorite sports player into your password, and it becomes more complex.

A password manager app provides a secure vault for all your passwords. You only have to remember the password for the app itself, allowing you and your computer to access the rest of your passwords for all your logins.



MULTI-FACTOR AUTHENTICATION

To guard data and protect against password exploitation, many organizations and commonly used applications are implementing MFA, or multi-factor authentication.

In computer security, an authentication factor is anything that you use to authenticate yourself with a system. A password, for example. With MFA, you use two or more different factors to log in: for example, a password and a verification code sent to your smartphone.

If one of your factors is stolen, the thief still doesn't have the other factor and can't access your account. The more factors you use or the stronger the factor, the better your security.



PHISHING

Phishing can be catastrophic for organizations. Phishing attacks make up 44% of social engineering incidents and some of the most-clicked phishing emails are disguised as corporate communications, such as emails about

performance reviews and approval of documents. These phishy emails have an average click rate of 10-20%! Hackers use email address spoofing to make the email look like it is being sent from an internal or trusted source.

To avoid falling for a phishing email that looks like it is from your organization, go straight to the official source to authenticate the message. For example, if it looks like an email from Human Resources, go to your organization's Human Resources page to view the information and avoid the link in the email.



AUTOMATIC UPDATES

Hackers can exploit vulnerabilities in unpatched software. When new software updates come out, it allows everyone, especially hackers, to learn about those weaknesses and take advantage of anyone who hasn't updated yet. Public knowledge of those holes leaves you and your organization easy prey.

Updating or patching your software means you are less vulnerable to security risks. If an update becomes available on your device, update it promptly. Better yet, enable automatic updates so your phone or smart device never gets left behind!



Exciting new gadgets? Keep it on the down-low

Getting a new gadget is always exciting, but be careful how much you share about it. Hackers know about Internet of Things (IoT) devices and how to access them. Be sure to follow best practices when firing up these new toys. Change the default passwords, check all security settings and keep it up-to-date to safely enjoy your devices.

Influenza Tour 2024—Pitt County

Submitted by Allison Swart, Pitt County Health Department

Pitt County Health Department Employee Wellness Team gets creative with the administration of flu shots to County employees. They modeled this event after a concert tour! See photos below.

LAST CHANCE
DON'T MISS OUT

Pitt County wellness

FINAL WEEK
INFLUENZA TOUR 2024

TUESDAY 10/22
Human Services Building
8:00-10:00a

THURSDAY 10/24
Emergency Operations Center
(Conf. Room)



Flu Shots will be available for Pitt County Employees at the following locations:

- | | |
|--|---|
| 10/2 - HEALTH DEPARTMENT 8A - 10A | 10/15 - PITT. CO SHERIFF'S OFFICE 3-6P |
| 10/3 - SOLID WASTE 7-9A | 10/16 - ANIMAL CONTROL 8-10A |
| 10/8 - EUGENE JAMES AUDITORIUM 10A-12P | 10/17 - PITT CO. DETENTION CENTER 8-10A |
| 10/8 - HUMAN SERVICES CENTER 2:30-4:30P | 10/17 - HEALTH DEPARTMENT 2:30-4:30P |
| 10/9 - PITT CO. SHERIFF'S OFFICE 8 - 11A | 10/18 - PITT CO. DETENTION CENTER 8-10A |
| 10/10 - PITT CO. DETENTION CENTER 8 -10A | 10/22 - HUMAN SERVICES CENTER 8-10A |



FLUENZA TOUR 2024
FLUENZA TOUR 2024
FLUENZA TOUR 2024

DON'T MISS OUT ON THE INFLUENZA TOUR!

TODAY!!
10/17 AT THE HEALTH DEPARTMENT
FROM 2:30-4:30P

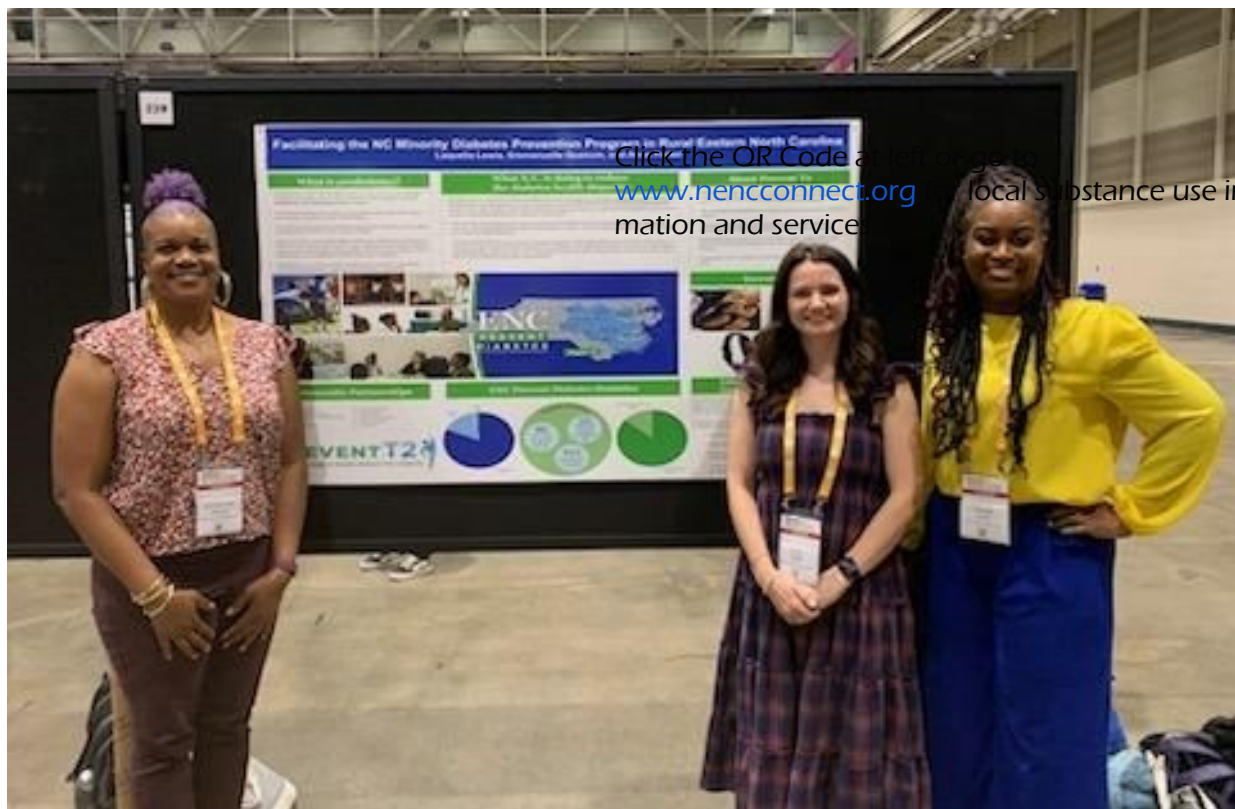
FRIDAY 10/18 -
DETENTION CENTER | 8-10A

Pitt County wellness

Minority Diabetes Prevention Program in Rural Eastern NC

Submitted by Allison Swart, Pitt County Health Department

Pictured below is LaQuelia Lewis, Regional MDPP Coordinator, along with Anna Parker from Beaufort County Health Department, and Emmanuelle Quenum from Greene County Health Department presenting a poster at the Association of Diabetes Care & Education Specialists (ADCES) Conference in August 2024. The poster was titled "Facilitating the North Carolina Minority Diabetes Prevention Program in Rural Eastern North Carolina." They will also be conducting an oral presentation at the American Public Health Association (APHA) Conference in October. Our presentation is titled "ENC Prevent Diabetes - Pioneering Innovative Strategies in Rural Eastern North Carolina to Expand Prediabetes Screening Opportunities and Enrollment in the North Carolina Minority Diabetes Prevention Program (NC MDPP)."



Above Photo from the ADCES Conference from left to right: Emmanuelle Quenum - Greene County Health Dept., Anna Parker -Beaufort County Health Dept., and Laquelia Lewis - Pitt County Health Dept.

Breast Health and Cancer Awareness—ARHS

Submitted by Wanda Stallings, Albemarle Regional Health Services

Wanda Stallings, Public Health Education Specialist with Albemarle Regional Health Services, visited Eastern Star Church of God in Christ to share Breast Health information to their congregation in observance of Breast Cancer Awareness Month. A table with information was set up so they could ask questions as well as get information on our BCCCP and Wise Woman Programs. Our health education team has scheduled many conversations with groups throughout our region. We have visited senior centers, churches, and civic groups and provided education in our local health departments. The key is knowing what risk factors you can control and being proactive with your health which includes self-breast examinations and getting yearly mammograms. With 1:8 women developing breast cancer, we have to continue to educate our communities. Lynette Baker, a Science teacher at Perquimans County High School and a breast cancer survivor, joined in on the fun and talked about her personal journey and the importance of seeing one's doctor and scheduling those clinical breast exams and yearly mammograms. Ms. Baker shared her personal struggles with cancer and the need for screenings. In addition to providing breast health information, they also included a conversation about smoking and how tobacco use increases the risk of any type of cancer in the body.



Scan or Call for Local Substance Use Help or Information



Connecting People to Prevention, Support, Treatment & Recovery Services



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

1-866-437-1821

Free, Confidential, 24/7

www.nencconnect.org

ARHS Provides Health Education at Hope Academy

Submitted by Wanda Stallings, Albemarle Regional Health Services

Gabi Corprew and Wanda Stallings, Health Educators with Albemarle Regional Health Services, visited students at Hope Academy, Chowan County Middle School, to share birth control facts, STI information and vaping education. The students were very involved in the discussion and were appreciative for a break in their regular schedule. The students were middle and high school age and were surprised at some of the STI information. Risky behaviors were also shared and how the use of alcohol and tobacco products can alter their decision-making. Healthy behaviors versus unhealthy behaviors were talked about and how they need to be making good choices and have a healthy circle of friends.

The students and staff tried out the concussion and drunk goggles by taking a sobriety test and waking down a flight of stairs. They were able to experience as close to firsthand as possible how



difficult it was to try and function normally while being intoxicated. They seemed stunned that other classmates were not able to do the simple tasks but were even more shocked when they couldn't complete the simple instructions.

Rabies Clinic and Breast Cancer Information Truck Rodeo—Northampton

Submitted by Misty Gibbs, Northampton County Health Department

Rabies Clinic

Northampton County held two community rabies clinics in September. The first clinic was held on September 7, 2024 from 9:30 to 12:00 PM at Northampton Career and Technical Academy of Innovation, Conway, NC. The second clinic was held on September 21, 2024 from 9:30 AM to 12:00 PM at Gaston Middle School, Gaston, NC. The rabies clinics were free for Northampton County residents and \$5 per animal for out-of-county residents. In total 704 animals were vaccinated, 66 cats and 638 dogs.



Breast Cancer Information Truck Rodeo

Northampton County Health Department, in partnership with Northampton County Cooperative Extension, held a Breast Cancer Information Truck Rodeo on October 11, 2024 from 11 AM to 3 PM at the Northampton County Cultural and Wellness Center, Jackson, NC. Over 100 participants came to get information about breast cancer and services in Northampton County. The Northampton County Health Department offered flu and COVID-19 shots to citizens. Free blood pressure and blood sugar screenings were also offered. Food trucks were given out to fun and educational prizes every hour. A time was had by all.



Edgecombe County Community Baby Shower

Submitted by Michelle Etheridge, Edgecombe County Health Department

On October 11, 2024, Edgecombe County Health Department (ECHD) Baby Love Plus program in partnership with Villages of North Carolina and Postpartum Support International, hosted the 2nd Annual Edgecombe County Community Baby Shower. The event was held at the Lorenzo Carmon Auditorium located at 201 Saint Andrew Street in Tarboro, NC. The purpose of the community baby shower is to bring together resources with a unified front to support families in the community. These resources consisted of organizations with various social services backgrounds who provide benefits to the community, aim to promote the welfare of others, bring awareness to the possibilities to address unmet health related needs of social risk factors, broadcast maternal mental health and shed light on rural areas impacted by social determinants of health. This event was a mixture of a resource fair, education, and a baby shower. The event yielded 53 participants registered with 17+ vendors collectively.

Community baby showers are a unique and interactive way to connect pregnant and postpartum families with local resources and organizations that support healthy living and mental health. Other areas of focus at the Edgecombe County Community Baby Shower were increasing awareness around safe sleep, infant and maternal mortality, early literacy, and perinatal mental health. Two educational presentations were demonstrated. Nanette Smith, ECHD Social Worker, conducted a lactation activity, and a car seat safety session was conducted by the Tarboro Fire Department. The intended outcome was for the participants to walk away with more resources than they'd connected with before attending. One activity for the participants was to venture to each vendor's table and have their bingo sheet stamped by each vendor they visited, thus, to inquire of that organization's resources, receive education, understand the organization's purpose, and to make connections in establishing relationships as to the needs being identified.

Registration was free and was open to all pregnant families and those with babies up to one year of age. Bags for each family were distributed by Baby Love Plus and ECU Health Edgecombe Hospital, as well as from the various health plans (Well Care, United Health Care, Healthy Blue, AmeriHealth Caritas) and other organizations. Other vendors included ECHD Care Management for At-Risk *(continued page 17)*



Baby Shower *(Continued from page 16)*

Children-CMARC and Care Management for High-Risk Pregnancies-CMHRP, Trillium Health Resources, Children's Development Services Agency, Edgecombe County Public Schools, Nash-Edgecombe-Wilson Community Action via Head Start, Reach Out & Read, Nurse Family Partnership, Down East Partnership for Children, and Ripe for Revival. Several drawings were held with participants winning baby shower packages, car seats and pack-n-plays for safety and safe sleep environments. At the end, the participants were given diapers, wipes and sippy cups alongside turning in a needs assessment, which was distributed upon their entry.



Our biggest recognition was Representative Don Davis via Member of Congress Regional Director Bryasia Buggs who dropped in for a surprise visit. Ms. Buggs wanted to highlight the Edgecombe County Community Baby Shower in action, noting the events purpose, and to extend an open invitation to being of assistance in the future and upcoming events. We are looking forward to 2025 for our third annual Edgecombe County Community Baby Shower and looking to outgrow the venue!

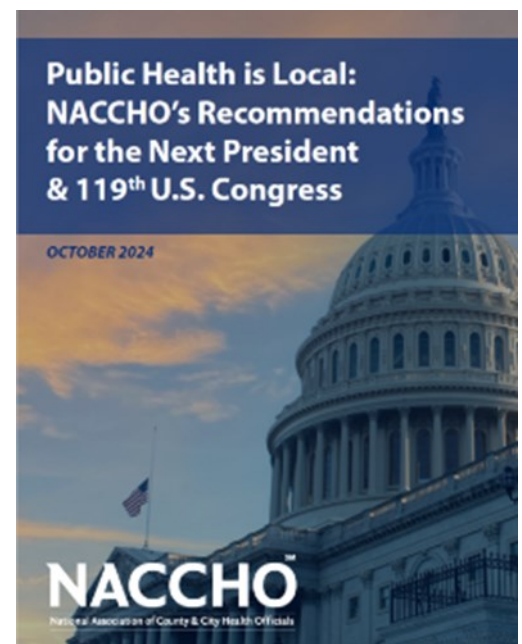
NACCHO Releases Recommendations for the Next Presidential Administration and 119th U.S. Congress

NACCHO has released its recommendations for the incoming presidential administration and 119th Congress. [Public Health is Local: NACCHO's Recommendations for the Next President & 119th U.S. Congress](#) highlights priorities to strengthen the overall public health sector by focusing on the needs and assets of local health departments.

NACCHO's overarching recommendations for policymakers with respect to national public health policy are to:

- Strengthen and modernize the governmental public health system by improving the public health workforce, infrastructure, and data modernization.
- Improve health for all Americans through investments in prevention and upstream interventions.
- Maintain innovations and prepare for future public health emergencies.
- Ensure local public health expertise informs federal priorities.

The associated [press release](#) and [blog](#) are available for more information.



MTW Flu/COVID Clinics and MDPP Community Conversations

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

Flu/Covid Drives

MTW hosted drive-thru flu and Covid vaccine clinics during the month of October. They were very well attended and we are thankful to be able to vaccinate community members in a way that was convenient for them. There was a clinic held in each of our three counties offering regular flu, high-dose flu, and the flu mist for children. After totaling the numbers, we dispensed 71 Covid vaccines and 129 flu vaccines.

MDPP Community Conversation

The Martin- Tyrrell- Washington District Health Department hosted a Community Forum at the Vernon James Research Center in Roper, NC. This community outreach was headed by Samantha Combs, CSST Lead Lifestyle Coach of the Minority Diabetes Prevention Program (Prevent T2), along with fellow Lifestyle Coaches, and Miranda Keel, Health Education Supervisor. The focus for this event was targeting town leaders, health care workers, and pastors of local churches. The event opened with a community networking meet-and-greet. Vendors with tables and incentives were present with displays of information ranging from NC Works tuition assistance, diabetes prevention, suicide prevention and more. A light meal was provided for attendees, with the forum following.



Strong discussions on the topic of diabetes, the reality of the long term issues that follow, and the steps to reversing the chronic disease through consistent lifestyle change were lead by keynote speaker, Robin South, BSN, RN of the Outer Banks Health Hospital. South insisted that building a social circle that supports healthy eating, activity, and emotional well-being is going to be the contributing factor to preventing the future generation from developing this disease that can lead to a life with unwanted complications. Attendees were eager with questions for the speaker towards the closing of the forum.



At the end of the forum, exiting attendees were met outside the center by the Conetoe Farms Family Life Center produce truck. All who were interested in fresh, in-season produce were encouraged aboard by the farm workers to receive a large bag of produce at no cost.

HOPE Stands in Martin, Tyrrell and Washington Counties

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

HOPE Stands Ribbon Cuttings

On Friday, August 30th, The HOPE Exchange hosted ribbon cutting ceremonies for their new HOPE Stands in all three of our district's counties of Martin, Tyrrell and Washington. At each ceremony, a welcome was made by Miranda Keel and Vickey Manning and was followed by a background on the initiative by Syringe Services Coordinator, Yerlin Villegas. A moment of silence was held for all those lost to overdose, and statistics were shared to highlight the grave reality of the opioid epidemic. "HOPE" was announced to stand for Holistic Overdose Prevention for Everyone as we want to ensure that everyone receives access to overdose reversal medication and other harm reduction services with no stigma attached. These stands are stocked with nasal naloxone, fentanyl test strips, xylazine test strips, program brochures, and any other hygiene necessities that are feasible. They were originally stocked with sunscreen and toothpaste/toothbrush combo packs but these items will be rotated seasonally.



Triple P Tips for Bonding With Your Baby

Submitted by *Matt Sabin, Positive Parenting Program, Albemarle Regional Health Services*



NOVEMBER 2024

• BONDING WITH YOUR BABY: SIMPLE TIPS FOR CONNECTION

Welcoming a new baby is exciting but can be challenging. Every baby is different and learning to bond with your little one can take time. It's normal to wonder, "When should my baby sleep?" or "How do I know when my baby is hungry?" Building a strong connection is a process that unfolds over time.

• RESPONDING TO YOUR BABY'S CUES

In the early weeks, you'll spend a lot of time figuring out your baby's needs. Sometimes, they just want to know you're nearby. By calmly responding to their cues, you'll start building a loving, trusting bond. Your baby will feel safe and comforted by your presence. It's okay if you don't always get it right; both you and your baby are learning together.

• THE IMPORTANCE OF EYE CONTACT

Making eye contact with your baby helps you feel closer and boosts their development. During calm moments like feeding or cuddling, gaze into their eyes and smile. This helps your baby start to recognize and respond to facial expressions, which is important for their emotional and social growth.

• HOLDING AND CUDDLING

Holding, cuddling, and gently rocking your baby bring them comfort and security. Every baby has different preferences, and you'll discover what your baby likes best. Physical contact benefits your baby and helps you tune into their needs. Holding your baby close can even release oxytocin, the "love hormone," which strengthens your bond.

• TALKING, READING, AND SINGING

Babies love their parents' voices, even before birth. Talking, reading, or singing to your baby helps them learn about the world and strengthens your connection. These activities also promote language skills and emotional well-being. Whether you're singing a lullaby or chatting during daily activities, these interactions create a positive environment for your baby's development.

• TAKING CARE OF YOURSELF

Life with a new baby can be overwhelming, and it's easy to forget about your own needs. Taking time to relax and recharge is important for you and your baby. When you feel calm and positive, it helps you connect better with your baby.

caregivers can learn strategies to raise capable, resilient kids with support from [Triple P Online](#) or [Triple P Online for Baby](#)

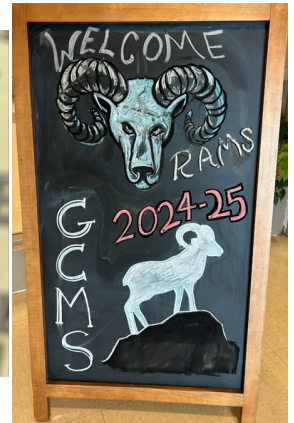
Vaping Presentations and Preparedness Kit Giveaway in Greene County

By Jennifer Lane, Greene County Department of Public Health

Vaping Presentations

On October 2nd, our health educator, along with the Regional Tobacco Control Coordinator Teresa Beardsley, presented to our Greene County Middle School students through 24 individual classroom education sessions, where they shared information focused on the harms of vaping and available resources for overcoming vaping addiction.

These educational sessions aimed to educate students about the significant health risks associated with vaping, including its effects on physical and mental well-being. Through engaging presentations and interactive discussions, teens learned the dangers of vaping and were provided information and resources to empower them to make informed choices and resist peer pressure. In addition, all students and staff were instructed how to contact the quit vaping text-line.



Preparedness Kits

On October 8th, our Preparedness Coordinator partnered with The Greene County Senior Center to host a Preparedness Kit Packing Party where we were able to distribute 46 individual emergency preparedness kits to some of our senior adult community members. This initiative aimed to enhance emergency readiness among seniors, ensuring they are equipped with essential supplies and information to respond effectively during crises.

This event emphasized the importance of being prepared for emergencies, including natural disasters and health-related incidents. Each kit included crucial items such as but not limited to, first aid supplies, a fire-proof document bag, an emergency whistle, flashlights, and informational resources tailored to the unique needs of seniors.



LHD Staff and Partners Get Moving!

Submitted by Julie Tunney, Northeastern NC Partnership for Public Health

The eighth annual NENCPPH regional activity challenge is underway with a total of 375 participants stepping out! This year the Regional Get Moving Challenge commenced on October 14, 2024 and will conclude on November 24, 2024. A total of 76 teams are participating: 54 local health department (LHD) teams from nine LHDs and 22 partnering agency teams. Eight of the Health Directors in the region are also participating in the challenge. Which County will have the Health Department and Partnering Agency Teams with the most average steps by the end of the challenge? Which individual will achieve the most steps?



Dare County is currently sporting the top LHD team and the top individual LHD staff steppers, and Pitt County has the second place team, and MTW the third place team. Whereas Northampton County has the top and second place partnering agency team with the most average steps and the top individual steppers from partnering agency teams, and overall. The third place partnering agency team is from Halifax County.

Keep on moving, not just for the challenge, but for your overall health.

Northampton County shared some photos of how they are moving during this challenge:



Roasted Vegetable Soup Recipe

By [Julia Levy](#), EatingWell.com, October 2024

This roasted vegetable soup uses a diverse and delicious array of vegetables, supporting gut health with prebiotic ingredients like sweet potato, leeks and chickpeas, plus you get a probiotic boost from white miso. While we love the veggies in this recipe, feel free to get creative by adding winter squash or another root vegetable.

It has a silky, velvety texture with a delightful miso aroma that's complemented by the subtle heat of sambal oelek and the sweetness of baked apple. The addition of coconut milk lends a nutty, creamy flavor, rounding out this slightly spicy and comforting soup. Add in some sweet potato and chickpeas, and you have a satisfying meal with a solid dose of soluble fiber. Read on for our expert tips, including how to thicken soup without cream.



Photographer: Jen Causey, Food Stylist: Jennifer Wendorf, Prop Stylist: Christina Brockman

Total Time: 55 mins

Servings: 6

Nutrition Profile: [No Added Sugar](#) [Sesame-Free](#) [Weight Loss](#) [Nut-Free](#) [Dairy-Free](#) [Healthy Pregnancy](#) [High-Fiber](#) [Vegan](#) [Vegetarian](#) [Egg-Free](#) [Gluten-Free](#) [Gut Healthy](#) [Anti-Inflammatory](#) [Mediterranean Diet](#)

Ingredients

- 1 small sweet potato, peeled and cut into 1-inch pieces (about 1 ½ cups)
- 1 small Gala apple, peeled and cut into 1-inch chunks (about 1 heaping cup)
- 1 small leek, white and light green parts only, halved lengthwise, sliced into 1-inch-thick half-moons and rinsed well (about 1 cup)
- 1 pint cherry tomatoes (about 2 cups)
- 2 medium carrots, peeled and cut into 1-inch pieces (about 1 cup)
- 3 medium scallions, trimmed and cut into 1-inch pieces (about 1 cup)
- 2 tablespoons thinly sliced fresh ginger
- 6 large cloves garlic, smashed
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons ground coriander
- 4 cups unsalted vegetable broth *or* no-chicken broth
- 1 (15-ounce) can no-salt-added chickpeas or white beans, rinsed
- 1 ½ tablespoons white miso (or approximately 2.25 teaspoons soy sauce)
- 2 teaspoons sambal oelek (or Asian chili sauce)
- 1 (14-ounce) can coconut milk
- 1 ½ tablespoons aged sherry vinegar
- ½ teaspoon cracked pepper
- ½ teaspoon salt
- Lime wedges for serving (optional)

Directions

1. Preheat oven to 450°F. Combine sweet potato, apple, leek, 1 pint cherry tomatoes, carrots, scallions, 2 tablespoons ginger, smashed garlic cloves, 2 tablespoons oil and 2 teaspoons coriander in a large bowl; toss to coat. Transfer to a large rimmed baking sheet. Roast, stirring once, until tender and browned, 25 to 30 minutes.
2. Working in batches as needed, transfer the roasted vegetables to a blender; add 4 cups broth, chickpeas (or white beans), 1½ tablespoons miso and 2 teaspoons sambal oelek. Secure the lid on the blender; remove the center piece to allow steam to escape. Place a clean towel over the opening. Process until smooth, about 1 minute, 30 seconds. Add 1 can coconut milk and 1½ tablespoons vinegar; process until incorporated and smooth, about 10 seconds.
3. Transfer the soup to a medium saucepan; cook over medium heat until steaming and warmed through.
4. Sprinkle with ½ teaspoon each cracked pepper and salt. Serve with lime wedges, if desired.

Tips from the EatingWell Test Kitchen

These are the key tips we learned while developing and testing this recipe in our Test Kitchen to make sure it works, tastes great and is good for you too!

- Beans add both gut-healthy fiber and bulk to the soup to help thicken it.
- Roasting vegetables brings out their natural sweetness that simply simmering wouldn't.
- Make sure to thoroughly rinse your leeks after cutting them—they are notoriously gritty and sandy.

Drizzle bowls of soup with more coconut milk or cream, if desired.

Additional Nutritional information

[Sweet potatoes](#) contain resistant starch that helps healthy gut bacteria flourish, as well as fiber and antioxidants that support heart health, and vision-supporting vitamin A.

[White miso](#) is packed with probiotics, which support gut health, enhance digestion and boost the immune system. Rich in essential nutrients like protein, B vitamins and vitamin K, white miso aids in energy production, skin and nerve health, and bone strength. Its antioxidants help reduce oxidative stress and inflammation, while soy isoflavones are linked to a lower risk of heart disease and certain cancers.

[Chickpeas](#), also known as garbanzo beans, offer a nutty and slightly earthy flavor. The fiber in chickpeas promotes muscle health and digestion, while nutrients like folate, iron, magnesium and zinc support immune health. With a low glycemic index, chickpeas help maintain steady blood sugar levels, and they also offer antioxidants that protect against oxidative stress and inflammation.

Nutrition Facts (per 1½ cups serving) Servings Per Recipe 6

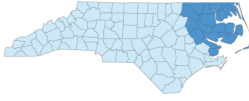
350 Calories; 21 g fat; 39 g carbs, 8 g protein

[Show Full Nutrition Label](#)

Published on October 7, 2024 on Eatingwell.com; Reviewed by Dietitian [Emily Lachtrupp, M.S., RD](#)

https://www.eatingwell.com/roasted-vegetable-soup-8707649?hid=&did=11938844-20241101&utm_campaign=send-this_lifecycle&utm_source=etg&utm_medium=email&utm_content=110124&lctg=&lr_input=61bcd76c4afdbacf9ef44587c39e9163f259aa3f5f617cea72f1cdbaff0fe0ff&utm_term=recipe

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

Primary Business Address
Address Line 2

Phone: 555-555-5555
Fax: 555-555-5555
Email: someone@example.com

“Healthy Communities Through Leadership and Collaboration”

www.nencpph.net



www.facebook.com/nencpph

Calendar of Events

Nov 28	Thanksgiving
Dec 5	PH Champions Conference Planning Meeting
Dec 13	NENCPPH Annual Board Meeting
Dec 25	Christmas
Jan 1	New Year's Day
Jan 24	NENCPPH Board Training—True Colors
Jan 30	NENCPPH Leadership Call
Jan 31	NENCPPH Newsletter Items Due
Feb 27	NENCPPH Leadership Call
Mar 28	NENCPPH Board Meeting

Board of Directors

- Michelle Etheridge, NENCPPH Chair
Director, Edgecombe County Health Department
- Janel Octigan, NENCPPH Vice Chair
Director, Beaufort County Health Department
- Megan Vick, NENCPPH Secretary-Treasurer
Director, Northampton County Health
- Nicole Barnes
Director, Martin-Tyrrell-Washington District 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
Director, Hyde County Health Department
- Wes Gray
Director, Pitt County Health Department
- Cheyenna James
Director, 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
- 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, Martin-Tyrrell-Washington District 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 ten health departments/districts and nineteen counties.