

NCPHA E-Newsletter

December 2019

Newsletter from the NC Public Health Association and the NCPHA Public Awareness Committee

Message from the President

– Teresa Ellen



I would like to extend my greetings to all as we enter the Holiday season. NCPHA represents our Public Health family and I am very excited and grateful to be your next President. We are facing another year of change as we embark upon Medicaid transformation. NCPHA will be a conduit to provide you with education, guidance, and advocacy as we navigate through the difficult waters.

I hope you had the opportunity to attend our Fall Educational Conference in September as we celebrated “100 Years of The Office of Public Health Nursing.” The conference was very successful and well attended with more than 600 participants. NCPHA will be offering additional educational opportunities throughout the year. I hope you will go ahead and begin making plans to attend our Spring Educational Conference in May to be held in Raleigh and our Fall Educational Conference in September 2020 that will be held in Wilmington. There is also a grant writing workshop for local health departments that will be held in partnership with North Carolina AHEC at AHEC locations across the state.

I would also like to see our members get more involved with NCPHA this year and encourage your colleagues to join us. If you have an idea, feel free to contact me or any of the NCPHA officers. Please consider serving on a committee and begin thinking of deserving public health employees and partners and nominate them for an award. It is NCPHA’s mission/vision to improve public health by providing you with a professional organization dedicated to promoting and protecting the health and environment of all North Carolinians. With your help, we have been and will continue to be successful.

Teresa Ellen RN, MPH
2019-2020 NCPHA President



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Community Linkages to Care for Overdose Prevention and Response Awardees



The NC Division of Public Health, Injury and Violence Prevention Branch (IVPB) released RFA #371 Community Linkages to Care for Overdose Prevention and Response on September 24, 2019 as a result of CDC funding to NC. All local health departments/districts (LHDs) in NC were eligible to apply for 33 months of funding for core strategies to develop or expand syringe exchange programs, connect justice-involved persons to care, and/or establish post-overdose response teams. In addition, LHDs were able to apply for another component to propose innovative projects to prevent fatal and non-fatal opioid overdoses, increase access and linkages to care services, and build local capacity to respond to the overdose crisis in North Carolina. IVPB awarded 23 LHDs up to \$275,000 each, which

will be disbursed over December 1, 2019 through August 31, 2020, resulting in an annual total of approximately \$2.1 million, contingent upon future CDC funding.

Awardees include the following LHDs:

- Alamance County Health Department
- Albemarle Regional Health Services
- Appalachian District Health Department
- Buncombe County Health and Human Services, Department of Health
- Cabarrus Health Alliance
- Catawba County Public Health
- Clay County Health Department
- Dare County Department of Health & Human Services – Public Health Division
- Davie County Health and Human Services, Division of Public Health
- Durham County Department of Public Health
- Forsyth County Department of Public Health
- Granville-Vance District Health Department
- Guilford County Department of Health and Human Services – Division of Public Health
- Haywood County Health & Human Services Agency
- Henderson County Department of Public Health
- Hoke County Health Department
- Iredell County Health Department
- Martin-Tyrrell-Washington District Health Department
- Mecklenburg County Health Department (funded for core strategies and innovative projects)
- Pitt County Health Department
- Stanly County Health Department
- Surry County Health and Nutrition Center
- Wake County Human Services



Holiday Food Safety

– Luke Sears, REHS, and Emily Killian, Community Engagement Specialist and PIO,
Catawba County Public Health



'Tis the season for parties and get-togethers, and the spreading of holiday cheer. Unfortunately, it's also the season for spreading holiday foodborne illness.

Although the United States food supply is one of the safest in the world, according to the U.S. Food and Drug Administration, there are still cases of what we call “food poisoning” every day. When certain disease-causing pathogens contaminate food, they can cause foodborne illness – roughly 48 million cases – the equivalent of sickening one in six Americans each year. These illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths a year in the U.S.

Because foodborne illness can affect anyone, it's important for everyone to practice safe food handling behaviors to help reduce your risk of accidentally getting sick from contaminated food. When serving a crowd, a large number of people can get sick quickly from just one contaminated dish – a miserable way to spend a holiday.

Here are some ways to keep your family and friends safe from foodborne illnesses this holiday season.

- **Cook food thoroughly** – Use a food thermometer to make sure all meats are cooked to proper temperature. www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature

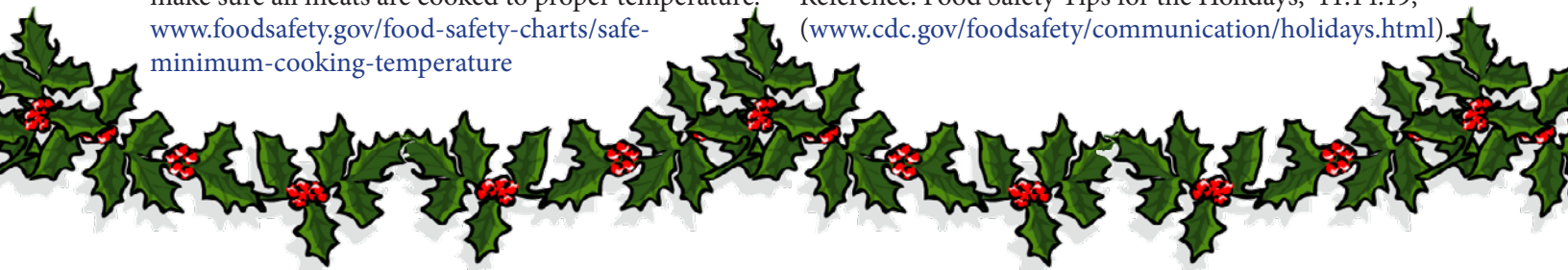
- **Keep food out of the danger zone** – Bacteria can quickly grow at temperatures between 40F and 140F. After food is cooked or prepared, keep hot food hot and cold food cold. Don't leave anything out for more than two hours, refrigerate or freeze.
- **Wash your hands** – 50% of all food borne illness can be linked to not washing hands properly. Wash your hands with soap and warm water for at least 20 seconds. Wash your hands:
 - **Before, during, and after** preparing food
 - **Before** eating food
 - **After** handling pet food, pet treats or touching pets
 - **After** using the toilet
 - **After** changing diapers or cleaning up a child who has used the toilet
 - **After** touching garbage
 - **Before and after** caring for someone who is sick
 - **Before and after** treating a cut or wound
 - **After** blowing your nose, coughing, or sneezing

Are you sending leftovers home or saving some for yourself? Make sure they are placed in small, shallow containers for quick cooling and refrigerate them within two hours. The cold temperatures in refrigeration slow the growth of harmful bacteria. Don't over-stuff the refrigerator. Cold air must circulate to keep food safe.

After your holiday event, don't eat foods that have been kept in the refrigerator for more than a few days. Never taste food that looks or smells strange to see if you can still use it. When in doubt, throw it out.

Although we can't control everything that happens from farm to table, we can take steps to ensure our food is safe to eat. Hopefully, these tips will help keep you and your loved ones free of food poisoning this holiday season.

Reference: Food Safety Tips for the Holidays; 11.14.19;
(www.cdc.gov/foodsafety/communication/holidays.html)



The 2019 Fall Educational Conference (FEC) Wrap-Up

The 2019 FEC was our most highly attended conference ever! We celebrated our public health nurses and 100 years of the Office of Public Health Nursing in North Carolina.





Grant Writing 101 for Local Health Departments

Grant Writing 101 for Local Health Departments – Open to Our Members Only!

One of the most asked for training requests we receive is for grant writing. We have partnered with NC AHEC to bring you Grant Writing 101 for Local Health Departments. These trainings are especially designed to assist local health departments in their grant-writing needs. We hope you will take advantage of one of these valuable workshops.

Instructors:

- **Rachel Wilfert, MD, MPH, CPH** Director, Workforce Training and Education, NC Institute of Public Health, UNC Gillings School of Global Public Health
- **Dawn Morriston, MPH** Associate Director of Educational Programs Department of Family Medicine, UNC School of Medicine
- **Amy Belflower Thomas, MHA, MSPH, CPH** Director, Community Assessment and Strategy NC Institute of Public Health, UNC Gillings School of Global Public Health
- **John Wallace, PhD** Senior Data Advisor NC Institute of Public Health, UNC Gillings School of Global Public Health

Agenda:

8:30 am – 9:00 am	Check-In
9:00 am – 9:05 am	Overview of Workshop
9:05 am – 10:30 am	Funders and Proposal Development
10:30 am – 10:45 am	Break
10:45 am – 11:45 am	Proposal Development – Part 2
11:45 am - 12:00 pm	Break and Pick-Up Lunch
12:00 pm – 1:00 pm	Identifying Funding Opportunities
1:00 pm	Adjournment

Grant Writing 101 is a three-hour beginner level workshop for local health department staff focusing on the fundamentals of writing grants and other funding proposals.

After participating in this conference, you should be able to:

Describe the basic funding proposal development process • Name common structural elements in funding proposals • Recognize strategies for successful proposal development • List different types of funding sources and how to find funding opportunities

Register for any of the nine locations:

February 24, 2020	Click here to register for Eastern AHEC in Greenville, NC Contact Ikisha Brothers at brothersi16@ecu.edu
March 3, 2020	Click here to register for NC Medical Society in Raleigh, NC Contact Brynne Spence at bspence@wakeahec.org
March 4, 2020	Click here to register for Area L AHEC in Rocky Mount, NC Contact Kathy Painter at kathy.painter@arealahec.org
March 13, 2020	Click here to register for Moses H. Cone Memorial Hospital in Greensboro, NC Contact Karen Phillips at karen.phillips@conehealth.com
March 19, 2020	Click here to register for South East AHEC in Wilmington, NC Contact Kaci Herrera at kaci.herrera@seahec.net
March 20, 2020	Click here to register for Southern Regional AHEC in Fayetteville, NC Contact Sheree Hayes at sheree.hayes@sr-ahec.org
April 22, 2020	Click here to register for Northwest AHEC in Winston-Salem, NC Contact Gail Pawlik at gpawlik@wakehealth.edu
May 26, 2020	Click here to register for Charlotte AHEC in Charlotte, NC Contact Jorge Rudko at jorge.rudko@atriumhealth.org
May 27, 2020	Click here to register for Mountain AHEC in Asheville, NC Contact Lisa Roy at lisa.roy@mahec.net



NCPHA Member SPOTLIGHT



Honey Estrada
Public Health Strategist
Catawba County Public Health

How long have you been a NCPHA member?

One year.

Describe what you do as a Public Health Strategist.

Ensure that Catawba County Public Health develops, implements, and communicates a strategic vision through understanding community and organizational data, trends and priorities. Facilitate the work of a team of individuals who work within the organization and community to bring about better health through evidence based initiatives, targeted outreach and communication and quality improvement initiatives that streamline service delivery. Provide administrative oversight and support for LiveWell Catawba, a coalition supported by traditional and non-traditional partners.

What is a typical day like for you?

On a daily basis, I interact and work with internal and external stakeholders to identify needs and develop initiatives and action plans to improve community health.

What do you enjoy most or find most valuable about being a member of NCPHA?

I really appreciate the vast network of public health professionals I have access to. I value the relationships I have developed and look forward to future ones.

What is your favorite tip for someone in public health?

Public health is very broad. There are so many avenues an individual can take. Find what makes you happy, gives you energy and allows you carry out your passions.

NCPHA *Member* SPOTLIGHT



Bruce Robistow
Health Director
Halifax County Public Health System

How long have you been a NCPHA member?

20 months.

What is a typical day like for you?

Barring any unplanned calendar events, I start each day rounding to the different departments in our Health Department. I cannot always get to all of them every day but I make every effort. It is truly my favorite part of the day. Doing so regularly has made it possible for the team to speak openly and comfortably. The key to all that we do is the teams that do the work. I want to ensure that they have what they need to do their work, ensure that they are having a good day, solicit ideas or recommendations, and to make sure they know that they are appreciated. I also round randomly throughout the day for the same reason.

What do you enjoy most or find most valuable about being a member of NCPHA?

Although I am a fairly new member, I quickly learned that the greatest value of the NCPH is the power of its network. Questions are easily answered, assistance or guidance is an email or a phone call away, and the educational offerings are timely, addressing key topics affecting public health and those of us that are working to improve it. NCPHA is a priceless resource.

What is your favorite tip for someone in public health?

Take time to enjoy the pride in what you do, who you do it with, and who you do it for.

Academic-Practice Based Network Research (APBR) Section

2019 NCPHA Fall Educational Conference APBR Section Award Winners

The APBR represents North Carolina public health professionals engaged in public health practice and/or academic public health. Stacie Saunders and Dr. Cheryl Kovar are the co-chairs of the section, and Terri Wilson is the secretary/treasurer. Amy Belflower Thomas serves as the representative on the Advocacy Committee.

A major activity of this section is to sponsor and coordinate the oral and poster presentations on Thursday of the NCPHA Fall Educational Conference. This conference presents a venue through which to share knowledge and experience. Presenting at the conference is a way to share the work that is being done in North Carolina public health; and a way to learn from others using the skills of research, implementation, monitoring, and evaluation in public health practice.

There were three presentation formats:

1. Podium Style: 15-20-minute formal oral presentation during the conference
2. Poster Session: Networking style with informal presentation to visitors of the session
3. Speed Round: 5-minute oral presentation focusing on what you did, what you found, and why it matters to public health.

Those who are students and/or practitioners were eligible for a cash prize for winning in each of the above categories. Winners were announced during the final session on Friday morning and all received a certificate along with the cash award.

The winners were:

Speed Round:

Practitioner – Molly Hoffman

Student – Jessica Johnson

Podium:

Practitioner – Renate Nnoko

Student – Ivonne Marie Santiago Lopez

Poster:

Practitioner – Allison Beam

Student – Sara Stevens

We wish to congratulate the winners and all of those who did present at the conference, as we had a total of 42 presentations this year (12 podium/speed rounds, and 30 posters). We look forward to increasing these numbers next year at the 2020 Fall Educational conference in Wilmington, NC.

Nursing Section

– Felicia D. Reid MSN, RN



The Office of Public Health Nursing in North Carolina was honored to celebrate 100 Years in existence this year by recognizing 100 Public Health Nurses from across the state. A proclamation by Governor Roy Cooper was also given in recognition of the 100 years.

The NC Distinguished 100 Public Health Nurses Awards Luncheon was held at the Grandover Resort in Greensboro prior to this year's NCPHA Fall Conference. Nurses were selected by a review committee of PHN peers from across the state to receive this award. "Being elected is a tremendous distinction and demonstrates that you stand out as a leader in our nursing specialty," as stated by the committee. A listing of all award recipients can be found @NCPHNursing community on [Facebook](#) and [Twitter](#), the NCPHA [Nursing Section webpage](#), and the new [ncpublichealthnursing.org](#) website. Please take a moment and view these outstanding nurses individually and view them together on picture above.

Other distinguished awards given during the Nursing Section business meeting of the NCPHA Conference are listed below:

Joy Reed Leadership Scholarship – Jaimee Watts

Jaimee is a public health nurse with over six years of public health nursing experience. She is currently working on her Doctorate in Nursing Practice and Master's in Public Health. She is leading a project aimed at identifying, understanding, and addressing public health nurse recruitment and retention in NC.

Joy Reed Leadership Scholarship – Angelic Floyd

Angelic is a public health nurse supervisor working at Wake County Human services. She has over six years of experience in public health nursing and is working on her Master's in Public Health degree.

Margaret B. Dolan Award – Dr. Marianne Cockroft

Dr. Cockroft is nursing faculty at the University of North Carolina Chapel Hill School of Nursing and is the 2019-2020 NCPHA Nursing Section Vice Chair of Education. Just one example of her exemplary career in public health nursing: in 2016, she partnered with a faith-based organization to bring a mobile clinic to a socioeconomically disadvantaged population in Cary, NC. Throughout her career, she has forged excellent working relationships with community partners, secured resources, and has been an exemplar of nursing science and mentorship.

Nursing Section Scholarship – Amber Frost

Amber works as a clinical services director for Swain County Health Department. She has over nine years of experience in public health nursing. Amber is working on her MSN in Community Public Health Nursing.

Public Health Nurse Superhero – Amparo Acosta, Buncombe Count

"This year's PHN Superhero embodies the Supernurse powers of Strength of Character, Selflessness, Humility, Patience, Commitment to Public Health, and Dedication to the Public Health Nursing Profession through their work as a public health nurse leader in their agency and their professional association... Amparo has demonstrated commitment to Public Health as a nurse leader at the Buncombe County Health Department through her commitment to innovative work at her agency in quality assurance, public health nurse competency, and data-informed program management."

Congratulations to the awardees and to all the PHNs in North Carolina!

Wellness & Prevention Section

Meet the Wellness & Prevention Section's Leadership Team by going to our webpage: ncpha.memberclicks.net/wellness-and-prevention

If you have job announcements or upcoming events you would like for us to share, please send them to [Shahnee Haire](#).



Women's and Children's Health Section

2019 FEC Award Recipients



Dr. Gerri Matson
2019 NCPHA Distinguished
Service Award



Allison Beam, PA-C
2019 GSK Child Health Individual Recognition
Award and Recipient of the 2019 Outstanding
Poster Presentation in the Practitioner
Category at NCPHA.



Angel Callicutt
Ann Nichols
Lucy Heffelfinger
Picture of Angel Callicutt, CC4C
Project Manager along with
Ann Nichols State School Health
Consultant and Lucy Heffelfinger,
Regional School Health Nurse
Consultant after receiving their
awards for the 100 Public Health
Nurses in NC at the NCPHA
Conference in September 2019.



Ainsley Johnson
NC Distinguished 100 Public
Health Nursing Award and
recipient of NCPHA Graduate
Education Scholarship

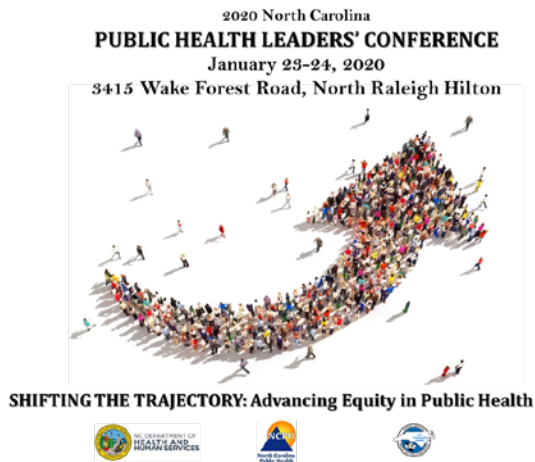
Sophia Durant
NCPHA Women's and Children's Health Section
Scholarship in Memory of Dr. Ann Wolfe

Sophia Durant of Chapel Hill was awarded the scholarship funds to support her tuition for her Masters of Public Health, Masters of Social Work at University of North Carolina Chapel Hill. She plans to pursue a career centered on creating, implementing, and evaluating community initiatives surrounding consent based sexual health education to reduce incidences of gender-based violence.



Betty Cox
NC Distinguished
100 Public Health
Nursing Award

Save-the-Dates



SOCIAL WORKERS
generations
STRONG

Save the Date or register now for these upcoming conferences:

CHA Winter Institute: January 22, 2020 • Raleigh, NC

Register here: ncpha.memberclicks.net/cha-winter-institute

Public Health Leaders Conference: January 23-24, 2020 • Raleigh, NC

Register here: <https://ncpha.memberclicks.net/public-health-leader-s-conference>

Public Health Social Workers Conference: March 26, 2020 • Colfax, NC

Register Here: <https://ncpha.memberclicks.net/public-health-social-work-conference>

NCPHA Spring Educational Conference: Tuesday, May 19, 2020 • Raleigh, NC

More details to come.

NCPHA Young Professionals Spring Conference: Thursday, May 21, 2020 • Raleigh, NC

More details to come.

NCPHA Fall Educational Conference: September 16-18, 2020 • Wilmington, NC

Registration will begin June 1, 2020.

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