

# NCPHA E-Newsletter

June 2015



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

Several Health Departments from across the state submitted their **National Public Health Week** activities. This year's theme was *"Healthiest Nation 2030."* Which do you think embraced the theme the best?



**Pender County Department of Health and Human Services** hosted a lunch that the County Manager and BOH Chair attended. They also took plastic eggs to all county employees. Inside each egg was a lip balm and sunscreen message.

# SAVE THE DATE

## 2015 Fall Educational Conference

*Honoring Our Past and Planning for a Changing Tomorrow*

September 16-18, 2015 • Marriott Hotel, downtown Winston-Salem



We have modified the format a bit this year, based on several years of feedback. There will be many more co-sponsored sessions, and the section business luncheon and awards will be Thursday morning, allowing for more time to network during lunch on Thursday.

The program will be informative and innovative. Here are highlights:

- The 2015 President of the American Public Health Association, Shiriki Kumanyika, PhD, MPH, will open the meeting. She will speak about public health responses to addressing obesity. Dr. Kumanyika founded (in 2002) and continues to chair the African American Collaborative Obesity Research Network (AACORN) ([www.aacorn.org](http://www.aacorn.org)), a national network that seeks to improve the quantity, quality, and effective translation of research on weight issues in African American communities.
- Dr. Paul Kuehert from the Robert Wood Johnson Foundation provides the “Wood Lecture” on creating a Culture of Health.
- Several sections are co-sponsoring a session on Community Health Assessments and collaboration with local hospitals under the ACA.
- A physician from Doctors without Borders recalls his experience participating in the Ebola Outbreak in West Africa.
- A representative from the NC Office of Rural Health provides a primer on using ICD-10.
- UNC Breakfast will highlight topics related to Cancer in North Carolina, the leading cause of death in our state.

Instead of a 5K, the Environmental Health and Nursing Sections are sponsoring a “Scavenger Hunt” in downtown Winston-Salem, that promises to be a “team-building” experience. Terry Snowden and Company sponsors the Wednesday night BBQ and entertainment. Thursday evening is the poster session and reception, followed by the banquet and awards ceremony. On Friday morning, UNC sponsors their annual breakfast buffet. There will be a silent auction, several raffles, and many exhibitors. A full agenda will be posted on the website soon.

Bring your colleagues, students, and stakeholders passionate about public health. Registration opens soon. Please see website for more details.



## NCPHA E-Newsletter

# Halifax County Department of Public Health



It is present everywhere, every day, and in everybody's life. Many residents of Halifax are not even aware of this silent force in their lives. Public health affects us all, ensuring that food served in our restaurants are safe to eat, keeping our water clean, making sure our children are vaccinated against dangerous diseases, and generally contributing to the quality of life in our county.

Recently released county health rankings reveal Halifax County remains at 99 out of 100 North Carolina counties for health outcomes. The health rankings are based on many indicators such as obesity, physical activity, mental health, rates of smoking, violent crime, poverty, the number of uninsured residents as well as air pollution to name a few. Halifax County Public Health System partners with many local

community organizations in an effort to improve our health outcomes and rankings.

Halifax County Public Health System (HCPHS) has been working with and serving the public health needs of Halifax County residents for many years, providing clinical, environmental, nutritional, and health education programs that are critical to the well-being of the community.

HCPHS is reminding residents that April is Public Health Month, a time to recognize the importance and value of public health services and programs in our community. This year's Public Health Month theme is "Healthiest Nation 2030." HCPHS invited residents to participate in the many community-based offerings the agency planned and partnered with during the month.

## Halifax County's 2015 Public Health Month Events

- Throughout the month of April, HCPHS will share Facebook posts about various Public Health topics and activities. Our Facebook address is [facebook.com/HCPHS](https://www.facebook.com/HCPHS)
- During the month of April, radio advertisements can be heard on the local radio station, 102.3 WPTM, along with weekly call-ins to the radio station promoting activities.
- **April 6** Public Health Month Proclamation presented to Halifax County Board of Commissioners.

### Samples of educational programs and meetings opened to county residents:

- **April 4** Razy Jazy Men's Health Promotion Program at the American Legion in Littleton from 10:00am-1:00pm
- **April 4** Goody's Women Health Promotion Program at Goody's in Roanoke Rapids from 10:00am-1:00pm
- **April 9** Aging Expo held at the Kirkwood Adams Civic Center from 9:00am-2:00pm
- **April 14** RV-CHI Partners in Faith Meeting at Halifax Regional, Building 1 at 6:30pm
- **April 16** Diabetes Support Group Class held at Rural Health Group of Scotland Neck from 12:00-1:00pm
- **April 16** Blood Pressure Screenings at Home Health and Hospice from 9:00-11:00am
- **April 18** Free Kids Carnival held at the John 3:16 Center from 10:30-2:00pm
- **April 25** Health Fair at Lebanon AME Church in Littleton from 10am-12:00pm
- **April 29**, Halifax County Blood Drive held at the Agricultural Center in Halifax from 10:00am-4:00pm
- **April 30** Developing Healthy Brains, partnership between Halifax County Department of Social Services, HCPHS, and Halifax-Warren Smart Start, held at Halifax Community College from 1:00-7:00pm

### Take care of your pets:

- **April 18**, Rabies Clinic is sponsored by the HCPHS and Lake Country Animal Hospital from 10:00-12:00pm at the Roanoke Valley Farmer's Market. \$5.00 per animal vaccinated. Please call 252-583-6651 for more information.

### Enjoy a walk or run:

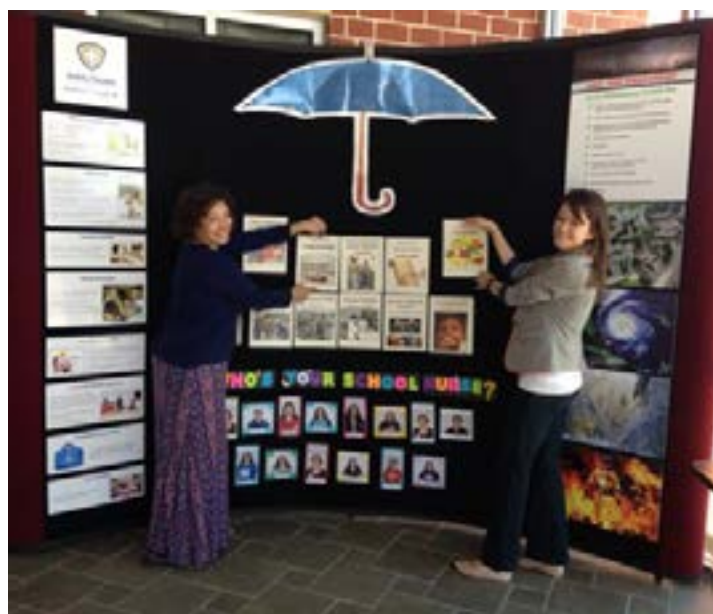
- **May 2, 2015** Join Hospice of Halifax in the second annual Hospice 5K Walk and Run as we celebrate the lives of our loved ones.

For more information about how public health is working for you, please call the health department at 252-583-5021 or visit [halifaxnc.com](http://halifaxnc.com) or [facebook.com/HCPHS](https://www.facebook.com/HCPHS).

[Click here to see the video of Dr. Cardra Burns' Plank Challenge video.](#)



# Henderson County Department of Public Health



Our theme for Public Health Month is *Under the Umbrella of Public Health* with particular emphasis on immunizations, emergency preparedness, and substance abuse prevention.

The monthly Times-News public health column, *Under the Umbrella of Public Health*, is dedicated to Public Health Month. The column focuses on immunizations, emergency preparedness and substance abuse prevention. The column emphasized how important partnerships are to public health including participation from individuals.

A graphic was created for the *Umbrella of Public Health* theme for the department's home page ([hendersoncountync.org/health](http://hendersoncountync.org/health)). One section is devoted to Public Health Month with links to areas we are focusing on during the month: immunizations, emergency preparedness, and substance abuse prevention. A link to the public health column mentioned above also can be found there.

Health Educators Kaye Brownlee and Amanda Vranich prepared a large display for the department's lobby that highlighted our services including immunizations, school nurses, substance abuse prevention, and emergency preparedness.

## Immunizations

A PSA about the importance of immunizations and a slide about the upcoming change in vaccination requirements effective July 1, 2015, played before all movies at our local Epic Theater during spring break.

A half page Public Health Month flyer will be sent to elementary and middle school parents about the importance of vaccines, the change in vaccination requirements coming in July and opportunities for children to receive the meningococcal vaccine at four school clinics held in April by school health nurses.

## Emergency Preparedness

A display about emergency preparedness was set up in the main branch of the Henderson County Public Library. Information about home and personal preparedness including preparedness for kids and pets can be viewed during April.

A give-away for an emergency preparedness kit was advertised in the public health column and on the department's web page.

An ad for emergency preparedness ran in our local daily newspaper, *The Times-News*, and on online at [blueridgenow.com](http://blueridgenow.com).

Preparedness Coordinator Terri Arrington talked to members of the Half Way Tree Retirement Community about public health and community preparedness.

As part of the Bright Futures Mini Grant and working with the Council on Aging, home preparedness kits for homebound seniors will be put together by Boy Scouts and delivered by Meals on Wheels volunteers.

## Substance Abuse Prevention

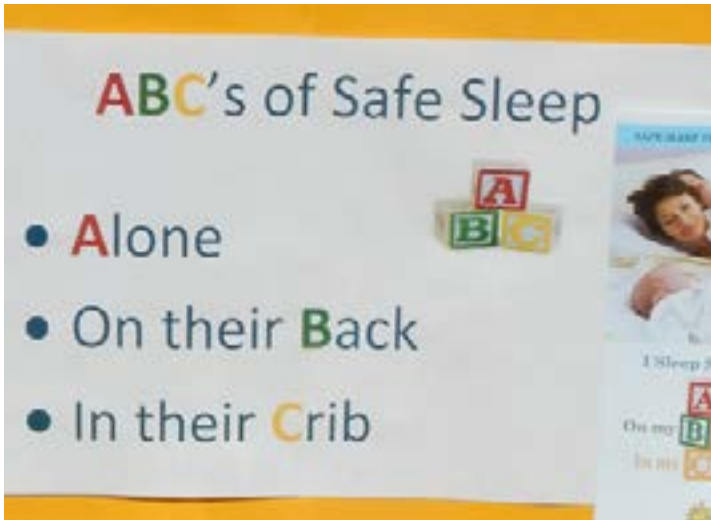
We promoted the activities of Hope Rx, a coalition formed to prevent prescription drug overdoses and accidental deaths in our county, on our website and in the public health column.

A double-sided Valpak mailer about safe prescription medicine disposal and storage was sent to 10,000 homes in Henderson County.



# Catawba County Public Health's Safe Sleep Initiative

## ***Ann Wolfe Mini-Grant Recipient 2014***



Catawba County Public Health was honored to receive the Ann Wolfe Mini-Grant in late 2014. This funding allows our department to provide safe sleep education and safe sleep kits to families whose infants would otherwise be at risk for experiencing sleep related injuries or deaths due to co-sleeping or other unsafe sleep practices. Along with providing a safe sleep kit consisting of a pack-n-play, 2 sheets and 2 infant sleepers, nurses and social workers educate families through the Baby's Easy Safe Sleep Training Program developed by the NC Healthy Start Foundation. The kit is given to the family after the education is provided and they have signed a liability waiver.

At risk mothers/infants are identified and referred for this grant project via Pregnancy Care Managers, Care Coordination for Children Care Managers, Postpartum Maternal-Newborn Home Visit Nurses, and other staff from our agency and outside providers/agencies. Patients may also self-refer. In early May 2015, we released information about safe sleep and the grant project to the media and also recorded a message that plays on the agency's phone system. In addition, staff presented a safe sleep demonstration and education at the 2015 Family Fair sponsored by the Catawba County Partnership for Children. Through these channels, 28 at-risk families have been identified and received a safe sleep kit and education. Of these 28 families, 11 had infants who were co-sleeping with a family member, and 7 infants were  $\leq$  28 days old, 10 were 29 days to 6 months old, 4 were  $>$  6 months old, and 7 were not yet born. All families were given a pre-test prior to receiving education and then given a post-

test with the same questions. The aggregate score (1 to 10) for these 28 was 6.93 for the pre-test and 9.43 for the post-test. These scores validate the need for safe sleep education, and reflect an increase in overall group knowledge in response to education received.

Unfortunately, knowledge alone does not indicate that families will follow safe sleep practices. To assess whether they are following safe sleep practices and utilizing the safe sleep kits, and to address questions and provide additional instruction, all participating families will receive a follow-up contact three months after they receive the safe sleep kits and education.

It is anticipated that we will be able to provide safe sleep kits and education to 53 or more families. We partnered with Wal-Mart of Hickory to purchase the pack 'n plays and other safe sleep kit items at a 10% discount. Educational materials are being provided at no charge through the NC Healthy Start Foundation and North Carolina Public Health Association.

At the end of the grant period, information gained during the project will be used to direct future efforts to decrease the risk of sleep related infant deaths. In addition, we hope to secure additional funding to continue this safe sleep initiative. Lastly, we will analyze the data collected and prepare a written report and presentation to be given at the 2016 NCPHA Fall Educational Conference: stay tuned!

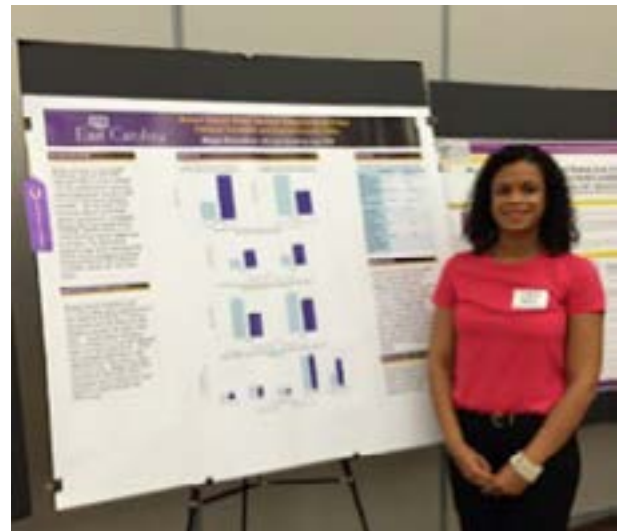
Dana Lynch, RN, BSN



# East Carolina University MPH Student Organization Participates in 2015 National Public Health Week



ECU MPH students outside ECU Student Bookstore recruiting for Public Health Trivia Content during NPHW



Megan Richardson, 1st year ECU MPH student, won a prize for best poster at UNCW Research Day.

From April 6-12, 2015, the ECU Departments of Public Health and Health Education and Promotion collaborated to present National Public Health Week. Events included a “What is Public Health?” panel discussion, a blood drive, public health trivia days, and a research symposium. To cap off the week, several students from the Master of Public Health program travelled to UNC-Wilmington to present at their College of Health and Human Service’s Research Day, April 10, 2015.

## Gaston County Department of Health and Human Services



Gaston County Time Capsule event

We had a great week, starting off with a Public Health Luncheon for all staff. During this event, we recognized outstanding staff through annual awards and a slideshow showing Public Health staff in action.

Our primary event took place Friday, April 10th and was a ceremony to unveil the contents of a 25-year-old time capsule that had been buried when our building was constructed in 1989. We invited back retired employees, the Board of Health and Commissioners from 1989, and local officials. Everyone enjoyed going through the pictures, documents, and other items we found in the capsule. It was a great opportunity to think about the past, present, and the future of public health.



# North Carolina Public Health Young Professionals Group

Earlier this year, a subcommittee of the Membership Committee was formed to explore the possibility of forming a Young Professionals Group. Listed below are the vision and purpose we see for the group. We'll be hosting a breakfast on Wednesday morning at the Fall Educational Conference. Please join us to learn more and give us your feedback. We welcome suggestions! Contact Leah Mayo Acheson at [mariel.mayo@arhs-nc.org](mailto:mariel.mayo@arhs-nc.org) for more information!

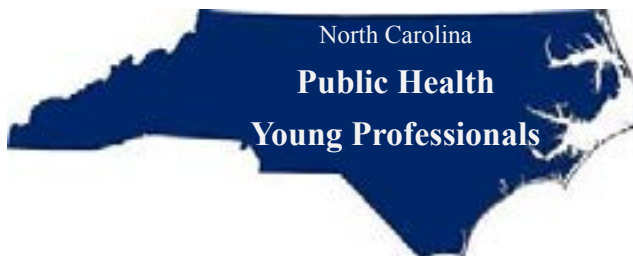
## Purpose

North Carolina Public Health Young Professionals would like to:

- Develop a network of N.C. public health professionals and students from ages 21 to 39.
- To facilitate social interactions between the interested participants.
- Create an opportunity for public health professionals and students of various disciplines to share experiences, opportunities, and collaborate on future events.
- Provide a comfortable and safe place for young professionals and students to engage in open dialogue and ask questions among their peers.
- Create an opportunity for young NCPHA members to feel welcomed to the organization.

## Vision: What do we envision this YP network to look like?

- Opportunity for young professionals (and students) to gain knowledge about what it is like to work in different fields of Public Health
- Networking opportunity to meet other young Public Health Professionals and Students
- Opportunity to learn about current events and partner with other organizations for future events.
- Opportunity for conference attendees to branch out and socialize with members outside of their agency, school, and discipline.
- Opportunity to make new NCPHA members feel welcome.
- Provide a comfortable place for students and young professionals to engage in an open dialogue and ask questions among their peers.
- Provide a good bridging opportunity between students and professionals.



- Are you 21 to 39 years old and looking for networking opportunities with your peers?
- Are you looking for a career in public health?
- Would you like to help develop a N.C. Public Health Young Professional network?

***Kick-Off Breakfast!***  
***Thursday, September 18, 2015***  
***7:30am***  
***Winston-Salem Marriott***

If you answered yes to any of these questions, join us at our **FREE** kick-off event held during the NCPHA Fall Educational Conference!

Contact Leah Mayo Acheson at [mariel.mayo@arhs-nc.org](mailto:mariel.mayo@arhs-nc.org) for more information!



North Carolina  
Public Health Association



# Cumberland County Department of Public Health



Cumberland County Department of Public Health celebrated National Public Health Week during the entire month of April 2015. Highlights from our efforts include:

- April 1** Staff enjoyed 30 minutes to walk inside or outside, in an effort to promote healthy behaviors and support National Walking Day.
- April 1 – 10** Public Health was on display for over one week at the county courthouse.
- April 8** Public Health hosted a Health Information Fair from 9 AM – 3 PM on the first floor lobby, which allowed citizens the opportunity to visit with each division's table and learn more about the services offered as well as learn more about public health.
- April 10** Public Health's internal "Spirit Team," hosted a Fun and Fit day for staff from 11:30 AM – 2 PM, which included the following activities: Hula Hoop, Tug of War, Line Dancing, and Musical Chairs. Staff enjoyed a complimentary salad bar and bottle of water for lunch.
- April 24** Public Health will plant pinwheels with children from the child health clinic and WIC program to raise awareness about child abuse.





# Become a Section Member!

Are you a member of a NCPHA section? Do you ever wonder what goes on between the Spring and Fall conferences or who plans these conferences? If you answered no to either of these questions, then you are not taking full advantage of what NCPHA has to offer. NCPHA has a variety of sections targeting different interests and disciplines. Section leaders and section members work diligently throughout the year to improve NCPHA and public health within North Carolina. Feedback from conferences and surveys are valued and used to strategically plan next steps for improvements to sections, NCPHA, and public health. By joining a section you could work on one of the many sub-groups to promote public health within North Carolina and your area of interest(s).

The benefits of joining an NCPHA section include:

- Serving as a leader and advocate for public health
- Contributing to NCPHA efforts between conferences
- Providing input on NCPHA conference topics and speakers
- Staying up to date with public health news within your interest area(s)
- Enhancing your experience with NCPHA
- Networking and collaborating with peers with similar interests

NCPHA currently offers 12 sections, and for a minimal fee you can join one. You also have the option to join multiple sections. [Please click here](#) to learn more about individual sections. Please contact section leaders to learn more about how you can get involved. For any general questions about joining a section or the benefits of joining a section, you may contact Leah Mayo Acheson, Membership & Outreach Committee, at [mariel.mayo@arhs-nc.org](mailto:mariel.mayo@arhs-nc.org) or Kim Dittman at [kdittman@ncapha.org](mailto:kdittman@ncapha.org).



NCPHA Executive Committee Officers  
from left to right:

Tracy Hamilton - Secretary/Treasurer  
Joshua Swift - Vice President  
Suzanne Lea - President-Elect  
Lisa Harrison - President  
Joanne Rinker - Past President

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