

# TRIPLE H NEWS: HOKE HEALTHY HIGHLIGHTS

AUGUST 2013

VOLUME 1, ISSUE 5



## SPECIAL POINTS OF INTEREST:

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## Upcoming Events

- **Board of Health Meeting**  
August 12 at 7pm at HCHD
- Hoke County Board of Commissioners Meeting—August 19th at 7pm.
- **Board of Social Services Meeting** August 26 at 4pm at the Pratt Building 227 N Main St. For more information call (910)875-8725
- **Mobile Dentist** will be at the Hoke County Health department on Thursday August 8th, 2013 from 8 am—2pm. Call to schedule an appointment for a dental screening for your children

## BREASTFEEDING PEER COUNSELOR

The theme for World Breastfeeding Week (August 1-7, 2013) is “Close to Mothers” to encourage new mothers to seek support networks and for those around them to provide support where they can. Whether a friend or family, you can encourage the new moms you know so they can be successful. While the WIC office supports moms in whatever feeding style they choose for their children by providing information and vouchers for healthy food, they also offer breastfeeding peer counselor program for moms that choose to breastfeed.

A peer counselor serves as a support person and a knowledgeable contact for any questions new moms may have as they breastfeed. Lack of support is often a reason for moms to stop breastfeeding sooner than they would like. Peer counselors, and all the WIC employees, are available to equip new moms with the confidence and supplies they may need to follow through with their feeding plans for their children. If you are pregnant or nursing, or know someone that is that and would like to be connected to a breastfeeding peer counselor, please

call the WIC office at the Hoke County Health Department for more information.



Will you take The Pledge to support a breastfeeding mom?

## HEADS UP HOKE COUNTY RESIDENTS!



School is starting! Stay up-to-date on your child’s **vaccines for school**. Whether they are starting school, or just going back, we offer all the shots your child needs to go to school and stay healthy.

The **farmer’s market** is a great way to squeeze more freshness into your food budget. It continues to meet twice a week and looks forward to providing residents with healthy food options and choices.



**Farmer Markets Locations:**

**Downtown Raeford (near the library and courthouse)**

**Saturdays 9:00AM to 1:00PM**

**Rockfish Community Center on Lindsay Rd.**

**Tuesdays 2:00PM to 6:00 PM**



### It's Official

The health department will be awarded a plaque at the upcoming Hoke County Board of Commissioners meeting on August 19th, 2013. The plaque will signify official accreditation for the health department.



### Communicable Disease Stats

July 2013



Latent TB Infection: 1  
TB Suspect/Cases: 3

#### Positive Cases

Chlamydia: 13  
Gonorrhea: 6  
Syphilis: 0  
NGU: 0  
HIV: 0  
Salmonella: 0  
Campylobacter: 0

#### Tests

HIV Tests: 97

**For more information  
Please contact us...**

Contact Info.  
683 E. Palmer RD  
Raeford, NC 28376  
Phone: 910-875-3717  
Fax: 910-875-6531

**Our Mission...**

“The mission of the Hoke County Health Department is to provide public health services that promote, protect, and preserve the wellness of Hoke County citizens and the surrounding communities.”

### HCHD STAFF ANNIVERSARIES

M. Bennerman 1 year  
N. Medina 3 years  
M. Williams 7 years

*Thanks to all their hard work to provide you with the best programs and services possible.*



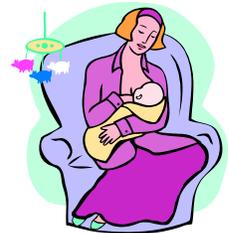
## AUGUST IS NATIONAL BREASTFEEDING MONTH!

*It has been said that “It takes a village to raise a child.” The theme for World Breastfeeding Week is “Close to Mothers” to promote support systems for breastfeeding mothers. Everyone can help support those moms that are breastfeeding even if you do not have children. Breast milk continuously provides the optimal nutrition as the infant grows and greatly reduces the frequency of illnesses and infections and the risk of Sudden Infant Death Syndrome (SIDS). After childhood, the health benefits from breastfeeding have lifelong effects. It’s said that breastfeeding may be the most effective thing mothers can do to protect their children’s health as well as their own.*

*The Surgeon General encourages communities,*

*family members and friends to support mothers that choose to breastfeed to improve the rate and length of time mothers choose to breastfeed. However, this is a personal decision and does not reflect on a woman’s quality as a mother if she chooses not to breastfeed.*

*During the month of August and national breastfeeding week, August 1st-7th, the health department will display a breastfeeding board. Stop by to learn about this healthy behavior for mothers and their babies.*



*Ask for resources at the Hoke County Health Department about health benefits or laws, and policies that support breastfeeding moms or find more information at:*

[www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org) or  
[www.usbreastfeeding.org](http://www.usbreastfeeding.org).

**Get to know your county!**  
[www.hokecounty.net](http://www.hokecounty.net)

