

Hoke County Health Department

For more information
Please contact us...

Contact Info.

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



**TRIPLE-H NEWS:
HOKE HEALTHY HIGHLIGHTS**



UPCOMING EVENTS

Healthy Dessert Workshop
November 23rd,
From 10AM-1PM.

Join the Public Health
Advisory Council & make a
difference your community,
Contact Ulva @
(910) 875-3717 ex: 2106.

Flu Shots are available by
appointments only from
8AM-4PM.

Hoke County Asthma
Coalition will meet at the
health department on
12/18/2013 @ 12PM.

Teen-Time : Health Clinic for
teens; December 2nd & 16th
From 4:30PM-7PM.

Save The Date
2014 Survivorship Summit
Thursday, April 24 & 25, For
more information Contact
Cindy Morton @
910-875-3717 ex: 2115.

Community Health Opinion
Survey Is now Available. To
participate, Contact Cornelia
@ (910) 875-3717 ex: 2104.

*Happy Thanksgivings from
all of us at the Hoke County
Health Department!

**Healthy Eating During the Holidays:
Tips from a Duke Nutritionist**

Being health conscious doesn't mean that you can't enjoy the holiday season and have a little bit of all the foods you love.

The key is balance, says Duke nutritionist Heidi Scarsella, RD, CSO, LDN. "If you plan ahead, there are many strategies that can help you strike a balance between following a healthy diet and being part of the fun and celebrations."

Strategies for Healthy Eating

According to Scarsella, following these simple guidelines should help you ward off the extra holiday pounds.

Balance Your Meals

Don't fill up your plate with only the rich, high calorie food. Instead, have a little of everything, but be sure to include lots of fruit and vegetables. That way, you'll still be able to enjoy your favorite holiday foods as well as receive an array of important, healthful nutrients.

Be Cautious of Sugary Foods

Remember that rich, sugary foods have a way of making you crave even more rich and sugary foods. If you do have a craving for something sweet, try to satisfy it with a piece of fruit or a bit of dark chocolate, or take half a serving of that piece of pie that you just can't resist.

Stock Up on Healthy Snacks

Planning ahead is the best way to choose healthy foods. When you go shopping, be sure to pick up some healthy snacking items. Keep plenty of fruits and vegetables on hand, such as carrots, celery, and apples; these can make a quick and easy snack in times when you feel tempted.

Be Assertive

Don't feel you must say yes to everyone that offers you something to eat or drink. If you are not hungry, then just say so. Don't let yourself be pressured into eating something that you really don't want.

Eat Before You Go to Parties

Never go to a party or event feeling hungry. If you arrive



to a party feeling really hungry because you have been "saving up" your calories all day, you risk being so hungry by the time you get there that you lose control over how much you eat. Instead, eat well throughout the day, eating small, healthy snacks like a handful of nuts or apple slices and peanut butter. And be sure to drink plenty of water.

By Emily Mitchell



Walk Against Breast Cancer

In recognition of Breast Cancer Awareness Month in October, the Hoke County Health Department held the first annual Walk Against Breast Cancer event. The goal of the event was to create awareness of the disease and celebrate women who survived.

By Helene Edwards



Head out, Keep Exercising - Walk!

Is the HCHD Employee walking club. The purpose of the club is to increase physical activity through walking before or after work or during lunch. Experts at the Centers for Disease Control and Prevention (CDC) and National Institutes of Health (NIH) recommend that every American adult engage in 30 minutes or more of moderate-intensity physical activity most days of the week. One way to meet this standard is to walk 2 miles briskly (at a pace of about 4 miles per hour). If this is too fast, choose a more comfortable pace. The important thing is to get out and walk.

Baby Think It Over

This month the BTIO program is at Hoke Co. High School. Roughly-50 students are taking part in experiencing what it is like to be a parent using baby simulators. These babies have been programmed using care routines from 15 real infants. The objective of this program is to encourage adolescents to make responsible behavior choices.

By Cornelia Murchison

Communicable Disease Stats

October 2013

Latent TB Infection: 3

TB Suspect/Cases: 0/2

Positive Cases

Chlamydia: 18

Gonorrhea: 6

Syphilis: 3

NGU: 4

HIV: 0

Hepatitis B: 0

Salmonella: 3

Campylobacter: 1

Tests

HIV Tests : 137



Benefits of walking

- Burns calories
- Strengthens back muscles
- Slims your waist
- Easy on your joints
- Strengthens your bones
- Lowers blood pressure
- Allows time with family and friends
- Shapes and tones your legs and butt
- Reduces cholesterol
- Decreases risk of heart disease, diabetes, & more
- Reduces stress
- Helps you sleep better
- Improves mood and outlook on life
- Can be done almost anywhere requires no equipment
- AND it's Free!

By Carol Dolan

Diabetes Health Fair

This year's Diabetes Health Fair was hosted at the Hoke County Health Department.

Approximately 30 partakers took advantage of educational sessions and resources made available to them. Don't miss our next fair, mark your 2014 calendar for November 1st.

By Cornelia Murchison

HCHD Staff Anniversaries

Wanda Bratcher -6 yrs.!

Annette Brewer -4 yrs.!

Congratulations!

Mary Bennerman-for earning her CDE (Certified Diabetic Educator)

Melissa Baxley-for earning her Enhanced Role Nurse Certificate.

Helene Edwards-Nominated as a NC Public Health All Star

Hoke County Health Department-Nominated as the 2013 WIA Business Of the Year



Diabetic Friendly Blueberry Crumb Cake

Ingredients

4 tablespoons margarine
1 egg
5-1/2 teaspoons "Equal for Recipes" or 18 packets Equal sweetener
1 cup all-purpose flour
1-1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon ground cinnamon
1/2 cup reduced-fat buttermilk
1/2 teaspoon vanilla
Blueberry Crumb Topping (recipe follows)

Blueberry Crumb Topping

Ingredients

1/3 cup all-purpose flour
3-1/2 teaspoons Equal for Recipes or 12 packets Equal sweetener
1 teaspoon ground cinnamon
1/2 teaspoon maple extract
4 tablespoons cold margarine, cut into pieces

Nutritional Information (Per Serving)

Calories:196; Protein:6 g; Sodium: 358 mg; Cholesterol:24 mg;

Fat: 11g; Carbohydrates: 18g; Exchanges:

1 Bread/Starch, 2-1/2 Fat

Directions

Beat margarine, egg, and Equal for Recipes in medium bowl until smooth. Mix in combine flour, baking powder, baking soda, salt, and cinnamon alternately with combined buttermilk and vanilla, beginning and ending with dry ingredients.

Pour batter into greased and floured 8-inch square cake pan; sprinkle Blueberry Crumb Topping evenly over batter.

Bake at 350 degrees F. until toothpick inserted in cakes comes out clean, 35 to 40 minutes. Serve warm.

Blueberry Crumb Topping

Directions:

Combine flour, Equal for Recipes, and cinnamon in small bowl; sprinkle with maple extract. Cut in margarine until mixture resembles coarse crumbs. Add blueberries and toss.

*Submitted by
Cornelia Murchison*