

Hoke County Health Department

*For more information
Please contact us...
Contact Info.
683 E. Palmer Rd.
Raeford, NC 28376
Phone: 910-875-3717*

UPCOMING EVENTS

Board Of Health Meetings: held on the 2nd Monday of every month @ the Health Department 7PM.

Public Health Advisory Council : meets every 3rd Tuesday @ 1:00PM. at the health department . Contact Ulva @ (910) 875-3717 Ext: 2106.

Flu Shots: are available by appointments only from M-F; 8:00AM-4:00PM.

Hoke County Asthma Coalition: Will meet on the 3rd Wednesday in August @ 12:00PM. at the health department. Contact Cornelia @ (910) 875-3717 Ext: 2104.

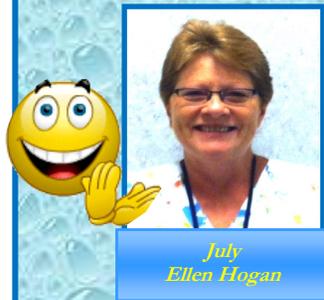
Teen-Time :Health Clinic for teens; available the 1st & 3rd Mondays of the month from 4:30PM-7:00PM.

Child Birth Education Classes: Four week series starts on the first Thursday of every month from 6-8PM contact Cornelia @ (910) 875-3717 Ext: 2104.

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

CPR Classes: are available Contact Ulva for more information @ (910) 875-3717 Ext:2106.

Employee of the Month!



If you would like to nominate an employee who provides excellent customer service and care, please ask for a nomination form in the Billing Office or call 875-3717 for a form to be mailed to you.



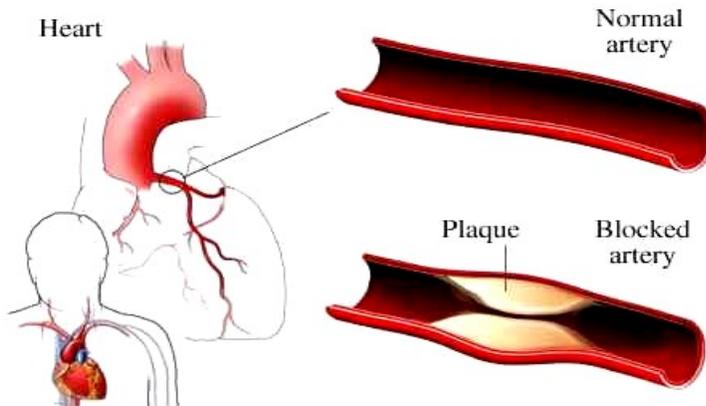
**TRIPLE-H NEWS:
HOKE HEALTHY HIGHLIGHTS**

**Coronary Artery Disease;
Leading Cause of Death in Hoke County**

Coronary artery disease affects more than 13 million Americans each year. It is also known as coronary heart disease or, commonly, just heart disease, and it is the number one killer across the nation. For the year 2012, according to the North Carolina State Centers for Health Statistics, 24.2% (69 out of 285) of all deaths in Hoke County were related to heart disease, making heart disease the leading cause of death in our county. This is somewhat higher than the statewide rate, as North Carolina as a whole had a rate of 21.1% of all deaths related to heart disease. Heart disease is a medical condition due to the buildup of a sticky plaque substance within the heart arteries which slows down the circulation of blood flow to the heart. When the blood flow is constrained it starves the heart of the oxygen it needs to pump properly. Coronary artery plaque can develop from a young age but as a person gets older, the plaque creates inflammation, increasing pressure on the blood vessel walls and causing blood clots and heart attacks.

Symptoms of coronary artery disease that can occur include heaviness and pressure or a painful feeling in the chest. Sometimes this can be mistaken for indigestion or heartburn. Other symptoms may seem gradual or increase over time such as heart palpitations, shortness of breath, nausea, sweating, and weakness or dizziness. Treatment for coronary heart disease includes making lifestyle changes, taking medications or undergoing surgical procedures. Heart disease may be genetic, in other words, it runs in the family. It is helpful to know your family history and take appropriate measures. If you know you have a family history of heart disease, making simple lifestyle changes now can reduce your chances of having a heart attack.

These lifestyle changes include eating a healthy diet of fruits and vegetables, eating more low-fat and whole grain foods, and choosing but limiting lean red meat and eating more fish. Equally, increase movement or choose an exercise to maintain a healthy weight, cholesterol, and blood sugars. It is recommended that adults get at least 150 minutes of moderate exercise a week and children 60 minutes or more per day. For more information about coronary artery disease visit <http://www.hokecounty.net> or contact the Hoke County Health Promotion and Wellness office at (910) 875-3717 Ext: 2104.
By Cornelia Murchison



Monthly Weight-loss Tip

Use the buddy system:

Research shows that accountability keeps people on track. If you work with a partner, you're less likely to blow off an exercise session. Going to the gym with a friend is a great way to share your challenges and setbacks.

Can't find a workout buddy?

Camaraderie can come from social media, too. Try texting a workout partner or friend for mutual support.

By Julia Merz (www.fitbie.com)

Need new school lunch ideas?

The secret to untradeable school lunches is to give kids lunches that are creative enough to get their attention, but not so unusual as to put them off. Try these five simple lunch box rules:

Change the bread

Sandwiches are great because they're portable, easy to prepare and easy to eat.



To switch things up a bit, try changing the bread. Instead of using white or wheat bread, use zucchini bread to make zucchini bread cream cheese sandwiches.

Or use tortillas to make turkey wraps with apricot jam and bacon. Try peanut butter and jelly on banana bread, toast frozen waffles, and make Nutella waffle sandwiches or use rice cakes to make cream cheese and jelly sandwiches.

Add a new twist to old favorites

Instead of plain old peanut butter sandwiches, try sandwiches made with gourmet nut butters like chocolate walnut butter or cinnamon raisin peanut butter (compare prices).

Give last night's dinner new life

Leftover macaroni and cheese, spaghetti and meatballs or fried chicken taste great the next day. You'll probably want to pack the mac and cheese and spaghetti and meatballs in a thermos, but fried chicken tasted just as good cold as it does hot. You can even make a spaghetti and meatball sandwich with your leftovers.

Food safety reminder

Remember to use ice or freezer packs to keep cold foods like leftovers chicken 45 degrees or below for food safety.

By Stephanie Gallagher (www.fitbie.com)

Exercise on a Dime

Who said you needed to join a gym to exercise...



save money and get your fit on a dime.

1. Split costs with a workout buddy. Trade exercise videos and equipment, or share the cost of a personal trainer.
2. Buy used. Classified ads, garage sales, online auctions, and stores specializing in used exercise equipment have good deals.
3. Make your own weights. Fill empty water, milk or detergent bottles with water or sand, then secure the top with duct tape to create an inexpensive set of adjustable weights.
4. Use the library. Try out different types of exercise videos and books for free. If you find one you really like you can buy it.
5. Use your own body as resistance. Do crunches, push-ups, squats, step-ups, etc.
6. Always talk with your doctor before starting an exercise program.

Resource: Mayo Clinic Health Information (www.mayoclinic.com)

HD Outreach News



Keeping Healthy With Clean Hands!

On July 28th, children at the ABC Learning Center in Raeford, learned about keeping healthy through clean hands. Students had an opportunity to discover dirt and germs on their hands while viewing their hands under a black-light.

By Cornelia Murchison



HCHD Employee Anniversaries!

Erik Johnson -1yr.

Margaret Williams- 8yrs.

Norma Medina- 4yrs.

Ellen Hogan- 8yrs.

HCHD New Employee!



Meet our new Nurse Provider
Ms. Jessica Harris
Welcome to the Hoke County Health Department!

AUGUST

- ◆ Cataract Awareness Month
- ◆ Medic Alert Awareness Month
- ◆ National Immunization Awareness Month
- ◆ National Breastfeeding Month
- ◆ Children's Eye Health and Safety Month

Communicable Disease Stats

July 2014

Latent TB Infection: 0

TB Suspect/Cases: 0/0

Flu Death: 0

Positive Cases

Chlamydia: 18

Gonorrhea: 9

Syphilis: 0

NGU: 1

Hepatitis B: 0

Salmonella: 4

E.Coli: 1

Legionella: 1

Campylobacter: 0

HIV: 0

Tests

HIV Tests : 93

