

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 Monday of the month from 4:30PM-7:00PM.

Child Birth Education Classes: Starts the first Thursday of the 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.

Get Real Program: Is an abstinence based educational program for teens. Starts May 19th from 5-7PM. Pre-registration is required.

Baby Think It Over Program: Is an abstinence based educational program/w parental simulation for teens. Starts July 7th from 5-7PM. Pre-registration is required.

National HIV/AIDS Testing Day:



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

May is Asthma Awareness Month

What Is Asthma?

Asthma (AZ-ma) is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.

Asthma affects people of all ages, but it most often starts during childhood. In the United States, more than 25 million people are known to have asthma. About 7 million of these people are children.

Overview

To understand asthma, it helps to know how the *airways* work. The airways are tubes that carry air into and out of your lungs. People who have asthma have inflamed airways. This makes them swollen and very sensitive. They tend to react strongly to certain inhaled substances.

When the airways react, the muscles around them tighten. This narrows the airways, causing less air to flow into the lungs. The swelling also can worsen, making the airways even narrower. Cells in the airways might make more mucus than usual. Mucus is a sticky, thick liquid that can further narrow the airways. This chain reaction can result in asthma symptoms. Symptoms can happen each time the airways are inflamed. Sometimes asthma symptoms are mild and go away on their own or after minimal

treatment with asthma medicine. Other times, symptoms continue to get worse. When symptoms get more intense and/or more symptoms occur, you're having an asthma attack. Asthma attacks also are called flareups or exacerbations (eg-zas-er-BA-shuns).

Treating symptoms when you first notice them is important. This will help prevent the symptoms from worsening and causing a severe asthma attack. Severe asthma attacks may require emergency care, and they can be fatal.

Outlook

Asthma has no cure. Even when you feel fine, you still have the disease and it can flare up at any time. However, with today's knowledge and treatments, most people who have asthma are able to manage the disease. They have few, if any, symptoms. They can live normal, active lives and sleep through the night without interruption from asthma. If you have asthma, you can take an active role in managing the disease. For successful, thorough, and ongoing treatment, build strong partnerships with your doctor and other health care providers.

U.S. Department of Health & Human Services: <http://www.nhlbi.nih.gov/health/health-topics/topics/asthma/>

Asthma

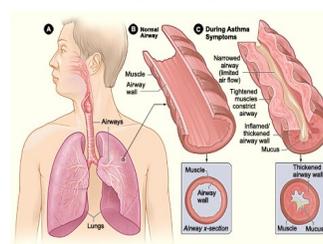


Figure A shows the location of the lungs and airways in the body.

Figure B shows a cross-section of a normal airway. Figure C shows a cross-section of an airway during asthma symptoms.

National HIV Testing Day

(NHTD) is an annual campaign to



encourage people of all ages to "Take the Test, Take Control." Too many people don't know they have HIV. In

the United States, nearly 1.1 million people are living with HIV, and almost one in five don't know they are infected. Getting tested is the first step to finding out if you have HIV. If you have HIV, getting medical care and taking medicines regularly helps you live a longer, healthier life and also lowers the chances of passing HIV on to others. http://hivtest.cdc.gov/press_files/Default.aspx

Employee of the Month!



*April
Roland Little*

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.

HCHD Employee Anniversaries

Shawanna James ~14yrs
Theresa Lloyd~1yr
Chanel Turner~1yr

MAY 2014

Nurses Week (National) May 6-12

Asthma and Allergy Awareness Month
National Physical Fitness and Sports Month
National High Blood Pressure Education Month
Older Americans Month
National Melanoma/Skin Cancer Awareness Month
National Mental Health Month
Healthy Vision Month/UV Safety
National Teen Pregnancy Prevention Month
Hepatitis Awareness Month
National Arthritis Month
National Osteoporosis Month
National Stroke Awareness Month

Communicable Disease Stats

April 2014

Latent TB Infection: 2
TB Suspect/Cases: 0/0

Positive Cases

Chlamydia: 11
Gonorrhea: 3
Syphilis: 2
NGU: 3
HIV: 1

Hepatitis B: -
Salmonella: -
Campylobacter: -

Tests

HIV Tests : 101



Worldwide Walking Challenge



Winner~Neukisha Motsinger
From Hoke Co. DSS
Walked 66,467 Miles in 7 days.
"It was fun. I am still walking"

Sandhoke Annual Girls Day



Cornelia Murchison & Kim Conyers

This annual event provides girls with a positive self-image and the tools that will contribute to positive adolescent development.

Happy Kitchen Class



Was a success!
Participants learned about nutrition, portion sizes and how to do it all on a shoestring budget...

Migrant Educational Program



Keyna Goodwin

Keyna Goodwin from the Hoke Co. Health Department WIC Office presented information about Pink-Eye during the bimonthly Migrant Education Program's Parents Advisory Counsel Meeting.



Hoke County WIC Department is Switching to Crossroads! June 9th-July 9th

Crossroads will allow your local WIC Program to better serve you. However, for a week or so before the change to Crossroads, your WIC clinic may be closed or working with a limited staff. You will still get your WIC benefits. Look for posters in your WIC clinic or ask the WIC staff to find out when they will start using Crossroads. You might ask why WIC is making the change. There are many benefits for you:

- Easier scheduling
- Quicker food instrument pick-up
- Fewer questions at check-in
- Quicker in-state transfers
- Food packages meet family needs



As we make the change, we are asking for your help.

- **Please be understanding...**WIC staff will be busier for a few months.
- **Please be flexible...**WIC staff will need more time for your first appointment after Crossroads starts.
- **Please be patient...**WIC staff are learning the new computer system and want to give you the best service possible.