

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: meets every 3rd Wednesday @ 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.

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

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.

Public Health Month: April is Public Health Month. Please Visit our Web Page for Events @ www.hokecounty.net. Click on Health Department.

Worldwide Walking Challenge: April 28-May 4th. Walk 70,000 steps in 7 days. **See you at the finish line!** To sign up for the challenge, contact Cornelia @ (910) 875-3717 Ext: 2104.

"A Tea For Mom" Sponsored by the Hoke Co. Health Department , will be hosted in the health department's class room on April 29th @ 2PM. **Free!** All mothers are invited Please **RSVP** Cornelia Murchison @ (910) 875-3717 Ext: 2104, by April 24th.



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

The Impact of Child Abuse and Neglect

New scientific research confirms what we have long suspected – that child abuse has a long-term impact on a child’s life. This new research also shows us that the effects of child abuse impact the entire community, harming both quality of life and economic prosperity.



Toxic Stress
Children who experience abuse develop toxic levels of stress. Some stress – called positive stress – is good and helps a child grow. For example, moving to a new school is stressful but teaches a child how to make new friends and adapt to new situations. Consistent, high levels of stress become toxic to a child and actually damage the developing architecture of a child’s brain. Exposure to toxic stress changes the way a child’s brain is built. The area that controls the fight-or-flight survival mechanism overdevelops, while areas that control emotion, cognitive thinking and an understanding of risk and consequence are stunted. The changes to a child’s brain caused by exposure to toxic stress can lead to significant behavioral changes: The overdeveloped fight-or-flight center seeks calm and pleasure through things like food, drugs and sex. The cognitive center is less prepared for academic success. *In addition, [t]he part [of the brain] that controls risk or*

consequence is not prepared to make appropriate decisions.

The ACE Study
In 2005, the Centers for Disease Control and Prevention and insurer Kaiser Permanente released the most comprehensive research to date on the impact of child abuse and neglect. This study, called the Adverse Childhood Experiences Study or ACE Study, surveyed 17,000 adults about their childhood experiences and compared them with their health histories. The research found that children who suffered severe adversity in childhood – violence, abject poverty, substance abuse in the home, child abuse and neglect – were far more likely to suffer long-term intellectual, behavioral, and physical and mental health problems. Problems now concretely linked to child abuse and neglect include behavioral and achievement problems in school; heart, lung and liver disease; obesity and diabetes; depression, anxiety disorders, and increased suicide attempts; increased criminal behaviors, illicit drug use and alcohol abuse; increased risky sexual behavior and unintended pregnancies; and other problems.

The Community Impact
The ACE Study shows that the long-term impact of child abuse and neglect is not simply an impact on the individual victim. Child abuse affects a community’s quality of life and economic prosperity. Problems

linked to child abuse and neglect tax healthcare, education and criminal justice systems Child *(Visit the official ACE Study website to learn more..)*

www.preventchildabusenc.org/index.cfm?fuseaction=cms.page&id=1071

Cost of Child Abuse and Neglect

CDC Cost Study

A report released by the Centers for Disease Control (CDC) in February 2012 estimates the total lifetime costs associated with just one year of confirmed cases of child maltreatment (physical abuse, sexual abuse, psychological abuse and neglect) is approximately \$124 billion. The estimated average lifetime cost per victim of nonfatal child maltreatment includes childhood healthcare costs, adult medical costs, loss of productivity, child welfare costs, criminal justice costs and special education costs. The estimated average lifetime cost per victim of fatal child maltreatment includes medical costs and loss of productivity costs. This study uses an incidence-based approach to collecting data. This approach estimates the lifetime costs for all victims of child abuse and neglect for the current year. This is a fundamentally different approach from the study commissioned by Prevent Child Abuse America (PCAA), where they estimate the costs for all current and previous victims for a single year. Because of this difference, the total costs estimated in the two reports are not comparable; however, each is useful when used in the correct context.

<http://www.preventchildabusenc.org/index.cfm?fuseaction=cms.home>

UPCOMING EVENTS Cont...

Teen Mothers Support Group: is held on the 3rd Monday of every month, starting in April from 5:30-6:30 PM. Contact Cornelia Murchison @ (910) 875-3717 Ext: 2104.

Teen RAPI: held the 1st Monday of every month from 5:30-6:30 PM in the health department class room. Are you in the need to know about your health, or have something to say? Lets talk! Contact Cornelia @ (910) 875-3717 Ext: 2104.

HCHD Employee Anniversaries

Melissa Baxley-7yrs.

Kathy McLean-5yrs.

Yolanda McNair-1yr.

Employee of the Month!



March
Dawn Wilkie

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.

April

- National Public Health Week 7-13
- National Alcohol Awareness Month
- Stress Awareness Month
- National Cancer Control Month
- National Child Abuse Prevention Month
- Counseling Awareness Month
- Sexual Assault Awareness Month
- National Donate Life Month
- National Occupational Therapy Month
- National STDs/Family Planning Awareness Month
- National Minority Health & Health Disparities Month

Communicable Disease Stats

March 2014

Latent TB Infection: 1
TB Suspect/Cases: 0/0

Positive Cases

Chlamydia: 14
Gonorrhea: 3
Syphilis: 2
NGU: 2
HIV: 0
Hepatitis B: -
Salmonella: -
Campylobacter: -

Tests

HIV Tests: 96



Public Health: Start Here April 7 - 13, 2014

Public health starts at home. From family nutrition and maternal health to safety precautions and disaster preparedness, the first step the community takes toward public health are in the comfort of their own home. Empower your community to take action at home through better meal planning, conducting safety upgrades and preparing for emergencies.

Did you know?

- Breastfeeding is recommended for at least the first year of a child's life, and exclusively for the first 6 months. Longer lifetime durations of breastfeeding are associated with decreased risks of maternal breast cancer, ovarian cancer, Type 2 diabetes and cardiovascular disease. In addition, longer durations of breastfeeding are associated with decreased risk of many common childhood infections and sudden infant death syndrome, as well as chronic conditions in offspring such as obesity, Type 1 diabetes, and Leukemia.
- Prenatal care can help keep mothers and their babies healthy. Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care.
- Globally, an estimated 43 million preschool children were overweight or obese in 2010, a 60 percent increase since 1990. And children's early-life experiences, such as lack of breast feeding, too-little sleep and too-much television can increase the risk of obesity later in life. That's why early child care providers have such a crucial role to play in turning around the obesity epidemic.

Nearly one-third of all students in the United States do not graduate from high school on time. It's a destructive cycle: Students who don't graduate face lifelong health risks and high medical costs, and they are more likely to engage in risky health behaviors. They are less likely to be employed and insured, and they earn less — all of which continues the cycle of poverty and disparities.

<http://www.nphw.org/tools-and-tips/themes/be-healthy-from-the-start>

North Carolina Safe Routes to School Program



Rebekah West, MSPH
Pgm. Coordinator

Safe Routes to School is a national and international movement to enable and encourage children, including those with disabilities, to walk and bicycle to school. This program are comprehensive efforts that look at ways to make walking and bicycling to school a safer and more appealing transportation

alternative, thus encouraging a healthy and active lifestyle from an early age. The NCDOT Safe Routes to School Program is a federally funded program that was initiated by the passing of the Safe, Accountable, Flexible, Efficient Transportation Equity Act: A Legacy for Users (SAFETEA-LU) in 2005, which establishes a national SRTS program to distribute funding and institutional support to implement SRTS programs in states and communities across the country. SRTS programs facilitate the planning, development, and implementation of projects and activities that will improve safety and reduce traffic, fuel consumption, and air pollution in the vicinity of schools. SRTS programs consider infrastructure enhancements to provide a safe physical environment for bicycling and walking. These programs also emphasize non-infrastructure approaches to educate and encourage communities on how to safely take advantage of walking and bicycling opportunities in their neighborhoods. For more information Contact Rebekah West, MSPH, Program Coordinator @ 910-985-7388.



www.ncdot.gov/download/programs/srts/SRTS.pdf

Environmental Health is Online!

Sanitation Ratings are now available online. You can find the link on the homepage of www.hokecounty.net or choose the Health Department, then Environmental Health and click on the Sanitation card symbol. You can search any establishment that is inspected in Hoke County. This can be a very useful tool. Not only can you see all the restaurant inspections but parents of infants & school age children looking for quality daycare can browse the child care center inspections; children of the elderly can check on nursing homes, rest homes and nutrition sites. There are currently about 200 facilities in Hoke County that require regular inspections and the Environmental Health staff conducts over 400 inspections each year. **Hop on over** to the new website and see for yourself. For more information contact Dawn Wilkie @ (910) 875-8407.

