

## 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:** 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!



June  
Renee Ellis

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

# Obesity Carries Pregnancy Risks!



Women who are obese when they become pregnant may not

need to gain weight during pregnancy, as long as they and their doctors focus on healthy eating, a new study shows. "The take-home message is that you can eat well during your pregnancy without overeating, and **pregnancy should not be a license to overeat,** and pregnancy should not be a contributing factor to the epidemic of obesity in this country," researcher Yvonne S. Thornton, MD, MPH, tells WebMD.

Thornton's findings, published in the June edition of the *Journal of the National Medical Association*, go further than the Institute of Medicine (IOM) did in its new guidelines for pregnancy weight. The IOM recommends that obese women gain 11-20 pounds during pregnancy.

Thornton's team argues that obese women may have healthy pregnancies maintaining their weight, provided they have professional nutritional guidance -- and accountability about what they eat. Pregnancy "is not a time to eat twice as much, but twice as well," Thornton says.

### Pregnancy Weight Study

Thornton's study included 232 New York state women who were obese when they got pregnant.

The women's BMI (body mass index) ranged from 30 to 69, averaging in the upper 30s.

All of the women got information about nutrition during pregnancy. Half of the women also got a personalized healthy eating program and kept food diaries, which were reviewed at each prenatal checkup. For comparison, the other half of the group didn't get eating plans and didn't keep food diaries.

Thornton says she deliberately didn't use the word "diet" because she considers it "an emotionally charged word" and because the study wasn't about losing weight during pregnancy. "We're not saying that pregnant women should lose weight. We're not advocating that," Thornton says. "We're saying,

"Forget about the pounds, already ... Let's talk about eating well and whatever happens, happens."

Thornton likens the food diary reviews to monitoring drivers' speed. "If it says 55 miles an hour, you know most of us don't go 55 miles an hour. But if there's a police officer there, we're going 55 miles an hour. And that's the same thing with my study." For instance, Thornton says a patient told her that she was craving chocolate cake but decided to get fruit instead because she knew she would have to write it down.

**Obesity and Pregnancy: Study's Results**

Overall, women who gained less than 15 pounds during the pregnancy were more likely to be in the group that kept the food diaries than in the comparison group, and they were less likely to develop gestational diabetes, preeclampsia, undergo cesarean section, or have labor induced.

### Obesity and Pregnancy: Study's Results

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By Miranda Hitti, WebMD Health News (June 2, 2009)

### What is Your Body Mass Index?

		weight in pounds																							
		120	130	140	150	160	170	180	190	200	210	220	230	240	250										
Height in feet and inches	4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60										
	4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56										
	4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52										
	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49										
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46										
	5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43										
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40										
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38										
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36										
	6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34										
	6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32										
	6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30										
	6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29										
	6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28										

The chart to the left shows examples of body mass indexes. The figure at which your height corresponds with your body mass index. To find yours, consult the chart.

note: this chart is for adults (aged 20 years and older).

## HCHD Employee Anniversaries

Regina Hailstock - 8yrs

Alisha Tramble - 1yr



Congratulations to  
**Melissa Baxley**  
for being awarded the TB/RD  
Institute Scholarship!

## JULY

Eye Injury Prevention Month

UV Safety Month

Fireworks Safety Month

International Group B Strep Awareness Month

Park and Recreation Month

Cord Blood Awareness Month

Juvenile Arthritis Awareness Month

Nurses in Staff Development Week (16-19)

Healthcare Hospitality Week (20-26)

Hepatitis Day (World) July 28th



## Communicable Disease Stats

### June 2014

Latent TB Infection: 0

TB Suspect/Cases: 0/0

Flu Death: 0

### Positive Cases

Chlamydia: 19

Gonorrhea: 6

Syphilis: 0

NGU: 1

HIV: 0

Hepatitis B: -

Salmonella: -

Campylobacter: -

### Tests

HIV Tests : 80



## Keep Your Cool in Hot Weather



Getting too hot can make you sick. You can become ill from the heat if your body can't

compensate for it and properly cool you off. Heat exposure can even kill you: it caused 7,233 heat-related deaths in the United States from 1999 to 2009.

Main things affecting your body's ability to cool itself during extremely hot weather:

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.
- **People at greatest risk for heat-related illness** can take the following protective actions to prevent illness or death:
  - People who are at highest risk are **the elderly, the very young, and people with chronic diseases or mental illness.**
  - **Even young and healthy people can get sick from the heat** if they participate in strenuous physical activities during hot weather.
  - **Air-conditioning is the number one protective factor** against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

**Take these steps** to prevent heat-related illnesses, injuries, and deaths during hot weather:

- Stay in an air-conditioned indoor location as much as possible.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Do not leave children or pets in cars. Check the local news for health and safety updates.

## Summer Baby Think IT Over Program Snapshots July 8th



## Pregnancy & Obesity Program Planning



The week of July 7-11 was a very busy week for planning programs and enhancing existing services. Hoke County Health Department strives to improve its service area to meet the changing needs of the community it serves.

**Stay tune to see what's coming soon!**

## Provider Appreciation Luncheon



Health Department enjoys good food and music at its Provider Appreciation Luncheon on June 27th.

## Practice Makes Perfect!



Hoke County Health Department practices its annual Pod procedures on June 18th in an effort to prepare for possible health and communicable disease outbreaks.