

**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.

**"Its All About You" Wellness Program:** Sponsored by the Hoke Co. Health Department and Hoke Co. Cooperative Extension Office starts April 3rd from 5-6 PM in the health department's class room. A \$20.00 registration fee is applicable. Contact Ulva (910) 875-3717 Ext: 2106.

**Public Health Month:** April is Public Health Month. Please Visit our Web Page for Events @ [www.hokecounty.net](http://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.



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

**National Nutrition Month Shines a Spotlight On Labels**



Did you know that March is National Nutrition Month?

As such, we will all be hearing plenty about nutrition during this month sponsored by the *Academy of Nutrition and Dietetics*, which isn't a bad thing. One of the biggest ways for consumers to learn about nutrition is the Nutritional Facts Label.

Now while the *label might be getting an upgrade soon*, in the meantime, except to see plenty of health articles dedicated to informing consumers on how to read the current label that is already in place. Before we talk more about how brands can utilize labels to their advantage, let's keep in mind the purpose of the Nutritional Facts Label, according to the *FDA*: "The Nutrition Facts Label shows the calories per serving. Keep in mind that 100 calories in a serving of food is moderate, and 400 calories is high. The label also lists the number of servings per container. It's quite common for a package of food to contain more than one serving – so that means that if you eat two servings (or more) of that food, you are getting two (or more) times the number of calories and nutrients that are listed on the label.

The Nutrition Facts Label is also your tool to track nutrients. The Percent Daily Value (shown as %DV) gives you a

framework for deciding if a food is high or low in a particular nutrient. This is helpful for nutrients you are trying to get more of (such as calcium and Vitamins A and C), as well as for the ones you are trying to get less of (like sodium, total fat and cholesterol). The %DV recommendations are based on a 2,000-calorie daily diet, and each listed nutrient is based on 100% of the recommended amounts for that nutrient. There is an easy rule of thumb to follow when comparing nutrients: 5% DV or less of a particular nutrient means the food is low in that nutrient, and 20% DV or more means it's high!" So the Nutritional Facts Label is already in usage. However, custom label provider Lightning Labels, believes that brands can find a marketing opportunity during National Nutrition Month. Brands can take advantage of this occasion to draw attention to nutritional elements on labels and demonstrate support for the public awareness initiative, the company stated. "Focusing on nutrition is an important way to gain consumer trust," said Anne Marie Campbell, business development manager at Lightning Labels. "Highlighting this year's theme, *'Enjoy the Taste of Eating Right,'*

can help companies increase the visibility of food and nutraceutical items that will encourage consumers to pursue healthy lifestyles. Eating right is the first step Americans can take toward a long and happy life, and effective labeling strategies can play a vital role in this campaign."

But Lightning Labels believes that labeling nutrition information isn't just for foods. Supplement, nutraceutical and vitamin makers can all get on board with labeling nutrition information, the company said. These products can support a healthy diet by supplying additional minerals and vitamins that improve wellness. Vitamin and nutraceutical makers can also take advantage of National Nutrition Month by providing information about how supplements can help to support healthy food and drink choices. A balanced diet is all about incorporating many different food groups. Nutraceuticals, vitamins and supplements can help fill in the missing components, ensuring better overall health.

"Use this month as an opportunity to inform consumers that eating healthfully doesn't have to be a chore, especially with all of the delicious options available on the market today," the company stated. Can't deny the importance of labels, especially when it comes to managing one's health.

By Jack Fitzgerald | March 11, 2014

<http://www.packagingbuzz.com/labeling-design/2014/>

Get to know your county! [www.hokecounty.net](http://www.hokecounty.net)

## UPCOMING EVENTS Cont...

**"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.

**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.



Ms. Bonnie Johnson, and the rest of the staff and volunteers at the H.E.L.P. Store (Hoke Emergency Liaison Program) would like to thank everyone at the Health Department that donated during the holiday food drive. The food was very much appreciated.



### MARCH

National Nutrition Month  
 National Professional Social Work Month  
 Workplace Eye Health and Safety Month  
 National Colorectal Cancer Awareness Month  
 Save Your Vision Month  
 National Developmental Disabilities Awareness Month  
 National Eye Donor Month  
 National Kidney Month  
 American Red Cross Month  
 National Poison Prevention Month  
 Hemophilia Month

### Communicable Disease Stats

#### February 2014

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

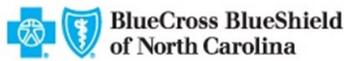
#### Positive Cases

Chlamydia: 9  
 Gonorrhea: 1  
 Syphilis: 0  
 NGU: 1  
 HIV: 0

Hepatitis B: -  
 Salmonella: -  
 Campylobacter: -

#### Tests

HIV Tests : 88



## Blue Cross Blue Shield Accepted Here!

The Hoke County Health Department is now a provider who accepts Blue Cross Blue Shield Insurance. As an In-Network provider, you only have to pay your co-pay! Call today for an appointment!

## Nexplanon® Now Available



The Hoke County Health Department offers the Nexplanon® to females interested in using different birth control method. The Nexplanon® is a hormone- releasing birth control implant for use by women to prevent pregnancy for up to 3 years. The implant is a flexible plastic rod that contains a progestin hormone called etonogestrel. The providers of the Hoke County Health Department can insert the implant just under the skin of the inner side of your upper arm. Call (910) 875-3717 for more information!

## WIC Is Here For You!



### Mary Bennerman & Renee Ellis

WIC is a special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. Hoke Co. WIC Office also offers Medical Nutrition Therapy (MNT) to people who desire a healthy lifestyle or due to a medical condition. For more information call (910)875-2298.

## CPR & First Aid



## MedAssist Prescription Help is Here!

This program is a prescription assistance programs offered to any resident of North Carolina who has an income at or below 200% of the Federal Poverty Level and has **no prescription insurance coverage**. For more information contact **Kathy McLean @ (910) 875-3717 Ext: 2294**.

## Employee of the Month!



January  
Shawanna James



February  
Kathy McLean

*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.*

## Postpartum Newborn Home Visits



Alisha Tramble, RN, BSN

The postpartum newborn home visit is a service for new moms and their babies. A Health Department nurse will provide this visit to eligible families.

The visit is covered by some Medicaid insurance plans. Ask your doctor to make a referral or write an order for a visit.

In the first few days after you and your baby leave the hospital, many changes take place. During the postpartum newborn home visit the nurse will come to your home to make sure you and your baby are doing well.

Someone will contact you or a relative to schedule a time for the nurse to visit you in your home. The nurse will usually spend 1-2 hours with you and your baby.

### What Will the Nurse Do?

- Ask questions about your health and your baby's health
- Weigh your baby
- Do a physical exam of your baby
- Check your blood pressure
- Do a partial physical exam on you, if needed
- Help you get health care providers' appointments for you and your baby
- Help you with breastfeeding, if needed
- Give you a method of birth control, such as condoms, if needed
- Talk with you about other community resources you may find helpful such as
- WIC, BabyNet, and reading programs
- Answer your questions