



# Triple-H News



## HOKE HEALTH HIGHLIGHTS

Hoke County Health Department

September 2014

Volume 2, Issue 18

### Meeting Announcements

**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.

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

**Diabetes Support Group:** meets on the 2nd Tuesday of each month. Contact Ulva @ (910) 875-3717 Ext: 2106.

### Special Points of Interest:

- ◆ **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 1st Thursday of every month from 6-8PM contact Cornelia @ (910) 875-3717 Ext: 2104.
- ◆ **CPR & First -Aid Classes:** Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- ◆ **Diabetes Health Symposium:** Saturday, November 1st from 9AM-1PM @ the Hoke County Health Department. Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- ◆ **2nd Annual Breast Cancer Walk:** Friday, October 3rd. Contact Cindy for more information @ (910) 875-3717 Ext:2115.

## "Be Disaster Aware, Take Action to Prepare"

September 2014 marks the 11th annual National Preparedness Month, sponsored by the Federal Emergency Management Agency in the U.S. Department of Homeland Security. One of the goals of this effort is to educate the public about how to prepare for emergencies, including natural disasters, mass casualties, biological and chemical threats, radiation emergencies, and terrorist attacks. National Preparedness Month was established to draw attention to the need for everyone to prepare for emergencies and disasters. If you have lived in North Carolina very long, you know that emergencies happen unexpectedly and all too frequently. In recent years we have experienced, hurricanes, flooding, ice storms, tornadoes, drought and even rockslides.



Given the extended nature that some of these threats pose, our state's residents need to be prepared to take care of themselves for at least several days. Taking steps to make sure your family can make it without assistance for several weeks is even better. The most important thing you can do to help your local responders is being able to take care of yourself and those in your care. The more prepared people are, the quicker the community will recover. If you have not yet taken steps to prepare for disasters and emergencies, it's easy to get started go to [ReadyNC.org](http://ReadyNC.org) or [Ready.gov](http://Ready.gov) on the Internet to learn what to do before, during, and after an emergency. Work together with neighbors, colleagues, and others to build community resilience. Build a Kit. Keep enough emergency supplies – water, nonperishable food, first aid, prescriptions, flashlights, and battery-powered radio on hand – for you and those in your care.

## The Anonymous People Forum

On September 4th a town hall meeting took place about a FEATURE DOCUMENTARY FILM depicting the more than 23 million Americans live



ing in long-term recovery from addiction to alcohol and other drugs. The film described how deeply entrenched social stigma have kept recovery voices *SILENT* and faces *HIDDEN* for decades. The vacuum has been filled with sensa-

tional mass media depictions of people with addiction that perpetuate a lurid fascination with the dysfunctional side of what is a preventable and treatable health condition. To view a film clip log onto <http://manyfaces1voice.org/>

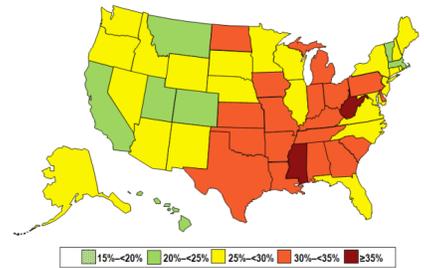
## CDC'S 2013 State Obesity Map Detailing the Prevalence of Adults with Obesity

September 4, 2014

Today, the CDC Division of Nutrition, Physical Activity, and Obesity released its 2013 state-specific data on adult obesity prevalence using self-reported information from the Behavioral Risk Factor Surveillance System (BRFSS). This new data shows that the proportion of adults with obesity in the United States in 2013 remained high with estimates across states ranging from 21.3% in Colorado to 35.1% in both Mississippi and West Virginia. Obesity continues to be a common, serious, and costly public health problem. Other findings from the 2013 BRFSS include the following:

- In 7 states (California, Colorado, Hawaii, Massachusetts, Montana, Utah, and Vermont) and the District of Columbia, obesity ranged from 20–25%.
- Obesity prevalence in 20 states (Alabama, Arkansas, Delaware, Georgia, Indiana, Iowa, Kansas, Kentucky, Louisiana, Michigan, Mississippi, Missouri, North Dakota, Ohio, Oklahoma, Pennsylvania, South Carolina, Tennessee, Texas, and West Virginia) was 30% or greater. The South had the highest prevalence of obesity (30.2%), followed by the Midwest (30.1%), the Northeast (26.5%), and the West (24.9%).
- Combining data from 2011 through 2013, non-Hispanic blacks had the highest prevalence of self-reported obesity (37.6%), followed by Hispanics (30.6%), and non-Hispanic whites (26.6%).

The 2013 State Adult Obesity Map reflects these changes in the BRFSS and is available at: <http://www.cdc.gov/obesity/data/prevalence-maps.html>.



“Obesity continues to be a common, serious, and costly public health problem.”

Visit Us at the Turkey Festival Saturday, September 20th!

### NC Turkey/Poultry Festival

On Saturday, September 20th from 9AM-3PM visit the Hoke County Health Department booth at this years NC turkey/Poultry Festival. This is the time to ask about our health services and programs available to you. Its also a great time to pick-up health information and if you

haven't already, participate in the Community Health Opinion Survey and enter into a prize drawing for a gift basket.



### Unilever Safety, Health & Quality Fair Celebration

On September 2nd the Hoke County Health Department and other community business and agencies participated in Unilever's annual health and safety fair. This annual program gives Unilever's personnel the opportunity to visit with representatives from different suppliers, community, and business resources that are available to them.



### 2nd Annual Walk Against Breast Cancer Event

Hoke County Health Department will host the 2nd Annual Walk against Breast Cancer event on Friday, October 3, 2014, at 12:15 pm. Registration fee is \$5 which includes and a Subway lunch and an Every Ribbon Makes a Difference Mini Tote. Only 25 tickets available! If you are interested in purchasing a ticket please contact Cindy Morton RN as soon as possible. All monies must be in by Wednesday, October 1, 2014. In addition, after the walk there will be a drawing for a few prizes.

### August Employee of The Month



Sarah Nicola, RN