



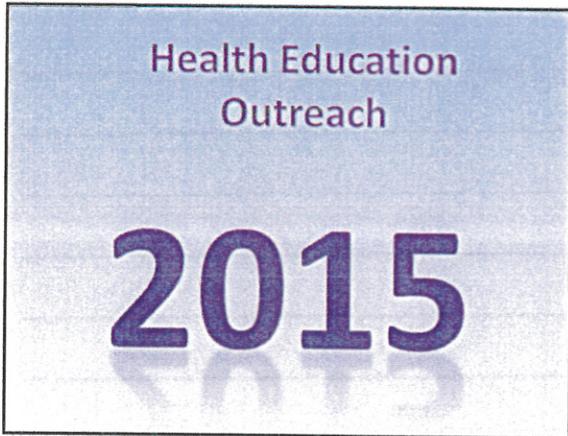
REQUEST FOR BOARD ACTION

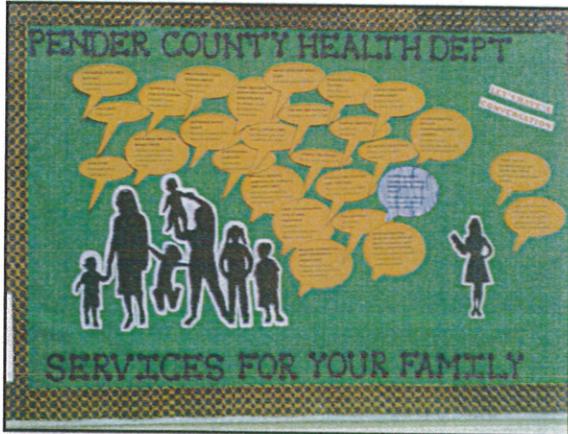
ITEM NO. 12

DATE OF MEETING: February 1, 2016

REQUESTED BY: Carolyn Moser, Health and Human Services Director

SHORT TITLE: Discussion on Community Health Outreach 2015







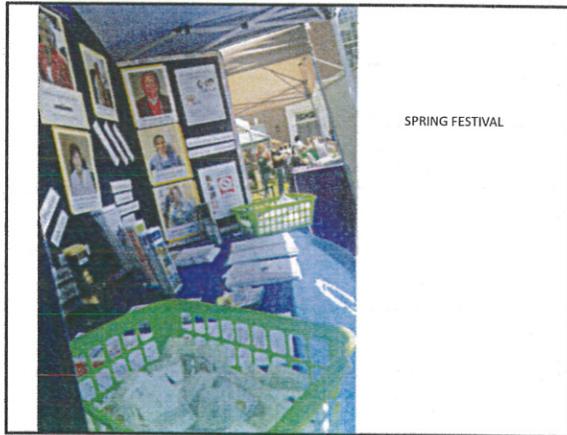


Lobby education tables













Penderlea Ruritan Fair / Festival





- NEWSLETTERS
 - SMART START PUTS OUT QUARTERLY
 - UNION CHAPEL MISSIONARY BAPTIST CHURCH
- PRESS RELEASES
 - PENDER POST-VOICE, STAR NEWS, TOPSAIL NEWS ONLINE, AND TOPSAIL ADVERTISER



SCHOOL & SPORTS
PHYSICALS



Pender County Health Department
Call: **910-259-1230** to make an appointment.

Advertise, advertise, advertise.....

**Meningococcal
& Tdap
vaccines**

Education, flyers, announcements to the public about the new state requirements





Parris was trained by IT Department to keep the Pender County Health Department website updated on services and happenings.
health.pendercountync.gov

24 churches in Pender County ~ reached approximately 3,000 church bulletins



Goody baskets hand delivered to 4 business for employees for Heart Health Education and Services promotion.
 Tractor Supply , Rasyon, International Hardwoods , and Lanier's Store in Maple Hill

Scotts Hill A.M.E Church

Women's Day Conference and a Men's Day Conference

15-20 people attended each

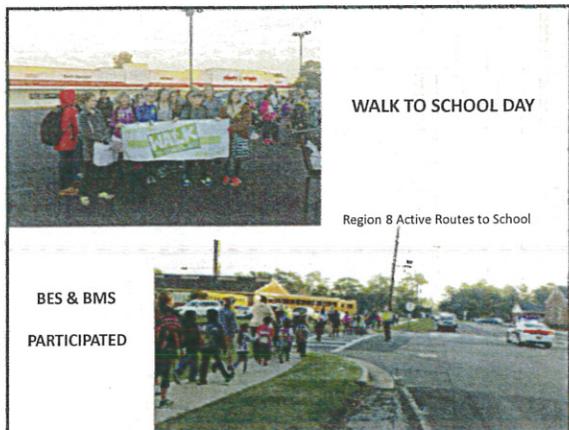



Hypertension education









WALK TO SCHOOL DAY

Region 8 Active Routes to School

BES & BMS
PARTICIPATED

Get Your Health Up to Par!



SUN SAFEtee

Pender County Health Department is promoting healthier behaviors for golfers and greens keepers.

"Sunscreen & lip balm are available to pick up in the pro shop"

Do you get a yearly physical?
Do you smoke? Call 1-800-QUITNOW today!
Do you wear sunscreen to prevent skin cancer?



2015

Pender County Health Department
 800 South Walker Street 55000 176 Hwy 17
 Burgin, NC 28425 Hatterasville, NC 28543
 (919) 255-1230 (919) 278-5000
www.penderhealthdept.com

Men's Health & Smoking Cessation included as well



Fast Facts About Sun Exposure for Golfers

The Sun is a serious source of premature aging and skin cancer.

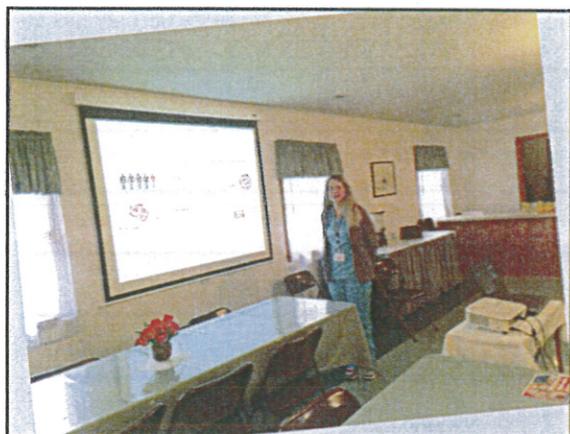
The higher the SPF (sun protection factor) is on sunscreen, the better. Dermatologists suggest a SPF of 30 or higher.

You need to reapply sun screen after swimming and sweating.

- Apply a golf ball sized amount of sunscreen to the entire face every four hours.
- Protectively wear a hat (brim 3 inches (8cm) or longer).
- Completely cover all exposed areas of your face, neck, and body, ears, neck, hands, forearms, back of hands, and back of your arms and legs.
- Cover your lips with sun protection lip balm or sunscreen.
- Check expiration date of your sunscreen. Synthetic preservatives.
- Look for water resistant products, wear a hat or a cover garment with a UPF rating of 50 or more.
- Protect your eyes with UV protective sunglasses.



Pender County Health Department
 800 South Walker Street
 Burgin, NC 28425
 (919) 255-1230



What is a CDE®?

A Certified Diabetes Educator® (CDE®)

- is a health professional who possesses comprehensive knowledge of and experience in prediabetes, diabetes prevention and management.
- educates and supports people affected by diabetes to understand and manage the condition.
- promotes self-management to achieve individualized behavioral and treatment goals that optimize health outcomes.



LIZ BECAME CERTIFIED!!!

A graphic with a purple background. At the top, it asks "What is a CDE®?". Below that, it defines a Certified Diabetes Educator (CDE) and lists three bullet points describing their role. At the bottom left, there are colorful balloons and the text "LIZ BECAME CERTIFIED!!!". At the bottom right, there is a photograph of a smiling woman with blonde hair sitting at a desk.

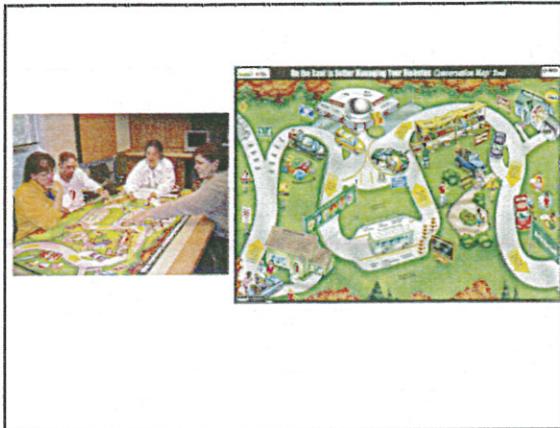
Diabetes Self-Management Program
under the.....

North Carolina
DiabetesSmart

Diabetes Education
Recognition Program

62 patients referred

A graphic with a white background. At the top, it says "Diabetes Self-Management Program under the.....". Below that, it says "North Carolina" and "DiabetesSmart" in a large, bold, blue font. A horizontal line separates this from "Diabetes Education Recognition Program". At the bottom, it says "62 patients referred".



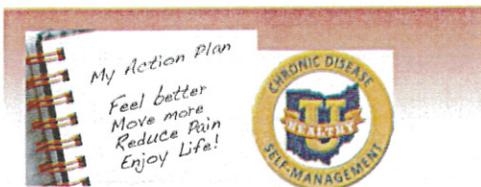
Liz participates with New Hanover County YMCA steering committee to help bring the DPP program eventually to Pender County.

Liz received a ODHSP scholarship fund for this training, and also gained knowledge from it that helped her with the CDE examination.

DIABETES PREVENTION PROGRAM



PARRIS AND LIZ WERE TRAINED TO CONDUCT FREE CHRONIC DISEASE SELF-MANAGEMENT CLASSES



Through attending 6 weekly classes of 2.5 hours, participants will learn to make a difference in their life through:

- Action plans
- Healthy eating
- Problem solving
- medication management
- communication skills for maintaining healthier lifestyles



3 LOCATIONS

33 participants

- Canetuck
- Surf City
- PAS

Nothing beats a chronic health condition like self-management

Whatever health issue you're facing, it's time to take charge and enjoy a better quality of life.

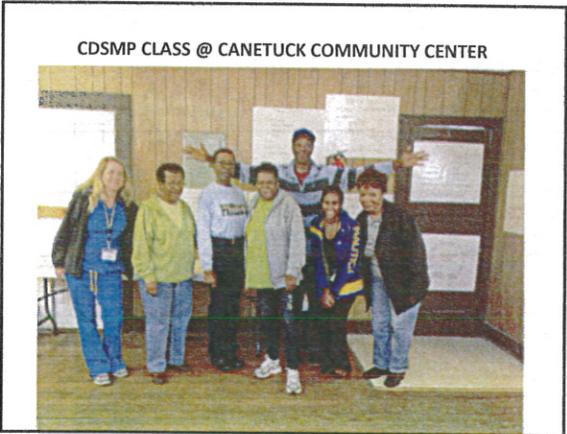
Living Healthy is a fun 8 week long, interactive workshop sponsored by the Pender County Health Department in cooperation with Canetuck Community Center to help you:

- Manage your blood sugar
- Lower cholesterol and blood pressure
- Increase fitness and self-confidence

Discover you can control your health & your life! Register for a FREE Living Healthy workshop for the heart of Canetuck Community Center 4000 Canetuck Road, Surf City, NC 28581

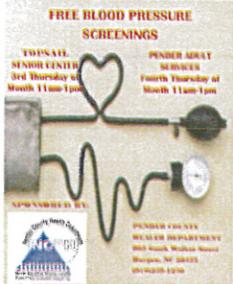
The Thursday September 24th September 29, October 19th October 27th October 27th and November 2nd 2015 from 10 am - 12:30 pm
Call Yvonne at 252-547-2176 or e-Register at Pender County Health Dept. 252-525-1170 for more information and to sign up.

Topsail Senior Ctr. planned for end of this month



Monthly blood pressure screenings at
Pender Adult Services and Topsail Senior Center

301 pressure readings provided in 2015 compared to 217 in 2014



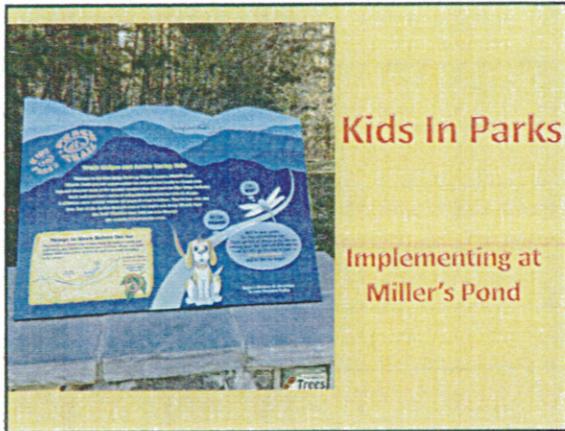
FREE BLOOD PRESSURE SCREENINGS

TOPSAIL SENIOR CENTER
3rd Thursday of Month 11am-1pm

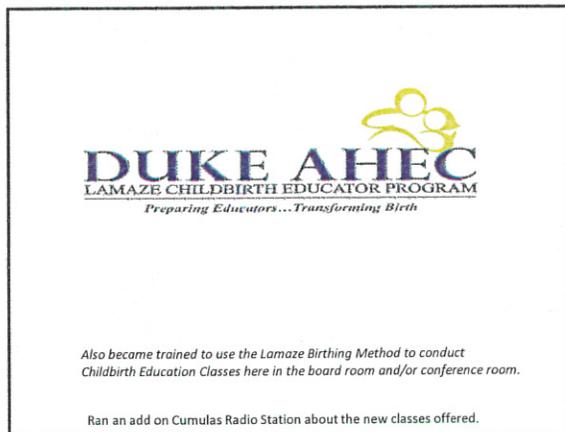
PENDER ADULT SERVICES
Fourth Thursday of Month 11am-1pm

SPONSORED BY:

PENDER COUNTY HEALTH DEPARTMENT
300 South Walker Street
Morgan, NC 28550
252-525-1170













Amanda became a Lactation Educator after a 69 credit hr training conducted at Forsyth Medical Center in Winston-Salem.

- Newborn Home Visits
- Postpartum Home Visits



109 homes visited ; 47 billable visits



Access to New Books for Children in Need



Given out by WIC, CHILD HEALTH, IMMUNIZATIONS, CC4C VISITS, NBHV



Wellness Newsletter

Quarterly to all
Pender County
Employees

Happy Easter



Sun safety tips on the inside

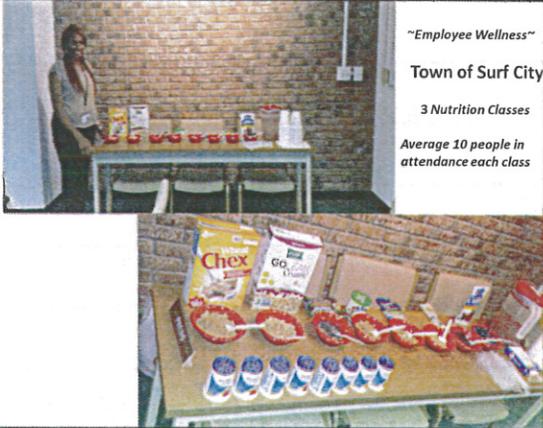
Approximately 500 hand delivered to Pender County Employees

~Employee Wellness~

Town of Surf City

3 Nutrition Classes

Average 10 people in attendance each class



~Employee Wellness~

Local law enforcement and Town of Burgaw employees



Hepatitis B & Flu Vaccines

EMPLOYEE WELLNESS



LAB WORK, EDUCATION AND FOLLOW UP PROVIDED FOR 23 LOWE'S OF SURF CITY EMPLOYEES FOR THEIR INSURANCE BENEFIT PROGRAM.

We all have a part in various committees and collaboratives:

- 2015-16 Healthy Communities Action Plans
- Region 8 Tobacco Coalition
- Region 8 Active Routes to School
- Safe Kids
- 2015-17 Community Health Action Plans
- Early Learning Collaborative
- Diabetes Education Networking
- Food System Assessment
- YMCA DPP



