



Healthy People  
Healthy Carolinas

# Health Check-Up

*A Monthly Progress Report with HPHC*

## EBI Updates:

### WWAD Walk With A Doc:

6 Walks Completed so far. September walk cancelled due to Hurricane Florence. Next walk October 13<sup>th</sup> at 9am. Featuring FNP Tiffany Purdie at Thomas Foreman Park. Topic: Breast Cancer



### Kids in Parks Track Trails (KIP):

Fountain and Grifton are the selected sites for new trails. Kickoff is postponed until further notice for Grifton due to flood damage.

### CMATS: Cooking Matters at the Store:

Look out for training and tour opportunities this fall! Contact Mary Gaskins, Jackie Sugg or Tiera Beale for more information

## What's that?

*Common acronyms used in public health without explanation*

### Federally Qualified Health Center (FQHC):

Federally funded nonprofit health centers or clinics that serve medically underserved areas and populations.

### Lifestyle Medicine:

Involves the use of evidence-based lifestyle therapeutic approaches... to prevent, treat, and, oftentimes, reverse the lifestyle-related, chronic disease that's all too prevalent. (Adapted from: <https://www.lifestylemedicine.org/What-is-Lifestyle-Medicine>)

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### As a side note: Go Chile!

To better inform consumers, the government mandated that any foods or beverages exceeding a certain level of sugar, sodium, saturated fat, or calories must carry a warning label identifying the excess. For more information: <https://www.bloomberg.org/blog/world-will-learn-chiles-bold-policy-curb-obesity/>



## Community Corner

10/15/18

WGHC meeting will take place at 5pm at IGCC. Information on bone and joint health will be presented.

10/14/18

Jazz in the Park. From 3pm to 8pm at Greenville Toyota Amphitheater in Uptown Greenville

11/07/18

17<sup>th</sup> Annual Winning with Diabetes Conference. Registration Fee is \$30 with some scholarships available at Edwin W. Monroe Conference Center. Call 252-847-8265 to register

PPH membership survey will close 10/31/18

*Note: Pitt Partners for Health is making improvements that include diversity, access, and programming efforts. Clarifying and updating our membership will help with these efforts. To achieve this we are asking new and continuing members to fill out the membership form. PPH bylaws state that anyone attending two consecutive meetings is considered a member. So yes, if you are a current member, please fill out the form. There is also an option to stay on or be removed from the mailing list. Link below:*

<https://goo.gl/forms/5LliqUq9mjnQE0vv2>