



Healthy People  
Healthy Carolinas

# Health Check-Up

A Monthly Progress Report with HPHC

## EBI Updates:

### WWAD Walk With A Doc:

4 walks completed so far. Next walk is August 11<sup>th</sup> at S. Greenville Gym with Dr. Nicole Stephenson at 9am. The September walk is September 15<sup>th</sup> with Dr. Steven Powell



Kids in Parks Track Trails Fountain and Grifton are the selected sites. Kickoff is tentatively planned for fall. Stay on the lookout for more information via Facebook and email

### CMATS: Cooking Matters at the Store

Application approved. The planning process is underway with tours to tentatively start this fall.

## What's that???

Common acronyms used in public health without explanation

### SDOH (Social Determinants of Health):

Include five key areas (determinants):

- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and Built Environment



<https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>

### 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>)



## Community Corner

8/20/18

WGHC meeting will take place at 5pm at the Moyewood Community Center. Information on asthma awareness and treatment will be presented by Theresa Blount, RN.

8/24/18

Churches Outreach Network will host an Evening of Jazz from 6:30pm to 9:00pm. Tickets are \$40 with code "VIP" for a \$5 off. Limited time only! Visit CON2017.org or email [dgharris26@hotmail.com](mailto:dgharris26@hotmail.com) for tickets

8/30/18

2<sup>nd</sup> Annual Pitt County International Overdose Awareness Day. 5pm – 8pm at H. Boyd Lee Park.

*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>