



Healthy People
Healthy Carolinas

Winter 2020

Pitt Partners for Health

Quarterly update

This year has been busy. We completed the CHNA, selected new priority areas, updated our structure, and elected new officers.

We (PPH) would like to thank all of our members, partners, and friends for their attendance, participation, and consistency in 2019. We look forward to working with you in 2020!!

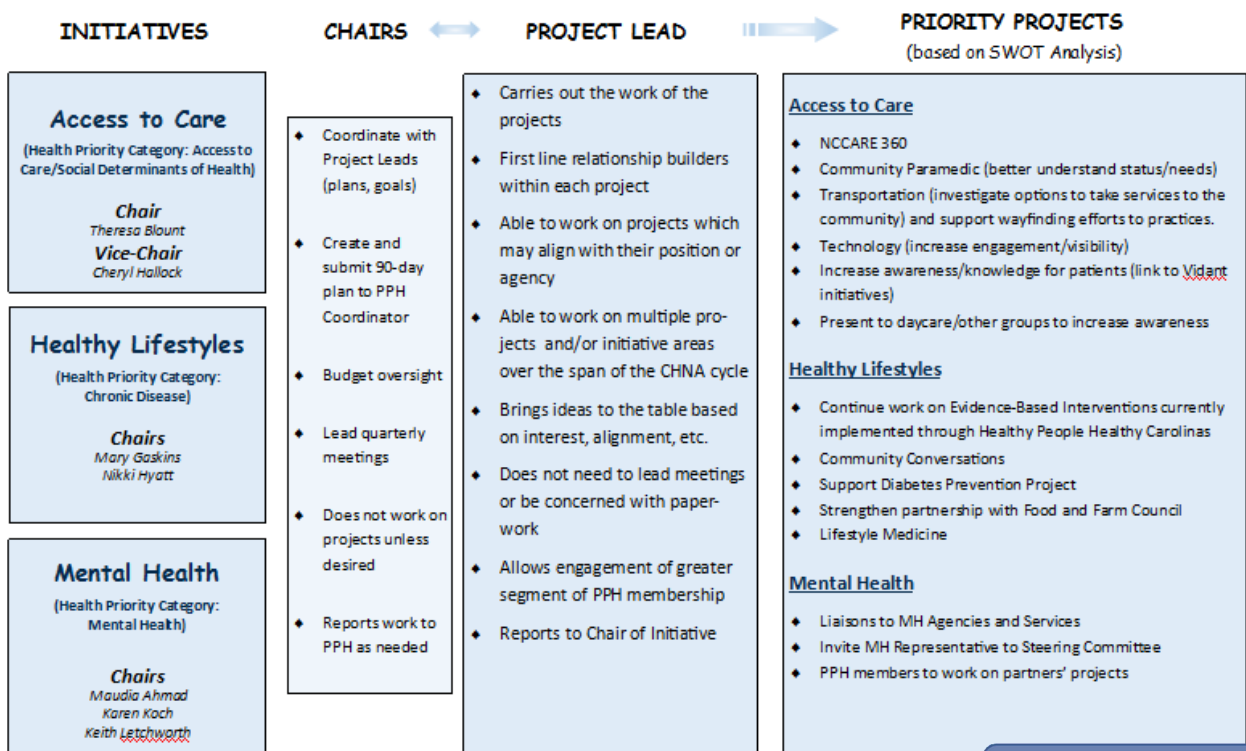


Mission Statement
To improve the population health of Pitt County through coalition building and partnership.

One last time...here's the structure

Structure for PPH

Initiatives based on the Community Health Needs Assessment (CHNA)



Tiera Beale, Prevention Coordinator
Tiera.beale@vidanthhealth.com
252-847-0408

Facebook.com/PittPartnersForHealth





Healthy People
Healthy Carolinas

EBI Information



EVIDENCE-BASED INTERVENTIONS

WalkWise NC: An 8-week walking program designed to promote 150 minutes of walking each week, fosters community support and policy creation.

Cooking Matters at the Store (CMATS): Guided grocery store tour that teaches low-income adults how to get the most nutrition for their food dollars.

KIP TRACK/TRACK Rx: Partnership between KIP and local pediatricians to help kids and families learn how spending time in nature improves their overall health.

Coordinated Approach to Child Health (CATCH): Combines nutrition education with physical activity to reduce the prevalence of childhood obesity.

Healthy Food Pantry: Combines food bank hunger relief efforts with food pantry healthy initiatives to provide nutrition information and healthy eating opportunities for low income families individuals and families.



WE ALSO SUPPORT...

Diabetes Prevention Program (DPP): a year-long, evidence-based intervention program developed by the Centers for Disease Control and Prevention (CDC) to reduce the risk of developing type 2 diabetes.

Arthritis Foundation Education Program (AFEP): is a low-impact recreational exercise program that incorporates a brief educational component.

Know It Control It: is a program designed to help people self-monitor their blood pressure and make healthy lifestyle changes to control high blood pressure. (Blood Pressure stations now installed at Haddocks UAFWB and Emmanuel Church in Winterville)

Have a project idea?

Please use this link: <https://forms.gle/DgtxVfyNDdfSqNwV6>



The section below lists the current initiative teams and related events. Please Contact the associated chairs for more information as needed.

ACCESS TO CARE

- The Access to Care team met on November 14th.
- Multidisciplinary group with energy and transformative ideas for change
- Currently brainstorming project ideas and how to move forward.
- The team will meet monthly until projects are established

CONTACT:

Theresa Blount- Chair
Email: tpblount@vidanthealth.com

Cheryl Hallock- Vice-Chair
cheryl.hallock@accesseast.org

Brandie Garner- secretary
bgarner@mideastcom.org

HEALTHY LIFESTYLES

Goal: to promote healthy lifestyles focused on the prevention and care of chronic diseases affecting Pitt County residents.

- Have broken up into teams to support 5 EBI's which include
 - Kids in Parks TRACK Trails (and Rx)
 - WalkWise NC
 - Healthy Food Pantry
 - Cooking Matters at the Store
 - CATCH
- Still in need of project leads
- In process of planning Cooking Matters Training. Contact Mary Gaskins if interested

CONTACT:

Chairs:
Nikki Hyatt
Nikki.hyatt@vidanthealth.com

Mary T. Gaskins
mgaskins@vidanthealth.com

BEHAVIORAL HEALTH

Mental Health Initiative Work Group: Meets 2nd Wednesday of the month, 3:00-4:30, Eastern AHEC

- Priority Area #1: Mental Health First Aid , Provide MHFA training to targeted groups, Identify funding to send a PPH representative to be trained as an instructor
- Priority Area #2: Identify other training needs in the community
- Ongoing Activity: Identify current mental health initiatives in the community
- Ongoing Focus: Ensure diverse perspectives on the Mental Health Initiative work group

CONTACT:

Chairs:
Keith Leitchworth
Keith.Letchworth@trilliumnc.org

Maudia Ahmad
Maudia.Ahmad@accesseast.org

Karen Koch
KOCHK@ecu.edu



Healthy People
Healthy Carolinas

Community Announcements & Events



Please send your updates to Tiera Beale via email at tiera.beale@vidanthhealth.com

- Spots are still available at the **FREE Splash Around with Asthma** event on 1/25/2020!
-Please share with your students and their families. For questions/application call the Asthma Team at 252-847-6834
- Needs Assessment: Help Pitt County become a trauma informed community. Take about 15 minutes to complete the assessment here: https://duke.qualtrics.com/jfe/form/SV_5t3o7PIpD3mjZpH
- Training: An Introduction to Trauma-Informed Practices – January 27 at Eastern AHEC from 9am to 4pm. Sponsored by BRACE (Building Resilience and Courage to Excel) of Pitt County. Training provided by Center for Child and Family Health of Duke University
- Night to Shine is an unforgettable prom night experience for people with special needs aged 14 and older. This event, sponsored by the Tim Tebow Foundation, will be hosted by Covenant Church on Friday, February 7th from 6-9pm. To donate, volunteer or attend, please visit www.covenant.cc/prom for sign up.

PPH would like to send a heartfelt “see you later” to our coordinator Stefanie Cabaniss. She will continue to work with us in another role but we will miss her leadership, direction, and smile at each meeting.

