



Hoke County
Health Department

Triple-H News

HOKE HEALTH HIGHLIGHTS



October 2014

Volume 2, Issue 19

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 January @ 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 Thursday, Oct. 9-30th 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



Sleep. Do you get enough?

Do you find yourself having difficulty focusing, feeling tired during the day or are easily frustrated or stressed? If so, you may not be getting enough sleep to meet your body's needs. The recommended amount of sleep for adults is 7 to 8 hours a day.

Unfortunately, 7 to 19 percent of adults in the United States reported not getting enough sleep each day (NHLBI, 2012). Sleep just like food and water is a basic human need. Chronic lack of sleep has been identified as a public health concern. The goal of local and federal agencies is to increase public knowledge and awareness of the importance of sleep, along with the negative impact that lack of sleep can have on a person's health and wellbeing.

A deficiency in sleep can affect people of all ages. Children may misbehave or possess signs of over activity and limited attention span due to a lack of sleep. Adults may find it difficult to focus and accomplish their normal daily functions. A lack of sleep may also interfere with work, school, driving, social interactions and rational decision making.

Older adults are at a higher safety risk for falls. What you may not know is that chronic sleep loss can contribute to health problems such as weight gain, high blood pressure, and a decrease in the immune system's ability to fight off infection. It can also lead to safety risks such as falls, motor vehicle accidents, and mistakes.

For many adults, there are not enough hours in a day to get the recommended amount of sleep. You can however, take steps to improve your sleep habits. The list below are a few tips that may help you make better lifestyle choices and improve your sleep:

- Try to stay on the same sleep schedule every day. Too much fluctuation can disrupt your body's normal sleep-wake pattern.
- For children, it is best to establish a set bedtime and

- routine.
- Avoid heavy or large meals before bedtime.
- Avoid nicotine and caffeine before



- bed. They are stimulants that will interfere with sleep.
- Engage in some form of physical activity every day such as walking, running or biking.
- Consider relaxation techniques before bed time such as a hot bath, reading a book, or listening to soothing, tranquil music.

Now, think about it again. How many hours of sleep do you get each night? Is it enough? Now that you have a better insight into the

importance of sleep, can you identify behaviors that you possess that are interfering with your sleep and that may be harmful to your body's health and wellbeing? If so, it may be beneficial for you to consider making better lifestyle choices or talking with your doctor about your sleep concerns, so that you can live a more healthy and productive life.

Developed by Lisa Stein UNCP RN-BSN Student
References

- Harvard Medical School. January 2006. Importance of sleep: six reasons not to scrimp on sleep. Harvard Health Publications.
- http://www.health.harvard.edu/press_releases/importance_of_sleep_and_health.
- Healthy People 2020. Sleep Health. <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=38>.
- National Heart, Lung, and Blood Institute. February 22, 2012. What are sleep deprivation and deficiency? <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd>.

Maintain, Don't Gain This Holiday Season!

This holiday season, the only thing that should be stuffed is the turkey! Many Americans gain between 1 and 5 pounds each holiday season. While it may not sound like much, most people never manage to lose these extra pounds.

Instead of allowing the weight to accumulate, you are invited to join the ninth annual *Eat Smart, Move More, Maintain, don't gain!* Holiday Challenge. This free seven-week challenge provides participants with

tips, tricks and ideas to help maintain their weight throughout the holiday season. The challenge will begin November 17 and will run through December 31.

How to join:

- Sign-up at www.esmmweighless.com.
- Click on the Holiday Challenge tab, then click 'Sign Up Today'.
- All participant information is kept confidential.
- Once you join you will have

access to:

- A calorie counter, a food log and an activity log to track your progress.
- Seven free weekly emailed newsletters with tips to help you:
 1. Manage holiday stress
 2. Fit physical activity into your day
 3. Cook quick and healthy meals
- Daily tips with quick and easy ways to include a new healthy strategy.

Cont... Maintain, Don't Gain This Holiday Season!



- Healthy holiday recipes – that are delicious too!

In 2013, more than 6,283 people from 48 different states and Canada took part of the challenge. 90% percent reported maintaining their weight. In addition, 23% percent reported losing 3 to 5+ pounds. Over 99% of participants said they were very likely to somewhat likely to participate in the Holiday Challenge again.

The *Eat Smart, Move More, Maintain, don't gain! Holiday*

Challenge is a part of *Eat Smart Move More Weigh Less*, an online 15-week weight management program using strategies proven to work for weight loss and weight maintenance.

Eat Smart, Move More, Weigh Less was developed by NC State University and the NC Division of Public Health. Find out more at www.esmmweighless.com.

For questions or comments, please contact Madison Fehling at Madison.Fehling@dhhs.nc.gov or 919-707-5398.

Halloween Food Safety Tips for Parents

Take these simple steps to help your children have a fun – and safe – Halloween

- Children shouldn't snack while they're out trick-or-treating. Urge your children to wait until they get home and you have had a chance to inspect the contents of their "goody bags."
- To help prevent children from snacking, give them a light meal or snack before they head out – don't send them out on an empty stomach.
- Tell children not to accept – and especially not to eat – anything that isn't commercially wrapped.
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies or small toys.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

And follow these tips for Halloween parties at home

- If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. Juice or cider that has not been treated will say

so on the label.

- No matter how tempting, don't taste raw cookie dough or cake batter.
- Before going "bobbing for apples," an all-time favorite Halloween game, reduce the number of bacteria that might be present on apples and other raw fruits and vegetables by thoroughly rinsing them under cool *running* water. As an added precaution, use a produce brush to remove surface dirt.
- "Scare" bacteria away by keeping all perishable foods chilled until serving time. These include, for example, finger sandwiches, cheese platters, fruit or tossed salads, cold pasta dishes with meat, poultry, or seafood, and cream pies or cakes with whipped-cream and cream-cheese frostings. Cold temperatures help keep most harmful bacteria from multiplying. And don't leave the food at room temperature for more than two-hours.

U.S. Food and Drug Administration:
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm187021.htm>



September Communicable Disease Stats; Reported Cases 2014

Latent TB Infection: 1
TB Suspect/Cases: 0/0
Positive Cases
Chlamydia: 17
Gonorrhea: 2
Syphilis: 1
NGU: 1
HIV: 1
Hepatitis B: - 0
Salmonella: - 1
Campylobacter: - 0
E.Coli: - 1
Legionella: - 3
Tests
HIV Tests : 71

Turkey Festival 2014



September Employee of The Month



Gladys Wilson,
Spanish Interpreter

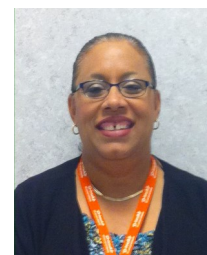
Breast Cancer Walk 2014



Cancer Survivors

Center: Isabella Maynor, Nancy Molchan,

Welcome! Our New Employee



Jamie Jones,
Nurse Practitioner