

TRIPLE-H NEWS



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HOKE HEALTH HIGHLIGHTS

February is Heart Health Awareness Month

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:** Five week series on Thursday's, 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 Support Group:** Every 2nd Tuesday of the month from 5:30-6:30 PM. Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Board Of Health Meetings:** held on the 2nd Monday of every month @ the Health Department 7PM.
- **Public Health Advisory Council:** meets every 3rd Tuesday @ 11:30 AM. at the health department. Contact Ulva @ (910) 875-3717 Ext: 2106.

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Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Hoke County Health Department is proudly participating in American Heart Month. Locally between 2010-2014, there has been a total of 321 deaths related to Heart Disease in Hoke County, which is considered the leading cause of death in our county.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.

- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

For more information, visit <http://www.cdc.gov/heartdisease/>



CDC Reports Adolescents' Use of E-Cigarettes Doubled

In just a year, the number of middle and high school students who have tried electronic cigarettes has more than doubled, from 3.3% in 2011 to 6.8% in 2012. The increased use of e-cigarettes is concerning since the long-term effects of these products remain unclear. Since 90% of smokers began smoking as teens, the increased use of e-cigarettes among teens is even more troubling as it may lead to the use of other tobacco products.

For more information, visit <http://www.cdc.gov/>

Will the United States Have a Flu Epidemic?

The United States experiences epidemics of seasonal flu each year. This time of year is called "flu season." In the United States, flu season occurs in the winter; flu outbreaks can happen as early as October and can last as late as May. CDC says the flu season begins when certain key flu

indicators (for example, levels of influenza-like illness (ILI), hospitalization and deaths) rise and remain elevated for a number of consecutive weeks. Usually ILI increases first, followed by an increase in hospitalizations, which is then followed by increases in flu-associated deaths.

Its still time to get that Flu shot...What are you waiting for.

<http://www.cdc.gov/flu/about/season/flu-season-2015-2016.htm>

We Have Free Radon Kits! Available!

State achieves 2020 teen pregnancy goal 6 years early...

North Carolina's teen pregnancy rate fell 8% in 2014, hitting a record low for a 7th consecutive year, according to new data provided by the North Carolina State Center for Health Statistics and released by SHIFT NC (Sexual Health Initiatives For Teens). Statewide, 10,328 girls ages 15-19 experienced a pregnancy in 2014.

The 2014 teen pregnancy rate was 32.3 per 1,000 15-19-year-old girls. In other words, the newly released data shows that only 3.2% of 15-19-year-old girls in North Carolina experienced a pregnancy in 2014.

Other highlights from the newly released data include:

- Reduced pregnancies among girls of all racial and ethnic backgrounds, helping to minimize

Pregnancies to white, black, and Hispanic teens dropped 7%, 11% and 9%, respectively.

- 75% of counties saw teen pregnancy decrease in 2014.
- North Carolina's teen pregnancy rate is 69% lower than when it peaked in 1990 at a rate of 105.4 per 1,000 girls ages 15-19.

Nationwide, researchers have attributed teen pregnancy declines to increased use of birth control, the availability of highly effective long-acting reversible contraceptives (LARCs) like IUDs and the Implant, and a slight increase in the average age when teens first engage in sexual intercourse. North Carolina communities have focused on facilitating these trends. However, there is still much work to do in Hoke County.

Hoke County: Ranked #27

Number of pregnancies among 15-19-year-old girls: **65**

Teen pregnancy rate per 1,000 15-19-

Teen pregnancy rates by race/ethnicity:

African American: **46.7**

Hispanic: *****

White: *****

Teen pregnancy rates by age

15-17-year-olds: **23.6**

18-19-year-olds: **76.4**

Teen pregnancy rates by age

15-17-year-olds: **23.6**

18-19-year-olds: **76.4**

Number of pregnancies among 15-17-year-old girls: **24**

Number of pregnancies among 18-19-year-old girls: **41**

Percent of Repeat Pregnancies: **27.7%**

Teen birth rate per 1,000 15-19-year-old girls: **34.1**

NC County Ranking (out of 100 counties): **27**

Change since 2013: **-11.6%**

WE'RE ON THE WEB

Health Literacy Resources for Older Adult Caregivers

Caregivers for older adults may have vast responsibilities, depending on the older adults' needs. Caregivers can influence health decisions older adults make or the decisions other people make about older adults. Because of this influence and responsibility, they need skills to support complicated medical conditions and take advantage of opportunities to help older adults with health information.

The "Tips for Caregivers" section of CDC's Health Literacy website has a list of resources for caregivers who serve older adults. For example, the Palliative Care Communication Institute created "A Communication Guide for Caregivers" to help families talk about cancer and get much needed care and support.

You can find this and more caregiver resources by visiting our Older Adults: [Tips for Caregivers webpage.](#)



Welcome To HCHD!

Alicia Dial, RN



Dr. Connie Jones

