

Edgecombe County  
Health Department  
2909 Main Street  
Tarboro, NC 27886  
252-641-7511

# Health Connections

[www.edgecombecountync.gov/health/health.aspx](http://www.edgecombecountync.gov/health/health.aspx)

JULY 2011

## ON THE MENU

Graduations and Retirements	2
Farmer's Market	3
Community Gardens	3
Healthy Recipe	4
Health Promotion Summit	5

Rocky Mount Office:  
155 Atlantic Avenue  
Rocky Mount, NC 27801  
252-985-4100

## Sun Screen: The Screen Time You Should Increase

Every year thousands of people succumb to heat stroke or sun poisoning. Sunburn is one of the most common forms of sun damage. A sunburn is a reddening inflammation of the skin caused by prolonged exposure to ultraviolet (UV) rays. The best way to protect yourself when out in the sunlight is to wear plenty of sunscreen. All sunscreen should have a Sun Protection Factor (SPF) number on it. This will tell you how strong a sunscreen is. For example, a sunscreen that is SPF 2 will protect a person from UV rays for twice as long as a person that wore no sunscreen. A person that wears SPF 15 will be protected 15 times longer from the sun than a person wearing no sunscreen. Many people believe that, on cloudy days when the sun is not shining, they cannot get burned by the sun; however, as much as 80% of UV rays can penetrate the clouds and cause sunburns. It's a good idea to wear sunscreen anytime you will be outdoors for extended periods of time. Wearing sunscreen is also important because overexposure to UV rays from sunlight has been linked to several types of skin cancer. Melanoma is the most serious type of skin cancer caused by the sun. It is reported that up to 75% of all skin related cancer deaths are caused by melanoma. The best way to protect yourself is to be sure to wear plenty of protective sunscreen when spending time outdoors.

## Spring 2011 Graduations

We would like to take a moment to honor some of our staff that have furthered their education and graduated this past spring. We commend you for all of your hard work!

**Congratulations to Deborah Hunter that graduated with a Masters Degree in Human Services from Liberty University. A second congrats is extended to her daughter, Ana Hunter, that has graduated from Pitt Community College with an Associates Degree in General Education.**

**Congratulations to Delphine Wiggins that graduated with a Masters Degree in Social Work from East Carolina University**

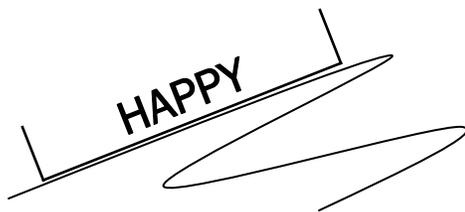
**Congratulations to Trina Brinkley that graduated with a Masters Degree in Human Services from Liberty University.**

**Congratulations to Lisa Harrison that graduated with a Bachelors Degree in Nursing from Winston Salem State University.**

**Congratulations to Paulette Langley that graduated with a Bachelors Degree in Nursing from Winston Salem State University.**

**Congratulations to DeAndre Anderson that graduated from 5th grade at Benvenue Elementary School!**

**Congratulations to Layne Cole Andrews that graduated from Tarboro High School! He will be moving on to Edgecombe Community College this fall.**



This month we say goodbye to two employees that have been here for the past 20 years. Nancy Robbins (pictured) and Becky Webb (not pictured) have both been valued employees at the Edgecombe County Health Department. Nancy Robbins has served in the areas of child health, homecare and hospice, and family planning. Her retirement party was on Saturday, June 26, 2011. When asked if she had any parting words, she simply said "Save your fork, the best is yet to come." Before coming to the health department, Becky Webb worked for Edgecombe County in the planning department. Since then, she has served in the areas of environmental health, administration, and dental health. She retired on June 1, 2011 as Dental Office Manager. We thank them both for their time and commitment in serving Edgecombe County.

# The 10% Campaign: Shopping on the \$1.05 Menu

Each year, the Tarboro–Edgecombe Farmer’s Market (TEFM) opens its wares to thousands of Edgecombe County residents looking for healthy, home-grown produce and crafts. This year, the market opened on May 17<sup>th</sup> and will run through October. In conjunction with the TEFM, we would also like to promote the “10% Campaign”. The 10% campaign is an initiative by the Center for Environmental Farm Systems (CEFS). It states that if we spend at least ten percent of our monthly income on local food, we can put as much as \$3.5 billion dollars back into the local economy! Here’s how it works. Every year in North Carolina, about \$35 billion dollars is spent on food. If we spend just ten percent of that food budget on local foods, like those produced by your Tarboro–Edgecombe Farmer’s Market, we can put as much as \$3.5 billion back into the North Carolina economy. Ten percent of the food budget for the average North Carolinian comes to about \$1.05 per day per person. That’s less than \$10 dollars per week, a small price to pay to get the double benefit of more fruits and vegetables in your diet as well as more money in the local economy. To learn more about the 10% campaign and how you can get sign the pledge, please visit: <http://www.nc10percent.com/> Don’t forget to go out and visit your Tarboro–Edgecombe Farmer’s Market. Help support local agriculture today!



## Community Gardens: Something We Can All Dig

According to the American Community Gardening Association, a community garden is any piece of land gardened by a group of people. Community gardens have many benefits for the community. Here are 5 reasons you should consider starting a community garden in your neighborhood today:

- 1) First and foremost, community gardens bring a community together. Communities can come together to work for a common purpose. The better a community works together, the better they live together.
- 2) A community garden also gives families access to healthy foods. From the garden to the gut, the nutrition benefits of creating a garden are worth the effort.
- 3) It is a great way to get exercise. Working in a garden for one hour can burn as much as 300 calories!
- 4) A garden can be a learning environment for kids. Not only will you get kids to become physically active, but you can also teach them about nutrition and foods as they help take care of the plants they grow.
- 5) Finally, gardening can help save people money. By getting fresh fruits and vegetables from your garden, you are going to find that you can save money in your food budget.

## Recipe Card

### Frosty Orangeliciousness Smoothie

#### Ingredients

- ◆ 1/2 cup fat-free vanilla ice cream
- ◆ 1/2 cup orange juice
- ◆ 1 orange, peeled and frozen
- ◆ 1 teaspoon orange zest (optional)

#### Preparation Instructions

1. Place all ingredients in a blender and combine.
  
2. Enjoy!

#### Nutritional Information

Serving size 1 c  
Calories 211  
Total Fat 0.4g  
Cholesterol 0mg  
Sodium 67mg  
Carbohydrate 49g  
Fiber 4g  
Protein 5g

[www.allrecipes.com](http://www.allrecipes.com)

Edgecombe County Health Department  
2909 Main Street  
Tarboro, North Carolina 27886  
Health Director—Karen Lachapelle, MAEd

#### **Edgecombe County Board of Health**

Robin Webb Corbett, RNC, PHD, Chair

G.R. Alligood, MD, Vice Chair

Ann Adams

Joseph O. Boone

George Eason

Viola Harris

Evelyn Johnson

Thomas Knox, DDS

Robert A. Robbins, RPh

Faye Spruell

Mandy Tolson, DVM

*Newsletter prepared by:*

*Derrick Haskins, BS*



# HEALTH PROMOTION SUMMIT



On April 19, 2011, Heritage Hospital and the Edgecombe County Health Department joined forces to address health concerns facing Edgecombe County residents. Health statistics for Edgecombe County were reviewed and compared to other counties in North Carolina. According to the 2010 Community Health Assessment for Edgecombe County, obesity is seen as a major health problem. Obesity plays a major role in the top three causes of death in Edgecombe

County: Heart disease, cancer, and stroke. Edgecombe County has determined that reversing obesity rates should be a top priority over the next four years. Attendees at the health summit learned that Edgecombe County ranked very poorly on several areas of health, including obesity, when compared to other counties in North Carolina. To address the rising rates and costs of poor health, several health professionals were invited to speak on how to interpret the health of the county. The keynote speaker for the event was the state health director, Dr. Jeffrey Engel. Dr. Engel expounded on the necessity that communities, individual residents, and leaders increase health and reduce disparities by sharing resources and forming partnerships within the community. He underlined just how important it is that we work together as a unit. Other noteworthy speakers included the Edgecombe County Health Department Director, Karen LaChapelle, and the president of Heritage Hospital, Wick Baker. The Health Department and Heritage Hospital are two of the largest health entities in Edgecombe County, serving hundreds of residents each day. About 75 people attended the event.