

**Edgecombe
County Health
Department**

Tarboro Office:
2909 Main Street
Tarboro, NC 27886



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Rocky Mount Office:
155 Atlantic Avenue
Rocky Mount, NC
327801

Health Connections

JANUARY 2010

Restaurants and Bars Smoke-Free By Law as of January 2, 2010

Local Health Department in Charge of Implementation and Compliance

As of midnight on Saturday, January 2, all restaurants, bars and other businesses that serve food and drink in Edgecombe County became smoke-free, to the delight of health advocates and the many local residents who are looking forward to healthier nights out. This happened as a result of a new law that prohibits smoking in all restaurants and bars across North Carolina.

"The new smoke-free law will help protect workers and customers from the known health hazards of secondhand smoke, and may encourage many folks to eat out more than ever, now that doing so will be safer," said Karen Lachapelle, Health Director.

The law covers all restaurants and bars and the common areas of lodging facilities that serve food. Many other places that serve food or beverages, such as convenience stores and recreational facilities, will also be smoke-free by law.



For more information about the law or to report a violation, visit www.smokefree.nc.gov, call the CARE-LINE at 1-800-662-7030 or call the Edgecombe County Health Department at 252-641-7573.

County Employee CPR/First Aid

- February 16, 2010
May 18, 2010
- March 16, 2010
June 15, 2010
- April 20, 2010

Call George Cherry at extension 57806 to register.



Health Department to “Go Red” in February

National Wear Red Day is February 5th, 2010.

On this day, Edgecombe County employees and residents are encouraged to wear the color **red** to increase awareness about women’s heart disease, the **number #1 killer of women**.

One in three women will develop heart disease during her life. From 2004-2008, 336 women in Edgecombe County died from heart disease (North Carolina Center for Health Statistics).

Heart disease is preventable. Risk factors include smoking, high cholesterol, obesity, diabetes, lack of physical activity, and high blood pressure.

For additional information, please visit www.goredforwomen.org



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Diabetes Education Program Holds Christmas Celebration



The Edgecombe County Diabetes Education Program held a Christmas celebration on December 17th at St. James United Methodist Church. Program staff prepared the main course and program participants each brought a covered dish to share. A wonderfully yummy feast was enjoyed by all!

A holiday atmosphere was enhanced with favorite Christmas carols preformed by Jerry Dixon and Virginia Painter. Funding provided by University Health Systems Community Benefits foundation provided each participant with a gift including a sweat-jacket and a change purse. These items will assist each of them in their daily exercise.

Services Available By Appointment Only

Beginning January 4, 2010, the Health Department began seeing patients on a scheduled **appointment only** basis at both office locations.

Appointments are needed for all services except flu vaccination and Tuberculin (TB) Skin test readings. Patients who walk in for services will be offered the first available appointment the same day if possible. Patients are encouraged to call 641-7511 to schedule appointments.



Health Department Brings Holiday Joy to Families



The Care Coordination Team and Staff at the Health Department, along with help from community partners, brought joy to many families during Thanksgiving and Christmas. St. James United Methodist Church in Tarboro made it possible for one of our families to enjoy a wonderful Thanksgiving Day meal!

At Christmas, the team and staff joined together to provide toys, food and clothes to several families receiving services through the Maternity Care and Child Service Coordination Programs. The Care Coordination Team provided the staff with a list of needs and wants of toys and items requested by the children and parents. The staff went on shopping sprees, ordered items on-line for overnight delivery and assisted in getting the toys bagged for delivery to ensure that the families received everything they had requested.

Partnerships were also established with the Down East Partnership for Children and Ebenezer Baptist Church in Rocky Mount to provide toys for additional Health Department children through the Toys for Tots program. Also, Howard Memorial Presbyterian Church in Tarboro along with the Edgecombe County Human Relations Commission, provided a vast assortment of toys, gifts and clothing for one of our families. In the end, over 30 families were assisted through the efforts of Health Department staff and their community partners.

The Care Coordination Team would like to thank CSC, Dorothy Davis, for spearheading this event and would also like to thank Health Director, Karen LaChapelle and the rest of the Health Department staff for being such a blessing to the families we serve here at the Health Department. A special thank you also goes out to Sandra Anderson, Dollie Bland, RN, Miriam Pridgen and Delphine Wiggins, CSC Program Supervisor, for their assistance in packing donated items for each family!!



H1N1 Flu Update



The Edgecombe County Health Department (ECHD) is doing its part to combat novel H1N1 flu. Since the H1N1 flu vaccine became available last fall, the ECHD has given over 2,500 doses of the vaccine to Edgecombe County residents.

Although H1N1 vaccinations were initially available to individuals in limited categories, the ECHD is now offering H1N1 vaccinations to **all age groups**. H1N1 vaccinations are **free of charge** and available Monday—Friday, 8:00 a.m.— 5:00 p.m. at the Edgecombe County Health Department in Tarboro and Rocky Mount. No appointment is necessary.

Heart Healthy Spicy Buttermilk Dressing

Serves 14; 2 tablespoons per serving

Ingredients

1/2 cup low-fat buttermilk
 1/2 cup no-salt-added canned garbanzo beans, rinsed and drained
 1/3 cup canned tomatoes with green chilies
 1/3 cup fat-free plain yogurt
 1 clove garlic
 1 tablespoon red wine vinegar
 1 teaspoon dried Italian seasoning
 1 teaspoon smoked paprika
 1/4 teaspoon salt

Directions

In a blender, process all the ingredients for 1 minute, or until smooth. Transfer to a jar with an airtight lid and refrigerate until ready to use.

Nutrition Analysis (per serving)	
Calories	26
Total Fat	.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	1 mg
Sodium	72 mg
Carbohydrate	4g
Sugar	1g
Fiber	1g
Protein	2g
Dietary Exchange	Free

Edgecombe County

Health Department

2909 Main Street

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