

Creating a Culture of Health in Durham



People | Partners | Places | Policy | Practice

FY 2014 Annual Report



Public Health



Public Health Director's Message

Greetings,

On behalf of the Durham County Board of Health and the Leadership Team and staff of the Durham County Department of Public Health, it is my pleasure to bring to you our FY 2014 Annual Report. This report highlights some of the department's programs and activities from July 1, 2013, through June 30, 2014.

This was a very busy but exciting year for the department and the Durham community! We transitioned to a new Patient Management and Electronic Health Record, Patagonia Health; implemented additional evidence-based programs; and continued services to many customers in a variety of locations working with many community partners.

In addition to the great work by staff to improve the health of our community, on June 25, 2014, in Aspen, Colorado, Robert Wood Johnson Foundation (RWJF) President and CEO Risa Lavizzo-Mourey publicly announced Durham County as one of six communities to receive the 2014 RWJF Culture of Health Prize. What a way to end the year!

Durham's application, submitted by Partnership for a Healthy Durham, was one of more than 250 from communities across the nation. This award was made after a rigorous application and review process that included a site visit. According to RWJF, "The prize is guided by the principle that every community—regardless of health status and available resources—possesses the potential to improve and be a healthier place to live." Prize winning communities excelled in six criteria:

- Harnessing the collective power of leaders, partners, and community members.
- Implementing a strategic approach to improving health that focuses on the multiple factors that influence health.
- Measuring and sharing results.
- Addressing problems that disproportionately affect vulnerable populations.
- Developing sustainable, long-term solutions to shared community priorities.
- Securing and making the most of available resources.

Congratulations and thank you, Durham, for taking bold steps to begin to implement solutions to the issues that impact health outcomes! Together, we are creating a *Culture of Health*. To view the RWJF profile on Durham County, visit <http://bit.ly/1CphkTJ>.

To recognize this distinguished designation, this annual report is titled *Creating a Culture of Health in Durham*. It also seemed fitting that we deliver our report using the framework established by our vision statement adopted by our Board of Health in July of 2011: *Healthy Durham - Join Us! People, Partners, Places, Policies, Practices*. The highlighted activities and stories from the field will be presented to you under the headings of our five P's: People, Partners, Places, Policies and Practices.

For more information about our services, visit <http://www.dconc.gov/publichealth>.

Working to Create a Culture of Health,



Gayle B. Harris, MPH, RN
Public Health Director
Durham County

Public Health Leadership Team

Gayle Harris, MPH, RN - Public Health Director
Rebecca Freeman, MPH, RD, LDN - Deputy Public Health Director
Eric Ireland, MPH, REHS - Deputy Public Health Director
Arlene Seña, M.D., MPH - Medical and Laboratory Director
Mel Downey-Piper, MPH, CHES - Health Education Director
Michele Easterling, MPH, RD, LDN - Nutrition Director
James Harris, Jr., PhD - Dental Director
Marcia Johnson, MPA - IT Administration Division Director
Rosalyn McClain, Administrative Assistant
Melissa Martin, MHA - Administrator, Laboratory and Pharmacy Services
Eric Nickens, Jr., MA, CHES - Communications and Public Relations Manager
J. Christopher Salter, REHS - Environmental Health Director
Hattie Wood, RN, MSN, MHA - Community Health and Nursing Director

Durham County Board of Health

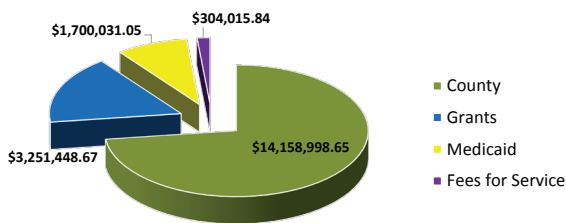
James M. Miller, DVM - Chairperson, Veterinarian Member
Teme M. Levbarg, PhD, MSW - Vice Chairperson, Public Member
F. Vincent Allison III, DDS - Dentist Member
Jill Bryant, O.D. - Optometrist Member *
Michael Case, MPA - Public Member *
Heidi Carter, MSPH - Public Member (for Professional Engineer)
Stephen Dedrick, RPh, MS, ScD (hon) - Pharmacist Member
John T. Daniel, Jr., M.D. - Physician Member
Mary Ann Fuchs, DNP, RN, NEA-BC, FAAN - Registered Nurse Member
Brenda Howerton - Durham County Board of County Commissioners Liaison Member
Nancy Short, DrPH, MBA, RN - Registered Nurse Member *
Dale Stewart, O.D. - Optometrist Member
Bergen Watterson, MSCP - Public Member

*Term on the Board of Health ended during the fiscal year.

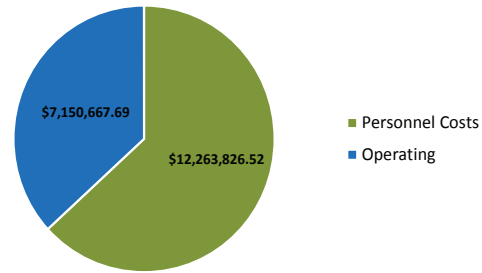


Financial and Patient Statistics

Expenditure Funding Sources FY 14



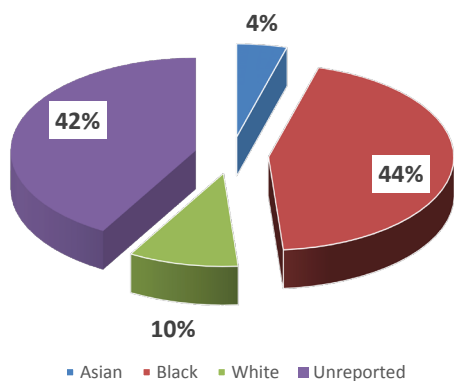
Expenditures FY 14



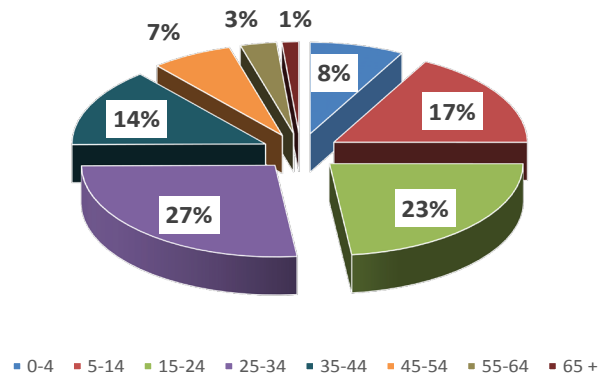
CLINICAL SERVICES AND STATISTICS

NUMBER OF PATIENTS SERVED: 13,824

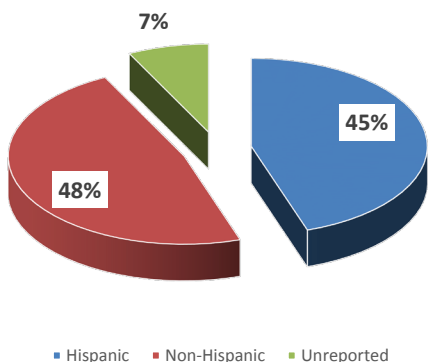
Race



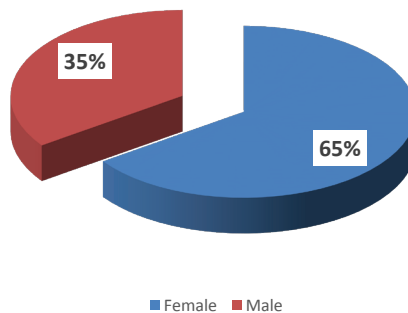
Age Group



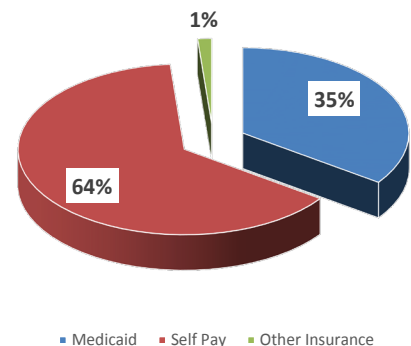
Ethnicity



Gender



Payor Source



All Departmental Services Provided

	Q1 7/2013 - 9/2013	Q2 10/2013 - 12/2013	Q3 1/2014 - 3/2014	Q4 4/2014 - 6/2014	Total
Number of Screenings	11,800	8,158	6,218	8,879	35,055
Number of Treatments/Encounters	46,269	46,692	44,968	47,321	185,250
Number of Educational Presentations	2,970	3,702	3,710	2,861	13,243
Number of Participants	9,074	7,503	16,957	8,286	41,820

By the Numbers...

- Conducted health assessments with 308 refugees.
- Vaccinated 2,529 refugees.

Partners Involved

- Church World Services
- Lincoln Community Health Center
- NC Refugee Health Program
- World Relief

Refugee Health: A New Beginning

The Refugee Health clinic provides health assessments to refugees who have recently arrived in Durham County from other countries, in which diseases such as tuberculosis, hepatitis, and measles are widespread. The health assessments include identification and treatment of communicable diseases, administration of required vaccinations, and referrals for needed medical care and services.

Prompt identification and treatment of communicable diseases in the refugee population protects the health of refugees and the community at large.



Dental Services Keep Giving Back to the Community

The Dental Clinic treats children from six months to 20 years old, as well as pregnant women seen in Public Health's prenatal clinic, through their sixth month of pregnancy. Services provided in the clinic include x-rays and examinations, cleanings, sealants, fillings, extractions, and fluoride applications for children. A nutritionist is also assigned to the clinic twice a week to address specific needs with families.

The Tooth Ferry, our mobile dental treatment unit, visits elementary schools within Durham Public Schools and summer camps. Schools are selected based on the number of free and reduced lunch recipients. The Tooth Ferry treats student who do not have a dental home, providing x-rays and examinations, cleanings, sealants, fillings, simple extractions and fluoride application. A child's treatment can be completed in the clinic.

By the Numbers...

- Enrolled 867 new patients.
- Recorded 5,806 patient visits.
- Completed 601 treatment plans.
- Donated \$14,000 of services to over 60 children through Back to School Smiles and Give Kids a Smile events.

Partners Involved

- UNC School of Pediatric Dentistry
- Durham-based Dental Providers

A Healthier Durham: Real Stories, Real People *Fighting Diabetes...By Putting Your Mind to It!*

Living Healthy with Diabetes, the Public Health and Durham Diabetes Coalition-sponsored Diabetes Self-Management Program (DSMP), taught class participant Pat Mason that "diabetes doesn't stop you from doing anything...you just put your mind to it and do it."

Mason said that the Stanford University-based DSMP curriculum teaches participants how to live active lives while managing their disease through healthy eating and active living. She found the lesson on how to read food labels most valuable, because it empowered her to make her own healthy food choices to keep her blood sugars in check. The program also linked her to resources, such as the Veggie Van, which allows her to eat healthy on a limited budget.

While the lessons and resources were valuable, the relationships Mason formed during the program were most life-changing. While talking about physical activity, members of the group shared that they walk at the mall. Mason decided to join them, despite doubting her ability because of chronic leg pain. "I was amazed at myself. The conversation distracted me from the pain and I was able to walk for an hour the first time. Slowly the pain stopped and I now exercise daily. We also keep each other in check about the foods we eat."

DSMP provides the essential components of proper education, social support, and connection to resources necessary to create behavior changes.



Enroll now at the NC Health Insurance Marketplace for the Affordable Care Act
also known as "ObamaCare"

Initial enrollment period:
 October 1, 2013 to March 31, 2014

www.healthcare.gov

Regístrese ahora en el *Mercado de Seguros de Salud de Carolina del Norte para el Affordable Care Act*
También conocido como "ObamaCare"

Período inicial de registro:
 1° de Octubre, 2013 al 31 de Marzo, 2014

www.CuidadoDeSalud.gov

Insurance Enrollment for the Affordable Care Act

With the support of the Partnership for a Healthy Durham Access to Care committee, the Durham Affordable Care Act (ACA) workgroup worked to inform residents about the ACA and to enroll those eligible for coverage.

A series of articles on the law and how to enroll were written by the workgroup and published by the Durham Herald Sun.

The ACA workgroup developed and distributed brochures in communities to increase awareness of the ACA and enrollment process.

By the Numbers...

- Participated in more than 100 outreach and enrollment events.

Partners Involved

- Durham Affordable Care Workgroup
- Lincoln Community Health Center
- Project Access of Durham County
- Senior PharmAssist

By the Numbers...

- Distributed more than 400 gun locks.
- Reached over 200 people during the ASK Day event.
- Conducted 24 community gun safety programs.

Partners Involved

- Alliance Behavioral Healthcare
- Community and Faith-based Groups
- Duke Medicine Pediatrics
- Duke University Hospital Trauma Center
- Durham County Law Enforcement
- Medical Professionals
- Safe Kids Durham County

Providing additional support, Public Health housed staff, hosted several enrollment events in the Human Services Building, and responded to questions from residents, refugees and the entire community at-large.

ASKing to Prevent Gun Related Injuries

One out of three homes with children has guns, many of which are left unlocked or loaded. Nationally, nine youth are shot daily in gun accidents and 80% of unintentional firearm deaths of children under age 15 occur at home.

In June 2014, Durham's Gun Safety Team hosted various ASK (Asking Saves Kids) Campaign events, leading up to ASK Day at the Durham County Human Services Building. ASK Day encouraged parents to ask if there are unlocked guns in the homes where their children may play.

The team formed in 1999, when the Durham County Board of Health decided that a child accessing unlocked or loaded guns was a public health issue needing immediate action.

Focused on responsible gun ownership, the team provides free gunlocks to those needing them and works with the medical community to train staff to include gun ownership during their screening assessments.



Working With Our Community **PARTNERS**

A Healthier Durham: Real Stories, Real People

DINE Partnership with Durham Public Schools Creates a Recipe for Better Health

Research shows that keeping students healthy is vital to their readiness to learn and to academic success. Public Health's DINE (Durham's Innovative Nutrition Education) program has contributed to this effort for the past fifteen years.

DINE is funded by a USDA Supplemental Nutrition Assistance Program Education grant and by Durham County Government.

The DINE team of registered and licensed dietitian/nutritionists teaches children in Durham Public Schools using a variety of hands-on nutrition education techniques aimed at making the healthy choice the easy choice for more than 2,000 elementary students and their parents every year. Many of the lessons incorporate taste tests and cooking activities to excite children about healthy eating while teaching the life skills necessary to make healthy choices.

According to one parent, "not only have these classes made a big difference for my kids to understand nutrition and trying new foods, they have promoted table conversations and family time cooking together."

In the middle schools, DINE's Junior Iron Chef program offers more advanced culinary and nutrition skills training while incorporating math, science, reading, public speaking, teamwork and leadership. This supports students in learning life skills and provides culinary education they may otherwise miss.

"DINE is the premiere nutrition education program in DPS," says Heidi Carter, Chair of the Durham Public Schools Board of Education and a member of the Durham County Board of Health. "The school nutritionists from Public Health do a wonderful job of providing hands-on, experiential learning opportunities for our students about all aspects of healthy food. This exposure promotes understanding about the importance of healthy eating, encourages children to try new foods, and helps strengthen a healthy foundation for learning in school. The district is very grateful for this partnership with the health department."



Working With Our Community **PARTNERS**



DINE and Durham Public Schools: Down on the Farm

Out of the classroom and onto the new DPS Hub Farm, DINE school nutritionists have partnered with DPS to help students learn nutrition concepts, while harvesting food, preparing it, and tasting it on site. So, why is this so important?

Increased intake of fruits and vegetables goes along with improved health and weight. Children are more likely to eat foods they help grow or harvest and prepare. In school-based DINE classes, students learn nutrition fundamentals, taste foods that correspond with the lessons and even apply what they learn in cooking classes at some schools.

By the Numbers...

- Taught nutrition classes to over 2,400 Durham Public Schools students.
- Improved student nutrition-related behaviors by over 50% according to survey respondents.
- Reached over 3,400 residents through community classes, health fairs and events.
- Distributed the "Alive" newsletter to over 20,000 SNAP households quarterly.

Partner Involved

- Durham Public Schools Hub Farm

The partnership with the DPS Hub Farm offers students a chance to apply those nutrition lessons in an even more memorable and fun setting. While the initial objective is to get students out to the farm, in the long term, the goal is for students to adopt eating habits that include plenty of fresh fruits and vegetables.

At the DPS Hub Farm, nutrition lessons become real and eating fruits and vegetables is a new normal. DINE will continue to build this partnership in the coming years.



School Health: 6th Grade Immunization Outreach

Public Health's School Health program collaborated with Durham Public Schools (DPS) to provide opportunities for rising 6th grade students to comply with the North Carolina Tdap (tetanus, diphtheria, and acellular pertussis) vaccination mandate.

All rising 6th grade students are required to receive a Tdap vaccine, if five years or more have passed since the last dose of Td (tetanus/diphtheria toxoid).

School Health nurses provided educational classes to 5th grade students and their parents to increase awareness of this mandate and coordinated with DPS staff to capitalize on opportunities available in the community for students to receive the vaccine.

These efforts publicized awareness and increased timely compliance of the Tdap requirement for children entering 6th grade in public schools.

By the Numbers...

- Reviewed 2,487 6th grade student immunization records, 725 records were missing Tdap documentation.
- Brought 85% of student immunization records back into compliance within 30 days after school year began.
- Administered 256 Tdap vaccinations to students.

Partners Involved

- Durham Public Schools
- Local Medical Providers

Work With Our Community **PARTNERS**

Collaborations for Services

- Autism Society of North Carolina
- Beacon Light Missionary Baptist Church
- Blue Cross and Blue Shield of North Carolina
- CAARE, Inc.
- Center for Employment Training (CET)
- City of Durham
- Cox Barber Shop
- Destiny Cuts and Styles
- Duke Medicine
- Duke University
- Durham Center for Senior Life
- Durham Charter Schools
- Durham Connects
- Durham County Department of Social Services
- Durham County Detention Center
- Durham County Head Start
- Durham County Libraries
- Durham County Sheriff's Office
- Durham Crisis Response Center
- Durham Farmers Market
- Durham Housing Authority
- Durham's Partnership for Children
- Durham Public Schools
- Durham T.R.Y.
- East Durham Children's Initiative
- Ebenezer Baptist Church
- El Centro Hispano
- End Poverty Durham
- Flashlight Barber Shop
- Friendly Barber Shop
- Greater Emmanuel Temple of Grace
- Global Scholars Academy
- Grocers on Wheels
- Healing and Peace Tabernacle COGIC
- Healing with CAARE/ Faith Assembly Christian Center
- Holy Cross Catholic Church
- Imperial Barber Shop
- Invictus
- Lillian's Beauty Salon
- Lincoln Community Health Center
- Lincoln Memorial Baptist Church
- Little River Community Center
- Los Primos Supermarket
- Meredith College
- Mount Vernon Church
- North Carolina Central University
- North Carolina Cooperative Extension Service – Durham County Center
- North Carolina Department of Health and Human Services
- North Carolina Public Health Foundation
- North Carolinians Against Gun Violence
- North East Baptist Church
- Orange Grove Missionary Baptist Church
- Original Styles Barber Shop
- Precision Barber Shop
- Prevent Blindness North Carolina
- Project Safe Neighborhoods
- Safe Kids of Durham County
- Samuel & Son Barber Shop
- Save-A-Lot Food Stores
- SEEDS
- School Nurse Association of North Carolina
- Shepherd's House Church
- Signature Kuts
- Sincerely Yours Salon
- Southside Church of Christ COGIC
- South Durham Farmers Market
- Tabernacle of Joy
- Thorpes Barber Shop
- Transition Durham
- Triangle Empowerment, Inc.
- UNC Health Care - Pediatrics
- UNC Gillings School of Global Public Health
- Union Baptist Church
- University of North Carolina at Greensboro
- Urban Ministries
- Veggie Van
- Victorious Praise Fellowship COGIC
- VOANS Senior Community Care of North Carolina
- Welcome Baby
- White Rock Baptist Church
- Wytha Balance Yoga
- YMCA of the Triangle

Organizations with Public Health Representation

- Academy of Nutrition and Dietetics - Pediatric Nutrition Practice Group
- Cradle Me3 Advisory Board
- Durham County Gun Safety Team
- Durham Faith Communities on HIV/AIDS
- Durham Public Schools - Child Nutrition Services Advisory Council
- Durham Public Schools Hub Farm
- Durham Public Schools - School Health Advisory Councils and School-level Wellness Committees
- Durham's Partnership for Children
- EFNEP Advisory Council
- End Poverty Durham
- Food Policy Council
- HIV/STD Advisory Council
- Living Healthy Coalition
- Local Interagency Coordinating Council
- Mayor's Committee for Persons with Disabilities
- Mayor's Initiative on Poverty
- NC SNAP-Ed Advisory Committee
- NC Public Health Association
- Partnership for a Healthy Durham
- Religious Coalition for Non-Violent Durham
- Together for Resilient Youth
- Triangle Empowerment, Inc.



Working With Our Community PARTNERS

By the Numbers...

- Received 160 nutrition referrals monthly from local providers; 90% for diabetes or pre-diabetes.
- Uninsured or low income residents made up 80% of clients receiving “safety net” nutrition services.
- Provided 2,711 individual nutrition service treatments or encounters.

Partners Involved

- Duke Medicine
- Lincoln Community Health Center
- Local Medical Practices

Nutrition Clinic: Partnering with Local Medical Providers for Nutrition Care

Research highlights nutrition as one of the leading lifestyle factors in health promotion and disease prevention. Nutrition intervention lowers health costs, helps prevent disease, and improves people’s health and quality of life.

The Nutrition Clinic served as a major resource for Durham County residents needing nutrition services and partnered with local medical providers to provide this care. Nutrition services



offered at the clinic include individual nutrition therapy for people living with diagnoses such as diabetes, obesity, and heart disease. Group programs are also offered.

The clinic provides the opportunity for nutrition intervention to all segments of the population, including those who are uninsured or with low incomes. Due to financial barriers, many Durham residents would not otherwise have access to nutrition services. Public Health serves as a “safety net” for the community for nutrition services.

Impacting PLACES in Our Community



By the Numbers...

- Achieved participation of 91 community volunteers who conducted interviews.
- Interviewed over 350 residents in two random sample groups.
- Recorded 172 households participating in census blocks that were more than 50% Hispanic.

Partners Involved

- City of Durham
- Duke University Medical Center Department of Community & Family Medicine, Division of Community Health
- East Durham Children’s Initiative
- North Carolina Central University
- United Way of the Greater Triangle

Durham County’s Community Health Assessment

What are Durham County’s health priorities? How can they be addressed?

The Community Health Assessment, conducted every three years, is a process that is used to answer these questions and more. As part of the assessment, a door-to-door community health opinion survey is given, health data is collected, the community chooses health priorities and a final report is written that summarizes the findings.

The health priorities identified by the community direct Public Health and the work of other agencies in the county. This year, a special effort was made to capture data about Hispanic Durham County residents, in addition to our regular sample of all county residents.

Impacting **PLACES** in Our Community

Checking Out Healthy Foods

The Partnership for a Healthy Durham worked with East Durham Children's Initiative and Los Primos Supermarket to launch a pilot project to change the foods stocked in the checkout aisle to healthy foods.

An aisle once filled with candy bars, is now filled with only healthy food, including fruit cups, nuts, and low-sugar drinks. Colorful displays in the checkout aisle showcase fruits, vegetables, and healthy snacks. Healthy recipes and nutrition tips are also available to customers at no charge.

According to Miguel Collado, the owner of Los Primos, "There is an obesity epidemic. People need to make healthier choices and this is where I can help. As a business owner, I need to pay my bills, but it is also my responsibility to the community to help where I can."

By changing the environment, this pilot project, also part of the Durham County Strategic Plan's health and well-being goal, aimed to make the healthy choice the easy choice in grocery and corner stores.

Although evaluation is still ongoing to measure the impact of this environmental change, customer surveys indicate the changes have been very positive and well received by the community.

Partners Involved

- East Durham Children's Initiative
- Los Primos Supermarket
- Partnership for a Healthy Durham



By the Numbers...

- Permitted 304 public swimming pools; suspended 20 permits after thorough inspections.
- Prevented a three county outbreak of Cryptosporidiosis associated with permitted pools through a collaborative effort with several other local health departments.

Partners Involved

- NC Department of Health and Human Services
- Orange County Health Department
- Public and Private Pool Operators
- Wake County Environmental Services

Swimming Pools: Before You Can Jump In

Public Health's public swimming pools program provided regulation to public swimming pools, as they potentially affected the public's health and safety.

A public swimming pool is defined as any structure, chamber or tank containing an artificial body of water used by the public for recreation or therapy, along with associated buildings, accessories, and equipment used with the body of water. This includes municipal, school, lodging establishment, apartment, athletic club, or other membership facility pool or spa.



The program ensures a safe recreational venue for all residents and visitors, regardless of income or physical limitations. Children and adults are also provided with the opportunity to participate in physical activity during warm weather months, when it is typically deemed to be too hot to be outdoors, and at indoor year-round facilities.

Impacting PLACES in Our Community

A Healthier Durham: Real Stories, Real People

Environmental Health Helps Save Food Truck Startup from Costly Mistakes

What does success look like for a mobile food unit (MFU)? Walk past Chirba Chirba's setup at any event in the area and you'll see a line...35 to 40 people deep and 20 minutes to the front of the line.

Chirba Chirba is an interesting success story that began as a collaborative effort of young college friends with a common love of food. Nate Adams and his friends shared a love of food, and especially Asian dumplings.

They saw a need for an Asian style dumpling restaurant in the Triangle and decided to fill the gap. They started holding tasting parties with their friends, asking a lot of questions and determining what flavors and textures were most popular. They wrote their business plan and then, the real work began. Running a MFU, more commonly known as a food truck, required long days and extremely hard work.



Contributed Photo

So, what role did Public Health play in the success of this startup? According to Adams, the Environmental Health division was an invaluable resource he and his co-founders pulled from frequently. They began communicating with the division during the planning phase.

"We got quick responses and we saved a lot of money by getting things right the first time," said Adams. "The Environmental Health group was great. The menu and pitfalls to avoid were discussed. What equipment really worked best for others was reviewed too. We would have made a lot of costly mistakes without their guidance and support. Environmental Health created the right mix of flexibility and responsibility that allowed startup and growth without extra or unnecessary challenges. It really was and continues to be a partnership."

Adams' future is bright, as he begins planning for a brick and mortar restaurant, an endeavor on which Public Health's Environmental Health team will be there to support him every step of the way.

Partnering to Serve Up Safety in the Kitchen

Public Health's general inspections program has many duties, one being the enforcement of state rules and regulations, such as those found within the NC Food Code manual.

One of the specific requirements within the code is that food service operators have a Certified Food Protection Manager on duty at all times of operation, when food is being prepared.

By the Numbers...

- Offered two full service course and test sessions.
- Provided training and testing to 77 food services managers; 66% were certified and issued credentials.
- Inspected 1,134 food service establishments during 1,851 visits.

Partners Involved

- NC Cooperative Extension Service - Durham and Orange County Centers
- Orange County Health Department

The Environmental Health division, in conjunction with our partners, teaches an American National Standards Institute (ANSI) approved program that upon successful completion, provides ServSafe certification for those in the food service industry.

This valued service not only helps operators meet the requirement, but improves public health by producing more knowledgeable and capable food service employees and managers who, in turn, produce safer products for consumption.

ServSafe Cooperative Extension Service
721 Foster Street, Durham, North Carolina 27701
919-560-0391

ServSafe Training Class with Exam

ServSafe is a food safety certification designed by the Educational Foundation of the National Restaurant Association. By January 1, 2014 it will be required for one person in charge at all food service establishments, at all times, to be certified by passing a test that is a part of an American National Standards Institute Accredited Program.

To help you meet this requirement Durham County Cooperative Extension will be hosting a one day ServSafe Review Class with Exam.

Where:
Durham County Cooperative Extension, 721 Foster Street, Durham, NC

When: Tuesday, November 19th, 2013

Cost: \$50.00* (book is not included)

*Registration fee, including payment that is received in the office by November 8th, 2013. Make checks payable to: Durham County Cooperative Extension Service

Agenda
Tuesday, November 19th - 9:00 - 4:00
9:00 - 11:00 Review of major ServSafe topics
This review will not be comprehensive. In order to pass the exam, participants will need to study independently.
11:00 - 12:30 Question & Answer
12:30 - 1:30 Lunch (on your own or bring it)
1:30 Exam starts

Please contact Nakelita Morrison for more information or further questions.
Nakelita.Morrison@ncsu.edu (919) 560-0951

Exam language options: English, Large Print English, Spanish, Japanese, Chinese, French, Canadian, and Korean.

Distributed by authority of the acts of Congress of May 1 and June 30, 1914 North Carolina State University and North Carolina A&T State University are hereby authorized to cooperate in the extension of agricultural knowledge among the people of North Carolina. State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

NC COOPERATIVE EXTENSION SERVICE

For accommodations for persons with disabilities, contact the instructor no later than five business days before the event.

Farmers' Market Double Bucks Program

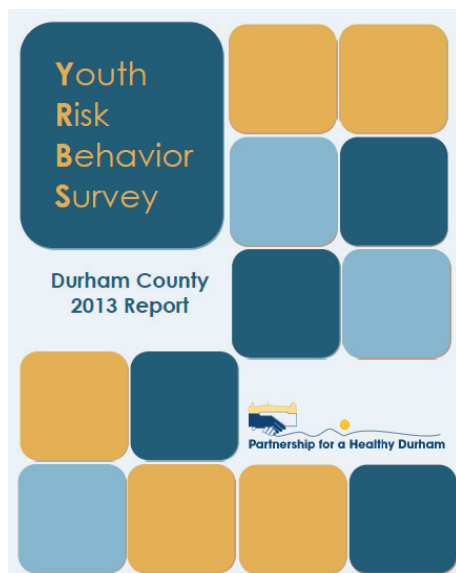
Nearly one in five Durham residents often does not know where their next meal is coming from due to a lack of resources and access. Many of these families rely on benefit programs such as Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) to put food on their tables. However, even with these benefits, it can be nearly impossible to regularly eat a healthy, balanced diet. This is because fresh foods are often harder to access in low-income neighborhoods, and even in neighborhoods where they are available, their high cost can be prohibitive. As a result, many low-income families often rely heavily on widely available and cheap processed foods that can degrade their health.

In April 2014, the Durham Farmers' Market and South Durham Farmers' Market, with support from Public Health, started accepting SNAP benefits in hopes of decreasing these barriers to healthy eating. To further increase accessibility, the Durham Farmers' Market and South Durham Farmers' Market started a Double Bucks program. Double Bucks allows markets to match SNAP benefits up to \$10.

Similar programs across the country have been extremely successful. Participants report a substantial increase in their fruit and vegetable consumption, which seems to continue even after the end of the Double Bucks program. This signals that the programs actually changed participants' shopping habits. Eating more fruits and vegetables is linked with a reduced risk of diabetes, cancer, heart disease, and obesity. This program could have a huge impact on the health of Durham residents.

Partners Involved

- Durham Farmers' Market
- Partnership for a Healthy Durham
- South Durham Farmers' Market



Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) is completed every two years by the state to learn about youth health behaviors in North Carolina. In Durham, the public school system and the Department of Public Health collaborate to conduct a Durham-specific YRBS. The most recent survey was completed in the Spring of 2013. This survey provides the best data available on youth health behaviors in Durham County.

By the Numbers...

- Surveyed 420 middle and 305 high school students in randomly selected Durham Public School classrooms.
- Revealed a declining intake of sweetened beverages by high school students.
- Recorded that 50% of high school students report texting or emailing while driving.
- Revealed that only 16% of high school students reported sleeping eight or more hours on an average school night.

Partners Involved

- Durham Public Schools
- UNC Gillings School of Global Public Health



Using Best PRACTICE to Improve Health Outcomes

Cutting Edge Lab Technology Aids in Faster STD Testing and Treatment

During the fourth quarter of FY 2014, the Testing Only service was launched to provide free, quick, and confidential testing for HIV, syphilis, chlamydia, and gonorrhea.

Clients who have no symptoms of infection and report no known exposures to an STD (sexually transmitted disease) can choose to be screened for STDs without having to be examined by a medical provider. Prior to this service, asymptomatic clients had no option other than to be examined by a medical provider, which could be a lengthy process.

Testing Only provides more client-centered care by decreasing wait times for clients without symptoms, and allows medical providers more time to conduct exams on clients who have symptoms.

This expedited testing capability is due, in part, to new laboratory equipment acquired by the department. During the early part of FY 2014, we were one of the first Public Health laboratories in North Carolina to install the Gen-Probe PANTHER®. The PANTHER® enables small to medium-sized laboratories to maximize efficiency and productivity.

Expanded Hepatitis C Testing

Durham County was the first county in the state to pilot the use of the North Carolina State Laboratory of Public Health's newest equipment -- the Abbott Architect instrument.

The Abbott Architect allows HIV and Hepatitis C (HCV) testing to be conducted at the same time, using a smaller blood specimen.

Previously, two tubes of blood were needed from clients, one for HIV and one for HCV, and four sets of paperwork were required for each client. Now, the amount of blood and paperwork required has been cut in half. Drawing less blood is a benefit to the individual and ultimately saves taxpayers on the high cost of testing through private labs.

The new equipment provides faster HIV test results. This means that individuals who test positive for HIV can be contacted more quickly and linked to care, which will decrease the likelihood of infecting others.

By the Numbers...

- Tested over 400 people through the Testing Only service between April 2014 and June 2014.
- Identified 39 positive cases of disease, including 3 syphilis and 2 HIV cases.
- Decreased lab processing time by two days with capacity to process 7,500 tests annually.

Partners Involved

- NC Department of Health and Human Services - Division of Public Health Communicable Disease Branch
- UNC School of Medicine - Clinical Molecular Microbiology

Could you be at risk for STDs?

Ask about our Testing Only service.

It's free.
It's private.
It's fast.

For more information, visit us at:

www.dconc.gov/STDTesting



By the Numbers...

- Performed 1,217 HCV tests with 100 positives identified.
- Reallocated \$7,300 to prevention activities due to no-cost testing done March through June by state public health lab.

Partner Involved

- North Carolina State Laboratory of Public Health

Using Best PRACTICE to Improve Health Outcomes

Evidence-Based Health Education Programming

By the Numbers...

- Reached 17,914 residents through community-based programming.
- Utilized four evidence-based strategies in program planning and delivery.

Partners Involved

- Local Barber Shops
- Durham Health Ministry Network
- Durham Housing Authority
- El Centro Hispano
- Triangle Empowerment, Inc.

Public Health's Health Education division works to ensure that residents have the tools and knowledge to live, work and play to their fullest in Durham County.

To do this, Health Education makes it a practice to use and promote as many evidence-based strategies, programs and policies as possible. It is important to use evidence-based strategies because they are based in science and research and are more likely to have successful results for program participants and partners.

Eight programs were conducted during the year, including Making Proud Choices, FOCUS, Parents Matter! (sexual health program for youth and their parents), Centering (group prenatal care), Touchpoints (parenting), Chronic Disease Self-Management Program, Diabetes Self-Management Program, and CPR.



Care Coordination for Children (CC4C)

Care Coordination for Children (CC4C) is a program for eligible children from birth to age 5 who are high cost/high users of health care services, have special health care needs, are in foster care and/or are exposed to toxic stress in early childhood.

CC4C works to improve the overall health of young children by focusing on family strengths and concerns. Care Managers are nurses and social workers who assist in the identification of programs, services and resources that meet families' needs through home visits, physician visits, telephone calls and other personal contacts. Care Managers also assist families to link with other community resources and offer information and support.

Pregnancy Care Management (OBCM)

The goal of the Pregnancy Care Management program is to improve the quality of prenatal care and improve birth outcomes.

Pregnancy Care Managers are nurses and social workers who work with Medicaid-eligible pregnant and postpartum women who have certain risk factors that may make it more difficult to have a healthy pregnancy and a healthy baby. These factors may include issues such as chronic illnesses or smoking. Care Managers also help the patients get the resources they need by developing an individualized plan of care.

Two of Public Health's Pregnancy Care Managers are located within the Duke Perinatal High Risk Clinic. Durham County is the only county in the state with Pregnancy Care Managers located in the physician's office. This has generated much interest around the region and state and will likely become the model for care management in the future.

CC4C - By the Numbers...

- Assessed 8,366 child/family related contacts for CC4C services.
- Provided care management services to 2,099 children.

OBCM - By the Numbers...

- Received 1,027 risk screenings from medical providers.
- Enrolled 865 new patients for care management services.

Partners Involved

- Northern Piedmont Community Care Network
- Medical Providers

Using Best PRACTICE to Improve Health Outcomes

Launch of Patagonia Health - Electronic Health Record System



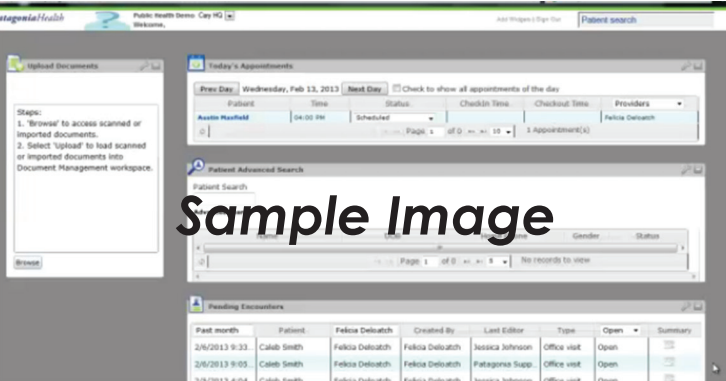
Patagonia Health is an Electronic Health Record (EHR) specifically designed for medical practices and behavioral health agencies to improve quality and convenience of patient care.

Phase I of the implementation went live in November 2013, with Phase II following in January 2014.

Patagonia meets federal Affordable Care Act (ACA) requirements for Meaningful Use (MU) complete EHR.

Our EHR system also includes practice management for scheduling appointments and updating client information.

Patagonia Health is utilized in the Nutrition, Family Planning, Maternal Health, Immunization and Adult Health clinics, providing patients with quality care of service.



Triple P - Positive Parenting Program

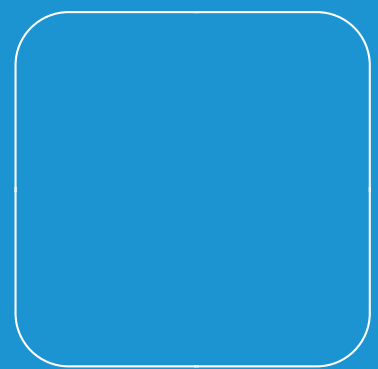
The Triple P - Positive Parenting Program - was launched in March and is widely regarded as one of the world's most effective parenting programs. The program has been strategically designed to allow a public health, population-based approach to parenting support and is one of the few based on evidence from ongoing scientific research

Dr. Matt Sanders, a professor of clinical psychology and the founder of the evidence-based Triple P Positive Parenting Program, visited Durham in May 2014 and presented on "The Power of Positive Parenting," for parents with children from birth to age 12.

During the fiscal year, 20 providers were trained by Triple P America to provide Level 3 Primary Care sessions, which are two hour discussion groups to target everyday problems.

Triple P is an additional opportunity for Durham County to provide access to parent education and support, with the goal of providing an improved and more satisfying quality of life for families in the community.





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