

**Health Director's Report**  
**January 11, 2018**

**Division / Program: Nutrition / DINE for LIFE / Introduction of New Cooking Labs in Elementary Schools**

**(Accreditation Activity 10.2 - The local health department shall carry out or assist other agencies in the development, implementation and evaluation of health promotion/disease prevention programs and educational materials targeted to groups identified as at-risk in the community health assessment.)**

**Program description**

- DINE for LIFE is a school- and community-based nutrition education program targeting SNAP-eligible Durham families.
- The DINE school team teaches a series nutrition curriculum in sixteen elementary schools in Durham. The format of the curriculum is flexible and designed to meet the needs of each school. Typically programming includes either 30-45 minute traditional classes (nutrition lesson and taste test), or hour-long cooking classes (nutrition lesson and cooking experience). A hybrid model has recently emerged with some schools receiving the core curriculum of at least five 30-45 minute traditional classes plus optional hour-long cooking labs two to three times per year.
- The DINE nutritionist at Club Boulevard and Hope Valley Elementary Schools adopted this model for the 2017-2018 school year. The first hour-long cooking labs were held in December 2017.

**Statement of goals**

- To provide hands-on learning that integrates nutrition messaging and basic cooking skills to increase elementary school students' self-efficacy related to preparing healthy foods.
- To encourage increased daily consumption of a variety of fruits and vegetables.

**Issues**

- **Opportunities**
  - The traditional curriculum at Club Boulevard Elementary and Hope Valley Elementary does not involve cooking, and so the cooking labs are an opportunity to provide a hands-on learning experience designed to teach students basic cooking skills and increase their self-efficacy related to preparing healthy foods.
  - The cooking labs are in addition to the normal curriculum, thereby increasing the number of contacts with each student.
  - Having students engaged in the making of healthy foods may increase their willingness to try those new foods, and the likelihood that they will make those foods again at home.
- **Challenges**
  - Scheduling was a challenge, since the cooking labs were an hour rather than the usual 30 minutes.

## **Implication(s)**

- **Outcomes**
  - Throughout December 2017, the DINE nutritionist provided cooking labs to 12 classes. Two kindergarten classes, one first grade class, six second grade classes, two third grade classes, and one fourth grade class participated.
  - The one-hour, hands-on cooking labs (12 classes) reached 232 students.
- **Service delivery**
  - Each cooking lab began with a review of nutrition-related topics that had been covered thus far in the curriculum.
  - The DINE nutritionist gave an explanation of the recipe and cooking techniques and demonstrated food safety techniques.
  - The students then worked in small groups to prepare the recipe (Roasted Red Pepper Hummus or Black Bean Mango Salsa) and tasted the results.
  - Each student received a recipe card for the dish to take home to their families.
- **Staffing**
  - One DINE nutritionist staffed the classes with support from classroom teachers and parent volunteers.
- **Revenue**
  - No revenue was generated by this activity.

## **Next Steps / Mitigation Strategies**

- To date, the cooking labs have been a great success. Eleven additional teachers have approached the DINE nutritionist and scheduled hour-long cooking labs for January.
- The DINE nutritionist serving Club Boulevard and Hope Valley Elementary Schools will continue providing the DINE nutrition education program using this hybrid model of traditional curriculum interspersed with occasional cooking labs.
- Other DINE nutritionists have also adopted this model for use in their schools, and, with similar success, will continue with the hybrid model.

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## **Division / Program: Nutrition Division / Clinical Nutrition**

**(Accreditation Activity 10.1 –The local health department shall develop, implement, and evaluate population-based health promotions/disease prevention programs and materials for the general public.)**

### **Program description**

- Members of the DCoDPH Clinical Nutrition team provided a total of 4 presentations focused on meal planning to the City of Durham Employees as a part of the City's Wellness program. Two sessions were held on October 17, 2017 and two additional sessions on November 16, 2017.
- The City of Durham Employee Wellness Program provides a comprehensive and innovative wellness program to employees. The wellness program is designed to help employees prevent disease and illness by lowering health risks through education, adopting healthy lifestyles, increasing the use of preventative medical screenings, and preventative health care.

## **Statement of goals**

- To deliver health promotion and disease prevention education and medical nutrition therapy to the residents of Durham County.
- To promote and market DCoDPH's Nutrition Clinic services.
- Provide simple and actionable steps for meal-planning to encourage city employees to eat more meals at (or from) home.

## **Issues**

- **Opportunities**
  - Collaborate with the City of Durham to promote the goals of both agencies.
  - Provide sound nutrition advice to Durham City employees in attendance.
  - Promote Nutrition Division services and programs to city employees.
- **Challenges**
  - Staffing group presentations can be a challenge because the Nutrition Clinic must remain open during regular business hours. Nutrition clinic staff time is mostly spent counseling clients in 1:1 medical nutrition therapy sessions, making time to research and prepare group presentations challenging.

## **Implication(s)**

- **Outcomes**
  - Provided education and resources to approximately 50 City of Durham employees on the importance of preparing and eating meals at (or from) home.
- **Service delivery**
  - A total of 4 education sessions were conducted for approximately 50 City of Durham employees.
- **Staffing**
  - 2 Nutrition Specialists collaborated to create the presentation. The same Nutrition Specialists each presented 2 workshops on separate days (October 17, 2017 and November 16, 2017).
- **Revenue**
  - N/A
- **Other**
  - Based on the high number of presentation and workshop requests received by the Nutrition Clinic from the City of Durham fall and winter 2017, the City of Durham Employee Wellness Program values the services and expertise of the nutrition clinic personnel.

## **Next Steps / Mitigation Strategies**

- Continue to build the partnership between the City of Durham and the DCoDPH Nutrition Clinic.

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## **Division / Program: Community Health / Communicable Disease Program**

**(Accreditation Activity 7.2: The local health department shall conduct communicable disease investigations, follow-up, documentation, and reporting activities.)**

## **Program description**

- On December 12, 2017, 148 students and faculty who were contacts to a student (index case) with mycobacterium tuberculosis (TB) were routinely re-tested at Northern High School.
- Various programs in the Durham County Department of Public Health (DCoDPH) participated in this large scale investigation including Community Health (TB Clinic, STI Clinic, and School Health), the Laboratory, Emergency Preparedness, Health Education, Communications, Environmental Health, Administration, and Registration.

## **Statement of goals**

- To routinely re-screen students, faculty, and staff that were initially tested in October, 2017 with the T-Spot blood test.
- To assess all known contacts for symptoms of TB disease.
- To provide written TB educational material and an opportunity to ask questions to all screened.
- To determine if those testing negative during the first round of testing have converted to positive for TB.

## **Issues**

- **Opportunities**
  - To provide education about the TB disease to the public.
  - To access in one place (Northern High School) all needing TB re-screening.
  - To utilize the Incident Command System for this event.
- **Challenges**
  - 32 students needing to be retested were absent from school, three had no consent forms, three were on suspension, one bus driver did not come for re-testing, and one is getting re-tested at his or her PCP.

## **Implication(s)**

- **Outcomes**
  - 148 students and staff were re-tested for TB
  - Students absent that need to be re-tested will be notified by mail to come in to DCoDPH for re-testing.
- **Service delivery**
  - Staff from various areas of the health department assisted in this collaborative event.
- **Staffing**
  - Multiple DCoDPH departments (noted above) assisted in the event.
  - The Incident Command System was used to conduct the event.
- **Revenue**
  - County funding was realigned and put in the Tuberculosis Program budget for payment of the T-Spot laboratory tests.

## **Next Steps / Mitigation Strategies**

- Send certified letters to all those tested noting the results of the test.
- Send a letter to the students absent on the day of re-testing requesting that they follow up at DCoDPH for re-testing.

**Division / Program: Administration / Communications and Public Relations**  
**(Accreditation Activity 5.3- Health Alerts to Media, 9.1- Disseminate Health Issues Data, 9.5- Inform Public of Dept. / Op. Changes, 10.2- Health Promotion –Disease Prevention, 21.2- Make Available Information About LHD Programs, Services, Resources)**

**Program description**

- The Communications and Public Relations program provides accurate, timely, and relevant information to the residents of Durham County on key health issues as well as informing the public about department programs and services availability. Information is disseminated in many forms, included broadcast, print, and multimedia (web-based).

**Statement of goals**

- To increase the public's awareness and understanding of important health information and the Department of Public Health's programs and services availability
- To increase the public's utilization of the Department of Public Health's programs and services.
- To become the main, trusted and dependable choice for journalists seeking information and assistance to develop compelling and balanced stories on Public Health issues.

**Issues**

- **Opportunities**
  - Being present at events allowed for our work to be captured for historical purposes. Putting more updated material on the website increases viewership. Sending press releases more frequently allows for more familiarity with media and increases our chance of exposure.
- **Challenges**
  - Event photography and videography at multiple events at the same time.

**Implication(s)**

- **Outcomes**
  - Communication surrounding various health issues and department programs and services are being publicized in a timely, organized manner and with greater frequency.
  - Visibility of public health information from the department has substantially increased.
- **Service delivery**
  - Press Releases
    - Stay Connected with DCoDPH December Activities – 12/4/2017
    - Rabid Coyote Found Near Bahama – 12/14/2017
    - Christmas Day Closing – 12/19/2017
    - Bull City United 2<sup>nd</sup> Annual Week of Peace – 12/27/2017
  - Website Updates
    - All Press Releases Added to Website
    - December Events Added to PH Calendar
    - Input December BOH Meeting Agenda on Website
    - Community Connections eNewsletter sent on December 6.

- Media Archives
  - [Get ACA Help Today](#) (Partnership for A Healthy Durham column) – December 5, 2017 – The Herald Sun
  - [Why you should still get a flu shot this season](#) – December 6, 2017 – The Herald Sun
  - [Rabid Coyote Found Near Bahama in Durham County](#) – December 14, 2017 – ABC 11
  - [Rabid coyote reported in Bahama. What can you do to protect yourself and your pets?](#) – December 15, 2017 – The Herald Sun

### **Next Steps / Mitigation Strategies**

- Disseminate consistent & timely content
- Engage the public on social media to increase page likes and followers
- Increase the number of monthly eNewsletter subscribers
- Continue internal communications strategies

**Division / Program: Health Education & Community Transformation/ World AIDS Day (Accreditation Activity 10.1 the local health department shall develop, implement and evaluate population-based health promotion/disease prevention programs and educational materials for the general public)**

### **Program description**

- In observance of World AIDS Day, the Health Education and Community Transformation Division partnered with the HIV Committee of the Partnership for a Healthy Durham, NC Central University Student Health Services and Duke Partners in Caring to host a World AIDS Day (WAD) event at CCB Plaza on December 1, 2017.
- The World AIDS Day event at CCB Plaza was scheduled from 5:30pm-7:30pm. The program consisted of opening remarks from our Public Health Director, Gayle Harris and a presentation from the co-founder of WAD, James W. Bunn. The state of PREP in NC was presented as well. Entertainment was provided by Bishop Dixon and the Anointed Voices of Faith.
- A World AIDS Day Shoe and Sock drive was held two weeks prior to WAD to commemorate the souls who are living with or have died from HIV. The group had a candlelight vigil. At the end of the program, all attending were able to take needed shoes and socks.

### **Statement of goals**

- To raise awareness about HIV/AIDS and the many people impacted by the disease.
- To address and reduce the stigma of HIV/AIDS.
- To support the millions living with HIV/AIDS worldwide.
- To honor those that live fulfilling lives with HIV/AIDS.
- To improve education about HIV/AIDS.
- To remind people that HIV/AIDS is an ever present problem that affects everyone.

## Issues

- **Opportunities**
  - Collaborate with agencies within the HIV Committee (Duke PIC, UNC Center for AIDS Research, EI Clinic, and NCCU.
  - Great location - individuals stopped by to hear the guest speakers and the choir.
- **Challenges**
  - Cold weather

## Implication(s)

- **Outcomes**
  - A total of 63 community members were present at the World AIDS Day event
  - Community information/resources and condoms were provided
  - Refreshments were provided
  - Shoes and socks were provided to anyone who attended the event. The remaining items were donated to CAARE.
- **Service delivery**
  - The Partnership for a Healthy Durham website, Durham KNOWS Facebook page, local news, and organizational e-mail blasts for agencies within the HIV Committee, to promote and provide event information.
- **Staffing**
  - Health Education and Community Transformation- Tim Moore and Paul Weaver
  - Partnership- Candice Givens
- **Revenue**
  - N/A

## Next Steps / Mitigation Strategies

- Start planning for 2018 World AIDS Day event early in the year.
- Bring the community back into planning process for the World AIDS Day event.
- Become more creative in our approach to host a World AIDS Day event that greatly peaks the interest of those in the Durham community.

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**Division / Program: Health Education & Community Transformation/Stay Quit**  
**(Accreditation Activity 10.1: The local health department shall develop, implement and evaluate population-based health promotion/disease prevention programs and educational materials for the general public.)**

## Program description

- Stay Quit is a support group for people who are trying to or have recently quit smoking. It has been held monthly since August 2016.
- Twenty individuals are enrolled in the group.

## Statement of goals

- To provide continued support, education and relapse prevention to participants of the Fresh Start and other smoking cessation programs
- To provide a space and an opportunity for smokers attempting to quit to learn from and support one another

- To provide education and guidance to people about how to quit smoking and stay quit

## Issues

- **Opportunities**
  - Local radio stations and websites have provided free advertising.
  - Facebook ads have been able to reach a wide audience.
  - Holding the group in the Human Services Building allows for a free space and adequate parking.
  - There are no other tobacco related support groups in Durham known at this time.
  - The Stay Quit group is an appropriate next steps approach for those who have quit smoking and need additional support.
- **Challenges**
  - Recruiting participants is challenging, and attendance has been low. Many months have seen zero attendees.
  - Finding an appropriate space has proven to be difficult. The Human Services Building is free, but the doors lock early and some participants have been locked out. Other times, people aren't able to find the room. Talking with the security guards has helped, but the room location is less than ideal.
  - The time of the meeting is also difficult. Meetings are held from 5:30- 6:30 so that participants can come after work, but it's dark and cold in the winter and that might discourage participants. Discussions are occurring regarding holding another monthly meeting during the day.

## Implication(s)

- **Outcomes**
  - Multiple participants report that they have told friends and family about the group in order to increase the size and reach.
- **Service delivery**
  - The group is held every first Thursday from 5:30 – 6:30 pm in the first floor board room of the Human Services Building.
  - Staff advertise the group to participants at Chronic Disease and Diabetes Self-Management classes, Fresh Start programs, webinar schedule and other community events. Staff paid to boost Facebook ads on occasion to reach a broader audience when funding has been available. The support group is also advertised in agency and countywide e-newsletters.
- **Staffing**
  - Two Public Health Education Specialists plan, recruit, and organize the group.
- Facilitators alternate each month.
- **Revenue**
  - N/A

## Next Steps / Mitigation Strategies

- Consider alternate locations and/or time to increase participation
- Explore if there is interest and a need in offering a day session for Durham County Government employees.