

Duke funds put to use

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JULY 2016

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what we're doing
online



A month of change

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PUBLIC Health

CATAWBA
COUNTY
Public
Health

MONTHLY UPDATE

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HEALTH PARTNERS TAPS EVIDENCE-BASED PROGRAMS

In early 2016, Catawba County Health Partners began work on the Healthy People, Healthy Carolinas (HPHC) initiative as part of a three-year, \$450,000 grant from The Duke Endowment.

The HPHC initiative calls for transformative community health improvement in the areas of healthy eating, active living, and chronic disease prevention – which also happen to be Catawba County’s health priorities for 2016-2019 as identified in the county’s 2015 Community Health Assessment. HPHC strategies are evidence-based (practice-tested and replicable) and aimed toward systemic changes that create healthy environments and support healthy choices – ultimately helping to improve overall quality of life and well-being.

The grant application was sponsored by Catawba Valley Medical Center, which has also taken a leadership role on the initiative’s implementation team. Additional implementation team leaders include Broome Associates, Catawba County Public Health, and the YMCA of Catawba Valley.

After reviewing the evidence base against existing local assets and needs, the HPHC leadership team identified the following scope of work for the grant:

HEALTH PARTNERS IN SCHOOLS: Assisting schools with developing and meeting nutrition and physical activity goals in the school environment through evidence-based assessment and curriculum initiatives.

HEALTH PARTNERS IN FAITH: Partnering with faith leaders to assess congregational health needs and develop comprehensive initiatives supporting nutrition and physical activity across the faith environment.

HEALTH PARTNERS IN HEALTHCARE: Working with primary care practitioners to screen for nutrition and physical activity risk factors and provide lifestyle medicine prescriptions that refer patients to community resources for accessing healthy foods and active living.

Next steps include bringing collaborative workgroups together around these three initiatives to develop implementation plans. Plans will be piloted with select sites from each sector, followed by evaluation and any improvements that may be needed before rolling plans out on a larger scale.



CATAWBA COUNTY HEALTH PARTNERS

WHAT IS HEALTH PARTNERS?

Catawba County Health Partners is a 501(c)(3) nonprofit facilitating collaborative efforts to improve Catawba County’s health priorities. Health Partners responds to community-level health needs by working to shift policies, systems, and environments toward preserving health, increasing well-being, and improving overall quality of life.

IN GENERAL, HEALTH PARTNERS WORKS TO:

- » Change our community in ways that measurably improve quality of life and enhance opportunities for wellness
- » Collaboratively identify mutual goals and develop shared solutions to priority health concerns across all sectors and stakeholders
- » Advocate for a community where health is a priority for everyone, especially at the decision-making level

Health Partners is advised by a community-driven Board of Directors and receives in-kind staff support from Catawba County Public Health. Funding for Health Partners is cultivated through local, regional and national grants, as well as supporting partnerships with Catawba Valley Medical Center and Frye Regional Medical Center. Recent initiatives include the Healthy Schools Recognition Program, the Cancer Task Force WellBusiness program, and the Farmers Market at Center United Methodist Church. For more information, please visit www.catawbacountyhealthpartners.org.

COMMUNITY STRATEGIES

Catawba County Health Partners

3070 11th Ave Dr SE, Hickory, NC 28602

PATIENT'S NAME _____ TODAY'S DATE _____

INSTRUCTIONS

Provide the framework for a referral network within the healthcare community for physical activity, fruits and veggies, diet modification programs, etc. to increase utilization of community-based resources.

Day of the week Monday Tuesday Wednesday Thursday Friday Sunday

Frequency 30 minutes a day



HEPATITIS COSTS LIVES, MONEY

WORLD HEPATITIS DAY HAPPENED JULY 28 and serves as a reminder for all of us to make sure that we are up to date on Hepatitis immunizations and that we are doing what we can to avoid exposure to the viral disease.

According to the World Hepatitis Alliance, 95 percent of people living with Hepatitis are not aware they have the virus, and less than 1 percent of people living with it receive treatment. The three most common types of Hepatitis virus are Hepatitis A, B and C. Here is a look at these three types and how you can protect yourself from contracting them.

» According to the Centers for Disease Control and Prevention, **HEPATITIS A** affects more than 3,500 people a year and happens after ingestion of microscopic amounts of fecal matter through close person-to-person contact or ingestion of contaminated food or drinks. Hepatitis A is of particular concern to Catawba County Public Health's Environmental Health staff, who inspect restaurants and other foodservice facilities. Those inspections evaluate hand washing and other sanitation measures to help prevent an outbreak of Hepatitis A. Although it can cause fever, tiredness, nausea, vomiting, belly pain and other symptoms, no treatment is needed, as most people recover in a few months with no lasting liver damage.

» **HEPATITIS B** infects nearly 20,000 new people a year and the CDC

estimates that there are 1.2 million people living with chronic Hepatitis B infections. For some, the disease is temporary and resolves on its own; for others, the infection can lead to a chronic illness. About a quarter of those infected develop liver damage such as cirrhosis, liver failure and liver cancer. Hepatitis B can be transmitted through sexual contact or through infected mothers to their infants, and it is often seen in injection drug users and healthcare workers who are exposed to infected blood on the job. For most adults, the acute form of Hepatitis B will resolve on its own without treatment. For people who develop a chronic infection, there are injections and oral medications available to help slow down liver damage. A few people with chronic infections will need liver transplants if damage becomes severe.

» **HEPATITIS C** infects around 30,000 new people a year and the CDC estimates that there are 3.2 million people living with a chronic Hepatitis C infection. It is most commonly transmitted through sharing of contaminated injection drug equipment, but can also be through sexual contact, birth by an infected mother, and through needle stick injuries among healthcare workers. Up to 85 percent of infected people develop chronic infections, with permanent liver

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**Hepatitis A and B
vaccines are
available for
adults and
children.**

CASHING OUT

McBride takes supervisor spot as Cash retires from Environmental Health

July brought with it major changes in the Environmental Health section of Catawba County Public Health. Mike Cash said his goodbyes, and Megan McBride prepared to take his place as supervisor over wells and septic systems.

“In the 12 years I have been here, I have had the privilege of working with some of the finest people I’ve ever known and have learned more than I ever thought I would,” said Cash. “It’s been an honor to have served Catawba County and I am looking forward to continued involvement in my profession, even after my retirement.”

Scott Carpenter, who supervises foodservice inspectors, said Cash has been a great asset to the department.

“When he began working here, he had his work cut out for him. It was a program that needed some big help in order to get it were it is today,” said Carpenter. “He put his past experiences to work here and has created an ideal on-site waste water program.

Cash said his colleagues have made a lasting impact on him. “That is something I will never forget – the people I worked with,” Cash said.

Cash said he plans to travel, spend time target shooting and

working with his church, Woodlawn Baptist.

“I plan to spend plenty of time fly fishing and enjoying many wonderful hours on my favorite streams and waterways,” he said. Cash also plans to spend more time with his wife and grandchildren – especially with another grandchild on the way.



MCBRIDE

Cash’s last day was July 29. Cash said he will be leaving the job in good hands with McBride.

McBride said she is eager to continue Cash’s work.

“After starting with Catawba County, I knew I’d found the right fit. The Environmental Health department is very technologically advanced and has a great team that is very easy to work with,” she said. “With my new role, I’m looking forward to helping our program grow while continuing the high quality of service the public has grown to rely upon.”

McBride has been working in Catawba County since 2007, and holds a degree in environmental science from West Virginia University. She moved to Morganton in 2007 and had past experience in Maryland as an environmental health specialist.

“I knew I wanted to continue my career in environmental health because I enjoyed the work so much. I really like being in the field and evaluating soil,” she said. She also enjoys educating others. “Educating the public is also a very important role.”



Feeling social?

We need your help getting the word out about what Catawba County Public Health is doing in the community. Here’s what you can do:



“LIKE” US TODAY!

Use this QR code to go directly to the page.



Search for **Catawba County Public Health**



When you see a post from us, hit “share” and post it on your own wall.

Encourage others to “like” our page.

BUILDER'S CHOICE:

Traditional permit or engineered option?

A newly enacted law now provides for a private option where an applicant can hire his own professional engineer to design a septic system without routine inspections from Environmental Health staff.

The new alternative is called the Engineered Option Permit and it provides a second process for the sighting, design, construction and approval, and operation of a septic system without requiring the direct oversight or approval of the local health department.

The state law went into effect with temporary rules in place in July. Permanent rules should be finalized and effective by January. New fees have not yet been determined for the EOP.

An owner who chooses to use the EOP will employ the services of a professional engineer to prepare signed and sealed drawing, specifications and plans for construction, operation and maintenance of the wastewater system in accordance with the new law.

Although it allows home and business owners to go through a different process, it still requires systems to comply with state and local regulations. Under the option's requirements, the system's engineer is responsible for all aspects of the project, from design until installation is complete, explained Mike Cash, Catawba County Public Health's outgoing Environmental Health Supervisor. Environmental health staff do not review or approve the engineer's plan.

Environmental Health staff ensure that applications for the EOP are complete. Once the application is completed and received, Environmental Health staff acknowledge its receipt and the builder moves forward



ENGINEERED OPTION PROCESS

- » Complete application and copy of engineered design received; fee paid
- » Application reviewed for completeness. Information analyzed and permit issued or denial sent based on completeness. Incomplete applications will be returned to the engineer.
- » Once completed applications are received, builders may apply for permits to begin construction
- » Once the project is installed, Environmental Health is notified that the system is ready for a site visit
- » Environmental Health staff perform post instruction conference with the engineer after installation
- » Environmental Health staff give written authorization to operate the system. Continued operation and maintenance is the responsibility of the owner.

with construction and installation. A reference copy of the plan is stored in Environmental Health so the building owner or Environmental Health staff can go back to the original plan if necessary. Staff will also complete a site visit to acknowledge the completed installation and location of the wastewater system.

"We acknowledge that we have been on site and that it is ready for use," said Cash.

"Although the new process is an option for builders, it will not replace the current process for permitting and approval of wastewater systems."

Environmental Health staff give written authorization to operate the system. Continued operation and maintenance is the responsibility of the owner. If there is a system failure, the owner will contact the project engineer.

Hepatitis from Page 3

damage present in two out of three people and cirrhosis in one in five people.

You can protect yourself from contracting Hepatitis A and B through vaccinations, which are available by making an

appointment with your healthcare provider or at Catawba County Public Health by calling (828) 695-5800. However, there is no vaccine for Hepatitis C, and treatment typically ranges from \$80,000 to \$100,000, according to Hepatitis Central, an advocacy group. For more information on viral Hepatitis, visit the CDC at <https://www.cdc.gov/hepatitis/>.