

Healthy Carolinians 2015 Spring Newsletter

2 messages

Rockingham County Healthy Carolinians Partnership

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Mon, Mar 30, 2015 at 10:27

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"For the Community by the Community"

March 2015 to May 2015 - Volume 5, Issue 2

2016 Community Health Assessment

Immunize Your Child

Go FAR 2015

Walk Away From Depression

County Employees Try New Wellness Program

Community Tennis Association in Rockingham County

Announcements

Who's Who

Contact Healthy Carolinians

Access to Healthcare

Preparing for the 2016 Community Health Assessment

The Rockingham County Division of Public Health, Rockingham County Healthy Carolinians Partnership and other community partners are gearing up for the 2016 Community Health Assessment (CHA). This assessment is a requirement every four years to assess the health of residents in Rockingham County. The role of the CHA is to identify factors that affect the health of residents and determine the availability of resources within our county to adequately address these factors. As we move forward with the CHA process we will be holding meetings, conducting door-to-door surveys and focus groups, community forums, and much more! To learn more about the Community Health Assessment please visit www.rockinghamcountypublichealth.org to view the 2012 CHA.

New Immunization Laws - 2015-2016 School Year

On May 14, 2014 the North Carolina Commission for Public Health approved new vaccine requirements and changes to existing requirements. The changes were made to more closely align NC requirements with the current Advisory Committee on Immunization Practices (ACIP) recommendations. The new vaccine requirements and changes to previous vaccine requirements will become effective July 1, 2015 and are outlined below.

Before beginning the 2015-2016 school year, kindergartners must now have:

- A FOURTH DOSE OF POLIO VACCINE

AND

- TWO DOSES OF VARICELLA (CHICKENPOX) VACCINE

Before beginning the 2015-2016 school year, 7th graders must now have:

- A BOOSTER DOSE OF TDAP (Tetanus, diphtheria, and pertussis (whooping cough) VACCINE

AND

- ONE DOSE OF MENINGOCOCCAL VACCINE

With these new changes in the law, Rockingham County Division of Public Health will provide onsite meningococcal vaccination clinics at the four middle school locations listed below. The health department also offers vaccines Monday through Friday by appointment only. For more information visit www.rockinghamcountypublichealth.org or call 336-342-8140.

Reidsville Middle - March 23rd, 8:15 am to 10:15 am

Rockingham County Middle - March 24th, 8:15 am - 10:15 am

Western Rockingham Middle - March 25th, 7:45 am - 9:45 am

Holmes Middle - March 26th, 8:15 am to 10:15 am

Local Physical Activity and Nutrition

GO FAR is Bigger and Better



"GO FAR" is the buzzword among our Rockingham County elementary and middle school students.

Throughout the county, children, coaches and families are gearing up for the fifth year of the GO FAR: Go Out For A Run program. GO FAR is a character development and fitness program designed to address the childhood obesity epidemic in North Carolina through a combination of physical activity and education on healthy nutrition. Throughout the course of the 10 week program, children train to compete in a 5K road race through twice weekly after school running clubs. There is a five-week one mile fun run option for younger children. Several child care centers and preschool programs in the county are training for the one mile fun run.

We are thrilled to announce that we have 100% participation from Rockingham County Schools grades K-8 that will be offering after school running clubs this year.

Childhood obesity has reached epidemic proportions in North Carolina. Here are just a few of the facts:

- In North Carolina, over 30% of children are either overweight or obese giving North Carolina the 5th worst ranking in the United States for childhood obesity among children ages 10-18.
- Rockingham County's childhood obesity statistics are even worse than the state averages. According to the North Carolina Nutrition and Physical Activity Surveillance System (NC-NPASS), in 2009, 43% of children ages five to eleven in Rockingham County were either overweight or obese.
- Overweight children have a 70-80% chance of becoming overweight or obese adults.
- Obesity in adulthood increases the risk of diabetes, high blood pressure, high cholesterol, asthma, sleep apnea, arthritis, and general poor health.
- Obesity affects learning as well as health. There are more than 25 scientific studies that show a positive relationship between a child's level of physical activity as a factor of overall health and academic achievement. Children who are more active and generally healthier tend to perform better academically.

In response to these statistics, the Rockingham County Partnership for Children (RCPC) chose to sponsor the GO FAR: Go Out For A Run program. GO FAR has grown tremendously since it began in Rockingham County in 2011. More than 800 children, family members and community runners completed last year's 5K event and over 175 completed the one mile fun run. Every child who participates in the program is encouraged to run in the race regardless of their family's ability to pay the entry fee. RCPC is able to waive the participation fee for students for whom the cost would be a barrier to participation due to the generosity of many community sponsors.

The Rockingham GO FAR 5K and One Mile Fun Run event will be held on Saturday, April 18, 2015 at Reidsville High School and is open to the community. The fun run begins at 8:15 a.m. and the 5K starts at 9:15 a.m at Reidsville High School's football stadium. If you would like to participate in the race you can get more information or sign up at www.rockinghamkids.org/go-far or by contacting April Cox at the

Rockingham County Partnership for Children office at [336-342-9676](tel:336-342-9676) ext. 207.

As always, we welcome sponsorships to keep this program alive and growing in the county. We would love to discuss with any business how you can be involved. A new feature at the race event this year will be the Community Showcase where local businesses and organizations will be present to share information, give free products, or provide free services or demonstrations to children and their families. If you are interested in being a part of this showcase, please contact April Cox or Brooke Fuller at [336-342-9676](tel:336-342-9676).

Walk (or Run) Away from Depression!

Everyone knows that exercise improves physical fitness, but new research shows that it can also help relieve the symptoms of depression. It is estimated that more than 19 million American adults are living with depression. One in four women and one in six men will suffer from depression at some point in their lives.

It is not unusual to feel sad, blue, unhappy, or down-in-the-dumps from time to time. In contrast, depression is characterized by prolonged feelings of sadness, dejection and hopelessness that interfere with everyday life for an extended time. The problem with depression is that it makes you feel like you have no energy. So the tasks of daily living can become difficult or overwhelming.

The good news is that regular exercise can be an effective treatment for depression. In fact, research indicates that it may be just as effective as medication for relieving mild to moderate depression.

Just how exercise reduces symptoms of depression is not fully known, but studies show that exercise prompts changes in both mind and body. Researchers have found that regular exercise increases serotonin levels in the brain and leads to improved moods and feelings of well-being. It also boosts feel-good endorphins, releases tension in muscles, improves sleep and reduces levels of the stress hormone, cortisol. Taken together, these effects produce notable improvements in depression symptoms.

Obviously, these findings provide tremendous hope for those suffering from depression. Some research shows that it may take 30 minutes of exercise three to five days a week to improve symptoms of depression. But as little as 15 minutes three days a week has been shown to improve mood in the short term.

Before starting any new physical activity, consult with your doctor. Once you have clearance to begin your new exercise plan, here are some helpful tips for getting started:

- **Do what you enjoy.** Figure out what type of exercise or activities you're most likely to do (e.g., walking, bicycling, running, or swimming). Think about when and how you'd be most likely to follow through.
- **Set reasonable goals.** You don't have to train for a marathon. Walk around the block the first day. Then try to do a little more each day. Within a short time, you will have made significant progress towards your goal.
- **Go easy on yourself.** You might not be able to handle a lot of exercise at first, so start small and increase your activity gradually. Remember to thoroughly warm up and cool down before each exercise session.
- **Make it social.** Try to find a friend with whom you can exercise. This will give you a little extra motivation to stick with your exercise routine.
- **Go outside.** A little sunshine and fresh air can enhance your mood.
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- **Whatever you do, don't give up!**

Dr. Matt Taylor is a chiropractor specializing in the non-surgical treatment of spinal conditions. His clinic is located in Reidsville. Call 342-3000 for more information.

Rockingham County Wellness Strategy Utilizing The Daniel Plan

As the holidays approached last year, Rockingham County Governmental officials became proactive with Wellness strategies to incorporate ways to help County employees not worry about gaining a few pounds and not making healthy choices. Tara R. Martin, Health Promotions Coordinator with Rockingham County Department of Health and Human Services, coordinated an answer with Justin Stewart, Assistant Training Officer with Rockingham County Emergency Services, as the facilitator for The Daniel Plan. Several dozen County employees signed up and participated in weekly Wednesday, hour-long meetings at lunch, to learn and incorporate The Daniel Plan in their health regime. Martin said: "employees have reported making healthy changes in their day-to-day lives including eating more fruits and vegetables, watching portion size, reading food labels, and making changes in their routine so that they are not eating so late at night or having lunch vs. dinner as their biggest meal."

The Daniel Plan - 40 Days to a Healthier Life is a six-week series to equip participants with practical tools and resources to bring health into every area of life. The program was completely free and met once a week for six-weeks. This is a groundbreaking approach to achieving a healthy lifestyle that is both transformational and sustainable. The Daniel Plan is centered on five essentials that will guarantee your success: faith, food, fitness, focus, and friends.

What IS a Community Tennis Association (CTA)?

In this world of acronyms, tennis has a vocabulary all its own. I'm not talking about our crazy scoring system (Love, 15, 30, 40, Deuce, Ad,) but about these abbreviations: USTA

(United States Tennis Association), USPTA (United States Professional Tennis Association), ITA (Intercollegiate Tennis Association), LLC (Local League Coordinator) and finally CTA (Community Tennis Association).



If you've followed the local tennis news this last year, you might have noticed that we now have a **Community Tennis Association** called Rockingham County Tennis Association (RCTA).

There are not Rockingham County sports organizations for football, soccer, baseball, or basketball...why tennis?

First, our national organization (USTA) is passionate about pushing money and programs out into communities across the county to engage youth and adults in the game of tennis. CTAs are charged to distribute these funds and programs into their communities.

Where does that money come from? The US OPEN, the highest-attended annual sporting event in the world, held each year at Flushing Meadow New York, provides the USTA with income to support players across the country to "find themselves in the game".

In NC, the USTA is represented by NC Tennis, just down the road in Greensboro. A staff of 10 passionate tennis experts supports adult and junior tournament play as well as communities like ours that are revitalizing and providing local tennis programs.

We're not alone in our pursuit of promoting community tennis; there are about 15 active CTA's across North Carolina of varying sizes and missions.

Here in Rockingham County, RC Tennis (better than RCTA don't you think?), is about introducing the game to our youth age 6-12 and creating a pathway for them to enjoy the game as they grow. There were a few administrative details to get out of the way - forming a Board of Directors, becoming a 501c3 non-profit charitable organization - but most of our time and effort is directed to getting children and their families out on the courts...or in the gym....or in their driveways and parking lots with rackets in their hands.

How does RCTA accomplish our mission? - with help from LOTS of people. We've received tennis rackets, balls, and nets from NC Tennis to share in over 50 free RC Tennis youth and family events. Xerox Corporation is our first local program sponsor.

We've trained 20 volunteer coaches (young and old, tennis players and not) to work with our young players.

FOUR local Rockingham County organizations have invested in their OWN youth tennis equipment. You'll find kids on the court or in the gyms playing at the Eden Family Y, Boys and Girls Club of Eden, Bridge Street Recreation Center, and Madison-Mayodan Recreation Center. Fitness Clubs and after school programs are hosting Kids Tennis Clubs at South End, Williamsburg and New Vision Elementary Schools and Western Rockingham, Reidsville, and Western Rockingham Middle Schools.

We've got game Rockingham County. Thank you for such an exciting welcome for our CTA - Rockingham County Tennis!

For more information about tennis for all ages in Rockingham County, check out our NEW webpage at www.rockingham.usta.com and follow us on Facebook at [RC Youth Tennis](#).

ANNOUNCEMENTS

**Rockingham County
Senior Games & SilverArts
2015**

Registration Deadline - April 1, 2015

Event Dates - April 21st - May 15th

**Rockingham County Diabetes Task Force
presents
The First Annual
Rock Your Health Wellness Fair**

When: Saturday, June 6, 2015

Where: Rockingham Community College - Gymnasium

What: FREE!!!

**Presentations on Foot Care, Nutrition, Physical Activity, and Medications.
Over 20 vendors will be there to give out information and prizes.
Fun activities for the whole family so bring the kids!**

**Rockingham County Government's Wellness Program
Get Fit Rockingham
presents
The 2nd Annual
Kicking Asphalt 5K Run and 1 Mile Wellness Walk**

When: May 14, 2015

Where: Rockingham County Governmental Center

Time: 5:30 pm

Who: Anyone can register to enter the walk

Price: \$20

For registration and more information:

Who's Who

Dawn Charaba - Rockingham County Partnership for Children

Dawn Charaba is a native of Alamance County. She lives in Greensboro and works for the Rockingham County Partnership for Children as the Young Parenting Program Coordinator. After graduating from the University of North Carolina at Chapel Hill, Dawn trekked across the United States to enlist in AmeriCorps in Seattle, WA, leading literacy and after-school programming in low-income, high-need communities. During this time, Dawn also received her Master's in Business



Administration degree, with a focus in non-profit management from Marylhurst University, a small catholic university in Portland, OR. Feeling the constant draw of the south, and fueled by a need for Cheerwine, grits and Chick-fila, Dawn and her husband, Eric, moved back to North Carolina. Dawn has worked in youth services and youth empowerment programming for the past 13 years in various capacities (group homes, university, government, and nonprofit settings). She has experience and training in evidence-based programming and practices surrounding youth health, leadership development, case management, and person-centered planning. Dawn is a nerd in that she loves numbers - evaluation, data collection and analysis. Currently, Dawn serves on the board of Partners for Healthy Youth, is an active member of the SHAC committee and STRIVE initiative, a participant in the Kate B. Reynolds Healthy Places Leadership program and has contracted with the Rockingham County Health Care Alliance and Guilford Health Department to develop evaluation systems and community health initiatives. Outside of work, Dawn loves to ride her bike - you may see her making the journey up Sandy Cross Road to work, so give a honk! She also enjoys reading, knitting, and all things chocolate.

For more information on programming visit <http://www.rockinghamkids.org/>.

Rockingham County Healthy Carolinians Partnership

MISSION

To advocate, guide and assist Rockingham County in planning and implementing health care strategies to promote healthy lifestyles, improve health status and to increase the years of quality living for all residents in the county.

TOP 3 HEALTH PRIORITIES

Physical Activity and Nutrition

Access to Healthcare
Social Determinants - Education

NEWSLETTER CONTRIBUTIONS

If you would like to contribute any health related information that align with the Healthy Carolinians priorities or have any announcements for the months of June, July, and August, please email Beverly Scurry by **May 18th**. The next quarterly publication will be released May 1, 2015.

Beverly Scurry
Healthy Carolinians Coordinator
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Wentworth, NC 27375
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**A healthy, safe and happy community for all.
Join Rockingham County Health Carolinians Partnership
"A Partnership that works!"**

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Shelby Rhyne <RCTennisAssociation@gmail.com>
To: Beverly Scurry <bscurry@co.rockingham.nc.us>

Mon, Mar 30, 2015 at 10:41 AM

Hi Beverly,

Can you send me a .jpg file of your newsletter so that I can post it on our RC Tennis Facebook page and webpage please? There's also a Constant Contact feature called Simple Share that you can add to your email so it's easy to share.

Thank you for including RC Tennis news in your Spring newsletter.

Read our March Newsletter [here](#).

Shelby Rhyne

Executive Director
RCTennisAssociation@gmail.com



www.rockingham.usta.com
www.facebook.com/RCTennis

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