

# PLUGGED *in*

## to Healthy Cabarrus

Vol. 1 Issue 1 April 2017



### Welcome to the first official Healthy Cabarrus Newsletter

Can you believe it is April?!? This year is already going by so quick, which means a lot of progress is already being made when it comes to addressing priority issues in Cabarrus County.

In this first edition of the Healthy Cabarrus Newsletter, I wanted to take a minute to thank you all for the time and effort that you regularly commit to our community and applaud you for the great work being done. (insert clapping here) I hope this newsletter serves as an opportunity for regular updates on coalition efforts, as well as a platform for you all, as partners, to share events, resources and information from your respective organizations.

The newsletter will be shared every other month, specifically those months that the Advisory Board does not meet. If you have information you would like to see in the newsletter, please feel free to submit those items to myself ([marcella.beam@cabarrushealth.org](mailto:marcella.beam@cabarrushealth.org)) or Tracy Ginder ([tracy.ginder@cabarrushealth.org](mailto:tracy.ginder@cabarrushealth.org)) and we will be happy to have it included!

Healthy Cabarrus  
*Partnerships for Life*

Thanks and Happy Spring!

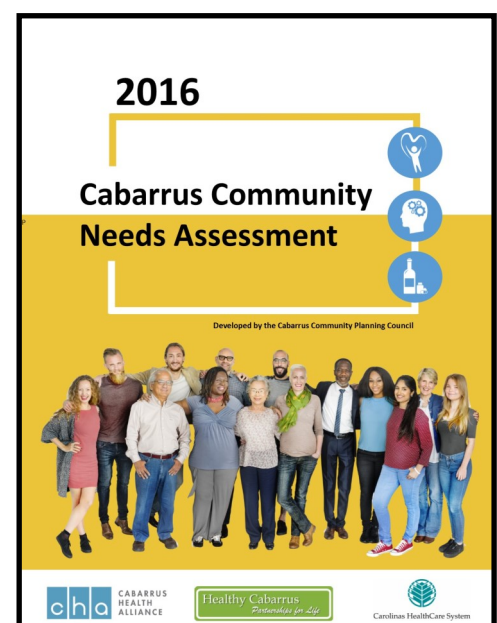
*Marcella Beam*

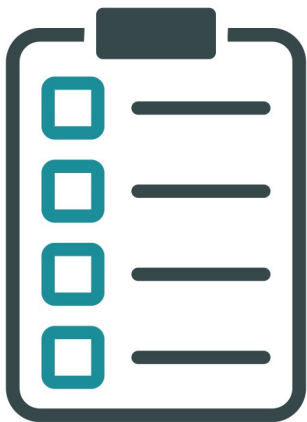
Executive Director

### 2016 Cabarrus Community Needs Assessment has been submitted

On February 28<sup>th</sup>, Marcella Beam and Tracy Ginder, mailed a final copy of the 2016 Community Needs Assessment to the North Carolina Department of Health and Human Services, Public Health Division for approval. The State will review and provide feedback within the next few weeks. Once approved by the State and Board of Health, the Assessment will be available online and in print.

A big THANK YOU to everyone involved in the process as this is truly a collaborative effort! The next phase will be action planning which is well underway. Action planning updates will be shared at Advisory Board meetings and in future Healthy Cabarrus Newsletters.





## Chronic Disease and Wellness Program Inventory Underway

Over the past two months, Sarah Mardovich of the Cabarrus Health Alliance conducted interviews with more than 40 community partners across the Cabarrus County wellness sector. The purpose of the project is to assess overlaps and gaps in services offered as well as to inform community members of available resources. This process will enable communication to be enhanced and partnerships to be strengthened among community organizations. Sarah presented initial findings from her assessment at the county Obesity Action Planning Retreat on March 22<sup>nd</sup>. Please also be on the lookout for a written report summarizing key conclusions and next steps. For more information please email: [Sarah.mardovich@cabarrushealth.org](mailto:Sarah.mardovich@cabarrushealth.org).

## Healthy Cabarrus Substance Use Coalition Update

The Healthy Cabarrus Substance Use Coalition has been participating in a strategic planning process. On January 20<sup>th</sup> organization representatives identified by the Healthy Cabarrus Executive Committee attended the Substance Use Action Planning Retreat where existing interventions were documented and new interventions were discussed for future action plans. During the February 20<sup>th</sup> Substance Use Coalition meeting, the coalition participated in a feasibility exercise. This exercise provided an opportunity to review the new interventions discussed at the action planning retreat and determine what is feasible and what interventions will have the largest impact.

In efforts to secure funding for the identified interventions, the coalition is pursuing the Drug Free Communities Grant (DFC). If awarded the coalition will receive \$125,000 for up to 5 years.

### The DFC Support Program has two goals:

1. Establish and strengthen collaboration among communities, public and private non-profit agencies; as well as federal, state, local, and tribal governments to support the efforts of community coalitions working to prevent and reduce substance use among youth.
2. Reduce substance use among youth and, over time, reduce substance abuse among adults by addressing the factors in a community that increase the risk of substance abuse and promoting the factors that minimize the risk of substance abuse.

The grant application was due in March and awardees for the DFC grant will be contacted in September of 2017.

### Other accomplishments:

1. Presented at two Crime and Safety meetings for Concord Police Department highlighting the importance of properly disposing of medications.
2. Partnered with Cabarrus County Meals on Wheels Program and provided informational brochures on safe storage of prescription medications and drop box locations.
3. Partnered with Cannon Pharmacy to provide Deterra™ medication disposal pouches to their home health workers. In addition, medication lock boxes and drop box location flyers will be provided.



## Cabarrus Wellness Coalition Update

The Cabarrus Wellness Coalition (CabWellCo) kicked off the new year taking care of updating position descriptions and responsibilities of all members, updating action plans to fulfill the ask of the ChildrenWIN Executive Steering Committee, and participating in the Healthy Cabarrus Obesity Action Planning Retreat.

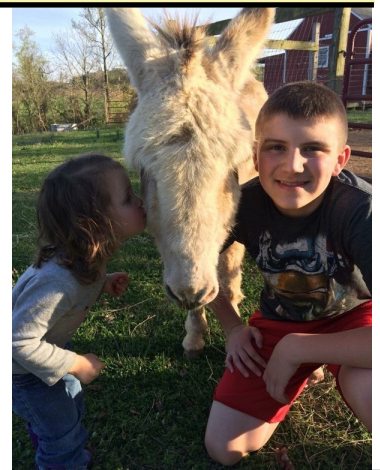
There are four workgroups that make up CabWellCo: school age, early childhood, community design, and clinical. Each of the workgroups have selected an intervention related to nutrition **and** physical activity based on the ten strategies identified in 5-2-1-0. At this stage of the action planning process, each group has been tasked to delegate steps and responsibilities that will help see their action plan succeed.

Updates on their progress include:

- **Community Design:** Many partners offer physical activity opportunities. To improve cross-communication of physical activity opportunities, a hashtag, **#Fun4AllCabarrus**, and education around using this hashtag, is being considered to be placed on all events and posting to create a common thread.
- **Clinical:** In order to limit or eliminate sugary drinks, branded water bottles will be distributed to all Cabarrus County children in kindergarten at well-checks. Determining the number of bottles, cost, branding, and distribution method for evaluation purposes is being considered.
- **Early Childhood:** With 5-2-1-0, there is a recognition program attached that can be adopted into our community. Childcare centers have had great success with such programs and the group is determining how to best develop a recognition program that aligns with CabWellCo goals for each center to achieve.
- **School Age:** School gardens have seen great success and interest and this group is capitalizing on the opportunity. Identifying elementary schools, projecting costs, and researching curriculums that can be applied in the classroom are part of this work group.

## Staff Spotlight - Tracy Ginder

Tracy Ginder has worked with Healthy She was born and raised in Charlotte, NC and Cabarrus for 10 years. Before coming to currently lives on a small farmette in Locust Healthy Cabarrus and Cabarrus Health Alliance with her 13 year old son, 4 year old daughter, she worked at various ad agencies in Charlotte 3 dogs, and several other barnyard friends. In and has a BSBA in Marketing from UNCC. her spare time she dabbles in homesteading Tracy not only assists Marcella with Healthy and raises endangered heritage poultry. When Cabarrus but is also the Marketing Coordinator time permits, she loves to take her children on for Cabarrus Health Alliance as well as a small adventures to explore and to show them National Ambassador for Give Kids A Smile how to contribute back to society. through the American Dental Association Foundation.



## Calendar of Events

### April

- 20-Healthy Cabarrus Advisory Board meeting (Cabarrus Health Alliance)
- 24-Substance Use Coalition (Cabarrus Health Alliance)
- 26-Cabarrus Wellness Coalition Meeting (Clearwater Art Studio)

### May

- 15-Substance Use Coalition (Cabarrus Health Alliance)
- 24-Cabarrus Wellness Coalition (Clearwater Art Studio)
- 28-Mental Health Retreat (Clearwater Art Studio)