

PLUGGED *in*

to Healthy Cabarrus

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Cabarrus County is Easy to Brag About

Dear Executive, Advisory, and Coalition Members,

Earlier this month, I was asked to present at the North Carolina 2018 Community Health Assessment Winter Institute. The request came as follow-up to the outstanding feedback from the state's Community Health Assessment Director, Kathy Dail, on Cabarrus County's community collaboration and 2016 needs assessment report.

My presentation focused on how we engage partners throughout the needs assessment process. From identifying priority needs to action plan development, I shared all the different roles partners have in creating community change. The remaining portion of the breakout session was discussion based, in hopes of identifying engagement strategies implemented by other counties. I quickly realized during the discussion, Cabarrus County stands out. Which really only reaffirms my bias! We work in a community focused on continued improvement of health for all residents, no matter the agency you represent or population we are hoping to impact.

Both Lauren Thomas and Barbara Sheppard should be applauded for their roles with Healthy Cabarrus over the years. They have created a culture which unites local partners to address resident's top needs and removed silos that could hinder success.

At the conclusion of the institute, I had the pleasure of accepting an award on behalf of the Cabarrus Community Planning Council for *Exemplifying Best Practice in Leadership, Partnership and Communication*.

Congratulations to you all for the time, effort, and support you have put into Healthy Cabarrus! Without community partnerships our impact would be limited.

Thanks,

Marcella Beam

Healthy Cabarrus Executive Director

Healthy Cabarrus
Partnerships for Life

Calendar of Events

February

- 2—Children WIN Executive Steering Committee Meeting
- 12—Concord Youth Council Substance Use Presentation
- 15—Healthy Cabarrus Advisory Board Meeting
- 19—Substance Use Coalition Meeting
- 28—Cabarrus Wellness Coalition Meeting



Healthy Cabarrus Substance Use Coalition Update

Charlotte Empire Truck Advertising: A new 6 week messaging campaign was implemented on January 1st. In efforts to have the message reach more people than traditional billboards, a mobile advertisement is being driven around town on Charlotte Empire Truck #1301. The messaging was chosen from the CDC.gov/RxAwareness campaign which has information about overdose signs, overdose prevention and Good Samaritan Law. The truck route includes multiple stops on Concord Mills Blvd, Concord Pkwy, Bayfield Pkwy and Copperfield Blvd.



Kannapolis CommUNITY Conversation: On December 14th Kannapolis Police Department hosted an Opioid CommUNITY Conversation at Kannapolis City Hall, making this the 5th CommUNITY Conversation in the County. Collectively between the events hosted by the Cabarrus County Sheriff's Office, Concord Police Department and Kannapolis Police Department, over 200 citizens were educated on the dangers of opioid use and provided information on substance use resources in Cabarrus County.

Naloxone Distribution: Prevention days were held on November 15th and December 6th at McLeod Addictive Disease Center. Along with distribution through the Syringe Exchange Program, 328 kits were handed out, 29 reversals were reported, and 124 client interactions were completed over the last

two months.

Syringe Exchange: Approximately 2342 syringes were returned in November and 1135 in December. An internal CHA grant was awarded to the Syringe Exchange Program (SEP) in the amount of \$23,000.00 to sustain operations through June 30, 2018. The SEP also received a generous donation of \$5,000.00 to support purchasing of sterile injecting supplies and harm reduction materials. With this money, the SEP will have a full time-dedicated staff person who will work to expand direct outreach among people who inject drugs (PWID) and increase the number of participants enrolled in the program. The vision of the SEP is to serve as a welcoming entry point to healthcare services for PWID in Cabarrus County – to engage and care for those who often elect not to seek services due to fear of stigma or lack of knowledge on available resources in their community.

SEP staff will be working to establish a partnership with the North Carolina Harm Reduction Coalition to house a regional staff position. This position would serve to coordinate harm reduction outreach, prevention efforts, and case management in Cabarrus, surrounding counties, and the greater Charlotte area.

CHA Syringe Exchange Program

Month	Given	Received
May	0	0
June	220	1
July	320	91
August	680	378
September	700	1196
October	620	520
November	1100	2342
December	1100	1135
Totals	4740	5663

Children WIN

Children WIN, a collaborative of community stakeholders that is working to reduce the prevalence of childhood overweight, is interested in conducting research that will add to what we understand about the phenomenon. Recently, we submitted a grant proposal that focuses on increasing that understanding.

Overweight and obese children are at increased risk of developing chronic diseases which may result in a higher rate of premature death in adulthood.

Although the causes of childhood overweight are complex, researchers and health care professionals agree that the medical condition is impacted by the social determinants of health including environment, access to physical activity, socioeconomic status, and food insecurity. Inconclusive research exists about the specific relationship between food insecurity and childhood overweight. Dr. Tara Benge, a local community researcher, proposes a research project that would use the Community Based Participatory Research method to gain input from residents of a local low-income, racially diverse community about their experiences with food security and childhood overweight. Through this community-based participatory research study, we hope to obtain valuable data we can use to inform our work.



Inventory Update Underway



In an effort to update the existing inventory of chronic disease and wellness services across Cabarrus County, Sarah Mardovich of the Cabarrus Health Alliance will begin interviewing community partners in February to learn about their wellness programming. The goal of the project is to assess overlaps and gaps in services while identifying new opportunities for partnership. If you work on an initiative that targets chronic disease or promotes wellness within the community, please be on the lookout for an invitation from Sarah to complete a 30 minute interview next month. Please do not hesitate to reach out to Sarah at sarahmardovich@cabarrus.health.org with any questions that you may have.

Staff Spotlight - Tri Tang, CHS NorthEast and Healthy Cabarrus Chair

Tri currently serves as the Assistant Vice President at Carolinas HealthCare System with strategic and operational responsibilities at a 457 bed Tertiary Referral Hospital. Tri is a Healthcare Executive with over 10 years of experience in healthcare leadership within various healthcare sectors.

He received his Masters of Healthcare Administration (MHA) from Virginia Commonwealth University. Before getting into healthcare management, he served in the Army as a Combat Medic after graduating from Virginia Military Institute with a degree in Biology.

Tri was a recipient of American College of Healthcare Executive Regent's Young Leaders Award for significant contributions to the advancement of healthcare management excellence, and was also selected as the Charlotte Business Journal 40 Under 40. In the community he serves on the board of the Community Free Clinic and Healthy Cabarrus.

Tri currently lives in Charlotte with my wife, Jennifer, and their three young daughters, Lily, Annie and Kayla. Tri grew up in Richmond, Virginia where he still travels to visit his parents.

