

Triple-H News

May 2025 Newsletter



May is National Blood Pressure Education Month!

What do I need to know about high blood pressure?

High blood pressure can lead to serious health issues such as heart attack or stroke.

It's best to avoid high blood pressure altogether. Having healthy lifestyle choices such as not smoking, eating a healthy diet, and being physically active can help tremendously.

If you have high blood pressure, work with your health care professionals to control it. This may mean taking medications in addition to making healthy lifestyle changes.

Controlling your blood pressure will help you to live a longer, healthier life.

To learn more about high blood pressure, visit The American Heart Association at: www.heart.org

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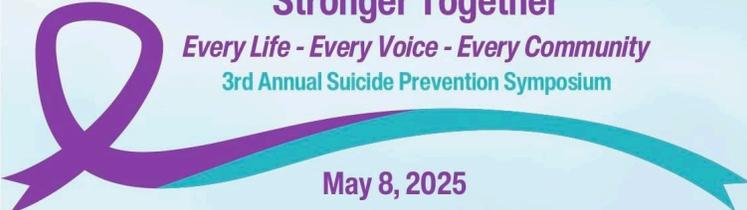
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EVENTS

Upcoming Hoke County Health Department Events

The Hoke County Health Department is thrilled to host two amazing events during the month of May. Join us on May 8, 2025 for our 3rd Annual Suicide Prevention Symposium where we will have engaging speakers, professional networking, and a resource fair! Then, on May 13, 2025 join us for our Child Health Fair where both the Hoke County Book Mobile and SECU Fat Cat will be on-site. There will also be face painting and refreshments.



Stronger Together
Every Life - Every Voice - Every Community
3rd Annual Suicide Prevention Symposium

May 8, 2025

Please join us for Engaging Speakers and a Panel Discussion, followed by Resource Fair and Networking. A Meal will be served.



Cheryl McLean Heather Gallagher Geron Shelton Lydia Nichols

WHERE:
Robert A Wright Building,
645 East Palmer Street, Raeford, NC
WHEN: 5:00PM to 8:00PM

SCAN  OR [CLICK HERE](#) TO REGISTER

For questions or registration assistance please contact Ms. Ulva Little at 910-875-3717 ext. 2104 email at ulittle@hokehealth.org



Hoke County Health Department

CHILD HEALTH FAIR

683 E PALMER STREET RAEFORD, NC 28576

TUESDAY, MAY 13TH
9:00AM-2:00PM

Bring the whole family for a day filled with laughter, excitement, and unforgettable memories

Event Highlights
HOKE COUNTY BOOK MOBILE
SECU FAT CAT
FACE PAINTING
REFRESHMENTS
FOR MORE INFORMATION CONTACT:
SONYA FAIRLEY
910-875-3717 EXT 2143

Join Us for a Spectacular Day of Fun!





May is National Nurses Month, Thank You to our Nurses!

May is National Nurses Month—a time to honor the unwavering dedication, compassion, and expertise of nurses across the country. Here at the Hoke County Health Department, we are proud to recognize and celebrate the incredible nurses who serve our community with both commitment and heart.

Whether they're providing essential immunizations, offering maternal and child health services, responding to public health emergencies, or educating residents on chronic disease prevention, their work touches every corner of our county.

These professionals don't just treat symptoms—they care for people. They build trust, advocate for patients, and play a critical role in making our community healthier and stronger. Their ability to connect, support, and lead in times of need is nothing short of inspiring.

As we mark National Nurses Month, we want every nurse in Hoke County to know: we see you, we value you, and we thank you. Your hard work and compassion do not go unnoticed. You are essential to the mission of public health, and we are deeply grateful for all that you do.

Join us throughout the month of May as celebrate their extraordinary contributions. If you see a nurse, take a moment to say “thank you”—because our community wouldn't be the same without them.



Helping Keep Hoke County Healthy!

May is Mental Health Awareness Month



Resources

What is Mental Health Awareness Month?

Mental Health Awareness Month has been around since 1949. The purpose of this month is to highlight the importance of mental wellbeing, as well as educating the public and reducing the stigma that surrounds the topic of Mental Health.

Key Facts About Mental Health

- 1 in 5 adults in the United States experience mental illness every year
- 1 in 20 adults in the United States experience serious mental illness every year
- 1 in 6 youth aged children have a mental health condition, but only 50% of them receive treatment
- In 2023, 20% of all high school students in the United States seriously considered suicide

If you or someone that you know is experiencing a mental illness crisis or is considering suicide, please call or text 9-8-8 for 24/7 confidential support with a trained counselor.

There are also local facilities that offer help as well in our community. Please know that you do not have to go through anything alone, there are people who will help you!

CONNECT WITH US

Follow The Hoke County Health Department!

The Hoke County Health Department always has something going on, be sure to keep up with us on our website and social media pages so you never miss anything! We strive to keep the citizens of Hoke County up to date on public health matters and events through the power of social media and the internet.



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[@hokecountyhd](https://www.instagram.com/hokecountyhd)



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Visit Our Website
<https://www.hokecounty.net/630/Health-Department>
