



Conetoe Family Life Center



Town of Conetoe:

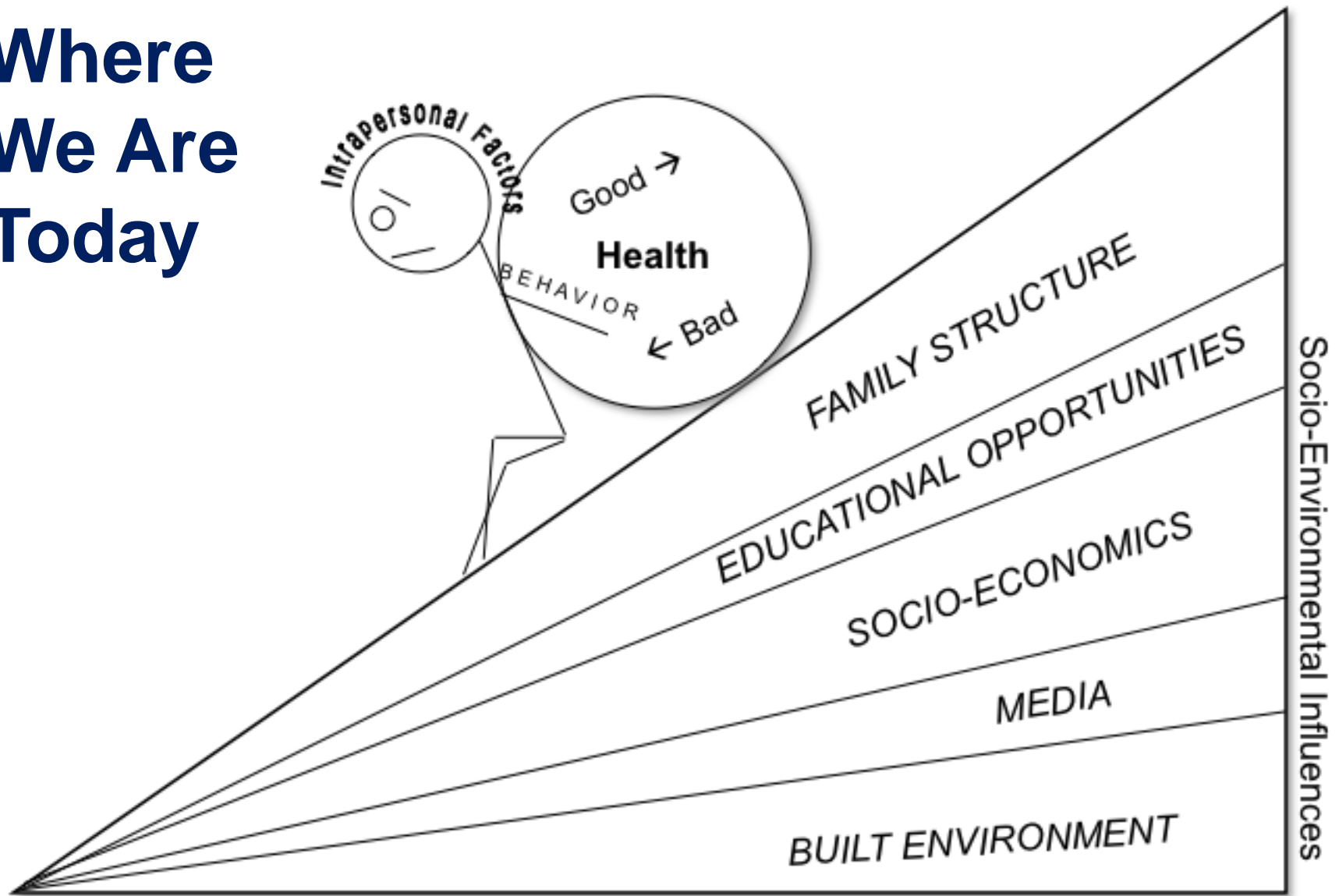
- Population: 294
- 23% White, 77% Black
- Median household income (MHI) is half the state average
- White MHI = \$36,168
- Black MHI = \$21,638
- Edgecombe County ranks:
 - 96th for overall health outcomes
 - 99th for health behaviors
 - 99th for social/economic factors
 - 100th for environment factors

Conetoe Missionary Baptist Church:

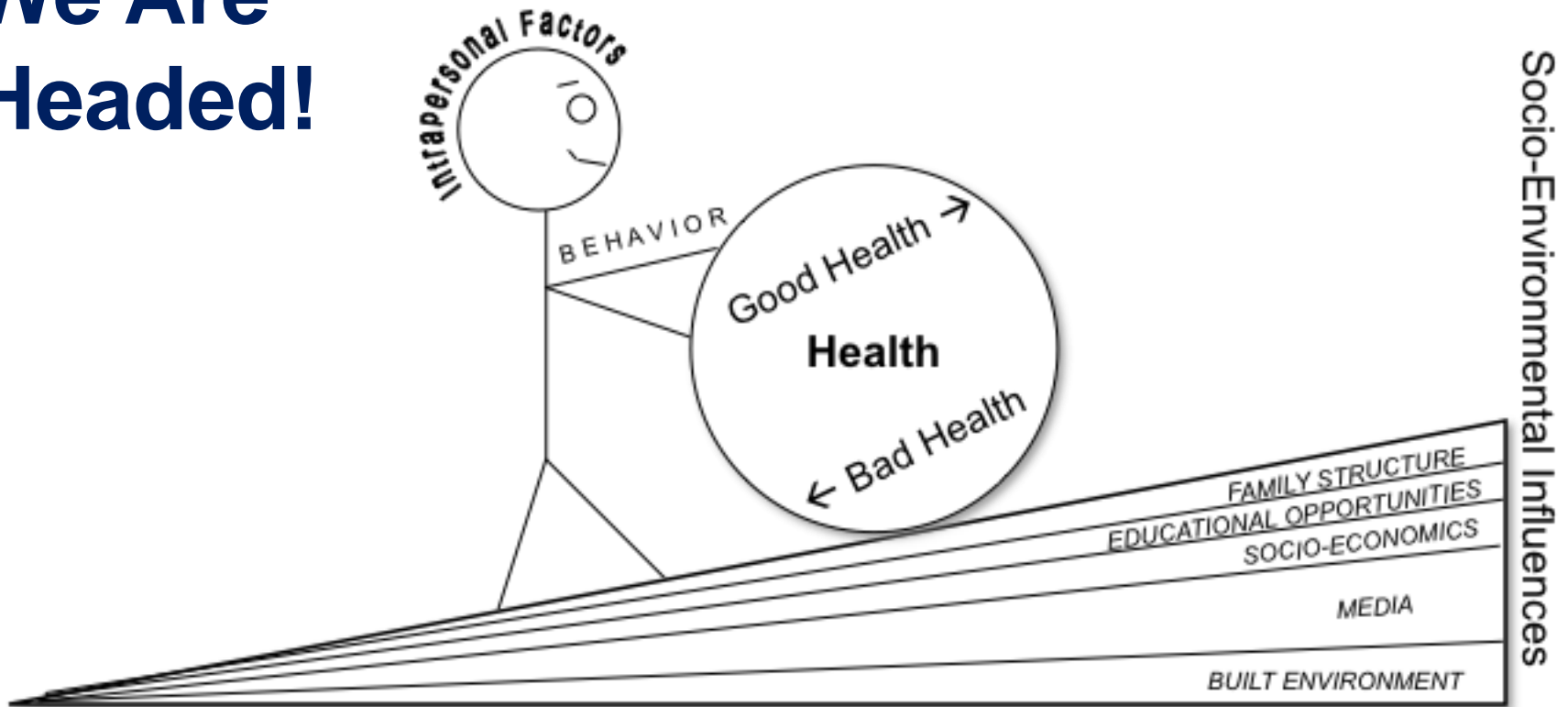
- Congregation: ~400
- 65% unemployment (and uninsured)
- Chronic disease buried 30 individuals under the age of 32 in one year
- Students performing poorly in school
- No grocery stores, no healthy produce



Where We Are Today



Where We Are Headed!



Robert Strack, PhD, MBA
UNCG Department of Public Health Education

Our Community Garden

- Started with 2 acres, now 17 acres in 5 sites
- Adults and 58 youth participants
- Youth-led, youth-planned
- Afterschool and summer camp programs free for participants
- Organic, natural produce
- Honey from the “bee bus”



Conetoe Family Life Center



Our Community Garden is Addressing...

- Genetics
- Lifestyle
- Health Care
- Community Environment



Growing Healthy Families



OUTREACH, EDUCATION, AWARENESS- RAISING

- Can't change genetics but can educate youth on genetic vulnerability so they can avoid high-risk behaviors that lead to chronic diseases
- Youth are interviewing all residents, documenting family health histories
- Youth changing behaviors and encouraging adults to change behaviors



Education to Address Genetics

New Awareness, New Behaviors

- Education and honest discussions with youth about eating habits
- Healthy eating – bring food home and prepare healthy meals
- Healthy exercise working in the garden & regular exercise classes
- No fried foods at funerals!
- Families and youth losing weight, getting healthier



Making Lifestyle Changes



Improving Access

- **Teach families how to access the health care system proactively rather than depend on emergency rooms**
- **Community based health education in non-traditional (church) settings**
- **Partner with Tar River Free Clinic and provide residents with transportation to the clinic**
- **Adult and youth lay health advisors take blood pressures, get CPR training, and educate about healthy behaviors**
- **Mental health care / family therapy through ECU partnership**

Improved Access to Health Care



Our Community Garden is:

- Teaching youth life skills, job skills and entrepreneurial skills
- Providing income, school supplies and scholarships to reduce poverty
- Providing farmers market for all community residents
- Engaging youth and adults in building community and families
- An alternative to gang membership



Changing the Community Environment



It's Not Just A Garden!

Garden

Career Planning

Community Building

Juvenile Crime / Gang Prevention

Self-Esteem, Self-Worth

Workforce Development

Healthy Foods, Healthy
Lifestyles

Leadership Development

Youth Development

Technology Training

Sustainable Ag Training

Marketing & Communications

Youth Entrepreneurship

School Supplies and Uniforms

Inter-Generational Cooperation

Math, Science & Reading Education

Questions?

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Contact Information

