

2016

STATE OF THE COUNTY
HEALTH REPORT

Prepared by the Lenoir County Health Department
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MORTALITY STATISTICS FOR LENOIR COUNTY

From the 2014 Community Health Assessment, the number of deaths for the ten leading causes in Lenoir County 2009-2013 was as follows: The rates are per 100,000. Information was published 2017.

2011-2015 Causes of Death	Lenoir	Rate	NC	Rate
Diseases of Heart	784	204	88,076	163.7
Cerebrovascular Disease	218	56.6	22,863	43.1
Cancer	755	192.6	93,838	169.1
Diabetes Mellitus	157	40	12,505	22.8
Pneumonia & Influenza	71	18.5	9,427	17.8
Chronic Lower Respiratory Diseases	196	50.2	24,773	45.9
Chronic Liver Disease & Cirrhosis	54	13.3	5,702	10.1
Septicemia	59	15.2	7,026	13
Nephritis, Nephrotic Syndrome & Nephosis	71	19.1	8,749	16.3
Unintentional Motor Vehicle Injuries	48	16.1	6,827	13.6
All Other unintentional Injuries	92	28.6	15,499	30.5
Suicide	37	11.1	6,502	12.7
Homicide	39	14.8	2,785	5.8
Alzheimer's Disease	61	15.8	15,585	30.2
Acquired Immune Deficiency Syndrome	25	8.4	1,245	2.4
Total Deaths	3,519	934	419,137	783.1

<http://www.schs.state.nc.us/SCHS/data/databook/>

Top Ten Leading Causes of Death

Lenoir County

1. Disease of the Heart
2. Cancer
3. Cerebrovascular Disease
4. Chronic Lower Respiratory Diseases
5. Diabetes Mellitus
6. All Other Unintentional Injuries
7. Nephritis, Nephrotic Syndrome, & Nephrosis/Pneumonia & Influenza
8. Alzheimer's Disease
9. Septicemia
10. Chronic Liver Disease & Cirrhosis

North Carolina

1. Cancer
2. Disease of Heart
3. Chronic Lower Respiratory Diseases
4. Cerebrovascular Disease
5. Alzheimer's Disease
6. All Other Unintentional Injuries
7. Diabetes Mellitus
8. Pneumonia & Influenza
9. Nephritis, Nephrotic Syndrome, & Nephrosis
10. Septicemia

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MORBIDITY STATISTICS

The information below was obtained from N.C. DHHS Communicable Disease Branch (N.C. 2015 HIV/STD Surveillance Report-Data as of November 7, 2016) Information was collected between January – September 2016.

Chlamydia

- In Lenoir County, there were 281 newly diagnosed cases of chlamydia.

Gonorrhea

- In Lenoir County, there were 76 newly diagnosed cases of gonorrhea.

Syphilis (Primary and Secondary)

- In Lenoir County, there were 5 total diagnosed cases of syphilis.

Syphilis (Early Latent)

- In Lenoir County, there were 6 total diagnosed cases of syphilis.

HIV/AIDS

- Lenoir County had 4 newly reported cases of HIV disease in the 2016 3rd Quarterly Report.
- Lenoir County had 5 newly reported cases of AIDS disease in 2016 3rd Quarterly Report.

EMERGING ISSUES

The Injury and Violence Prevention Branch (IVPB) implemented a new Agreement Addendum for all local health departments. The IVPB along with the partnership of Community Care of North Carolina (CCNC) expanded the Project Lazarus model to the 100 counties. Through the work outlined in the Agreement Addendum, the outcome will be an increase in core community capacity to address opioid medication and drug poisoning and overdose, safer prescribing and dispensing of controlled substances by medical providers, and increased access to naloxone with the eventual goal of reducing unintentional medication and drug overdose deaths in North Carolina. For this implementation, the Health Educator was designated as the coordinator and became responsible for all related duties. The duties of the coordinator include: compiling quarterly county evaluation data reports that are then shared with the state staff, report to community coalition meetings, and conduct epidemiologic surveillance of drug overdoses seen at the hospital within the county.

The Public Health Preparedness and Response Branch (PHP&R) of the Division of Public Health implemented a new Agreement Addendum for all local health departments. This implementation was geared towards enhancing public health emergency response planning and operational readiness for high consequence pathogens such as Ebola and Zika virus disease. The deliverables stated within this Agreement Addendum includes: development of a Concepts of Operation plan that addresses the response to High Consequence Pathogens, collaboration with community partners to provide informational sharing on how to respond to High Consequence Pathogens, and develop and implement a public health message campaign for mosquito control to include processes and procedures within the year 2017.

PRIORITIES FOR LENOIR COUNTY FROM 2014 COMMUNITY HEALTH ASSESSMENT

1. Obesity (physical activity and nutrition)
2. Responsible Parenting (Responsible and Healthy)
3. RX Abuse/Drug and Substance (Legal and illegal drug abuse)

COUNTY TRENDS IN KEY HEALTH INDICATORS IN LENOIR COUNTY

This information was obtained from Prevention Partners County Report Card.

Obesity

In 2014 the prevalence of obesity in children for Lenoir County is 10.6% while North Carolina is 18.0%.

No updated information to give on obesity in Lenoir County because there was no information on Prevention Partners County Report website.

This information was obtained from Eat Smart Move More North Carolina website.

This information comes from North Carolina Nutrition and Physical Activity Surveillance System (NC-NPASS) 2012, 2011, and 2010.

Obesity

In 2014 the prevalence of obesity in children for ages 2-4 years for Lenoir County is 11.9% while North Carolina is 14.2%.

In 2012 the prevalence of obesity in children for ages 2-4 years for Lenoir County is 12.1% while North Carolina is 14.5%.

In 2011 the prevalence of obesity in children for ages 2-4 years for Lenoir County is 15.6% while North Carolina is 15.7%.

In 2010 the prevalence of obesity in children for ages 2-4 years for Lenoir County is 12.7% while North Carolina is 15.6%.

There was no update to give on the obesity in children 2-4 because there was no information located on the State Center for Health Statistics.

In 2009 the prevalence of obesity in children ages 5-11 years for Lenoir County is 14.8% while North Carolina's 25.8%.

In 2008 the prevalence of obesity in children ages 5-11 years for Lenoir County was 11.3% while the state's is 25.7%.

There was no update to give on the obesity in children 5-11 because there was no information located on the State Center for Health Statistics.

This information was obtained from the State Center for Health Statistics website.

Diabetes

In 2011-2015 the age-adjusted death rate for diabetes in Lenoir County is 40.0 per 100,000 population while North Carolina is 22.8

In 2008-2012 the age-adjusted death rate for diabetes in Lenoir County is 36.0 per 100,000 population while North Carolina is 21.8.

In 2006-2010 the age-adjusted death rate for diabetes in Lenoir County is 38.3 per 100,000 population while North Carolina is 22.5.

Heart Disease

In 2011-2015 the age-adjusted death rate for heart disease in Lenoir County is 204.0 per 100,000 population while North Carolina is 163.7.

In 2009-2013 the age-adjusted death rate for heart disease in Lenoir County is 222.0 per 100,000 population while North Carolina is 170.0.

In 2008-2012 the age-adjusted death rate for heart disease in Lenoir County is 229.9 per 100,000 population while North Carolina is 174.4.

Teenage Pregnancy

In 2015 the resident pregnancy rate (ages 15-19) for Lenoir County is 37.4 per 1,000 female population while North Carolina is 30.2.

In 2011-2015 the resident pregnancy rate (ages 15-19) for Lenoir County is 47.4 per 1,000 female population while North Carolina is 36.2.

In 2014 the resident pregnancy rate (ages 15-19) for Lenoir County is 42.6 per 1,000 female population while North Carolina is 32.3.

In 2011-2013 the resident pregnancy rate (ages 15-19) for Lenoir County is 52.9 per 1,000 female population while North Carolina is 39.5.

In 2012 the resident pregnancy rate (ages 15-19) for Lenoir County is 51.3 per 1,000 female population while North Carolina's is 39.6.

In 2011 the resident pregnancy rate (ages 15-19) for Lenoir County is 56.7 per 1,000 female population while North Carolina's is 43.8.

In 2010 the resident pregnancy rate (ages 15-19) for Lenoir County is 59.0 per 1,000 female population while North Carolina's is 49.7.

Priority Selection Results as identified during 2014 Community Health Assessment Process

1. Education and job opportunities for adults
2. Responsible parenting
3. Personal safety
4. Availability of public transportation
5. Addiction recovery services
6. Prescription drug abuse/other substance abuse
7. Poor eating habits/lack of good nutrition
8. Cigarette use (smoking) among adults
9. Cigarette use (smoking) among under 18 yrs
10. Lack of physical activity/exercise
11. Youth violence/gangs/bullying*
12. Property crime/theft/larceny*
13. Youth access/use of guns*
14. Homicide
15. Illegal drug/prescription drug related theft
16. Obesity*
17. High blood pressure/Hypertension*
18. Diabetes
19. Addiction
20. Heart Disease

*The top five items ranked by a majority of the respondents as a 'Major problem' in our community.

Progress made in priority areas

Objective (Obesity) is taken from 2015-2017 Strategic Plan

- **Reduce the proportion of children and adolescents age 2 to 19 years who are considered obese. 2005-2008, 16.1% were considered obese. The new target is to get down to 14.5%. (National Health and Nutrition Examination Survey (NHANES), CDC/NCHS)**
 - Project Fit America (PFA) is a national non-profit organization that creates and administers exemplary fitness in education programming in elementary and middle schools.
 - This strategy is sponsored by the UNC-Lenoir Health Care & Foundation.

- PFA installs playgrounds that are geared towards healthy fitness.

Update: Kinston has two PFA elementary schools. Those schools are Southeast Elementary School and Moss Hill Elementary. Moss Hill Elementary became a PFA school in 2015 and two playgrounds were installed. A third undetermined elementary school will be chosen later in 2017. Moss Hill Elementary has seen some improvement within its one year installation. PFA has compiled a performance report based on the most common, measurable areas of assessment for the students that had both pre and post test scores. The skills tested were based off of 4th and 5th graders at Moss Hill. The skills included: 20 Meter Pacer Progressive Aerobic Cardiovascular Endurance Run which was measured by laps, Pull Ups, Sit Ups, and Flexed Arm Hang. The testing average of both the Pull Ups and the Flexed Arm Hang skills has shown improvement by 100%. The Sit Ups increased by 15% while the 20 Meter Pacer has declined by 8%. PFA has already started to share cardio boosting activities with Moss Hill Elementary to elevate the 20 Meter Pacer Endurance Run.

- **Increase the percentage of adults who are neither overweight nor obese. (Healthy NC 2020 Goal: 34.9%-2009; 38.1%-2020). Eastern NC reports 36.6% overweight and 32.0% obese. (North Carolina State Center for Health Statistics, BRFSS Survey Results: Eastern North Carolina Derived Variables & Risk Factors, Body Mass Index Grouping-Underweight, Recommended Range, Overweight & Obese)**

- UNC-Lenoir Health Care has implemented a program that provides Rx food coupons to persons with Diabetes. This initiative will allow individuals to obtain fresh fruits and vegetables from the county's local Farmer's Market.
- This program will be implementing AADE (American Association of Diabetes Educators) Satellite class at KCHC providing \$55 coupons to 75 diabetes education participants for each of the 3 years funded. Cooking classes will be provided at 3 identified African American churches over project period.
- The UNC-Lenoir Health Care will serve as the lead agency. The partners giving support to this implementation are the Kinston Community Health Center (KCHC), Lenoir County Cooperative Extension, Kate B. Reynolds Charitable Trust, and the Lenoir County Farmers Market.

Update: Since the start of this initiative in 2015, 235 adults have received diabetes education in 168 group and individual classes. At this present time, only 2 African American churches have received 4 cooking

demonstrations. These demonstrations have been provided by a registered dietitian as well as pre-diabetes and diabetes information with over 60 encounters. The Diabetes Program at the UNC-Lenoir Health Care plans to increase the number of African American churches with four additional churches. By the end of the 3-year grant, there will be a total of six churches working with this diabetes initiative. In partnership with UNC-Lenoir Health Care, the Lenoir County Farmer's Market has been the site of 3 cooking demonstrations with 75 in attendance and 3 additional food demonstrations planned in the future. This strategy is currently in year 2 of a 3-year grant with the Kate B. Reynolds Charitable Trust.

Progress made in priority areas

Objective (Responsible Parenting) is taken from 2015-2017 Strategic Plan

- **Increase the percentage of children aged 19-35 months who receive the recommended vaccines; 77.3%-2007, healthy 2020 goal- 91.3%, 73%-Lenoir County and 69%-North Carolina Data Source: North Carolina Immunization Registry**
 - Lenoir County Health Department will create childhood immunization education for parents. The levels of children in need of their vaccines have become low. The Lenoir County Health Department's Care Coordination for Children (CC4C) program has been monitoring the levels of vaccines in children and about 200 children were not up to date with immunization shots.
 - This implementation will be in collaboration with the UNC-Lenoir Health Care Family Birthing Center in efforts to educate new parents on immunizations. Also, Kinston Community Health Center and daycare centers will serve as Lenoir County Health Department partners.
 - Lenoir County Health Department will coordinate stakeholders meetings to evaluate current parent education processes. We will also collaborate to provide best processes for parenting education related to immunization requirements.

Update: During the strategy of increasing the number of child immunizations, the UNC-Lenoir Health Care Family Birthing Center will start to refer to Lenoir County Health Department Care Coordination for Children (CC4C) at birth rather than at discharge. The Family Birthing Center will also refer vaccination refusers to CC4C. CC4C will attend staff meetings at the Family Birthing Center for CC4C haring program information. The Family Birthing Center will start to call Child Health Supervisor and CC4C directly for any breastfeeding issues that require faster appointments or breastfeeding pumps.

- **Decrease the percentage of individuals living in poverty. (2009- 16.9%; 2020 target-12.5%) Some substance abuse assessment in Lenoir County is 18%, NC is 18%; No evidence of abuse/neglect: Lenoir County-83%, NC-81%; Abuse victim with support: LC-12%, NC-16%; Abuse victim with no support: LC-5%, NC-3%; Mental health needs more assessment: LC-47%, NC-33%; Family supervision skills at the marginal state: LC-55%, NC-50%; Family Criminality with history: LC-34%, NC-33% Data Source: Lenoir County Triple P Consultant**

- The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world. Triple P gives parents simple and practical strategies to help them confidently manage their children’s behavior, prevent problems developing and build strong, healthy relationships.
- The Lenoir County Partnership for Children will serve as the lead agency to coordinate the program.
- Partnering organization will be the Lenoir County Alliance for a Healthy Community which will serve as a reporting forum.
- At the reporting forum, monthly reports are given by Triple P Consultant related to the numbers trained, parents/caregiver, and program growth.

Progress made in priority areas

Objective (RX Abuse/Drug and Substance) is taken from 2015-2017 Strategic Plan

- **Reduce the percentage of individuals aged 12 years and older reporting any illicit drug use in the past 30 days (2007-2008—7.8%; 2020)**
 - The Lenoir County Health Department along with the Lenoir County Alliance for A Healthy Community, UNC-Lenoir Health Care, EMS, PEACE Foundation, Local Law Enforcement, and the Lenoir County Crisis Collaborative have joined together to spearhead the Project Lazarus grant.
 - Project Lazarus addresses the misuse, abuse, diversion and overdoses from prescription medications. This project has offered a statewide initiative as a collaborative effort with Community Care Network of NC, Project Lazarus, Inc., Governors Institute on Substance Abuse, and UNC Injury Prevention Research Center (IPRC). The grant allowances are from \$6,500 - \$10,000 and are being provided through Kate B. Reynolds Trust and the Office of Rural Health who are funding 84 NC counties.

- Through this grant, the Lenoir County Health Department will implement and adopt a standing order to dispense naloxone to the community. This strategy will help increase access to prevent deaths due to opiate overdoses.

Update: The grant proposal was submitted to the Project Manager. The Lenoir County Health Department was granted \$5,000 to implement educational awareness about opioid overdose and misuse. The Lenoir County Health Department used Project Lazarus grant funds to purchase commercial ads for the county transit system. This ad will run for a (1) year. Naloxone kits were also purchased with the Project Lazarus grant funds. The Lenoir County Health Department has now adopted a standing order to dispense naloxone. The Health Department clinical staff has undergone dispensing workshop and will experience another workshop later in 2017. The Lenoir County Health Department still plans to increase the number of prescription drug drop boxes within the community. The purpose will be to have unused expired medicines safely destroyed and decrease risk of environmental toxins and accidental poisonings. The Health Department along with the Lenoir County Alliance for a Healthy Community, UNC-Lenoir Health Care, Law Enforcement, EMS, Lenoir County Chamber of Commerce, and Pharmacist will all serve as partners.

The Lenoir County Health Department and other county agencies are making great strides in the objectives that are talked about in this SOTCH. There may even be new innovative ways to reach these objectives.

COMMUNITY INITIATIVES

LCHD staff has been very vested and put in extra time and committed to the health and safety of its community.

Lenoir County will be making strives to increase the health of its residents through a variety of programs and partnerships. Lenoir County has been actively developing partnerships with business, school system, Cooperative Extension, Parks and Recreation and UNC-Lenoir Health Care.

Collaborations:

- Lenoir County Health Department is one of the partners of the Alliance, which is a coalition of community organizations with the intent of making the lives of Lenoir County citizens better. The Alliance is formerly a certified Health Carolinians Task Force. The Health Director and Health Educator serve on this coalition which meets every month. The Health Director serves as the co-chair.

- Lenoir County Health Department's WICs' Breastfeeding Peer Counselors and Breastfeeding Coordinator serve on the UNC-Lenoir Health Care/Lenoir County Health Department Breastfeeding Coalition. This coalition meets every month.
- Lenoir County Health Department is represented on the Child Fatality Review Team.
- Lenoir County Health Department is represented on the School Health Advisory Council by the Health Director, Health Educator and the Director of Nursing.
- Lenoir County Health Department's Child Health Nurse sits on the Policy Council for the Greene Lamp Head Start.
- Lenoir County Health Department's Health Educator serves as the Preparedness Coordinator for Lenoir County. The Preparedness Coordinator attends preparedness planning meetings with other surrounding county Preparedness Coordinators. The Preparedness Coordinator develops agency's preparedness plans.
- Lenoir County Health Department's Nutritionist serves on the Parents as Teachers Advisory Board, which meets once or twice a year. This collaboration is currently not exercised due to a WIC Director vacancy.
- Lenoir County Health Department's Nutrition Program Director is part of the Greene Lamp Health/Disability/Mental Health Advisory Board that meets once or twice a year. This collaboration is currently not exercised due to a WIC Director vacancy.
- Lenoir County Health Department's Health Director attends the Juvenile Crime Prevention Committee (JCPC) which meets monthly. This is a county organization that awards juvenile crime prevention grants.
- Lenoir County Health Department's Health Director is on the Lenoir County Transit Board that meets quarterly.
- Lenoir County Health Department's Secretary Supervisor is part of the Lenoir Community College Advisory Committee for Co-op Program meets once a year.
- Lenoir County Health Department's Secretary Supervisor plays an integral part of the Work First Program. Lenoir County Health Department works along with DSS to provide a working environment for DSS Work First Program clients.
- Lenoir County Health Department's Account Clerk serves as a bloodhound for the Red Cross. She is to recruit blood donors when there are blood drives.