



LENOIR COUNTY

STATE OF THE COUNTY HEALTH REPORT

2018

Conducted in collaboration with Lenoir County Health Department, UNC Lenoir Health Care, Kinston Community Health Care, and the Lenoir County Alliance for a Healthy Community.



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A Picture of Lenoir County Residents' Health

According to the County Health Rankings, Lenoir County moved from the 88th healthiest county in North Carolina in 2017 to 86th in 2018. Much of this move in rankings may be because of improvements in quality of life, health behaviors, and social and economic factors. For examples, the number or percentage of residents who are obese, uninsured, and unemployed decreased. In addition, there have been fewer births to teen mothers and fewer children living in poverty. Lenoir County is the 22nd healthiest county for the quality of its environment and has ranked high in the state for several years.

The Rankings also indicate that there is work to do to ensure Lenoir County residents can live their healthiest lives. Issues impacting length of life, for example, have worsened. Residents are exercising less and drinking more. In 2018, the numbers of STDs and drug overdoses have increased compared to 2017. Numerous individuals, organizations, and coalitions are working diligently to ensure that residents have the opportunity for good health. This report details some of those efforts.

Morbidity and Mortality in Lenoir County

| Top 10 Leading Causes of Death | | |
|---|----|--|
| Source: http://www.schs.state.nc.us/SCHS/data/databook/ | | |
| Lenoir County | # | North Carolina |
| Disease of the Heart | 1 | Cancer |
| Cancer | 2 | Disease of the Heart |
| Cerebrovascular Disease | 3 | Cerebrovascular Disease |
| Chronic Lower Respiratory Diseases | 4 | Chronic Lower Respiratory Diseases |
| Diabetes Mellitus | 5 | Alzheimer's Disease |
| All Other Unintentional Injuries | 6 | All Other Unintentional Injuries |
| Alzheimer's Disease/Pneumonia & Influenza | 7 | Diabetes Mellitus |
| Septicemia | 8 | Pneumonia & Influenza |
| Nephritis, Nephrotic Syndrome, & Nephrosis | 9 | Nephritis, Nephrotic Syndrome, & Nephrosis |
| Chronic Liver Disease & Cirrhosis | 10 | Septicemia |

From the 2017 Community Health Assessment, the number of deaths for the ten leading causes in Lenoir County 2012-2016 are as follows: The rates are per 100,000. For example, 791 people in Lenoir County died from diseases of the heart from 2012 to 2016. This is a rate of about 203.9 deaths per 100,000 people. The North Carolina numbers and rates are also included in this table. The rates of deaths for Lenoir County are more than the rates for the state of North Carolina for most of these causes.

| 2012-2016 Causes of Death | Lenoir | Rate | NC | Rate |
|---|---------------|-------------|-----------|-------------|
| Diseases of Heart | 791 | 203.9 | 88,393 | 161.3 |
| Cerebrovascular Disease | 244 | 62.1 | 23,514 | 43.1 |
| Cancer | 748 | 190 | 95,163 | 166.5 |
| Diabetes Mellitus | 148 | 36.8 | 13,042 | 23 |
| Pneumonia & Influenza | 71 | 18.4 | 9,707 | 17.8 |
| Chronic Lower Respiratory Diseases | 210 | 52.9 | 25,385 | 45.6 |
| Chronic Liver Disease & Cirrhosis | 59 | 14.8 | 5,930 | 10.3 |
| Septicemia | 66 | 17.1 | 7,266 | 13.1 |
| Nephritis, Nephrotic Syndrome & Nephrosis | 65 | 17.3 | 9,046 | 16.4 |
| Unintentional Motor Vehicle Injuries | 48 | 15.6 | 6,827 | 13.6 |
| All Other unintentional Injuries | 89 | 27.2 | 16,453 | 31.9 |
| Suicide | 33 | 9.9 | 6,679 | 12.9 |
| Homicide | 38 | 13.8 | 3,002 | 6.2 |
| Alzheimer's Disease | 71 | 18.2 | 16,917 | 31.9 |
| Acquired Immune Deficiency Syndrome | 24 | 8.3 | 1,183 | 2.2 |
| Total Deaths | 3,587 | 941.1 | 429,955 | 781.8 |

Source: <https://schs.dph.ncdhhs.gov/data/databook/>

To understand the health of a community, it is also important to know what diseases are present. For example, so far in 2018, Lenoir County has seen the following number of cases for prevalent sexually transmitted infections:

Chlamydia: 223 cases of chlamydia.

Gonorrhea: 108 cases of gonorrhea.

Syphilis (Early Latent): 6 cases of syphilis.

HIV/AIDS

- Lenoir County had 5 newly reported cases of HIV disease in the 2018 2nd Quarterly Report.
- Lenoir County had 0 newly reported cases of AIDS disease in 2018 2nd Quarterly Report.

Source: N.C. DHHS Communicable Disease Branch (N.C. 2015 HIV/STD Surveillance Report-Data as of July 16, 2018)

Emerging Public Health Issues

Drug Abuse: Lenoir County has created an Opioid Drug Abuse Task Force to prevent abuse, encourage education and treatment, build economic development, and a host of other initiatives. The Task Force was created to recognize the crisis and to build upon the foundation of the North Carolina Action Plan and also President Trump's Initiative to stop opioid abuse. The Task Force strives to include various county organizations and agencies which range from Health Care, Mental Health, Social Services to Police Department, Court System, Faith Organizations and County Officials, who also participate in subcommittees based on priority issues. These groups will report to the overall Task Force which will meet each month. The work of this Task Force is critical since the number of drug overdose deaths increased this year and the opioid crisis is one impacting communities across the state and nation.

Breast Cancer Screening: Lenoir County Community Breast Screening Program (LCCBSP) is a new collaborative project including the Lenoir County Health Department's Breast Cervical Cancer Control (BCCCP) Program, UNC Lenoir Health Care, Lenoir Hospital Foundation, and Eastern Radiology. This joint project will be used to increase access to breast cancer screenings. In previous years, UNC Lenoir Health Care screened participants during a one-day event. In order to boost participation, the LCCBSP was formed to ensure that screenings and follow up would be offered year-round instead of a traditional one-day event. This initiative is crucial since the County Health Rankings indicates that only 66% of eligible Lenoir County residents receive the recommended mammography screening, which is a critical way to identify breast cancer in its earliest, most treatable stages.

Priority Health Issues for Lenoir County

Priority Selection Results were identified during the 2017 Community Health Assessment process. Residents who were surveyed, listed these as the top concerns, in order from greatest concern, in the community impacting health:

1. Youth violence/gangs/bullying
2. Obesity
3. Diabetes
4. High blood pressure
5. Property crime/robbery
6. Rx Drug/Substance Abuse
7. Illegal drugs/Rx drug theft
8. Addiction
9. Poor eating habits/lack of good nutrition
10. Cigarette smoking in adults
11. Job Opportunities
12. Responsible Parenting
13. Addiction Recovery

The Community Health Assessment Planning/Review Group decided to bundle a number of issues and agreed unanimously in a vote to prioritize the following issues over the next community health needs assessment cycle period:

1. **Obesity (physical activity and nutrition)**
2. **Responsible Parenting (Responsible and Healthy)**
3. **Substance Abuse and Mental Health (Legal and illegal drug abuse)**

Trends in Key Health Indicators in Lenoir County

Obesity in Children Overall

The year 2015 is currently the most up to date data. The prevalence of obesity in youth ages 2 to 18 years for Lenoir County was 14.4% (N=166) while North Carolina was 14.6% (N=22,953).

Lenoir County ranked 45 out of the 100 counties.

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

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

Obesity in Children Ages 2 to 4 Years

The year 2015 is currently the most up to date data. The prevalence of obesity in children ages 2-4 years for Lenoir County was 13.6% (N=140) while North Carolina was 14.0% (N=18,570).

Lenoir County ranked 33 out of the 100 counties.

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

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

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

Obesity in Children ages 5 to 11 Years

The year 2015 is currently the most up to date data. The prevalence of obesity in children ages 5 to 11 for Lenoir County was 22.5% (N=16) while North Carolina was 15% (N=1,991).

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%.

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

Diabetes

In 2012-2016, the age-adjusted death rate for diabetes in Lenoir County is 36.8 per 100,000 population while North Carolina is 23.0.

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.

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

Heart Disease

In 2012-2016, the age-adjusted death rate for heart disease in Lenoir County is 203.9 per 100,000 population while North Carolina is 161.3

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.

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

Teenage Pregnancy

In 2012-2016, the resident pregnancy rate (ages 15-19) for Lenoir County is 43.9 per 1,000 female population while North Carolina is 33.0.

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.

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

Progress Made In Priority Health Areas

Objective (Obesity) is taken from 2017-2019 Strategic Plan

- **Increase the percentage of high school students who are neither overweight nor obese. The Healthy NC 2020 target is to reach 79.2%. North Carolina is currently at 72.0%. (Healthy North Carolina 2020)**
 - 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. 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. 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.

- Lenoir County Health Department is having conversations with the Boys & Girls Club-Lenoir County Unit to introduce a Zumba Kids physical activity program. The program will be used to target the mindset of the youth and promote healthy lifestyle changes.
- Partnership for Children in collaboration with UNC Lenoir Health Care, Lenoir County Public Library, and the Lenoir County Parks and Recreation are implementing the Story Walk Trail on Kinston River Walk to increase physical activity for children.
- Lenoir County Health Department is discussing the implementation of the Color Me Healthy program geared towards teaching children about eating healthy and exercise.
- UNC Lenoir Health Care will support the SMARTfit exercise and equipment implementation program at the Boys & Girls Club – Lenoir County Unit. This program will increase physical activity and exercise knowledge in a low-income youth setting.
- **Increase the percentage of adults who are neither overweight nor obese. (Healthy NC 2020: 34.6%-2009; 33.1%-Current 2016, 38.1%-2020 Goal). Eastern NC reports 36.5% overweight and 34.5% 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: In 2017, 177 adults have received diabetes education and 426 individuals received outreach and off-site screenings. There has been 202 Medical Nutrition Therapy (MNT) sessions and 4 Farmer's Market and church

cooking demonstrations. This strategy is currently in the last year of a 3-year grant with the Kate B. Reynolds Charitable Trust.

- The health educator completed a Fruit and Vegetable Inventory with the farm and produce stands in the Lenoir County. This inventory included times of operation, contact information.

Progress made in priority areas

Objective (Responsible Parenting) is taken from 2017-2019 Strategic Plan

- **Increase the percentage of children aged 19-35 months who receive the recommended vaccines; 77.3%-2007, 77.8%- Current 2016, Healthy 2020 goal- 91.3%, North Carolina Data Source: Healthy NC 2020**
 - Lenoir County Health Department will strategize on ways to reduce missed opportunities for patients who are behind on immunizations. According to the NC Immunization Branch, this strategy can be effective for targeting needed vaccines and cutting down on multiple appointment visits to make it convenient for families. Our Women, Infants, and Children (WIC) Program and Child Health Program see many of the same patients and in order to reduce this barrier, both programs will work together to recommend families for needed services in one appointment visit.
- **Decrease the percentage of individuals living in poverty. (2009- 16.9%; 2020 target- 12.5%)**
 - 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.
- **Reduce the percentage of women who smoke during pregnancy. 10.4% (2008), 8.9% (Current: 2016), 6.8% (2020 Goal)**
 - The Lenoir County Health Department’s Maternal Health Program nurses and support staff will utilize the You Quit, Two Quit Program. Staff will attend the training/refresher course to ensure effectiveness of the 5As counseling approach. This evidence-based brief-counseling intervention is 5 to 15 minutes for pregnant smokers and could take as little as 3 to 5 minutes for non-pregnant women. This strategy will help target the CHA priority on responsible parenting by integrating thoughtful tactics to promote safe child birth development.

Objective Substance Abuse/Mental Health is taken from 2017-2019 Strategic Plan

- **Reduce the unintentional poisoning mortality rate. 11% (2008), 18.5 (2016) 2020 Target: 9.9%**
 - The Lenoir County Health Department will report Substance Abuse Overdose data from NC Detect to the Lenoir County Alliance for a Healthy Community each month. Also, during these meetings, an update will be given on the work within the Lenoir County Opioid Abuse Task Force.
 - UNC Lenoir Health Care will maintain Neonatal Abstinence Program to screen all newborns that have a history of exposure to illegal substances in utero. Incorporate new requirements for the Substance Affected Infant within the local community.
 - The Lenoir County Health Department have begun promotion of opioid abuse during the Down East Wood Ducks home games. The promotions offer education on signs, symptoms and how to get help. The in-game promotions will run from April through September.
 - Lenoir County Health Department has a standing order to dispense naloxone kits. The department has also started to develop brochures for opioid misuse.
 - UNC Lenoir Health Care will develop a referral pathway for Lenoir County EMS' program of Naloxone kit distribution for high risk patients and families

- **Decrease the average number of poor mental health days among adults in the past 30 days. 3.9% (2016), 2020 Target: 2.8%**
 - The Lenoir County Health Department will receive training on Mental Health First Aid. Eastpointe will be conducting this training for the department. The training helps individuals identify, understand and respond to signs of mental health illnesses and substance abuse disorders.
 - In collaboration with Eastpointe, the Lenoir County Health Department is one out of 13 surrounding eastern counties to house a Mental Health Kiosk. This free-standing computer station allows individuals to check their mental health status.

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 Involvement

The Lenoir County Health Department invites you to be involved with the work to make this community healthier! These are some ways to make an impact in your family or neighborhood:

- Visit the Farmer's Market for local, fresh foods.
- Cook a healthier version of your favorite food.
- Learn how to prevent a disease that is common in your family, such as diabetes.
- Get an annual check up.
- Make sure your vaccinations and your children's/grandchildren's vaccinations are up to date.
- Be active at least 150 minutes a week by doing something you enjoy (gardening, walking).
- Join a group working on health issues (call the Health Department for a list).
- Teach your children/grandchildren healthy habits to set them up for a lifetime of health.
- Take a health-related class.