

2019 STATE OF THE COUNTY HEALTH REPORT (SOTCH)



LENOIR COUNTY HEALTH DEPARTMENT

This report was compiled in collaboration with the Lenoir County Health Department, UNC Lenoir Health Care, Kinston Community Health Center, and the Lenoir County Alliance for a Healthy Community. This report is an overview of the current health status for Lenoir County.

AGENCY MISSION

Assess community health status, provide personal health services not provided elsewhere, minimize the threat of communicable diseases, and promote wellness for the people who live in Lenoir County.

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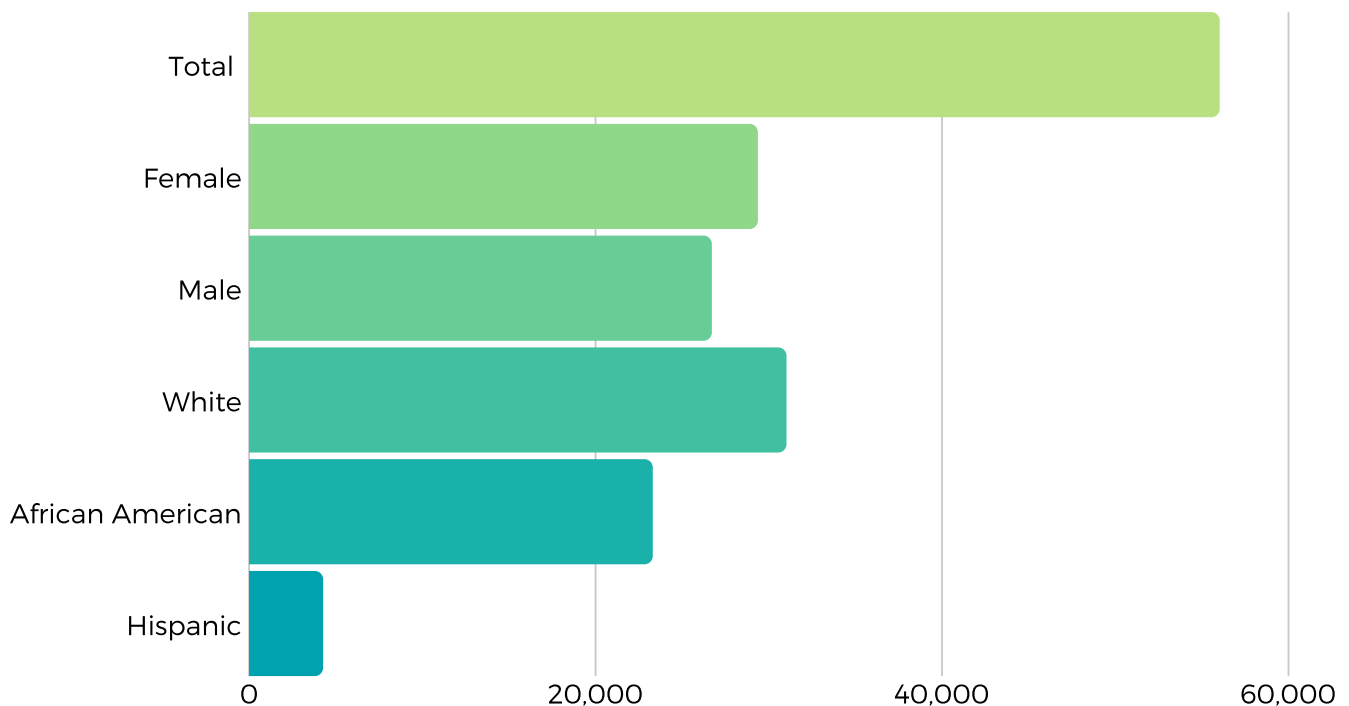
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THE NUMBERS

**OUR
STATISTICS**

According to the United States Census Bureau, the 2018 total population estimate for Lenoir County was 55,976. In the previous year, the population was 56,641. There has been a gradual decrease in population since 2012. The current female population is 52.4% compared to the male population at 47.6%. The graph below illustrates the total population by gender and race.

According to the County Health Rankings, Lenoir County has moved from the 86th healthiest county in North Carolina in 2018 to 83rd in 2019. Much of this move in rankings may be because of improvements in quality of life, health behaviors, and social and economic factors. 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.



WHERE WE ARE NOW

**EMERGING
PUBLIC
HEALTH
ISSUES**

Diabetes Prevention Program:

In the 2018 Community Health Needs Assessment, diabetes was identified as a Significant Health Issue for Lenoir County. The death rates from diabetes is currently higher in Lenoir County compared to the rate in North Carolina and the United States. The Lenoir County Health Department partnered with Pitt County Health Department to receive grant funding to develop a Minority Diabetes Prevention Program for Lenoir County.

Diabetes con't:

The risk for having prediabetes or type 2 diabetes is higher among African Americans, Hispanic/Latino Americans, American Indian/Alaska Native, Asian Americans, and Pacific Islanders. The Lenoir County Health Department began its Minority Diabetes Prevention Program (MDPP) in August of 2019. LCHD's first Spanish DPP began in February. The Lenoir County Diabetes Prevention Program will service the Lenoir County population and will offer classes around four times a year. These classes will be taught by the agency's five trained Lifestyle Coaches. The goal of this program is to reach all Lenoir County residents who may be at risk for Type 2 diabetes and prevent the onset of this disease.

Economy:

The 2018 Community Health Assessment Planning/Review Group rated Economy as a key issue. A discussion focused on the issue of transportation affecting all areas of need, including Economy. The Lenoir County Alliance for a Healthy Community, wrote a letter to City and County Officials to express support for economic efforts benefiting health. The Letter was sent on June 27, 2019 with four suggested areas of concentration to improve economic conditions for all residents of Lenoir County:

- **Improve transportation options for residents, particularly for access to work and full course of medical/mental health treatment, by closing gaps in services and reducing the cost of public transport.**
- **Increase grant writing to seek out and apply for grants focusing on individual and community economic growth.**
- **Invest in vocational and other educational programs to have a ready workforce in the county.**
- **Analyze and revise local policies to create an environment for robust economic development.**

Lenoir County Residents' Health

According to the County Health Rankings, Lenoir County moved from the 86th healthiest county in North Carolina in 2018 to 83rd in 2019. 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.

Morbidity and Mortality in Lenoir County

Top 10 Leading Causes of Death		
Source: https://schs.dph.ncdhhs.gov/data/databook/		
Lenoir County	#	North Carolina
Disease of the Heart	1	Cancer
Cancer	2	Diseases of the Heart
Cerebrovascular Disease	3	Chronic Lower Respiratory Diseases
Chronic Lower Respiratory Diseases	4	Cerebrovascular Disease
Diabetes Mellitus	5	Alzheimer's Disease
Other Unintentional Injuries	6	Other Unintentional Injuries
Alzheimer's Disease	7	Diabetes Mellitus
Hypertension	8	Pneumonia & Influenza
Nephritis, Nephrotic Syndrome, & Nephrosis	9	Nephritis, Nephrotic Syndrome, & Nephrosis
Pneumonia & Influenza	10	Motor Vehicle Injuries

From the 2018 Community Health Assessment, the number of deaths for the ten leading causes in Lenoir County 2014-2018 in the following chart: The rates are per 100,000. For example, 835 people in Lenoir County died from diseases of the heart from 2014 to 2018. This is a rate of about 207.9 deaths per 100,000 people. This number has increased since last reported in our 2017 Community Health Assessment. 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.

2014-2018 Causes of Death	Lenoir County	Rate	NC	Rate
Diseases of Heart	835	207.9	92,384	158.0
Cerebrovascular Disease	266	65.3	24,832	43.0
Cancer	739	184.2	97,303	161.3
Diabetes Mellitus	133	33.3	14,170	23.7
Pneumonia and Influenza	69	17.5	10,024	17.4
Chronic Lower Respiratory Diseases	200	49.1	26,470	44.7
Chronic Liver Disease and Cirrhosis	54	13.0	6,265	10.4
Septicemia	61	16.0	7,524	12.8
Nephritis, Nephrotic Syndrome, and Nephrosis	79	20.0	9,591	16.4
Unintentional Motor Vehicle Injuries	47	15.0	7,553	14.5
All Other Unintentional Injuries	116	34.9	19,576	37.0
Suicide	33	10.8	7,152	13.5
Homicide	38	14.7	3,217	6.5
Alzheimer's disease	98	24.0	19,988	35.7
Acquired Immune Deficiency Syndrome	13	N/A	1,064	1.9
Total Deaths	3,665	941.4	452,047	781.8

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

Priority Health Issues for Lenoir County & Progress Made

Priority Selection Results were identified during the 2018 Community Health Needs Assessment process. Residents who were surveyed listed these as the top concerns in the community impacting health:

1. Access to Health Care
2. Cancer
3. Diabetes
4. Economy
5. Exercise, Nutrition, and Weight
6. Heart Disease & Stroke
7. Immunizations & Infectious Diseases
8. Public Safety
9. Respiratory Diseases
10. Substance Abuse

The Community Health Assessment Planning/Review Group discussed and agreed to prioritize the following issues over the next community health needs assessment cycle period:

- 1. Access to Care**
- 2. Substance Abuse**
- 3. Exercise, Nutrition, and Weight**



Priority Area #1: Access To Care

Objective: Improve access to comprehensive, quality health care services to Lenoir County residents. The 2019 data according to the County Health Rankings shows the uninsured percentage at 14% for Lenoir County.

- **NC Care 360** is a system that will connect individuals to coordinated services and provide a feedback loop on the outcome of that connection. The system electronically connects health services through a database that will offer a shared technology platform with health care and human service providers.

Current Progress of NC Care 360 System Initiative in Lenoir County

February 25th - Lenoir County Influencer Session for local agencies

March 10th - Lenoir County Strategy Session for local agencies

April - Anticipated go-live date.

- During 2018-2019, the Lenoir County Health Department, UNC Lenoir Health Care, and Eastern Radiology partnered to provide mammograms and breast diagnostics services for women who meet specific eligibility requirements. The partnership allowed screenings to increase by 20 additional slots. Over the past several years, several concerns have been detected through this local and the state's programs.
- **Corporate Health Services** included 45 corporate clients, 32 work-site wellness visits with 658 employee contacts. Bio-metric screenings, flu shots, CPR training, urine drug screens, and targeted health education for risk factor reduction was provided.



Priority Area #2: Substance Abuse

Objective: Decrease the use of illicit drugs and tobacco use among Lenoir County residents. Healthy NC 2020 of individuals aged 12 years and older reporting and illicit drug use in the past 30 days. Baseline - 7.8%, 2007-08; Current - 9.9%, 2015-16; 2020 Target - 6.6%

- **Substance Use Messaging Campaign** was developed to promote the dangers of illicit drug and tobacco use and to reach the Lenoir County community. Information about opioid and tobacco use was publicized through local pharmacy medication prescription bags, the Lenoir County Health Department Facebook page, and the Down East Wood Ducks Minor League Baseball. During 2019, a total of 71 announcements were made during the home-game season at the Wood Ducks Stadium.
- LCHD has a **standing order** to dispense Naloxone and staff have been trained to administer it. Naloxone was available in the shelter during Hurricane Florence.
- LCHD brought **Opiate/Meth Awareness Training** to over 80 Public Workers in Lenoir County through a partnership with DHHS experts.

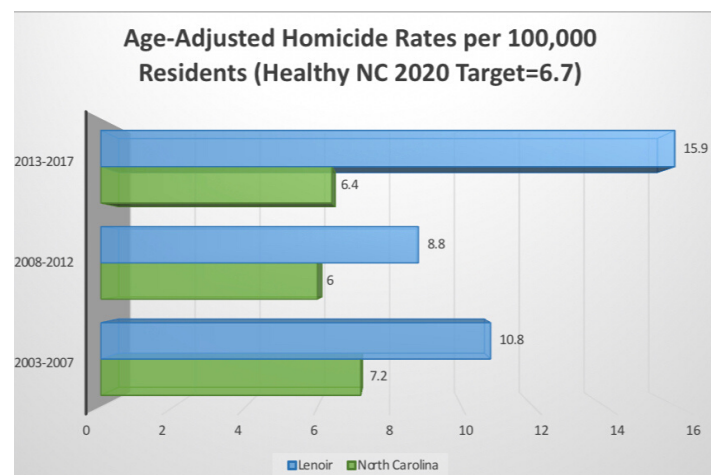
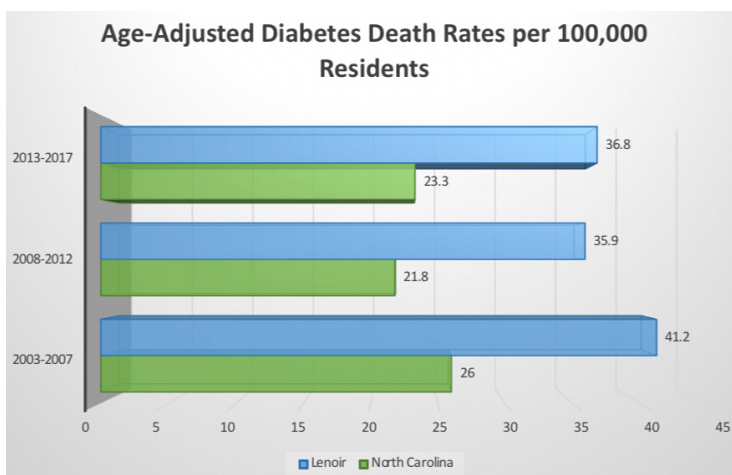
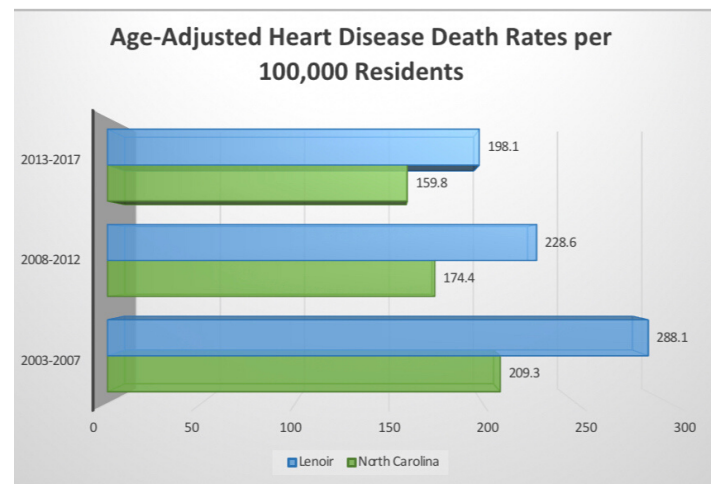
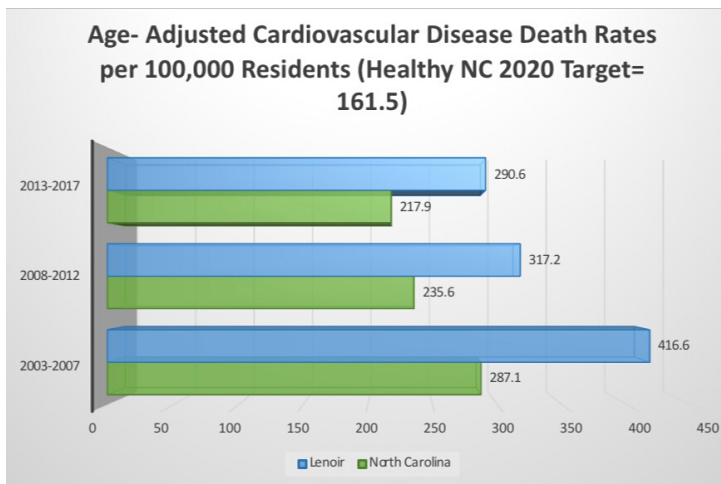
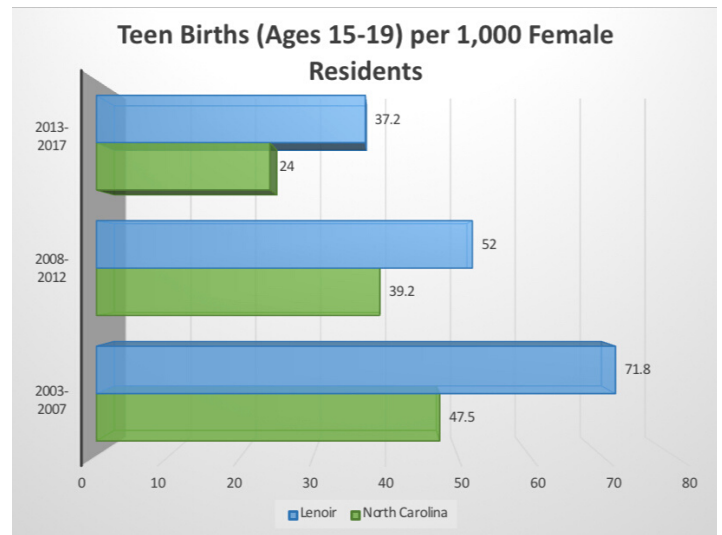
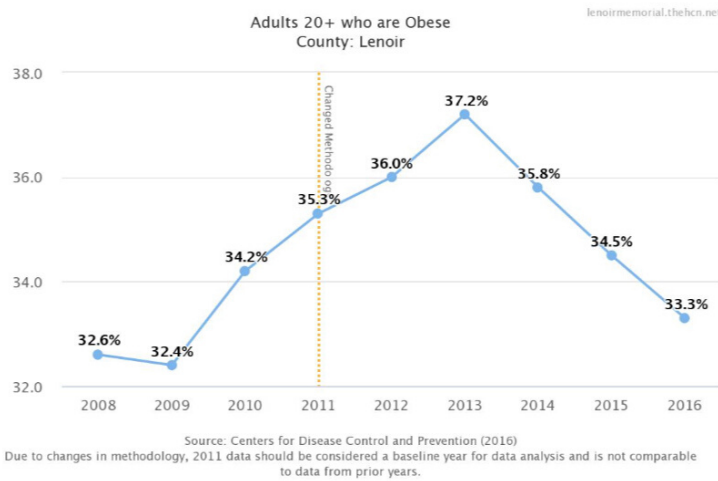


Priority Area #3: Exercise, Nutrition, and Weight

Objective: Increase good nutrition practices and boost physical activity within Lenoir County residents. According to Conduent Healthy Communities, 33.3% of adults 20+ were obese was 33.3% in 2016.

- The **Minority Diabetes Prevention Program (MDPP)** was implemented in Lenoir County in August 2019. The program serves minority residents of Lenoir County determined by A1c levels that meet the pre-diabetic range (5.7-6.4). MDPP is a Lifestyle Change Program that focuses on healthy eating, increased physical activity, and coping with every day stress. The Lenoir County MDPP currently serves 10 participants.
- The **Lenoir County Diabetes Prevention Program (DPP)** is in the implementation stage for Lenoir County. The program is an expansion of the MDPP and will service the entire county population. The Lenoir County Health Department trained 4 additional staff members to become Lifestyle Coaches. New classes will be provided quarterly to address the great need for this prevention program. The program will be available in both English and Spanish. The program currently has 12 participants enrolled. The first class will begin in February.
- **UNC Lenoir Health Care Diabetes Wellness Program** located in the Minnie P. Stackhouse Diabetes Center, the AADE accredited Diabetes Wellness Program provided free diabetes self-management education and follow up management to 115 individuals living with diabetes. Outreach education and off-site screenings were provided each month reaching 487 community members. Additionally, a registered dietitian/diabetes educator provided 225 medical nutrition counseling sessions during this year. Rx Food Coupons are provided to participants to incentivize education by increasing local access to fresh fruits and vegetables at the Lenoir County Farmer's Market.
- **Education and Cooking Classes** have been provided to the Lenoir County Women, Infants, and Children (WIC) Program through the Lenoir County Cooperative Extension. This ongoing program provides education to WIC participants and focuses on healthy food options. The class teaches WIC participants how to develop healthier snacks/meals and the participants also have the opportunity to taste those food options.
- **Grocery Cart Conversation Series** is a free community nutrition education program led by UNC Lenoir Health Care registered dietitians was initiated with ongoing monthly sessions at the Piggly Wiggly in Kinston.

Trends in Key Health Indicators in Lenoir County



All information, excluding the data on obese adults, was obtained from the State Center for Health Statistics website.

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.



Drink more water.



Eat 5 servings of fruits and vegetables a day.



Learn how to prevent a disease that is common in your family, such as diabetes.



Get an annual check up.



Make sure you and your children's/grandchildren's vaccinations are up to date.



Be active at least 150 minutes/week by doing something you enjoy (gardening, walking, take a fitness class).



Engage in your school's efforts to encourage healthy practices for your children.

Community Involvement Continued



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.



Volunteer at the community garden.



Help reduce neighborhood waste.



Learn more about the decisions local officials are making that impact your environment.

Copies of this report are available by

- Calling 252-526-4200
- Picking up a copy at 201 N. McLewean St., Kinston
- Downloading a copy from <http://www.co.lenoir.nc.us/health.html>