

2013

STATE OF THE COUNTY HEALTH REPORT

Prepared by the Lenoir County Health Department
201 N. McLewean Street
P.O. Box 3385
Kinston, NC 28502

MORTALITY STATISTICS FOR LENOIR COUNTY

From the 2011 Community Health Assessment the number of deaths for the ten leading causes in Lenoir County 2006-2010 was as follows: The rates are per 100,000.

LENOIR COUNTY	DEATH
2006 - 2010 TEN LEADING CAUSES OF DEATH	RATE/ 100,000
Diseases of the Heart	311.9
Cancer - All Sites	274.9
Cerebrovascular Disease	67.1
Chronic Lower Respiratory Diseases	53.1
Diabetes Mellitus	47.5
Nephritis, Nephrotic Syndrome, & Nephrosis	35.6
Other Unintentional Injuries	34.9
Atherosclerosis	33.9
Motor Vehicle Injuries	21.0
Pneumonia & Influenza	20.6

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

2006 – 2010 NORTH CAROLINA	DEATH
TEN LEADING CAUSES OF DEATH	RATE/ 100,000
Cancer - All Sites	190.0
Diseases of the Heart	187.3
Cerebrovascular Disease	47.8
Chronic Lower Respiratory Diseases	46.8
Other Unintentional Injuries	28.7
Alzheimer's Disease	27.7
Diabetes Mellitus	23.2
Nephritis, Nephrotic Syndrome, & Nephrosis	19.1
Pneumonia & Influenza	18.5
Motor Vehicle Injuries	16.8

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

LENOIR COUNTY	DEATH
2008 - 2012 TEN LEADING CAUSES OF DEATH	RATE/ 100,000
Diseases of the Heart	284.2
Cancer - All Sites	249.9
Cerebrovascular Disease	63.1
Chronic Lower Respiratory Diseases	56.6
Diabetes Mellitus	45.1
Other Unintentional injuries	34.3
Nephritis, Nephrotic Syndrome, & Nephrosis	29.0
Septicemia	22.9
Pneumonia & Influenza	22.9
Hypertension	21.9

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

2008 – 2012 NORTH CAROLINA	DEATH
TEN LEADING CAUSES OF DEATH	RATE/ 100,000
Cancer - All Sites	190.0
Diseases of the Heart	187.3
Chronic Lower Respiratory Diseases	47.8
Cerebrovascular Disease	46.8
Other Unintentional Injuries	28.7
Alzheimer’s Disease	27.7
Diabetes Mellitus	23.2
Nephritis, Nephrotic Syndrome, & Nephrosis	19.1
Pneumonia & Influenza	18.5
Motor Vehicle Injuries	16.8

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

The top five leading causes of death for both data sets 2006-2010 and 2008-2012 are in the same order. The death rates for 2008-2012 have decreased except for chronic lower respiratory diseases which increased from 53.1 to 56.6. This data comes from the State Center for Health Statistics. This data was accessed on November 19, 2013.

MORBIDITY STATISTICS

January through November 30, 2013

This data was obtained from patients in the Lenoir County Health Department and other health care providers.

Chlamydia

- In Lenoir County there were 357 diagnosed cases of chlamydia.

Gonorrhea

- Lenoir County had 105 diagnosed cases of gonorrhea.

Syphilis

- There were 16 diagnosed cases of syphilis.

The information below was obtained from N.C. DHHS Communicable Disease Branch (N.C. 2012 HIV/STD Surveillance Report)

HIV/AIDS

- Lenoir County had 3 newly reported cases of HIV disease in 2012.
- Lenoir County had 8 newly reported cases of AIDS disease in 2012.

EMERGING ISSUES

Local health departments are subject to audits conducted by Division of Public Health staff who is assigned to health departments as technical consultants. The 2013 audit of our Child Health program revealed significant deficiencies. The results of this audit along with a declining demand for clinical services and the loss of qualified nursing personnel, the agency has temporarily suspended the provision of direct clinic services to children. We are referring to the FQHC and private providers. We continue providing immunizations and CC4C. Our current focus is on developing and implementing community projects. For example, we have an agreement with a local dentist to accept children we refer who do not have any type of insurance and he accepts payment at the Medicaid rate.

PRIORITIES FOR LENOIR COUNTY FROM 2011 COMMUNITY HEALTH ASSESSMENT

1. Obesity (physical activity and nutrition)
2. Diabetes
3. High Blood Pressure
4. Responsible Parenting

COUNTY TRENDS IN KEY HEALTH INDICATORS IN LENOIR COUNTY

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 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%.

In 2009 the prevalence of obesity in children for ages 2-4 years for Lenoir County is 9.1% while North Carolina which is 15.4%.

In 2008 the prevalence of obesity in children for ages 2-4 years for Lenoir County is the same as North Carolina which is 15.4%.

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 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 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.

In 2006-2010 the age-adjusted death rate for heart disease in Lenoir County is 253.7 per 100,000 population while North Carolina's is 184.9.

Teenage Pregnancy

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.

From 2007-2011 teenage pregnancy rate per 1,000 population (ages 15-19) is 55.3 for North Carolina. For 2007-2011 the resident teenage pregnancies (ages 15-19) for Lenoir County are 74.0 per 1,000 female population.

Priority Selection Results as identified during 2011 Community Health Assessment Process

1. Illegal drug abuse/substance & Youth violence/gangs
2. Obesity
3. Job opportunities
4. Poor eating habits/lack of good nutrition
5. Responsible parenting
6. Youth access to and use of guns
7. Illegal drugs
8. High blood pressure
9. Diabetes
10. Cigarette smoking among people under 18
11. Drinking and driving
12. Lack of physical activity or exercise

Progress made in priority areas

Objective (Obesity) is taken from 2012-2014 Strategic Plan

- **Decrease the percentage of adults who report “overweight” or “obese” in Body Mass Index Grouping by 5 percent by 2014.**

- Lighten up Lenoir, a community weight loss campaign, is currently in the final session for Year One. 2013 kickoff is scheduled for January 21st.

Update: Lighten Up Lenoir is concluding December 2013, with 10,000 overall pounds lost and 2000 participants. There are plans to offer again in 2015. Lenoir Memorial Hospital plans to initiate a physician led weight loss program in 2014.

- Lenoir County Youth Obesity Task Force has been organized and is meeting on a regular basis. Two elementary schools in Lenoir County have been chosen for adoption of a healthy lifestyle program.

Update: Lenoir County Childhood Obesity Prevention Task Force has representatives from the local schools, county government, and key community agencies. During 2013, two local schools were targeted for physical activity and nutrition education programs reaching students and families in the neighborhood. Fuel for Success, a year-long nutrition education program led by dietitians was initiated at SE Elementary. Project Digg, a comprehensive school site gardening program at Savannah- Contented School was initiated with plans for replication at other schools. Savannah- Contentnea School has implemented a Kate B. Reynolds funded walking track with community launch on December 11th, 2013. More information about the activities of the task force can be found at

<http://www.lenoircountynchealthykids.com/>. Savannah Contentnea also implemented a water bottle school project. Additionally, Project Fit America fitness playground with private/schools partnerships was implemented in October, 2013 with pre and post fitness measurements included. There are plans to add a third school in a water bottle school project.

- Increase physical activity through walking with an improved access route to the Community Fitness Center. The Citizens Committee called by Commissioner Mac Daughety meeting December 11th will include planning to date by NCDOT and NCDENR with local residents as project moves forward.
- Initiate programs that allow low income community members low cost or free access to fruits and vegetables from the Lenoir County Farmer’s Market. The EBT process did not get started. The low income community members that are enrolled in the EFNEP program are a part of the Coupon Program with the Farmer’s Market Demo. On the days that the Farmer’s Market has a demo the coupons can be used. 80%-90% of the participants used the coupons at the

Farmer's Market. The CSA makes up produce bags for the families at EFNEP. The produce bags are offered to the families with a small discount.

Additional Interventions in this target area:

- Heart Healthy Lenoir implemented a healthy restaurant initiative with discount coupons and educational materials reflecting healthier choices at five area restaurants.
- Implemented Healthy Communities in August 2013 to provide latest indicator data for community through the LMH website.
- The health educator completed a Fruit and Vegetable Inventory with the farm and produce stands in Lenoir County. This inventory included times of operation, contact information. This was an update to last year's Fruit and Vegetable Inventory.

Objective (Diabetes) is taken from 2012-2014 Strategic Plan

- **Decrease the prevalence of diabetes in adults by 5 percent by 2014.**
- In the Nutrition and Weight Loss program in underserved African American churches two churches has been identified for diabetes risk factors. Current participants' initial weights have been recorded with weekly weight checks occurring for a period of 10 weeks.

Update: Lenoir Memorial Hospital provided a 10 week nutrition and lifestyle change program for adults living with and at risk for diabetes and prediabetes. The 2 African American churches worked with were St. Peter Church of Christ and River of Life Christian Center. A structured nutrition program was implemented and taught by the Registered Dietitian. Sessions involved one hour of nutrition education and weigh-ins weekly for 10 weeks. Weight loss goal of 5-7% of body weight were set for those who were overweight or obese. There were a total of 29 participants from the two churches from January –April 2013. 25% of participants met the weight loss goals.

- Lenoir Memorial Hospital is currently having conversations are made with pharmaceutical companies to increase provider education to improve community use of American Diabetes Association education standards of care.

Update: The Bi-annual Diabetes State of the Community Report was completed and distributed throughout the community beginning June 2013 with most recent Lenoir County diabetes information and educational resources. Diabetes Wellness Program Provider Open House-Physicians, nurses and support staff were invited to “floating” open house on 3/20/2013 to

discuss education program, resources and ADA Standards of Care. Each participant was provided with reproducible resources for the 7 healthy behaviors proven to positively impact diabetes self-management. Medical practice staff and home health staff were encouraged to use these as a resource to provide education to their clients. There were 9 in attendance. Pursuing a diabetes grand rounds concept for medical community education is an effort that the Lenoir Memorial Hospital is working towards in the future. Provider champion for this effort has left internal medicine practice. Conversation has continued with Accu-Chek Diagnostics and working on staff education and signing of contract. Plans to visit physicians in the near future are in place. Information is provided periodically in written form to physicians. Additionally, each physician receives notes on their referred client with Standards of Care outlined in their plan of care. Resources from ADA and AADE are shared with office staff to increase awareness of Standards of Care and local education resources.

- The Pink Hill Wellness and Education Center has held a 4 hour (2) part diabetes education class in the diabetes outreach education using a diverse setting.

Update: Four educational opportunities were offered at Pink Hill Wellness and Education Center in 2013 with a total of 45 participants. Individuals that participated at these events were current members of PHWEC. Education was advertised to community and all interested were encouraged to come. Computer lab at PHWEC is available to community with option for classes and guidance. Written educational resources provided to all participants of educational offerings. Additionally, Lenoir Memorial Diabetes Wellness Program provided materials and ideas for bulletin boards at the PHWEC for view by the community.

Objective (Hypertension) is taken from 2012-2014 Strategic Plan

- **Decrease the percentage of adults who report they have ever been told by a doctor, nurse, or other health professional that they have high blood pressure by 5 percent by 2014.**
- Lenoir Memorial Hospital has attended one webinar pertaining to the Million Hearts Campaign. The program is being considered in a community grant opportunity with meetings being held now to evaluate whether it would be a good fit in the project.

Update: Lenoir Memorial Hospital provided a stroke alert day in November, 2013 with 80 participants screened for blood pressure, risk factors and completed Million Hearts Healthy Lifestyle pledges.

- The first chronic kidney disease screening at Lenoir Memorial Hospital was held on October 9, 2012 by UNC Kidney Outreach. Information has been

disseminated by fliers and brochures in African American churches to find additional churches for screenings in 2013.

Update: Two screenings by University of North Carolina at Chapel Hill in Lenoir County at Lenoir Memorial Hospital and Kinston Community Health Center with over 50 persons screened in 2012 and 2013.

- The Eastern Carolina Community Area Agency on Aging (ECCAAA) has launched a Community Resource Connection initiative in Lenoir County. Representatives from LCCOA, DSS, Hospice, and other local organizations are represented on this. The Lenoir County CRC is working on updating data currently in the ECCAAA resource database.
- Update: The community has collaborated to launch the Lenoir Family Access Portal – a free online database funded by the USDA through the Kinston-Lenoir County Chamber of Commerce. The database has been built to hold community resources specifically for strengthening families through providing resource profiles, and local event calendars that are available via a website accessed by computer or I-phone. Seven lead community partners have been identified in the initial phase of the project and plans involve adding dozens more as resources in the next months. Community kiosks are being investigated to improve access. Nearly a dozen meetings this year including focus groups within the community have been instrumental in obtaining community input in the development of the project.
- As of September 18, 2012 550 participants have entered into the High Blood Pressure Study. Of these participants 250 have overlapped from the Lifestyle Study (another part of this project). All participants have been provided with a home blood pressure monitor. There have also been phone counseling calls to participants. There are physician practices where this study has been concentrated. Some of these practices are not located in Lenoir County.
- Update: As of May 14, 2013 542 participants have entered into the High Blood Pressure Study. There are 339 participants enrolled in the Lifestyle Study. Of these participants 200 are in both the Lifestyle and High Blood Pressure Study. The overall Heart Healthy Lenoir enrollment is 681 participants. During the 6 month follow up visit these are the results: 89% of active participants in the Lifestyle study completed their 6 month visit. The High Blood Pressure study 69% of active participants completed their 6 month visit. With the Lifestyle and High Blood Pressure Study combined 71% of active participants completed their 6 month visit. During the 12 month follow up visit these are the results: 77% of active participants in the Lifestyle study their 12 month visit. With the High Blood Pressure Study 5% of active participants completed their 12 month visit. With the Lifestyle and High Blood Pressure Study combined 32% completed their 12 month visit.

Additional Interventions in this target area:

- Lenoir Memorial Hospital plans to implement a primary stroke center starting in 2014 with grant funding that will focus on stroke symptom campaigning, cholesterol and risk factor outreach and acute care service enhancements for stroke.
- Blood pressure machines have traveled across different churches each month in our area with 4 blood pressure machines capturing 40, 610 screening blood pressures in 2013.

Objective (Responsible Parenting) is taken from 2012-2014 Strategic Plan

- **Increase the number of students who graduate from high school by 5 percent by 2014.**

- In October 2012 a permanent drug drop box was placed at the Kinston Department of Public Safety for residents to place unwanted prescription medication. The box was placed in memory of a 16 year old that overdosed on prescription medication.
- The Little by Little Mentoring Program has expanded its program into an additional school. Community leaders serve as the mentors for the students.

Update: Twelve Lenoir Memorial Hospital management team members participated in a community mentoring program in order to weekly read and mentor underserved elementary children at Southeast Elementary and Rochelle Middle Schools. Leaders are matched with specific children over the school year and provided support in the classroom for supplies and celebrations. Additionally, Northwest Elementary had over 20 community volunteers supporting reading and mentoring with underserved children in an expanding schools partnership.

- Early discussions are being held with partners to point towards a 2013/14 series start for the Parenting & Healthy Discipline Educational Forum.

Update: This objective shifted from Lenoir Memorial Hospital to Lenoir County Department of Social Services. DSS implemented an annual Strengthening Families workshop with multi agency participation at Lenoir Community College. Eighteen agencies provided information on a multitude of topics to help strengthen families and parenting skills. Two special speakers each year are highlighting areas of focus and plan to incorporate discipline in the August 2014 session.

- Creating a transformation zone to strengthen family systems. The Partnership for Children applied for the grant but did not get the grant.

- Permanently locating a child passenger safety inspection location. Lenoir County Cooperative Extension is the only designated inspection station in Lenoir County. The public can come to Cooperative Extension anytime to get their child seats checked but Tuesdays is by appointment only. There are 20 employees from Cooperative Extension who are certified car seat technicians.

Additional Intervention work in this target area:

- The community has collaborated to launch the Lenoir Family Access Portal – a free online database funded by the USDA through the Kinston- Lenoir County Chamber of Commerce. The database has been built to hold community resources specifically for strengthening families through providing resource profiles, and local event calendars that are available via a website accessed by computer or I-phone. Seven lead community partners have been identified in the initial phase of the project and plans involve adding dozens more as resources in the next months. Community kiosks are being investigated to improve access. Nearly a dozen meetings this year including focus groups within the community have been instrumental in obtaining community input in the development of the project.
- Lenoir Memorial Hospital Family Birth Center Community Education Lamaze/Sibling/Early Prenatal classes included 120 parents.
- A local Breast Feeding Coalition was initiated by the hospital in an effort to increase breastfeeding education and awareness. Lenoir Memorial Hospital has partnered with the Carolina Global Breastfeeding Institute to improve practices related to breastfeeding education and support of families. As a result, LMH obtained 4 out of 5 breastfeeding STARS and has seen an increase of exclusive breastfeeding rate by 83% over the past two years. The Family Birth Center is working with the NC Healthy Start Foundation to put standards in place for the Infant Safe Sleep Hospital Model of Excellence regarding community education for infant safe sleep practices. The Family Birth Center is also implementing a PURPLE crying education program in an effort to join other hospitals in NC to reduce the incidence of Shaken Baby Syndrome by 50% by the year 2014.

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.

NEW INITIATIVES

Lenoir County Health Department's Environmental Health staff in 2011-2012 issued 27 food permits and had 23 closures.

The Heart-Healthy Lenoir Project is a community-based research project designed to develop and test better ways to tackle heart disease from prevention to treatment. The National Heart, Lung, and Blood Institute have funded this project. The project is a partnership of the University of North Carolina at Chapel Hill, East Carolina University, and Lenoir County. This grant is in collaboration with the Health Department, Lenoir Memorial Hospital, and the Alliance. This grant will be completed over five years.

COMMUNITY INITIATIVES

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

Some of Lenoir County Department's staff built a float for the county Christmas Parades. The float was in LaGrange, Pink Hill, and Kinston Parades. The theme of the float was "Love Your Pet See The Vet. In the LaGrange Parade, Lenoir County Health Department won first for non-commercial float competition. In the Pink Hill Parade, Lenoir County Health Department won second place. In the Kinston Parade Lenoir County Health Department won second place in Creativity.

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 Lenoir Memorial Hospital.

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 Lenoir Memorial Hospital/Lenoir County Health Department Breastfeeding Coalition. This coalition meets every month.
- Lenoir County Health Department is represented on the Child Fatality Review Team by the Health Educator who serves as the Review Coordinator and Child Care 4 Coordination Health Nurse who serves as Chairperson.

- Lenoir County Health Department is represented on the School Health Advisory Council by the Health Director, Health Educator and the Director of Nursing. This group meets twice a year.
- WIC Director also serves a scholarship chair for State North Carolina WIC Association.
- Lenoir County Health Department's Health Educator 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.
- 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.
- 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 serves on the Epidemiology Committee of the North Carolina Association of Local Health Directors. These meetings are held monthly.
- 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.

