

2017 SOTCH

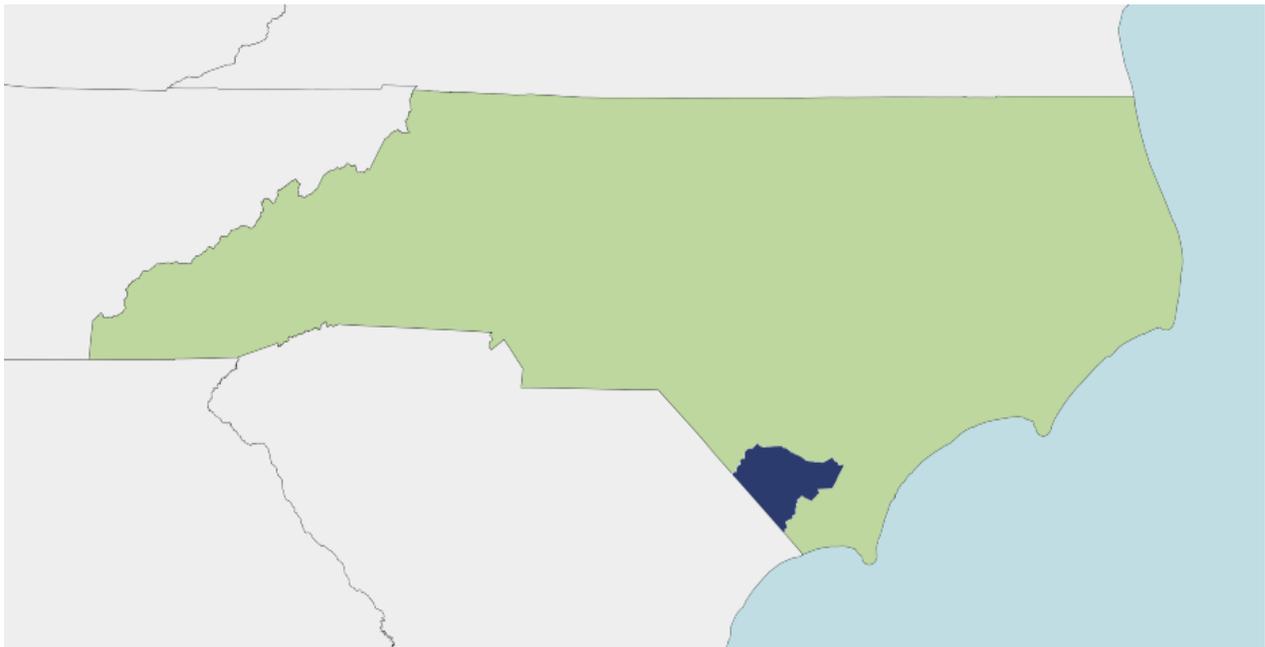
PRESENTED BY: COLUMBUS COUNTY HEALTH DEPARTMENT

304 JEFFERSON STREET

WHITEVILLE, NC 28472

STATE OF THE COUNTY HEALTH REPORT/FOCUS ON HEALTH

2017



STATE OF THE COUNTY HEALTH REPORT/FOCUS ON HEALTH

STATE OF THE COUNTY HEALTH REPORT OVERVIEW

Columbus County completed the Community Health Assessment in 2015, as required by the North Carolina Department of Health and Human Services. During the years between the community health assessments, we complete a State of the County Health Report (locally we call this our “Focus on Health Report”) to give residents an update on public health interventions, health priorities and other emerging issues that are important to our county’s residents. This report is intended to provide a “snapshot” and we encourage residents to contact the health department if they have additional questions or need information that may not be contained in this *Focus on Health 2017* report.

In this report, main ideas or points of interest will be represented by the  (lightbulb) and the word “takeaway” beside it. We anticipate that identifying these main points will make this report easier to navigate.

COMMUNITY HEALTH PRIORITIES

As part of our completion of the 2015 Community Health Assessment, community health priorities were identified using data collected from resident surveys and focus groups. The top 3 community health priorities identified were, in order: chronic disease prevention, obesity, and substance abuse prevention.



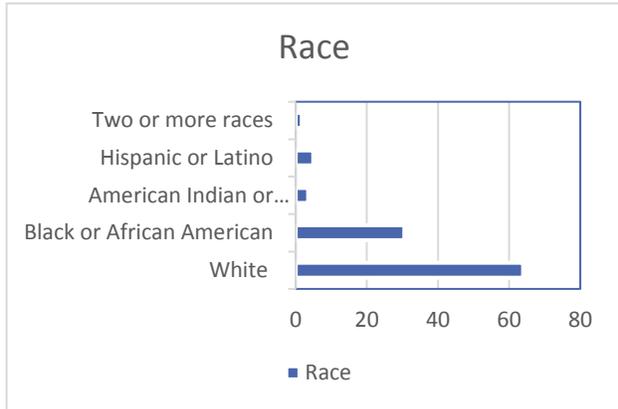
Takeaway: *Chronic disease prevention, obesity, and substance abuse prevention were all listed as major resident concerns in the 2012 Community Health Assessment as well.*

COLUMBUS COUNTY DEMOGRAPHICS- AT A GLANCE (UNITED STATES CENSUS, 2010)

Population: 58,098	Poverty
Median Age, Columbus County: 40.9	Columbus County: 24%
Median Age, North Carolina: 36.2	North Carolina: 16.7%
Median Household Income	Unemployment (NC Department of Commerce May, 2016)
Columbus County: \$34,949.00	Columbus County: 5.9%
North Carolina: \$46, 868.00	North Carolina: 5.1%

 **Takeaway:** *The population in Columbus County is slightly older than that of the state. The percentage of people living in poverty is higher in Columbus County than that of the state. Unemployment is higher than that of the state and the median household income in Columbus County is considerably lower than that of the state.*

Columbus County Race/Ethnicity



Columbus County Educational Attainment

	Columbus County	North Carolina
High School Diploma	80.7%	86.3%
Bachelor's Degree	12.0%	29.0%



Takeaway: Columbus County census data indicates that 63% are white, 31% are black or African American, 5% are Hispanic or Latino and 3.5% are American Indian. Columbus County high school graduation rates are lower than that of the state and there are fewer residents that have obtained a bachelor's degree compared to the state.

VULNERABLE POPULATION GROUPS

Vulnerable population groups are groups of people that may not be able to seek or acquire the healthcare that they need due to a number of factors. When faced with disasters, these groups may be at higher risk of suffering from a negative health outcome(s). Data is from the 2010 Census, unless otherwise noted.

Columbus County Vulnerable Population Group Selected/Available Data

<u>Vulnerable Group</u>	<u>% of Population/or number</u>
Limited English Proficiency	5.3%(estimate)
Children less than five years of age	6.0%
Persons over 65	15.2%
Persons living in poverty	24%
Persons diagnosed with HIV- North Carolina HIV/STD Branch	296** diagnosed cases (1983-2014, raw number, does not include AIDS)



Takeaway: Columbus County has many vulnerable population groups and the graph above is not an extensive list. Almost ¼ of our county lives in poverty.

HEALTH PRIORITIES AND UPDATES

The Columbus County Health Department has developed Action Plans for the next three years to work on the following three (underlined) issues:

As we address these issues, we will be working to achieve the following North Carolina 2020 goals (North Carolina Department of Health and Human Services), as outlined below in **bold**:

Chronic Disease 2020 goal: Increase the percentage of adults getting the recommended amount of physical activity; Increase the percentage of adults who report they consume fruits and vegetables five or more times per day; reduce the cardiovascular disease mortality; Increase the percentage of adults who are neither overweight nor obese rate (per 100,000 population); Decrease the percentage of adults with diabetes.

- Chronic Diseases are still the number one concern of residents (this was number one in the 2012 and 2015 Columbus County Community Health Assessment) and there has been substantial emphasis on this topic with our strong community allies. In 2017, the health department delivered a Chronic Disease Self-Management program at a local church. The health department is a CDC recognized programming site of this program. The health department has also used our social media platform to spread awareness of chronic diseases and disseminate information.
- Obesity was a close second to substance abuse in the 2015 Community Health Assessment and since obesity is directly linked to chronic disease prevention, our implementation of a Chronic Disease Self-Management Program aims to reduce obesity by stressing the importance of physical activity and nutrition. In addition, the health department is working with local head starts to teach children about the importance of physical activity and nutrition. In 2017, the health department also worked with the Bolton, NC summer youth camp to teach children and adolescents about the importance of physical activity and nutrition.

North Carolina Healthy 2020 Substance Abuse goal: Reduce the percentage of individuals aged 12 years and older reporting any illicit drug use in the past 30 days.

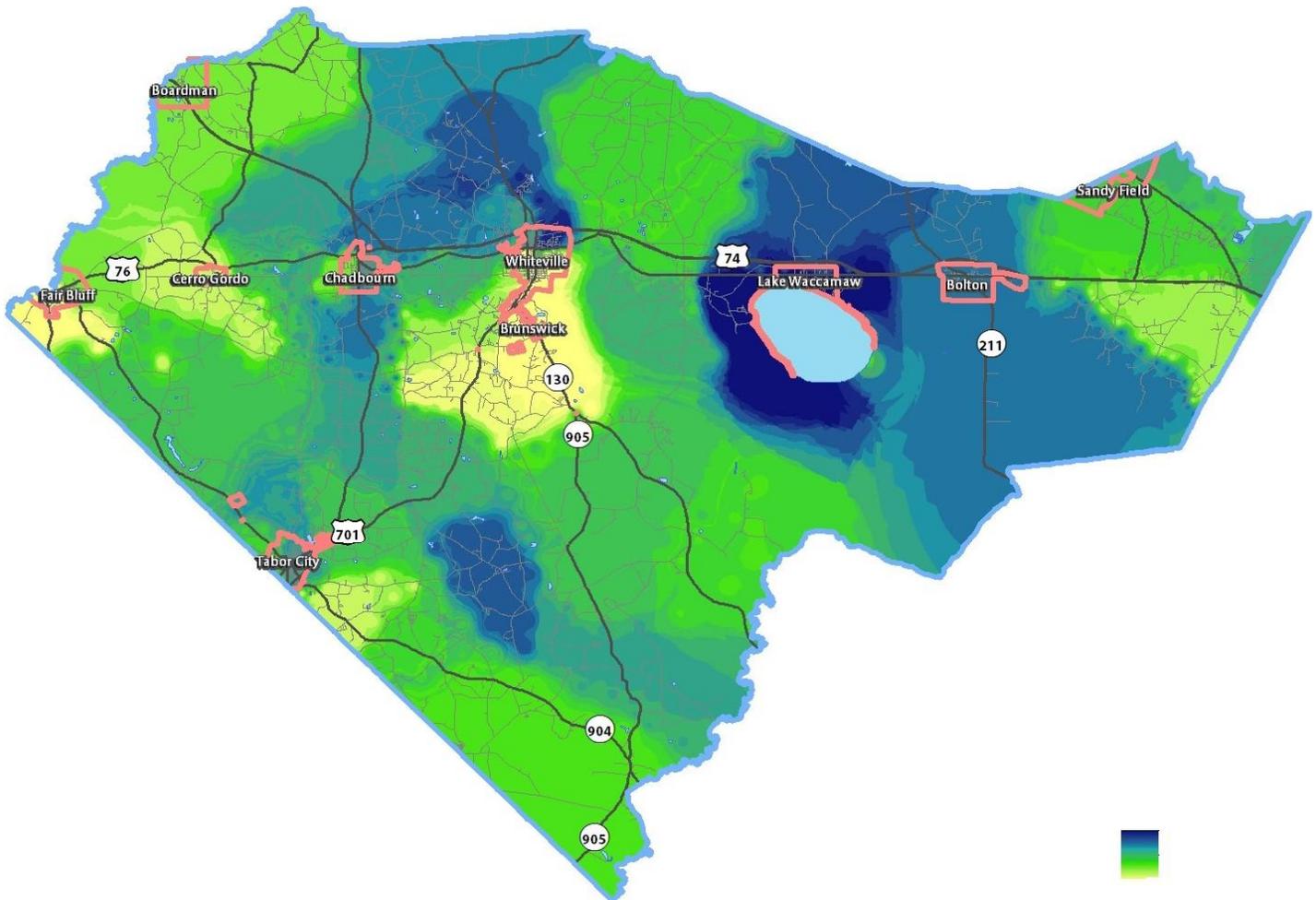
- Substance Abuse was the third concern of the communities. Within the past two years, substance abuse has been and continues to be addressed through multiple agency efforts. We are working with numerous county and regional organizations to focus on efforts to educate residents about the dangers of opioids and other narcotics. In 2017, the Columbus County Health Department has held public forums, medication drop-offs, as well as partnering with the county Sheriff's Office, Columbus County Schools, and Robeson Healthcare Corporation to provide opioid education to parents and students of the Columbus County school system. The health department has also utilized our social media platform to inform county citizens about the dangers and signs of opioid abuse.



Takeaway: While multiple interventions exist to address Chronic Disease Prevention/obesity and substance abuse, we continue to work through Healthy Columbus, Columbus Youth and Families, Smart Start Health Task Force and other area coalitions to bring together residents to provide additional input and guidance on addressing these issues.

SOCIAL DETERMINANTS OF HEALTH

Health is determined by a multiplicity of factors including economic and social. Social conditions such as the zip code in which one resides can affect a person’s health; for example, when we reside in areas with a low concentration of economic prosperity and where educational obtainment is difficult, our health can be negatively impacted. In 2014, with the assistance of a group of residents and a consulting firm, we were able to identify areas in the county that experience lower socio economic status.



Areas in the blue regions have a higher socio-economic status, while areas in the green and yellow have a lower socioeconomic status. Moving forward, this map will allow us to gauge community health interventions to see if they affect and will impact county residents that have lower socioeconomic status.



Takeaway: Many areas of our county may be in need of additional or enhanced health services to assist residents in achieving optimal health.

COLUMBUS COUNTY ADDITIONAL INDICATORS OF HEALTH

The chart below provides health information for our county and compares it to state rates. This allows residents and community partners to identify additional health factors that may need to be addressed.

Health Factor	County Rate	North Carolina Rate
Homicides	11.7	6.0
Infant Mortality	10.1	7.2
New HIV Infection Diagnosis, 2007-2011	19.8	17.7
Suicide	13.1	12.2
Pneumonia and Influenza Deaths, 2007-2011	22.5	17.9
Percentage of Individuals living in poverty(2010)	26.9%	17.4%
Cardiovascular Disease Deaths	317.7	235.7
Teen Pregnancy	49.9	33.0



Takeaway: Providing education and outreach to Columbus residents will be essential in addressing a number of health factors. Currently, the health department's Teen Pregnancy Prevention efforts are funded through a grant provided by North Carolina Department of Health and Human Services; this program (Making Proud Choices) is being implemented in Whiteville High School, ninth grade health and P.E. classes. Columbus County's teen pregnancy rate decreased by 13.7 percent in 2016. The findings, produced by the N.C. State Center for Health Statistics, were released by Sexual Health Initiatives For Teens, or SHIFT NC. There are many health issues that affect our residents and it will take the community as a whole, working collectively to make a difference.

NEW AND EMERGING ISSUES

A new and emerging issue that surrounding counties (Bladen, Brunswick, New Hanover) are facing is the "Gen X" water crisis. The contaminant, Gen X, was found in the Cape Fear River which supplies water to several nearby counties. As of now, we have yet to find positive results that Gen X has contaminated any of our water sources here in Columbus County. It will be an issue that we will follow and watch closely.

As it was mentioned in our SOTCH/Focus on Health last year (2016), youth suicide prevention and youth mental health is an emerging issue, and Eastpointe Mental Health Services has provided a "Youth Mental Health First Aid" certification course to school guidance counselors and local non-profits. To better understand this issue, we had our sexual health educator as well as two pediatric nurses receive this certification.

Need more information? Please call the Columbus County Health Department at 910-640-6615 ext. 7026 or email daniel.buck@columbusco.org