

# **FOCUS ON HEALTH**

## **Columbus County 2014 State of the County Health**

20184

Presented by:

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 columbuscountyhealth



The 2014 Columbus County State of the County Health Report is a supplemental report of the Columbus County Community Health Assessment. The health assessment is conducted every four years (2012 was the last assessment, and 2016 will be our next). The State of the County Health Report is distributed every year in between the assessment to provide updates and information on our county's health priority areas.

Our county's priority for the next four years is to focus on chronic disease prevention. Chronic diseases include heart disease, cancer, stroke, and diabetes. These four diseases are in the top ten leading causes of death in our county. In addition, substance abuse prevention is also a top priority that has emerged within the past year and was the number two health concern (2012 Community Health Assessment) of our county's residents.

If you would like to view the entire chronic disease prevention action plan or discuss current substance abuse prevention plans, please contact the Columbus County Health Department at 910-640-6615 ext. 389.

In the 2012 Community Health Assessment, the following were identified as the three biggest health issues of concern in Columbus:

**Chronic Disease (46.3% of respondents)**

**Drug/Alcohol Abuse 21.35%**

**Obesity 12.56%**

The 2012 health assessment and the previous state of the county reports can be viewed at [www.columbusco.org/dotnetnuke\\_2/health](http://www.columbusco.org/dotnetnuke_2/health).

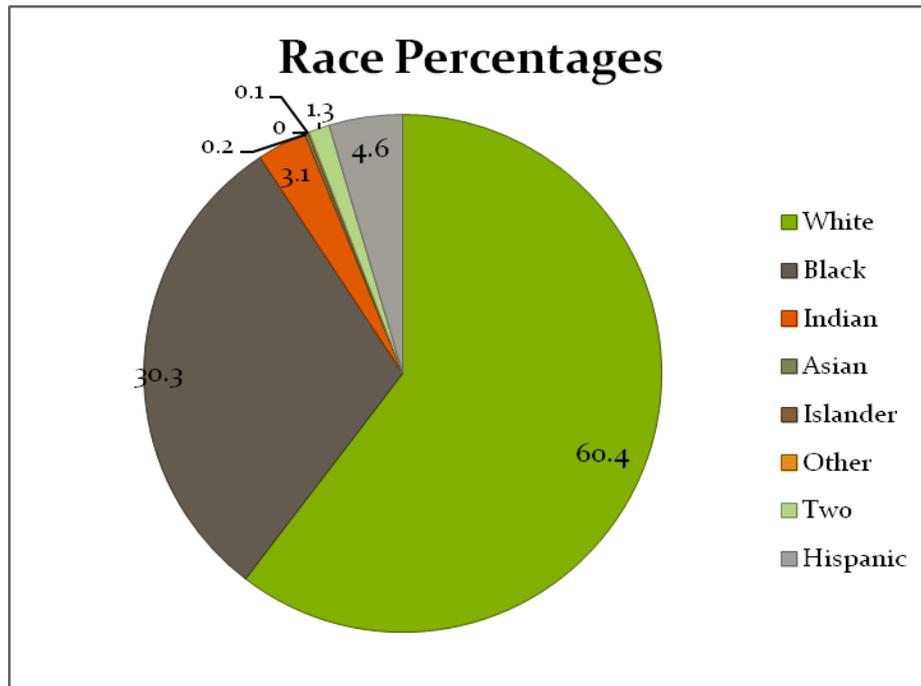
### ***Columbus County Fast Facts***

- Columbus County has been ranked the past five years as the unhealthiest NC County by the Robert Wood's Foundation ([www.countyhealthrankings.org](http://www.countyhealthrankings.org))
- Leading causes of death in order are: heart disease, cancer, lower chronic respiratory disease, and stroke.
- 23% of Columbus County adults report that they smoke, and lung cancer is the leading cause of cancer deaths in our county
- 32% of adults are obese

- 28% report that they are NOT physically active
- 21% of residents are uninsured
- Unemployment is 12.6%
- Life expectancy of county residents is 73.2 years, compared to the national average of 76.5 years

Columbus County, NC Population Growth

2000 Population	54,749
2010 Population	58,098
Population Growth	6.1%



Columbus County Persons below poverty level	21.4%
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## Columbus County NC Education Statistics

	<b>Columbus County</b>	<b>%</b>	<b>North Carolina</b>
Total 25 Years and Over Population	2,797	100	6,324,119
Less Than High School	524	18.73%	15.49%
High School Graduate	1,095	39.15%	27.24%
Some College or Associate Degree	952	34.04%	30.44%
Bachelor Degree	170	6.08%	17.82%

## Columbus County Action Plan Chronic Disease Prevention Goals:

- Promote healthy eating by increasing access to healthy foods.
- Provided healthy eating and exercise initiatives throughout Columbus County and enlist participation among residents.
- Provide chronic disease and diabetes management evidenced based programs to county residents.

These goals were developed and based on the Healthy NC 2020 Objectives<sup>1</sup>

- 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

## Progress to Date on Columbus County Chronic Disease Prevention Goals:

- ✓ **One local tienda(store) has signage to encourage customers to purchase fresh fruits and vegetables.**
- ✓ **5 Memorandums of Agreements (MOA's) have been signed with county churches and organizations to allow residents to participate/use their facilities for nutrition and/or physical activity sessions, workshops. These MOA's have been adopted at Mt. Olive Missionary Baptist Church (Whiteville), Bolton Senior and Youth Center, Sandyfield Town Hall, Sacred Heart Catholic Church and New Mt. Zion Missionary Church**

<sup>1</sup> North Carolina State Center for Health Statistics. Healthstats-HealthyNC2020. <http://www.healthstats.publichealth.nc.gov> Accessed January 27, 2015

- ✓ **A new listing of parks and recreation centers, along with community organizations that offer physical activity has been developed(please see attachment 1)**
- ✓ **8 Chronic Disease and 4 Diabetes Self-Management Program workshops have been offered throughout the county. 2 of these workshops were offered in Spanish. This program is an evidenced based program developed by Stanford University.**
- ✓ **4 lay leaders have been trained to teach Chronic Disease and Diabetes Self-Management workshops within their own communities.**
- ✓ **To date, the Columbus County Health Department has partnered with 10 faith organizations throughout the county to offer sessions on healthy eating, physical activity, and Chronic Disease Self-Management workshops.**

### **Emerging Issue**

Within the past year, the Columbus County Health Department along with the Columbus County Sheriff's Office has collaborated to address substance abuse, especially prescription drug misuse and abuse in our county. This partnership resulted through funding from the North Carolina Coalition Initiative and is in partnership with Wake Forest University. A task force (many of the task force members are part of the Healthy Columbus Partnership) has established a substance abuse community assessment and are now developing strategies to reduce the burden of prescription drug misuse and abuse in our county. Although we recognize that substance abuse is currently not part of our community action plan, we also are aware that substance abuse was the number 2 health concern among county residents<sup>2</sup>

Some of the key findings of this assessment are:

- Prescription Drugs are the number one drug that county residents feel are easier to obtain in our county
- A third of those surveyed indicated that they knew of someone that abuses prescription drugs
- Residents indicate that family and friends buy prescription drugs from people that they know
- Approximately 21% of residents indicate that they use prescription drug drop-offs to get rid of prescription drugs
- Residents report that there are low perceptions of people caught selling prescription drugs by the judicial system
- Columbus had 46 alcohol related impaired driving deaths(total number of driving deaths was 120) so proportion of driving deaths that are alcohol related is 38%(NC State Center for Health Statistics, 2008-2012)
- 10% of respondents of 2008-2012 BRFSS data indicated that they are binge drinkers
- 31% of respondents indicated that they feel they lack social support (BRFSS 2008-2012)

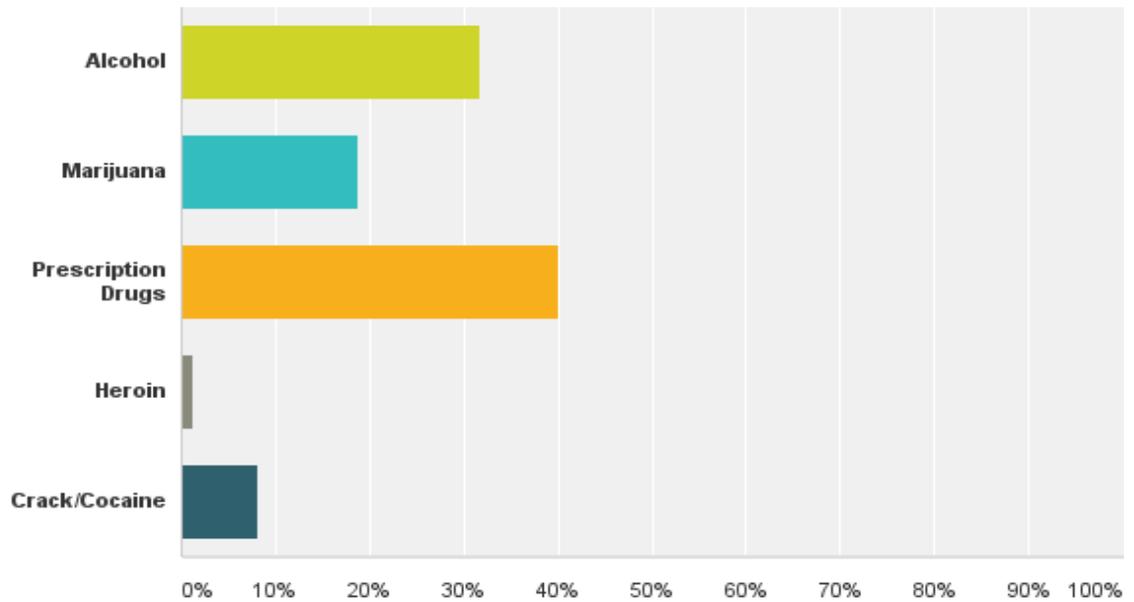
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<sup>2</sup> Columbus County Community Health Assessment, 2012.

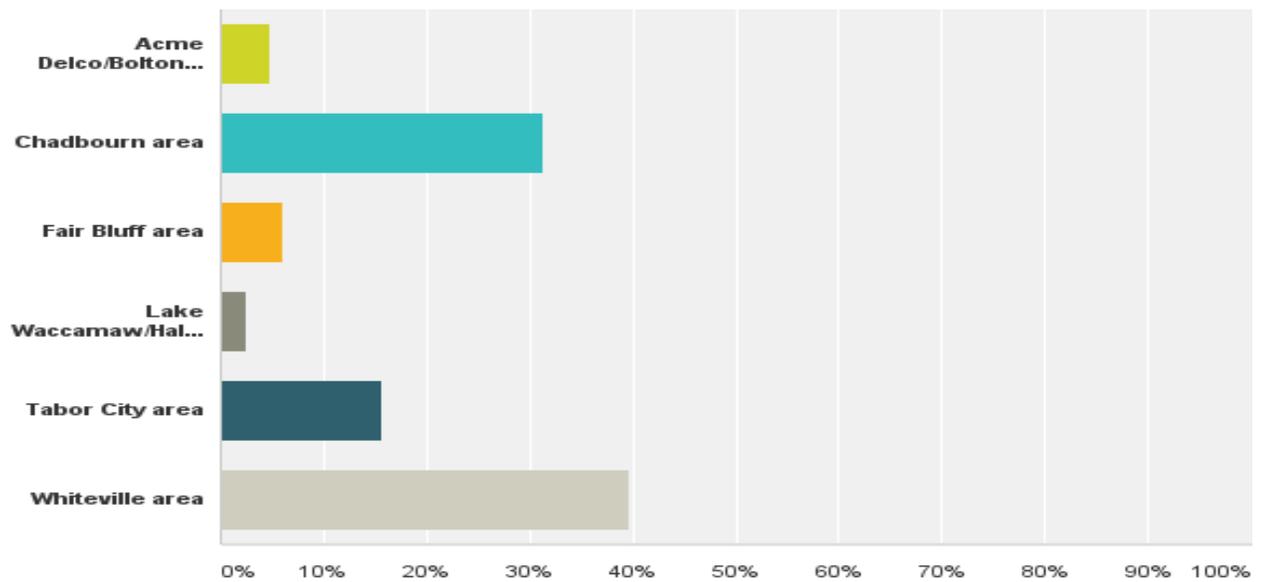
- 13.4% reported that they engaged in binge drinking(BRFSS 2012 data); highest binge drinking occurred among 18-34 years of age and highest among those with a high school degree and some college, with household income of \$15,000-\$24,999
- 22.7% reported that they had lived with someone as a child that abused alcohol
- 10.4% reported that they had lived with someone that used illegal substances or abused prescription medications
- Recent mental health statistics show that 363 youth (out of the approximately 7,542 youth who live in the county) ages 12-17 have a substance abuse diagnosis, which translates to one in twenty youth with a serious substance abuse problem
- As reported by the North Carolina Office of the Chief Medical Examiner, Columbus County had a 2012 death rate of 20 or more prescription drug overdose, which correlated with one of the worst death rates in the state
- The rate of controlled prescription dispensations was also one of the highest in the state with a rate of 235,35.8- 307,495.3 as reported by the NC State Center for Health Statistics
- There is little data on youth in our county to gauge what substances are being used, although the Columbus County Health Department is awaiting permission from Columbus County Schools to survey youth using the PRIDE survey
- Community strengths are the large number of faith organizations, the county's people, and people working together to achieve a common cause
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- Results of this report will be disseminated with law enforcement agencies, Columbus County Board of Health, Columbus County Board of Commissioners, faith organizations that have attended focus groups, the News Reporter(county paper), and non-profit organizations that are apart of Healthy Columbus

The Columbus County Health Department, along with the Columbus County Sheriff's Office and community partners, distributed a community survey with nine questions asking residents about their opinions regarding substance abuse. Below are 4 of the questions asked on this survey. If you would like to view the entire survey and the responses, please email [sarah.gray@columbusco.org](mailto:sarah.gray@columbusco.org)

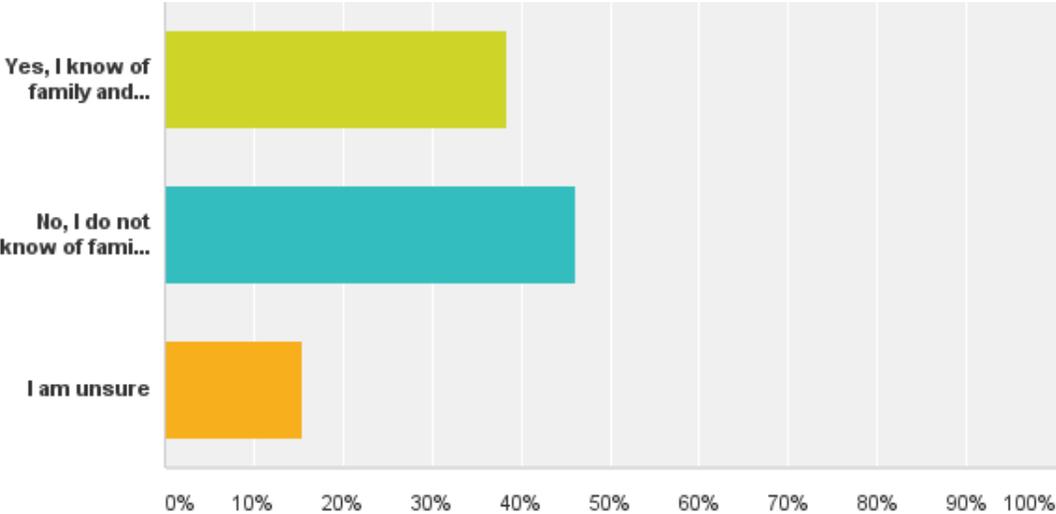
*Which drug is easier to get in our county from the list below?*



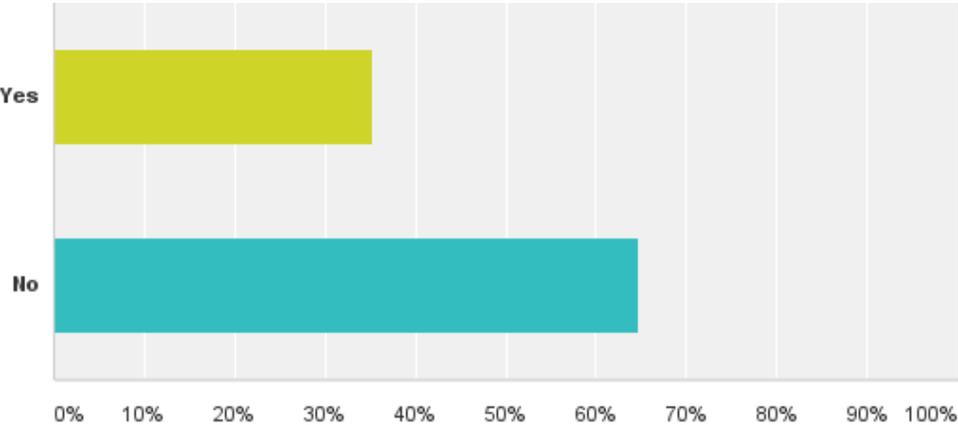
*Which area of our county are prescription drugs more of an issue?*



***Do you know of anyone that currently abuses prescription drugs?***



***Do you put prescription medications in a lock box or cabinet in your home?***



Columbus County Health Department welcomes comments from the public regarding our services. We encourage you to call or visit if you have concerns.

Healthy Columbus (formerly Columbus County Healthy Carolinians) is a community coalition that is dedicated to improving the health of our residents. This coalition is “housed” currently at the Columbus County Health Department.

Healthy Columbus meetings are opened to anyone who would like to participate. If you are interested in joining, please email [sarah.gray@columbusco.org](mailto:sarah.gray@columbusco.org) or call 910-640-6615 ext. 389.

Appendix- Updated Listing of Physical Activity Locations

Park	Restrooms	Bicycle Trail	Walking Trail	Basketball	Playground	Soccer	Baseball/Softball	Volleyball	Tennis	Mini Golf	Splash Zone	Concessions	Community Building	Picnic Area	Map	
<b>Bolton Park</b> 175 Old 211 St. Bolton					•		•									
<b>Buckhead Community Park</b> Waccamaw Siouan Development 7272 Old Lake Rd. Bolton				•	•		•					•		•		
<b>Cerro Gordo Athletic Fields</b> 404 Railroad St. East, Cerro Gordo							•					•				
<b>Homer Thomas Park</b> Chadbourn																
<b>Our Park Playground</b> 1st Ave. East, Chadbourn					•											
<b>Eira &amp; Gertrude Spaulding Park</b> 219 Farmer's Union Rd., Clarkton				•	•		•							•		
<b>Carver Community Center</b> 213 Carver Circle, Fair Bluff																
<b>Progressive Women's Park</b> 135 Rogers St., Fair Bluff				•	•									•		
<b>Riverwalk Park</b> 146 Riverside Dr., Fair Bluff																
<b>Bogue Community Park</b> Jockey Rd. & Red Bug Rd., Hallsboro				•	•		•							•		
<b>Council Field</b> Pecan Lane, Lake Waccamaw							•									
<b>Elizabeth Brinkley Park</b> 100 Columbia Ave., Lake Waccamaw	•			•	•	•	•		•			•				
<b>St. James Community Park</b> 1000 Carver Moore Rd., Lake Waccamaw				•	•		•	•						•		
<b>Old Dock Community Park</b> 12870 New Britton Hwy., Nakina				•	•		•					•				
<b>Ransom Community Park</b> 2699 General Howe Hwy, Riegelwood			•	•	•		•					•				
<b>Riegelwood Community Park</b> 103 Church Rd., Riegelwood			•	•	•		•	•				•	•	•		
<b>Sandyfield Park</b> 1811 Woodyard Rd., Riegelwood				•												
<b>Civitan Park</b> 204 Fifth St., Tabor City					•									•		

Lake Tabor Park

110 Lynwood Norris St. Tabor City

Tabor City Athletic Complex

229 Complex St., Tabor City

Yogi Bear's Jellystone Park

at Daddy Joe's

626 Richard Wright Rd., Tabor City

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