

Caldwell County

2016 State of the County

Health Report



Caldwell County, North Carolina



CALDWELL COUNTY
North Carolina



HEALTH DEPARTMENT

A Letter from the Health Director

The Caldwell County Health Department is pleased to present the 2016 State of the County Health Report. This document provides updated information on key indicators for Caldwell County for the purpose of comparing local and state health data about our community's health and well-being.

This report includes information on the progress made over the past three years as well as information on the identified priority areas for the 2014 Community Health Assessment: Chronic Disease, Teen Health, and Mental Health and Substance Abuse.

This information is designed to educate and update community members, community leaders, agencies, organizations and others on progress in addressing certain health issues. This update is also intended to influence the development of new policies that affect the health of the community, guide the planning of health programs, and recruit interested community members to participate in future activities.

The Caldwell County Health Department seeks to “promote, protect and improve the health of our community” by focusing on long-term health priorities identified in the 2014 Community Health Assessment.

If you would like more information on the services and programs offered by the Caldwell County Health Department or would like to be involved in community health programming, please contact the Health Education and Health Promotion Department at 828-426-8506. For additional information on Caldwell County, please visit the county's website at www.caldwellcountync.org.

Sincerely,

Denise Michaud

Denise Michaud, MPH, RD, IBCLC
Health Director

Caldwell County Health Department

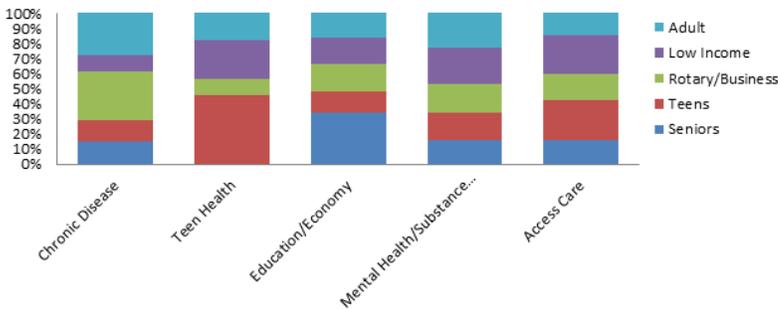


2014-2017

Community Health Assessment

The 2014 Community Health Assessment (CHA) process, started in 2013, engaged key partners to be a part of the process as we identified priorities for the upcoming three years. The committee looked over primary and secondary data, as a community, deciding the top three priorities for the CHA. The top three priorities chosen were Chronic Disease, Teen Health, and Mental Health and Substance Abuse.

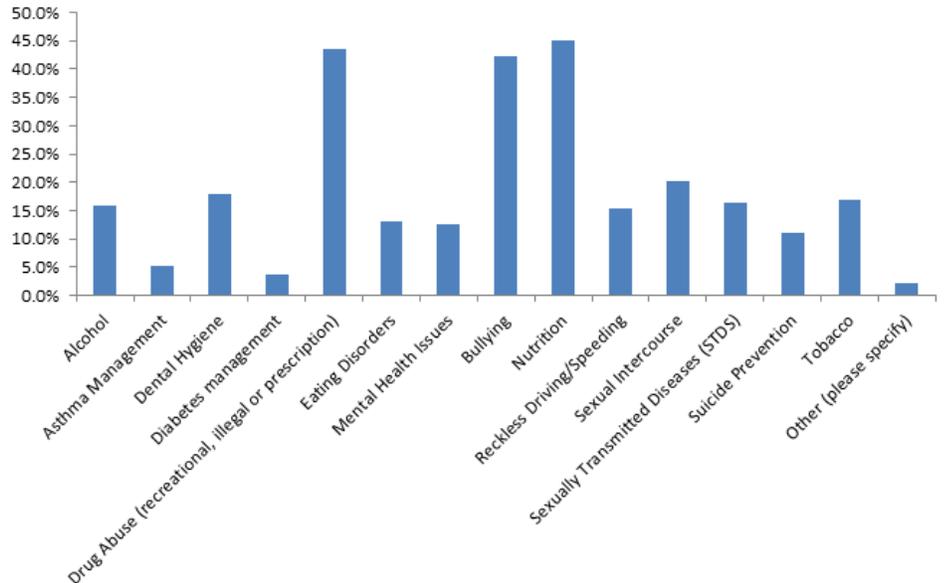
What do you believe has the greatest impact on the health of Caldwell County?



In each column in this chart, the colors represent how many people in each focus group thought this issue had the greatest impact on the health of the county. For example, more people in the business community ranked chronic disease as the most impactful issue than people in other groups.

The chart to the right shows which child health education topics parents believe their children need most. The three topic areas that ranked the highest relate to the top three priorities, which were discussed in the CHA focus groups.

Which of the following health topics do you think your child/children need(s) more information about?



Chronic Disease Progress to Date

Intervention: Flu-FIT and Flu-FOBT

Flu-FIT and Flu-FOBT Program allows health care providers to increase access to colorectal cancer screening by offering home tests to patients, ages 50-75, at the time of their annual flu vaccination. Partnering with West Caldwell Health Council and Hemosure, we participated in the national “80% by 2018” campaign to increase the number of people screened for colorectal cancer. Our first flu-fit opportunity was held at the McCreary Cancer Center during a scheduled prostate screening event. During this event, men had the opportunity to receive a colorectal screening kit in addition to getting their flu shot (administered by one of our Health Department nurses). A total of seven flu shots were given at this event. Our second opportunity was our annual flu drive-thru clinic on October 10, 2016. During this event, health educators distributed 39 iFOBT colorectal screening kits to individuals as they received their flu shot. A total of nine test kits were returned from community members who came to the flu drive thru.



Intervention: Chronic Disease Self-Management Classes



The Living Healthy- Chronic Disease Self-Management program is a six-week long workshop that meets weekly for two and a half hours each session. Participants work toward managing their chronic disease by learning to deal with frustration, fatigue, and pain as they create weekly action plans. Additional topics covered in the six-week course include nutrition, improving sleep, physical activity, and medication management. As part of the program, participants also learn how to discuss their health better with their family, friends and physicians. Living Healthy with Chronic Disease is a research-based program developed by Stanford University. During 2016, health education staff completed one CDSM class at the Caldwell Senior Center, with a goal of completing 3 in 2017.

Intervention: NC Quitline

Quitline NC provides free cessation services to any North Carolina resident who needs help quitting tobacco use. Quit Coaching is available in different forms: phone calls, texting, and online. In 2016, we teamed up with Erin McClain, Research Associate for UNC Center for Maternal & Infant Health, and Karen Caldwell, Regional Tobacco Control Manager, who conducted 5A/You Quit 2 Quit trainings at CCHD. The 5A training, led by Karen Caldwell, was directed at all nurses and clinic representatives for additional clinic referral support. You Quit, 2 Quit training, led by Erin McClain, was provided for nurses and providers



1-800-QUIT-NOW
QuitlineNC.com

FACT: NC RANKS 44 OUT OF 50 STATES IN SMOKERS USING THE QUITLINE WE CAN DO BETTER!

within the health department and surrounding agencies who want to bill insurance. Since the training, we have had an increased number of Quitline referrals within Caldwell County. According to NC Quitline data reports for the year ending 2016, nineteen people in Caldwell County used the Quitline. Providers faxed in four referrals and individuals placed fifteen calls. Health Education staff have completed tobacco treatment specialist training and started smoking cessation programs in the clinic.

Health educators also provided community outreach to teach tobacco cessation, prevention, and promotion of NC Quitline.

Teen Health Progress to Date

Intervention: Develop Teen Outreach Program

West Caldwell High School students formed a teen health club for the 2016/2017 school year. The club is a partnership with the Occupational Health Science students and the focus of the club is to promote healthy behaviors among students. Activities thus far have included promoting exercise by taking stretching/walking breaks, advocating for various health awareness topics, participating in “kick butts day” for tobacco free kids, and red ribbon week to draw attention to drug prevention/education. Eight students currently participate in the club and they encourage other students to participate in healthy activities. Upcoming activities for the spring will include a clean-up day, an Earth Day activity, and participating in “World No Tobacco” Day.



Intervention: “Get Moving Day”



“Get Moving Day” was held on September 29, 2016. The goal of this event was to promote physical activity in the Caldwell County community, especially among adolescents. Community members, students, teachers, employees, and others were encouraged to set aside 30 minutes on “Get Moving Day” to do any kind of exercise, such as walking, running, biking, playing sports, or any other form of physical activity. This event was promoted through social media, press releases, and by school nurses. Based on reported totals, around 800 individuals from the community and at least 500 Caldwell County students participated.

Examples of getting up and moving included employees walking during their lunch break, students playing sports and games during recess, interactive classroom learning activities that allowed students to get up and move, and community members walking on the greenway. Some community organizations, such as Quest 4 Life and the Caldwell County Health Department, promoted the event as well. Quest kept track of members who participated in “Get Moving Day” and Caldwell County Health Department encouraged employees to walk during their lunch break.

Intervention: Expand on adolescent sports/activities available outside of the school setting.

Community organizations such as Caldwell County Pathways and the Lenoir Aquatic Center play a crucial role in offering extracurricular activities for youth to engage in outside of the school setting.



Caldwell County Pathways promotes the use of area trails and is dedicated to providing safe and accessible greenways to the community. They promote group hikes which are open for students to participate in as well. In addition, Pathways partners with area businesses, like Luna Cycles, to do weekly group rides on the road and on local mountain bike trails, such as Zack's Fork Mountain Bike Trail in Lenoir, which youth can participate in as well. In addition, the Lenoir Aquatic Center offers opportunities for youth to engage in intramurals and sports outside of the school setting. Some of the programs they offer include youth basketball, swimming, and soccer leagues. This past year, they also offered three 5K races that students were encouraged to participate in.

Substance Abuse/Mental Health Progress to Date

Intervention: Mental Health First Aid



Mental Health First Aid (MHFA) Training is provided by Vaya Health (formerly known as the Smoky Mountain Center). MHFA helps people identify signs and symptoms of mental health problems and crisis in different settings (schools, public places, etc.). In 2016, Vaya Health conducted one training for Health Department staff with 35 people in

attendance. Vaya Health also educated 78 students at Granite Falls Middle School on mental health first aid.

Intervention: Matrix Model (Intensive Outpatient Program for Substance Use)

This intensive outpatient program for substance use treatment consists of a 12-week program requiring 3 three-hour sessions per week for ten participants. RHA (a substance abuse treatment provider), partnering with ARP (Addiction, Recovery, and Prevention), has been providing this ongoing program for our community. During these sessions, participants work through an evidence-based treatment protocol known as the Matrix Model. The goal of intensive treatment and of the Matrix Model is to decrease the number of individuals whose use of substances is causing significant problems in their lives. In 2016, RHA served 98 individuals in the intensive outpatient program.

Intervention: Project Lazarus

Project Lazarus, a public health non-profit organization, started in response to extremely high drug overdose death rates. Caldwell County conducts monthly meetings to discuss ways to bring substance misuse awareness to



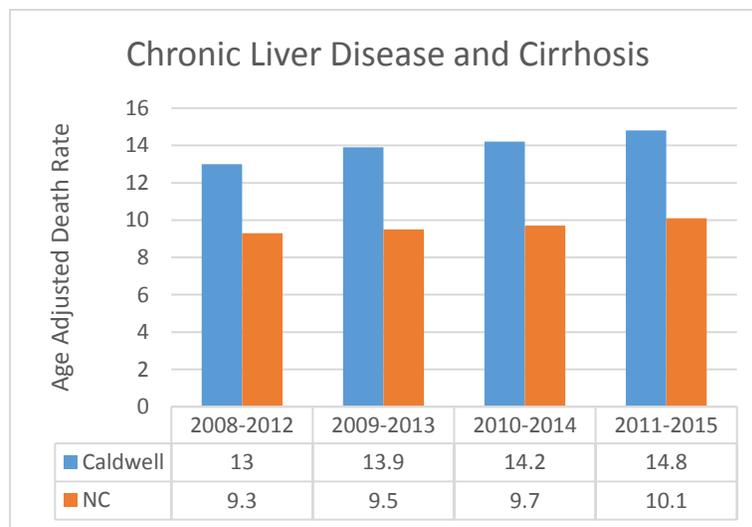
the community. During 2016, Project Lazarus completed multiple events. One event was a collaboration with Caldwell County Safe Kids at the Hickory Crawdads Stadium. The event topic was substance misuse within the community and ways to prevent overdose. Safe Kids had a booth educating youth on over-the-counter medication, which reached over 100 families. Project Lazarus also had an event at Caldwell County Library that focused on educating the community about substances. Approximately 50 people attended this event, including adults and youth from the

community, representatives of the faith community, law enforcement officials, and others. Project Lazarus also partnered with Lenoir Police and Safe Kids for two Operation Medicine Drop events in 2016.

Emerging Issues

Chronic Liver Disease and Cirrhosis

Caldwell County has seen an increase in the death rate due to chronic liver disease and cirrhosis within the last few years. In 2015, chronic liver disease and cirrhosis made the list of top ten leading causes of death. The chart below shows the slight increase Caldwell County has seen over the past seven years, compared to North Carolina's chronic liver disease and cirrhosis death rate. The rates used from the State Center for Health Statistics were age-adjusted. This means that these statistics show what the death rate would be in a certain geographic area, if the geographic area had the same age structure of the standard population. Caldwell County had a rate of 13 in 2008-2012; in 2011-2015, the rate had increased to 14.8. For North Carolina, the rate was 9.3 in 2008-2012. With a slight increase over seven years, in 2011-2015, the rate was 10.1.



Source: State Center for Health Statistics

Cirrhosis occurs when scar tissue substitutes healthy liver tissue. Over time, this scarring slows the flow of blood through the liver, causing the liver not to work properly. Some causes of cirrhosis include, but are not limited to, hepatitis, alcohol abuse and nonalcoholic fatty liver disease.

New Initiatives- Infant Mortality Reduction

An Infant Mortality Reduction (IMR) grant was awarded to local health departments in North Carolina to implement evidence-based strategies to decrease infant mortality in the communities they serve. With these grant funds, we were able to purchase and promote long-acting reversible contraceptive (LARC) within the health department. We were also able to promote safe sleep and, within this fiscal year, tobacco cessation. The IMR grant included funds through Maternal Child Health (MCH) to start a Community Action Team (MCH-CAT). The MCH-CAT is comprised of community representatives, stationed to obtain the common goal of preventing infant mortality. The grant not only sustained the formation of this group of individuals, but also provided various items to promote infant safety for those in need. Items were distributed based on a referral process. The IMR grant began in 2016 and is expected to continue in 2017.

Morbidity and Mortality

Morbidity and Mortality can be evaluated through leading causes of death. The chart below compares the leading causes of death from 2014 and 2015. In 2014, all five of the leading causes of death were related to chronic disease. In 2015, unintentional injuries ranked fifth, with cerebrovascular diseases falling to sixth place. In 2014, suicide made the top 10 leading causes of death. It also made the list in 2015, ranking number 9 among leading causes of death. Nephritis, nephrotic syndrome, and nephrosis are not in the top 10 leading causes of death in 2015, being replaced instead with chronic liver disease and cirrhosis at number 10.

Rank	2014	2015
1	Cancer	Diseases of heart
2	Diseases of heart	Cancer
3	Chronic lower respiratory diseases	Alzheimer's disease
4	Alzheimer's disease	Chronic lower respiratory diseases
5	Cerebrovascular diseases	All other unintentional injuries
6	All other unintentional injuries	Cerebrovascular diseases
7	Influenza and pneumonia	Diabetes mellitus
8	Nephritis, nephrotic syndrome and nephrosis	Influenza and pneumonia
9	Diabetes mellitus	Intentional self-harm (suicide)
10	Intentional self-harm (suicide)	Chronic liver disease and cirrhosis

Source: State Center for Health Statistics

Mission: Promote, Protect, and Improve the Health of Our Community



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North Carolina



HEALTH DEPARTMENT



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