

State of the County Health Report 2016



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Purpose

The mission of the Lee County Health Department is to emphasize prevention as we: monitor and respond to environmental issues, provide access to health care for those who are in need, prevent and control the spread of disease, and promote healthy lifestyles in the community based on current patterns and guidelines.

The 2016 State of the County Health Report for Lee County provides an update to the community on the progress made in the past year in addressing health priorities identified by the 2014 Community Health Assessment (CHA).



Lee County Demographics

Population Update

According to the U.S. Census, Lee County's estimated population as of July 1, 2015 was 59,660 compared to the 2010 estimated population of 57,856. The primary races are White (74.9%), Black/African American (20.2%), and Hispanic/Latino (19.5%). Females make up 50.9% of the county population and males make up 49.1%.

	Lee County	North Carolina
Total Population	59,660	10,042,802
Percent White	74.9	71.2
Percent African American	20.2	22.1
Percent Hispanic/Latino	19.4	9.1
Percent American Indian and Alaskan Native	1.3	1.6
Percent Asian	1.2	2.8
Two or More Races	2.1	2.1

Source: US Census Quick Facts

Lee County's median household income (2011-2015) was \$45,608 compared to NC's median household income of \$46,868. The percentage of persons living in poverty as of 2015 in Lee County was 17.1% compared to NC's 16.4%.

	Lee County	North Carolina
Median household income (2011-2015)	\$46,608	\$46,868
Persons in poverty, percent	17.1	16.4
Unemployment (December 2016)	5.6	4.9
Percent Persons without health insurance, under age 65	17.5	13.1

Source: US Census Quick Facts and US Department of Labor, Bureau of Labor Statistics

Lee County Health Priorities

During the 2014 CHA, Lee County residents identified the top three health concerns of the community: Obesity, Substance Abuse/Access to Mental Healthcare, and Sexually Transmitted Infections/Teen Pregnancy. The 2016 SOTCH Report discusses each health priority, and the actions being taken or planned to address each priority. Taskforces are in place in the community to address each health priority identified.

Review of Major Morbidity and Mortality Data

According to the 2015 mortality statistics, Lee County’s top five leading causes of death in order were: Heart Disease, Cancer, Cerebrovascular Disease (stroke), Alzheimer’s disease, and Chronic Lower Respiratory Disease (COPD). The total number of deaths in Lee County increased by 17% from 2014 to 2015. The top five causes of death remained the same but shifted in rank slightly. Heart disease was the number one cause of death in Lee County in 2015, followed by cancer at a close second. The number of deaths attributed to diseases of the heart increased by 26% from 2014-2015.

Leading Causes of Death in Lee County 2014/2015

Rank	Cause	2014	2015
1	Diseases of heart	117	148
2	Cancer	126	141
3	Cerebrovascular disease (Stroke)	24	40
4	Alzheimer’s disease	21	31
5	Chronic lower respiratory disease (COPD)	18	21
Total Deaths – All Causes		541	633

Source: NC State Center for Health Statistics

Lee County experienced a slight decrease in heart disease and chronic lower respiratory disease death rates from 2010-2014 and 2011-2015. Lee County death rates for all leading causes of death continue to remain higher than the death rates for the state of NC.

Lee County Death Rates

Rank	Cause	2010-2014	2011-2015	North Carolina 2011-2015
1	Diseases of the Heart	183.5	182.8	163.7
2	Cancer – all sites	184	186.6	169.1
3	Chronic lower respiratory disease	46.4	45.6	45.9
4	Cerebrovascular disease	41.9	44.4	43.1
5	Alzheimer’s disease	25.0	30.1	30.2

Source: NC State Center for Health Statistics – 2017 County Health Data Book

2011-2015 Infant Mortality Rate	Lee County	North Carolina
	8.9	7.2

Source: NC State Center for Health Statistics

Obesity Reduction Update

Voices into Action: The Families, Food, and Health Project is a USDA-funded, five-year project based out of NC State University, NC A&T State University, and NC Cooperative Extension. Voices into Action's work includes research and outreach efforts focused on improving access to healthy, affordable food and physical activity in Wake, Harnett, and Lee counties.

In addition to conducting interviews with low-income families and workshops with community residents and organization leaders, Voices into Action has worked closely with Lee County Cooperative Extension and local organizations to carry out nutrition education programs, cultivate community-based action groups, and fund mini-grant projects that provide innovative and sustainable solutions to address challenges identified by community members. Mini-grant projects have varied in size and scope, but have had a significant impact on the county, directly serving 4,916 children and youth in Lee County since 2014.



2016 Grantees:

- **Cameron Grove AME Zion Church** provided garden education to the church and donated a percentage of food grown to the community
- **Central Carolina Community College** started an on-campus community garden to provide gardening and nutrition education to students in an adult education program.
- **First Baptist Church** expanded their Zumba program to serve additional participants by providing a portable speaker, and expanding class physical activity offerings by providing exercise weights and a scale with BMI reader. They also provided nutrition education with EFNEP.
- **Peace and Unity Community Garden** is improving garden maintenance by obtaining garden supplies and rain barrels.
- **Steven's Center/Stepping Stones** is maintaining a garden at the Steven's Center that is cared for by the Connections Program (year-round adult day program) and started a childcare garden at Stepping Stones Childcare Center.
- **West Lee Middle School Community Garden** expanded an on-site school garden as an education tool for students and community members.

In addition to supporting mini-grantees, VIA has also supported community nutrition education projects in Lee County. In June and July 2016, VIA worked with the Expanded Food and Nutrition Education Program (EFNEP) and Lee County Cooperative Extension's 4H program to provide two youth summer camps focused on nutrition and STEM (Science, Technology, Engineering and Math) education. 23 youth in total participated in the camps. During the same period, family nutrition education and cooking classes were provided to families in Lee County who are enrolled in the Voices into Action research study. Four families (including 4 adults and 7 youth) enrolled in the classes. Based on aggregate data of all of these classes, outcomes showed that::

- 90% (26 of 29) participants improved their abilities to choose foods according to Federal Dietary Recommendations or gained knowledge.
- 55% (16 of 29) participants improved their physical activity practices or gained knowledge.
- 52% (15 of 29) participants used safe food handling practices more often or gained knowledge.

Obesity Reduction Update (continued)

From February to April of 2016, VIA worked with volunteers from the Greensboro Cooperative Extension Office as well as Expanded Food and Nutrition Education Program (EFNEP) and students from Meredith College and NC A&T State University to offer a 10 week series of garden-based nutrition classes at West Lee Middle School in Sanford. A total of 9 middle school students participated and reported the following changes:

- 67% (6 of 9) Children and youth improved their abilities to choose foods according to Federal Dietary Recommendations or gain knowledge.
- 67% (6 of 9) Children and youth improved their physical activity practices or gain knowledge

To learn more about Voices into Action's work in the community, visit <http://voicesintoaction.org>



Teen Pregnancy Prevention Update

The Coalition for Families teen pregnancy prevention programs made a big change during the 2015-2016 school year when programming was moved from afterschool group sessions to in-school day sessions. This change allowed the Smart Girls program and Teen Outreach Program (TOP) to serve more students than ever before. Between both programs, an estimated 275 students will be served during the 2016-2017 school year.

At East Lee Middle School, Smart Girls is now part of the student's health class, while TOP has paired with the Advancement Via Individual Determination (AVID) program at East Lee Middle School and Lee County High School. At West Lee Middle School, group sessions for Smart Girls and TOP are held during 7th & 8th grade exploratory time. This is a great example of the wonderful partnership between the Coalition and the Lee County School System.

The Coalition's Adolescent Parenting Program served 29 teen parents in 2016. The program saw great success in preventing repeat pregnancies among the participants as well as success in seeing participants succeed in achieving their goals in education and life skill development.

In the fall of 2016, the Coalition was granted the Adolescent Pregnancy Prevention (AP3) grant for another grant cycle. These grant funds allow the Coalition the opportunity to provide the Reducing the Risk curriculum to all 9th grade classes beginning in the fall of 2017.



Mental Health Partners Update

In 2016 Lee County hosted the 5th annual Crisis Intervention Team (CIT) training. A total of 19 officers and one EMS first responder were trained from Lee County Sheriff's Department, Sanford Police Department, Siler City Police Department and Lee County EMS.



CIT training is a 40 hour nationally recognized training that trains law enforcement on mental health conditions and how to react appropriately to situations involving mental illness. The Lee County training CIT planning committee meets throughout the year to plan this annual training and includes representatives from local law enforcement, Sandhills Center, Lee County Health Department, Central Carolina Hospital, NAMI Cumberland, Harnett and Lee.

Project Lazarus

In the past decade and a half the number of deaths due to opiate poisonings has grown in North Carolina and nationwide at an alarming rate. The number of opiate poisoning deaths for the state of NC went from 150 in 1999 to 11,072 in the year 2015. In 2016 Lee County's Project Lazarus coalition continued to work to raise awareness of the opioid misuse/abuse issue in the community through various community outreach events and presentations. Advertisements promoting medication safety were placed on the County of Lee Transportation (COLTS) vans and Lee County Sheriff's Department began carrying Narcan, naloxone nasal spray. Naloxone is a life-saving opioid reversal drug used for the emergency treatment of opioid overdose.

In June of 2016 Governor McCrory signed legislation making naloxone more accessible to the public. A statewide standing order for naloxone was put into place making naloxone available at pharmacies in North Carolina. North Carolina is the third state in the country to issue a statewide standing order for naloxone. Please visit www.naloxonesaves.org to learn more about North Carolina's standing order for naloxone.



Syringe Exchange

Another piece of legislation put into place in NC in 2016 was the legalization of syringe exchange programs. According to the National Institute for Drug Abuse recent research indicates many young individuals report abusing opioids before starting to use heroin. Some individuals reported switching to heroin because it is cheaper and easier to obtain than prescription opioids. Syringe exchange programs are one of the most effective public health interventions for decreasing the transmission rates of HIV and other blood borne diseases such as hepatitis C, as well as connect users to treatment and other important needs such as housing or food assistance.

Lee County's Most Dangerous Leftovers



Store safely, never share and throw away unused or expired medicine at a pill drop box near you at:

Sanford Police Department AND Lee County Sheriff's Office
225 E Weatherspoon Street 1401 Elm Street



Call Lee County Health Department for more information about Project Lazarus (919) 718-4640 ext. 5314



New Initiatives

Infant Mortality Reduction Project



Each year in the United States, up to 3,500 infants die suddenly and unexpectedly. Most of these deaths are from Sudden Infant Death Syndrome (SIDS) and other sleep related causes, including suffocation. SIDS is one of the leading causes of death for infants one month to one year of age nationally and in North Carolina. In 2015, for every 1,000 babies born alive in N.C, seven die in their first year of life. Lee County's rate was 5.5 per 1,000 live births.

The Lee County Health Department received Maternal and Child Health Block grant funding to implement programs that are designed to lower infant mortality rates in the county. The Infant Mortality Reduction Project provides training and resources to agencies who work with expectant or new parents about how to reduce the risk of SIDS and death from unsafe sleep environments. The Project Manager provides community education, outreach, and promotes the Baby's Easy Safe Sleep Training (BESST). The BESST program is an evidence-based strategy that helps reduce the risk of SIDS and other sleep-related deaths. The project also provides access to clinician training and community education on the use of Long Acting Reversible Contraceptives, or LARCS.

Strategies to reduce the risk of SIDS and promote safe sleep include:

- Always place babies on their backs to sleep for naps and at night.
- Use a firm mattress in a safety approved crib, covered by a fitted sheet.
- Have baby share the room, but not your bed. Baby should not sleep in an adult bed, on a couch, or a chair alone or with anyone else.
- Keep soft objects, loose bedding, bumper pads, pillows, quilts, comforters, and stuffed toys out of the crib.
- Don't let baby get too hot during sleep.
- Prevent any exposure to tobacco smoke during pregnancy and after birth. Do not smoke or allow smoking around your baby- especially in the home or in a vehicle.
- Breastfeed your baby.

Zika Virus Prevention Kits

On September 15, 2016, the Lee County Health Department began a campaign to prevent the spread of the Zika Virus by providing prevention kits to the residents of Lee County. The kits were distributed on a first come, first serve basis and contained one Mosquito Dunk. Kits also included educational information regarding the proper use of the Mosquito Dunk, along with methods to prevent mosquito-borne diseases. A Mosquito Dunk is a donut-shaped disc that is inserted into a standing water source, where it floats on the surface and slowly releases a special bacterium, which mosquito larvae eat. This bacterium kills mosquito larvae of all known mosquito species, but is non-toxic to humans, animals, birds, frogs, fish, birds and other animals. The campaign was suspended on November 11, 2016 for the season, and will resume Spring 2017.





New Initiatives Continued

Sanford Housing Authority Goes Smoke Free

On November 30, 2016 the US Housing and Urban Development announced public housing developments in the US would be required to provide a smoke-free environment for their residents. This smoke-free rule prohibits lit tobacco products in all living areas, indoor common areas, administrative offices and all outdoor areas within 25 feet of housing and administrative office buildings.

In anticipation of this nationwide rule being mandated, the Sanford Housing Authority's housing developments converted to smoke-free facilities effective October 1, 2016. During the summer of 2016 local and state health department staff conducted listening sessions with housing authority residents to help inform and prepare residents for the upcoming change. At this time residents were provided information on QuitlineNC.

QuitlineNC

QuitlineNC provides free cessation services to any North Carolina resident who needs help quitting tobacco use. Quit Coaching is available in different forms, which can be used separately or together, to help any tobacco user give up tobacco.

Telephone Service is available 24/7 toll-free at
1-800-QUIT-NOW (1-800-784-8669)

<http://www.quitlinenc.com/>



Behavioral Health Services

In the Spring of 2016 the Lee County Health Department and Department of Social Services staff met with Sandhills Center, the Local Management Entity – Managed Care Organization (LME-MCO) for the county, to discuss how Sandhills Center could assist the county with regards to behavioral health services. A survey was developed and distributed to Health Department and Social Services clients to determine if there was a need/interest in accessing behavioral health services at the Health Department and Department of Social Services locations. Survey results indicated a great need/interest from clients in these services.

In the fall of 2016 a Behavioral Health clinician began providing services to Lee County Health Department and Department of Social Services clients. The clinician sees clients by referral from the Health Department and Social Services and currently operates on Tuesday mornings and Thursday afternoons.



New Initiatives Continued

Board of Health Rule

At their October 19th, 2016, meeting the Lee County Board of Health adopted a model rule for rabies post exposure management of dogs and cats to effectively and efficiently protect the public's health using the most current science.

The 2016 Rabies Compendium by the National Association of State Public Health Veterinarians (NASPHV) provides science to support new rabies control measures. These measures will result in fewer dogs and cats being euthanized, shorter quarantine periods, and allow for home observations for lapsed animals with appropriate documentation. Benefits of these changes include significant emotional and financial benefits to animal owners while maintaining the safety of public health in Lee County.

The Model Board of Health Rule is available for review at www.leecountync.gov under the Public Health Animal Services section.



Changes in Data

There has been a 48.8% decrease in teen pregnancy in Lee County from 2010 to 2015. The downward trend continued from 2014 to 2015 with a decrease from 84 to 76 teen pregnancies. The majority (54) of teen pregnancies in 2015 were amongst 18-19 year olds. Lee County was ranked 24th in 2015 amongst NC counties for teen pregnancy.

Another change observed in 2015 was an increase in the overall number of deaths in the county. In 2014 there were a total of 541 deaths. This number increased by 17% to 633 deaths in the year 2015. In addition, the number of deaths due to heart disease increased by 26% from 2014 to 2015.

Emerging Issues

Electronic Nicotine Delivery Systems (ENDS)

While tobacco use is decreasing nationwide, youth and young adults are increasingly using Electronic Nicotine Delivery Systems, also known as ENDS. ENDS include a range of devices including e-cigarettes, vape pens, e-hookah, and similar devices. Many e-cigarettes and other ENDS contain nicotine, which is known to be highly addictive.

According to the CDC more teens now use e-cigarettes than conventional cigarettes. According to the CDC's 2015 National Youth Tobacco survey 13.5% of middle schoolers and 37.7% of high schoolers report ever using e-cigarettes. The use of e-cigarettes and other ENDS amongst youth is particularly concerning because brain development continues until the early to mid-20s. According to the Surgeon General's report on e-cigarette use among youth and young adults, nicotine in e-cigarettes and other tobacco products can prime young brains for addiction to other drugs, such as cocaine and methamphetamine.



Lee County Public Health
106 Hillcrest St.
Sanford, NC 27330
919-718-4640
ext. 5314 or 5356



"A Healthy Carolinians Partnership"
106 Hillcrest St.
Sanford, NC 27330
919-718-4640 ext. 5314