

State of the County Health Report
2015
Scotland County, NC



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Scotland County State of the County Health Report - 2015

INTRODUCTION:

Scotland County's eleventh annual **State of the County's Health Report** to the North Carolina Department of Health and Human Services and to our community that includes:

- a review of major morbidity and mortality data;
- a review of health concerns selected as priorities;
- progress made in the last year on priorities;
- a review of state data and any updates on the data;
- changes in the county that affect health concerns;
- new and emerging issues that affect health status;
- and • ways community members can get involved with ongoing efforts;

Scotland County Demographics:

According to the North Carolina State Census Quick Facts, Scotland County's population was estimated at 35,576 people in July 2014. This reflects a change of -1.6% since April 1, 2010. Population density is 113.4 per square mile. Designated as "rural" in the United States Census, Scotland County, made up of Laurinburg, East Laurinburg, Laurel Hill, Gibson and Wagram, is ranked 64th largest in North Carolina. Scotland County ranked second highest in state unemployment rate in 2014 and 2015, is considered a **Tier I** county, which means it's economically depressed by the State Department of Commerce, and ranked **98th out of 100 for Health Outcomes and 99th for Health Behaviors** in North Carolina (County Health Rankings, March 2015). Racial makeup is almost exclusively white and African American with other minorities accounting for 14.9% of the total population; 2013 population breakdown is:

Race	Scotland County	North Carolina	Gender	Male	Female
White	46.4%	71.5%	Scotland County	49.2%	50.8%
Black	39.2%	22.1%	North Carolina	48.7%	51.3%
American Indian	11.4%	1.6%			
Hispanic	2.9%	9.0%			

(Scotland County Quick Facts from US Census Bureau 2014 estimate)

Socio-Economics: (NC Employment Security Commission (ESC) Workforce 2015):

Unemployment rate in Scotland County in:	2013	2014	2015
	14.6%	10.2%	10.4%
Unemployment rate in North Carolina	7.2%	5.5%	5.5%

Scotland County's Labor Force: (NC Dept. of Commerce-Labor Market 2015)

December 2013: 11,597 (1,872 unemployed)
 December 2014: 12,161 (1,244 unemployed)
 November 2015: 11,721 (1,221 unemployed)

Scotland County Poverty Rate: (2009-2013) 32.3% North Carolina: 17.5%

Scotland County's F/Y 2014-2015 adopted property tax rate is \$1.03 (within city limits); \$1.08 (county). The current city tax rate is: .40 per \$100 valuation.

Morbidity and Mortality Data:

F/Y 2014-2015 Scotland County shows an increase (+) or decrease (-) in health issues since 2014 in the following *morbidity* data:

AIDS 3 (+) **HIV** 6 (+) **STD's** 359 (-) **TB** 0 (-) **Other** 2 (-)
Asthma (0-14 year olds) 21 (-) hospitalizations; (all ages) 81 (-) hospitalizations

Scotland County continues to struggle with high *mortality* rates of heart disease, cancer and diabetes. In **2014**, these diseases accounted for 186 of the 378 total deaths in the county, thereby making them the leading causes of death. These numbers have slightly decreased since the 2013 data. Mortality statistics in Scotland County can be broken down as follows: (NCSCHS 2015).

Total Deaths All causes – Scotland County:			378		
Cardio: 82	Diabetes: 14	Cancer: 90		Stroke: 27	
Motor Vehicle Deaths: 8	Unintentional: 12			Alzheimer's: 15	
Pneumonia/Influenza: 16	Asthma: 0			Homicide: 3	
Falls: 2	Suicide: 4			HIV: 2	

Infant Mortality:

An additional mortality issue affecting the county the last couple of years but improving this year was infant mortality. In Scotland County the infant death rate for the period **2010-2014** was 11.7 (per 1000 population) compared to the state rate of 7.1 (per 1,000 population). In **2014**, five infant deaths were reported in Scotland County, a rate of 11.4 (per 1,000 population), compared to North Carolina's Infant death rate of 7.1 (per 1,000 population), an *increase* for Scotland County's infant death rate in 2013 of 4.5 (per, 1,000 population) with two infant deaths.

Infant Mortality	Year	White Rate	Minority Rate	Total Rate
Scotland County	2013	6.8	0.0	4.5
	2014	21.1	4.7	11.4
	2015	##	##	##
North Carolina	2013	5.5	12.5	7.0
	2014	5.1	12.8	7.1
	2015	##	##	##

(North Carolina State Center Health Statistics, 2015)

2015 Priority Health Concerns:

In 2013, the following areas were identified through the *Scotland County Community Health Assessment and Survey* and substantiated by state data as the top five leading health concerns in Scotland County: high blood pressure, diabetes, obesity, heart disease, and cancer.

The top five leading behavior risk concerns were: lack of physical activity, use of tobacco, environmental factors, poor nutrition, alcohol and drug use.

In 2011 and 2012, the same concerns were evident with the exception of teen pregnancy, which was listed as a top five health priority in 2009. Therefore, our Community Action Plans continue to address Chronic Disease (Diabetes) and Physical Activity/Nutrition (Obesity) to meet these concerns.

Hypertension: (Increased) Rate - (2008-2012): 57.9; (2009-2013): 54.1; (2010-2014): 56.0

High blood pressure affects about 65 million or one in three American adults. Hypertension can lead to stroke, heart failure, or kidney damage. According to the North Carolina State Center for Health Statistics 2013, the number of deaths in Scotland County for heart disease was **82** and **27** deaths for cerebrovascular disease. If blood pressure, diabetes and cholesterol levels are not controlled within normal limits, this can result in stroke.

***Diabetes: (Decreased) Rate - (2008-2012): 48.0; (2009-2013): 47.5; (2010-2014): 50.5**

In Scotland County, diabetes was listed as the fourth leading cause of death in 2013 and in North Carolina the seventh leading cause of death. Diabetes, diagnosed as the primary cause of mortality, from 2010-2014, **91** deaths ranked Scotland County twentieth highest in North Carolina with a rate of 50.5 (per 100,000 population) compared to the rate of 24.2 (per 100,000 population) for the State of North Carolina. (NCSCHS, 2015). Diabetes is also a significant contributing factor to other causes of death, such as heart disease, stroke, high blood pressure and cholesterol, visual impairment and kidney failure with risk factors of obesity, physical inactivity, unhealthy diets and smoking. On average persons with diabetes have approximately 2.3 times higher medical costs than those without diabetes.

***Obesity/Overweight (Adult and Child) (slight decrease)**

Obesity is a condition affecting many residents in Scotland County and is the number one health problem in children. In Scotland County, 10.4% of children 2-4 years of age are overweight and 12.8% are obese, ranking us 19th in the State. (NC-NPASS 2012). The 2014 North Carolina Child Health Report Card (NC Institute of Medicine) states in 2013, **26.7%** of children ages 10-17 yrs. were overweight or obese compared to 30.9% in 2006 (better).

Lack of physical activity and poor nutritional habits are major factors in overweight and obesity. The North Carolina Child Health Report Card 2014 reported only 26.7% of students ages 10-17 years and only 36.7% of children ages 2-9 years, met the recommended guidelines of 60 minutes or more of exercise per day on five days or more in 2012.

Heart Disease: (Decreased) Rate - (2008-2012): 254.2; (2009-2013): 246.9; (2010-2014): 230.5

Heart disease and stroke – the principal components of cardiovascular disease – are the second and third leading causes of death for men and leading cause of death among women. Heart disease attributed to **17,547** deaths in North Carolina in 2014, and **82** deaths in Scotland County (NCSCHS, 2015). While high blood cholesterol, high blood pressure, smoking and physical inactivity are considered four major risk factors, several other factors such as obesity and diabetes are also considered risk factors.

Cancer: (decreased) Rate - (2008-2012): 229.3; (2009-2013): 222.6; (2010-2014): 219.7

The N.C. Division of Public Health reports that cancer is now the leading cause of death in North Carolina surpassing heart disease. According to newly released 2014 statistics, cancer claimed the lives of **19,301** North Carolinians and **90** in Scotland County. The majority of cancer deaths occur at five sites: lung, colon, female breast, prostate and pancreas. In 2014, Scotland County's cancer deaths by site were: lung - **34**, female breast - **4**, colon - **8**, and prostate – **2** (NCSCHS 2015). Smoking by far is the leading risk factor for developing lung cancer. Other risk factors include poor nutrition and lack of physical activity. Eating a healthy diet and being active can help reduce the risk of developing cancer.

Initiatives addressing priority issues include screenings, community outreach, education programs, health events, fundraisers, grants, support group programs, media/social media, resource directory, farmer's market, walking/fitness trails, smoking cessation, policy changes/implementation, and others which also address or affect the chronic disease issues of cancer, heart disease and hypertension.

Teen Pregnancy: (decreased)

In Scotland County, the number of teen pregnancies in 2013 for 15 to 19 year olds was 68 and **decreased** in 2014 to 63 pregnancies for this age group. The county rate is now 51.8 compared to the NC state rate of 32.3 (per 1000 population). In **2014**, we continue to have one of the highest teen pregnancy rates in NC and rank 15th highest in the State according to the Adolescent Pregnancy Prevention Campaign of NC 2014. Previously ranked 2nd tied with Montgomery County in 2012. The breakdown of teen pregnancies from 2012 to 2014 follows:

Scotland County

Teen Pregnancy Rate	2012 (Repeat)	2013 (Repeat)	2014 (Repeat)
Age 15-19	73.9	52.8	51.9
North Carolina	39.6	35.2	32.3

(NC State Center for Health Statistics 2015)

Teen Pregnancy: 2010-2014

Scotland Co.	10-14 yrs	w/m	15-19 yrs	w/m	n/w
2010	3	0/3	123	30/56	
2011	0	0/0	110	27/68	15
2012	0	0/0	97	26/56	15
2013	1	0/1	68	18/38	11
2014	#	##	63	20/33	10

Initiatives have been put in place to address teen pregnancy. The Adolescent Wellness Council promotes the health of teens with a top priority of pregnancy prevention. School Health Initiatives provide a "Healthy Living" curriculum for grades four to nine where age appropriate preventive health is taught to these students along with the "Making Proud Choices" a teen pregnancy prevention education program. Scotland County Health Department provides family planning services and outreach to help prevent teen pregnancy, improve pregnancy outcomes and pregnancy planning counseling and birth control. Eckerd Youth Alternatives provides a Teen Parenting Prevention Initiative (TPPI) along with an Adolescent Parenting Program (APP) that supports adolescent parents in getting an education, acquiring job skills, improving parenting abilities and preventing or delaying future pregnancy. And, Scotland County Partnership for Children and Families provides the Leadership and Education for Adolescent Parents (LEAP) program active since 2009 that serves teenage parents.

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### **Progress made in the last year on priorities: (2014-2015)**

Various public and private agencies such as the Scotland Health Care System, Scotland County Health Department, Scotland Community Health Clinic, Scotland County Department of Social Services, Scotland County Cooperative Extension, Scotland County Parks and Recreation, Wagram Recreation/Healthy Living Center, Laurinburg Exchange, WLNC and WEWO Radio, Rite Aid Pharmacy and others provide quality care, programs or promotion aimed at improving the health and well being of Scotland County residents. Several agencies, business and industry, organizations and committees have partnered or collaborated to provide care relevant to priority issues in Scotland County. The following chart shows the progress made in the last year on the health priorities chosen for Diabetes and Obesity which also affects Heart Disease:

## Progress Made In the Last Year on Priorities 2014-2015

| Health Priorities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      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| <p><b>1. <u>Diabetes:</u></b></p> <p><u>Healthy Eating and Physical Activity:</u></p> <ul style="list-style-type: none"> <li>• F/Y 2014-2015, SCHD received Healthy Communities Grant funding from Div. of Public Health/Chronic Disease and Injury Section to expand the reach of existing interventions including ESMMWL programs through physical activity and nutrition and existing diabetes programs (DERP).</li> <li>• In 2015, three additional rural Churches, adopted environmental and policy changes incorporating physical activity and healthy eating and have certified with the <u>Partners in Health and Wholeness Initiative</u> through the NC Council of Churches. Chronic Disease Education programs/presentations were also provided to participants as well as providing technical support. Up to 75 persons at each church are positively affected by these policy changes.</li> <li>• <u>Scotland Health Care System's "Fit Trail"</u> funded through grants and fundraising efforts was completed in 2014. The "Fit Trail" with permanent exercise stations, offers opportunities for increased physical activity to patients, county residents and hospital staff and is well utilized.</li> <li>• <u>SHCS's Farmer's Fresh Market</u> increases community access to fresh fruit and vegetables six weeks during summer for patients, associates and community.</li> <li>• <u>Wagram Recreation /Healthy Living Center</u> provide activities to increase physical activity. This includes but is not limited to an indoor walking track, volleyball court, Pickleball court and shuffleboard court, open basketball for youth and adults, exercise and dance classes, fitness room with four treadmills, two elliptical machines, two stationary bikes, a row machine and four weight- baring machines. Participation has grown with the addition of Senior Services (55 years of age and better.) In 2015 there were close to 800 participants a week. Additionally, arts and crafts and other enrichment programs including health promotion (chronic disease management, physical activity and nutrition) are offered monthly.</li> <li>• <u>Scotland Place Senior Center:</u> Evidence based programming with Arthritis Foundation Exercise classes and Matter of Balance classes provided structured programs with confirmed benefits for the participants, along with health promotion programs (prevention/management, chronic disease and physical activity programs and nutrition) affecting over 2,200 participants annually.</li> </ul> | <ul style="list-style-type: none"> <li>• <u>Women's Health Event</u> – Feb. 7<sup>th</sup>, Over 185 women attended this annual event and participated in health screenings (46 A1c, 47 cholesterol, 46 ht/wt, 47 blood pressure assessments) and educational programs focusing on physical activity, healthy nutrition and chronic disease prevention.</li> <li>• <u>Cohort IV Diabetes Education Recognition Program (DERP):</u> F/Y 2014-2015, Of the 41 physician referrals, 19 contacts were made, twelve (12) participated in or completed the program and had lowered their A1C levels. A1Cs, blood pressure and foot screenings, counseling, and education programs were offered along with a follow-up session.</li> <li>• <u>Annual Diabetes Education Health Fair:</u> Since 2013, (3) events have been held with over 475 participants overall. In 2015, 48 free A1C's, 51 blood pressure, Ht/Wt, BMI's, foot screenings and education were provided prior to the health fair with any abnormal screenings being referred to a primary physician. 115 participants also received education and a brown bag parting gift that included a RED Tablecloth and instructions for The RED Tablecloth Initiative, an apple and educational materials to incorporate in participants daily lives.</li> <li>• <u>Community Diabetes Support Group and Education Program:</u> Monthly diabetes education programs are provided from a variety of health professionals presenting on diabetes issues from head to toe, with an average of 27 participants. Diabetic friendly and heart healthy refreshments are provided. Participants reported making healthier food choices, increased their physical activity and improved self-management.</li> <li>• <u>Blood Glucose Screenings:</u> In 2014-2015, approx. 291 free blood glucose screenings (A1c) were provided through the hospital's community outreach in various locations accessible to the at risk population, at B&amp;I, and at special events.</li> <li>• <u>Health Promotion/Education:</u> In F/Y 2014-2015, fifteen Diabetes Education Presentations were provided at various locations including local radio, newspaper articles, churches, civic groups, B&amp;I, Senior Center, Active Living Center. Informational exhibits with resources were also placed at locations and events. Over 3,000 citizens are affected annually through these efforts.</li> <li>• <u>Rite-Aid Pharmacy:</u> Provides "The Sweet Spot" monthly diabetes education class along with nutrition information, food tastings, cooking demonstrations and screenings with an average of 30 participants per month. The participants all report making healthier choices and increased physical activity.</li> <li>• <u>City of Laurinburg</u> – 2015 City Council approved pedestrian plan "Laurinburg Walks: A Plan for Health &amp; Mobility" creating network of sidewalks throughout city connecting residential areas to retail, recreation and medical facilities.</li> </ul> |

## 2. Obesity: (Physical Activity and Nutrition)

The Health Department, Hospital, Cooperative Extension, Parks and Recreation, Community Health Clinic, newly formed "Active, Healthy Living Partnership" and churches are promoting physical activity and healthy eating through a variety of interventions including policy or environmental change interventions, programs, activities or events, our challenge is to reduce the rate of obesity in Scotland County.

- **Scotland County Consumer & Family Science** Program offered a physical activity/line dancing program to adults from 18 yrs to 80 yrs old in August 2015 and ongoing with over 60 participating to date! Healthy nutrition taste testing and recipes are offered once a month to this diverse group of participants including African and Native American, Eastern, and Caucasian.
- **Scotland County 4-H Expanded Food and Nutrition Education Program (EFNEP) for Youth** is very active in Scotland County. With 26% of North Carolina youth ages 5-18 years being reported as overweight, this program is critically needed. In 2014, over 1,600 youth benefited from physical activity classes offered at 17 schools, churches and daycares. In 2015, a total of 450 classes were conducted on the benefits of healthy eating and physical fitness with 1,300 students representing 13 schools and daycares Youth received lessons on the importance of making healthier food choices and increasing their level of physical activity.
- Laurinburg Downtown Revitalization provides a **Downtown Farmer's Market** where fresh fruits and vegetables are offered through local or out of county farmers in season.
- In 2015, three additional rural African-American churches were recruited to adopt policy and environmental changes to include physical activity and healthy food options along with Smoke Free/Tobacco free campus, which in turn helped qualify for the **NC Council of Churches/Partners in Health and Wholeness** certification process. Weekly exercise programs along with healthy snacks are provided and healthy food options are available at all events where food is served. On average there are at least 15 to 20 participants each week at each location for the exercise programs.
- **"Active, Healthy Living Partnership"** focusing on Heart Disease and Obesity, introduced The **RED** Tablecloth Initiative (EBI) to 112 county-wide churches as well as promoting the initiative through all community events (festivals, health fairs, wellness programs, community outreach, etc.)
- **Community Gardens** – individual garden plots/spaces are provided annually by Laurinburg Presbyterian Church and Partners In Ministry offering opportunities for fresh fruit and vegetables to the public located near underserved populations.
- **Physical activity for adults** through a variety of programs, resources or initiatives such as: Evidence based -**Silver Sneakers Classic, Circuit and Yoga programs; Arthritis Foundation Exercise** programs through Scotland Place Senior Center and Wagram Recreation/Active Living Center with over 200 participants monthly, an Indoor Walking Track, indoor shuffleboard, pickle ball, an outdoor walking trail; **Senior Games**, Fitness Room, structured exercise classes, Line Dancing, along with other activities conducive to physical activity. A Parks and Recreation Adult Exercise Program brochure is available.
- **Youth Athletic programs** for basketball, baseball, cheerleading, soccer, softball, and football with over 3,000 youth participating each year. Wagram Recreation Center offers an indoor and outdoor walking trail, basketball court, a playground with equipment for tots and older children and activities throughout the year.
- **Downtown Laurinburg's "All America Mile"** walking trail provides a marked mile through the downtown area and close to the lower socio-economic population.
- Scotland County is home to **16 area parks** conducive to physical activity – ten with developed walking trails throughout the county. A new Walking Trail Map has been developed and provided to the public on the county website and on location.
- **Lumber River Canoe Trail** in Scotland County has a beautiful walking trail made available to the public.
- **Scotland Health Care System's "Fit Trail"** – a one mile fitness trail around the campus with exercise stations and seating for relaxation spaced along the trail for patients, visitors, staff and community will be completed in 2015. An annual FUNd Run-4-Life event offers a half marathon, 5K Run/Walk, and 1-mile fun run or walk with over 200 participants annually and a **"Weight Loss Challenge"** program for employees annually. Since 2013, SHCS provides a "Fitness Center" and also provides a summer Farmer's Market with fruits and vegetables.
- **"WOW!" Physical Activity and Nutrition Program, now "Walking 4 Wellness"** through the Health Department – offered six-week segments four times in 2015 with an average of 21 participants. Structured exercise and nutrition education is provided. Participants report positive results such as weight loss, increased flexibility, stamina and muscle strength, stress reduction, lowering blood pressure, decreasing portion sizes, choosing healthier options, increased water consumption, motivation to be physically active outside the program.
- **Active Routes To School** – a NC Safe Routes to School Project began a walk-at-school program in 2014-15 for Wagram Primary "Walking and Growing Together", to increase physical activity for nearly 520 students. A built walking trail 1/5 mile in length is used by students and staff daily and open to the public after hours. Covington Street and Washington Park Elementary, Carver and Sycamore Lane Middle School are also participating.

## Other, New or Emerging Issues that Affect Health Status: Initiatives, Events or Programs Addressing Issue

### **Asthma**

While asthma does not cause many deaths among children in North Carolina, it is one of the most prevalent chronic diseases in our state among children. Uncontrolled asthma can impose serious limitations on daily life. In 2015, hospitalizations for asthma diagnosis in Scotland County were: **81** for all ages and **21** for children ages 0-14 years. (NCSCHS 2015)

While there are no specific programs or initiatives for Asthma in Scotland County, The Purcell Pediatric Clinic diagnosed or screened over 500 patients with asthma in 2014-2015. The Purcell Clinic's goal is to empower and educate parents so they can manage their child's asthma, understand the goals of treatment and make the right choices for preventing asthmatic episodes, emergency services or hospitalization.

Second-hand smoke exposure has been shown to increase children's risk for acute respiratory infection and ear problems, not to mention the increased risk of developing cancer.

- **Community Transformation Grant Project** – now ended, provided five year funding award through the NC Division of Public Health to implement policy, systems and environmental changes that support tobacco free living.
  - Since July 2013, Scotland County Parks and Recreation implements a smoke free/tobacco free policy preventing smoking or using tobacco products on playgrounds or areas where team sports are being played. Smoke free/Tobacco free signage was provided for all area parks through the CDC Community Transformation Grant Project Region Six. Through that project, Smoke Free/Tobacco Free and second hand smoke educational Billboards were also purchased and located in prime areas throughout the county. Public Service Announcements were also provided through local radio stations WLNC and WEWO.
- **Healthy Communities Program Grant #866** – 2014, 2015 and 2016, funding through the NC Division of Public Health/Chronic Disease and Injury Section, awarded to Scotland County Health Department, is to help reduce the burden of chronic disease and injury with a focus on underserved populations.
  - Objectives include conducting a media campaign combined with community activities to promote tobacco cessation, tobacco use prevention, eliminating exposure to second-hand smoke. The media campaign included newspaper articles, public service announcements, educational exhibits, and new billboards.

### **Dental Health**

In 2012-2013, the percent of children in Scotland County with untreated tooth decay for kindergartners was 24% compared to the State with 13% and 9% with untreated tooth decay for 5<sup>th</sup> graders compared to the State with 2%. In 2014-2015, with a focus on our Kindergarten students, our Public Health Dental Hygienist under the North Carolina Oral Health Section/Division of Public Health, provided annual screenings/referral/follow-up; dental education; dental sealant promotion projects at high risk schools; promoted fluoridation including a school-based fluoride mouth-rinse program in seven elementary schools; Training for "Into the Mouths of Babes (IMB/Fluoride Varnish Programs), dental education covering various topics, including "Diabetes and Oral Health" for participants of the Community Diabetes Support Group Education Program, and is a resource on all oral health issues with health care providers, consumers and community organizations.

Today, it is possible families can more easily obtain dental coverage for their children in plans offered in the Health Insurance Marketplace. In addition, the North Carolina Medicaid program and North Carolina Health Choice covers dental services for children. Through the Affordable Care Act and increase in Medicaid enrollment, may lead to more children receiving preventive oral health services.

### **Mental Health**

Scotland continues to be served by Eastpointe (Mental Health, Substance Abuse and Suicide Prevention). As of October 2010, there are 18 private providers (for-profit and non-profit) endorsed by them to provide at least one service related to mental health, developmental disabilities, and substance abuse. There are also at least three additional providers with licensed staff providing professional mental health services in Scotland County. Several services remain in short supply – psychiatric services, outpatient substance abuse services, intensive in home services, and day treatment programs. Often, clients need to go to more than one provider to receive services determined to be medically necessary and appropriate.

- To access mental health in Scotland County, individuals now have to refer to the **Eastpointe Call Center at 1-800-913-6109 or TTY 1-888-819-5112**, or their health care providers.

### **Substance Abuse and Over the Counter/Prescription Use and Misuse**

- **Operation Medicine Drop** – Scotland County Sheriff's Office in collaboration with Safe Kids Mid-Carolinas Region Coalition, Scotland County Cooperative Extension and Scotland County Health Department held an event in 2013, 2014 and 2015 where nearly 100,000 doses of unused, unwanted or expired medicines were safely disposed of each year. This important event helps prevent accidental poisonings, drug abuse and also helps protect our waters.

### **NEW Initiatives, Grants or Funding: (2015)**

- **\$1,000,000.00** (five year) NC New Schools/Breakthrough Learning Grant – Scotland High School – providing for more college-level course offerings at the high school and new partnerships with businesses in the community to create internship opportunities and strengthen ties with Richmond Community College, St. Andrews University and UNC Pembroke.
- **\$304,000.00 United Way Campaign** (2015) – funding surpassed goal of \$300,000.00 in a decade. Monies raised go to 19 nonprofit organizations in the county through application process.
- **\$26,832.00 Healthy Communities Plan Grant #866 (2014/2015)** – Scotland County Health Department to focus on Smoke Free/Tobacco Free campaigns, physical activity and healthy eating (ESMMWL initiatives), support of community gardens and the Diabetes Education Recognition Program (DERP)
- **Laurinburg Comprehensive Pedestrian Plan** – City of Laurinburg - April 2015, City Council approved a pedestrian plan titled "Laurinburg Walks: A Plan for Health & Mobility". This plan creates a large network of sidewalks throughout the city connecting residential areas to retail, recreation, and medical facilities. In addition, this plan creates the "Laurinburg Cross City Trail" which is a 10.25 mile long and 10 feet wide loop that connects all primary destination locations.
- **\$250,000.00 Duke Endowment (3-year – 2013-2015)** – Scotland Health Care System - Community Health and Patient Navigation Health Educator – targeting populations with diabetes, heart disease and hypertension and community health programs throughout the county.
- **\$841,000 Golden Leaf Grant (2014-2015)** – Scotland Health Care System – for Access to Care Expansion Project to improve patient access in the Emergency Center, Harris Family Practice and Scotland Surgical and GI.
- **\$25,000.00 Department of Commerce Grant** – Scotland Health Care System – Access to Care Expansion for Scotland Surgical Clinic.
- **Active Routes to School** – October 2015, walk-at-school program along with a bike rodeo at Covington Street Elementary. Program commenced at Washington Park Elementary, Carver Middle School and Sycamore Lane Middle Schools in 2014-2015 reaching over 500 students.
- **"Active Healthy Living Partnership"** – formerly Scotland County CORE Work Group (2015). This group is collaborating with Centers for Healthy North Carolina and the NC Institute of Medicine along with several local key agencies and community members and focuses on heart disease and obesity. A grant proposal is underway for 2016. The first initiative introduced to the community in 2015 was "The RED Tablecloth Initiative" to approx. 115 churches county-wide, then promoted at all outreach events and health fairs.

- “Health Yourself: Making Healthier Choices” Program – offered through Scotland Community Health Clinic focuses on risk factors for stroke, heart and chronic disease, strategies to reduce smoking, increasing physical activity, setting action plans and overcoming barriers to success.

### **Other Changes Affecting Health Concerns:**

It is widely known that social and economic factors affect a community’s health. Race, ethnicity, income and educational levels, employment/unemployment, insured/uninsured, transportation or lack of, safe/unsafe living environments, all can have profound health effects. Social determinants are among the best predictors of health status. Generally, disparate populations and rural populations have worse health outcomes.

### **Economy/Economics:**

Scotland County’s economy continues to grow. There has been an announced industrial expansion or location every year for the last five years in Scotland County. Unemployment has dropped to near pre-recession levels. This recovery has not significantly impacted individuals on the lowest end of the economic scale.

In 2015, one of our existing industries announced an expansion to add 110 skilled jobs. During the recession this company dropped from 250 to 54 employees. With this announcement they will be back over 220 employees. The County is also working with other existing industries to add additional business lines. Scotland County is also working to develop an industrial site that has 7 million gallons per day capacity of industrial water and waste water treatment. This will make this industrial site unique in the state.

Scotland County is a small, rural county with some excellent natural resources, but limited financial resources. By focusing on areas where we can make the biggest impact to improve the health and lifestyles for the families in our county, we can impact issues that are of concern to the county. Targeting priority areas of obesity, tobacco prevention, encouraging physical activity and good nutrition, and making our parks and roadways safer can help make a positive impact on Scotland County.

### **Ways Community Members Can Get Involved:**

Continued collaborative efforts must occur between agency representatives, community organizations, churches, business and industries and community members to encourage wellness and improve the overall health status of our community. Examples include:

- Churches, schools, small businesses, business and industry, youth and other community members or organizations could take ownership and work together to promote healthy habits by providing or promoting programs and initiatives within their organizations and communities.
- Citizens can participate or volunteer to help with health and wellness organizations such as Scotland County’s “Active, Healthy Living Partnership”, Scotland County Cooperative Extension, Adolescent Wellness Council, Scotland Health Care System, the HIV Education and Resources Team (H.E.A.R.T.), Community Health Clinic, Adult Day Care Centers, Senior Centers, Adolescent Wellness Council, Nutrition Sites or the Crime Stoppers Task Force.
- Citizens can participate in United Way efforts supporting local organizations, projects, partners, programs and agencies. United Way plays a vital service to our community.
- Citizens can support local food drives offered throughout the community and participate in community gardening initiatives.
- Citizens and key members of the community can attend or participate in Community Health Forums to express their opinions, ideas, and/or solutions to health issues that affect our community.
- Business and Industries can initiate personal wellness programs to enhance their employee’s nutrition and well-being.

- Finally, community leaders and other influential community members should consider priority health issues when discussing funding options and be more willing to serve as advocates for these issues in the community.

### **Conclusion:**

Due to social and economic conditions, Scotland County is faced with many challenges, yet remains rich in community resources and people willing to put forth a greater effort. Public agencies and staff have been trained to work with high risk populations that often have more physical, emotional and financial needs than the population served by the private sector. However, budgetary constraints and various other factors force public and private agencies to streamline and prioritize services. Nevertheless, Scotland County continues to provide programs and activities, education and information, and comprehensive medical care, all while challenging its citizens to empower themselves towards better health and quality of life.

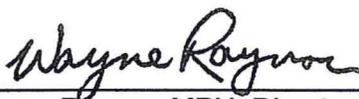
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Local Health Departments (LHDs) are required to submit a State of the County Health Report each year between the Community Health Assessment Report, which is provided every three years in collaboration with our health care system.

The purpose of the SOTCH Report is to provide current information on the health status of Scotland County. It also includes an update of the progress made on initiatives addressing the priority issues chosen by a team of community members representing all areas of Scotland County, that worked together to determine those priority issues through a selective process.

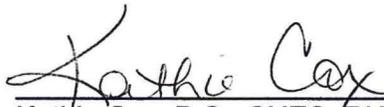
A 'comprehensive' 2015 SOTCH Report will be available on our county webpage under "Health Department" for a further detailed summary. Hard copies will also be available upon request.

The 2015 **State of the County Health Report** for Scotland County was compiled by the Health Education Department of Scotland County Health Department and will be available on the health department's website and provided to key agencies and members of our community. Current primary and secondary data were used to complete this document along with data collected from the 2013 Community Health Assessment Report and 2014 State of the County Health Report.




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[www.scotlandcounty.org](http://www.scotlandcounty.org)

# State of the County Health Report 2015 Scotland County, NC



**Mission Statement:** To promote quality health through education, disease prevention and control, preparedness, and environmental protection.

**Vision:** Healthy Communities and healthy Environments

**Values:** Our core values are **Integrity, Excellence, Collaboration, Innovation and Respect.** Values reflect principles that our Department displays as we interact with co-workers, agency partners, the community, businesses and the public.

Scotland County Health Department

