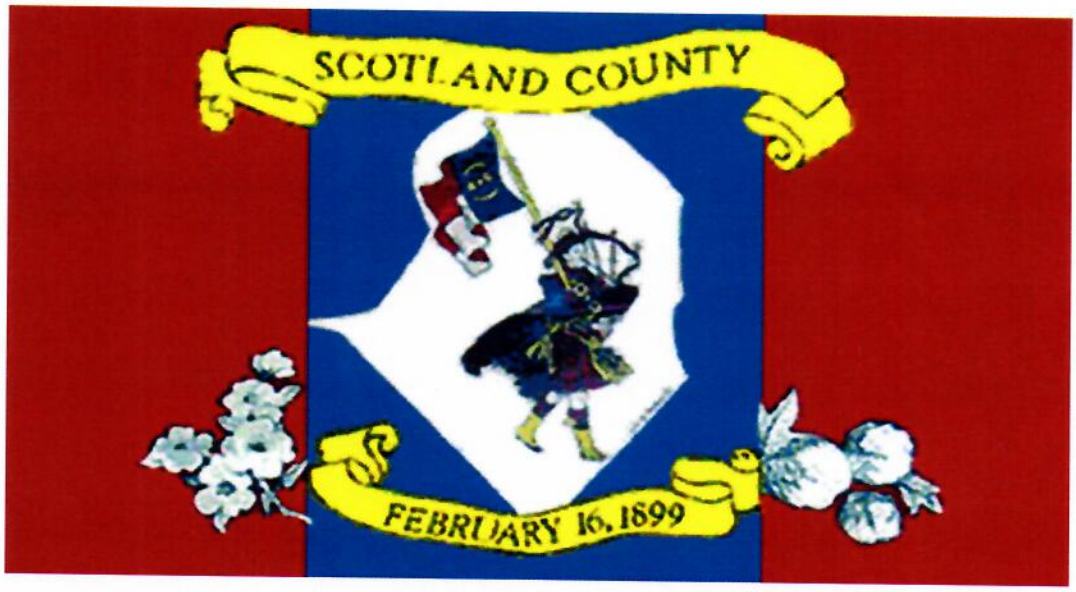
State of the County Health Report

2017

Scotland County, NC



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Scotland County State of the County Health Report - 2017

INTRODUCTION:

Scotland County's twelfth 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 35,244 people in July 2016. This reflects a change of -2.5% 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 2015, 2016 and 2017, is considered a **Tier I** county, which means it's economically depressed by the State Department of Commerce, and ranked **99th out of 100 for Health Outcomes and 99th for Health Behaviors** in North Carolina (County Health Rankings, March 2017). Racial makeup is almost exclusively white and African American with other minorities accounting for 14.7% of the total population; 2016 population breakdown is:

Race	Scotland County	North Carolina
White	45.7%	71.0%
Black	39.1%	22.2%
American Indian	11.8%	1.6%
Hispanic	2.9%	9.2%

Gender	Male	Female
Scotland County	49.7%	50.3%
North Carolina	48.6%	51.4%

(Scotland County Quick Facts from US Census Bureau 2016 estimate)

Socio-Economics: (NC Employment Security Commission (ESC) Workforce 2016):

	2015	2016	2017
Unemployment rate in Scotland County in:	10.4%	8.7%	7.9%
Unemployment rate in North Carolina	5.5%	4.9%	4.5%

Scotland County's Labor Force: (NC Dept. of Commerce-Labor Market 2016)

December 2015: 11,721 (1,221 unemployed)
December 2016: 11,441 (993 unemployed)
November 2017: 11,407 (906 unemployed)

Scotland County Poverty Rate: (2012-2016) 27.6% **North Carolina: 15.4%**

Scotland County's F/Y 2016-2017 adopted property tax rate is $1.02 (within city limits); **$1.07** (county; includes 0.05 fire tax). **The current city tax rate is: .40 per $100 valuation;**
Townships of E. Laurinburg is .30; Gibson is .68; Maxton is .80; and Wagram is .65 per $100 valuation.

Morbidity and Mortality Data:

F/Y 2016-2017 Scotland County shows an increase (+) in certain health issues since 2015 in the following ***morbidity*** data:

AIDS 6 (+) **HIV** 1 (-) **STD's** 517 (+) **TB** 0 (-) **Other** 8 (+)
Asthma (0-14 year olds) 21 (-) hospitalizations; (all ages) 44 (-) hospitalizations (NCSCHS 2016)

Scotland County continues to struggle with high ***mortality*** rates of heart disease, cancer, and diabetes. In **2016**, these diseases accounted for **199** of the 423 total deaths in the county, thereby making them the leading causes of death. These numbers have slightly decreased since the 2015 data. Mortality statistics in Scotland County can be broken down as follows: (NCSCHS 2016). Mortality or death rates are often used as measures of health status for a population.

Total Deaths - All causes – Scotland County: 423

Cardio: 82	**Diabetes:** 9	**Cancer:** 108	**Stroke:** 21
Motor Vehicle Deaths: 8	**Unintentional**: 8	**Alzheimer's**: 25
Pneumonia/Influenza: 12	**Asthma:** 0	**Homicide**: 7
Falls: 2	**Suicide**: 4	**HIV:** 1

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 **2012-2016** was 9.8 (per 1000 population) compared to the state rate of 7.2 (per 1,000 population). In **2016**, four infant deaths were reported in Scotland County, a rate of 8.8 (per 1,000 population), compared to North Carolina's Infant death rate of 7.2 (per 1,000 population), similar for Scotland County's infant death rate in 2015 of 9.0 (per, 1,000 population) with four infant deaths.

Infant Mortality	Year	White Rate	Minority Rate	Total Rate
Scotland County	2014	21.1	4.7	11.4
	2015	6.9	14.7	9.0
	2016	0	9.5	8.8
North Carolina	2014	5.1	12.8	7.1
	2015	5.7	12.5	7.3
	2016	5.0	13.4	7.2

(North Carolina State Center Health Statistics, 2016)

2016-2017 Priority Health Concerns:

In **2016**, priority areas of high blood pressure, diabetes, obesity, heart disease, and cancer were identified through the *Scotland County Community Health Assessment/Survey* and substantiated by state data as the top five leading health concerns in Scotland County. The top five leading **behavior risk concerns** were: lack of physical activity, use of tobacco, environmental factors, poor nutrition, alcohol and drug use.

In the 2009 and 2013 CHA Surveys, the same priority concerns were evident with the exception of teen pregnancy, listed as a top five health priority in 2009 and ranked 10th in 2013. Therefore, our Community Action Plans continue to address Chronic Disease (Diabetes and Heart Disease), Physical Activity/Nutrition (Obesity) and this year added Dental Health, Mental Health/Substance Abuse Prevention to meet the most recent concerns.

Hypertension: *(Increased)* **Rate - (2009-2013): 48.7; (2010-2014): 49.2; (2012-2016): 62.2**

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 2016, the number of deaths in Scotland County for heart disease was **79** and **21** 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 - (2009-2013): 47.5; (2010-2014): 50.5; (2012-2016): 39.2**

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 2012-2016, **70** deaths ranked Scotland County thirtieth highest in North Carolina with a rate of 39.2 (per 100,000 population) compared to the rate of 26.2 (per 100,000 population) for the State of North Carolina. (NCSCHS, 2016). 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 (36.3% of adults) is a condition affecting many residents in Scotland County and is the number one health problem in children. According to the NC Pediatric Nutrition and Epidemiology Surveillance System (NC-PedNESS), in Scotland County, 13.0% of children 2-4 years of age are overweight and 13.4% are obese, and 18.8% of our children aged 5 through 11 yrs. were overweight and 12.5% were obese ranking us 30th highest in the State.

Lack of physical activity and poor nutritional habits are major factors in overweight and obesity. The North Carolina Child Health Report Card 2016 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:** *(increased)* **(2009-2013): 246.9 (2010 – 2014): 230.5 (2012-2016): 235.8**

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 **18,276** deaths in North Carolina in 2016, and **79** deaths in Scotland County (NCSCHS, 2016). 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: *(increased)* **(2009-2013): 222.6 (2010 – 2014): 219.7 (2012-2016): 245.9**

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 2016 statistics, cancer claimed the lives of **19,526** North Carolinians and **108** in Scotland County. The majority of cancer deaths occur at five sites: lung, colon, female breast, prostate and pancreas. In 2016, Scotland County's cancer deaths by site were: lung - **36**, female breast - **6**, colon - **12**, and prostate – **5** (NCSCHS 2016). 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 directories, community gardens, 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)*

North Carolina's teen pregnancy rate fell 7% in 2016, a record low for the state for the ninth consecutive year (NCSCHS, 2016) and released by SHIFT NC (Sexual Health Initiatives for Teens). With this decline, the state's teen pregnancy rate has fallen 73% since it peaked in 1990. In addition, 65% of NC counties saw teen pregnancy decrease in 2016.

In Scotland County, the number of teen pregnancies in 2014 for **15 to 19 year olds** was 63 and *increased* in 2015 to 73 pregnancies for this age group. However, in **2016**, the number of teen pregnancies for this age group ***decreased*** to 55, but we continue to have one of the highest teen pregnancy rates and rank 5th highest in the State according to the Adolescent Pregnancy Prevention Campaign of NC 2016, and previously ranked 9th highest in the State in 2014. The county rate is now 49.5 compared to the NC state rate of 28.1 (per 1000 population). The breakdown of teen pregnancies from 2012 to 2016 follows:

Scotland County

Teen Pregnancy Rate	2014	(Repeat)	2015	(Repeat)	2016	(Repeat)
Age 15-19	51.9	12.7	63.4	11.0	49.5	29.1
North Carolina	32.3	22.4	30.2	22.7	28.1	22.1

(NC State Center for Health Statistics 2016) and (SHIFT NC Sexual Health Initiative for Teens)

Teen Pregnancy: 2012-2016

Scotland Co.	10-14 yrs	w/m	15-19 yrs	w/m	n/w or na
2012	0	0/0	97	26/56	
2013	1	0/1	68	18/38	11
2014	0	0/0	63	20/33	10
2015	1	0/1	73	21/30	17
2016	1	0/1	55	11/28	16

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.

Progress made in the last year on priorities: (2016-2017)

Various public and private agencies including Scotland County Health Department, Scotland Health Care System, 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, churches and others provide quality care, programs or promotion aimed at improving the health and well being of Scotland County residents. Several agencies, local business and industries, 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 Obesity which also affects Diabetes, Heart Disease and Hypertension along with NEW priorities of Dental Health and Mental Health/Substance Abuse/Tobacco Prevention:

Progress Made In the Last Year on Priorities
2016-2017

Health Priorities	Progress: Interventions-Initiatives
1. Obesity - Hypertension, Diabetes and Heart Disease: (Healthy Eating and Physical Activity) • **SCHD - Healthy Communities Grant funding** from Div. of Public Health/Chronic Disease and Injury Section to expand the reach of interventions including physical activity and nutrition, existing diabetes programs, smoking cessation, colorectal cancer screening awareness and opioid abuse awareness and prevention. • **Eat Healthy/Be Active Community Workshops Program,** a collaborative of health department, hospital and housing authority provided at two locations with over 40 participants learning about healthy eating thru taste testing, reading labels, shopping for healthy items, engaged in physical activity and the importance of managing chronic disease including diabetes. Participants reported positive lifestyle changes at end of workshops. • In 2017, three additional rural churches adopted environmental and policy changes incorporating physical activity, healthy eating and smoking free environments. Chronic Disease Education programs or presentations were provided to participants as well as providing technical support. 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 and up to or more than 75 persons at each church are positively affected by these policy changes. • **Scotland Health Care System's "Fit Trail"** has permanent exercise stations, offers opportunities for increased physical activity to patients, county residents and hospital staff and is well utilized. 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 hospital employees. • **SHCS's Know It! Control It! Blood Pressure Management Program.** Four month hypertension class hosted at Scotland Memorial Hospital and identifying additional sites for program. (17) free community screenings offered of A1c, BP, Cholesterol, PSA. • **Wagram Recreation /Active Living Center Parks and Recreation** provide activities to increase physical activity. This includes but not limited to an indoor walking track, volleyball Pickleball and shuffleboard, open basketball for youth and adults, corn hole, a variety of exercise and dance classes, a fitness room. Participation is growing with the addition of Senior Services (55 years of age and older). There are close to 1200 participants annually. Other enrichment programs-health promotion (chronic disease management, physical activity and nutrition) are offered monthly. • **Parks and Recreation/Scotland Place Senior Center**: Evidence based programming thru Arthritis Foundation Exercise and Matter of Balance classes, Tai Chi thru Lumber River Council of Government, a Walk with Ease	• **Women's Health Event** 2017. Over 150 women attend this annual event and participate in health screenings (48 A1c, 48 cholesterol, 47 ht/wt, 47 blood pressure assessments) and educational breakout sessions focusing on physical activity, healthy nutrition and chronic disease prevention. • **Men's Health Event**: Up to 65 fellows attend this annual educational and free screening event and are provided information and opportunities for questions to a panel of providers concerning men's health issues. The 2017 event included 33 PSAs, 36 Cholesterol, 31 BP and 35 A1c screenings. • **SHCS Diabetes Path to Sweet Success**: 3 part series classes held monthly on Diabetes Management (204 referrals from SPN, community agencies and walk-in's. 278 free blood glucose screenings (A1c) were provided through the hospital's community outreach and sponsored by Scotland Memorial Foundation, in various locations accessible to the at risk population, at B&I, and at special events. • **Annual Community Diabetes Education Health Fair**: In 2017, approx. 125 participants attended event. There were 41 free A1C's, 40 blood pressure, 40 Ht/Wt and BMI's, foot screenings provided prior to the health fair with any abnormal screenings being referred to a primary physician. These participants also receive diabetes education and items that include information about the RED Tablecloth Initiative, healthy eating, resources, and educational materials to incorporate in participant's daily lives. • **Community Diabetes Support Group and Education Program**: Ten monthly diabetes education programs are provided annually from a variety of health professionals presenting on diabetes issues from head to toe, with an average of 30 participants monthly. Diabetic friendly/heart healthy refreshments are provided. Participants report making healthier food choices, increased physical activity and improved self-management. • **Health Promotion/Education:** Nine Diabetes Education Presentations were provided at various locations including local radio, newspaper articles, churches, civic groups, B&I, Laurinburg Housing Authority, Senior Center, and Wagram Active Living Center. Informational exhibits with resources were also placed at locations and outreach events. Over 3,000 citizens are affected annually through these efforts. • **Scotland County Consumer & Family Science Program** provided an ongoing physical activity/line dancing program to adults from 18 yrs to 80 yrs old with over 75 participating to date! Healthy nutrition and recipes along with free BP screenings 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 14.6% of North Carolina youth

Program, Silver Sneakers Yoga, Circuit and Classic programs, health screenings and provided structured programs such as Everyone With Diabetes Counts for Medicare recipients with confirmed benefits for the participants, along with health promotion programs (prevention or management, chronic disease, physical activity and nutrition) affecting over 300 participants annually.

- **Parks and Recreation Youth Athletic programs** for basketball, baseball, cheerleading, soccer, softball, and football with over 1,386 youth participating annually. In 2017 added Indoor Soccer and Unified sports for children with disabilities. An eight-week **summer camp program** for children up to age 12yrs offers a variety of weekly adventures, including healthy eating and physical activities.
- **"Active, Healthy Living Partnership"** focusing on Heart Disease and Obesity, continues to promote The RED Tablecloth Initiative (EBI) to rural churches as well as promoting the initiative through all community events (festivals, health fairs, wellness programs, community outreach). Healthy eating is an important aspect to chronic disease management. A "Walking 4 Wellness" structured physical activity and nutrition program was offered 3x in 2017 with an avg. of 14 participants. 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.
-

ages 2-18 years being reported as overweight, this program is critically needed. In 2017, a total of 529 classes were conducted on the benefits of healthy eating and physical fitness with over 1,200 students representing 9 schools and daycares Youth received lessons on the importance of making healthier food choices and increasing their level of physical activity.

- 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 is available and provided to the public on the county website and on location. The L**umber River Canoe Trail** in Scotland County has a beautiful walking trail made available to the public.
- **Active Routes To School** – a NC Safe Routes to School Project began a walk-at-school program in 2016-17 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, Carver and Sycamore Lane Middle Schools also participate.
- **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.

2. Mental Health (Substance Abuse Prevention and Tobacco Cessation) **NEW** Priority

- In 2017, a **Community Opioid Task Force** was re-established including multiple agencies and community members that meet quarterly to address the substance abuse epidemic.
- **EastPointe, MCO**, in collaboration with Scotland County, provided all Scotland County and City of Laurinburg Law Enforcement Officers with Narcan used to reverse opioid overdose. Training provided by EMS to all officers that will be using Narcan.
- EastPointe, MCO, provides **Mental Health Kiosk** services to community. The kiosk is located at Scotland County Health Department.
- **Tobacco Cessation** – Promotion of **QuitLineNC**, a referral source for NRT's for uninsured or under insured or cessation coaching; Hospital provides tobacco cessation programs through DHHS Tobacco Use and Dependence (40 referrals to date); PSAs developed and aired on local radio stations and news articles and social media promoting QuitLineNC.
- Collaborative efforts with the NC Tobacco Prevention and Control Branch are ongoing to develop and train a **SF/TF Youth Advocacy Group** in Scotland County.
- **Operation Medicine Drop**: Over 114,020.8 (2016) and over 27,153 (2017) unused, Controlled, Rx, Vet, OTC, or Unknown drugs were disposed of through these events preventing accidental poisoning or drug abuse.

3. Dental Health – **NEW** Priority –

- Scotland County Health Department has MOA with **East Carolina University Dental Learning Center** in Robeson County, which is a referral source for dental services (adults and children).
- Provide referrals for dental health services (adults and children) to **Richmond County Health Department Dental Clinic.**
- Educational and Preventive Services such as the weekly **Fluoride Rinse Program and Dental Sealant Promotional Project** along with assessments and referrals are provided to school children through the NC Oral Health Section (Region 6) Public Health Dental Hygienist.
- Dental Health educational presentations provided as community outreach efforts at events, churches, programs, health fairs, along with news articles and public service announcements on local radios.
- **Dental Training** through NC Oral Health Section Public Dental Hygienist provided to staff at Scottish Pines Assisted Living and Rehab Center affecting seniors
- Scotland County School System collaborates with **Friendly Dental Van** for elementary students annually.
- **NC Missions of Mercy** Scotland Health Care System continues conversations in hopes of hosting a free dental health event in Scotland County that would provide 1 free dental procedure per community member.

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

Mental Health

Scotland continues to be served by Eastpointe (Mental Health, Substance Abuse and Suicide Prevention). As of October 2017, 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**, utilize the new Mental Health Kiosk located in the Health Department, or through their health care providers.

Substance Abuse and Over the Counter/Prescription Use and Misuse

- **Community Opioid Task Force** – Re-established to share resources and information
- **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 2016 and 2017 where over 141,174 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.
- **Healthy Communities Program Grant #866** – 2016 and 2017, 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/social media campaign combined with community activities to promote tobacco cessation, tobacco use prevention, eliminating exposure to second-hand smoke, increasing the numbers of smoke-free policies covering public and affordable multi-unit housing and the promotion of smoking cessation through QuitlineNC.
    - Implementing media/social media and messaging campaigns to increase awareness of the risks of opioid poisoning, signs and symptoms of opioid overdose, where to access and how to administer naloxone in the event of an overdose.
    - Working with the NC Tobacco Prevention and Control Branch, Region 6, the health department, hospital, cancer treatment center, and school system are collaborating to develop a "Smoke Free/Tobacco Free/E-Cigarette Free YOUTH Tobacco Prevention Advocacy Group" and train adults and youth who will lead this effort.

Dental Health

In 2015-2016, the percent of children in Scotland County with untreated tooth decay for kindergartners was 22% compared to the State with 15%. In 2016-2017, 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. Scotland County Elementary Schools participate in the NC Friendly Dental Van Mobile Dental Program who provides services to children who do not normally receive routine and ongoing dental care.

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.

NEW Initiatives, Grants or Funding: (2017)

- Scotland County Health Department –
  - "Labs2Go" (a new service walk-in lab) was implemented September 2017. This service allows any person to come in and request labs from Labs2Go standing order or submit a physician's order for labs. The service is self-pay at time of visit (no insurance filed).
  - $39,984 from Division of Public Health/Chronic Disease and Injury Section, Healthy Communities Grant #866 to expand the reach of existing interventions including increasing number of smoke-free or smoke-free/e-cigarette free policies (public housing, affordable multi-unit housing, colleges), promoting QuitlineNC for persons who want to quit – reaching low income populations, and implementing media and messaging campaigns that increase awareness of the risks of opioid poisoning, signs and symptoms of opioid overdose, where to access and how to administer naloxone in the event of an overdose.
  - $8,000.00 grant from the North Carolina Public Health Association's Dr. Ann F. Wolfe Endowment to combat infant mortality and enhance child health.
  - Plans underway to develop a "youth tobacco prevention team" in collaboration with the health department school system, hospital, cancer treatment center and the NC Tobacco Prevention and Control Branch, to inform, educate and promote smoke free lifestyles.
- Rainbow 66 Storehouse, Inc.: purchased and relocated to the Washington Park Elementary School 2017. The building, located in a vulnerable area of Laurinburg, will benefit youth, adults and older adults with additional community programs, services, education and events through collaborative efforts with health department and other agencies.
- Scotland Health Care System/Scotland Memorial Foundation:
  - $841,000.00 Golden Leaf Grant –for Access to Care Expansion Project to improve patient access in the Emergency Center, Harris Family Practice and Scotland Surgical and GI. COMPLETED November 2017.
  - $100,000 Cannon Foundation – for Women's Services renovation.
  - $250,000 grant from The Duke Endowment (May 2016) –"Scotland Care Improvement for Diabetics" to establish a Diabetes Intervention Program.
- United Way Campaign (2017): funding surpassing its goal of $300,000.00 in a decade. Monies raised go to 19 nonprofit organizations in the county through an application process.
- "Active Healthy Living Partnership": This group collaborates with Centers for Healthy North Carolina, the NC Institute of Medicine, local agencies and hospital to focus on Heart Disease and Obesity. Initiatives include but not limited to:
  - "The RED Tablecloth Initiative" – focusing on healthy eating/nutrition in faith communities
  - "Walking 4 Wellness" – focusing on physical activity and nutrition
  - "Eat Healthy/Be Active" program – six-week workshops through the Office of Disease Prevention and Health Promotion
  - ENERGIZE! Community based exercise and educational program designed for children 6 to 18 yrs. and families to help prevent weight-related problems
- Scotland County School System:
  - January 2017, the School Health Advisory Council was selected to pilot a "Whole School, Whole Community, Whole Chile (WSCC) model to better meet the health and wellness needs of our schools and community.
  - Active Routes to School – (A North Carolina Safe Routes to School Initiative) – Region 8. October 2016/2017, walk-at-school programs along with a bike rodeo at Covington Street Elementary. Programs were held at Carver Middle School and Sycamore Lane Middle School reaching over 500 students.
- Scotland County Parks and Recreation:
  - $7,000 United Way grant funding to purchase safety standard athletic equipment for the football program
  - Over $19,000 raised through the INSANITARIUM first annual Haunted House for Parks and Recreation (Oct. 2017). Funds to be used to enhance programs and services
  - $11,000 grant from the Tourism Development Authority to be used for the 2018 Dixie Softball Tournament in July 2018.

- ScotLAND Grows Local Foods Council:
  - $4,000.00 Community Food Strategies Grant awarded to promote local healthy eating, and supporting other healthy eating initiatives in Scotland County.
- Scotland Community Health Clinic:
  - Maintains access to care for the uninsured residents of Scotland County
  - Received a sustaining Community Health Grant from NC Office of Rural Health (2017) to help insure access to care for uninsured residents of Scotland County and help patients manage their chronic conditions more effectively.
- Emergency Medical Services – Transportation – Emergency Management:
  - EastPointe provided Narcan, used to reverse opioid overdose, to all Law Enforcement Officers (Scotland County and City) and training was provided in the use of the drug.
  - EMS received a new 2015 model ambulance replacing an older 1996 ambulance
  - $30,000 investment to replace original Lifepac 12 monitors on ambulances and the QRV supervisor vehicle with new Lifepac 15s monitors which are used to evaluate potential cardiac patients

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 2017, there were three industrial announcements that amounted to 185 new jobs and $112 Million in capital investment. The County and City were awarded $1.5 Million to assist in the development of two industrial sites. These funds will assist in bringing power, water and sewer to the sites. Scotland County Economic Development SCEDC has 16 active projects submitted to NC Commerce for companies to review the area.

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 and substance abuse 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:

Increased collaborative efforts must occur between agency representatives, community organizations, and community leaders to encourage wellness and improve the overall health status of our community. Examples include:

- Churches, schools, small businesses, youth and other community members should take ownership and work together to promote healthier habits.
- Citizens can participate or volunteer to help with health and wellness organizations such as the "Active Healthy Living Partnership", Scotland County Cooperative Extension, Adolescent Wellness Council, Scotland Health Care System, Adult Day Care Centers, Senior Centers, Nutrition Sites, Community Health Clinic, school system or the Crime Stoppers or Community Opioid Prevention 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 and key members of the community can attend or participate in Community Health Forums or serve on committees that focus on health issues, beautification, youth sports, recreation, substance abuse prevention, tobacco cessation, etc. to share their opinions, ideas, and/or solutions to health issues that affect our community.
- Citizens can support local food drives offered throughout the community.
- Business and Industries can initiate personal wellness programs to enhance their employee's well-being and productivity through physical activity, healthy nutrition, smoking cessation or substance abuse awareness and prevention and health screenings.
- Finally, community leaders and other influential community members should always consider priority health issues and policy 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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State of the County Health Report
2017
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