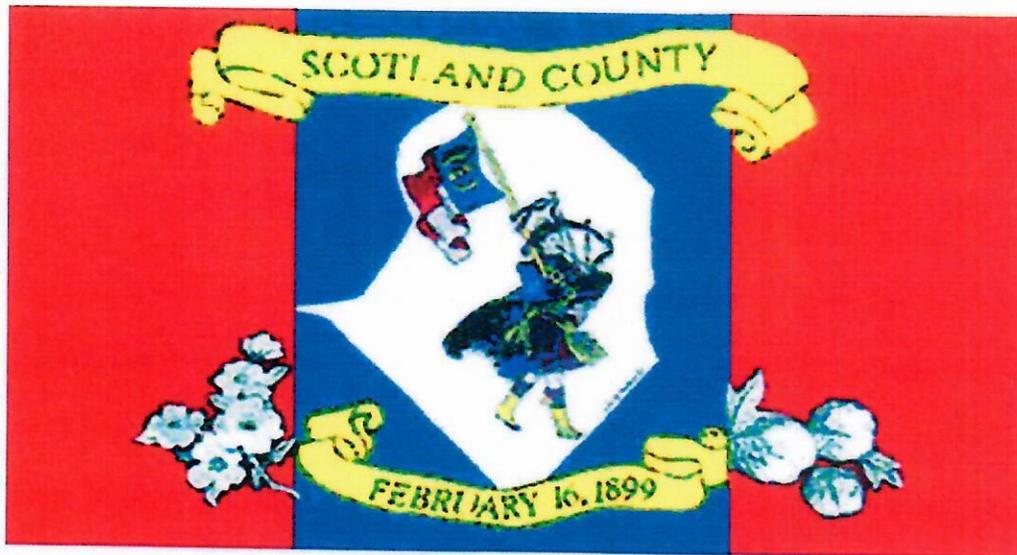


State of the County Health Report
2018
Scotland County, NC



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Scotland County State of the County Health Report ~ 2018

INTRODUCTION:

Scotland County's thirteenth 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 35,093 people in July 2018. This reflects a change of -2.9% 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 2017 and in 2018; is considered a **Tier I** county, which means it's economically distressed according to the State Department of Commerce, and ranked **99th out of 100 for Health Outcomes and 96th 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 15.1% of the total population; 2018 population breakdown is:

Race	Scotland County	North Carolina	Gender	Male	Female
White	45.3%	70.8%	Scotland County	49.5%	50.5%
Black	39.2%	22.2%	North Carolina	48.7%	51.3%
American Indian	12.2%	1.6%			
Hispanic	2.9%	9.5%			

(Scotland County Quick Facts from US Census Bureau 2018 estimate)

Socio-Economics: (NC Employment Security Commission (ESC) Workforce 2018):

Unemployment rate in Scotland County in:	2016	2017	2018
	8.7%	7.9%	7.6%
Unemployment rate in North Carolina	4.9%	4.5%	4.0%

Scotland County's Labor Force: (NC Dept. of Commerce-Labor Market 2018)

December 2016: 11,441 (993 unemployed)
December 2017: 11,407 (993 unemployed)
November 2018: 11,463 (901 unemployed)

Scotland County Poverty Rate: (2013-2017) **26.4%** **North Carolina:** **14.7%**

Scotland County's 2018 adopted property tax rate is \$1.00 (within city limits); **\$1.05** (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:

In 2017-2018, Scotland County shows an increase (+) or decrease (-) in certain health issues since 2016 in the following **morbidity** data: (NCSCHS 2018)

AIDS 6 (+) **HIV** 3 (+) **STD's** 456 (-) **TB** 0 (-)
Asthma (0-14 year olds) 7 (-) hospitalizations; (all ages) 22 (-) hospitalizations (NC Hospital Discharge Data 2018)

Scotland County continues to struggle with high **mortality** rates of heart disease, cancer, and diabetes. In **2017**, these diseases accounted for **193** of the 425 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 2018). Mortality or death rates are often used as measures of health status for a population.

Total Deaths - All causes – Scotland County: 425				
Cardio: 95	Diabetes: 12	Cancer: 86	Stroke: 14	
Motor Vehicle Deaths: 9	Unintentional: 15	Alzheimer's: 19		
Pneumonia/Influenza: 7	Asthma: 0	Homicide: 5		
Falls: 4	Suicide: 5	HIV: 3		

Infant Mortality:

An additional mortality issue affecting the county the last few years and not improving this year was infant mortality. In Scotland County the infant death rate for the period **2013-2017** was 8.9 (per 1000 population) compared to the state rate of 7.1 (per 1,000 population). In **2017**, *five infant deaths* were reported in Scotland County, a rate of 11.0 (per 1,000 population), compared to North Carolina's Infant death rate of 7.1 (per 1,000 pop.), an increase for Scotland County's infant death rate in 2016 of 8.8 (per, 1,000 pop.) with four infant deaths.

Infant Mortality	Year	White Rate	Minority Rate	Total Rate
Scotland County	2015	6.9	14.7	11.4
	2016	0	9.5	8.8
	2017	7.2	18.1	11.0
North Carolina	2015	5.7	12.5	7.3
	2016	5.0	13.4	7.2
	2017	5.0	12.5	7.1

(North Carolina State Center Health Statistics, 2018)

2017-2018 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.**

The 2009 and 2013 CHA surveys indicated 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) Death Rates: (2010-2014): 49.2; (2012-2016): 62.2; (2013-2017): 64.7

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 2018, the number of deaths for heart disease in Scotland County was **95** and **14** deaths for cerebrovascular disease. If blood pressure, diabetes and cholesterol levels are not controlled within normal limits, this can result in stroke.

***Diabetes: (Decreased) Death Rates: (2010-2014): 50.5; (2012-2016): 39.2 (2013-2017): 32.2**

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 2013-2017, **57** deaths ranked Scotland County forty-sixth highest in North Carolina with a rate of 32.2 (per 100,000 population) compared to the rate of 27.0 (per 100,000 population) for the State of North Carolina. (NCSCHS, 2018). 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, 2015), for 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/obesity, diabetes and depression. The North Carolina Child Health Report Card 2018 reports only **23.3%** of children (down from 31.4% in 2012), met the recommended guidelines of 60 minutes or more of exercise per day on five days or more in 2016.

***Heart Disease: (increased) Death Rates: (2010- 2014): 230.5 (2012-2016): 235.8 (2013-2017): 238.1**

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 **18,840** deaths in North Carolina in 2017, and **95** deaths in Scotland County (NCSCHS, 2018). 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) Death Rates: (2010 – 2014): 219.7 (2012-2016): 245.9 (2013-2017): 252.8

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 2018 statistics, cancer claimed the lives of **19,474** North Carolinians and **86** in Scotland County. The majority of cancer deaths occur at five sites: lung, colon, female breast, prostate and pancreas. In 2017, Scotland County's cancer deaths by site were: lung - **23**, female breast - **7**, colon - **8**, and prostate – **3** (NCSCHS 2018). 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: (Increased)

Teen girls who have babies are more likely to live in poverty and less likely to receive early prenatal care, attain an education or have positive health outcomes than their peers who delay childbearing. In NC today, policies such as increased access to family planning services and sexual education programs have contributed to a 31% decrease in births for girls aged 15 to 19 years (NC Child Health Report Card 2018). Still, teen pregnancy is an issue of concern.

In Scotland County, the number of teen pregnancies in 2015 for **15 to 19 year olds** was 73, **decreased** to 55 in 2016, but **increased** slightly to 59 in 2017. We continue to have one of the highest teen pregnancy rates and ranked 5th highest in the State according to the Adolescent Pregnancy Prevention Campaign of NC in 2016. The county rate is now 55.2 compared to the NC state rate of 26.7 (per 1000 population). The breakdown of teen pregnancies from 2014 to 2018 follows:

Scotland County

Teen Pregnancy Rate	2015 (Repeat)	2016 (Repeat)	2017 (Repeat)	2018 (Repeat)
Age 15-19	63.4	55.2	59.0	55.2
North Carolina	30.2	22.7	28.1	22.1

(NC State Center for Health Statistics 2018) and (SHIFT NC Sexual Health Initiative for Teens)

Teen Pregnancy: 2014-2018

Scotland Co.	10-14 yrs	w/m	15-19 yrs	w/m	n/w or na
2014	0	0/0	63	20/33	10
2015	1	0/1	73	21/30	17
2016	1	0/1	55	11/28	16
2017	#	##	59	13/35	11
2018	#	##	##	##/##	##

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: (2017-2018)

Various agencies including Scotland County's Health Department, School System, Department of Social Services, Cooperative Extension, Parks and Recreation Scotland Community Health Clinic, Wagram Recreation/Healthy Living Center, Eastpointe MCO, Law Enforcement, Laurinburg Exchange, WLNC and WEWO Radio, Robeson Health Care Corporation, churches, organized committees 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 page shows the **progress and efforts 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 2017-2018

Obesity/Chronic Disease: (Diabetes, Hypertension, Heart; Physical Activity and Nutrition)

- Established new partnership with First Health collaborating to provide the **MDPP T2 Diabetes Program** in Scotland County. Through referrals, 14 participated in this year long program with 100% indicating positive results (i.e. healthy eating habits, weight loss, increased physical activity, etc.) through weekly evaluations. Screenings are ongoing and persons indicated as pre-diabetic are referred to this program.
- Recorded **Public Service Announcements** on Breastfeeding, Healthy Aging (Physical Activity and Healthy Eating), Immunizations, HIV/AIDS Prevention, Overweight/Obesity, Smoking/Tobacco/Vaping Cessation, Colorectal Cancer Awareness, Hypertension, and others were recorded and air on WLNC Hometown Radio weekly.
- Provided **monthly news articles** on health related topics (obesity, heart disease, diabetes, heat-related illness, child passenger safety, dental health, mosquitoes, influenza, etc. in Laurinburg Exchange.
- Scotland Healthcare System provided 37 **free community health screening events** (i.e. A1C; Lipids; PSAs; Body Fat/Ht/Wt; which included education impacting 604 participants. Those with abnormal labs were referred to PCP's for follow up (#'s not available)
 - Smoking Cessation class (6 weeks) with 3 participants completing
 - Community Diabetes Health Fair with 103 participants and 47 screening participants
 - Screening Mammograms – 6,521 with 283 abnormal and referred
 - Foundation Mammograms (for uninsured) – 272 with 16 abnormal and referred
- Implemented **“Eat Healthy/Be Active”** community workshops based on the Dietary Guidelines for Americans at 3 locations (Wagram -1, Laurinburg-2) with avg. of 15 participants per class with nearly 100% reporting positive results (post-test) and increased healthy lifestyle choices.
- Ten **Community Diabetes Support Group/Education Programs** were provided with an average of 23 participants. These classes provide participants education on a variety of diabetes topics (i.e. nutrition, physical activity, foot care, eye and dental health, etc.). Evaluations show increased compliance in their management of diabetes.
- The ENERGIZE! Program was postponed startup in summer 2018 due to staffing changes.
- Several programs, many evidence-based, for adults and youth, were implemented by Scotland County's Cooperative Extension EFNEP, Health Department, Parks and Recreation, Consumer & Family Science Program, and others to increase physical activity and nutrition (Matter of Balance, Tai Chi, Silver Sneakers Yoga, Line Dancing, Walking 4 Wellness, Walk With Ease, Senior Games, Summer Camps for Youth, MDPP T2, Eat Healthy/Be Active, Eat Smart, Move MoreNC, team sports, etc.) that impacts approximately 3,500 youth and 3,000 adults who participate and report positive outcomes, increased physical activity and lifestyle changes. Participation increased this year for adults implementing physical activity and nutrition programs and policy in two additional churches. Evaluations show participants were increasing their physical activity and eating more fruits and vegetables along with incorporating healthier cooking.

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%. Our goal is to increase by 25% the number of children in Scotland County who receive early intervention such as IMB, sealants or dental treatment in general by 2020. A new goal of the NC Oral Health Section Region VI is to increase by 25% the number of *prenatal dental care* by 2020 through policy and educating providers on the importance of prenatal dental treatment.

In **2017-2018**, 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 all six elementary schools (students 1st thru 5th grades), **affecting over 1,437 students.**

The following are projects/activities completed this past year: (Dental Health)

- **February 2018:** An **Oral Health Training** was provided to 18 LPN's and CNA's and Director of Nursing at Scottish Pines Assisted Living and Rehab Center. This was a special dental education program emphasizing the importance of good oral health for their adult and senior residents.
- **March 2018: Sycamore Lane Elementary School Sealant Promotional Project was implemented:** 25 students participated in treatment.
 - Screenings (100) Dental Exams (26) Sealants Placed (78)
- In **2017**, (of the 6,468 eligible youth through age 20 yrs N.C. Medicaid recipients only; Scotland County), **3,554** received preventive or other dental treatment (IMB or other).
- Scotland County Middle and High Schools participated in the **NC Friendly Dental Van** Mobile Dental Program who provided services to children who do not normally receive routine and ongoing dental care. **Approx. 3,145 students were impacted.**
- Recorded three educational **Public Service Announcements** for local radio stations that air weekly on the benefits of good oral hygiene and children's dental health issues
- Provided numerous **Dental/Oral Health educational presentations** and/or exhibits were provided as community outreach efforts at events, churches, health fairs along with radio programs, news articles, and social media posts reaching approximately 5,000 citizens.
- **Scotland County Health Department** provides referrals for dental health services (adults and children) as needed to Richmond County Health Department Dental Clinic, East Carolina University Dental Learning Center in Robeson County and Village Family Dental.
- 2017-2018 - Scotland County's Dental Health Hygienist (NC Oral Health Section, Region 6), referred **122 children** for dental health services.
- **WIC Services** provided to their clients education, information and incentives along with a list (per request) of local dental providers impacting approximately 750 clients monthly.
- Twelve **Parenting Classes** through the **Pregnancy Care Management Program** were provided for eligible participants who received parenting education including prenatal/adult dental care education/information along with dental health incentives impacting nearly **225 participants.**

Mental Health/Substance Use Awareness-Prevention/Tobacco Prevention:

Scotland continues to collaborate with Eastpointe, MCO (Mental Health, Substance Abuse and Suicide Prevention). As of October 2018, there are 23 private providers (for-profit and non-profit) endorsed by EastPointe to provide at least one service related to mental health, developmental disabilities, and substance use. Several services remain in short supply – psychiatric services, outpatient substance misuse 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 have to refer to the **Eastpointe Call Center at 1-800-913-6109 or TTY 1-888-819-5112**, can utilize the Mental Health Kiosk located in the Health Department, or through their health care providers.

The following are projects/activities completed this past year:

- **Opioid/Substance Use Action Network** – Fall 2018, NEW coalition established to enhance the original Opioid Task Force and Scotland County Drug and Crime Council, to address the issue of substance use and prescription drug addiction/poisoning in Scotland County through increased awareness, education, training, prevention and intervention strategies to reduce/prevent deaths associated with overdose or misuse of opioids or other drugs.
 - EastPointe, MCO sponsored several Opioid awareness trainings, "Harm Reduction Training" thru the NC Harm Reduction Coalition, "Medication and Drug Overdose in Scotland County" (NCDHHS/Injury and Violence Prevention Branch), "Substance Abuse 101" and "Understanding Naloxone" training for EMS and law enforcement

- Several key agencies (Health Department, Law Enforcement, School System, Hospital, EMS/EM, DSS, Scotland Community Health Clinic, Robeson Health Care Corporation (NEW) and others including EastPointe, MCO along with community members are involved. Educational outreach and community forums are underway.
- **Operation Medicine Drop** – April 2018, Scotland County Sheriff's Office in collaboration with Safe Kids Mid-Carolinas Region Coalition and Scotland County Health Department held an event collecting over 140 pounds of unused, unwanted or expired medicines were safely disposed of. This important event helps prevent accidental poisonings, drug abuse and also helps protect our waters.
- **Established NEW partnership with Robeson Health Care Corporation** who received a CURES Grant (2017-2018) for Scotland County to address the opioid crisis. Collaborating with the Health Department, Hospice, Laurinburg Police Department, churches and Scotland County Schools to distribute information and provide resources such as lockboxes, and disposable kits.
 - Training for prescribers to learn about safer prescribing options and utilizing the **Controlled Substance Reporting System**
 - **Lock Your Meds Campaign** – to promote secure medication storage and to provide lockboxes for families at increased risk for prescription medication misuse. In 2018, over 300 lockboxes and over 1,000 packets of Dettera and Rx Destroyer were provided.
 - Implemented 13 medication safety presentations impacting over 360 participants.
- Implemented the **CEASE** (Clinical and Community Effort Against Secondhand Smoke Exposure) program at Scotland County Health Department to help decrease childhood exposure to second and third hand smoke through awareness and education.
- Several agencies, including the school system and collaborating with NCTP&C Branch, participated in promoting the **Great American Smokeout** and **Kick Butts Day** events to educate citizens about the benefits of quitting tobacco products. Spring Hill Middle School held an event that impacted nearly 600 students along with parents and others who pick up kids from school!
- **Healthy Communities Program Grant #866** –to help reduce the burden of chronic disease and injury with a focus on underserved populations. Activities included:
 - Conducted a media/social media campaign: three Public Service Announcements recorded to promote tobacco cessation, tobacco use prevention, eliminating exposure to second-hand smoke, and the promotion of smoking cessation through QuitlineNC.
 - Implemented media/social media and messaging campaign 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 and recorded PSAs.
 - Developed a "Smoke Free/Tobacco Free/E-Cigarette Free YOUTH Tobacco Prevention Advocacy Group" working with the NC Tobacco Prevention and Control Branch, Region 6: Health Dept., Hospital, Cancer Treatment Center, and School System to train adults and youth who will lead this effort. Teachers, school nurses, PE Coaches, health educators, community members participated in several educational trainings which we hope to impact nearly 6,000 students county-wide.
 - Promoted **Quitline NC** – (media outreach) educating citizens about smoking/tobacco cessation and utilizing a Quit Coach.

Other, New or Emerging Issues that Affect Health Status:

- **E-Cigarettes/Vaping** – the U.S. Food and Drug Administration and U.S. Centers for Disease Control and Prevention (CDC) released new findings from the National Youth Tobacco Survey (NYTS) showing that more than 3.6 million middle and high school students were current e-cigarette users in 2018, a dramatic increase of more than 1.5 million students since last year. According to the findings, the number of U.S. high school students who reported being current e-cigarette users increased 78 percent between 2017 and 2018 to 3.05 million (or 20.8 percent). Numbers among middle school students rose 48 percent to 570,000 (or 4.9 percent).
 - Nearly 1 of every 20 middle school students (4.9%) reported in 2018 that they used electronic cigarettes in the past 30 days—an increase from 0.6% in 2011.

- Nearly 1 of every 5 high school students (20.8%) reported in 2018 that they used electronic cigarettes in the past 30 days—an increase from 1.5% in 2011.
- **Teen Pregnancy** – although decreasing among females aged 15-19 yrs., continues to be a concern and one we will continue to focus on.
 - \$75,000 Grant for Adolescent Pregnancy Prevention Program partnering with the School System will begin June 2019
- **Violence** – (see Mental Health/Substance Use Awareness)
- **Opioid/Substance Misuse** – (see Mental Health/Substance Use Awareness-Prevention)
- **Unintentional Poisoning** – (see Mental Health/Substance Use Awareness-Prevention)
- **Infant Mortality** – (see NEW Initiatives/Grants/Funding)

NEW Initiatives, Grants/Funding, Events/Programs Addressing the Issues (2018)

- **Scotland County Health Department** –
 - \$35,809 from Division of Public Health/Chronic Disease and Injury Section, Healthy Communities Grant #866 to expand the reach of existing interventions including 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.
 - ICO4MCH (Improving Community Outcomes for Maternal and Child Health – shared grant with Robeson County Health Department to decrease infant mortality
 - \$27,363.66 (2018-2019) Opioid Action Plan Implementation Initiative Grant to provide opioid overdose response training of first responders, service providers, community members, at risk individuals, family members or others in this population, along with education to reduce fatalities caused by opioid overdose.
 - Received approval as a qualified site through the National Health Service Corp – used to retain qualified physician assistants, nurse practitioners and medical doctors, which in turn will help improve health outcomes among the underserved populations.
 - \$18,000 CLAS Standards to Improve Health Equity – to help bridge the gap of healthcare for minorities and the general population.
- **Scotland Health Care System/Scotland Memorial Foundation:**
 - \$45,000 Susan G. Komen Grant to hire a Breast Health Navigator who serves as a consistent care coordinator throughout the continuum of care assessing the physical, psychological and social needs of the patient
 - \$5,000 Blue Scope/Butler – to offer mammograms to underserved women in Scotland Co
- **United Way Campaign** (2018): 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.
- **Robeson Health Care Corporation** – established new collaboration
 - \$70,000 CURES Grant – funding awarded for Scotland County to address the opioid crisis
- **Scotland County School System:**
 - \$2,247,801 (three year) **Innovative Approaches to Literacy Grant** (100% Federal funding) from the US Dept. of Education to support an estimated 2,200 children ages birth to five; 6,000 PreK-12th grade students; 425 teachers, plus the family members of children served across all eleven schools in the district. Overarching goal is to develop students who 'love to read and read to learn'.
 - January 2017, the School Health Advisory Council was selected to pilot a **"Whole School, Whole Community, Whole Child** (WSCC) model to better meet the health and wellness needs of our schools and community.

- **Scotland County Parks and Recreation:**
 - Over \$2,000 raised through the INSANITARIUM second annual Haunted House for Parks and Recreation (Oct. 2018). Funds will be used to enhance programs and services
 - \$11,000 grant from the Tourism Development Authority were used for the 2018 Dixie Softball Tournament in July 2018.
 - Applied for grants to enhance playgrounds, A/C system at Wagram Recreation/Active Living Center in 2019.
 - Special events and family programming has increased by 380% since 2016.
- **ScotLAND Grows Local Foods Council:**
 - Developed ScotLAND Grows Farm Directory available on website and social media to promote local foods access and implemented several outreach activities.
 - \$3,000.00 Community Food Strategies funding (Division of the Center for Environmental Farming, NC State and NC A&T Universities and NC Dept. of Agriculture) for upcoming events and programs
- **Scotland Community Health Clinic:** A 501 (c) 3 charitable clinic provides free primary care and medicine for uninsured residents of Scotland County unable to afford care.
 - \$115,860 - 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.
 - Exploring collaborative initiatives to assess patients regarding their needs for environmental factors "upstream" that can influence health issues "downstream".
- **Emergency Medical Services – Transportation – Emergency Management:**
 - EastPointe donated Narcan Kits (May 2018), used to reverse opioid overdose to all Law Enforcement Officers (Scotland County and City) and training was provided in the use of the drug to reverse opioid overdose and decrease the number of deaths associated.

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 seven years in Scotland County. Unemployment has dropped to near pre-recession levels. This recovery has made some, although small, impact on individuals of the lowest end of the economic scale.

In 2018, there was **one industrial announcement** that amounted to 66 new jobs and \$52 Million in capital investment. Scotland County Economic Development Corporation SCEDC had 10 active projects submitted to NC Commerce at the end of 2018 for companies to review the area.

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, the Crime Stoppers or Community Opioid Prevention Task Force, Scotland Re-Entry Council, and others.
- 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 use 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 and community gardens 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 use awareness and prevention and health screenings.
- Finally, community leaders and other influential community members should always consider priority health issues, health equity, environmental factors and policy when discussing funding options and be more willing to serve as advocates for these issues in the community.

Conclusion:

Due in part to environmental, 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. 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, mental health, 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.

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.

Hard copies of a 'comprehensive' 2018 SOTCH Report will be available upon request at the Health Department, Scotland Memorial Library and at various key agencies for a more detailed look at achievements impacting our citizens.

The 2018 **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 Scotland County's website (under Health Department) 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 2016 Community Health Assessment Report.



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