

State of the County Health Report
2021
Scotland County, NC



Scotland County Health Department
P. O. Box 69, 1405 West Boulevard
Laurinburg, NC 28353 – Phone: (910)277-2440

Scotland County State of the County Health Report ~ 2021

INTRODUCTION:

Scotland County's fifteenth annual **State of the County's Health Report** to the North Carolina Department of Health and Human Services and our community 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 34,174 people in July 2021. This reflects a change of -5.5% 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 highest in State unemployment rate in 2021; is considered a **Tier I** county, which means it's economically distressed according to the State Department of Commerce, and ranked **96th out of 100 for Health Outcomes and 99th for Health Factors** in North Carolina (RWJ County Health Rankings, March 2021). The racial makeup is almost exclusively white and African American with other minorities accounting for 17% of the total population; Population breakdown is:

Race	Scotland County	North Carolina	Gender	Male	Female
White	42.5%	62.6%	Scotland County	49.6%	50.4%
Black	38.9%	22.2%	North Carolina	48.6%	51.4%
American Indian	12.8%	1.6%			
Hispanic	3.3%	9.8%			

(Scotland County Quick Facts from US Census Bureau July 2021 estimate)

Socio-Economics: (NC Employment Security Commission (ESC) Workforce 2021):

Unemployment rate in Scotland County in:	2018	2019	2020	2021
	7.6%	5.6%	11.2%	7.0%
Unemployment rate in North Carolina	4.0%	3.8%	5.6%	3.9%

Scotland County's Labor Force: (NC Dept. of Commerce-Labor Market 2021)

<u>December 2019:</u>	11,539 (642 unemployed)	(10,897 employed)
<u>December 2020:</u>	11,517 (1,295 unemployed)	(10,222 employed)
<u>December 2021:</u>	11,016 (766 unemployed)	(10,250 employed)

Scotland County Poverty Rate: (2016-2020) 29.7% **North Carolina: 12.9%**

Scotland County's 2021 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 2021, Scotland County shows an increase (+) or decrease (-) in certain health issues in the following **morbidity** data: (NCSCHS Vital Statistics, Jan. 2021)

AIDS 5 (+) **HIV** 6 (+) **STD's** 468 (+) **TB** 1 (+)
Asthma (0-14 year olds) # (-) hospitalizations; (all ages) ## (-) hospitalizations (NC Hospital Discharge Data 2021; NC HIV/STD Surveillance Report Vol. 2021, No. 4)

Scotland County struggles with high **mortality** rates of heart disease, cancer, and diabetes. In **2021**, these diseases accounted for **208** of the **409 total deaths** in the county, thereby making them the leading causes of death. These numbers have slightly decreased since the 2019 data. Mortality statistics in Scotland County can be broken down as follows: (NCSCHS 2021). Mortality or death rates are often used as measures of health status for a population.

Total Deaths - All causes – Scotland County: 409

Cardio: 108	Diabetes: 17	Cancer: 83	Stroke: 15
Motor Vehicle Deaths: 6	Unintentional: 12	Alzheimer's: 19	
Pneumonia/Influenza: 1	Asthma: 0	Homicide: 6	
Falls: #	Suicide: 2	HIV: 6	

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 **2015-2019** was 8.0 (per 1000 live births) compared to the state rate of 7.0 (per 1,000 live births). In **2019**, two infant deaths were reported in Scotland County, a rate of 4.5 (per 1,000 population), compared to North Carolina's Infant death rate of 6.8 (per 1,000 pop.), a decrease for Scotland County's infant death rate in 2018 of 6.8 (per, 1,000 pop.) with three infant deaths.

Infant Mortality	Year	White Rate	Minority Rate	Total Rate
Scotland County	2018	7.6	10.1	6.8
	2019	4.5	10.1	8.0
	2020	n/a	n/a	n/a
North Carolina	2018	5.0	12.2	6.8
	2019	4.7	12.5	7.0
	2020	n/a	n/a	n/a

(North Carolina State Center Health Statistics, Jan. 2021)

2019-2021 Priority Health Concerns:

In 2019, **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 2013 and 2019 CHA surveys indicated the same priority concerns were evident with the exception of teen pregnancy, listed as a top five health priority in 2013 and ranked 11th in 2019. Therefore, our Community Action Plans continue to address Chronic Disease (Diabetes and Heart Disease), Physical Activity/Nutrition (**Obesity**) and in 2019 added **Dental Health, Mental Health/Substance Abuse Prevention** to meet the most recent concerns.

Hypertension: (decreased) Death Rates: (2012-2016): 62.2; (2013-2017): 64.7 (2015-2019): 54.2

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 2019, the number of deaths for heart disease in Scotland County was **108** and **15** 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: (2012-2016): 39.2 (2013-2017): 32.2 (2015-2019): 26.6**

In Scotland County, diabetes was listed as the fourth leading cause of death in 2019 and in North Carolina the seventh leading cause of death. Diabetes, diagnosed as the primary cause of mortality, from 2015-2019, **62** deaths ranked Scotland County forty-sixth highest in North Carolina with a rate of 35.4 (per 100,000 population) compared to the rate of 28.5 (per 100,000 population) for the State of North Carolina. (NCSCHS, 2021). 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 Increase)**

Obesity (47.0% of adults) is a condition affecting many residents in Scotland County and is the number one health problem in children. According to the Centers for Disease Control (CDC) childhood obesity is a serious health problem in the United States where 1 in 5 children and adolescents are affected. Some groups of children are more affected than others, but all children are at risk of gaining weight that is higher than what is considered healthy.

Lack of physical activity and poor nutritional habits are major factors in overweight/obesity, diabetes and depression. The North Carolina Child Health Report Card 2021 reports in 2018-2019, children ages 10 to 17 years were at 30.7% overweight or obese, a +0.3% change.

***Heart Disease: (increased) Death Rates: (2012-2016): 235.8 (2013-2017): 238.1 (2015-2019): 262.3**

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 **19,661** deaths in North Carolina in 2019, and **108** deaths in Scotland County (NCSCHS, 2021). 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) Death Rates: (2012-2016): 245.9 (2013-2017): 252.8 (2015-2019): 258.3

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 2019 statistics, cancer claimed the lives of **19,963** North Carolinians and **83** 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 - **8**, colon - **9**, and prostate – **1** (NCSCHS 2021). 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)

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 25.7% decrease in births for girls aged 15 to 19 years (NC Child Health Report Card 2021). Still, teen pregnancy is an issue of concern.

In Scotland County, the number of teen pregnancies in 2018 for **15 to 19 year-olds** was 46, **increased** to 56 in 2019, but **decreased** to 32 in 2020. We continue to have one of the highest teen pregnancy rates and rank 2nd highest in the State according to the Adolescent Pregnancy Prevention Campaign of NC in 2019. The county rate in 2020 is at 32.5 compared to the NC state rate of 22.9 (per 1000 population). The breakdown of teen pregnancies from 2017 to 2020 is as follows:

Scotland County

Teen Pregnancy Rate:	2017 (Repeat)	2018 (Repeat)	2019 (Repeat)	2020 (Repeat)
Age 15-19	63.4	20.3 (12)	6.2	n/a
North Carolina	26.7	22.2	4.6	n/a

(NC State Center for Health Statistics 2021) and (SHIFT NC Sexual Health Initiative for Teens 2021)

Teen Pregnancy: 2017-2021

Scotland Co.	10-14 yrs	w/m	15-19 yrs	w/m	n/w or na
2017	1	0/1	73	21/30	17
2018	0	0/0	41	14/17	10
2019	1	0/1	56	16/28	12
2020	0	0/0	32	6/19	7
2021	#	##/##	##	##/##	##

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) and 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: (2020-2021)

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. In addition, several agencies, local businesses 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 2020-2021

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

- Our partnership with First Health collaborating to provide the **MDPP T2 Diabetes Program** in Scotland County was postponed late in the year 2020 and through 2021 due to the COVID Pandemic and the inability to provide the program in person or virtually. Plans to resume the MDPP T2 Program will resume sometime in 2022.
- **Public Service Announcements** resumed on Breastfeeding, Healthy Aging (Physical Activity and Healthy Eating), Immunizations, HIV/AIDS Prevention, Overweight/Obesity, Smoking/Tobacco/Vaping Cessation and QuitlineNC, Colorectal Cancer Awareness, Hypertension, COVID and others were recorded and aired on WLNC Hometown Radio weekly. Education on these topics are also provided through monthly local radio talk shows.
- Provided **monthly news articles** on health-related topics (obesity, heart disease, diabetes, heat-related illness, child passenger safety, dental health, mosquito, influenza, smoking/vaping, COVID and health issues, etc. in Laurinburg Exchange.
- Scotland Healthcare System, in 2021 provided
 - Screening Mammograms – 6,833 with 102 abnormal and referred
 - Foundation Mammograms (for uninsured) – 322 with 12 abnormal and referred
- The **Community Diabetes Support Group/Education Programs** were postponed due to the COVID Pandemic in mid-2020. We hope to resume this monthly program in 2022.
- Due to the COVID Pandemic, relevant programs, for adults and youth, were put on hold mid-2020. Programs offered through Scotland County's Cooperative Extension EFNEP, Health Department, Parks and Recreation, Consumer & Family Science Program, Scotland Healthcare System and others to increase physical activity and nutrition (Matter of Balance, Tai Chi, Silver Sneakers Yoga, Line Dancing, Walk With Ease, Senior Games, Summer Camps for Youth, MDPP T2, Eat Smart, Move More NC, team sports, etc.) that impacted approximately 3,500 youth and 3,000 adults who participated. We hope to resume programs in 2022.

Dental Health:

Due to the COVID Pandemic beginning mid-March 2020, The NC Oral Health Section's Public Health Dental Hygienists could not provide on-site screenings or services in our schools, but did offer virtual training when possible. However, the NC Oral Health Section was able to retrieve regional data through a Kindergarten Basic Screening Survey for 2019-2020. The results per Region can be found at <https://publichealth.nc.gov/oralhealth>.

The following are projects/activities we were able to complete:

Dental Health

- Recorded two educational **Public Service Announcements** for local radio stations that aired weekly on the benefits of good oral hygiene and children's dental health issues during National Children's Dental Health Month. We also provided education and resources on social media along with an article in the Laurinburg Exchange about children's dental health.
- **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.
- **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.

Substance Use Awareness-Prevention/Tobacco Prevention:

Scotland continues to collaborate with Eastpointe, MCO (Mental Health, Substance Abuse and Suicide Prevention). As of October 2021 there are 19 Scotland-based providers (for-profit and non-profit) endorsed by EastPointe, M.C.O. to provide at least one service related to mental health, developmental disabilities, and substance use. Several services remain in short supply – psychiatric, outpatient

substance misuse, 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**, or through their health care providers.

The following are projects/activities completed this past year:

- **Opioid Prevention and Education Network** – established to enhance the original Opioid Task Force and Scotland County Drug and Crime Council, to address the issue of substance mis-use and prescription drug addiction/poisoning in Scotland County through increased awareness, education, training, prevention and intervention strategies (e.g. Lock Your Meds and Rx Awareness Campaigns) to reduce/prevent deaths associated with overdose or misuse of opioids or other drugs. The COVID pandemic prevented much action during 2020 and 2021, however the O.P.E.N. Group was provided bi-monthly updates, virtual training opportunities, etc.
 - EMS administered Narcan to reverse drug overdose 147 times in Scotland County. Our Laurinburg Police Dept. administered Narcan 12 times and Sheriff's office 10 times in 2020. In 2019, 12.3% of the CHNA Survey respondents reported that alcohol/substance abuse was the biggest behavior risk factor that impacted their family.
 - EastPointe, MCO sponsored several Opioid awareness virtual trainings for EMS, law enforcement and community members.
 - Several key agencies (Health Department, Law Enforcement, School System, Hospital, EMS/EM, DSS, Scotland Community Health Clinic, Robeson Health Care Corporation and others including EastPointe, MCO along with community members are involved. Educational outreach and community forums are underway.
- **Operation Medicine Drop** – April 2021, Scotland County Sheriff's Office in collaboration with Safe Kids Mid-Carolinas Region Coalition and Scotland County Health Department held an event collecting unused, unwanted or expired medicines to be safely disposed of. The amount of medications collected is unavailable at the time of this report. This important event helps prevent accidental poisonings, drug abuse/misuse and also helps protect our waters.
- Continued to implement 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** virtual events to educate youth and adults about the benefits of quitting tobacco and vaping products.
- **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, the "Every Try Counts" and More Powerful Campaigns.
 - 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.
 - Planning is underway to create 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.
 - 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:

- **COVID-19 Pandemic** – Scotland County's first reported case of COVID-19 began in March 2020. Over 8,700 positive cases of COVID were reported from March 2020 thru December 2021 with a total of 129 deaths. 53% of our population is partially vaccinated against COVID, 49% are fully vaccinated, with 24% having a booster. 2021 had several waves of increased cases and

hospitalizations across the United States and Scotland County. The largest number of confirmed cases through broad community testing and the largest occurrence of hospitalizations occurring in late 2021 (associated with the Omicron variant of COVID-19).

- **Employment/Housing** – Scotland County experienced the closing or scaling back of many smaller businesses, restaurants, fast-food eateries and the like due to COVID-19. Sudden unemployment could mean loss of income and/or health insurance, quality housing, inability to afford health care or sufficient food sources, etc. Economic well-being is linked to health outcomes and because of the pandemic, Scotland County has suffered innumerable cases and death associated with COVID-19 and of course unemployment. As of April 2021, our unemployment rate is 10.2% compared to 5.7% this time last year.
- **Teen Pregnancy** – although decreasing among females aged 15-19 yrs., continues to be an emerging concern and one we continue to focus on. Scotland County ranked 2nd highest in 2019.
 - \$75,000 Grant (4 yr) for Adolescent Pregnancy Prevention Program partnering with the School System since June 2019 ending June 2022.
 - \$75,000 to Scotland County Schools for the 2021-2022 project year to support the local implementation of Title V: Sexual Risk Avoidance Education (SRAE). Grant allows SCS to address positive development and sexual risk avoidance among youth.
- **Violence** – is an emerging issue our community declared as one of the highest with over 29 deaths (2015-2019) in Scotland County and continues to escalate with homicides, theft, shootings, assaults, vandalism, property crime, drug use, etc. Scotland County's violent crime rate is 5.97 per 1,000 residents (2021) and in the 11th percentile for safety (89% of counties are safer and 11% of counties are more dangerous).
- **Opioid/Substance Misuse** – Planning for the Opioid Settlement Federal funding is underway with collaborative efforts through public health, hospital, school system, law enforcement, EMS, DSS, EastPointe, M.C.O., Robeson Health Care Corporation and other agencies
- **Mental Health** – has been greatly affected in Scotland County by the COVID-19 Pandemic over the past year and a half. Mitigation measures and news bulletins such as social distancing, virtual/remote learning for school system and students, number of cases and deaths associated with COVID weighed heavily on many in our community. Overdose incidences where Narcan was administered occurred 195 times in 2021. Job losses or cut hours continued which meant less income earned. Crime increased, etc.)
- **Infant Mortality** – continues to be an emerging issue (see NEW Initiatives)

NEW Initiatives, Grants/Funding, Events/Programs Addressing the Issues (2021)

- **Scotland County Health Department** –
 - Provided mass COVID testing and vaccination events and reached 47% fully vaccinated (two-dose) in Scotland County. There were 111 deaths associated with COVID-19 through December 2021.
 - \$115,000 grant from the Division of Public Health as part of the COVID Response Plan which supplied funding to the Health Department to hire a liaison between the school system to assist with the coordination of screening, testing and vaccine efforts to re-open our local schools safely.
 - \$39,900 Advancing Equity grant from the Division of Public Health to assist with COVID screening, testing and vaccination efforts among historically marginalized populations. This initiative addresses COVID-19 health disparities among underserved and high-risk populations in racial and ethnic minority communities.
 - \$34,354 from the 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.

- ICO4MCH (Improving Community Outcomes for Maternal and Child Health – shared grant with Robeson County Health Department to decrease infant mortality
- \$63,500 funding every three years from the Division of Public Health to help reduce infant mortality through Family Reproductive Services, Pre-Natal Care, Safe Sleep Initiatives, child passenger safety education, tobacco cessation and other evidence-based strategies to reduce infant mortality rates in Scotland County.
- \$18,820 in funding from the Public Health Preparedness & Response branch for the annual Bright Ideas grant project. Efforts of the grant application were to support infant feeding in disasters, purchasing special equipment to support lactating families displaced during emergencies in community shelters, and training for shelter/support staff.
- **Scotland Health Care System** (2021):
 - \$5,000 to Scotland Physicians Network for a “Managing Hypertension in the World of Telehealth” program. Funding allowed SPN to purchase 100 BP monitors for its most chronically ill patients, taught them to use and submit results to their health care providers
 - \$13,000 to the Resource Management Department. Funds intended to help patients who face financial challenges obtain durable medical equipment (DME) and medicine.
- **United Way Campaign** (2021): funding met its goal of \$280,000 in 2021. Monies raised go to 18 nonprofit organizations in the county through an application process.
- **Robeson Health Care Corporation** – a collaboration with RHCC since 2018. Plans are underway to continue our collaboration in 2022 as RHCC secured additional grant funding to address the opioid crises in Scotland County. We will push out the “Lock Your Meds” Campaign this year along with education, information and trainings on use of Detterra and Dispose Rx kits.
- **Scotland County School System:**
 - \$75,000 for the 2021-2022 project year to support the local implementation of Title V: Sexual Risk Avoidance Education (SRAE). Grant allows SCS to address positive development and sexual risk avoidance among youth. SCS qualified for funding based on data (e.g. graduation rates, teen pregnancy rates, STD rates and FRPL rates. The NC Healthy Schools Section, at NCDPI, manages these funds and provides technical assistance to districts.
 - Family Academy – District-wide initiative to foster shared responsibility for student success by building trust, collaboration, and engagement among staff, families and the community. Full implementation will start in the Fall 2022-2023. The District’s goal is to have at least 25% of SCS parents to complete the SCS Family Academy.
- **Scotland County Parks and Recreation:**
 - Completing 3rd year of five (5) year park improvement plan
 - Received \$2,000 Wal-Mart Community Grant for enhancements and improvements
 - Through partnership with the Scottish Pilot Club, were able to add a fully inclusive ADA compliant swing at Scotland Yard in memory of the Jordan Family, which was a \$6,000 improvement.
 - Added an AC unit to the gym at Wagram Recreation Center which was a \$55,000 improvement
 - Approved plans to construct a new \$2.5 million recreation center in Laurel Hill, NC
- **Scotland Community Health Clinic:** A 501 (c) 3 charitable clinic provides free primary care and medicine for over 160 uninsured residents of Scotland County unable to afford care.
 - \$128,469 - a sustaining Community Health Grant from the NC Office of Rural Health (2021) to help ensure access to care for uninsured residents of Scotland County and help patients manage their chronic conditions more effectively.
 - Provided over \$2.3 million in medication to uninsured patients in 2021
- **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 on the use of the drug to reverse an 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, 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 recover from the global pandemic. The county has continued an 8-year trend by having an announced industrial expansion or location every year since 2014. Unemployment has dropped to near pre-pandemic levels. This recovery continues to impact individuals on the lowest end of the economic scale.

In 2020-2021, three industrial announcements amounted to 126 new jobs and \$28.9 Million in capital investment. Scotland County Economic Development Corporation (SCEDC) had 13 active projects submitted to NC Commerce at the end of 2021 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 "Community Action Team", Scotland County Cooperative Extension, Adolescent Wellness Council, Scotland Health Care System, Senior Centers, Nutrition Sites, Community Health Clinic, school system, Crime Stoppers, the community Opioid Prevention and Education Network, Scotland Re-Entry Council, or others.
- Citizens can participate in United Way efforts by supporting local organizations, projects, partners, programs and agencies. United Way plays a vital service in 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.
- Businesses 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, and the COVID-19 Pandemic, Scotland County was faced with many challenges, yet remains rich in community resources and people willing to put forth a great effort to keep our communities safe. Scotland County is a small, rural county with some excellent natural resources, but also limited financial resources.

The COVID-19 Pandemic has made a huge impact in Scotland County and across the State of North Carolina. Scotland County faced so many challenges detrimental to the well-being of our communities – from alarming numbers of deaths, illness, job loss, and mental health issues. The Pandemic continues to ebb and flow with new variants and waning of vaccine/community immunity as we approach two years of remaining under various levels of

public health emergencies and disaster declarations. As response continues in various formats, recovery efforts are beginning, too, as many in our community piece together some semblance of normal routines and behaviors. The impacts of the Pandemic will linger across many sectors of our economy and our community.

By focusing on areas where we can make the biggest impact to improve the health and lifestyles of our counties families, 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 four years in collaboration with our health care system.

The purpose of a 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' 2021 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 **2021 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 2019 Community Health Assessment Report.

Kevin Patterson, Director
Scotland County Health Department
P. O. Box 69
Laurinburg, NC 28353
(910) 277-2440

Kathie Cox, B.S., CHES, RHEd
Health Educator II
Healthy Communities Coordinator
Public Information Officer
Scotland County Health Department

www.scotlandcountyhealth.org
www.scotlandcounty.org

State of the County Health Report 2021 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

