

Community Health Assessment
2022
Scotland County, NC



Scotland County Health Department
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Executive Summary

Mission - Vision Statement – Core Values

Scotland County Health Department’s Mission Statement: is to promote quality health through education, disease prevention and control, preparedness, and environmental protection.

Our Vision Statement: to have healthy communities and healthy environments.

Our Core Values: integrity, excellence, collaboration, innovation, and respect. Values reflect principles that our department displays as we interact with coworkers, agency partners, the community, businesses, and the public.

~Acknowledgements~

Leadership, Partnerships, Collaborations

Scotland County Health Department and Scotland Health Care System would like to thank all those who volunteered their time and effort toward planning, developing, and completing the Scotland County Community Health Needs Assessment 2022 (CHNA). Special acknowledgment is given to the Community Health Assessment Core Work Group and the Community Health Advisory Board (CHAB) for their invaluable contributions and time to this body of work. The (Scotland County) Community Health Advisory Board, Core Work Group, and community members are also recognized for their time and consideration in analyzing this assessment data to help determine our priority areas and create action plans delineating the focus and direction for Scotland County Health Department and Scotland Health Care System.

Thank you to those who helped with survey input and development, research and data entry; Kathie Cox, Health Education Department, lead for Scotland County Health Department, Tariq Hargrove, Health Educator, and Jennifer Steen, UNCP Student Intern; Juanita Swinney-Griffith, Scotland Healthcare System’s Director Inpatient Rehab and Nancy Stricklin, RN, Inpatient Rehab, who linked the survey for distribution on Survey Monkey, helped with data analysis reports, provided links to the survey on various websites and created Scotland Health Care System’s third CHNA Report. We’d like to especially thank all staff, agencies, community volunteers and the Community Health Advisory Board who helped provide valuable input along with distributing and gathering the surveys county-wide.

This document process began in April 2022 for planning purposes and was completed in March 2023. It is hoped the work of these individuals, separately and in committee, will serve to enhance health and community services, promote healthy lifestyles and a healthy environment in Scotland County.

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~Community Assessment Core Work Group~

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Leslie Johnson, Community Health & Rehab
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~Scotland County Community Health Advisory Board~

Kathie Cox and Juanita Swinney-Griffith, Co-Chairs
Amanda Deaver, Health Director

Ginger Cousins, Scotland Community Health Clinic Rena Hunt, Laurinburg Housing Authority Lisa Hunt, Primary Care Centers, SPN Felisa Hammonds, Scotland Healthcare Jennifer Jones-Locklear, UNCP Assoc. Professor Nancy Stricklin, Scotland Health Darlene McDonald, School Nurse/SHAC Coy Moody, United Way Haley Powell, Smart Start Betsey Ellerbe, Interim WIC Director Walter Brown, Community Charles Nichols, City of Laurinburg Patricia Powell-Patrick, Scotland County Schools Robert Sampson, Emergency Management Gary Hatchell, Scotland Healthcare Rehab Services	Misty McMillan, Scotland Memorial Foundation Dr. Melba McCallum, Partners in Ministry Angela Galloway, Cooperative Extension Dorothy Tyson, Community member Johnnie Brigman, RDH, NC Oral Health Section April Snead, Director, Dept. Social Services BJ Goodridge, Scotland Memorial Hospital Pastor Lacy Simpson, Jr., Faith Community Bryan Graham, Scotland Parks and Recreation Mary Evans, BOCC, Community Francine McLaurin, Community Derrick Dease, Director, Man 2 Man Anthony Thomas, Mt. Calvary Center Johnnie Brigman, RDH, NC Oral Health Section Michael McNey, Director, Veterans Services
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~2022 Scotland County Board of Health Members~

Dr. Ralph Carter, M.D., Chair

Commissioner Darrel Gibson, V. Chair Nicole Monroe, RN, BSN Dr. J. Earl Bowling, Optometrist Dave Raley, P.E. Vacant, DDS (interim, Betty Gholston)	Diann Beane, RN, Public Charles E. Todd, RPh Dr. M.M. Labib, DVM Beth Hobbs, Public William Matthews, Public
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Partnerships	Number of Partners
Public Health Agency – Scotland County Health Department	1
Health Care System – Scotland Health Care System	1
Healthcare Providers – Scotland Community Health Clinic; Robeson Health Care Corp.	2
Behavioral Healthcare Providers – Eastpointe, M.C.O.; Stephens Outreach Center	2
Dental Health Providers – NC Oral Health Section	1
EMS Providers – Scotland County EMS	1
Pharmacy/Pharmacies – Medical Village Pharmacy; Walmart Pharmacy; Walgreens	3
Community Organization(s) – Veterans Services; Partners In Ministry; NC Works; Mt. Calvary Center for Leadership Development;	8
Business(s) – employers, not organizations:	2
Educational Institutions(s) – UNCP, St. Andrews Presbyterian University, RCC	3
Public School System – Scotland County Schools	1
Media/Communication Outlet(s) – WLNC, WEWO, Beasley Broadcasting; Lamar Advertising; Border Belt Independent; Laurinburg Exchange;	6
Public Member(s)	20
Other – Parks and Recreation; Cooperative Extension; Faith Communities; Sheriff's Dept.; DSS;	

Theoretical Model

A community health needs assessment is a process by which community members gain an understanding of the health, concerns, and health care systems of the community by identifying, collecting, analyzing, and disseminating information on community assets, strengths, resources and needs. There are four basic steps to the assessment process:

- Determine the health status of the community
- Assess risk factors associated with identified health problems
- Identify the health care resources available in our community to promote action directed toward the identified problems
- Establish health priorities and the appropriate interventions

Scotland County's Community Health Assessment uses a population health model. Population health is defined as the health outcomes of a group of individuals, including the distribution of such outcomes within the group. These groups are often geographic populations such as nations or communities, but can also be other groups such as employees, ethnic groups, disabled persons, prisoners or any other defined group. The health outcomes of such groups are of relevance to policy makers in both the public and private sectors. The Healthy North Carolina 2030: A Path toward Health project and the NC State Health Improvement Plan 2022 – was developed as a common set of public health indicators and targets for North Carolina over the next decade to improve the health and well-being of all people in North Carolina.

Methodology, Collaborative Process Summary

Every three years, local health departments across the State of North Carolina are mandated to complete a comprehensive Community Health Needs Assessment (CHNA). It is a requirement of the consolidated agreement between the health departments and the NC Division of Public Health, and the project requires community involvement and collaboration. Although many hospitals were already partnering with health departments to complete this project, the Internal Revenue Service mandated in 2012, that all not-for-profit hospitals participate in a community health assessment every three years.

In the late fall of 2021, Scotland County Health Department and Scotland Health Care System began the implementation of the 2022 Community Health Needs Assessment (CHNA) for Scotland County. The effort focuses on assessing community health needs, local health resources, barriers to care, gaps in services and trends regarding health and healthy lifestyles. The resulting CHNA will be utilized to document community need and link those needs to community benefit efforts. The needs assessment will be utilized to assist the health department and hospital in planning and prioritizing its community outreach and programs through action plans and strategic planning.

Through this assessment, health concerns that affect our population, including available resources that can address these concerns, have been identified. The assessment report serves as a basis for improving and promoting the health of Scotland County residents and can be used as a planning tool to determine the focus and direction in addressing health and community concerns through 2025.

A variety of data and information was collected and analyzed in order to identify key priority health needs of the community. The prioritization process included a review and analysis of:

- 1) **Primary** - qualitative community feedback – data that has been generated through surveys, focus groups, interviews, etc. by the person(s), agency or other entity
- 2) **Secondary** - quantitative statistical data – data generated by large government institutions, healthcare facilities, websites, databases, etc.

Primary Data

The Scotland County Community Health Assessment Survey was modified from the 2019 survey and distributed throughout the County to collect primary data from the community through hard copies as well as internet surveys. A little over 600 surveys were either distributed or answered via Survey Monkey, via links on social media and website and focus groups were also conducted to further identify or confirm priorities for our County. Survey Results are provided in the Appendix Section. Following is data related to the surveys.

- Leading causes of death – *heart disease, cancer, homicide/violence, diabetes, drug/alcohol use*
- Priority health issues – *high blood pressure, diabetes, heart disease, obesity, cancer*
- Priority risk factors – *lack of physical activity, substance use, crime/violence, Tobacco/Vaping, poor nutrition*
- Leading factors affecting families seeking medical treatment – *lack of insurance, unable to pay for visits to a doctor, no appointments available when needed, and transportation*
- General concerns – *economic/unemployment, health insurance, mental health, crime/violence, lack of positive youth activities, substance misuse*
- Environmental concerns – *safe places to walk and play, healthier food choices,*
- Services and educational opportunities – *Mental health, positive youth activities, rehab, wellness, pregnancy prevention, dental screenings, smoking cessation and more*
- Respondents indicated they support tobacco-free public places/buildings in Scotland County

Secondary Data:

Secondary data is collected from various resources such as the NC State Center for Health Statistics, NC Department of Health and Human Services, NC Department of Commerce Labor and Economics, NC Department of Justice, annual reports, surveillance reports and others indicated throughout the CHNA Report.

Identified Health Priorities and Areas of Opportunity

The 2022 Community Health Assessment Survey results indicated respondents felt the top five community health priorities were High Blood Pressure, Obesity/Overweight, Diabetes, Heart Disease/Stroke, and Cancer. The top five behavior risks identified were lack of physical activity, substance misuse (alcohol/drug use), crime/violence, tobacco/vaping and poor nutrition. The table below depicts the top ten priority health concerns in 2022 with the two health issues highlighted in red as opportunities for focus.

A third area of concern will focus on Scotland County's youth as one's youth is typically the most dynamic and healthy stage, it is also one of the most critical stages of human development. Adolescents are more vulnerable in certain situations and are at risk of making unsafe or unhealthy choices. These unhealthy behaviors may lead to long-term risk factors for health conditions as adults. Therefore Scotland County Health Department, Scotland Healthcare System and Scotland County Schools determined it is important to promote physical, emotional and intellectual well-being and necessary to engage youth in promoting positive behaviors, social roles and relationships.

2022 Health Priorities	2022 Behavior Risk
High Blood Pressure	Lack of Physical Activity
Obesity/Overweight	Substance Use (Drugs and Alcohol)
Diabetes	Crime/Violence
Heart Disease/Stroke	Tobacco Use/Vaping Products
Cancer	Poor Nutrition
Asthma/Lung Disease	Lack of Dental Health
COVID-19	Bullying
Mental Health (Substance Use)	Suicide
Dental Health	Unprotected Sex
Tobacco/Vaping	Child/Spouse/Parent Abuse

In addition to the review of the above, additional meetings with stakeholders and community members were facilitated to develop action plans concerning the health issues indicated by the community responses. To select priorities and related strategies, the following criteria were considered:

- Data and community feedback indicated the issue is an important community need
- Scotland County Health Department and Scotland Health Care System has the capacity to impact the issue

- Addressing a selected issue holds the potential to affect other key health conditions, therefore creating a multiplying effect
- Strategies selected align with and support the Scotland County Health Department and Scotland Health Care System's mission, vision and strategic plans
- Strategies selected take in consideration current assets in both the community and within Scotland County Health Department and Scotland Health Care System, along with those identified in the Healthy North Carolina 2030 Objectives

In considering the above, the following are selected as priorities:

1. Obesity/Overweight (Hypertension, Heart Disease, Diabetes and Cancer)

Overweight and obesity are the accumulation of abnormal or excessive fat that poses a risk to overall health. Over the last few decades, there has been a drastic increase in the prevalence of obesity. This public health crisis increases an individual's chance of developing type 2 diabetes, high blood pressure, certain cancers, stroke and heart disease. Overweight and obesity are significant risk factors for both children and adults in Scotland County and is the number one health problem in children. Based on Scotland County data, people are experiencing a higher percentage of poor health, poor physical health days, and more physical distress compared to other counties in North Carolina.

Diabetes prevalence is 20%, adult obesity is 47%, physical inactivity is 28%, and access to exercise opportunities is 66%, with high rates of heart disease and hypertension, all of which show poorer performance levels than the State average. In addition, the County's food environment index is 5.5/10.0 and 21% of our population experiences food insecurity, while 8% have limited access to healthy foods, according to County Health Rankings 2021.

To combat obesity and related health conditions, several programs will be maintained, enhanced, and/or initiated that include screenings to identify potential risk factors or detect early-age disease, increase community access to fresh produce, offer support groups and provide education concerning nutrition, heart health and chronic disease prevention or management.

2. Mental Health and Substance Use/Misuse including Tobacco/E-Cigarettes

In the United States, one in five or approximately 45.6 million adults experience a mental health condition each year. Despite high prevalence, stigma and other barriers often prevent people from receiving needed mental health care. As a result, many engage in substance misuse. Prescription and illicit drug use are classified as an epidemic as drug overdose rates have tripled in the last few decades.

Based on Scotland County data (County Health Rankings, 2021), people experience more poor mental health days, more frequent mental distress, and a lower quality of life compared to other counties in North Carolina. Additionally, according to the CDC, 2022 data, adult smoking (17%), the increase in middle and high school students' use of e-cigarettes (17.4%), excessive drinking (17%), alcohol-impaired driving deaths (30%), and insufficient sleep (41%). There are also more reported drug overdose deaths when compared to the national level, but the data is consistent with that of the State. In comparison, Scotland County data indicates adult smoking at 27%; excessive drinking at 15%; alcohol-impaired driving deaths (28%); and insufficient sleep (32%).

Addressing mental health and substance use/misuse is one of the County's top priorities for public health. To address the existing issues, several initiatives, programs or collaboratives including the Opioid Settlement Federal funding, will be enhanced and/or initiated. These will continue to address the opioid crisis and other substance misuse problems including tobacco and e-cigarette use, training community members, nurses, physicians, EMS, law enforcement on use of Naloxone to prevent or reduce overdose deaths in Scotland County. Education concerning substance use along with promotion of overdose prevention will also ensue.

Scotland continues to collaborate with Eastpointe (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 to provide at least one service related to mental health, developmental disabilities, and substance misuse. 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 the Eastpointe Call Center at 1-800-913-6109 or TTY 1-888-819-5112, or their health care providers.

3. Positive Youth Engagement and Healthy Behaviors

To promote positive youth activities, several programs will be initiated collaboratively that will offer parent development, professional development for daycare workers, teachers, youth coordinators, etc. and provide education on topics including physical and dental health, bullying, seatbelt safety, substance use/misuse, overdose prevention, tobacco/e-cigarette use prevention, nutrition, mental health, safe sex and literacy.

Based on Scotland County Health Ranking data, there is a significantly higher number of premature deaths, higher rates of child and infant mortality, and higher teen birth rates in Scotland County compared to other counties in North Carolina. Additionally, low birthweight is 14%, uninsured children is 5%, high school graduation is 80%, children in poverty is 46%, children in single-parent households is 48%, and disconnected youth is 11%. According to the North Carolina Child Health Report Card 2021 reported children ages 10 to 17 years were at 30.7% overweight or obese, a +0.3% change.

Next Steps....

The next step in this process will be to develop community improvement plans that will address the identified priorities for the next three years (2022-2025). Scotland County Health Department along with Scotland Health Care System, will work together to develop measurable objectives using evidence-based strategies to address these priorities. For more information or how to become involved, contact Scotland County Health Department at (910) 277-2440 or Scotland Healthcare System at (910) 291-7624.

Dissemination of Community Health Needs Assessment Report

This Community Health Needs Assessment Report will be made widely available to the public, to key stakeholders, agencies and posted on Scotland County's website: www.scotlandcounty.org under "Health Department", Scotland Health Care System's website: www.scotlandhealth.org, made available at Scotland County Memorial Library, at each municipality offices, and other agencies upon request along with providing the report to Scotland County's Legislative and Senate Representatives.

Preface

In the spring of 2022, Scotland County Health Department and Scotland Health Care System began the process and implementation of a Community Health Needs Assessment (CHNA) for Scotland County. This collaborative effort focuses on assessing community health needs, local health resources, barriers to care, and trends regarding health and healthy lifestyles. The resulting CHNA will be utilized to document community need and link those needs to community efforts of our health systems. The needs assessment will be utilized to assist the health department and hospital in planning and prioritizing its community benefit investments and outreach efforts.

The 2022 CHNA Report, an accreditation requirement for Scotland County Health Department, is Scotland County's **seventh** Community Health Assessment since 2001. The community health assessment is a process by which community members gain an understanding of the health, concerns, and health care systems of the community through identifying, collecting, analyzing, and disseminating information on community assets, strengths, resources, and needs.

The concerns of the community (primary data) were received through health opinion surveys disseminated randomly throughout Scotland County in 2022 with a total of nearly 600 initial surveys received along with a secondary survey and focus group responses. Secondary (or statistical) data from the NC State Center of Health Statistics, NC Division of Health and Human Services and local organizations were also accumulated to identify health problems, evaluate health resources, and develop strategies for addressing these problems in Scotland County. The assessment provides direction and focus for the Community Health Advisory Board, Scotland County Health Department, Scotland Health Care System, Scotland County Department of Social Services, Scotland Cancer Treatment Center, Scotland Community Health Clinic and many other community agencies and organizations in Scotland County.

Scotland County Health Department must provide the State of North Carolina, Department of Health and Human Services, a comprehensive community health assessment every three years and a State of the County Health Report in each of the interim years. The North Carolina Division of Health and Human Services administers this three-year cycle. Support and training for this community assessment is provided by the North Carolina Division of Public Health.

The Scotland County Community Health Improvement Plans focusing on the identified top three priorities of Obesity (physical activity/nutrition (youth) and chronic diseases (adults), Mental Health (quality of life), Substance Misuse (opioids, tobacco/e-cigarettes), and Youth Behaviors corresponding with the Healthy North Carolina 2020/2030 focus areas, and will follow in the summer of 2023.



St. Andrew's University Bagpipers

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John Blue Cotton Festival, Laurinburg, NC

Section I

Introduction

The Scotland County Community Health Assessment 2022 serves as a basis for improving and promoting the health of Scotland County residents. Through this assessment, health concerns that affect our population including available resources that can address these concerns have been identified. The information will assist health organizations within Scotland County in determining priority health issues, identifying resources, and planning community health programs. Responses were sought from all areas of the county and across the board representation provided from all communities and ethnicities to complete the assessment. The results of this assessment are available as a planning tool to determine the focus and direction in addressing health and community concerns with the Healthy People 2030 Objectives in mind.

~Scotland County, North Carolina~

Geography

Scotland County is nestled on the border of North and South Carolina known as the 'Sandhills Region', just 100 miles from sandy beaches to the east and a few hours from the magnificent mountains to the west. Scotland County is halfway between Charlotte, the state's largest city, and Wilmington, the state's largest port and only two hours from our state capital, Raleigh. Interstate 95 is just minutes away and four U.S. highways intersect the county. The Lumber River flows along the northeastern edge of the County. Laurinburg is Scotland County's largest town and also serves as the county seat. Gibson, Wagram, East Laurinburg, Laurel Hill and part of the town of Maxton make up the various communities in the county. The surrounding counties include Hoke, Moore, Richmond and Robeson County and Marlboro County in South Carolina.

Scotland County has a total area of about 319.14 square miles with 318.99 square miles of land area. Its land size is 18 miles east to west and 25 miles north to south. The elevation of Scotland County is 227 feet above sea level. The county's average temperature is 49 degrees Fahrenheit in January and 80 degrees Fahrenheit in July. The average annual rainfall is 48 inches.

History

The earliest settlers of Scotland County were composed mainly of Highland Scots. It is believed that settlers arrived in what is now Scotland County as early as 1729. Today long-time Scotland County residents can trace their ancestry to a variety of ethnic heritages including African American, Scotch-Irish, English and Welsh. The political beginning for Scotland County occurred in 1899 when the legislature of North Carolina created Scotland County from the original county of Richmond. In the following years, Laurinburg grew as a result of the railroad and the textile industry.

Scotland County is an "All-America" county with Laurinburg, the county seat, capturing three All-America City awards. Though Scotland is one of the smaller counties in North Carolina, it exemplifies a commitment to excellence and a tradition of continuous self-improvement. It stands tall in economic development, community pride and volunteerism.

Scotland County is home to 25 major industries, four shopping centers, St. Andrews Presbyterian University, a hospital/health care system, ten public schools including one early college high school, three private schools and nearly 150 Churches, Scotia Village Retirement Community, and the Lumber River Canoe Trail.

Demographics

In July 2022, the estimated population of **Scotland County** was 34,637, for total population in North Carolina and designated as "rural" in the United States census. This represents a change of -4.8% since April 1, 2010. Nearly 18,660 (51.6% urban) citizens live in Laurinburg, the County seat, and 48.4% (rural areas). **Laurinburg, Gibson, Wagram, East Laurinburg**, unincorporated **Laurel Hill** and **Maxton** make up the various townships/communities in the county. (NC Dept. of Commerce County Profile May 2022)

Population density is 113.4 per square mile. The population growth projection for 2021 is 34,227. The median age in Scotland County is 39 yrs.

Scotland County Community Health Assessment | 2022

Population density is 113.4 per square mile. The population growth projection for 2021 is 34,227. The median age in Scotland County is 39 yrs.

A table depicting population percentages by race follows using Richmond County as a peer county and the State of North Carolina:

Race	Scotland County	Peer County	North Carolina	Gender	Male	Female
White	43.2%	60.5%	70.1%			
Black	39.0%	32.2%	22.3%	Scotland	49.6%	49.9%
American Indian	13.8%	3.4%	1.6%	North Carolina	48.6%	51.1%
Hispanic	3.79%	7.3%	10.2%			

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

Age Distribution 2021: Age 0-17 (30.0%) Age 18-64 (59.3%) Age 65+ (18.6%)

Socioeconomic Factors:

<u>Year</u>	<u>Scotland County Per Capita Income</u>	<u>North Carolina Per Capita Income</u>	<u>United States Per Capita Income</u>
2017 to 2021	\$23,230	\$34,209	\$37,638

(Scotland County US Census Bureau 2017-2021)

Scotland County 2021-2022:

- Adopted tax rate is \$1.00 within city limits
- Adopted tax rate is \$1.05 for the county;
- Current city tax rate is .40 per \$100 valuation
- Projected Median Household Income - \$32,739
- Average weekly wage for all industries – approx. \$909 (4th Qtr 2021)

Scotland County Poverty Rate: (2017-2021) **24.4%**

- Richmond County 26.2%
- Bladen County 21.6%
- Anson County 21.2%
- Montgomery County 17.6%

NC Poverty Rate: (2017-2021) **13.4%**

The percentage of poverty/economic hardship varies by race: (2017-2021)

- African American 40.89%; American Indian 22.2%; White 17.0%
- Child Poverty rate – 40.2% compared to North Carolina rate of 36.0%
- Elderly Poverty rate – 15.0% compared to North Carolina rate of 10.2%
- Low-income less than twice the federal poverty level – 52.0%
- Children eligible for free or reduced-price lunch – 100%

With the downturn in the economy over the past recent years, poverty rates have increased slightly but are much higher than the nation's 12.8% poverty rate. Scotland County's poverty rate decreased slightly from 29.7% in 2020 to 26.1% in 2021, when compared to the state's poverty level of 13.4%.

(US Census Bureau, 2017-2021). (NC Department of Commerce/ACCESSNC October 2021).

Medicaid Eligibility

According to the NC Office of State Budget and Management (June 2023), 16,365 people in Scotland County are currently receiving Medicaid. The table below compares peer counties.

Medicaid Eligible Population			
Residence	2020	2021	2022
North Carolina	23.3%	24.8%	27.4%
Montgomery	30.0%	31.2%	36.0%
Anson	34.4%	37.8%	43.8%
Bladen	32.5%	34.0%	43.7%
Scotland	40.4%	41.1%	47.1%
Richmond	42.4%	44.4%	50.2%

NC Department of Health and Human Services/Medicaid 2023

Employment/Unemployment

Since 2020, the unemployment rate in Scotland County was at 6.0% and in November 2022 at 6.4%. The following chart shows the unemployment rate and ranking trend since 2020 showing our economically distressed county continuing to be one of the highest in the state:

<u>Year</u>	<u>Unemployment Rate</u>	<u>Unemployment Rate/NC</u>
2020	6.0%	7.2%
2021	5.9%	4.9%
2022	6.4%	3.6%

As of this report, the **top three employers** in Scotland County are: Scotland County Schools with 50-999 employees, Scotland Memorial Hospital with over 1,000 employees and County and Department of Public Safety with 250-499 employees along with 8 manufacturing industries with over 100 employees each.

(NC Dept. of Commerce/ACCESSNC 2023)

Most of the workforce, approximately 21.8% works in manufacturing with the second highest being 14.8% in healthcare and social assistance. The other workforce is divided between 11.4% in educational services, 11.8% in retail, 3.69% in public administration, 8.66% in accommodation and food services, and 3.68% in construction. Other employment percentages show 1.82% in finance and insurance, and 1.08% in arts, entertainment, and recreation.

Unemployment Rates Peer Counties			
Residence	2020	2021	2022
North Carolina	7.2%	4.9%	3.6%
Montgomery	4.7%	1.7%	3.7%
Anson	4.1%	6.3%	4.4%
Bladen	4.8%	3.0%	4.3%
Richmond	7.9%	5.1%	5.0%
Scotland	6.1%	5.9%	6.4%

NC Dept. of Commerce Labor & Economics/ACCESSNC (2022)

Social Services

In F/Y **2021-2022**, Social Services investigated **523** reports of Child Abuse/neglect and substantiated **114** of those reports. DSS evaluated **26** reports of abuse, neglect and exploitation of disabled adults. DSS maintained **10,785** total Medicaid cases and **15,822** individuals received benefits from Medicaid.

The Social Services staff provided child care subsidies for **561** children at a cost of **\$2,772,351**, to enable parents to train for work or go to work. DSS issued **\$33,084,721** in Food Assistance to **5,375** families, including children, elderly and disabled adults. DSS collected **\$5,493,675** in child support payments and established paternity for **212** children and established and enforced **3,687** support order/obligations.

DSS also approved **187** applications to receive **\$46,784.37** in Crisis Intervention funding toward heating or cooling costs and assisted **1,536** households with Low Income Energy Assistance totaling **\$532,947.92**. **There was also 1 Energy Neighbors Application totaling \$262.00.**

(Scotland County Department of Social Services Annual Report 2022)

Education

The **Scotland County School System** is home to six elementary schools serving students grades Pre-K through five: I. Ellis Johnson, Laurel Hill, North Laurinburg, South Scotland, Wagram and Sycamore Lane; two middle schools serving students grades six through eight: Carver and Spring Hill; one early college high school that allows students to attain a high school diploma and an associate's degree in five years on the campus of Richmond Community College. Shaw Academy serves students in grades 6 through 12 who have difficulty adjusting to a more structured environment.

Scotland County Schools are committed to addressing the needs of the "whole child" by having healthy, safe and orderly schools. Many programs and services are available for children at risk of academic failure. **Students in our county have access to social workers, school nurses, school counselors, School Psychologists, school-based Mental Health Workers, Attendance Liaisons and a Director of Student Support Services.** These professionals can work with students on an individual and/or group basis to address barriers that prohibit them from being successful in school.

Scotland County School system is one of twenty-one school systems in North Carolina selected for the school-based **Child and Family Support Team Initiative**, now in its fifteenth (2022-20230) year of implementation. Teams of nurses and social workers have been placed in six schools within the district to assist children and families in securing resources and services to help the child be successful in school. This initiative is voluntary and family-centered. Action plans are developed in collaboration with other community programs and services that address the needs of the family. Plans are underway to train personnel in the remaining schools to facilitate child and family meetings as these meetings have proven to be very productive.

School Nurse to Students Ratio: 1:750 or less. Scotland County school nurses are very busy with a variety of duties including screening children for health risks (vision, hearing, blood pressure, height, weight, etc.), developing emergency action plans, and individual health plans for students with ongoing health issues. Homebound services are offered to address the academic needs of students who have to be out of school for an extended period due to health concerns. The system also has a protocol in place for mental health emergencies to assist students with remaining safe and obtaining the help that they need.

Scotland County Child Nutrition Department *Currently, 100% of the student body is eligible for free or reduced lunches through the Community Eligibility Provision (CEP); part of the Healthy Hunger Free Kids Act of 2010.* The Child Nutrition Department's goal is to serve good, nutritious meals in a clean, safe and friendly environment.

All schools have a **"Multi-Tiered Systems of Support"** Team (MTSS) which assists children who may be having any variety of difficulties. The majority of the SCS are trained to implement Positive Behavioral Interventions and Supports (PBIS) which is an evidence-based program proven to reduce school behavior problems. The On Track Progress Teams work diligently to reach students who have dropped out or are considering dropping out. The Judicial Attendance Council has been successful in increasing the attendance of students referred for truancy issues. This council meets monthly and includes a variety of members in the community.

Graduation Rates: The overall four-year cohort graduation rate for Scotland High, the Early College and Shaw Academy was 90.22%. Scotland Early College had a graduation rate of ≥95%. **The graduation rate for Black students at Scotland High School was 91.8%. The rate for White students was 92.6%, American Indian students were 84.5% and Hispanic students had a graduation rate of 78.6%; however, non-English Learners graduated at the rate of 84.5%.**

Proficiency Rates: Scotland County's proficiency reading rate for End of Grade in ELA was 30% while the State average is 48%. In addition, 29% of students were proficient in math (50% for NC), 43% proficient in biology (52% for NC), and 44% proficient in English (58% for NC).

Private Schools include the **Laurinburg Institute** - a private secondary school that serves African-American high school students; the **Scotland Christian Academy** which serves approximately 250 students in kindergarten to 11th grade, **Westside Baptist Church School** and **Stewartville Baptist Church** which serves kindergarten through 12th grade.

Higher education - Scotland County is home to **St. Andrews Presbyterian University** – a 4-year liberal arts college serving approximately 900 students from all over the world. **Richmond Community College** operates centers in Scotland County and focuses its vocational program in this area. The **University of North Carolina Pembroke** is located 15 minutes to the east of Laurinburg in neighboring Robeson County and offers a full range of undergraduate and graduate degrees.

Educational Attainment – Scotland County (2017-2021)

- In 2020, St. Andrews Presbyterian University awarded 116 degrees.
- 81.3% graduation rate compared to 86.9% of North Carolina residents aged 25 years or older graduated from high school (2017-2021)
- 15.3% of adults had a bachelor's degree or higher compared to 33.0% for the state. (2022)
- Approx. 18.7% of adults over the age of 25 in Scotland County have less than a high school education and read at the Level 1 literacy rate. (US Census Bureau, Scotland County Quick Facts/NCEDIS).

Environment/Air Quality/Heat Index

The Environmental Health Section of Scotland County Health Department protects and improves the public's health by controlling the environmental factors which can adversely affect human health. Environmental Health Specialists provide preventive health through inspections, education, and enforcement of state and local rules in programs for food and lodging, on-site wastewater disposal, pools, tattoo establishments and institutions, poisoning and animal control. Scotland County Health Department has two Environmental Health Specialists and two Animal Control Officers to provide services for the county.

In F/Y 2021-2022, the Environmental Health Department provided **33** new well permits (down from 38 in F/Y 2020-2021); **90** on-site wastewater improvement permits (down from 133 in F/Y 2020-2021); **274** food and lodging establishment inspections, **12** swimming pool inspections (up from 8 in 2020-2021), **30** day care inspections with **2** child lead exposure; Responded to complaints as follows: **0** sewage; **4** food, **0** water, **0** livestock and **0** mold complaints.

The North Carolina Division of Air Quality (NCDEQ) monitors the condition of outdoor air tracking. Air Quality measures how clean the air is and the health effects that are concerned across the state to protect the public from harmful ozone and fine particle pollutants. Each summer brings hot weather to the Carolinas, but occasionally a period of exceptional heat develops and lingers for days or weeks. These *heat waves* can injure or kill people, animals, and plants exposed to the sun and hot temperatures for long periods of time. Large electrical demand for air conditioning can, in exceptional cases, lead to local or regional power disruptions. Crops and livestock can also be affected by drought, which has accompanied many of our worst heat waves. Destructive wildfires can spread in dry conditions during these drought/heat wave combinations. Through August 2022, there were over 3,415 heat-related emergency department visits in North Carolina. A Heat Prevention Specialist in Scotland County is working with NCDHHS/Division of Public Health, Occupational & Environmental Epidemiology Branch to educate the public (elderly and student-athletes) about Heat-Related Illnesses.

Animal Control:

The Animal Control Program of the Scotland County Health Department is charged with the responsibility of enforcing state and county laws, ordinances, and resolutions pertaining to the care, custody and control of county animals.

In **F/Y 2021-2022**, the North Carolina State Laboratory confirmed no positive cases of rabies in Scotland County. Rabies is transmitted from one animal to another and from animals to people. Officials ask citizens to stay aware and have their animals vaccinated by a licensed veterinarian. Scotland County Animal Control during (F/Y 2021-2022) had **2,481** animal control calls; **165** animal control ordinance violations (loose or tethering); **25** animal bite investigations and **799** animals impounded.

The City of Laurinburg has one Animal Control Officer who provides services within city limits and enforces city ordinances and state laws.

Scotland County's Animal Shelter is responsible for providing temporary care, housing and adoption services for unwanted, owner-relinquished, and lost pets including cats and dogs. Shelters provide a variety of services that promote the humane treatment of animals in Scotland County. Scotland County is ranked **38th of 100 counties** in Animal Shelters per capita, and **48th of 100 counties** in Animal Shelters per square mile.

Transportation

Transportation continues to play a vital role in the health and well-being of Scotland County residents since "transportation" enables or diminishes access to services such as health care, as well as access to employment, school, day care, and more. Scotland County Area Transit System (SCATS) has eleven public transportation vehicles. These can be used by eligible Medicaid clients and the general public to go to pharmacies and medical appointments within the City of Laurinburg and in Scotland County. Scotland County Area Transit System (SCATS) continues to respond and serve the transportation needs of programs such as Work First, the Division of the Blind, Council of Government Council on Aging clients over age 60, Medicaid recipients, and the elderly and disabled population. The system also continues to transport clients to Moore Regional Hospital, UNC Medical Center, and Duke Medical Center for medical appointments, and to various clinics, pharmacies, and medical services not available in Scotland County.

The SCATS system maintains two fixed routes serving approximately 1,800 to 2,000 passengers monthly. The Red Line Route serves East Laurinburg and the north side of Laurinburg. The Blue Line Route serves the north and east side of Laurinburg with several stops on the southern end of town. The two routes (the Blue Line and the Red Line) have several common stops that allow riders to transfer from one line to the other to reach different areas of the community. Scotland County Area Transit System (SCATS) runs Monday through Friday from 8:00 am to 5:00 pm and costs \$1.00 per person per day.



Recreation

Recreation and leisure are important aspects of life in Scotland County. Parks and playgrounds, festivals and football games, fishing and canoeing on the Lumber River, small lakes, golfing on two public courses and a private country club course, fitness activities and sports for youth, and numerous entertainment opportunities for the entire family are only the beginning. Scotland County is home to the popular John Blue Cotton Festival, held annually in October on the grounds of the historic John Blue House. The festival celebrates the contributions and innovations of those who lived the rural Southern farm life more than 100 years ago. Other opportunities include outdoor concerts such as Laurinburg After Five events, ENCORE! Community Theatre, the Kuumba Festival celebrating the county's African American heritage, the Storytelling and Arts Center featuring renowned events such as the Boldface Liar's Showdown, and the renowned Highland Games with the sounds of wailing bagpipes are familiar to many community gatherings, symbolizing the county's strong Scottish heritage.

Scotland County Parks and Recreation's mission is "to actively encourage, provide and promote quality leisure, recreation and cultural opportunities, facilities and environment which are essential to the health and enhancement of the lives of our citizens." Quality of life is addressed by the park system and summer programs offered. Adult and youth sports are a strong component of the Parks and Recreation offerings with approximately 1,550 youth ages 5 to 15 participating each year. A new comprehensive guide to summer programs is now available to citizens of Scotland County through Parks and Recreation. Scotland County is home to 16 area parks, some with walking trails and maps available to the public. The **James L. Morgan Recreation Complex** is home to four baseball fields (for games and tournaments), five soccer fields, a disc golf course, and a "Splash Pad" which opens late spring through Labor Day Weekend for children of all ages.

The NC Division of Aging projects 53% of Scotland County's population will be 60 years of age or older by 2035. **Scotland Place Senior Civic Center** strives to enrich the lives of Scotland County adults aged 55 and over through programs and services that will improve their health and wellness, decrease their loneliness and isolation, as well as provide social, economic and educational opportunities that enhance their quality of life. The "Senior Center" is home to most of the activities and provides numerous year-round opportunities for aerobic exercises, Bingo, dancing, group meals, bus trips, movies, basket weaving and woodcarving to name a few. The evidence-based American Arthritis Foundation Exercise class "A Matter of Balance" provides structured programs with confirmed benefits, along with a Grandparent Support Group that addresses the needs of grandparents raising children. Senior Games draw in the older generation to try their hand at various sports, which include horseshoe throwing, basketball throwing, shuffleboard, and swimming.

The **Wagram Recreation/Active Living Center** became the multi-purpose senior center for Scotland County in March 2014 expanding services and programs for all generations and providing activities to increase physical activity. The Parks and Recreation Advisory Board and Recreation Foundation continue to plan for future recreational activities.



Wagram Recreation/Active Living Center



James L. Morgan Sports Complex

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Scotland County Sheriff's Department: Scotland County had an Index Crime Rate of 3,444.7 in 2020 and 3,528.0 in 2021 (per 100,000 population). An Index Crime includes the total number of violent crimes (murder, rape, robbery, and aggravated assault) and Property Crimes include (burglary, larceny, and motor vehicle theft). See **Crime Table** below for information relating to crime in Scotland County for 2021 and 2022.

Scotland County	Offense Category	2021	2022
	All Other	1,044	1,016
	Disorderly Conduct	52	46
	Driving Under Influence	31	37
	Trespass of Real Property	48	68
	Drunkenness	0	1
	Peeping Tom	0	1
	Liquor Law Violations	1	2
	Family Offense, Non-violent	2	3
Total		1,178	1,174

(NC Department of Justice 2022 Data)

Emergency Medical Services

For 2022, Scotland County's Emergency Medical Service (EMS) reported 496 calls for traffic accidents and responded to 7,248 emergency (911) calls. The tables below show the top five leading calls including Pandemic/Epidemic/Outbreak calls for EMS for 2020, 2021 and 2022. In 2019, EMS administered Narcan for overdose #92 times; #169 times in 2020; #195 times in 2021; and #184 times in 2022.

2020 - Top 5 Leading Calls	Number
Sick Person	657
Falls	596
Transfer/Interfacility/Palliative Care	510
Unconscious/Fainting	378
Breathing Problems	310
2020 - Other	Number
Pandemic/Epidemic/Outbreak	935
Traffic Accidents	568
Total 911 Calls for EMS	6422

2021 - Top 5 Leading Calls	Number
Sick Person	899
Falls	761
Transfer/Interfacility/Palliative Care	610
Unconscious/Fainting	413
Breathing Problems	376
2021 - Other	Number
Pandemic/Epidemic/Outbreak	769
Traffic Accidents	540
Total 911 Calls for EMS	7094

2022 - Top 5 Leading Calls	Number
Sick Person	1212
Falls	852
Transfer/Interfacility/Palliative Care	597
Breathing Problems	506
Unconscious/Fainting	436
2022 - Other	Number
Pandemic/Epidemic/Outbreak	183
Traffic Accidents	496
Total 911 Calls for EMS	7248

Laurinburg Police Department: Through December 2022, the Laurinburg Police Department records show there were 45 reported arrests for DWI (Driving While Intoxicated) with 24 involving alcohol-related accidents with no fatalities.

Highway Patrol – Scotland County

According to the North Carolina Department of Transportation, in a recent ranking of North Carolina counties with the most dangerous roads, Scotland County placed just inside the top five in the state. The state released county crash rankings with Scotland County ranking 3rd in 2022 (2nd in 2021 and 7th in 2020). The report stated Scotland County has a five-year average of 830 crashes (2018-2022) with an average of 13 fatal crashes per year. The average three-year annual cost of accidents in Scotland County is approximately \$246,371,133 million based on a three-year average of all reported crashes in 2021.

According to the North Carolina Highway Safety Research Center, there were 14 traffic fatalities in Scotland County in 2022 with one involving alcohol, 25 fatalities in 2021, and nine in 2020.

Motor Vehicle Crash Deaths

From **2016-2020** the age-adjusted unintentional motor vehicle injury death rate for North Carolina was **15.1** (per 100,000 population). Scotland County's rate for the same period was **24.2** (per 100,000 population). (NC State Center for Health Statistics, 2021)

Health Care Providers/Ratio

In terms of health care resources, in 2021 Scotland County had a rate of 19.4 physicians (per 10,000 population); 90.4 Registered Nurses (per 10,000 pop.), 9.55 Nurse Practitioners (per 10,000 pop.), 3.09 Physician Assistants (per 10,000 pop.), 1.97 (per 10,000 pop.) Dentists and 3.93 Pharmacists (per 10,000 pop.) (SHEPS Health Workforce NC 2022)

Breakdown of medical doctors in Scotland County 2022 (by specialty) is:

Anesthesia	4	Occupational Medicine	0
Cardiology	3	Oncology	3 (Medical and Radiation)
Dermatology	1	Ophthalmology	1
Emergency Medicine	6	Orthopedics	4.25
ENT	1	Pathology	1
Family Practice	12	Pediatrics	3
Gastroenterology	0	Podiatry	1
General Surgery	4	Psychiatry	0
Internal Medicine	0.5	Pulmonology	1
Hospitalist	9	Radiology	3
Nephrology	3	Urology	2
Neurology	1.25	Vascular Surgery	2
OB/GYN	4	Total	70



Scotland Health Care System



Life Flight



Scotland Cancer Treatment Center

Section II

Scotland County Health Data

This section of the Community Health Assessment Report 2023 discusses health statistics from secondary data with respect to mortality, morbidity, teen pregnancy, births and deaths in Scotland County. Data is taken from the North Carolina *State Center for Health Statistics Data Book 2020* and the *North Carolina Vital Statistics 2020 Volumes 1 and 2*. Information from these sources allows us to compare information from Scotland County with similar information from our peer counties (Montgomery, Anson, Richmond, and Bladen) where indicated, and in North Carolina. The findings will help our community determine health priorities and concerns.

Mortality Statistics

In 2020, Scotland County's total death rate was 1,034.6 with 574 deaths (excluding fetal deaths) compared to North Carolinas' rate of 1,034.6 (per 100,000 population). **Heart Disease** was the leading cause of death in Scotland County with **114** deaths for a death rate of 329.1 compared to North Carolina's death rate of 192.8 (per 100,000 population). The next five leading causes of death in Scotland County were: **cancer 95; Alzheimer's 40; chronic lower respiratory disease 35; diabetes 21; unintentional injuries 20; cerebrovascular disease 19; and motor vehicle injuries 9** (per 100,000 population). There were four suicide and ten homicide deaths in the county. (North Carolina Vital Statistics, Vol. 1, 2, 2020).

The leading causes of death in Scotland County, our peer counties and North Carolina during the period **2016-2020** and their unadjusted death rates (per 100,000 population) were:

Disease	Scotland County Rate	Richmond County Rate	Bladen County Rate	Anson County Rate	Montgomery County Rate	North Carolina Rate
Heart	213.3	232.3	205.5	210.0	172.2	156.1
Cancer	199.5	178.3	169.4	172.0	155.6	154.6
Cerebrovascular (Stroke)	39.4	67.3	35.3	50.4	40.1	42.7
Diabetes Mellitus	31.7	42.7	36.3	34.4	32.3	24.5
Chronic Lower Respiratory	49.0	64.9	40.3	51.3	50.0	42.5
Unintentional Motor Vehicle	24.2	20.0	45.3	24.3	31.3	15.1
Other unintentional injuries	43.5	49.5	51.5	35.7	35.4	43.2
Alzheimer's	50.9	56.6	36.7	37.6	61.7	37.4
Chronic Liver Disease/Cirrhosis	17.6	19.7	8.4	12.7	9.8	11.1
Nephritis, Nephrosis	29.0	27.4	23.9	20.8	17.6	16.4
Pneumonia, Influenza	11.9	14.1	16.9	26.0	18.3	15.7
Homicide	21.2	15.0	18.0	25.3	8.5	7.3
Suicide	10.4	13.4	10.1	15.7	16.0	13.4
HIV	3.2	5.4	1.1	1.8	1.6	1.6
Total Death Rate-All Causes	1006.0	1045.4	916.6	995.5	877.0	793.7

(NC State Center for Health Statistics Vital Statistics Volume II, 2020)

Mortality Statistics Summary for 2020 (2016-2020)

Total Deaths - All Causes

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	109,677	1,034.6	483,333	793.7
Scotland	574	1,657.2	2,233	1,006

Heart Disease

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	20,443	192.8	96,474	156.1
Scotland	114	329.1	485	213.3

Cancer - All Sites

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	20,018	188.8	98,674	154.6
Scotland	95	274.3	465	199.5

Cerebrovascular Disease

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	5,734	54.1	26,050	42.7
Scotland	19	54.9	89	39.4

Diabetes Mellitus

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	3,565	33.6	15,434	24.5
Scotland	21	60.6	75	31.7

Pneumonia and Influenza

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	1,807	17.0	9,582	15.7
Scotland	10	28.9	31	11.9

Alzheimer's Disease

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	4,724	44.6	22,177	37.4
Scotland	40	115.5	135	58.9

Chronic Liver Disease and Cirrhosis

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	1,658	15.6	6,936	11.1
Scotland	6	17.3	35	17.6

All Other Unintentional Injuries

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	5,790	54.6	23,427	43.2
Scotland	20	57.7	77	43.5

Motor Vehicle Injuries

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	1,780	16.8	8,039	15.1
Scotland	9	26.0	41	24.2

Suicide

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	1,447	13.6	7,214	13.4
Scotland	4	11.5	19	10.4

Homicide

Geographical Area	Number of Deaths 2020	Death Rate* 2020	Number of Deaths 2016-2020	Death Rate* 2016-2020
North Carolina	897	8.5	3,691	7.3
Scotland	10	28.9	34	21.2

(NCDHHS/NCSCHS 2021 Volume 2 – Leading Causes of Death)

Cancer Mortality Rates by Site: (2016-2020)

County	<u>Colon/Rectum</u>		<u>Lung/Bronchus</u>		<u>Female Breast</u>		<u>Prostate</u>		<u>All Cancers</u>	
	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate
Scotland	46	20.2	133	54.1	32	27.4	13	14.7	465	199.5
<i>Montgomery</i>	30	14.7	83	38.9	17	16.8	23	24.7	316	155.6
<i>Richmond</i>	51	16.8	167	52.9	34	23.1	23	18.7	540	178.3
North Carolina	8,072	12.9	26,199	40.1	6,927	20.1	4,967	19.5	98,674	154.6

(NC State Center for Health Statistics – NC Central Cancer Registry, Dec. 2020)

According to the 2019 North Carolina State Center for Health Statistics, the 10 leading causes of death were similar for North Carolina as in Scotland County. Cancer, Heart Disease, Stroke and Chronic Lung Disease are the leading causes of death in North Carolina. Chronic diseases account for 60 percent of all deaths in the state. There have been dramatic increases in diabetes and obesity in the past decade; these conditions exacerbate many other health problems. Many deaths in North Carolina are preventable and involve risky behaviors or lifestyles. Among the leading causes of preventable death are tobacco use, unhealthy diet and/or physical inactivity, alcohol misuse, firearms, sexual behavior, motor vehicles and illicit drug use.

Pregnancies and Infant Mortality

Teen Pregnancy

In **Scotland County**, there were **32** teen pregnancies in 2020 for 15 to 19-year-olds and an increase to **44** pregnancies in 2021 for this age group. In 2021, the county rate was 43.0 compared to the NC state rate of 22.1 (per 1000 population). While many believe teen pregnancy is a growing problem, North Carolina's teen pregnancy rate is at an all-time low declining more than 69% since it peaked in 1990. However, Scotland County continues to have one of the highest teen pregnancy rates in NC. While NC teen birth rate is declining, it remains markedly higher than the national average, at 22.9 births for every 1,000 teen girls compared to 17.4 nationally. The breakdown of teen pregnancies from 2018 to 2021 follows:

Scotland Co.	10-14 yrs	w/m	15-19 yrs	w/m	n/w
2018	0	0/0	46	14/20	12
2019	1	0/1	56	16/28	12
2020	0	0/0	32	6/19	7
2021	0	0/0	44	9/23	12
2021 NC	67	17/50	7,556	2,338/2,579	127

2021 NC Teen Pregnancy (Ages 15-19) Peer County and Rate per 1,000

Montgomery Co.	13	Rate: n/a
Vance Co.	53	Rate: 38.1
Bladen Co.	34	Rate: 39.7
Richmond Co.	57	Rate: 42.3
Anson Co.	23	Rate: 37.1

(NC DHHS NC State Center of Health Statistics 2021)

Infant Mortality

In 2019, North Carolina's overall infant mortality rate was 6.8 deaths per 1,000 births, higher than the national average of 5.7 deaths per 1,000 births. The leading causes of infant deaths include low birth weight (babies weighing less than 5.5 pounds) and prematurity (babies born after a gestation period of less than 37 weeks), followed by birth defects and maternal factors. However, deaths attributed to Sudden Infant Death Syndrome (SIDS) in North Carolina continued a fluctuating trend from 7 (2019), 4 (2020), to 6 in 2021 according to data by the State Center for Health Statistics (Jan. 2023).

In **Scotland County**, the infant death rate for the period **2017-2021** was 9.5 (per 1,000 population) compared to the state rate of 6.9 (per 1,000 population). 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 population). Scotland County's infant death rate in 2020 of 16.4 with six deaths, and in **2021**, four infant deaths were reported with a rate of 10.1 compared to the state rate of 6.8.

Infant Mortality	Year	White Rate	Minority Rate	Total Rate
Scotland County	2019	0	10.1	4.5
	2020	9.8	16.4	16.4
	2021	5.2	15.7	10.0
North Carolina	2019	4.7	12.5	6.8
	2020	4.8	12.8	6.9
	2021	4.8	12.6	6.8

(North Carolina State Center Health Statistics, 2021)

Communicable Diseases

A communicable disease is an infectious or contagious disease that can be transmitted from one person to another either directly by contact or indirectly by germs or parasites. Health professionals are required to report cases of certain communicable diseases to the NC Division of Public Health through their local health department. Scotland County Health Department works in collaboration with the NC Communicable Disease Branch on the following four objectives:

- To promptly investigate disease outbreaks and unusual situations and to implement control measures to minimize further transmission of disease
- To monitor disease reporting by physicians and laboratories in order to detect trends and to assess the public health impact of diseases
- To provide a channel of communication between public health agencies, private physicians, and hospital and occupational infection control personnel, as an essential part of disease control efforts
- To explain public health interventions and disseminate health education messages to the community and the media in order to enhance disease control efforts

Sexually Transmitted Infection – (STI)

Also known as sexually transmitted diseases, most STI cases in Scotland County are prevalent in the age groups from 15 to 19 yrs. (22.0%) and 20 to 24 yrs. (36.0%). Our demographics show African Americans with the highest STD rate at 62.0%, White at 13.0% and American Indian at 8.0%. In 2021, there were 509 (313 female/196 male) reportable STIs in Scotland County.

Scotland County	2019	2020	2021
AIDS	3	2	5
HIV	9	9	6
Syphilis (P & S/E.L.)	5	7	11
Chlamydia	346	304	320
Gonorrhea	173	154	160

(2021 NC STD Surveillance Report)

Like our peer counties, chlamydia continues to be the most prevalent STI in Scotland County, in North Carolina and in the United States. The number of chlamydia cases diagnosed in North Carolina in 2021 was 65,107, a rate of 617.0 (per 100,000 population), an increase from 64,514 cases in 2020 (rate of 618.0 per 100,000 population). Among women, chlamydia diagnoses decreased from 69% to 67%, among men, chlamydia diagnoses increased 12% from 19,330 in 2017 to 21,724 in 2021; this may in part be due to increased screening among men.

Untreated chlamydia can lead to serious health outcomes, including increased risk for HIV, PID, and infertility. Additionally, Scotland County's Gonorrhea cases have slightly decreased over the past three years. The following is a table showing the number of specific STI cases including Primary and Secondary Syphilis and Early Latent Syphilis in our peer Counties from 2019 to 2021:

COUNTY	Chlamydia			Gonorrhea			P. & S. Syphilis			E.L. Syphilis		
	2019	2020	2021	2019	2020	2021	2019	2020	2021	2019	2020	2021
Anson	248	204	213	73	104	106	1	0	5	2	0	9
Bladen	174	189	155	113	112	93	2	2	5	3	4	6
Montgomery	129	120	132	41	52	82	0	1	3	2	1	8
Pasquotank	303	299	266	138	114	135	0	1	4	2	4	5
Richmond	444	403	403	246	223	224	5	2	12	0	0	5
Vance	508	475	442	293	226	263	9	18	11	3	5	6

(NCD3: NC Disease Data Dashboard 2021)

HIV/AIDS

As of **December 31, 2021**, there were 35,632 persons diagnosed and living with **HIV** in **North Carolina** and 15,739 persons diagnosed and living with **AIDS**. In **Scotland County**, there are **126** persons living with **HIV**, ranking our county 2nd in the state, and **60** persons living with **AIDS** ranking our county 8th in the state.

Also in 2021, 1,400 new diagnoses of HIV were reported in North Carolina, at a rate of 15.7 (per 100,000 pop.). The new HIV infections that occurred in the adult/adolescent population, were higher than previous years.

Persons 20 to 29 years old have the highest rates of newly diagnosed HIV. Among race, ethnicity and gender groups, Black/African American males represented 72.9% (per 100,000 pop) of all adult/adolescent – (over 13 years of age), infections. (NC Electronic Disease Surveillance System, 2021)

Tuberculosis

Tuberculosis (TB) is a disease caused by bacteria that can damage the lungs or other parts of the body like the spine, lymph nodes or kidneys. If not treated properly, TB disease can be fatal.

TB is spread through the air from one person to another when a person with active TB disease of the lungs or throat coughs, sneezes, speaks or sings. People nearby may breathe in these bacteria and become infected. TB case counts and incidence rates have steadily decreased in the United States since 1992. In 2020, the annual rate of decline was substantially greater than in previous years, probably because of factors associated with the COVID-19 pandemic, including a combination of TB underdiagnosis and a true reduction in TB incidence.

While tuberculosis in the United States decreased from 3.0 to 2.8 per 100,000 between 2019 and 2021, the North Carolina rate went from 1.8 to 1.7 (per 100,000). North Carolina reported 178 tuberculosis cases in 2021. The following table shows TB cases in North Carolina and our peer counties for 2018-2021:

COUNTY	2018		2019		2020		2021	
	Cases	Rate	Cases	Rate	Cases	Rate	Cases	Rate
Anson	2	7.6	0	0.0	0	0.0	0	0.0
Bladen	0	0.0	1	3.1	0	0.0	1	3.4
Montgomery	3	11.0	0	0.0	1	3.9	1	3.9
Richmond	3	6.7	1	2.2	1	2.3	0	0.0
Scotland	0	0.0	0	0.0	1	2.9	2	5.8
Vance	1	2.2	0	0.0	1	2.4	1	2.4
N. Carolina	196	1.9	185	1.8	159	1.5	178	1.7

(NC DHHS Epidemiology; NC TB Control Program; CDC – 2021)

Minority Health and Health Disparities

Race is considered a "marker" for certain health problems. Race or ethnicity per se does not cause a particular health problem or status. It is likely that factors such as income, education, access to health care, housing, stress and racism are among the major causes of the poorer health of minorities on many health measures, compared to whites.

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Data shows African Americans have higher death rates from HIV, homicide, cancer, diabetes, kidney disease, stroke and heart disease compared to whites and a higher incidence rate for Sexually Transmitted Infections.

Almost two-thirds of all new HIV diagnoses are among Black/African Americans. The increasing rates of HIV among Hispanic/Latinos and Black/African Americans can be attributed to socioeconomic issues, such as poverty, lack of information, misinformation and stigma about HIV, inadequate healthcare access and institutional racism. HIV rates are also highest in low-income areas. (CDC 2021).

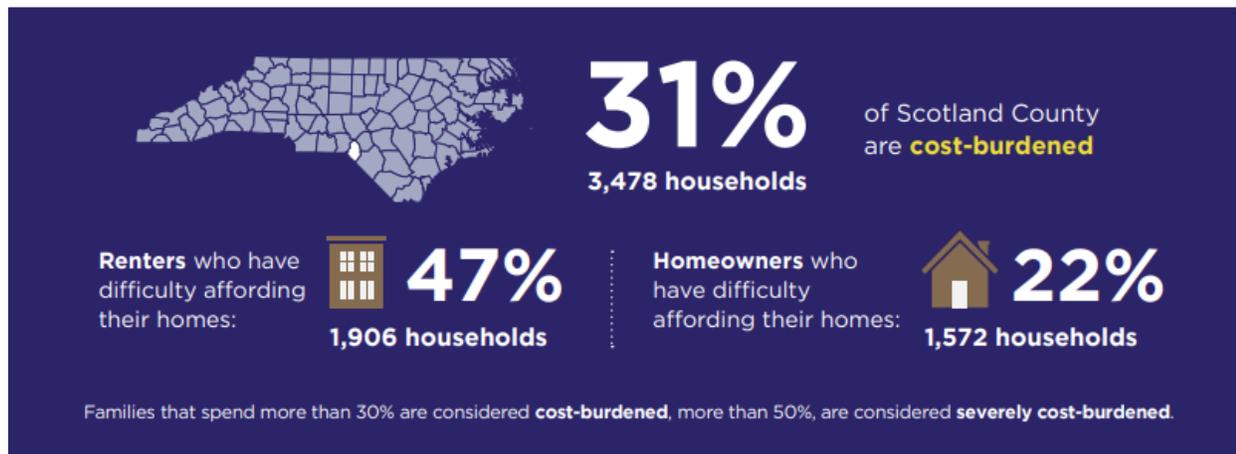
North Carolina's American Indian population has elevated death rates of heart disease, diabetes, kidney disease, homicide and unintentional motor vehicle crashes, as well as a substantially higher infant death rate, compared to non-Hispanic whites. These higher death rates for American Indians and African Americans reflect their high percentage living in poverty, lack of insurance and access to health care.

In North Carolina, the African American infant mortality rate is more than twice the rate for Whites. The infant mortality disparity ratio of African American infant deaths compared to White infant deaths in Scotland County (2017-2021) was 3.0x higher and in North Carolina 2.6x higher. Three times more African American babies die before their first birthday than White babies.

Asthma impacts all North Carolinians, however, African Americans, Native Americans, women, persons 65 years and older, children under the age of five years, and persons living in households with an income less than \$15,000 are among the groups most affected by Asthma.

We are seeing alarming trends across many indicators of child and adolescent mental health, according to recent North Carolina Child Health Report Cards. Suicide became the leading cause of death in children ages 10-14 in 2019. In 2020, 67 children ages 0-18 died by suicide in NC. One in five NC high school students reported seriously considering attempting suicide in 2021, up from 16% in 2017. One in 10 reported actually making an attempt. Child deaths involving a firearm rose more than 40% from 2019 to 2021. (NC Child Health Report Card 2023).

According to the North Carolina Housing Coalition (2023), 31% of all households in Scotland County are considered cost-burdened, meaning that 30% or more of their monthly income goes to housing costs/rent.



(North Carolina Housing Coalition – Scotland County 2023)

Section III

Primary Data Methodology

In the summer of 2021, a Community Health Assessment Team and Core Work Group were established to begin work on the 2022 Community Health Needs Assessment (CHNA) process. The core team included members from several community agencies, organizations, churches and community. This group met intermittently to discuss a timeline for survey distribution, data collection and analysis of survey results, data collection and analysis of secondary data, prioritization of health concerns, report development, dissemination of the final data and report, then developing action plans to cover the period 2022 through 2025.

The process included creating a comprehensive survey to collect local data from the community about their health concerns and other issues relative. Once the survey results were analyzed, the team met to identify the top five health concerns, narrowed to the top three priority health concerns, then, began identifying our community's strengths, resources and needs. The table below provides a general list of individuals, agencies and roles during this process.

Name	Title	Agency	Role
Amanda Deaver	Health Director	Scotland County Health Department	Meetings; Analysis, Accreditation, Distribution
Kathie Cox	Health Educator/PIO	SCHD and CHAB	Coordinator, data input, research, survey distribution, analysis, report development
Alisa Freeman	Nursing Supervisor	SCHD	Core Work Group; meetings, survey distribution
Donna Page	Director of Nursing	SCHD	Core Work Group; meetings, survey distribution
Janna Blue	Health Educator II and Preparedness	SCHD	Core Work Group; meetings, data input, survey distribution; Accreditation Coordinator
Jennifer Sneed	Student Intern	UNC Pembroke	meetings, data research, survey distribution
Tim Martin	Fiscal Management Director	SCHD	Core Work Group; meetings, survey distribution
Coy Moody	Director	United Way	
April Sneed	Director	DSS and CHAB	Committee, meetings, survey distribution, analysis
Felisa Hammonds	Diabetes Educator	SHCS	Core Work Group, meetings, analysis
BJ Goodridge	Pop. Health/SPN	SHCS and CHAB	Core Work Group, analysis, survey distribution,
Lisa Hunt	Director	Primary Care Center	Core Work Group, meetings, data input, survey distribution
Misty McMillan	Executive Director	SMH Foundation	CHAB, Core Work Group, meetings, data input, survey dist
Gary Hatchell	Director Rehab	SHCS Rehab CHAB	Meetings, analysis, survey distribution
Juanita Swinney-	Director Rehab	SHCS Rehab CHAB	Committee, meetings, survey distribution, analysis
Leslie Johnson	Rehab Services	SCHS - Rehab	CHAB, meetings, survey distribution, analysis
Bryan Graham	Director	Parks & Recreation	Meetings, survey distribution, data analysis
Ginger Cousins	Executive Director	Community Health	Committee, meetings, input, survey distribution, analysis
Dr. Melba McCallum	Executive Director	Partners In Ministry	Meetings, input, survey distribution, data analysis
Dr. Patricia Powell-Patrick	Director, Student Support Services	School System and CHAB	Meetings, input, analysis, survey distribution
Nicole Monroe	BSN, School Nurse	SHAC	Committee, meetings, input, analysis, survey distribution
Jennifer Jones-Locklear	PhD,	UNCP - Nursing	Committee, meetings, analysis, Meetings, analysis, survey distribution
Karen Laviner	Director	Housing Authority	Committee, meetings, survey distributions, focus group
Robert Sampson	Emergency Mgmt	EMS	Meetings, analysis, survey distribution
Haley Powell	Coordinator	Smart Start	
Sharon Armstrong	Director	DVRCC	Participants attended meetings, Survey distribution; Provided input for survey and analysis
Andrea Fields	Director	Vocational Rehab	
Charles Nichols	City Manager	City of Laurinburg	
Community:	Community Health	Mount Calvary	
Anthony Thomas	Faith Community	WLNC Radio	
Dorothy Tyson	Faith Community	Autism Society	
Essie Davis	Community	Community	
Walter Brown	Community	Coop. Extension	
Sharon English	Community	WLNC Radio	
Gary Gallman	Community	WEWO Radio	
Mary Evans	Pastor	Spring Branch MBC	
Dr. Lacy Simpson			

After several meetings and revisions of the proposed CHNA survey, a final draft was approved by the CHNA Team for distribution. The CHNA Survey was divided into four sections: health information applying to

individuals, health information applying to family/household, health information that applies to the community in which participant lives, and a demographic section - designed to distinguish opinions on issues that impact the *community* from issues that impact *families*.

Staff and community volunteers from the Community Health Advisory Board and the CHNA Team personally distributed and collected the surveys in all areas of Scotland County. Paper copies of the survey were made available at places of business, various agencies, the Library, Health Department, the faith communities, hospitals and local health care system providers. The survey was also made available on Survey Monkey for participants who preferred using internet, however, there were limitations in that the program only allowed one response per question, while multiple responses may have been included in the hard copy surveys. Every attempt was made to collect data randomly from all communities in the county and all ethnic groups. Over 620 surveys were completed both electronically and via hard copies and three focus group sessions were held consisting of 19 individuals. The CHNA Survey questionnaire, comprehensive graphical data and community resources are located in the Appendices.

In brief, results of the survey showed that:

- The priority health issues were **high blood pressure, diabetes, heart disease, mental health including substance misuse and positive youth engagement and behaviors**
- The priority risk factors were **lack of physical activity, substance misuse, use of tobacco products, crime and violence, and poor nutrition.**
- **Lack of insurance, inability to pay, fear, no appointments available when needed and transportation** were the leading factors affecting families seeking medical treatment.
- **Economic, health insurance, literacy, crime, lack of transportation** were general concerns among respondents.
- Respondents wanted to see more services or education on **mental health (depression/anxiety), positive youth activities, rehab services, pregnancy prevention, wellness services and transportation.**
- **Safe places to walk and play, healthier food choices** were environmental concerns.
- Respondents most wanted to see more **job opportunities, after-school programs, recreation facilities, smoking cessation, and dental services** to help improve the health of their communities.
- Respondents also indicated they **support tobacco-free public places/buildings in Scotland County.**

Community Health Assessment Opinion Survey Information Results

In **Section I** of the survey, participants were asked questions related to their concerns about their individual health issues **Section II** questions were related to family and **Section III** was related to community and **Section IV** was related to Demographics. Below are highlights: The CHA Survey and graph data can be found in the Appendices.

- In general, health issues the respondents felt had the biggest impact on them were very similar to the health issues that impacted the respondent's *families* and *communities*. The same held true for behavior risk concerns.
- Respondents listed diabetes, gangs/violence, substance use, hypertension and obesity as their top 5 answers when asked what, in their opinion, were the leading health issues or concerns in their community.
- When the respondents' opinions were compared with the statistical data listed in the North Carolina Center for Health Statistics for Scotland County (2016-2020), there were differences. Heart disease is the leading cause of death followed by cancer, diabetes, cerebrovascular disease (stroke), Alzheimer's, and other unintentional injuries.
- From the survey, respondents felt the biggest behaviors/risk factors that impact their family were lack of physical activity, substance use, crime/violence, use of tobacco or vaping products and poor nutrition.
- From the survey, 21.25% responded gangs/violence (13.45% in 2019), followed closely by 18.7% (25.5% in 2019) substance use/drugs being the biggest health issues affecting the *community*. Diabetes was also of concern at 19.22%.

Q26: In your opinion, what is the biggest health issue/ concern in your community? (Check one)

ANSWER CHOICES	RESPONSES	
Diabetes (Sugar)	19.22%	114
High Blood Pressure	7.25%	43
Heart Disease/Stroke	4.89%	29
Asthma/Lung Disease	1.18%	7
Tobacco Use/E-cigarettes (Vaping)	2.87%	17
Substance Use (Drugs/Alcohol)	18.72%	111
Teen Pregnancy	2.36%	14
Gangs/Violence	21.25%	126
Mental Health	5.73%	34
Adult/ Child Abuse	0.51%	3
Obesity/Overweight	6.75%	40
Dental Health	0.67%	4
Suicide	0%	0
Motor Vehicle Deaths	0%	0
Safety	3.88%	23
HIV/AIDS	0.84%	5
Other (please specify)	3.88%	23
TOTAL		593

(Community Health Assessment Survey 2022)

- Given the same choices of health issues affecting them individually, 35.23% respondents listed high blood pressure as the leading health issue followed by obesity/overweight (31.95%), Diabetes (26.42%), Heart Disease (21.07%), and Cancer (19.86%). At least 15% of the respondents indicated COVID-19 was a health issue for them.

Q19: What are your biggest health issues/ worries? (Check all that apply)

ANSWER CHOICES	RESPONSES	
Asthma/Lung Disease	15.54%	90
Obesity/Overweight	31.95%	185
Cancer	19.86%	115
Stroke	11.74%	68
High blood pressure	35.23%	204
Heart Disease	21.07%	122
Diabetes (sugar)	26.42%	153

Mental Health	2.76%	16
Teen Pregnancy	1.73%	10
Dental Health	11.74%	68
Mold	2.07%	12
Substance Misuse (Drugs/Alcohol)	4.32%	25
STDs	2.76%	16
Smoking/Use of tobacco products or e-cigarettes	7.08%	41
Heat Related Illness	3.97%	23
Mental Health	14.85%	86
COVID-19 (Coronavirus)	15.20%	88
Other (please specify)	8.46%	49

TOTAL RESPONDENTS: 579

(Community Health Assessment Survey 2022)

When asked about the behavioral risk factors that impact their *families*, the leading response – 41% (44.6% in 2019) was lack of physical activity. This was followed by 26.16% (12.3% in 2019) for alcohol and drug use, 18.0% (9.5% in 2019) for crime/violence, 17.8% cancer, 15.21% (13.7% in 2019) for the use of tobacco products, 15.4% responded other, 14.10% (12.53% in 2019) poor nutrition, 5.38% for child/spouse/parent abuse (1.8 in 2019), and 7.98% for unprotected sex (3.46% in 2019). 10.76% of the respondents listed bullying as the leading behavior risk impacting their *family*.

Q21: What are the biggest behaviors/risk factors that impact your family? (Check all that apply)

ANSWER CHOICES	RESPONSES	
Substance Use (Drugs/ Alcohol)	26.16%	141
Unprotected sex	7.98%	43
Poor Nutrition	14.10%	76
Child/Spouse/Parent Abuse	5.38%	29
Seatbelt use	3.34%	18
Lack of Physical Activity	41.00%	221
Crime/Violence	18.00%	97
Child Safety Seat Use	2.04%	11
Lack of Dental Health	10.95%	59
Use of Tobacco or Vaping Products	15.21%	82
Bullying	10.76%	58
Suicide	8.35%	45

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Cancer	17.81%	96
Other (please specify)	15.40%	83
TOTAL RESPONDENTS: 539		

(Community Health Assessment Survey 2022)

- When asked what the main reason that keeps *you or your family* from seeking medical treatment, 59.6% indicated none (68.9 in 2019), 12.9% (10.4% in 2019) indicated lack of insurance/inability to pay or doctor visit and 9.2% (9.4% in 2019) indicated unable to pay for visit to doctor. The next leading indicators for not seeking medical treatment were fear of finding out about a health problem 1.8%, 4.19% no appointments available when needed, and no transportation 2.85%.
- When asked what factor most affects the quality of health care for people in your *community*, 59.3% (80.8% in 2019) felt the economy (low income) was the leading response followed by 54.15% no insurance, 37.39% have insurance but unable to pay for doctor visits or copay, 21.5% (19.3% in 2019) ability to read and write/education, 17.6% race, and age at 13.7% (11% in 2019).
- When asked what the top three issues people in their *community* were due to lack of money, the leading responses were 44.92% crime/violence/gangs (44% in 2019), Health Insurance at 43.5% (52.5% in 2019), followed by unemployment 41% (49% in 2019), substance use 38.4% (39.9% in 2019), medicine 32.3% (32.2% in 2019), food 24.0% (22.8% in 2019), transportation/fuel 22.3% (18.9% in 2019), utilities (electricity, water, gas), 16.9% (16.7% in 2019), and home/shelter at 18.5% (13.9% in 2019).

28: What do you feel are the top three issues in your community due to lack of money? (Check three)

ANSWER CHOICES	RESPONSES	
Food	24.07%	142
Medicine	32.37%	191
Health Insurance	43.56%	257
Transportation	22.37%	132
Home/Shelter	18.47%	109
Utilities (i.e., Electricity, Fuel, Water)	16.95%	100
Unemployment	41.02%	242
Substance Use	38.47%	227
Crime/Violence/Gangs	44.92%	265
Mental Health	19.66%	116
TOTAL RESPONDENTS: 590		

(Community Health Assessment Survey 2022)

- When asked what respondents would like to see more of to improve the health of family, friends and neighbors in Scotland County, over half listed mental health services 57.7% (54.3% in 2019), followed by job opportunities 50.9% (48.8% in 2019), positive youth activities 48.6%, Rehab Services for drugs/alcohol use 37.1% (39.9% IN 2019), recreation facilities 35.7% (38.2% in 2019), and safe places to walk/play 32.6% (44% in 2019) and. Other responses were in the areas of transportation 30.7%, healthy food choices 30.2% (30.9% in 2019), wellness screenings 28.8% (31.1% in 2019), and after school programs 26.4% (34.9% in 2019).
- When asked would you be likely to evacuate due to a large-scale disaster or emergency, 71.5% responded yes and 28.4% responded no. When asked what is the main way of receiving information from authorities in a disaster or emergency, respondents indicated television – 41.7% (38.8% in 2019) followed by text messages (Emergency Alert System) –24.6% (31.1% in 2019), 16.9% social media (11.3% in 2019), radio – 6.9% (12.3% in 2019), In addition, 36.3% of the respondents (36.6% in 2019) indicated the family did NOT have a basic emergency supply kit.

Q18: If you answered "Yes" to the previous question, skip this question. If you answered "No" to the previous question, why would you NOT evacuate in case of a disaster or emergency? (Check one)

ANSWER CHOICES	RESPONSES	
Concern about personal/family safety	35.76%	59
Inability to get out of home or area	6.06%	10
No transportation	9.09%	15
Lack of trust in information	6.67%	11
Health problems (need assistance)	4.24%	7
Not wanting to leave home or property	38.18%	63
TOTAL		165

(Community Health Assessment Survey 2022)

Demographic Information

- Geographical distribution of the surveys was predominantly from the county seat of Laurinburg 482. The towns of East Laurinburg, Gibson 30, Laurel Hill 36, Maxton 15 and Wagram 15.
- Of the 591 participants who responded, 421 (71.2%) were female, 154 (26%) were male, 6 were LGBTQ+ (1.02%) and 8 were transgender (1.35%).
- Race breakdown: White 44.2%, Black 38.5%, Native American 13.8%, Asian/Pacific Islander 1.01%, Native Hawaiian 0.17%, and Other 2.19% Ethnicity: Hispanic 2.08% Not Hispanic 92.7% Unknown 2.9%

DEMOGRAPHICS

My race is:

ANSWER CHOICES	RESPONSES	
White/Caucasian	44.28%	263
Black/African American	38.55%	229
Native American	13.80%	82
Alaskan Native	0%	0
Asian or Asian American	0.67%	4
Native Hawaiian	0.17%	1
Pacific Islander	0.34%	2
Other (please specify)	2.19%	13
TOTAL		594

(Community Health Assessment Survey 2022)

- Age breakdown for respondents:

DEMOGRAPHICS

My Age is:

ANSWER CHOICES	RESPONSES	
Under 25	5.70%	34
25-34	17.95%	107
35-44	16.95%	101
45-54	17.45%	104
55-64	18.62%	111
65-74	14.93%	89
75-84	7.05%	42
85+	1.34%	8
TOTAL		596

(Community Health Assessment Survey 2022)

- Employment: The number of respondents Employed 64.0%; Unemployed 9.6%; Retired 19.2%, Disabled 5.7%, Other 1.3%

DEMOGRAPHICS

I am:

ANSWER CHOICES	RESPONSES	
Employed	64.08%	380
Unemployed	9.61%	57
Retired	19.22%	114
Disabled	5.73%	34
Other (please specify)	1.35%	8
TOTAL		593

(Community Health Assessment Survey 2022)

- Respondents job fields:

DEMOGRAPHICS

My job field is best described as:

ANSWER CHOICES	RESPONSES	
Agriculture	1.58%	9
Business/Industry	15.09%	86
Retail	3.51%	20
Homemaker	2.98%	17
Government	10.53%	60
Healthcare	30.18%	172
Student	2.63%	15
Education	15.26%	87
Food Service	3.33%	19
Migrant Worker	0.35%	2
Other (please specify)	14.56%	83
TOTAL		570

(Community Health Assessment Survey 2022)

Survey respondents were asked to indicate their level of education. The following graph shows responses with the majority having at least a high school degree:

DEMOGRAPHICS

My highest level of education completed:

(Community Health Assessment Survey 2022)

ANSWER CHOICES	RESPONSES	
Less than 12th grade	4.87%	29
High School Graduate	22.99%	137
Some College	17.95%	107
2yr degree	16.61%	99
Bachelor's degree	23.15%	138
Graduate Degree	11.58%	69
Post Graduate Degree	2.85%	17
TOTAL		596

- Survey respondents were asked if they had health insurance and if so, what kind of insurance. Yes 90.1%; No 9.9%. The majority of respondents indicated they had private insurance 57.6% followed by Medicare 26%, Medicaid 14.4%, and Obamacare 1.9%. The following graphs show responses:

DEMOGRAPHICS

If you have insurance, what type?

ANSWER CHOICES	RESPONSES	
Medicare	26.05%	137
Medicaid	14.45%	76
Obama Care	1.90%	10
Private	57.60%	303
TOTAL		526

(Community Health Assessment Survey 2022)

Section IV

Health Issues and Resources

Chronic Disease

- High Blood Pressure
- Diabetes
- Cancer
- Overweight/Obesity
- Heart Disease/Stroke
- Asthma
- Obesity

Other Health Issues – Resources and Programs

- COVID-19
- Child Health
- Communicable Disease
- Dental Health
- Environmental Health
- Hearing/Vision Health
- HIV/AIDS/STD
- Influenza/H1N1 Influenza
- Mental Health/Depression/Suicide
- School Health
- Women’s Health

“The Healthy North Carolina 2030 objectives recognize the important role that social determinants play. According to the 2022 edition of *America’s Health Rankings*, North Carolina ranked 30th (36th in 2019) in the nation.” The burden of premature morbidity and mortality reflected in our ranking highlights the need for improvements in population health. More than two-thirds of all deaths annually in North Carolina are attributed to chronic diseases and injuries. The North Carolina State Center for Health Statistics listed the top five causes of death in 2022 as Heart Disease, Cancer, Stroke, Diabetes and Chronic Lower Respiratory Disease.* Income level, education attainment status and quality of housing all contribute to health status and ultimately to life expectancy. Individuals dealing with the challenges of poverty are more likely to engage in risky behaviors that negatively impact health outcomes. Physical and economic environments also impact health behaviors and health outcomes. Scotland County is designated as a Tier One County – one of the most economically distressed in North Carolina and ranks 98th out of 100 counties for health outcomes.



Scotland Health Care System

High Blood Pressure (Hypertension)

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 2021, the number of deaths in Scotland County (2020) for heart disease was 114 and 19 deaths for cerebrovascular disease. Hypertension should be monitored through a physician with regular blood pressure screenings. Increased physical activity and healthy eating are also important steps to preventing high blood pressure as well as maintaining a healthy weight. (NCSCHS, 2019)

Blood pressure screenings and/or education are often provided through community health fairs, business and industry health screenings, the health department, Emergency Medical Service (EMS), local pharmacies, at the hospital, and on the hospital's mobile health unit.

35.2% of respondents reported High Blood Pressure as the biggest health issue in their family. Source: 2022 Scotland County Community Health Assessment Survey.

Diabetes Mellitus

Diabetes is a major cause of death and disability in North Carolina and the Nation. With a greater prevalence of obesity and an increasing elderly population, diabetes is approaching epidemic proportions in North Carolina. Approximately 12.4% of North Carolina's adult population has diagnosed diabetes. (The Burden of Diabetes in NC/American Diabetes Association 2021).

In Scotland County, diabetes was listed as the sixth leading cause of death in 2020. Diabetes, diagnosed as the primary cause of mortality, from 2016-2020, with a rate of 31.7 (per 100,000 population) compared to the rate of 24.5 (per 100,000 population) for North Carolina. Diabetes is also a significant contributing factor to other causes of death, such as heart disease, stroke, and kidney failure with risk factors of obesity, physical inactivity, unhealthy diets and smoking.

Diabetes is costly. It is estimated that the cost of diabetes for people in North Carolina in 2021 was \$10.6 billion. This estimate includes excess medical costs of \$8.4 billion attributed to diabetes, and lost productivity valued at \$2.9 billion. (ADA/Burden of Diabetes in NC 2021). On average persons with diabetes have approximately 2.3 times higher medical costs than those without diabetes.

Scotland County Health Department, through physician referral, provided an MDPP "Prevent Type 2" twelve month diabetes education program to eligible participants, in collaboration with FirstHealth, that includes assessment, education and follow up prior to the COVID Pandemic; collaboration with Scotland Health Care System in providing a monthly Community Diabetes Support Group Program, which includes education, presentations and often screenings was also put on hold as well as the annual, community-wide Diabetes Health & Education Fair, held in November due to the pandemic.

The Medicine Shoppe offers individual consultations and/or screenings for diabetics through their Diabetes Care Center.

Scotland Community Health Clinic provides free quality primary medical care including Diabetes Management to residents of Scotland County between ages of 18 to 64 who are without any health insurance and below 200% federal poverty level. Screenings for chronic disease, including diabetes are provided

26.4% of respondents reported Diabetes as the biggest health issue in their family. Source: 2022 Scotland County Community Health Assessment Survey.

Cancer:

In 2020, Cancer was the second leading cause of death in North Carolina and in Scotland County with 20,018 and 95 deaths respectively. The majority of cancer deaths occur at four sites: lung, colon, female breast, and prostate. For 2016- 2020, Scotland County's cancer deaths by site were: lung - 133, female breast - 32, colon - 46 and prostate – 13 (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 reduce the risk of developing cancer.

Scotland County is home to a state of the art Scotland Cancer Treatment Center located at Scotland Memorial Hospital, where clinical trials, genetic counseling, chemotherapy and radiation are provided. Scotland Cancer Treatment Center also has a new linear accelerator, used to provide radiation therapy. The accelerator allows more accurate views of a patient's treatment area in real time, IMRT – an advanced mode of high-precision radiotherapy, and IGRT – which helps manage motion caused by breathing, heart and gastric motility, and tumor and patient changes. In 2021, the Scotland Cancer Treatment Center provided 226/252 Radiation Treatment/Total

New Patient Consultations and 552 Medical Oncology & Hematology (new patient consultations); in **2022**, provided 136/227 (Radiation Treatment/Total New Patient Consultations) and 649 Medical Oncology ONLY consultations).

Scotland Memorial Foundation provides funding for mammograms for low income women without resources for care, along with other screenings during community events.

Scotland County Health Department provides cervical cancer screenings through Adult Health, Family Planning programs, providing services to over 91 clients FY 2020-2021 and 111 clients FY 2021-2022.

19.8% of respondents reported Cancer as the biggest health issue in their family. Source: 2022 Scotland County Community Health Assessment Survey.

Heart Disease:

Heart disease and stroke – the principal components of cardiovascular disease – are the first and third leading causes of death for both men and women. Heart disease attributed to 20,443 deaths in North Carolina in 2020, and 114 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.

Scotland Health Care System opened their Scotland Cardiovascular Center, a joint venture with FirstHealth of the Carolinas in 2011. The center offers cardiac catheterizations and vascular procedures in a state-of-the-art facility and also offers inpatient and outpatient cardiology services, a cardiac/pulmonary rehabilitation center where supervised exercise, nutrition, stress management, vocational assessment and cardiovascular education are provided, and screenings for high blood pressure and cholesterol.

Scotland Memorial Foundation supports community cholesterol and blood pressure and other screenings through the Health Care System's Mobile Health Care Units "Scotty" and "Missy" and during community events or programs.

Scotland County Health Department and EMS provides blood pressure screenings on site for the community. Scotland County Healthy Carolinians continues to provide education and supports efforts on heart disease initiatives.

21% of respondents reported Heart Disease as the biggest health issue in their family. Source: 2022 Scotland County Community Health Assessment Survey.

Asthma

Asthma currently affects approximately 10.9 percent of adults and approximately 8.7 percent of children in North Carolina. Uncontrolled asthma can impose serious limitations on daily life. Asthma is a chronic, respiratory condition that affects the airways (bronchial tubes) in the lungs that make breathing difficult, or cause other symptoms such as coughing, wheezing, chest tightness, and shortness of breath and is the most common chronic disease in school aged children.

Asthma impacts all North Carolinians; however, African Americans, Native Americans, women, persons 65 years and older, children under the age of five years, and persons living in households with an income less than \$15,000 are among the groups most affected by asthma. (NC DHHS Chronic Disease and Injury Section 2019; NC Child Health Report Card 2023)

While asthma does not cause many deaths among children in North Carolina, it is one of the most prevalent chronic diseases in our state among children. More than 1 in 4 African American children in NC has been diagnosed with asthma. Asthma, a major chronic illness among school children, is the leading cause of school absenteeism nationwide, according to experts on lung disease.

North Carolina Public Schools school health nurses participate in reporting to the School Health Services Report which provides important information including the health needs of our children. The Scotland County schools Nurse to Students Ratio is 1:750 or less. In Scotland County, 93% of students had improved outcomes after receiving directed nursing services for Asthma, and were able to return to class.

15.5% of respondents reported Asthma is the biggest health issue in their family. Source: 2022 Scotland County Community Health Assessment Survey.

Obesity/Overweight

North Carolina percentages in adult obesity are the 36th highest in the Nation. At its current rate, it will soon become the costliest disease, surpassing cardiovascular diseases. Obesity is a condition affecting many residents in Scotland County and is the number one health problem in children. The percentage of children aged 10-17 years

of age who are overweight or obese has increased to 33.5% since the last Child Health Report Card in 2021. African American children are more likely than white children to be obese. (NC Child Health Report Card 2023)

Lack of physical activity and poor nutritional habits are major factors in overweight and obesity however a variety of other factors play a role including the environment, socioeconomic status, culture, behavior, limited access to healthy food options, genetics and some medications. While there are racial disparities in levels of obesity, research has shown that family income is a greater predictor of overweight and obesity, as children living in low income homes or high poverty neighborhoods have less access to safe places to play and full service grocery stores.

North Carolina's response to obesity, are programs such as Eat Smart, Move More, NC; Faithful Families Eating Smart and Moving More and other health promotion initiatives. Scotland County is fortunate to have existing resources or programs such as the Health Department's WIC Nutrition Program, the Healthy Communities Grant programs that include physical activity and healthy eating, access to healthy foods, the Community Health Advisory Board focusing on Obesity, chronic disease prevention and Positive Youth Behaviors, the school system's healthy eating program following guidelines from North Carolina Department of Public Instruction (NCDPI), "Active Recess for Scots" in elementary schools providing additional physical activity daily, Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) for youth and adults, physical activity and nutrition programs through Scotland County Health Department, and others such as Weight Watchers and TOPS (Take Off Pounds Sensibly) may be available. Scotland County Parks and Recreation also has sixteen area parks conducive to physical activity such as walking trails, athletic and summer programs for youth age 5 to 15, senior games and exercise classes for youth, adults and senior citizens at the Wagram Recreation and Active Living Center and the Scotland Senior Center in Laurinburg.

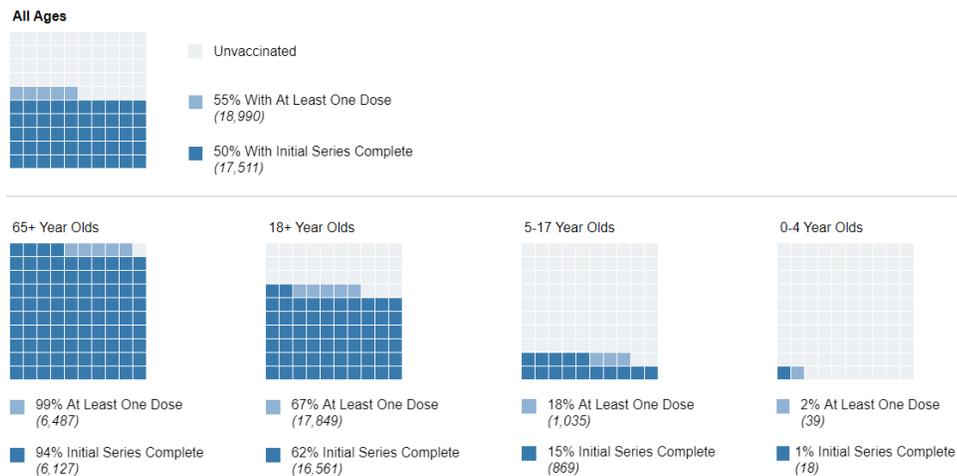
31.9% of respondents reported Obesity as the biggest health issue in their family. Source: 2022 Scotland County Community Health Assessment Survey.

COVID-19

COVID-19 – CDC (2023) reported that North Carolina's third leading cause of death was COVID-19. Scotland County's first reported case of COVID-19 was March 28th, 2020 and the first death associated with COVID-19 was June 9, 2020. From March 2020 through April 2023, Scotland County had 150 deaths. At this time COVID-19 vaccination percentages are at about 50% fully vaccinated and 55% partially vaccinated. Our goal during the pandemic was to reach and vaccinate at least 60% of our population in Scotland County by end of 2022.

Initial Vaccinations

Shown as a percentage of all residents. The initial vaccine series is usually one to three doses, depending on the brand of vaccine and age of the recipient.



Child Health

- **Child Care Directions** – Resource and referral agency for parents and child care providers.
- **Child Fatality and Prevention Team** – Scotland County Health Department is the lead agency. Meets a minimum of four times during the year to review incidence and causes of all child deaths in the county.
- **Community Child Protection Team** –Scotland County Department of Social Services is the Lead Agency. Meets quarterly to review protective custody cases.
- **Early Hearing Detection and Intervention Program** – all infants receive an initial hearing screening at birth. Infants who fail are rescreened in 2-4 weeks and referred as needed. Postpartum/Newborn home visit assessment – a Public Health Nurse provides a hearing screening as part of the assessment.
- **Eckerd** – Behavioral Health for at risk children and teens
- **Immunizations** – Scotland County children receive immunizations at the health department, Purcell Clinic and other medical provider's offices.
- **Lead Screening** – available for children less than six years of age at Health Department Purcell Clinic and other medical provider's offices. F/Y 2018-2019, there were 3 child lead exposures
- **Scotland County Department of Social Services** – Federally mandated, state supervised, county administered, Social Service System.
- **Scotland County Health Department** - Child Health Program – immunizations, pediatric orthopedic clinic, postpartum/newborn visits, screenings for blood lead poisoning and sickle cell. Monthly sickle cell counseling services are offered on site by Regional Sickle Cell Counselor.
- **Scotland County Partnership for Children and Families – (Smart Start)** – established in 1998 to implement North Carolina's school readiness initiative and has successfully improved the quality of childcare, parenting resources, access to health care and other support systems.
- **Scotland County System of Care** - community services and resources to assist families and children who are in need of multiple services from human services agencies to address serious and complex behavioral, social, academic and safety needs.
- **CMARC - Care Management for At-risk Children** – links families with children from birth to five who may have special health needs to community resources and services.
- **Special Needs Program** - The Arc of Scotland County (Association of Retarded Citizens) – volunteer organization devoted to improving the welfare of persons with mental retardation or developmental delays by acting as a support group for families and advocating for their rights as citizens.
- **The Autism Society of North Carolina** – Scotland County chapter – community-based services.
- **Together We Grow – North Carolina Early Intervention Services** – comprehensive, interagency system of services provided by many different agencies and programs for children birth to five years and their families.
- **Women, Infants and Children – (WIC)** – also known as the Special Supplemental Nutrition Program. WIC is a Federal program funded by the United States Department of Agriculture (USDA). It is designed to provide food to low income pregnant, postpartum, and breastfeeding women, infants and children until the age of five. Available at Scotland County Health Department.
- **Evergreen Behavioral Management** (formerly Family Alternatives) – provides a Day Treatment Program offered to children up to age 20 years of age; Intensive in-home services; Community Support Teams
- **Community Innovations** – provides child case management Intensive in-home services for children and families; Community Support Teams;
- **Scotland Family Counseling Center, Inc.** – provides outpatient counseling to children and families; Faith Integrated counseling and professional services

Communicable Disease

The goal of the Communicable Disease Program at Scotland County Health Department is to stop the spread of disease by investigating sources of infection and reduce transmission through public education. This is done through the cooperation of physicians, hospitals and medical laboratories. Case management is available to clients diagnosed with tuberculosis.

There are sixty-six non-sexually transmitted reportable diseases. There are blood-borne diseases such as Hepatitis B and C and enteric diseases such as salmonella and shigellosis. Hepatitis A is a food-borne disease. Vector-borne diseases include West Nile Virus, Eastern Equine Encephalitis, Rocky Mountain spotted fever and

Lyme disease. Some communicable diseases are air-borne like SARS (Severe Acute Respiratory Syndrome) and Tuberculosis. There are also agents of terrorism such as anthrax, smallpox and plague.

Medical providers, laboratories and the state communicable disease branch reports diseases to the health department. The communicable disease staff determines if the reported disease meets the case definition set by the Centers for Disease Control and Prevention. This is done by contacting hospitals and physician's offices for symptoms of the patient.

Persons with certain diseases are restricted in activities to decrease transmission. Persons with active TB are limited in activities until they are no longer infectious. In order to decrease drug-resistant cases of Tuberculosis, "Directly Observed Therapy" (DOT) is the standard of care. This means each dose of anti-tuberculin medication is administered by a health care worker.

Communicable Diseases reported in Scotland County for 2021 were Hepatitis A (1); Hepatitis B (3); Hepatitis B Carrier (0); Hepatitis C (94); HIV (6); AIDS (5); STD's (509); Salmonella (3); Shigellosis (0); Campylobacter (2) and Tuberculosis (2).

In 2021, Scotland County had 322 confirmed cases of Chlamydia; 164 confirmed cases of Gonorrhea; Fifty-eight percent of STD cases were reported by people ages 15 to 24 yrs. with 114 of those ages 15 to 19 yrs. and 5 cases were reported for children aged 10 to 14 yrs. African Americans and Native Americans had higher rates of STD's (62% and 8.0% respectively) than Whites at 13%.

Dental Health

Scotland County has seven local dentists (or 1.97 per 10,000 population), 9 dental hygienists, one orthodontist and a Public Health Dental Hygienist (Sheps Center for Health Services 2022). Most of the local dentists accept Medicaid for their established patients and only one accepts new Medicaid patients. Other resources in Scotland County include:

- The Purcell Clinic's **"Into the Mouths of Babes" Program** under the North Carolina oral Health Section of DPH (Division of Public Health) – high risk children that qualify will have fluoride varnish painted on their teeth during their well baby checkup.
- **Scotland County Health Department** – refers children to Richmond County Health Department Dental Clinic and has a contract with ECU Dental Clinic in Lumberton to refer children with no insurance or Medicaid for dental services.
- **North Carolina Health Choice Program** – pays for dental services for children that qualify.
- **North Carolina Oral Health Section of DPH** (Department of Public Health) – local Public Health Dental Hygienist is active in major preventive procedures such as water fluoridation, dental sealant promotional projects, and risk assessment-referral and follow-up services. Education is integrated within each of these activities. www.communityhealth.dhhs.state.nc.us/dental/
- **Stewartsville Baptist Church** – hosts an annual free one day dental health clinic with volunteer providers (dentists, dental hygienists) for uninsured or low income residents of all ages. This program was put on hold due to the COVID-19 Pandemic 2020-2022.
- There are also out of county dental resources that many of our residents take advantage of such as **First Health Dental Care** and the **UNC School of Dentistry**.

11.7% of survey respondents indicated dental health was the biggest health issue in their family. Source: 2022 Scotland County Community Health Assessment.



Public Health Dental Hygienists Carver Elementary



Carver Elementary Dental Sealant Project

Environmental Health

The Environmental Health Section of the Scotland County Health Department protects and improves the public's health by controlling environmental factors which can adversely affect human health. This section provides preventative health through inspections, education, and enforcement of state and local rules in programs for food and lodging; on-site wastewater disposal; air quality, pools, tattoo establishments and institutions; child daycares; mosquito and vector control; private well water construction; child lead poisoning; and animal control. Referrals are made for solid waste enforcement, air quality concerns, public water supplies, hazardous materials, groundwater protection and other related environmental issues. The Scotland County Health Department's Environmental Health Section responds to other environmental issues as needed.

Scotland County Health Department has two Environmental Health Specialists and two Animal Control Officers to provide services for the county.

- Animal Control Program – enforce state and county law ordinances and rules pertaining to the care, custody and control of animals in Scotland County
- Well and Septic System Permits
- Restaurants/Lodging/Pools – inspections
- Tattoo Parlors - inspections
- Mosquito Control – ensures that mosquito control rules are enforced to protect public safety.

The City of Laurinburg has one Animal Control Officer who provides services within city limits and enforces city ordinances and state laws.

Hearing/Vision Health

- **North Carolina Council for the Hearing Impaired** – all infants receive an initial hearing screening at birth. Infants who fail are rescreened in 2-4 weeks by the Newborn Hearing and Follow-up Program. A staff member from the Early Hearing Detection and Intervention Program screens infants at Scotland County Health Department monthly.
- **North Carolina Division of Services for the Deaf and Hard of Hearing**
- **North Carolina Division of Services for the Blind in Scotland County** – serves blind or visually impaired adults and children.
- **Speech Solutions, Inc** – assess, diagnose and treat patients to help prevent speech, language, cognitive, communication, voice, swallowing, fluency and other speech disorders
- **Scotland County School System** – provides hearing and vision screening for first and third graders as well as students in the Exceptional Children's Program and other students referred by teachers.
- **Lions Club** – provides programs, funds and transportation to visually impaired persons

HIV/AIDS/STD

Scotland County Health Department and most health care providers provide confidential HIV/AIDS as well as sexually transmitted disease tests through examinations and/or blood screenings that test for the presence of antibodies to HIV. Public Health is mandated to offer free sexually transmitted disease screenings and treatment to anyone that requests the service. Clients who test positive for HIV/AIDS, or are referred to the health department, are offered case management services through the Border Belt AIDS Resource Team or Robeson Health Care Corporation in Lumberton, NC. Scotland County Health Department added a new Early Intervention (EIC) Clinic in July 2012 working with Robeson Health Care Corporation's (RHCC) Ryan White Part C Program to care for patients diagnosed with HIV/AIDS.

- **H.E.A.R.T.** – Scotland County Health Education and Resource Team – meets monthly for HIV/AIDS education promotion and the planning of fundraising activities to help meet the emergency needs of clients living with HIV/AIDS in Scotland County. This group also sponsors two annual events to raise awareness of HIV/AIDS which are coincided with national recognition days. The H.E.A.R.T. HIV/AIDS Walk-a-thon which is usually held in June with National HIV Testing Day, and the H.E.A.R.T. World AIDS Day Candlelight Vigil held on or around World AIDS Day in December each year. Citizens of Scotland County are encouraged to join this group on the third Thursday of each month.
- **B.A.R.T.** – Border Belt AIDS Resources Team – Lumberton, NC

Influenza/H1N1 Influenza

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The safest, most effective way to prevent the flu is to get vaccinated. The Centers for Disease Control recommends that everyone six months and older get their yearly flu vaccine.

Sometimes people are infected with influenza viruses that are not the normal seasonal strains. These infections are often related to contact with influenza viruses from animals, such as birds or pigs. While most of these infections are isolated cases or small clusters, these unusual or "novel" influenza viruses have the potential to spread widely and cause pandemics if they are able to spread from person-to-person, as is the case during the 2019 Coronavirus.

According to public health officials, cases of flu in our state were relatively low in 2020, 2021 and 2022 season – this possibly due to the COVID-19 Pandemic, masking, distancing and isolation efforts. Flu season typically peaks during January and February. Complications from flu can be particularly dangerous for high risk groups including infants under 2, pregnant women, and people with chronic medical conditions such as asthma, diabetes, heart disease, or immune system problems.

The N.C. Department of Health and Human Services announced September 2019 through February 2020, the state had 63 deaths linked to infection with seasonal influenza. In Scotland County, Seasonal Influenza vaccines are available at the Scotland County Health Department, Scotland Health Care System, medical provider offices and pharmacies.

Mental Health/Depression/Suicide/Substance Misuse

- **Eastpointe Mental Health Services...**
 - Access line: 1-800-913-6109
 - 24-Hour Crisis Services: 1-800-913-6109
 - TTY: 1-888-819-5112
- **Scotland County Department of Social Services**
 - Substance Abuse Counselor – specifically for Work First and Food Stamp Clients
 - Crisis Hotline referral
- **Scotland County Health Department** – Crisis Hotline available
- **Scotland Memorial Hospital** – provides referrals to outside mental health agencies
- **Scotland Family Counseling Center**
 - Outpatient counseling – individuals, families, marital, children
 - Substance Abuse Treatment - referral
 - Client Aid Program (sliding scale based on income)
- **New Beginningz, Inc. –**
 - Substance abuse rehabilitation services;
 - Diagnostic assessment,
 - Case formulation/management,
 - Treatment/recovery;
- **Generations Health Services, LLC -**
 - Family Therapy
 - Group Psychotherapy
 - Anger Management
 - Psychiatric Services
- **Community Innovations –**
 - Outpatient Therapy – Family and Individual
 - Adult and Child case management
 - Community Support Team (CST)
 - Intensive in-home services for children and families
 - Psychiatric Services – med management
 - Day Treatment Program – in progress
- **Evergreen Behavioral Management (formerly Family Alternatives)**
 - Outpatient Therapy
 - Physician on-site

- Community Support Team
- Intensive in-home services
- Day Treatment Program – children only up to age 20 years
- Accepts referrals
- **Southeastern SELF Recovery**
 - Professional assessment (DWI, Substance Abuse)
 - Recovery Home Services
 - Consultations
 - Treatment
 - Intensive Outpatient Programs
 - Individual and Group Counseling
- **Health care providers**
 - Referrals

School Health

- **School Health Advisory Council** – membership from school personnel representing administration, child nutrition, counselors, nurses and physical education and community representatives from the Health Department, Hospital, Purcell Clinic, Community members, Mental Health agencies, and others.
- **Child and Family Support Team** - Teams of nurses and social workers have been placed in seven schools within the district to assist children and families in securing resources and services to help the child be successful in school.
- **Dropout Prevention Coordinator** – The coordinator works with students on an individual and/or group basis to address barriers that prohibit them from being successful in school.
- **Safe Schools Drug and Prevention Program** – Five Resource Officers, one at each of the three middle schools, the high school and at the Alternative Learning Academy, provide random inspections daily to ensure the safety of students and faculty.
- **Expanded Food and Nutrition Education Program (EFNEP)** – 4-H Scotland County Cooperative Extension – collaborates with Scotland County Public School system to provide nutrition and physical activity education classes during the regular and after school day programs.
- **Exceptional Children’s Program** – through Scotland County School System which provides the additional educational and support services that these students require. The program’s objective is to identify the unique needs of each exceptional student and develop an Individualized Education Program (IEP).
- **Connect Ed** – Scotland County School System’s telephone notification system allows school administrators to place calls system-wide in the event of emergencies or inclement weather.
- **Head Start** – a Federal program for preschool children from low-income families. Four-County Community Services, Inc. administers the Head Start Program in Scotland County. Head Start provides the social, nutritional, and educational advantages needed for a successful start in school. It assures that “no child is left behind.”
- **School Health Initiatives** – In 2018 and 2019, Scotland County Health Department staff provided STD and Family Planning education to Scotland High School students and the program “Making Proud Choices” (teen pregnancy prevention education) to middle school students reaching over 900 students.

Women’s Health

- **Scotland County Health Department** –
 - Family Planning Program – services to improve pregnancy outcomes and the health status of men and women before pregnancy. Program provides pregnancy planning counseling and birth control.
 - Pregnancy Care Management (PCM) – provides care management services for pregnant and post-partum women.
 - Newborn, Postpartum Home Visits
 - Women, Infants and Children (WIC) program
 - Breastfeeding Peer Counselor – breastfeeding classes for expectant parents
 - Parenting Classes – includes breastfeeding, primary care for baby, birth control options, safe sleep/SIDS and child passenger safety/car seat instruction

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- **Scotland Health Care System**
 - Labor and Delivery – deliveries and emergency care
 - The Women’s Center – at Scotland Memorial Hospital offers prenatal classes that promote the health and well being in preparation of pregnancy, childbirth, breastfeeding and parenting.
 - a bereavement program to support families experiencing a loss
 - Screenings – free mammograms to women at the Community Health Clinic
- **Private Sector** - Scotland County has two OB/GYN Practices, one certified midwife, and two certified nurse practitioners that provide obstetrical care. Deliveries and emergency care are performed at Scotland Memorial Hospital.
- **Scotland Memorial Foundation** – sponsors a Women’s Health Event annually that includes educational breakout sessions and health screenings (cholesterol, blood pressure, bone density, height/weight and body fat).
- **Scotland Community Health Clinic** – provides health care for the uninsured ages 18 years to 64 years.
- **Scotland County Adolescent Wellness Council** – promotes the health of teens, with a top priority of pregnancy prevention.
- **Leadership and Education for Adolescent Parents (LEAP)** – program through Scotland County Partnership for Children and Families and Scots for Youth and served teen age parents both male and female. Active since June 2009.
- **Scotland County School System** - provides a “Healthy Living” curriculum for grades four through nine. Age appropriate preventive health is taught to these students.
- **Churches and Youth Organizations** - sponsors health programs that promote teen pregnancy prevention, physical activity and nutrition.



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Section V

Other Priorities: Resources and Programs

- Alcohol/Substance Misuse
- Domestic Violence
- Health Literacy
- Health Promotion
- Physical Activity/Nutrition
- Poverty/Low Income/Uninsured
- Preparedness and Response (Bioterrorism)
- Residential Living or Long-Term Care for Seniors
- Safety/Injury Prevention
- Smoking and Tobacco
- Transportation

SCHD Staff



Drive-thru COVID Vaccine Event 2021

Representative Garland Pierce



COVID Outreach Event 2021



Preparedness Education on WLNC Radio 2022



SCHD Staff Health Education Week 2021

Alcohol/Substance Misuse

- **Alcoholics Anonymous Support Group**
- **Eastpointe Substance Abuse Prevention**
- **Opioid Prevention and Education Network (O.P.E.N.)**
- **Southeastern SELF Recovery** (an affiliate of Southeastern Regional Medical Center)
 - DWI assessment,
 - Substance Abuse Assessment
 - Recovery Home Services
 - Consultations
 - Substance Abuse Comprehensive Outpatient Treatment
 - Intensive Outpatient programs
 - Individual and Group Counseling
- **New Beginningz, Inc. –**
 - Substance abuse rehabilitation services;
 - Diagnostic assessment,
 - Case formulation/management,
 - Treatment/recovery;
- **Generations Health Services, LLC –**
 - Individual, Group and Family Therapy for chemical dependency
 - Substance Abuse Intensive Outpatient Program
 - Psychotherapy services
 - DWI (Driving While Impaired) services
- **Scotland Family Counseling Center**
 - Outpatient counseling – individuals, families, marital, children
 - Substance Abuse Treatment - referral
 - Client Aid Program (sliding scale based on income)

26.16% of survey respondents reported alcohol/substance abuse was the biggest behavior risk factor that impacts their family. Resource: 2022 Scotland County Community Health Assessment.

Representative Garland Pierce



International Overdose Awareness Day 2022



Stephens Outreach Center IOAD 2022

Domestic Violence

- **Domestic Violence and Rape Crisis Center of Scotland County**
 - 24-hour crisis line
 - Shelter for victims
 - Support Groups
 - Education and support services for victims to deal with their trauma
 - Law Enforcement and legal procedures information
 - Community education programs

Health Literacy

- **Scotland County Literacy Council** –
 - Adult basic education – life skills, reading, job skills
 - GED preparation
 - English as a second language
 - One on one and small group tutoring (school age children and adults)
- **Scotland County Memorial Library** – provides community with opportunities for reading, research, computer skills, youth and adult programs, online services, e-books, audio books, DVD's and a Book Mobile that travels throughout the county weekly. Public has access to ten computers in addition to numerous databases. Patrons have access to over six million items today.

Health Promotion

- **Scotland County Health Department** – promotes healthy lifestyles through educational sessions; screenings, health care, immunizations, support for breastfeeding, child passenger safety, parenting, collaboration with other agencies providing programs and/or events pertaining to health issues, physical activity, nutrition and opioid prevention and education.
- **North Carolina Cooperative Extension, Scotland County** – provides educational programs such as nutrition and physical activities through the Expanded Food and Nutrition Program (EFNEP) for adults and children and 4-H Club activities
- **Scotland County Health Care System** – provides free community health screenings, educational sessions, collaborates with other agencies to provide information/education, sports physicals for middle and high school students involved in team sports and hosts an annual Women's Health Event which includes free health screenings and a full day of educational sessions on a variety of topics.
- **Scotland County Parks and Recreation** – promotes healthy lifestyles through fitness activities and sports for youth, activities for the older population such as Senior Games, a variety of exercise classes, Tai Chi, Arthritis Foundation Exercise class, Yoga, Silver Sneakers, a variety of health education programs, clubs, and other leisure opportunities.
- **Healthy Communities Initiatives** – initiates health education and promotion programs to educate the public about risk factors that promote chronic disease especially focusing on cancer prevention, smoking cessation, opioid prevention and promotes healthy lifestyles by implementing physical activities and nutrition programs in collaboration with agencies throughout the community.
- **ICO4MCH** – Improving Community Outcomes for Maternal and Child Health

Physical Activity/Nutrition

- Eat Healthy/Be Active - Scotland County Health Department
- Child Care Directions - Child and Adult Care Food Program (CACFP)
- Scotland County School System
- Scotland County Parks and Recreation and Senior Center
- Scotland County Health Department
- Scotland Health Care System
- Scotland County Co-Operative Extension – Expanded Food and Nutrition Education Program
- Wagram Recreation/Active Living Center

41% of survey respondents reported lack of physical activity as the biggest behavior risk factor that impacts their family. Source: 2022 Scotland County Community Health Assessment.



Poverty/Low Income/Uninsured

- **Scotland County Department of Social Services**
 - Medicaid Program
 - Food Stamp Program
 - Temporary Assistance for Needy Families (TANF) program called “Work First”
 - Emergency Assistance Program – financial help to pay for housing and utilities
 - Child Support Services in collaboration with the Court System
 - Low-income Energy Assistance Program (LEAP)
- **Senior’s Health Insurance Information Program – (SHIIP)** Prescription Drug Assistance for Senior citizens located at Scotland Senior Center
- **Habitat for Humanity** – ecumenical, Christian housing ministry dedicated to building and selling decent, affordable homes in partnership with families in need. Opened a new “Restore” in 2008.
- **Scotland County Concerned Citizens for the Homeless** – provides transitional housing for the homeless who do not qualify for state or federal aid and operates a Helping Hand Thrift Store.
- **Four-County Community Services, Inc.** – provides services in a seven-county area which help people help themselves
- **Laurinburg Housing Authority** – provides decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities;
 - Section 8 Program – Family self-sufficiency program – allows a family to build an escrow account if they increase their income and graduate from the program
 - Homebuyer Assistance Program – assists with mortgage payment through Section 8 Program
- **Star of Bethlehem Missionary Baptist Church** - operates a community food bank
- **Northview Harvest Outreach Ministries** – assists those in need for food, clothing and household items
- **Church Community Services** – funded through United Way, Federal Emergency Management Agency (FEMA) and local churches and individuals – provides emergency assistance for rent, utilities and medical care and also food and clothing.
- **Scotland Health Care System** – provides significant care to needy and underinsured. Partners with Scotland County Health Department and Scotland Community Health Clinic to provide free mammograms to female clients;
- **Scotland County Health Department** – offers communicable disease including sexually transmitted disease diagnosis and treatment without charge and a children’s vaccine program. Sliding fee scales are available in the Family Planning program.
- **Health Check/North Carolina Health Choice for Children Program** – follows Medicaid eligible children and assist families to maximize the health and development of their infants, children and teens until age 21. Children, up to age 19, may qualify for Health Choice for Children. Family income must be below 200% of poverty to be eligible for Health Choice.
- **Scotland Community Health Clinic** - provides quality health care for the needy and uninsured residents (age 18 yrs. to 64 yrs) of Scotland County. The Clinic works with 1 part time Family Nurse Practitioner, Volunteer Physician for 4 hours/month, 1 part time triage CNA. *Current data is unavailable at this time
 - *2022 - Approximately n/a active patients (170 active in 2019)
 - Collaborates with LabCorp who provides donated lab services
 - Collaborates with Charlotte Radiology and Scotland Memorial Hospital to provide routine imaging
 - *Prescription Assistance Program utilizing the Pharmacy Connection – have assisted in previous years approximately 170 patients with 3,122 ninety-day prescriptions in excess of \$2.2 million (2019).
 - *Provided 685 patient visits for 221 unduplicated patient visits in 2019
 - Provides diabetic testing devices and diabetic testing strips
- **Scotland County Parks and Recreation** – facilitates activities at Scotland Place Senior Center providing Senior Health Insurance Information Program (SHIIP). This program collaborates with the North Carolina Department of Insurance to inform seniors about medial benefits and the Medicare Prescription Drug Program
- **Medication Assistance Program** – Lumber River Council of Government Area Agency on Aging
- **Scotland County Aging Advisory Council** – identifies services for our aging population working with Lumber River Council of Government Area Agency on Aging.

Preparedness and Response (Bioterrorism)

Scotland County Health Department's Preparedness and Response Program prepares health department staff, community leaders and members for incidents and disasters which are natural, chemical, biological, and radiological or of a communicable disease nature. The process of preparation includes developing an "all hazards" plan, protocols and procedures. Then through training and exercises such as drills, tabletop exercises and full-scale exercises, the staff and community are prepared to respond to a possible incident or disaster with knowledge and confidence.

Scotland County Health Department shares a Preparedness and Response Regional Coordinator with Harnett and Bladen Counties. The Preparedness and Response Coordinator works in conjunction with the NC Office of Public Health Preparedness and Response. Other key components include, North Carolina Health Alert Network (NCHAN) which is a secure, internet based alerting system that provides 24/7 flow of critical health information among North Carolina's state and local health departments, hospital emergency departments, and law enforcement officials through simultaneous use of phone, fax, email, and pagers to communicate urgent health information.

The N.C. Disease Event Tracking and Epidemiologic Collection Tool ([NC DETECT](#)) provides statewide early event detection and timely public health surveillance to public health officials and hospital users. The data is continually collected from hospital emergency departments, the Carolinas Poison Center, and other medical facilities. The system was created by and is managed by the N.C. Division of Public Health and the Department of Emergency Medicine at the University of North Carolina at Chapel Hill, with support from the CDC. Tying all of these components together is the [website](#), used both as a conduit for exchanging health information and as a resource for accessing an almost limitless collection of information on disease control and bioterrorism issue.

Residential Living or Long-Term Care for Seniors

Scotland County provides several alternatives for senior living or long-term care through the following:

Adult Care Homes – Assisted Living – 2

- **The Meadows** – Assisted Living Units - 80 beds (private, semi-private).
- **Prestwick Village** – Assisted Living Units - 100 beds (private, semi-private).

Family Care Homes – Licensed – 3

- Blair Assisted Living #1 – Family Care Units - 6 beds each. Licensed health professional Blair Assisted Living #2 support, home health support, supervision for personal care, Blair Assisted Living #3 activities

Skilled Nursing Homes – 2

- **Scotia Village** – Nursing Care Units – 50; Special Care Units - 12
- **Scottish Pines** – Nursing Care Units - 99

Continuing Care Retirement Community

- **Scotia Village** – Independent Living Units – 100; Assisted Living Units – 20; Nursing Care Units – 50; Special Care Units - 12

(Independent) Senior Living

- **Cedar Trace Landing** – Independent Living Units – 48; Secured facility. Income guidelines for eligibility.
- Programs and services offered include health screenings, presentations, short outings and trips, activities such as bingo, exercise. Technology Center and Community Room.
- Transportation includes SCATS (Scotland County Adult Transportation System).

Scotland County Adult Day Care and Scotland County Adult Day Health Care

- Open 5-days a week from 8am to 3pm. Average daily participation – 15 to 18.
- Provides adult day care services that include transportation, activities including physical activity, crafts, short outings, meals, guest speakers, family counseling and support, and Adult Basic Education. Skilled nursing and licensed practical nursing staff available.
- Provides an organized program of services during the day in a community group setting for the purpose of supporting older adults' personal independence, and promoting social, physical, and emotional well being. Services include health care services.

Hospice of Scotland County

- **“Morrison Manor”** – residential facility offering state of the art comfort measures and symptom management for progressive terminally ill patients or those without a caregiver. Six individual suites accommodate patients and their families for privacy. Admissions approved by appropriate criteria and need for placement.
- **“Morrison Manor** – used for patients with a higher level of medical acuity.

Laurinburg Housing Authority

- Income based residential living for seniors/elderly disabled/handicapped. Approximately 80 units available for seniors and elderly disabled or handicapped.
- Services offered include adult life enrichment programs/activities, transportation.
- Public Housing and Section 8 is available to seniors.

Home Health Agencies – 10

- **HealthKeeperz** – provides nursing care, physical therapy, occupational therapy, speech pathology, medical social, and home health aides.
- **Better Home Health Care** – provides in-home services such as skilled nursing, personal care service, home health aides, private-duty nursing, and CAP (Aids, children, adults) services, HIV case management.
- **Assisted Care Health and Home Care Specialists**
- **Healthcare Connections**
- **Native Angels Home Care Agency, Inc.**
- **Liberty Home Care and Hospice**
- **Home and Family Health Care**
- **Carolina Therapy**
- **Horizon Homecare**
- **Piedmont Home Care**

Prestwick Village Assisted Living



Scotia Village Retirement Community



Safety/Injury Prevention

The Fire Department, Police Department, Highway Patrol, Scotland County Health Department, Department of Social Services, Child Care Directions, American Red Cross, Scotland County School System, and others are among the resources in Scotland County that offer programs addressing safety and injury prevention.

- **Scotland County Safe Kids** – a chapter of the North Carolina Safe Kids Coalition whose mission is to prevent unintentional injuries among children ages 0-14yrs. Scotland County Health Department, the Highway Patrol, North Laurinburg Fire Department and Emergency Medical Services, and law enforcement have several Certified Child Safety Seat Technicians trained to instruct individuals on proper safety seat installation and provide car seat checks to insure proper installation for age and weight appropriate child restraint systems being used.
- **SAFETY TOWN** – provided by Child Care Directions, introduces safety awareness and preventive procedures to pre-kindergarten children
- **Safe Kids Mid-Carolinas Region Coalition** – promoting child passenger, fire, bicycle, pedestrian, furniture, toy, battery and other safety through regional events and education.



Safe Kids Exhibit 2023

Car Seat Checking Station



Wednesday, Sept. 17
2:00 – 4:00 p.m.
The Purcell Clinic
King Street, Laurinburg
Sponsored by: Laurinburg Police Department,
Laurinburg Fire Department and Safe Kids
Mid-Carolinas Region

Take this time to:

- See if you are properly using your car seat
- Learn why second-hand seats are not always a good buy
- Prevent receiving a ticket and two points on your license
- Ask questions of your certified car seat technicians

A proud member of:



Safe Kids Mid-Carolinas



SCHD Staff Unity Day 2020

Smoking, Tobacco and E-cigarettes

Cigarette smoking remains the single leading preventable cause of death and disability in the United States. Over 16 million Americans have at least one disease caused by smoking which amounts to \$170 billion in direct costs annually. In 2022, an estimated 2.0% of US high school youth reported having smoked cigarettes and 14.1% had used e-cigarettes in the past 30 days. The 2022 NC Youth Tobacco Survey indicated, 19.7% of high school youth and 23% of middle school youth reported smoking cigarettes and an alarming 40.5% of high school youth and 37.6% of middle school youth reported using e-cigarettes.

Health Effects and Mortality - Lung cancer, heart disease, and the chronic lung diseases of emphysema, bronchitis, and chronic airway obstruction, are responsible for the largest number of smoking-related deaths (CDC, 2021). The risk of dying from lung cancer is more than 25 times higher among men who smoke cigarettes and about 25.7 times higher among women who smoke cigarettes compared to those who have never smoked. Women who smoke increase their risk of developing coronary heart disease and increase by more than 12-13 times their likelihood of dying from chronic obstructive pulmonary disease and increase their risk for other cancers (DHHS/CDC, 2021). In addition, cigarette smoking increases the risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).

Since 2006, Scotland County Health Department along with all Government Buildings in Scotland County adhere to a smoking ordinance preventing smoking or using tobacco products within 50 feet of the buildings.

North Carolina is celebrating the Fourteen Year Anniversary of House Bill 2, signed by Governor Beverly Perdue (no smoking in restaurants) in 2009. Scotland County’s Senator William Purcell, one of the Bill sponsors, was instrumental in getting the new law passed which became effective on January 2, 2010. The law prohibits smoking in nearly all restaurants, bars, and lodging establishments that prepare and serve food and drink. Proponents say the law will protect people from the adverse health effects of second-hand smoke.

Additionally, since July 2013, Scotland County Parks & Recreation implements a “No-Smoking/Tobacco Use” Policy providing signage to all parks and recreation areas where children play through the Region 6 Community Transformation Grant Project.

Free, confidential quit coaching for any tobacco user who wishes to quit is available through QuitlineNC at 1-800-QUIT-NOW (784-8669). QuitlineNC is available daily. Translation service is also available.

Quitline NC



Signage at Public Parks 2020

Healthy Communities Initiative



Every Try Counts/QuitlineNC Billboard 2021

15.2% of respondents reported the use of tobacco products is the biggest behavior risk that impacts their family. Source: 2022 Scotland County Community Health Assessment Survey.

Transportation

Transportation plays a vital role in the health and well being of Scotland County residents since “transportation” enables or diminishes access to services such as health care, as well as access to employment, school, day care, and more.

Though Scotland County is considered a rural county and ranked 64th in the State in population, approximately 54% of Scotland County residents live in rural areas (or outside the city of Laurinburg), compared to 33% of North Carolina’s population and 20% nationwide. Populations living in our rural areas are more likely to be living in poverty, and thereby less likely to have access to transportation. This is particularly true for rural racial minority and Hispanic populations.

- Scotland County Area Transit System (SCATS) – Two used by the general public to go, via a circuitous route, to various neighborhoods, shopping, physician offices, pharmacies, etc. within the city of Laurinburg. Cost is \$1.00 per day. Seven vehicles are used for medical purposes.
- Scotland County Social Services – provides medical vans county-wide through its Medicaid office for persons needing transportation to doctors’ offices or to the hospital, based on a doctor’s referral by reservation.
- Scotia Village and Scottish Pines – offer transportation to their senior citizen residents.
- Laurinburg Housing Authority – offers transportation to their resident seniors in their programs and to their disabled residents
- Braveheart Medical Transport – medical assistance transportation
- Other – Mary’s Taxi Service – There is no public bus system or passenger rail system in the county. However, charter and rental buses are available.

2.85% of respondents reported lack of transportation kept them or their family from seeking medical treatment. Source: 2022 Scotland County Community Health Assessment Survey.

Section VI

Health Priorities...Past and Present

In the 2022 Community Health Assessment Survey, respondents once again identified concerns for health issues and behavior risks. The top concerns of chronic disease remained consistent in the 2019 and 2022 reports. Top health concerns common with the 2022 report were: High Blood Pressure, Diabetes, Heart Disease, and Cancer. The top five community behavior risks identified in 2022 were somewhat common with the 2019 survey with lack of physical activity ranking first today followed by poor nutrition, use of tobacco and substance misuse. In summary, “all” community health concerns and behavior risks taken from the 2019 community health assessment survey remain nearly consistent with the 2022 survey response. Since 2000, the top three health concerns common today are: High Blood Pressure, Diabetes and Heart Disease.

The table below depicts the top ten priority health concerns in 2022 and similar health and behavior concerns in 2019. Issues are common across the board, with the exception of certain issues switching up or down slightly in the ranking.

2019 Health Priorities	2019 Behavior Risk	2022 Health Priorities	2022 Behavior Risk
Obesity	Lack of Physical Activity	High Blood Pressure	Lack of Physical Activity
High Blood Pressure	Poor Nutrition	Obesity	Poor Nutrition
Diabetes	Use of Tobacco	Diabetes	Tobacco/Vaping
Cancer	Substance Misuse (Drug and Alcohol)	Heart Disease	Substance Misuse (Drug and Alcohol)
Obesity	Dental Health	Cancer	Dental Health
Stroke	Crime and Violence	Asthma/Lung Disease	Crime and Violence
Dental Health	Bullying	COVID-19	Bullying
Mental Health	Unprotected Sex	Mental Health	Unprotected Sex
Asthma/Lung Disease	Seatbelt Use	Dental Health	Seatbelt Use
Smoking/Tobacco	Suicide	Stroke	Suicide

Subsequent to review of the 2022 Health Assessment Survey data and secondary data the Core Work Group and CHNA Team and committee made a decision by process of elimination to address the main concerns, develop action plans, and focus on:

- Obesity (focus on heart disease, diabetes, and hypertension)
- Mental Health (Substance Misuse to reduce overdose deaths);
- Youth Engagement and Healthy Behaviors (Vaping, Pregnancy Prevention, Physical Activity, Healthy Eating, Mental Health, Adverse Childhood Experiences)

Obesity, Mental Health (incl. Substance Misuse/Tobacco) and Youth Behavioral Health will remain priority areas and these may be expanded on or additional areas will be determined. In 2023, the Core Work Group will develop community health improvement plans for the current areas of focus and any new priority areas we are able to address through 2025.

Overview of Healthy North Carolina 2030

Every ten years since 1990, North Carolina has set ten-year health objectives with the goal of making North Carolina a healthier state. One of the primary aims of the Healthy North Carolina objective-setting process is to mobilize the state to achieve a common set of health strategies that could lead to overall health and well-being in parallel with the national Healthy People Initiative run by the United States Department of Health and Human Services. Identifying key indicators and targets allows NCDHHS, the Division of Public Health, local health departments and other partners across the state to work together toward shared goals.

Healthy North Carolina 2030 Health Indicators and Desired Results

		TOTAL POPULATION		
	HEALTH INDICATOR	DESIRED RESULT	CURRENT (YEAR)	2030 TARGET
1	INDIVIDUALS BELOW 200% FPL	Decrease the number of people living in poverty	36.8% (2013-17)	27.0%
2	UNEMPLOYMENT	Increase economic security	7.2% (2013-17)	Reduce unemployment disparity ratio between white and other populations to 1.7 or lower
3	SHORT-TERM SUSPENSIONS (PER 10 STUDENTS)	Dismantle structural racism	1.39 (2017-18)	0.80
4	INCARCERATION RATE (PER 100,000 POPULATION)		341 (2017)	150
5	ADVERSE CHILDHOOD EXPERIENCES	Improve child well-being	23.6% (2016-17)	18.0%
6	THIRD GRADE READING PROFICIENCY	Improve third grade reading proficiency	56.8% (2018-19)	80.0%
7	ACCESS TO EXERCISE OPPORTUNITIES	Increase physical activity	73% (2010/18)	92%
8	LIMITED ACCESS TO HEALTHY FOOD	Improve access to healthy food	7% (2015)	5%
9	SEVERE HOUSING PROBLEMS	Improve housing quality	16.1% (2011-15)	14.0%
10	DRUG OVERDOSE DEATHS (PER 100,000 POPULATION)	Decrease drug overdose deaths	20.4 (2018)	18.0
11	TOBACCO USE	Decrease tobacco use	YOUTH 19.8% (2017) ADULT 23.8% (2018)	9.0% 15.0%
12	EXCESSIVE DRINKING	Decrease excessive drinking	16.0% (2018)	12.0%
13	SUGAR-SWEETENED BEVERAGE CONSUMPTION	Reduce overweight and obesity	YOUTH 33.6% (2017) ADULT 34.2% (2017)	17.0% 20.0%
14	HIV DIAGNOSES (PER 100,000 POPULATION)	Improve sexual health	13.9 (2018)	6.0
15	TEEN BIRTH RATE (PER 1,000 POPULATION)		18.7 (2018)	10.0
16	UNINSURED	Decrease the uninsured population	13% (2017)	8%
17	PRIMARY CARE CLINICIANS (COUNTIES AT OR BELOW 1:1,500 PROVIDERS TO POPULATION)	Increase the primary care workforce	62 (2017)	25% decrease for counties above 1:1,500 providers to population
18	EARLY PRENATAL CARE	Improve birth outcomes	68.0% (2018)	80.0%
19	SUICIDE RATE (PER 100,000 POPULATION)	Improve access and treatment for mental health needs	13.8 (2018)	11.1
20	INFANT MORTALITY (PER 1,000 BIRTHS)	Decrease infant mortality	6.8 (2018)	6.0 Black/white disparity ratio = 2.4
21	LIFE EXPECTANCY (YEARS)	Increase life expectancy	77.6 (2018)	82.0 Black/white disparity ratio = 1.5

Source: See descriptions of health indicators throughout this report for information on data sources.

While North Carolina has moved in the right direction on many of the 2020 Health Objectives, there were worrisome trends that continued. The most significant concerns were the increase of adults without health insurance, increase of diabetes death rates, and the increase in overweight and obesity among adults and children. These concerns were also on the mind of Scotland County respondents in the 2022 Community Health Assessment Survey. The results of the survey follow in Section VII (Appendices) in graph format.

The recent Healthy North Carolina 2030 Initiative, developed by The North Carolina Institute of Medicine, provides goals set through health indicators that will also be utilized as we move forward with our Community Health Improvement Plan.

Section VII

Appendix A – Community Health Assessment Survey Questionnaire

- English Version - Spanish Version (not available)

Appendix B – Community Health Assessment Survey Results and Graphical Data

Appendix C – Community Resources - 2022

Appendix D – References and Resources



SCHED Staff Promote Heart Health



SCHED Staff Christmas Cheer



Partnering with Scottish Pines 2021



COVID Drive-Thru Vaccine 2021



SCHED Staff Wear RED Day 2022



COVID-19 Testing and Vaccine Event at EOC 2022