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# State of the County Health Report, 2007

## A QUICK GLANCE AT JONES COUNTY

**Population  
Estimate, 2006:**  
10,204

**Median  
Household  
Income, 2004:**  
\$33,326

**Leading  
Causes of  
Death, 2005:**  
1. Heart Disease  
2. Cancer  
3. Chronic  
Respiratory  
Disease

**16.9% Persons  
below poverty,  
2004**



**Public Health**  
Prevent. Promote. Protect.

## Introduction

The State of Jones County's Health Report is a yearly review of Jones County's health indicators and status. Its purpose is to educate and inform the community about the health priorities and accomplishments of the previous year. This is part of a statewide effort to meet the North Carolina 2010 health objectives for health and safety. The 2006 Community Health Assessment provided information on the top 5 community/health concerns which are as follows:

1. Job Opportunities
2. Overweight Adults
3. Overweight Children
4. Lack of Stores
5. Public Transportation



## Overview of Jones County

Jones County is a rural, agricultural area, located in the eastern part of North Carolina. The county is fifty miles in length and its breadth is fifteen miles, with a total land area of 472 square miles. The county is bounded on the north and east by Craven County, on the south by Carteret and Onslow counties and on the west by Lenoir and Duplin counties. Four main Townships exist in Jones County. These communities include Trenton (the county seat), Maysville (largest city/town), Pollocksville (the oldest town in the county), and Comfort (farthest west and most rural of the four communities).

## JONES COUNTY HEALTH DEPARTMENT

### MISSION STATEMENT

**"Promoting sound health policies within the community, to prevent and control the spread of disease, to facilitate rehabilitation of the disabled, and to safe guard the integrity of the environment."**

## Leading Causes of Death

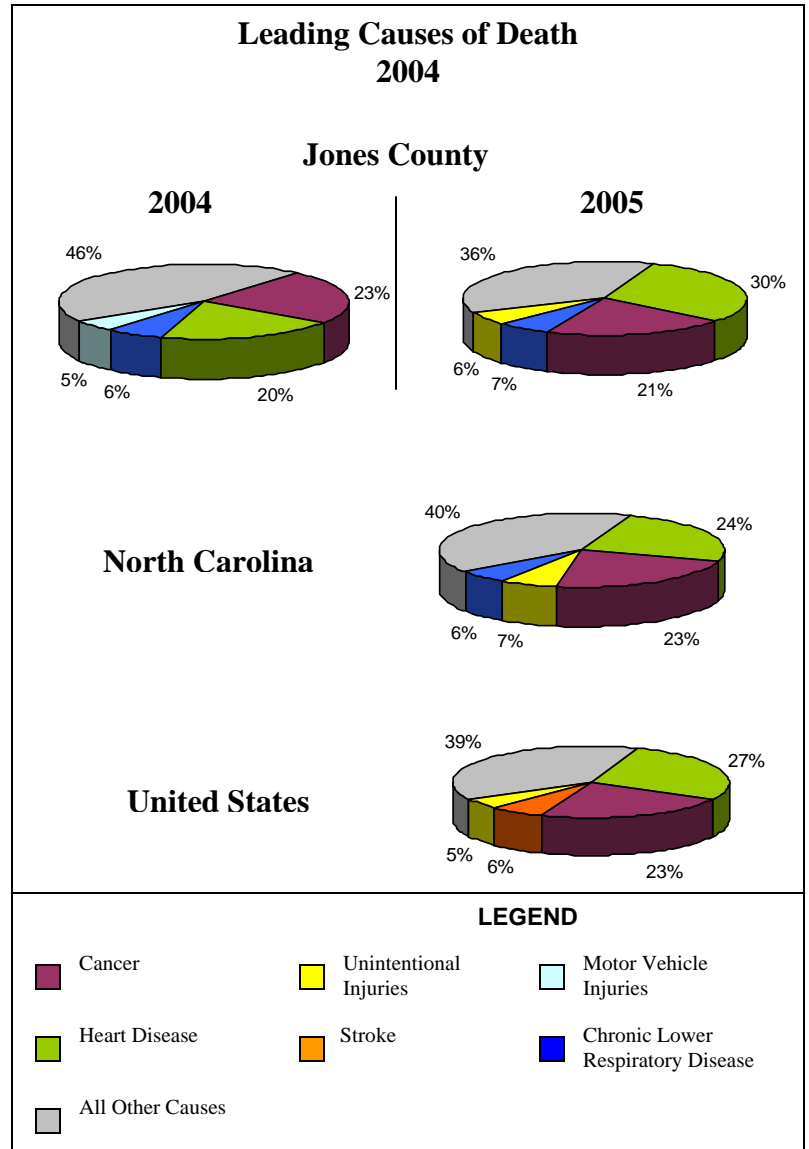
The leading cause of death in Jones County is heart disease. Many factors are attributable to the large number of people in Jones County with heart disease such as the lack of medical coverage which may prevent early detection and the lack of education about risky behaviors. Risk factors for heart disease include obesity, high blood pressure, tobacco usage and high cholesterol.

The second leading cause of death in Jones County is cancer which accounts for 20% of all deaths. Lung and Bronchus cancer accounts for 50% of all cancer cases in the county. Historically, tobacco has been an important crop to the economy and its prevalence can be linked to the large number of lung and bronchus cancer cases in the county.

Chronic lower respiratory disease is the third leading cause of death in Jones County. Chronic lower respiratory diseases account for 6.6% of deaths.

Motor vehicle injuries in youth between the ages of 0 to 19 and young adults age 20 to 39 accounts for the majority of the 5.7% of fatalities in the county.

In 2006, cancer (23.2%) became the leading cause of death for North Carolina, followed by heart disease (23.1%), stroke (6.1%), chronic lower respiratory disease (5.4%) and unintentional injuries (3.3%).



## Vital Statistics

Jones County had a total of ninety-nine live births in 2005. The age breakdown is as follows:

- Mothers age 17 and younger accounted for two live births.
- Mothers ages 18 to 24 accounted for thirty-seven live births.
- Mothers ages 25 to 29 accounted for twenty-seven live births.
- Mothers ages 30 to 34 accounted for twenty live births.
- Mothers ages 35 to 39 accounted for 12 live births
- Mothers ages 40 and over accounted for only one live birth.

There were one hundred and twenty-three pregnancies in Jones County in 2005.

Jones County had two fatalities related to infant/child mortality associated with perinatal condition in which the child was under the age of one year old.



## Community Concerns & Initiatives

According to the 2006 Community Health Assessment, the residents of Jones County identified the following community concerns. 66.8% of the residents identified lack of job opportunities as a primary concern. 56.5% of residents identified adults being overweight as a community concern; in addition to 54.3% of the residents stating that youth being overweight was as major concern. 53.1% of the community identified lack of stores and economic development as an issue while lack of public transportation is a concern to 52.4% of the population. Illegal drug use among residents was received 50.4% of the population.

Jones County residents also identified lack of recreational opportunities, tobacco use among adults/children, lack of physical activity, poor eating habits, alcohol abuse, drinking and driving, high blood pressure, diabetes, lack of private health insurance, lack of hospital service, lack of dental care/mental health care and counseling and lack of responsible parenting as important community concerns which need to be addressed.

## Jones County Healthy Carolinians

Jones County Healthy Carolinians (JCHC) began on May 17, 2001. The partnership is an alliance of community agencies and concerned citizens, committed to improving the health and well-being of Jones County residents. JCHC is a non-profit organization which addresses the community concerns by developing sound health education and promotion programs within the schools, local churches, day care centers and other community and workplace environments. Currently the JCHC is in the process of recertification in 2008 due to a lapse in staffing. Based on findings in the 2006 Community Health Assessment and 2007 health data collected for this report, the following health priorities have been set for health promotion activities.

### ❖ Physical Activity

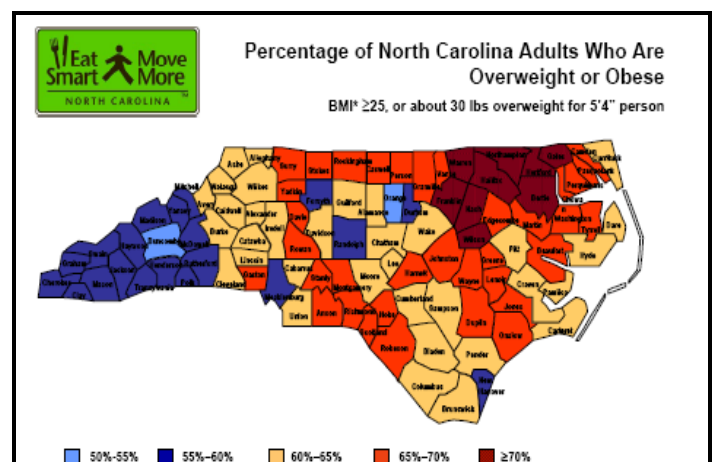
- JCHC plans to address this initiative by developing employee wellness programs at the Jones County Health Department and Department of Social Services and Jones County Schools. We also plan to develop a spring event to include walk-a-thon across Jones County.

### ❖ Diabetes

- JCHC plans to address this initiative by developing a Lunch and Learn series on diabetes as well as other chronic disease topics. We are also very involved with our local churches by adding a "Spotlight on Health" to church bulletins.

## Obesity

The rate of obesity for American adolescents has more than doubled in the last 25 years alone. In Jones County and neighboring counties, it is estimated that 66% of adults are overweight or obese, and only 41% get the recommended level of physical activity. Many serious health problems such as hypertension, diabetes, sleep apnea and even asthma can be caused by being overweight.

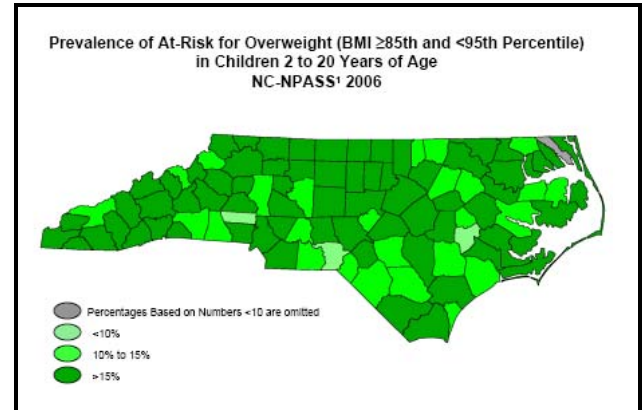


Source: Eat Smart, Move More

Ranking based on 2005 Behavioral Risk Factor Surveillance System

More than 15% of the Jones County population between the age of 2 and 20 are considered at-risk for overweight.

Jones County schools and the health department work together to implement programs aimed at educating children of the importance of nutrition and exercise. The Jones County Schools adopted a policy to provide at least nine weeks of nutrition education and physical activity to all students in grades K-9. Every week students participate in physical education for a minimum of 225 minutes at the Middle School and 150 minutes at each Elementary School. All ninth grade students have a semester of physical education. The Jones County Health Promotion program also implemented a wellness program for faculty and staff in the Jones County school system to reduce the number of overweight or obese people in the community.



Source: Eat Smart, Move More

Map based on data provided by North Carolina- Nutrition and Physical Activity Surveillance System (NC-PASS)

## “Working for Healthy Communities”



The Sun Journal, October 15, 2007

From the left: “MIRACLE” lay health advisors James Ray Jones, Celestine Bryant, James W. Bryant, Vickie Chance and India Bazemore.

*“This initiative is supported by the Office of Minority Health and Health Disparities and the North Carolina Department of Health and Human Services with funds appropriated by the General Assembly to honor the memory of deceased members: Bernard Allen, John Hall, Robert Holloman, Howard Hunter, Jeanne Lucas, and William Martin.”*



## Diabetes

In North Carolina, an estimated 9.6% of the population has diabetes. In Jones County, high rates of obesity, hypertension, lack of physical activity and poor nutrition all contribute to the diabetes rate. According to the North Carolina Behavioral Risk Factor Surveillance System (NC BRFSS), an estimated 10.7% of the population in Jones County lives with diabetes.

In response to the high rate of diabetes in Jones County among African-Americans, the health department and several local churches have been working together to provide prevention and education workshops, food literacy, and screenings to community members at-risk for or living with diabetes. This church based program known as MIRACLE (Managing Insulin Resistance A Changing Life Experience) has reached hundreds of residents throughout the county with the assistance of five dedicated and mission-oriented church based lay health advisors and a certified diabetes educator.



## Methicillin Resistant Staphylococcus Aureus (MRSA)

Methicillin-resistant *Staphylococcus Aureus* (MRSA) is a type of staph that is resistant to certain antibiotics. These antibiotics include methicillin and other more common antibiotics such as oxacillin, penicillin and amoxicillin. Staph infections, including MRSA, occur most frequently among persons in hospitals and healthcare facilities (such as nursing homes and dialysis centers) who have weakened immune systems. MRSA infections that are acquired by persons who have not been recently (within the past year) hospitalized or had a medical procedure (such as dialysis, surgery, catheters) are known as CA-MRSA infections. Staph or MRSA infections in the community are usually manifested as skin infections, such as pimples and boils, and occur in otherwise healthy people.



*Courtesy of the Center for Disease Control.*

Jones County reports 20 confirmed cases of MRSA in which follow up reporting was done because the individuals came through the health department. There may be many more cases in Jones County; however, providers are not required to report this infection and due to the geography of the county many individuals often elect to seek treatment in adjacent counties.

The Jones County Health Department may take steps to ask providers to report MRSA cases voluntarily in order to have an accurate picture of how widespread the problem may be.

*Information provided courtesy of the Center for Disease Control and Prevention.*

## Emergency Preparedness

Public health emergencies are the focus of this program and include:

- NATURAL DISASTERS SUCH AS HURRICANES
- COMMUNICABLE DISEASE OUTBREAKS
- MAN-MADE DISASTERS & ACTS OF TERRORISM
- PANDEMIC INFLUENZA PLANNING

Preparedness efforts are continuously underway and plan revisions are ongoing. The Centers for Disease Control (CDC), Department of Homeland Security, and the Department of Health and Human Services help guide planning efforts. The Health Department regularly partners with other local government agencies as well as community partners to exercise these emergency plans. These exercises serve as valuable tools to determine how prepared we are as a community and to make adjustments as necessary to enhance our community response.

All citizens are encouraged to get involved in preparedness efforts. Some things you can do now include:

- Build a 72 hour disaster supply kit
- Create a family emergency plan
- Have a NOAA weather radio
- Be aware of your surroundings
- Follow emergency announcements from local officials

Visit these additional resources to learn more about how you can get involved and get prepared

**Links:** [www.ready.gov](http://www.ready.gov) [www.redcross.org](http://www.redcross.org) [www.fema.gov/](http://www.fema.gov/) [www.epi.state.nc.us/epi/bt](http://www.epi.state.nc.us/epi/bt) [www.bt.cdc.gov/](http://www.bt.cdc.gov/)  
[www.epi.state.nc.us/index.html](http://www.epi.state.nc.us/index.html) [www.cdc.gov](http://www.cdc.gov)

## SCHOOL HEALTH

### “My Body is a Temple”

The Jones County Health Department has been very active in the Jones County School System since 2004 greatly due to funding from The Duke Endowment Foundation and The Harold H. Bate Foundation. The development of “My Body is a Temple” program was based upon building a foundation of healthy behaviors among students. The program has had great success in reducing BMIs among elementary students from 48.6% of children at risk for overweight or overweight to 38.8%. The reduction in BMI is attributed to lessons on nutrition as well as the physical activity programs that have been used such as Take 10, Be Active and Dance Dance Revolution. In 2007, Jones County Health Department received additional funds to continue Phase II of “My Body is a Temple- My Future Tomorrow Begins Today”. Phase II will continue the program’s stated purposes of:

- Improve self-esteem and promote character building
- Reduce the incidence of teen pregnancy
- Decrease childhood obesity through fitness and nutrition classes.
- Increase academic achievement and peer education

### Teen Pep

Teen Pep is a peer sexual health education program that originally began in New Jersey and has spread to over 50 public schools and community based organizations throughout the nation. With the assistance of grant funding provided by North Carolina Department of Health and Human Services, Teen Pregnancy Prevention Initiative, Jones County has received funding to implement the Teen Pep program to upper class high school students.

The purpose of the program is to decrease the number of adolescent and teenage pregnancies in Jones County. In 2005, there were a total of 15 pregnancies among females 15-19, of which 60% were repeat pregnancies.



## EMPLOYEE WELLNESS PROGRAMS

### Jones County Health Department and Social Services Employees

The JCHD Employee Wellness Program was established in 2007 due to the need of increased physical activity and healthy lifestyle choices, and to foster an environment focused on the community’s health. The problems faced by Jones County employees is the lack of vending machines choices and area restaurants with few, if any healthy choices. We also face a large dilemma due to the lack of recreational facilities that are geographically assessable to the public.

The benefits of participating in this program are: weight reduction; improved physical fitness; increased stamina; lower levels of stress; and increased well-being, self-image and self-esteem.



### Jones County Teachers and Staff

The single largest employer is the Jones County school system, with over 250 employees spread throughout a total of 4 elementary, 1 middle and 1 high school. Due to the high rate of obesity, lack of physical activity and portion throughout Jones County, an employee wellness program targeting the school system was initiated in 2006.

The school based employee wellness program called H.E.A.R.T.S. (Healthy Enthusiastic Active Responsible Teachers and Staff) is implemented with the assistance of the health education staff at the health department. All six schools actively participate in the program. The primary goal of this program is to improve the health and health choices made by Jones County teachers and staff through education. The main objectives are to:

1. Improve nutritional choices.
2. Increase physical activity.
3. Increase awareness of common health conditions and illnesses.

## Women's, Infant and Children Supplemental Nutrition Program (WIC)

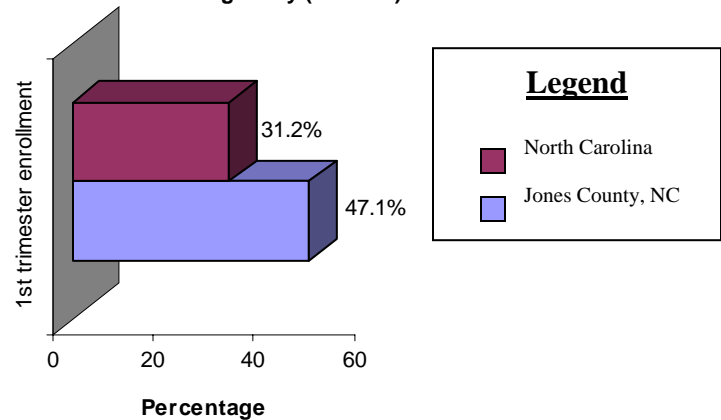
The mission of WIC is “to improve the nutrition and health status of low-income women, infants, and children under the age of five who are at-risk by providing:

- Nutritious food
- Nutrition and health education
- Breastfeeding education and support
- Referrals to health and human services.

Services provided by WIC assist in the reduction of health problems that often occur during a child's growth and development. To be eligible for WIC services individuals must be a North Carolina resident, have a family income equal or less than 185% of the U.S. Poverty Guidelines and be at nutritional risk.

- Jones County WIC clients were provided nutritious food valued at an estimated \$205,076.89 between July 1, 2006 and June 30, 2007.

Percentage of Women Enrolled in WIC First Trimester of Pregnancy (FY04-06)



Length of Time WIC Participants Breastfed After Infant Birth

Time Elapsed Since Delivery	Percentage	
	Jones County	NC
Initiation (FY04-06)	44.8	49.7
6 weeks (FY03-05)	28.4	28.5
6 months (FY03-05)	13.7	15.0

## Clinic Services

The Jones County Health Department offers a variety of clinic services to residents of all ages.

- ❖ **Child Health:** Services include but are not limited to, well child check-ups, physicals and child service coordination which provides case management services to children with special needs or disabilities.
- ❖ **Family Planning:** Serves women who are concerned they may be pregnant or are looking for a way to prevent pregnancy. JCHD medical staff offers free pregnancy tests, Pap smears, and a variety of birth control options to those clients who are enrolled in the FP program.
- ❖ **Maternal Health:** Medical care is provided to pregnant women. If there are any complications or special needs for a patient, the health department provides them with maternity care coordination. The JCHD arranges classes on car safety and how to properly use and install a car seat into vehicles. Upon completing the class each participant receives a reduced cost of car seat of their own for only \$20.
- ❖ **Breast and Cervical Cancer Control Program (BCCCCP):** This program provides breast and cervical cancer screening to low income women 40-64 years of age. Eligible women receive breast cancer screening services such as a clinical breast exam and mammogram free of charge every one to two years. Cervical cancer screenings are conducted with a Pap smear test every two years.



Photo of JCHD Nurse's Station

## **JCHD Services:**

- \*Free Immunizations for Children
- \*Well-Child Check- Ups
- \*Daycare & School Physicals
- \*Sports Physicals
- \*WIC
- \*Breastfeeding Education
- \*Pregnancy Testing
- \*Family Planning Physicals
- \*Birth Control Methods
- \*Prenatal Care & Maternity Care
- \*Post-partum Home Visits
- \*Child Service Coordination
- \*Adult Immunizations
- \*TB Skin Tests
- \*STD Diagnosis, Treatment & Education
- \*Confidential HIV Testing & counseling
- \*Health Education & Promotion
- \*School Health Program
- \*Nutritional Counseling
- \*Family Based Counseling
- \*Mosquito Control
- \*Rabies Control

Link to Website Coming Soon!

Visit us at:

<http://www.co.jones.nc.us/>

## **Immunizations**

JCHD offers free vaccines to children between the ages of 0-18 years old, and also provides adults with low cost or free immunizations depending on the situation. October through January JCHD holds weekly flu clinics providing flu vaccines for all age groups. Between July 1, 2006 and June 30, 2007 the Jones County Health Department administered a total of 532 vaccines and 402 flu shots.



## **Communicable Disease**

As a part of the health department's mission is to prevent and control the spread of disease, the Jones County Health Department provides patients with testing, treatment and education services for many different diseases. The program provides confidential STD and HIV testing as well as Tuberculosis skin tests.

## **Message from the Health Director**

I sincerely hope that you have enjoyed reading the information presented here and learning more about what Public Health does for you in Jones County. Even if you have never entered the doors of a local health department, Public Health has had a positive impact on your life and the lives of those around you.

We aspire to guide our community to a healthier future together through prevention, education and treatment; however, it is the people...you...who help keep our communities and our children safe and healthy. We each have a personal responsibility to become informed and involved in ensuring a healthy future for ourselves, our family and our community. If you would like to become more involved with your community, feel free to contact us at the Health Department. Your time and talents are greatly needed.

The Jones County Health Department is here to help you find a healthier tomorrow!



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