

STATE OF THE COUNTY HEALTH REPORT JONES COUNTY, NC

DECEMBER 2008

For more information, please
contact the Jones County Health
Department

418 HWY 58 North
P.O. Box 216
Trenton, NC 28585

www.jonescountyhealth.com
Phone: (252) 448-9111



The 2008 Jones County State of
the County Health Report can also
be found on the Jones County
Health Department website
www.jonescountyhealth.com and
at local library branches.

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Purpose

The Jones County Health Department and the Jones County Healthy Carolinians are pleased to present the 2008 State of the County Health Report (SOTCH). This annual report will focus on key health indicators and the current health status of Jones County residents. The purpose of this report is to identify emerging issues impacting the health status of the community and the new initiatives created to address current concerns. The report is also designed to serve as a resource that can be used by the community to gain a better understanding of the health needs, concerns and available programs. Current information on the five priority issues identified in Jones County by the 2006 Community Health Assessment (CHA) will also be provided. The five priority issues originally identified in the 2006 Community Health Assessment are: Job Opportunities, Adult Obesity, Childhood Obesity, Lack of Stores and Public Transportation. Two of the previous priority issues identified, Job Opportunities and Lack of Stores, have been substituted with Diabetes and Physical Activity. Both Diabetes and Physical Activity are currently priority areas developed into action plans by the Jones County Healthy Carolinians partnership. The barrier listed as Public Transportation, is now referred to as Barriers to Care which is a broader more inclusive term. The current priority areas are: **Adult Obesity, Childhood Obesity, Diabetes, Physical Activity and Barriers to Care.**

Geography

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."

JCHD STAKEHOLDER TEAM

The main stakeholder of the Jones County Health Department are "THE RESIDENTS OF JONES COUNTY", it is our mission to meet the needs of the community and without their meaningful voices we would lack direction. Other stakeholders include: Jones County Board of Health, Jones County Board of Commissioners, Jones County Healthy Carolinians, and the Jones County Department of Social Services.

Jones County: At A Glance

Vital Statistics

Jones County had a total of 106 live births in 2006. The age breakdown is as follows:

- Mothers age 17 and younger accounted for **nine** live births.
- Mothers age 18 to 24 years old accounted for **thirty-seven** live births.
- Mothers age 30 to 34 accounted for **fifteen** live births.
- Mothers age 35 to 39 accounted for **four** live births.
- Mothers age 40 and over accounted for only **one** live birth.

There were 133 pregnancies in Jones County in 2006.

Jones County had two infant/child fatalities in 2006, which were associated with perinatal conditions in which the child was under the age of one year old.

Source: NC State Center for Health Statistics, 2006

Demographics	Jones County	North Carolina
Population, 2006	10,204	8,856,505
Ethnicity, 2006		
White Persons	64.6%	74.0%
Black Persons	33.8%	21.7%
Persons Reporting Two or More Races	0.8%	1.1%
Other	0.8%	3.2%
Hispanic or Latino Persons of Any Race(a)	3.5%	6.7%
Median Household Income, 2004	\$33,326	\$40,863
Per Capita Income, 2005	\$27,093	\$31,041
Adult		
% Persons Below Poverty, 2004	16.9%	13.8%
% Uninsured Age 18-64	23.9%	21.1%
Unemployment Rate, September 2007	3.7%	4.7%
Unemployment Rate, September 2008	6.8%	7.0%
Children		
% Uninsured Age 0-17	13.4%	12.4%
% High School Dropout Information Grades 9-12	5.6%	5.3%
% Kindergardeners with untreated tooth decay	30.0%	21.0%
% Fifth graders with untreated tooth decay	41.0%	5.0%

(a) Hispanic or Latino person may be of any race, so also are included in applicable race categories

Source: Bureau of Economic Analysis, Bureau of Labor Statistics, National Center for Health Statistics, U.S. Census Bureau and NC Employment Security Commission

Red equals areas in need of improvement

Morbidity and Mortality

- ❖ The top three leading causes of death in Jones County remain Heart Disease, Cancer and Chronic Lower Respiratory Disease. Deaths due to Heart Disease account for 28.2% of all deaths in the county. The major risk factors for Heart Disease include high cholesterol, high blood pressure, obesity, physical inactivity, and tobacco use.
- ❖ The second leading cause of death in Jones County is Cancer, which accounts for 20.4% of all deaths. Lung and Bronchus Cancer account for 32% of all cases in the county. According to the North Carolina Department of Agriculture & Consumer Science, North Carolina continues to rank number one in the production of tobacco. The tobacco crop can be linked to the large number of Lung and Bronchus Cancer cases in the county.
- ❖ Chronic Lower Respiratory Disease (CLRD) is the third leading cause of death in Jones County. CLRD accounts for 7.8% of deaths. The following are known CLRD risk factors: tobacco smoking, indoor/outdoor air pollution, allergens and occupational risks and vulnerability.

Source: NC State Center for Health Statistics, 2006

Jones County Morbidity Data

Type of Morbidity	County	State
Cancer Morbidity 2005 (rates per 100,000)		
Lung/Bronchus	108.8	78.2
Colon/Rectum	59.4	49.8
Female Breast	59.4	67.5
Prostate	49.5	82.5
Infectious Disease Morbidity, 2007 (rates per 100,000)		
Chlamydia	108.8	78.2
Gonorrhea	59.4	49.8
HIV	59.4	67.5
Primary & Secondary Syphilis	49.5	82.5
Chronic Disease Hospital Discharges, 2006 (rates per 10,000)		
Diabetes	33.3	18.7
Cardiovascular and Circulatory Diseases	276.5	189.7
Stroke	44.7	31.9
Respiratory Disease	157.7	107.4
Pneumonia, Influenza	61.8	37.6

Morbidity is defined as the rate of disease incidence or prevalence. It is a term used to describe how many individuals in a specific geographic location currently have a certain disease or illness during a specific time period. Jones County morbidity information has been provided in the chart located to the right.

2007 Projected Cancer Cases

2007 Projected Cancer Cases	Jones County	North Carolina
Lung/Bronchus	10	5,550
Colon/Rectum	5	4,425
Female Breast	10	6,155
Prostate	10	6,420
All Cancers	60	40,860

Source Above: NC Central Cancer Registry
To the Right: NC SCHS, NC-CATCH

2006 Community Health Assessment Results

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; 54.3% of the residents stated that youth being overweight was also a 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 identified as a priority issue by 50.4% of the population.

During the month of October 2008, a total of 82 Jones County residents from local businesses, sporting events, schools and other locations throughout the county were administered the 2008 Jones County Health Assessment. The top three youth health concerns identified as a problem were: illegal drug use/substance abuse (74%), lack of physical activity (69.5%) and poor nutrition (68.5). The top three adult health concerns identified as a problem were: illegal drug use/substance abuse (75.6%), lack of physical activity (69.5%) and poor nutrition (63.4%). The health conditions identified as a problem in Jones County were: high blood pressure (62.2%), heart disease (56.1%) and lung cancer (54.9%). Lack of recreational facilities (69.5%), transportation (67.1%) and resources offering healthy foods (67.1%) were identified as the most significant barriers in Jones County.



Jones County Healthy Carolinians (JCHC)

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. The Jones County Healthy Carolinians officially became a certified partnership in the fall of 2008, joining a total of 76 other certified partnerships statewide. Based on findings in the 2006 Community Health Assessment and health data collected from previous years, the following community action plans which also serve as health priorities have been established.

- ❖ Physical Activity
- ❖ Diabetes

JCHC Partners

***Jones County Health Department* Jones County Board of Education* East Carolina Department of Public Health* Jones County Cooperative Extension* Jones County Recreation* Lenoir Memorial Hospital* PORT Human Services* East Carolina Behavioral Health* Craven Regional Medical Center* University Health Systems* Goshen Medical Center* Merci Clinic in New Bern* Coastal Coalition for Substance Abuse Prevention* Bright Star Farm Therapy* Jones County Commissioner's* Jones County Head Start* Atlantic Counseling**

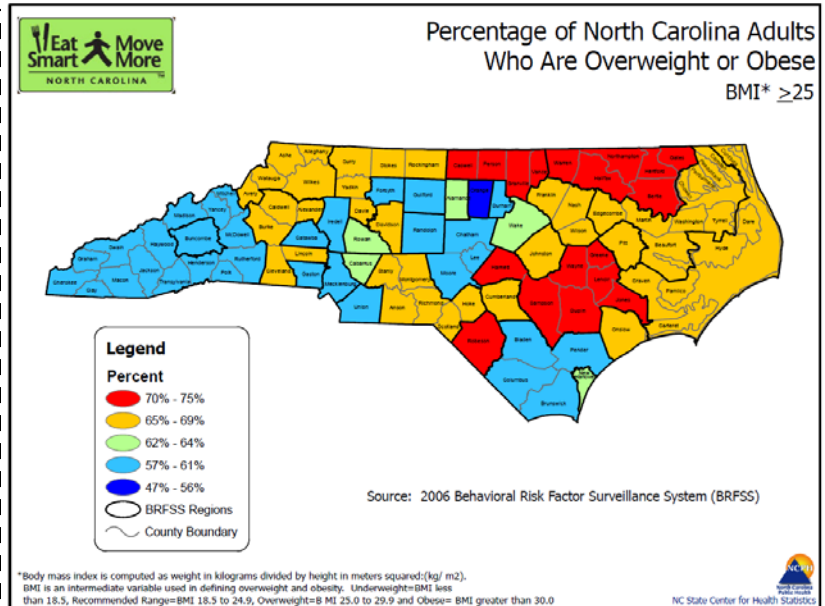
PRIORITY ISSUES

Adult and Childhood Obesity

Adult

The prevalence of obesity continues to be a health concern for adults and children in the United States. In Jones County and neighboring counties, it is estimated that 70% of adults are overweight or obese. Obesity increases the risk of developing a large number of diseases including: Type 2 (Adult-onset) Diabetes, High Blood Pressure and Stroke.

Multiple programs throughout the county have effectively worked over the past year to address obesity among adults. A total of 76 teachers and staff in 2008 and 61 in 2007 participated in a monthly weigh-in, which is a component of the school based employee wellness program developed by the Jones County Health Department entitled H.E.A.R.T.S (Healthy Enthusiastic Active Responsible Teachers and Staff).

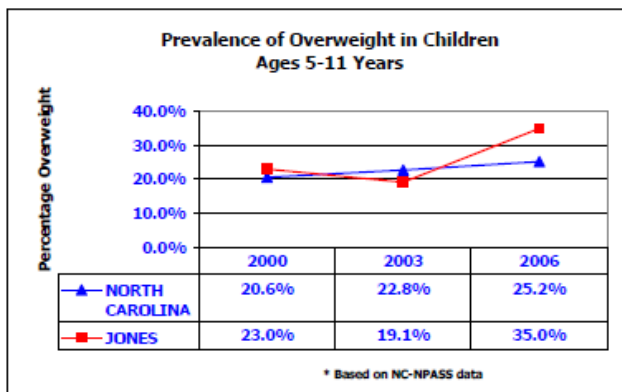


Source: Eat Smart Move More and NC Center for Health Statistics (2006)

Child

More than 15% of the Jones County population between the age of 2 and 20 is considered at-risk for becoming overweight. The percentage of overweight children in the United States is growing at an alarming rate. Many kids spend less time

exercising and more time in front of the TV, computer or video-game console. Jones County Schools and the health department work together to implement programs aimed at educating children on the importance of physical activity and nutrition. The students participate in Dance Dance Revolution (DDR), which incorporates physical activity through dance rhythms. DDR is as challenging and vigorous as a high impact aerobics class. One local elementary school offers students an indoor climbing wall that builds physical strength, but also facilitates the development of problem-solving and decision-making skills. The Jones County School System also offers free breakfast to all students that attend school in the county.



Source: NC State Center for Health Statistics

For additional information please visit:
<http://www.schs.state.nc.us/SCHS/>.

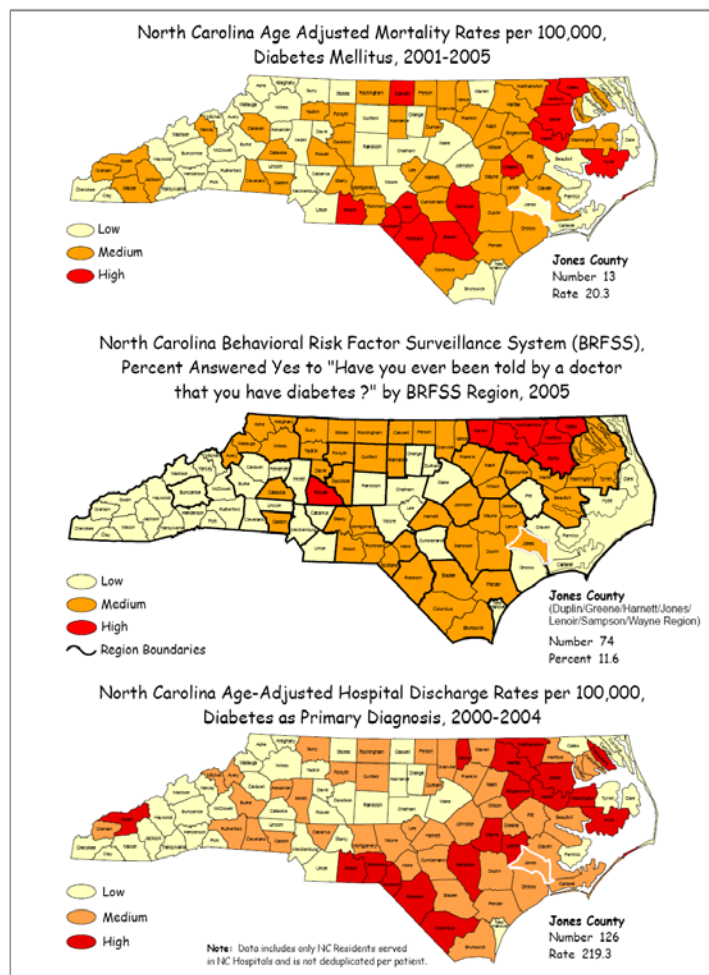
2008 4-H Camp participants playing Dance Dance Revolution
Picture courtesy of Jones County Cooperative Extension

PRIORITY ISSUES

Diabetes

According to the North Carolina Diabetes Prevention and Control Branch, an estimated 8.5% of the population has diabetes. However, "it is more prevalent in African Americans at 13.3% and in adults ages 65 and up where we see prevalence rates as high as 20%." In Jones County, high rates of obesity, hypertension, lack of physical activity and poor nutrition all contribute to the diabetes rate. An estimated 10.7% of the population in Jones County lives with diabetes. (NC BRFSS) Diabetes related deaths declined from a rate of 36.9 in 2002 to 0.0 in 2005, but increased to 15.6 in 2006. Meanwhile, hospital discharges have steadily increased from a rate of 20.0 in 2002 to 33.3 in 2006.

In response to the high rate of diabetes in Jones County among African-Americans, the health department and several local churches currently work together to provide prevention and education workshops, food literacy, and screenings to community members at-risk for or living with diabetes. Currently in its second year of implementation, the 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 seven dedicated and mission-oriented church based lay health advisors and a certified diabetes educator.



Source: NC State Center for Health Statistics

Access to Care

Access to care is a major issue impacting the health and well-being of many Jones County residents. Problems associated with accessing health care services can be observed at the county, state and national levels. Several barriers can limit an individuals' ability to access healthcare services including but not limited to: lack of transportation, lack of insurance, lack of healthcare providers and/or facilities, and language barriers.

In an effort to alleviate the transportation barrier experienced by many, CARTS which stands for Craven Area Rural Transit System is the regional transportation system, serving Craven, Jones, and Pamlico counties. The mission of CARTS is to provide transportation services, within its capabilities, to the general public with special emphasis on the provision of such services to the elderly and/or handicapped residents in its service area.

The Jones County Health Department (JCHD) is also dedicated to reducing barriers to care. JCHD currently has a Spanish Interpreter and two bilingual nurses on staff to meet the needs of the Hispanic and Latino populations. Several outreach programs such as a Farmworker Outreach Program and a church based diabetes education program directly bring health services to those in need. JCHD also offers extended clinic hours two days per week (Mon. & Thurs. 8-6p).



Picture and Logo Courtesy of Craven County Government

PRIORITY ISSUES

Physical Activity

The Jones County Healthy Carolinians partnership has identified physical activity as a priority issue among Jones County residents. It is the goal of the Jones County Healthy Carolinians partnership to increase the percentage of adults from all racial/ethnic backgrounds and socio-economic levels who engage in 30 minutes of exercise/physical activity at least three times per week by implementing School Employee Wellness Programs, Worksite Employee Wellness Programs, creating walking paths, and establishing an annual event focused on physical activity.

During the spring of 2008, the first annual "Walk for Your Health" walk-a-thon was held, attracting 137 participants. Several elementary schools and local businesses have also developed walking groups or incentives for walking during lunch breaks. The second annual "Walk for Your Health" walk-a-thon is currently scheduled for April 4, 2009. The Jones County School system welcomes all county residents to utilize their renovated track as a resource for staying physically active. The Jones County Government complex invites all county employees to walk around the perimeter of the complex during their lunch break or following work, 5 laps around the building are the equal to 1 mile.

EMERGING ISSUES

Head Lice

Head Lice can be a common occurrence among children attending daycare or school. Several cases of head lice were present in the Jones County School system during the current and previous academic school year. Due to the possibility of a future occurrence of head lice in a home or school setting, a list of frequently asked questions about head lice are provided below.

What are head lice?

Head lice are tiny insects that live in the head or hairy parts of the body. They hatch from small eggs called "Nits". The nits multiply very fast and must be treated as soon as possible. Nits can hatch for up to 2 weeks.

How does someone get lice?

Lice can be spread from one person to another by sharing brushes, combs, hats, bedding and other personal items. Lice cannot jump or fly.

What is the recommended treatment for lice?

1. Purchase an over-the counter lice shampoo and carefully follow the instructions.
2. After shampooing per instruction, comb hair with the nit comb to remove the nits. Remove all nits to prevent re-occurrence.
3. Do not treat more than recommended by the instructions because this is an insecticide. However, it may take several treatments to get rid of the lice.
4. Vegetable oil or mayonnaise on the hair with a shower cap may help make it easier to remove the nits.



Actual size of the three lice forms compared to a penny. (CDC Photo)

Prevention....

1. Check all family members who live in the house.
2. Avoid sharing personal items. Clean brushes, combs, hair bows in hot, soapy water.
3. Wash all linens, jackets, towels and, clothing in hot water (130 degrees F) with a detergent.
4. Place stuffed toys and pillows in an air tight bag for 2 weeks.
5. Vacuum all floors, carpeting and upholstery.

NEW INITIATIVES

GIVE KIDS A SMILE

"Give Kids A Smile" allows the nation's dentists to provide free oral health care services to thousands of low-income children across the country. The ADA's sixth annual "Give Kids A Smile" national children's dental access program, during National Children's Dental Health Month, will enhance the oral health of large numbers of needy children. "Give Kids A Smile" activities also highlight for policy makers the ongoing challenges that low-income and disabled children face in accessing dental care.

On February 8, 2008, the Jones County Health Department hosted "Give Kids A Smile". A local dentist and staff served approximately 39 elementary school students and applied a total of 168 sealants.

Source: North Carolina Dental Society. **Right:** "Give Kids A Smile Day" held February 8, 2008 at the Jones County Health Department



"Walk for Your Health" Walk-A-Thon



Above: "Walk for Your Health" participants.

The Jones County Health Department held the first annual "Walk for Your Health" Walk-a-Thon on Saturday, April 26, 2008. The purpose of the walk-a-thon was to increase awareness about the importance of physical activity in the fight against obesity and obesity related diseases. Teachers, staff and students from each school within the county formed walking teams to show the importance of walking for your health. Before and after the Walk, participants were entertained by a host of activities including a raffle, radio entertainment provided by Shawn B with KISS 102 and games for the kids.

All participants were asked to walk at their own pace and distance. A total of 137 participants attended the walk-a-thon which was held at Jones Senior High School. Thanks to participants from Trenton Elementary School, Comfort Elementary School, Pollocksville Elementary School, Maysville Elementary School, Jones Middle School, Jones Senior High School, the Jones County Health Department, the Jones County Cooperative Extension, the Jones County Department of Health and Human Services, volunteers and Jones County residents a total of 924 laps or 231 miles were walked. The top team effort came from Pollocksville Elementary School with a total of 58.75 miles or 235 laps walked followed by Trenton Elementary with a total of 45.75 miles or 183 laps and the Jones County Health Department with a total of 40 miles and 160 laps walked.

NEW INITIATIVES

“Tobacco Free” Initiative

There have been numerous legislative successes in North Carolina in 2007 regarding smoking cessation. Senate Bill 1086 mandates that any school district that has not yet gone 100% tobacco free must adopt and implement the policy by August 1, 2008. House Bill 24 mandates that all state government buildings be 100% smoke free effective January 1, 2008. This bill restores local government authority to regulate tobacco use in local government buildings and transportation systems. The Jones County Health Department is in the process of passing a board of health rule which will prohibit tobacco use within the county governmental complex and other county government buildings.

Due to the rise in tobacco use among adolescents the Jones County Health Department has implemented a tobacco cessation program. Teens Against Tobacco Use (TATU) is a program that trains students ages 14-17 to mentor youth about the dangers of smoking. Research indicates that teens enjoy opportunities to positively influence their younger counterparts. Consequently, this mentoring also serves to reinforce their decisions to remain smoke-free. Evidence suggests that peer-led programs such as TATU are more effective in reducing tobacco.



1-800-QUIT-NOW
1-800-784-8669



Tobacco use, the leading preventable cause of death, continues to be a serious problem in JONES and surrounding counties as:

- ▶ 23.8% of adults¹ currently smoke cigarettes
- ▶ 62.1% of high school² and 33.5% of middle school³ students in this region have tried tobacco (cigarettes, cigars, spit tobacco or other tobacco product)
- ▶ 19.0% of women smoke while pregnant⁴
- ▶ Tobacco users in JONES County want to quit.
46.8% of JONES and surrounding county adults made a serious quit attempt in 2005⁵

Statistics, chart and logos provided courtesy of NC Tobacco Prevention and Control Branch.

Asthma

In 2007, about 12.1% of adults in North Carolina had been diagnosed with asthma at some point in their lives and about 7.8% still had this chronic condition. Also, about 15.7% of children have been told that they had asthma at some point in their lives and 9.8% still had asthma.

The Asthma Coalition of Eastern Carolina, formerly the Craven-Pamlico has been working with area pediatricians since 1999 to ensure that families have all of the knowledge and tools needed to let their children with asthma go to school every day, participate in sports and feel healthy. The Asthma Coalition currently consists of Craven, Pamlico and Jones counties. The coalition strives to make sure that child, parent, school staff and childcare provider know how to prevent or at least minimize the severity of attacks.



The Air Quality Index is a standardized indicator of the air quality in a given location. The U.S. EPA has assigned a specific color to each AQI category to make it easier for people to understand quickly whether air pollution is reaching unhealthy levels in their communities. For example, the color orange means that conditions are "unhealthy for sensitive groups," while red means that conditions may be "unhealthy for everyone," and so on.

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0-50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51-100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101-150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151-200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201-300	Health alert: everyone may experience more serious health effects.
Hazardous	> 300	Health warnings of emergency conditions. The entire population is more likely to be affected.

Source: Environmental Protection Agency, Encyclopedia of Earth and the North Carolina Asthma Program

Jones County Health Department Programs & Services

School Health

Health problems interfere with students' ability to come to school, stay in school, or make the most of their opportunity to learn. School health is an investment in a country's future and in the capacity of its people to thrive economically and as a society. The Jones County Health Department has been very active in the Jones County School System since 2004 with funding assistance 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 health behaviors among students. Students are taught lessons on nutrition, physical activity, tobacco/alcohol/drug prevention, self-esteem, abstinence education and personal hygiene. The program also offers Teens Against Tobacco Use (T.A.T.U.), Youth Education Specialist (Y.E.S.), and the Students Against Destructive Decisions (S.A.D.D.), a club implemented at the high school. One of the main school health program goals is to collect Body Mass Index (BMI) data from elementary students in an effort to reduce obesity among students. Results from recent BMI screenings concluded on average 44.3% elementary students were overweight. A total of 97 classes have been conducted by the school health educator on an array of topics to help reduce BMIs in the upcoming year.



Teen PEP

Teen PEP stands for Teen Prevention Education Program. It is a school-based peer education initiative to promote sexual health among middle and high school students. Teen PEP is designed to increase knowledge, skills, and behaviors that foster healthy decision-making among youth. The program originated in New Jersey and currently serves over 50 schools and community based organizations nationwide.

With the assistance of grant funding provided by the North Carolina Department of Health and Human Services, Adolescent Pregnancy Prevention Council of North Carolina, Jones County implemented Teen PEP at Jones Senior High

School in 2007. Jones Senior High School is the second school in the state of North Carolina to participate in the program, with the first being Thomasville High School in Thomasville, NC.

The Teen PEP program held the first “Healthy Decisions” Prom Awareness Campaign sponsored by the Jones County Health Department in April 2008. Students took a pledge to “Make Healthy Decisions and Be Safe & Sober” on prom night, a total of 312 student signatures were collected. Each student agreeing to abide by the pledge received a “Prom Photo Box” consisting of an inscription of their prom date and theme. Students were also allowed to sign a large vinyl banner acknowledging to the school that they were participating in the pledge.

According to the State Center for Health Statistics, 23 pregnancies occurred in Jones County among 10-19 year olds for a rate of 68.2 per 1000 during 2006. Of those pregnancies, 47.8 were repeat pregnancies. This represents a 49.9% percent change in the rate since 1995.



Top Right: “Healthy Decisions” Prom Campaign
Bottom Right: 2008-2009 Teen PEP peer educators

EMPLOYEE WELLNESS PROGRAMS

Jones County Health Department and Social Services Employees

The JCHD Employee Wellness Program was established in 2007 due to the need for increased physical activity and healthy lifestyle choices, and to foster an environment focused on the community’s health. The problem faced by Jones County employees is the lack of vending machines 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, stress reduction, increased self-image and self-esteem. Also, we provide healthier food options by incorporating food tastings.



Jones County Teachers and Staff

The single largest employer in the county is the Jones County school system, with over 250 employees spread throughout a total of four elementary, one middle and one high school. Due to the high rate of obesity, lack of physical activity and portion control 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 the Jones County teachers and staff through education. The main objectives are to:

- Increase physical activity.
- Improve nutritional choices
- Increase awareness of common health conditions and illnesses.



Farmworker Outreach

The Jones County Health Department currently has a Farmworker Outreach program that links farmworkers and their family members with primary care services in an effort to address unmet health needs and reduce the need for emergency room visits. The Farmworker Outreach staff currently consists of three bilingual nurses that visit farm sites throughout Jones County to recruit farmworkers and their family members in need of health education or medical services. Upon enrollment, participants receive a basic health screen to assess current and underlying health conditions or illnesses. If medical attention is deemed necessary following the initial health screen, farmworkers are referred to the appropriate medical provider. Other services offered to farmworkers and their families include: immunizations, health education on common medical conditions and/or illnesses, establishment of regular primary care providers and referrals to other resources.



Emergency Preparedness

Public health emergencies are the focus of this program and they include natural disasters such as hurricane, communicable disease outbreaks, man-made disasters and acts of terrorism and pandemic influenza planning. Preparedness efforts are continuously underway and plan revisions are ongoing. The Center for Disease Control, Department of Homeland Security and the Department of Health and Human Services help to 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. Over the past year we have been providing basic disaster response kits and giving them out along with a preparedness presentation. The Jones County Health Department encourages families to:

1. Make a plan.
2. Build a Kit
3. Be Involved.

During the fall of 2008, a total of 45 preparedness kits were distributed to senior citizens and other Jones County residents lacking adequate supplies in the event of a natural disaster.



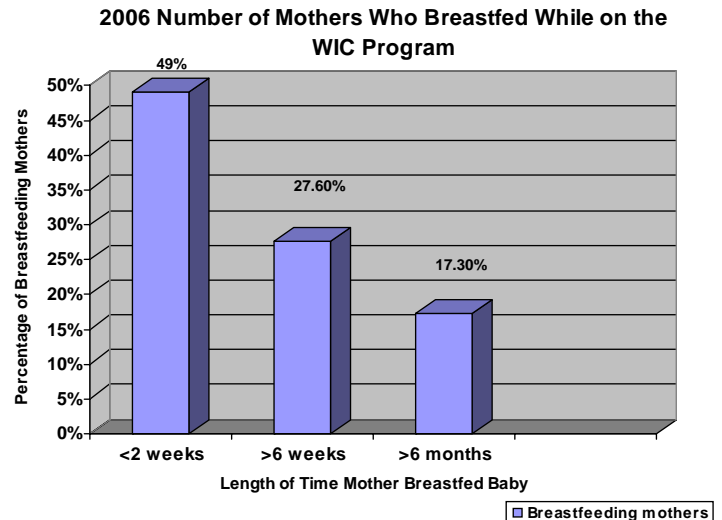
Women's, Infant and Children Supplemental Nutrition Program (WIC)

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.

A total of 40.2% of women received WIC during the first trimester of pregnancy in 2007. Also, 78 % of women received WIC and were recertified to receive WIC at six weeks postpartum.



Clinic Services

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



Photo of JCHD Nurse's Station



- ❖ **Child Health:** The Child Services Coordination Program is a free and voluntary program that helps families find and use community services. This program serves children between birth and five years of age who are at risk or who have developed a developmental delay. The Child Services Coordinator is an advocate for the family and helps with finding medical care, transportation and/or financial aid. Jones County also provides well child checkups for children and adolescents. These check-ups are for any child from birth to eighteen years old. These check-ups are vital to the child's health and many times provides early detection. During these check-ups hearing/vision tests are performed, immunizations are given and lead screenings are done. These well-child exams are imperative for a child's health and well-being.
- ❖ **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 (BCCCP):** 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.

- *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

Visit us at:

<http://www.jonescountyhealth.com>

If you would like to become a part of the Jones County Healthy Carolinians partnership, the Jones County Healthy Carolinians Partnership meets every 2nd Wednesday of the month beginning at 10 am. Meeting locations vary.

If you would like to assist in current and future community health efforts or the Jones County Health Carolinians partnership please contact Constance Foushee at 252-448-9111 or visit the Jones County Health Department website <http://www.jonescountyhealth.com> for additional information on upcoming events.

Immunizations

Vaccines prevent disease in the people who receive them and protect those exposed to unvaccinated individuals. Vaccines help prevent infectious diseases and save lives. JCHD offers free vaccines to children between the ages of 0-18 years old, and provides adults with low cost or free immunizations depending on the situation. October through January, JCHD holds weekly flu clinics providing flu vaccinations for all age groups. Between July 1, 2007 and June 30, 2008 the Jones County Health Department administered a total of 786 vaccines and 421 flu shots.



A new pilot study commenced through the Department of Health and Human Services (DHHS) and Jones County Health Department offered Flu Mist to students in kindergarten through sixth grade. Jones County was one of four counties that participated in a study that looked at the effect Flu Mist had on reducing absenteeism and communicable illness among school age children. Flu Mist is a flu vaccine that is needle free and administered as a gentle mist in the nose. Flu Mist is very effective in preventing the influenza virus and has been shown in 2004 to be more effective than the flu shot. Children tolerate this vaccine very well and are compliant with the administration technique. The school nurses administered approximately 240 flu mists to students attending Jones County Schools.

Communicable Disease

As a part of the health department's mission to prevent and control the spread of disease, the Jones County Health Department provides patients with testing, treatment and educational services for many different communicable diseases. The program provides confidential STD and HIV testing as well as Tuberculosis skin tests. Last year 247 TB skin tests were performed at the Health Department as well as 174 HIV tests. Overall, there were 249 STD tests done last year at the health department. Condoms are available to all Jones County residents at no cost. STD and HIV testing, as well as general and/or specific education on communicable diseases are also available at no cost.

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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