

STATE OF THE COUNTY HEALTH REPORT JONES COUNTY, NC

DECEMBER 2011

Purpose

The Jones County Health Department and the Jones County Healthy Carolinians are pleased to present the 2011 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 five priority issues identified in Jones County by the 2010 Community Health Assessment (CHA) will also be provided. The five priority issues identified in the 2010 Community Health Assessment were: **Overweight/Obesity, Diabetes, Heart Disease, Teenage Pregnancy, and Substance Abuse.** The following document displays how the Jones County Healthy Carolinians partnership has been working and collaborating with community partners to reach these priority areas.

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

*Jones County Board of Health *East Carolina Department of Public Health *Jones County Cooperative Extension *Carolina East Medical Center *Lenoir Memorial Hospital *East Carolina Behavioral Health *Coastal Coalition for Substance Abuse Prevention *Jones County Commissioners* American Cancer Society*

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 2011 Jones County State of the County Health Report can also be found on the Jones County Health Department website www.jonescountyhealth.com.

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Jones County: At A Glance

Vital Statistics

Jones County had a total of 99 live births in 2010. The age breakdown is as follows:

- Mothers age 19 and younger accounted for **nine** live births.
- Mothers age 20 to 24 years old accounted for **thirty-nine** live births.
- Mothers age 25 to 29 years old accounted for **twenty-seven** live births.
- Mothers age 30 to 34 accounted for **eighteen** live births.
- Mothers age 35 to 39 accounted for **five** live births.
- Mothers age 40 and over accounted for **one** live birth.

Jones County had **two** infant deaths in 2010.

Source: NC Department of Health and Human Services (NC DHHS)

| Demographics | Jones County | North Carolina |
|--|-----------------|----------------|
| Population, 2010 estimate | 10,153 | 9,222,414 |
| Population, percent change, 2000 to 2010 | -2.2% | 18.5% |
| Race, 2010 estimate | | |
| White persons | 63.0% | 68.5% |
| Black persons | 32.4% | 21.5% |
| American Indian and Alaska Native persons | 0.6% | 1.3% |
| Asian person | 0.3% | 2.2% |
| Persons Reporting Two or More Races | 1.9% | 2.2% |
| Ethnicity, 2010 estimate | | |
| Persons of Hispanic or Latino origin | 3.9% | 8.4% |
| White persons not Hispanic | 61.2% | 65.3% |
| Median Household Income, 2009 | \$35,079 | \$43,754 |
| Per Capita Income, 2005-2009 | \$18,752 | \$24,547 |
| Adult | | |
| % Persons Below Poverty, 2009 | 18.3% | 16.2% |
| % Uninsured Age 18-64, 2009 | 24.4% | 23.2% |
| Unemployment Rate, 2009 | 10.2% | 10.6% |
| Unemployment Rate, August 2011 | 10.6% | 11.0% |
| Children | | |
| % Uninsured Age 0-17, 2009 | 11.4% | 11.5% |
| % High School Dropout Information Grades 9-12 | 4.6% | 4.3% |
| % Kindergartners with untreated tooth decay | 33.0% | 17.0% |
| % Fifth graders with untreated tooth decay | 7.0% | 4.0% |
| % Free Lunch recipients | 70.2% | 45.5% |
| % Reduced Lunch recipients | 14.2% | 8.2% |

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

Red equals areas in need of improvement.

Morbidity and Mortality

- ❖ A total of 103 deaths were documented in Jones County during 2009. The top three leading causes of death in Jones County for 2005 to 2009 were Heart Disease, Cancer and Stroke. Deaths due to Heart Disease account for 29.4% 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-Bronchus cancer, Prostate Cancer and Female Breast Cancer are the three leading types of cancer resulting in death. (2009)
- ❖ Stroke is the third leading cause of death in Jones County. Stroke accounted for 6.3% of Jones County deaths in 2009.

Source: NC State Center for Health Statistics

Jones County Morbidity Data

| Type of Morbidity | County | NC |
|--|--------|-------|
| Cancer Morbidity Rates, 2004-2008 (rates per 100,000) | | |
| Lung/Bronchus | 61.4 | 58.4 |
| Colon/Rectum | 10.1 | 16.8 |
| Female | 17.2 | 24.3 |
| Prostate | 9.2 | 26.6 |
| Infectious Disease Morbidity, 2005-2009 (rates per 100,00) | | |
| Asthma | 167.5 | 117.1 |
| Gonorrhea | 130.6 | 174.2 |
| AIDS | 89.8 | 10.4 |
| Primary & Secondary Syphilis | 3.9 | 3.9 |
| Chronic Disease Hospital Discharges, 2009 (rates per 1,000) | | |
| Diabetes | 1.6 | 1.8 |
| Cardiovascular and Circulatory | 30.8 | 17.1 |
| Stroke | 6.7 | 3.1 |
| Respiratory | 15.4 | 10.5 |
| Pneumonia, Influenza | 3.9 | 3.5 |

Table 2. 2009 Projected Cancer Cases for Jones County and North Carolina

| | Jones County | North Carolina |
|---------------|--------------|----------------|
| Lung/Bronchus | 10 | 7,307 |
| Colon/Rectum | 7 | 4,672 |
| Female Breast | 10 | 7,781 |
| Prostate | 10 | 6,800 |
| Pancreas | 2 | 1,077 |
| All Cancers | 64 | 46,417 |

Source: NC State Center for Health Statistics

2010 Community Health Assessment Results

During 2010, a total of 510 random Jones County residents from local businesses, schools, organizations, and other locations throughout the county were administered the 2010 Community Health Opinion Survey.

According to the 2010 Community Health Assessment, the residents of Jones County identified the following community concerns, health problems, and unhealthy behaviors. Community issues that were identified included: 57.5% lack of job opportunities, 47.8% drug use in the community, and 45.5% lack of recreational facilities. Health problems that were identified included: 62.9% overweight, 59% Diabetes, and 49.4% teenage pregnancy. Unhealthy behaviors that were identified included: 79/6% drug abuse, 74.7% alcohol abuse, and 52.9% having unsafe or unprotected sex.

After completion of the Community Health Opinion Survey, the Advisory group for the Community Health Assessment examined the current trends and themes and existing community resources to help guide the focus of program planning for the next four years. The following priority areas were set: Physical Activity and Nutrition, Adolescent Health: Teenage Pregnancy and Substance Abuse, and Chronic Disease: Heart Disease and Diabetes.

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 partnership officially became a certified partnership in the fall of 2008, joining a total of 76 other certified partnerships statewide, and was successfully recertified in 2010. Based on findings in the 2010 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, Teenage Pregnancy and Substance Abuse, Diabetes and Heart Disease

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 *Carolina East Medical Center *University Health Systems *Coastal Coalition for
Substance Abuse Prevention *Bright Star Farm Therapy *Jones County Commissioners *Jones County Head Start
*Atlantic Counseling *American Cancer Society***

PRIORITY ISSUES

Physical Activity and Nutrition: Impacts from Adult and Childhood Obesity

Adult

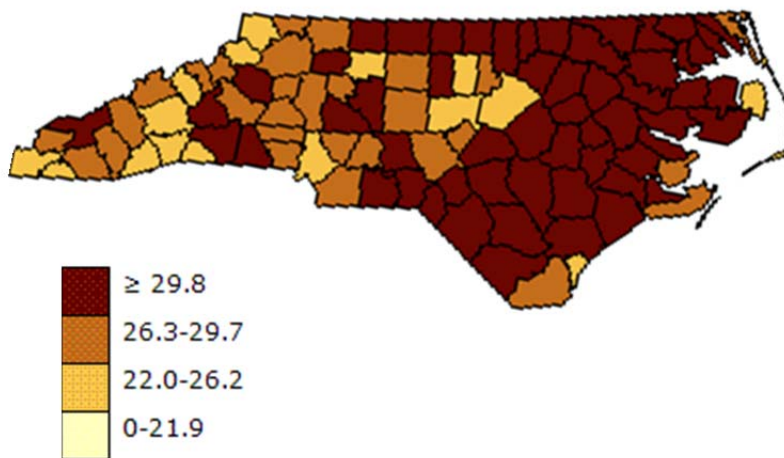
The prevalence of obesity continues to be a health concern for adults and children in the United States. In Jones County and neighboring counties, it is estimated that 68% of adults are overweight or obese. Obesity increases the risk of developing a large number of diseases including: Type 2 (Adult-onset) 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 70 teachers and staff in 2010 and 75 in 2009 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: NC CATCH and CDC

NC County Level Estimates of Obesity in 2008

Centers for Disease Control and Prevention

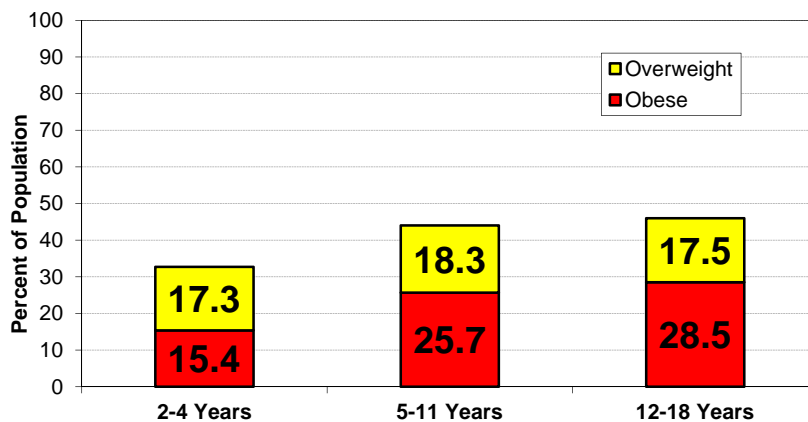


Child

In 2009 NC ranked 14th worst in the nation for childhood obesity (ages 10-17 years old) with about 33.5% of children who are overweight or obese and has steadily been increasing. Childhood obesity is attributed to many factors of sedentary lifestyles, unhealthy eating habits, and race and ethnicity. When parents were asked in the NC 2010 CHAMP (Child Health Assessment and Monitoring Program) Survey how they would describe their child's weight, 11.3% identified somewhat overweight and an alarming 77.9% identified healthy weight. This comparison highlights that while 33.5% of children are overweight or obese only about 11.3% of parents recognize that their children are overweight. Other contributing factors include: 83% ate less than 5 times per day of fruits and vegetables and 76% were not physically active for at least 60 minutes per day in the last 7 days of NC high school students surveyed in 2009.

Source: Department of Health and Human Services, NC State Center for Health Statistics

Prevalence of Overweight and Obesity Among Children seen in NC Health Clinics by Age Group in 2008



PRIORITY ISSUES

Adolescent Health: Teenage Pregnancy and Substance Abuse

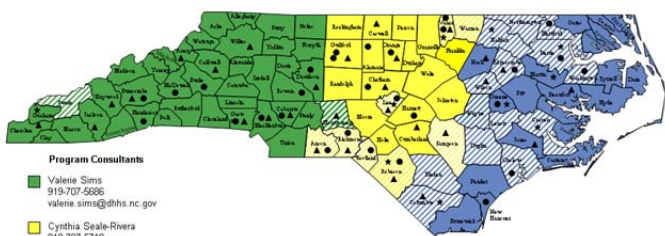
Teenage Pregnancy rates in Jones County have fluctuated over the past few years. In 2006, the percent of live births to mothers younger than 18 years old in Jones County was 8.5%. In 2008, the percent has decreased to 3.5% in Jones County while the state percentage has remained constant at 3.8% since 2006. This shift shows how smaller populations are greatly impacted by smaller numbers and rates.

The Jones County Health Department has already teamed up reducing teenage pregnancy rates with Jones Senior High School. The Teen PEP program has been implemented since June 2007 and continues to be effective today. Teen PEP which stands for Teen Prevention Education Program, 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 is now entering its fourth year of the Teen PEP program at Jones Senior High School.



TPPI Across NC
6/1/11 – 5/31/12



- Program Consultants**
- Valerie Sims
919-707-5686
valerie.sims@dhs.nc.gov
 - Cynthia Seale-Rivera
919-707-5718
cynthia.rivera@dhs.nc.gov
 - Tania Connaughton-Espino
919-707-5685
tania.connaughton@dhs.nc.gov
 - ★ Melissa Gremminger
919-707-5723
melissa.gremminger@dhs.nc.gov

Evaluation Consultant
Audrey Loper
919-707-5688
audrey.lope@dhs.nc.gov

- ★ PREPare for Success (10)
- ▲ Adolescent Pregnancy Prevention Program (29)
- Adolescent Parenting Program (29)
- ▨ Targeted County (counties with teen pregnancy rates in the top 25% based on five year average (2005-2009))



Pictured above: Teen PEP student providing education to Jones Senior High School students and getting them to sign Pledge for Kick Butts Day 2011. Pictured to the left includes: Teen PEP Panel Discussion at Family Night in May 2011 and Teen PEP student speaking out at Regional Panel Discussion at local community college.

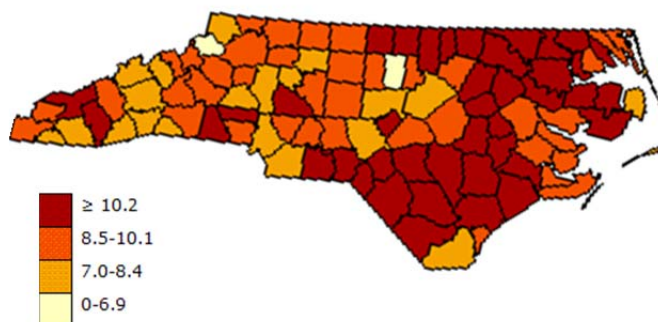


PRIORITY ISSUE

Diabetes and Heart Disease

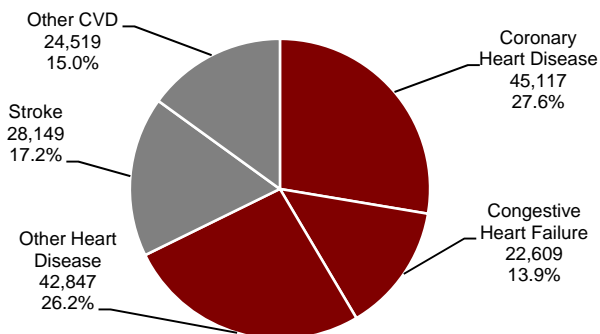
According to the NC Department of Health and Human Services, the prevalence of diabetes has more than doubled over the past 10 years and has reached 9.6% in 2009. NC ranks 13th highest in the prevalence of adults with diabetes. The disparity with race is seen across NC and transcends into Jones County. African Americans have 15.6% prevalence and Native Americans have 11.7% prevalence compared to the 9.6% prevalence for all races. The Eastern NC region has a 12.7% prevalence which is also higher than the NC average of 9.6%. Diabetes ranks number eight out of the top ten leading causes of death in Jones County.

NC County Level Estimates of Diagnosed Diabetes in 2008
Centers for Disease Control and Prevention



Source: NC State Center for Health Statistics, Department of Health and Human Services

Number and Percentages of Total Cardiovascular Disease Hospital Discharges in 2007



According to the Centers for Disease Control and Prevention (CDC), nearly one of every four deaths is due to heart disease in 2009 and are higher in males than females. The same disparity seen with a higher prevalence of African Americans who have Diabetes is seen with Heart Disease. The highest Cardiovascular disease rates occurred in Eastern NC. The chart to the left shows the breakdown of cardiovascular disease's impact.

Source: Center for Disease Control and NC CATCH

Contributing Factor: Access to Care

Access to care remains 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.

Over the past year, the Jones County Health Department has successfully become an In-Network provider with several major insurance companies, including BlueCross and BlueShield of NC as pictured to the right. Being an In-Network provider allows services to be offered at lower co-payments for patients. The Jones County Health Department also receives funding from Carolina East Medical Center and most recently from the Golden Leaf Foundation to help assist with providing care for our uninsured and underinsured adult health patients.

The Jones County Health Department (JCHD) is also dedicated to reducing language barriers to care and currently has a Spanish Interpreter to meet the needs of the Hispanic and Latino populations.



Pictured are Atha Cutler and Kristen Richmond-Hoover displaying the Jones County Health Department's In-Network status with BlueCross and BlueShield of NC.

EMERGING ISSUES

Emergency and Hurricane Preparedness

The Jones County Health Department coordinates with county and state emergency management initiatives to assure the readiness of Jones County residents in the event of a disaster. Public Health emergencies may include natural disasters such as hurricanes or floods, communicable disease outbreaks including pandemics, or man-made disasters and acts of terrorism. 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. In 2011, Jones County Health Department responded to Hurricane Irene as one of many emergency response agencies involved in the storm planning and response efforts.

North Carolina residents began preparing for Hurricane Irene on August 24th when Gov. Perdue declared a state of Emergency in preparation for the Category 3 storm approaching the coast with 115 mph sustained winds. All vaccines were re-located from Jones County Health Department to the CarolinaEast Medical Center on August 25th and 26th in anticipation of a lengthy power outage. Effects from the hurricane could be felt in the region by the early evening of August 26th at which time Jones County opened 3 of the total 81 shelters which opened in 28 NC counties. Jones County shelters housed more than 168 people during peak storm hours. By the time Hurricane Irene made landfall at 9:00AM Saturday, August 27th the winds had diminished and Hurricane Irene was downgraded to a strong Category 1 storm. At approximately 2:00PM the roof was blown off of the Jones County Civic Center which was serving as both the Jones County Emergency Operations Center and the primary shelter location. Shelterees from this location were transported to Comfort Elementary School. By 9:00AM on August 28th all shelters had been deactivated although power outages were widespread in Jones County and the Eastern NC region. By August 30th power had been restored to the majority of Jones County residents and on August 31st Jones County Government resumed normal operations.

On September 3rd President Obama approved a federal emergency declaration for Jones County, enabling local government to seek federal financial assistance to help cover costs of emergency protective measures. Hurricane Irene was the most damaging storm to Jones County in over a decade, causing over \$1 million dollars of damage claims to Jones County Government buildings and property. Statewide damage claims for local governments were estimated to be a total of \$2.5-2.75 million including the \$1,051,000 claim for Jones County. Statewide there were 7 people killed by Hurricane Irene. In Jones County and across the state, emergency responders are reviewing actions taken during Hurricane Irene and emergency plans are being re-assessed and updated to ensure the best possible response by all involved agencies.

For more information on Public Health Emergency Preparedness go to: http://www.jonescountyhealth.com/?page_id=134



Pictured to the left are Gov. Perdue with the Jones County Manager, Franky Howard, discussing Hurricane Irene damage in Jones County. Pictured below is Gov. Perdue making a statement about damage found in Jones County and other areas in the east.



WORKING TOWARDS OUR PRIORITIES

First Annual Full Partnership Meeting

In January 2011, the Jones County Healthy Carolinians held the First Annual Full Partnership meeting. This meeting was held in the evening to allow more participation from partnership members and encourage community members to learn more about the efforts and programs supported through the partnership. Jean Caldwell, former Regional Healthy Carolinians Consultant, kicked off the event delivering the state perspective and how local Healthy Carolinians partnerships make a big impact. Atha Cutler, Jones County Healthy Carolinians Coordinator, presented the results of the Community Health Assessment and introduced the priority areas of focus for the next four years. Jones County Healthy Carolinians committee members helped present the program sponsored by the partnership. The night concluded with a formal invitation on how to get more involved with the partnership and upcoming events. This event provided members who are not normally able to attend regularly scheduled meetings and encourage more community members to participate and was a great success.



Pictured above are participants at the First Annual Full Partnership meeting and Jean Caldwell, Regional Healthy Carolinians Consultant speaking.

Increasing Knowledge about HIV/AIDS



The Jones County Health Department staff and Jones County Department of Social Services staff met to increase their knowledge about HIV/AIDS in November 2011. Dr. Diane Campbell, who is the Director of HIV/AIDS Community Outreach Program with East Carolina University's Brody School of Medicine, delivered a message about her HIV disparity project. The Sister Talk Project gives African American women an outlet to be educated about HIV/AIDS in a friendly group-based environment. Staff were educated about the disparity seen with African American women and HIV/AIDS as compared to White women. Staff were empowered with a more effective approach in discussing HIV/AIDS with women and especially with African American women.

Dr. Diane Campbell presents "HIV Health Disparity in Women of Color: Sister Talk Project" to JCHD and DSS

CONTINUING INITIATIVES

Healthy Snack Box Options for County Employees

As part of the Jones County Employee Wellness program for County employees, the need for healthy snacking options had continued for four years. The healthy food options in the snack box are accessible to employees throughout the workday. Options range from: baked chips, low calorie snacks and desserts, popcorn, granola bars, wheat crackers, fruit, low-calorie drink mixes, and water. There is not a vending machine for employees to access snacks, so this snack box provides employees with snacks that are also nutritious. Employees often ask where certain types of snacks were purchased so they can offer healthier options in their homes.



Pictured Above: Healthy snacking options showcased by Health Educator, LaTangee Knight.

“Walk for Your Health” Walk-A-Thon

The Jones County Health Department held the fourth annual “Walk for Your Health” Walk-a-Thon on Saturday, April 9th, 2011 at Jones Senior High School. The purpose of the walk-a-thon has remained 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, and games for the kids.



Pictured Above: “Walk for Your Health” participants.

All participants were asked to walk at their own pace and distance. The total number of participants increased substantially from 137 participants the first year to 254 this year. Participants walked a total of 350.25 miles. This year, instead of “competing” for winners from each school, business, and church, participants walked for the priority areas. They walked for: General Health, Diabetes, Heart Disease, Teenage Pregnancy, and Substance Abuse. The most amounts of laps walked were for General Health and Diabetes.

The “Walk-for-Your-Health” walk-a-thon would not have been made possible without the financial contributions of our sponsors and the determination of Jones County residents to improve the health of our community one step at a time.

CONTINUING INITIATIVES



Could Smoke Free Air Lower Heart Disease?

North Carolina's Smoke-Free Restaurants and Bars Law was passed by the N.C. General Assembly and signed by the Governor in May 2009, with an effective date of January 2, 2010. The law required enclosed areas of almost all restaurants and bars to be smoke-free effective January 2, 2010. Since January 2010, emergency room visits in NC have decreased by 21% of those experiencing heart attacks as stated by Dr. Jeffrey Engel, State Health Director. This reported decline could potentially reduce as estimated cost of \$3.3 to \$4.8 million in healthcare cost savings. This data and other data are being researched by the Division of Public Health and the University of North Carolina Department of Emergency Medicine. With this strong evidence of reducing heart attack emergency room visits, the state of NC and local communities are encouraged to protect all workers in NC, not just in restaurants and bars. Since January 2009, the Jones County Health Department and County of Jones have implemented a tobacco-free workplace policy that prohibits tobacco use 50 feet away from the main governmental complex as well as in county vehicles and other county buildings. The Jones County Health Department is eager to assist other businesses and workplaces with developing a tobacco-free workplace policy to protect their workers.



Source: NC Report on Heart Attack Rate After Smoke-Free Law, NC Tobacco

Getting Fit and Eating Healthy While at Work!

This was the last year of receiving funding from the BlueCross and BlueShield of NC Foundation for the Farmers Market and creation of walking trails. Funding was used to create a Farmers Market which encourages local produce to become more accessible for the community members of Jones County. Funding also created four walking trails throughout the community that are accessible to all community members in the four main areas within Jones County. With this year marking the last year of funding for the Farmers Market, the community advisory board has been meeting to discuss the sustainability of the Farmers Market. A local business owner in Trenton hopes to help sustain the market near her store, located in downtown Trenton, with assistance of various community partners including the Jones County Health Department and Jones County Cooperative Extension.



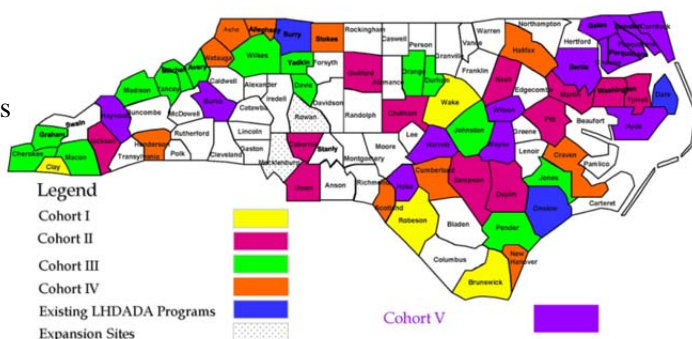
Pictured Above: Jones County and Jones County Schools staff show off using community wide walking trails and walking with pedometers and local produce at the Jones County Farmers Market.

American Diabetes Association (ADA) Diabetes Self-Management Education Program

In August 2009, the Jones County Health Department implemented the American Diabetes Association Diabetes Self-Management Program. This program is designed for patients that need formal diabetes training. The program presents patients with information on how to monitor their blood glucose, exercise, meal plans, medication and sick day care. Another component of the program also focuses on stress management.

The program begins with an initial assessment by a medical provider and continues with group classes led by trained health care professionals. The Jones County Health Department received ADA accreditation in 2010 and maintains efforts to remain accredited in 2011.

North Carolina Diabetes Education Recognition Program
Cohort I, II, III, IV, Expansion and Existing LHDADA Programs



SOTCH Dissemination

The 2011 State of the County Health Report for Jones County, NC can be found at the following locations.

Trenton, NC

Jones County Health Department
Trenton Elementary School
Jones County Senior Center
Lenoir Community College

Maysville, NC

Maysville Elementary School

Pollocksville, NC

Pollocksville Elementary School

Comfort, NC

Comfort Elementary School

Presentations

December 7th, 2011: Board of Health Meeting located at Jones County Health Department at 6:00 pm.

December 14th, 2011: Healthy Carolinians meeting located at Jones County Civic Center at 10:00 am.

January 2012 H.E.A.R.T.S. meetings (Please contact the Jones County Health Department for more information)

Jones County Health Department Website

The Jones County Health Department website, www.joneshealth.com provides more detailed information such as:

- Clinical Services and Programs
- Featured Topics
- Forms and Policies
- Jones County Healthy Carolinians
- Health Education
- Public Health Preparedness
- School Nurse Program
- WIC
- Latest News and Events
- Contact Information and Directions
- Staff Directory
- Board of Health members
- Jobs
- Sites of Interests
- Kids Zone

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 48.4% of women received WIC during the first trimester of pregnancy in 2009. Also, 73 % of women received WIC and were recertified to receive WIC at six weeks postpartum.



Source: <http://www.nutritionnc.com/wic/laResources/WIC-Participant->

Clinic Services



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

- ❖ **Child Health:** Care Coordination for Children (CC4C) 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 CC4C 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 offers free or low cost 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 pregnancy care management. 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.



Photo of JCHD Nurse's Station



JCHD Services:

- *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 & Pregnancy Care Management
- *Post-partum Home Visits
- *Care Coordination for Children
- *Adult Immunizations
- *TB Skin Tests
- *STD Diagnosis, Treatment & Education
- *Confidential HIV Testing & counseling
- *Health Education & Promotion
- *School Health Program
- *Family Based Counseling
- *Rabies Control

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 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 June 1, 2010 and May 30, 2011 the Jones County Health Department administered a total of 843 vaccines and 647 flu shots.



Jones County Health Department continued school-based flu mist clinics in 2011. Flu mists were offered to all of Jones County Schools students at no charge. Studies show that Flu Mist can help reduce absenteeism and communicable illness among school aged 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 previous studies to be more effective than the flu shot. Children tolerate this vaccine very well and are compliant with the administration technique. The school nurses have administered approximately 260 flu mists to students attending Jones County Schools in 2011.

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 180 TB skin tests were performed at the Health Department as well as 295 HIV tests. Overall, there were 1,003 communicable disease 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!



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

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 third month of each quarter at 10:00 am at the Jones County Civic Center. (March, June, September, and December)

If you would like to assist in current and future community health efforts or the Jones County Health Carolinians partnership please call (252) 448-9111 or visit the Jones County Health Department website

<http://www.jonescountyhealth.com> for additional information on upcoming events.