

# STATE OF THE COUNTY HEALTH REPORT

## JONES COUNTY, NC

DECEMBER 2009

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The 2009 Jones County State of  
the County Health Report can also  
be found on the Jones County  
Health Department website  
[www.jonescountyhealth.com](http://www.jonescountyhealth.com).

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## Purpose

The Jones County Health Department and the Jones County Healthy Carolinians are pleased to present the 2009 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 2006 Community Health Assessment (CHA) will also be provided. The five priority issues originally identified in 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 **Substance Abuse**. The barrier listed as Public Transportation, is now referred to as Barriers to Care which is a broader more inclusive term.

## 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\*Craven Regional Medical Center & Foundation\*Lenoir Memorial Hospital \*East Carolina Behavioral Health \*University Health Systems\* Merci Clinic in New Bern\*Coastal Coalition for Substance Abuse Prevention\* Jones County Commissioner's\*

## Vital Statistics

Jones County had a total of 85 live births in 2008. The age breakdown is as follows:

- Mothers age 19 and younger accounted for **nineteen** live births.
- Mothers age 20 to 24 years old accounted for **thirty-four** live births.
- Mothers age 25 to 29 years old accounted for **thirty-eight** live births.
- Mothers age 30 to 34 accounted for **eight** live births.
- Mothers age 35 to 39 accounted for **six** live births.
- Mothers age 40 and over accounted for only **two** live birth.

There were **108** pregnancies in Jones County in 2008.

Jones County had **one** fatalities in 2008, related to infant/child mortality associated with perinatal conditions in which the child was under the age of one year old.

**Source:** NC Reported Pregnancies – 2008  
NC DHHS

## Jones County: At A Glance

Demographics	Jones County	North Carolina
Population, 2008 estimate	10,113	9,222,414
Population, percent change, April 1, 2000 to July 1, 2008	-2.7%	14.6%
<b>Race, 2008 estimate</b>		
White persons	65.1%	73.9%
Black persons	33.3%	21.6%
American Indian and Alaska Native persons	0.4%	1.3%
Asian person	0.2%	1.9%
Persons Reporting Two or More Races	0.9%	1.2%
<b>Ethnicity, 2008 estimate</b>		
Persons of Hispanic or Latino origin	4.0%	7.4%
White persons not Hispanic	61.5%	67.2%
Median Household Income, 2007	\$37,870	\$44,772
Per Capita Income, 2005 27093	\$27,093	\$31,041
<b>Adult</b>		
% Persons Below Peverty, 2007	17.3%	14.3%
% Uninsured Age 18-64, 2005	23.9%	21.1%
Unemployment Rate, September 2008	7.2%	7.0%
Unemployment Rate, September 2009	10.9%	11.0%
<b>Children</b>		
% Uninsured Age 0-17, 2005	13.4%	12.4%
% High School Dropout Information Grades 9-12	5.6%	5.3%
% Kindergardeners with untreated tooth decay	31.0%	18.0%
% Fifth graders with untreted tooth decay	12.0%	4.0%
% Free Lunch recipients	60.2%	43.5%
% Reduced Lunch recipients	16.4%	10.5%
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 Claritas.		

Red equals areas in need of improvement.

## Morbidity and Mortality

- ❖ A total of 123 deaths were documented in Jones County during 2007. The top three leading causes of death in Jones County for 2007 were Heart Disease, Cancer and Stroke. Deaths due to Heart Disease account for 35% 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 14.6% of all deaths. Prostate cancer, Lung-Bronchus cancer and Female Breast Cancer are the three leading types of cancer resulting in death. (2007)
- ❖ Stroke replaces Chronic Lower Respiratory Disease (CLRD) as the third leading cause of death in Jones County. Stroke accounted for 8.1% of Jones County deaths in 2007.

**Source:** NC State Center for Health Statistics

## Jones County Morbidity Data

Type of Morbidity	County	State
<b>Cancer Morbidity Rates, 2002-2006 (rates per 100,000)</b>		
Lung/Bronchus	99.8	75
Colon/Rectum	33.9	48.4
Female Breast	103.7	147.2
Prostate	161	153.2
<b>Infectious Disease Morbidity, 2003-2007 (rates per 100,00)</b>		
Asthma (2007)	203.6	116.2
Gonorrhea	200.8	181.9
AIDS	4	7.8
Primary & Secondary Syphilis	3.9	2.9
<b>Chronic Disease Hospital Discharges, 2007 (rates per 1,000)</b>		
Diabetes	1.8	1.9
Cardiovascular and Circulatory Diseases	32.6	18
Stroke	5.6	3.1
Respiratory Diseases	15.4	10.3
Pneumonia, Influenza	4.5	3.4

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.

**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 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 2009, a total of 89 random Jones County residents from local businesses, sporting events, schools and other locations throughout the county were administered the 2009 Jones County State of the County Health Survey. The top three youth health concerns identified as a problem were: Lack of physical activity (69.7%), Overweight/Obesity (68.5%) and Tobacco use (65.2). The top three adult health concerns identified as a problem were: Tobacco use (74.2%), Illegal drug use/substance abuse (69.7%), and Obesity (67.4%). The health conditions identified as a problem in Jones County were: High blood pressure (60.7%), Diabetes (57.3%) and Heart Disease (52.8%).



## 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: NC CATCH and CDC

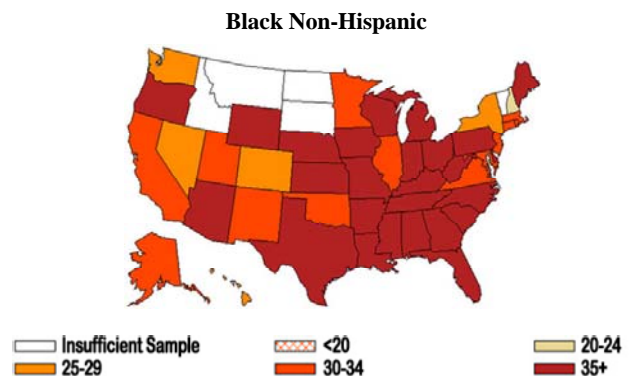
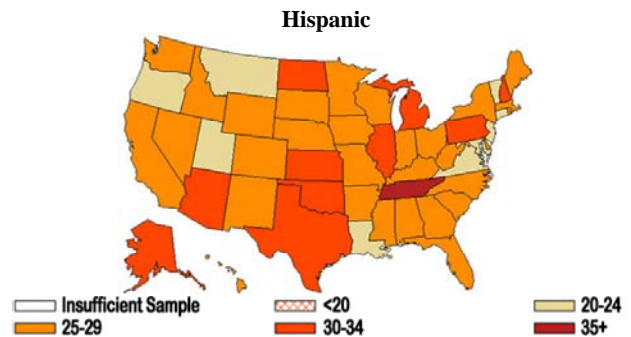
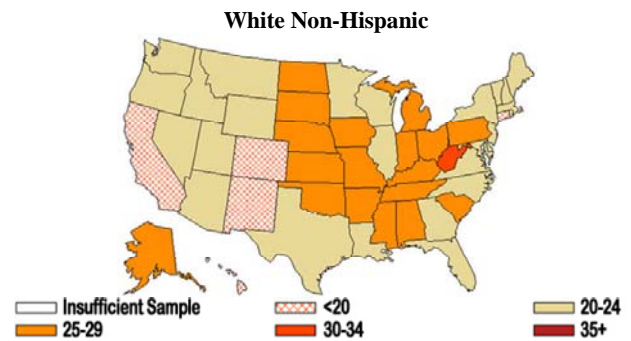
### Child

North Carolina has the 12th highest rate of adult obesity in the nation, at 28.3 percent and the 14th highest of overweight youths (ages 10-17) at 33.5 percent, according to a new report by Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). Obesity is a serious health concern for children and adolescents. According to data for Action for Children North Carolina data, the child population in Jones County is 2,356.



**Pictured above:** Jones Senior High School students participating in Hip Hop Abs exercise routine.

### U.S. Prevalence of Obesity by Race, 2006-2008



Source: Center for Disease Control

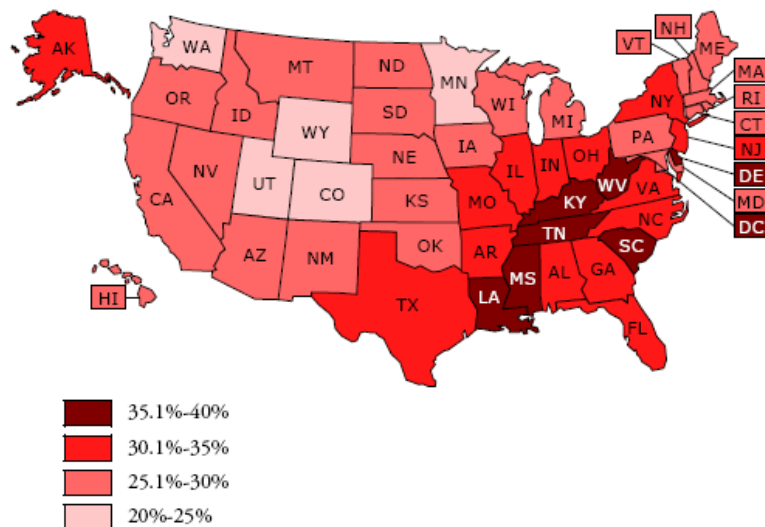
<http://www.cdc.gov/obesity/data/trends.html#County>



# Childhood Obesity

# Child

### Percentage of Children Who Are Overweight or Obese: 2007\*



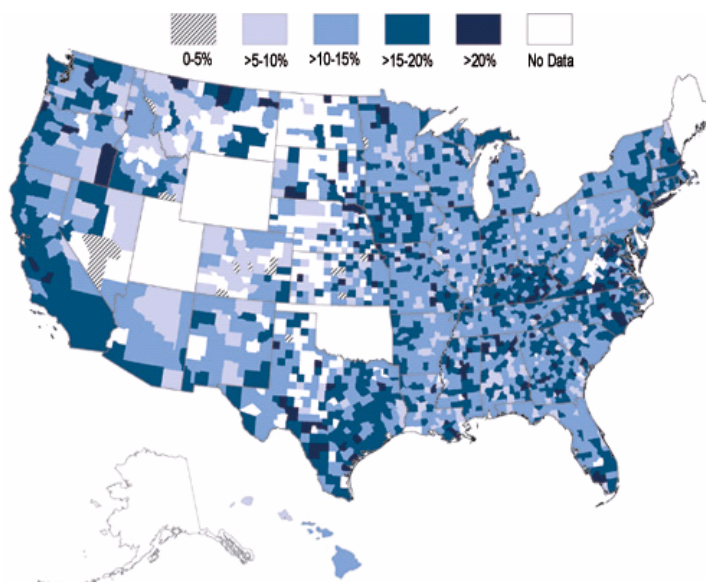
**Source:** National Conference of State Legislatures, The National Survey of Children's Health. Childhood Obesity Action Network. State Obesity Profiles, 2008. National Initiative for Children's Healthcare Quality, Child Policy Research Center, and Child and Adolescent Health Measurement Initiative

\* Obesity is defined as body mass index (BMI) at or above the 95th percentile of the 2000 Centers for Disease Control and Prevention BMI-for-age growth charts. Children with BMI between the 85th and 95th percentile are classified as overweight. BMI is calculated as weight in kilograms divided by the square of height in meters. Children age 10-17 are included in this data.

The total number of overweight children is 23.7%, which is higher than the state at 17%. Experts agree that inactivity and poor eating habits contribute to obesity. While national guidelines recommend 150 minutes of physical activity each week for elementary children and 225 minutes for older children, only Illinois has a statewide requirement for daily physical education.

Jones County Schools and the health department work together to implement programs aimed at educating children on the importance of physical activity and nutrition. This year marks the first year students have participated in an exercise regimen called Hip Hop Abs (HHA), which incorporates physical activity through dancing. HHA is a challenging and vigorous high impact aerobics class. It allows high school students to burn calories and shed fat with fun, hip dance moves set to the same music that is heard on the radio.

### Obesity Prevalence Among Low-Income, Preschool-Aged Children, 1998–2008



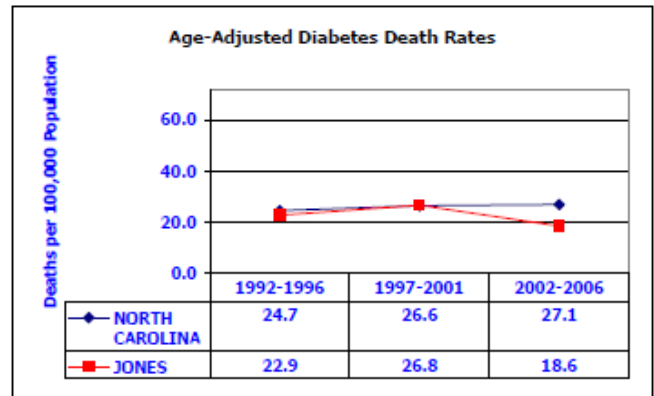
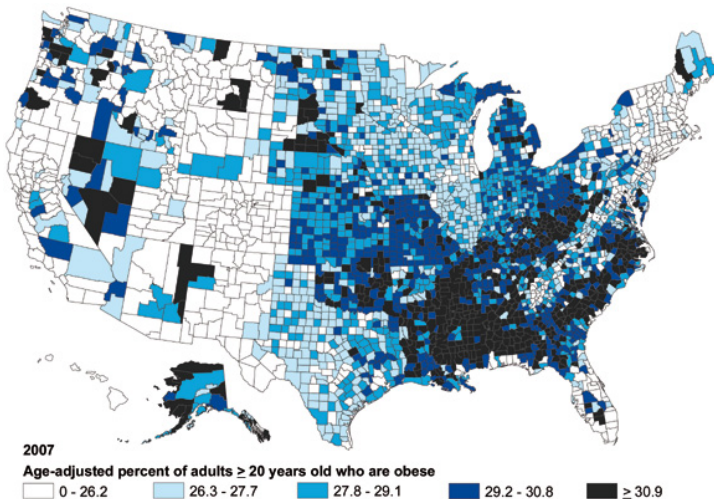
**Source:** Center for Disease Control  
<http://www.cdc.gov/obesity/childhood/lowincome.html>

# PRIORITY ISSUES

## Diabetes

According to the North Carolina Diabetes Prevention and Control Branch, Diabetes is on the rise in the U.S. in 2009. An estimated 11.3 percent of U.S. adults or 22 million people had diabetes in the U.S. (Source: ADA). However, "it is more prevalent in African Americans at 15.6% .One in every five adults, age 65 and older, had diabetes in the state". In Jones County, high rates of obesity, hypertension, lack of physical activity and poor nutrition all contribute to the diabetes rate.

### County-Specific Diabetes and Obesity Prevalence, 2007



Source: NC State Center for Health Statistics

An estimated 10.2% of the population in Jones County lives with diabetes. (NC BRFSS) Diabetes related deaths have increased from 15.6 in 2006 to 43.8 in 2007. Meanwhile, hospital discharges have steadily increased from a rate of 20.0 in 2002 to 33.3 in 2006.

Source: Center for Disease Control and NC CATCH  
<http://www.cdc.gov/obesity/childhood/lowincome.html>

## 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.

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,

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.



Picture and Logo Courtesy of Craven County Government

For more information on CARTS please call (252) 636-4917 or visit <http://www.cravencounty.com/departments/trn.cfm>

## 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.

# EMERGING ISSUES

## H1N1 Preparedness

### What is H1N1?

H1N1 influenza is a contagious respiratory illness caused by a new strain of flu virus.

### How is it spread?

Flu viruses – H1N1 and seasonal flu – spread mainly from person to person through coughing or sneezing. Sometimes people may catch flu by touching something infected with the virus and then touching their mouth or nose. There are several things you can do to prevent catching or spreading H1N1 or seasonal flu (see below). And, if you do get sick with flu, take antiviral medicines if your doctor prescribes them.

### What are the symptoms?

H1N1 symptoms are similar to seasonal flu but may also include diarrhea and vomiting:

- Fever
- Cough
- Sore throat
- Body aches
- Chills
- Fatigue
- Runny or stuffy nose
- Headache
- Diarrhea
- Vomiting



Most people recover after about a week without lasting effects.

### How can it be treated?

Antiviral drugs may be prescribed by your doctor. These prescription medicines – pills, liquid or an inhaler – fight flu by keeping the flu viruses from reproducing in your body. They can make your illness milder, make you feel better faster and also prevent serious flu complications. Antiviral drugs work best if started soon after getting sick, usually within two days of developing symptoms.

### Seek emergency medical care if you or a family member has any of these symptoms:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve, but then return with fever and worse cough
- In babies, bluish or gray skin color, lack of responsiveness or extreme irritation

### What can I do to protect my family?

- **Wash your hands** often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- **Avoid touching your eyes, nose or mouth.** Germs spread this way.
- Try to **avoid close contact with sick people.**
- **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- **If you get sick with flu, stay home** from work or school and limit contact with others to keep from making them sick.

# NEW INITIATIVES

## Bike Safety Rodeo

The Jones County Health Department held the first annual Bike Safety Rodeo on Saturday, April 4, 2009, in conjunction with the walk-a-thon in the parking lot of Jones Senior High School. The purpose of the Bike Safety Rodeo was to teach children the importance of seeing, being seen, and remaining in control at all times when riding a bike. This was achieved through simulated traffic situations and a series of bike handling drills. Each participant was given a free bike helmet, a goodie bag, and a chance to win a free bicycle.

Children went through five different stations during the bike safety course including: Bike Safety Education, Figure 8, Weaving and Maneuvering, Straight Line control and Turtle Race. The Bike Safety Education piece was taught by a Traffic Safety Information Officer. The Bike Safety Rodeo was a success, with 37 students and parents in attendance to learn bike safety skills.



Pictured to left: Bike Safety grand prize winner.

Figure 24: NC Unintentional Bicycle Injury Deaths by Age and Gender (Age 0-14, 1999-2002) (n = 24)

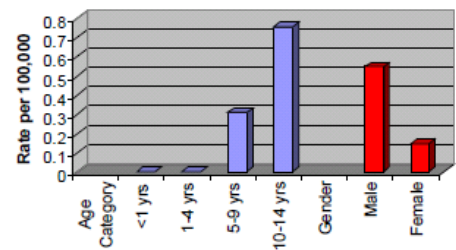
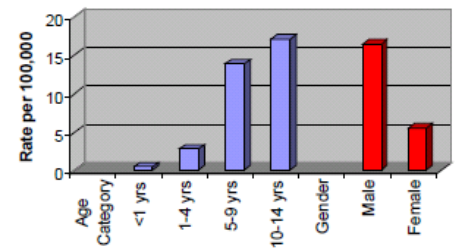


Figure 25: NC Unintentional Bicycle Injury Hospitalizations by Age and Gender (Age 0-14, 1999-2002) (n = 747)



Source: Safe Kids NC <http://www.iprc.unc.edu/pages/ncsafekids/>

## Jones County Healthy Kids Summer Camp



Pictured above: Jones County Healthy Kids Participant

Jones County 4-H and the Jones County Health Department collaborated to conduct Jones County Healthy Kids Summer Camp. The purpose of this camp was to educate school aged children on the importance of proper nutrition, physical activity and maintaining their overall health and wellness.

Participants gained hands on experience with healthy cooking demonstrations, arts and crafts projects, as well as interactive and fun indoor and outdoor fitness activities. Numerous guest speakers from various local organizations volunteered to teach lessons on their areas of expertise.



# NEW INITIATIVES

## Heart Disease Awareness: National Wear RED Day

Heart Disease is the leading cause of death in both men and women in the United States. It is sometimes called the “silent killer” especially in women. One in every three female death is due to heart disease. Nearly two-thirds of American women who die suddenly of a heart attack had no prior symptoms.

The Jones County Health Department and Department of Social Services participated in the National Wear Red Day, on Friday, February 8, 2009. During this day, workers were asked to wear red to show their support of women and heart disease. Sessions were held to teach people how to prevent and detect heart conditions. All county employees were invited to participate in a “Red Walk” at the end of the day.

Source: American Heart Association



Pictured Above: Jones County Health Department Staff.

## “Walk for Your Health” Walk-A-Thon

The Jones County Health Department held the second annual “Walk for Your Health” Walk-a-Thon on Saturday, April 4, 2009 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 provided by Shawn B with KISS 102 and games for the kids.

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 359 this year. This marked the first year trophies and banners were awarded to participating teams. The top school team effort came from Trenton Elementary School with a total of 653 laps walked. The church walking team with the most laps walked was New Hope Church of God In Christ, with a total of 775 laps. The Jones County Department of Social Services walked 138 laps receiving the title of county organization with the most laps walked.

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.



Pictured Above: “Walk for Your Health” participants.

# NEW INITIATIVES

## Diabetes Education Programs



**Pictured Above:** 2<sup>nd</sup> Annual Pastor's Brunch participants involved in Hands-on Healthy Cooking Demo conducted by MIRACLE program. (2009)

### MIRACLE Faith Based Diabetes Education Program

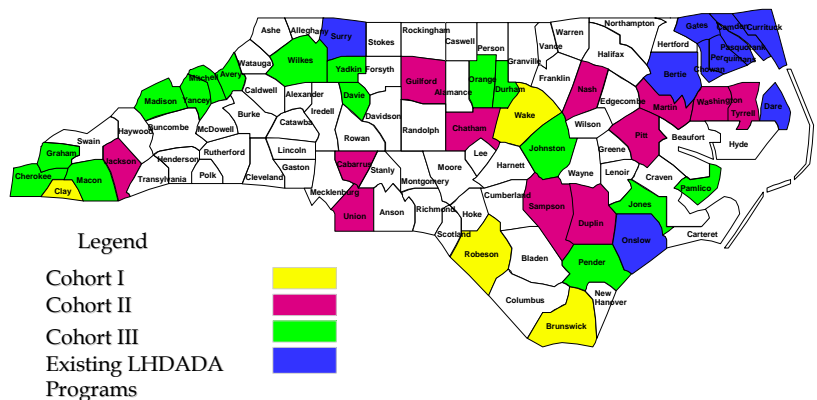
In response to the high rate of diabetes in Jones County among African-Americans, the health department and several local churches currently work together to provide prevention and education workshops, food literacy, and screenings to community members at-risk for or living with diabetes. Currently in its third year of implementation, the church based program known as MIRACLE (Managing Insulin Resistance; A Changing Life Experience) has had a total of 184 program participants. A total of 10 church based lay health advisors have been trained and there are currently 5 dedicated and mission-oriented church based lay health advisors actively educating the public, with assistance from 2 health educators and a certified diabetes educator.



### 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 about how to monitor their blood glucose, exercise, meal plans, medications 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 is currently working toward ADA accreditation in 2010.

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



Source: NC Diabetes Prevention and Control Branch

# NEW INITIATIVES

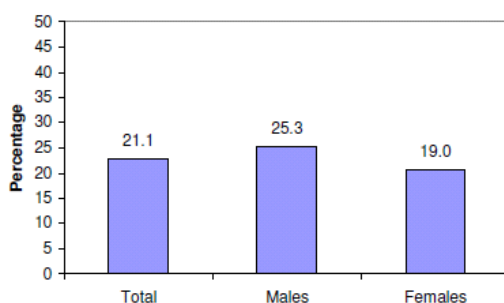
## Now Serving: Smoke Free Air!



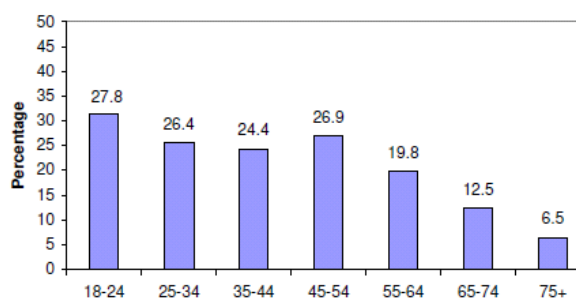
North Carolina's Smoke-Free Restaurants and Bars Law was passed by the N.C. General Assembly and signed by the Governor in May 2009, with an effective date of January 2, 2010. The law requires enclosed areas of almost all restaurants and bars to be smoke-free effective January 2, 2010. Smoking is also banned in enclosed areas of hotels, motels, and inns, if food and drink are prepared there. Smoking is permitted in: twenty percent (20%) of guest rooms in lodging establishments; cigar bars that meet specific requirements; private clubs - country clubs or organizations with selected membership - which are operated by the membership, have non-profit status, and provide restricted food and lodging services; establishments that are exempt from the state's sanitation laws. If you observe or notice a possible violation, please notify the owner or manager of the establishment. They are responsible for compliance and are required to direct a person who is smoking to extinguish the lighted tobacco product. This law will go into effect on January 2, 2010, at which time you will be able to file a complaint via email ([Jones.County.Health@ncmail.net](mailto:Jones.County.Health@ncmail.net)) or by telephone (252-448-9111) with your local health department.



Percentage of current smoking among adults in N.C., by gender: N.C. BRFSS 2007



Percentage of current smoking among adults in N.C., by age group: N.C. BRFSS, 2007



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

## Breast Cancer Awareness: Pink Day!

October is national Breast Cancer Awareness Month. In order to celebrate this month and encourage early detection, the Jones County Health Department decided to host its first annual "Pink Day". During this day, participants were educated on breast cancer and how to perform self breast exams. All participants wore pink to show their support. A "Pink Walk" was also conducted to emphasize the importance of breast cancer awareness. Local churches were also encouraged to support breast cancer awareness and participate in Pink Sunday. On October 25, 2009 members of the congregations were encouraged to wear pink in their support for Breast Cancer Awareness.



Pictured Above: JCHD staff and Jones County residents preparing for Breast Cancer Walk.





**Pictured above:** Button Chair provided courtesy of Blue Cross and Blue Shield of North Carolina.

The Jones County Health Department celebrates and encourages breast cancer detection all year long. In January, the Blue Cross and Blue Shield of North Carolina provided their Breast Cancer Awareness Button Chair for use at our health department to educate our residents. The Button Chair was created in 1998 as a tribute to all women – as well as their families, friends and support networks – who have battled breast cancer in North Carolina. Every button represents a unique story of courage and strength, each having belonged to a breast cancer survivor or someone who lost their battle with the disease. The purpose of the exhibit is to educate visitors about breast cancer, to encourage women to get mammograms and to deliver messages of hope from survivors who have overcome the disease.

## Students Against Destructive Decisions (S.A.D.D.) Program

Students Against Destructive Decisions (SADD) club, is a peer-to-peer education prevention, and activism organization dedicated to preventing destructive decisions, particularly underage drinking, other drug use, risky and impaired driving, teen violence, and teen suicide. Jones Senior High School's SADD chapter has over 15 students actively involved. SADD empowers youth by giving them the resources and support to make healthy choices when confronted with challenges and difficult decisions.

Students participate in various prevention education displays to educate their peers on different health concerns. This school year students raised awareness on Red Ribbon Week and Great American Smoke Out Day. On, November 20-22, 2009, two of Jones Senior High SADD members attended the 27<sup>th</sup> Annual NC SADD Leadership Conference held in Durham, NC. Students were able to develop leadership skills and bring information back to their SADD Chapter. The students also participated in various workshop including: gang awareness and prevention, teen pregnancy, HIV/AIDS prevention, safe driving methods, and alcohol prevention.



**Pictured above:** 2009 SADD Conference



**Pictured above:** Drug Free Pledge for Red Ribbon Week featuring Jones Senior High School students.





# Jones County Health Department Programs & Services

## School Health

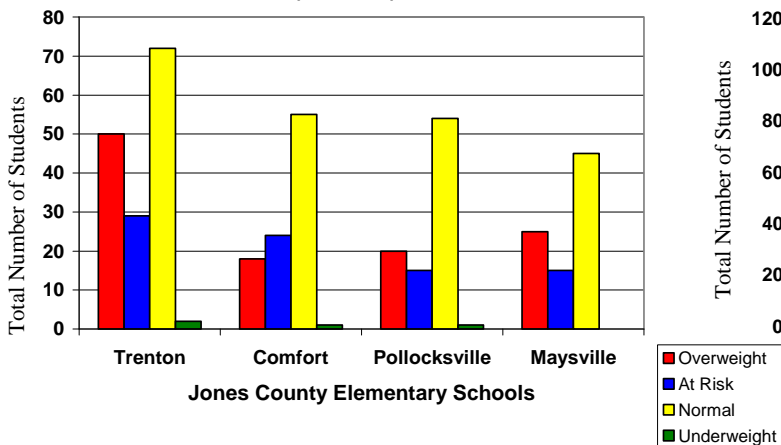
Children spend more time at school than any place other than their home. Schools can have a major effect on children's health, by teaching and promoting healthy behaviors. The Jones County Health Department has been very active in the Jones County School System since 2004 with funding assistance from 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.

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. Students were screened twice during the 2008-2009 school year. Results from the BMI screenings indicated 28% of all elementary students were overweight during the pre-screen (Fall 2008) and a slight decrease occurred by the post-screen with 27% of students being overweight (Spring 2009). A total of 133 classes have been conducted by the school health educator on an array of topics to help reduce BMIs from September 3, 2008, through May 27, 2009.

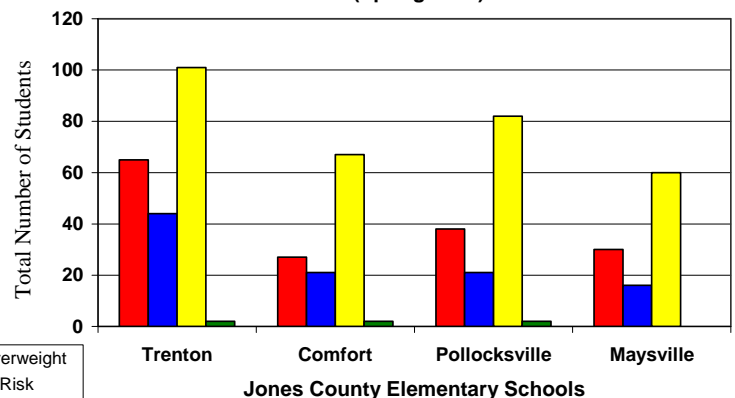


Pictured above: LaTangee Knight (school health educator) and Jones County elementary school students.

**Jones County BMI Screening by School  
All Students  
(Fall 2008)**



**Jones County BMI Screening By School  
All Students  
(Spring 2008)**



Source: Jones County BMI4Kids Data (2008-2009)

## Teen Prevention Education Program (Teen PEP)

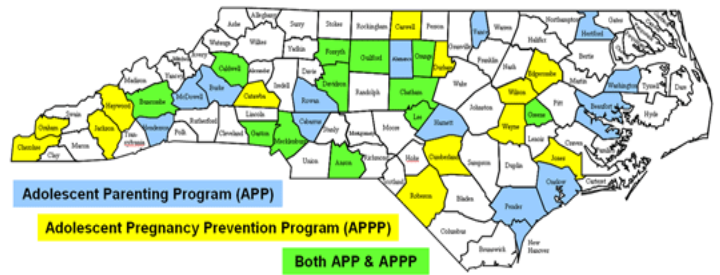
Teen PEP which stands for Teen Prevention Education Program, is a school-based peer education initiative to promote sexual health among middle and high school students. Teen PEP is designed to increase knowledge, skills and behaviors that foster healthy decision-making among youth. The program originated 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 third year of the Teen PEP program at Jones Senior High School.

According to the State Center for Health Statistics, 19 pregnancies occurred in Jones County among 10-19 year olds during 2008. Statewide there were a total of 19,744 pregnancies among 10-19 year old females in 2008.



### TPPI Across North Carolina: Current APP and APPP Projects



Source: NC DHHS Teen Pregnancy Prevention Initiatives  
[www.teenpregnancy.ncdhhs.gov/](http://www.teenpregnancy.ncdhhs.gov/)



**Pictured above (top left to bottom right):** (1) 2009 Teen PEP performance at East Carolina University (2) 2009 Teen PEP peer educators (3) 2008 Teen PEP peer educators (4) 2009 Teen PEP peer education in action.



## 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.



Pictured above (left to right): (1) JCHD employees at Pink Day presentation (2) JCHD staff learning how to have a "Healthy Halloween".

### Jones County Teachers and Staff

The single largest employer 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.



Pictured above (left to right): (1) JCHD employees at school health fair (2) H.E.A.R.T.S. nutrition display (3) Free screening to Jones County school staff

## 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 two 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.

Our main focus this past year has been on 2009 Novel H1N1. We have revised our Pandemic Flu Plans as well as our Strategic National Stockpile Plan throughout this pandemic. We have been holding after-hours mass vaccination clinics as well as a flu mist campaign within the schools. During this clinic, a total of 397 students were successfully vaccinated.



Pictured above (above): Jones County Health Department Flu Clinic staff

## SOTCH Dissemination

The 2009 State of the County Health Report for Jones County, North Carolina 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

### Website

[www.jonescountyhealth.com](http://www.jonescountyhealth.com)

### Presentations

- **12/9/09:** Healthy Carolinians meeting located at Jones County Civic Center at 10am.
- **1/19/09:** County Commissioner's meeting located at Trenton Town Hall at 7pm.
- **January H.E.A.R.T.S.** meetings (contact Natalie Newsom for dates/times (252) 448-9111)



## 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.



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

## Clinic Services



Photo of JCHD Nurse's Station



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

- ❖ **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 2<sup>nd</sup> Wednesday of the month beginning at 10 am Jones County Civic Center.

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, 2008 and June 30, 2009 the Jones County Health Department administered a total of 793 vaccines and 287 flu shots.



Jones County Health Department increased the number of flu mists given to students for the current school year. 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 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 397 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 227 TB skin tests were performed at the Health Department as well as 165 HIV tests. Overall, there were 207 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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