

STATE OF THE COUNTY HEALTH REPORT

JONES COUNTY, NC

DECEMBER 2013

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Department

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The 2013 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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Purpose

The Jones County Health Department and the Jones County Healthy Carolinians are pleased to present the 2013 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.”

Vital Statistics

Jones County: At A Glance

Jones County had a total of 89 live births in 2012. The age breakdown is as follows:

- Mothers aged 19 and younger accounted for **four** live births.
- Mothers aged 20 to 24 years old accounted for **thirty** live births.
- Mothers aged 25 to 29 years old accounted for **twenty-six** live births.
- Mothers aged 30 to 34 accounted for **sixteen** live births.
- Mothers aged 35 to 39 accounted for **ten** live births.
- Mothers aged 40 and over accounted for **one** live birth.

Jones County had **0** infant deaths in 2012.

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%
% Kindergarteners 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 Claritas.

Red equals areas in need of improvement.

Morbidity and Mortality

- ❖ A total of 127 deaths were documented in Jones County during 2012. The top three leading causes of death in Jones County for 2012 were Heart Disease, Cancer and Stroke. Deaths due to Heart Disease account for 34.6% 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 27.6% of all deaths. Lung-Bronchus cancer, Prostate Cancer and Rectal Cancer are the three leading types of cancer resulting in death. (2012)
- ❖ Stroke is the third leading cause of death in Jones County. Stroke accounted for 11% of Jones County deaths in 2012.

Source: NC State Center for Health Statistics

PRIORITY ISSUES

Adult Health: North Carolina Farm Bureau Healthy Living for a Lifetime

The Jones County Health Department was able to partner with the North Carolina Farm Bureau Healthy Living for a Lifetime organization to host a free screening event to get more data on how we are doing in these areas. The screening day was held on October 12, 2013 from 9:00 am to 5:00 pm at the Maysville First Baptist Church. We had a total of 68 people get screened and were able to receive data on nine different health factors two of which were Hemoglobin A1c levels and total cholesterol for each participant and compare them against national data. The data provided is included on the following two pages.

Health Screening Report
North Carolina Farm Bureau
Jones County
October 12, 2013



HEALTHY Living
FOR a LIFETIME™

US Wellness INC.
 Health Education, Prevention and Care

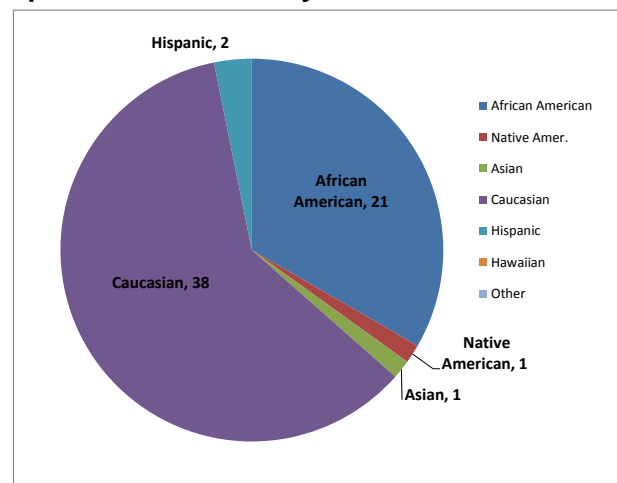
Event Summary Statistics

Total Participants:	68	
Total at risk (based on total number taking specific test):*		
	Event	USW Natl. Avg.***
Glucose (Fasting >100mg/dL; Non-fasting >140 mg/dL)	23.7%	13.1%
Low risk (<100mg/dL fasting or <140 mg/dL non-fasting)	76.3%	86.9%
Moderate (100-125 mg/dL fasting or 140-199mg/dL non-fast)	18.6%	9.9%
High (>125 fasting or >199 mg/dL non-fasting)	5.1%	3.2%
Total Cholesterol (>200 mg/dL)	16.9%	33.4%
Low risk (< 200 mg/dL)	83.1%	66.6%
Moderate (200 - 239 mg/dL)	15.3%	25.4%
High (240 mg/dL and over)	1.7%	8.0%
HDL (< 60 mg/dL)*	56.9%	28.7%
Low risk (> 59 mg/dL)	43.1%	71.3%
Moderate (40-59 mg/dL)	13.8%	10.3%
High (<40 mg/dL)	43.1%	18.4%
LDL (>100 mg/dL)*	40.7%	51.8%
Low risk (< 100 mg/dL)	59.3%	48.2%
Moderate (100-159 mg/dL)	35.6%	46.1%
High (>160 mg/dL)	5.1%	5.7%
Triglycerides (>150 mg/dL)*	25.4%	34.3%
Low risk (<150 mg/dL)	74.6%	65.7%
Moderate (150-199 mg/dL)	11.9%	14.3%
High (>200 mg/dL)	13.6%	20.0%
Blood Pressure (> 120/80)	54.2%	76.1%
Low risk (<120/80 mm/Hg)	45.8%	23.9%
Moderate (120/80 - 139/89 mm/Hg)	25.4%	53.4%
High (140/90 and above)	28.8%	22.7%
Body Mass Index (>24.9)*	61.4%	62.9%
Low risk (18.5 – 24.9 kg/m2)	38.6%	37.1%
Moderate (25 – 29.9 kg/m2)	21.1%	52.3%
High risk (>29.9 kg/m2)	40.4%	10.6%
Bone Mineral Density	65.0%	N/A
Osteopenia	43.2%	N/A
Osteoporosis	21.6%	N/A
HbA1C At Risk	66.7%	N/A

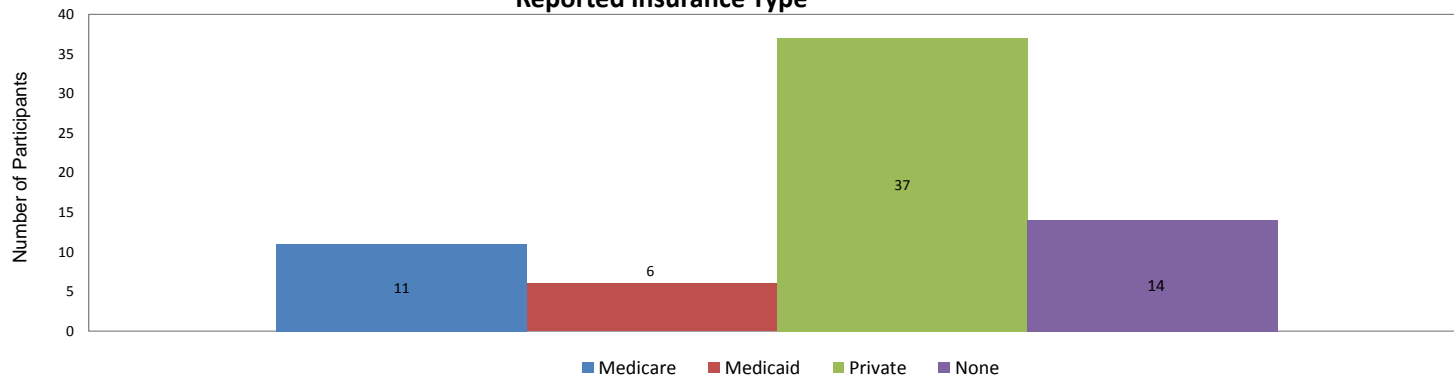
Average Participant Snapshot

	Event	USW Natl. Avg.***
Male	39% percent	51% percent
Female	61% percent	49% percent
Age	50 years	49 years
Height	5.6 feet	5.7 feet
Weight	176 pounds	182 pounds
Glucose	109 mg/dL	101 mg/dL
Total Cholesterol	160 mg/dL	184 mg/dL
HDL	40 mg/dL	53 mg/dL
LDL	88 mg/dL	100 mg/dL
Triglycerides	129 mg/dL	135 mg/dL
Blood Pressure Systolic	123 mm/Hg	129 mm/Hg
Blood Pressure Diastolic	75 mm/Hg	79 mm/Hg
Body Mass Index	29 kg/m2	28.4 kg/m2

Reported Race/Ethnicity



Reported Insurance Type



*Guidelines established by the National Cholesterol Education Program Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults, 2004.

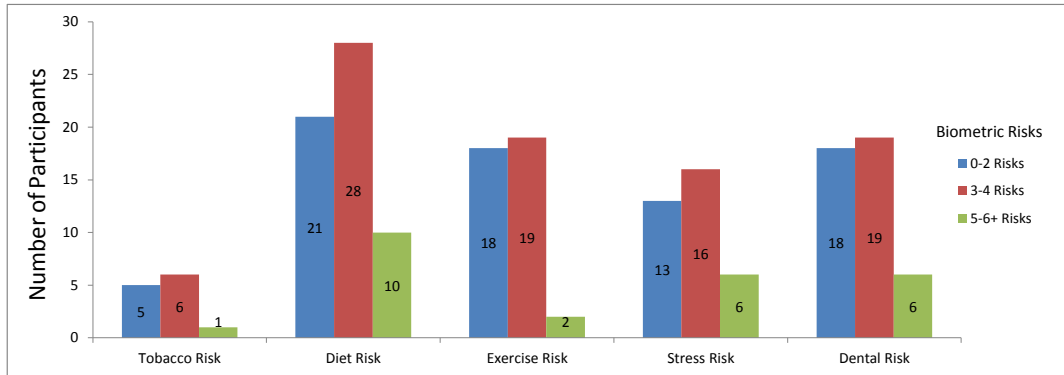
***Compiled based on health screenings performed by US Wellness from 2010-2012 at employer groups and community events in the United States.

Risk Factor Analysis

Metabolic syndrome occurs when several health risk factors combine to increase risk of heart disease, stroke, diabetes and other chronic disease.

The participant risk analysis below provides information on the number of risks that an individual participant has based on their biometric and HRA results.

Biometric Risks Compared to HRA Risks



Biometric Risks by Participant

6+	1
5	9
4	13
3	15
2	7
1	12
0	2
Total	59

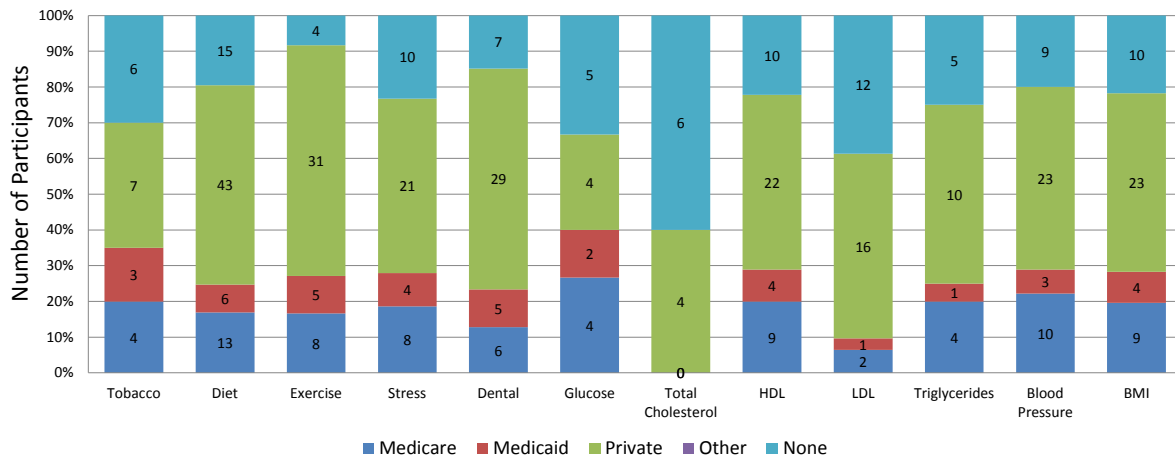
HRA Risks by Participant

Tobacco	12
Diet	59
Exercise	39
Stress	35
Dental	38
Total	183

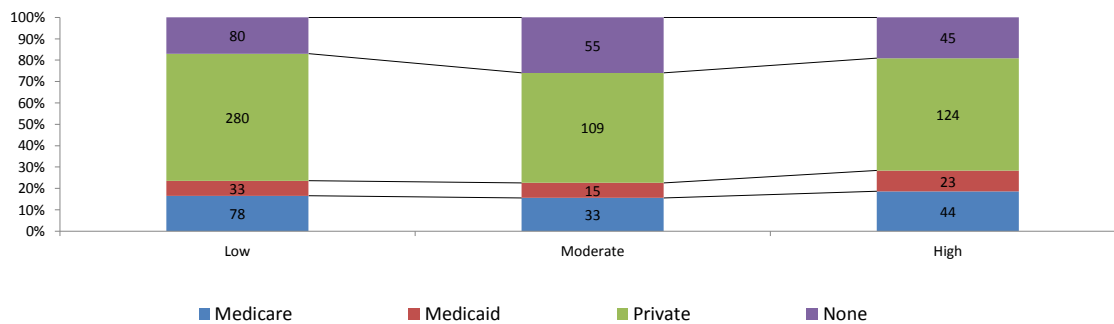
Risk Analysis

The participant risk analysis below provides information on the number of at-risk individuals by insurance type and type of risk. HRA risk factors include the following: tobacco, diet, exercise, stress and dental. Biometric risks include total cholesterol, HDL, glucose, LDL, triglycerides, blood pressure, and BMI.

Number of Risks by Insurance Type



Percentage at Risk by Insurance Type and Risk Level



PRIORITY ISSUE

Adolescent Health: Teen Pregnancy

Teen pregnancy rates continue to fluctuate from year to year in Jones County. With our small numbers each year continues to show dramatic changes in the number of 15- 19 year olds getting pregnant in our county. This past year the Adolescent Pregnancy Prevention Campaign of North Carolina was able to track not only the number of pregnancies in our county but also the age groups most affected by this issue. Overall there were 7 pregnancies in Jones County in 2012 with the majority (5) of those pregnancies being to mothers age 18-19 and 2 of the pregnancies to mothers age 15-17. Three of the pregnancies were repeat pregnancies.

Jones County Health Department continues to work with adolescents at Jones Senior High School and Jones Middle School through the Teen Prevention Education Program (Teen PEP). This is made possible with a grant from Teen Pregnancy Prevention Initiatives at the state level. We are currently in our 6th year of implementation at Jones Senior and have 10 peer educators conducting workshops for middle and high school students in the 8th and 9th grades. This year we have a total of 9 peer educators who will be trained in leadership and sexuality issues using the Teen PEP curriculum developed by HiTops for education and the Center for Cooperative School in New Jersey. We are the second of approximately 16 schools in North Carolina to be implementing the program and over 50 in New Jersey.

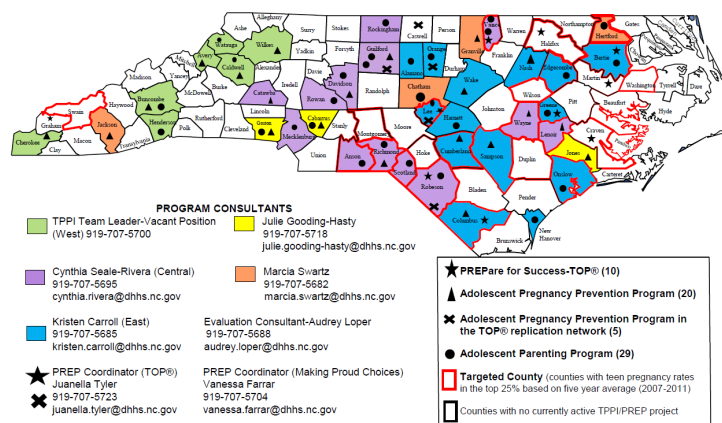
During each school year we present a total of 7 workshops to eighth and ninth graders in Jones County this year we reached 85 eighth graders, 90 ninth graders attend workshops at their schools. We presented topics to the 8th graders that included postponing sexual involvement, pregnancy prevention and HIV prevention. For the 9th graders we presented on the topics of sexually transmitted infection prevention, alcohol, drugs and sexual discussion making, and dating violence prevention. In may we held our Annual Talk to Me: a Family Night Workshop for parents of teen to learn about talking to their children about sexual health. We had an attendance of 75 students, parents, and other community members. The night was a great success and the students enjoyed showing their parents the skills they have learned thorough this program.



Teen PEP Peer educators presenting Later Baby Workshop



TPPI Across NC
6/1/13 – 5/31/14



Emerging Issues

Accreditation Results and Restructuring Challenges

In April of 2013 we had a site visit for initial accreditation. At the end of this site visit the health department received conditional accreditation status. This has brought many changes to the way that the health department functions and uncovered some flaws with how we deliver our services. As a result we are no longer seeing adult primary care patients, children for sick visits, or family planning services. This suspension in services coupled with our loss of a provider has created issues with access to care across Jones County with our limited number of providers working inside the county. We have been working hard to get back our child services by restructuring and trainings for the whole staff. We also have been partnering with providers outside of our county to continue services for our patients like the Craven and Lenoir County Health Departments and Kinston Community Health Center.

As we restructure we are still seeing patients for state mandated services which include Tuberculosis testing and control, immunizations, communicable disease investigation, sexually transmitted infection screenings, and family planning services for patients with a physical from Jones County Health Department with in the last year.

We are also making improvements in how clients can pay for services. In addition to accepting insurance, Medicaid and Medicare; our self pay clients can now use their Visa, Master Card, or Discover cards to pay for services.

We hope to be able to add back our child services with in the next year and to attain full accreditation. We appreciate the patience and understanding of the people of Jones County during this time of transition at JCHD.

Community Outreach

Health and Safety Fair

The Jones County Health Department hosted a Health and Safety Fair on Saturday, July 13 from 12:00 P.M. to 2:00 P.M. This was the second largest community based event in Jones County, seeing well over 300 people. This was held at the Jones County Civic Center Trenton, NC. The target audience was the entire Jones County community. The objectives of the fair included:

- To increase health awareness and disease prevention for the community and county employees by providing health screenings, educational information, and related activities.
- Provide disaster preparedness information.
- Increase awareness of local, state, and national health services and resources.
- Motivate participants to make positive health behavior changes.
- Teach self-care practices.

Our team consisted of a Nurse Practitioner, a Physician Assistant, Physical Therapist, Occupational Therapist, Massage Therapist, Dentists, Hygienist, the entire health department staff and county and community base volunteers. The Health fair included two exercise workshops Zumba and Hula Hoop Fitness, healthy cooking demonstrations, a healthy lunch and well over 40 vendors in the health and wellness field. The event was concluded by having drawings for gifts to promote health and wellness.

Healthy Community One Day Workshop November 15, 2013 9-4 pm

This was a highly focused, customized educational workshop addressing the health crisis faced by millions in America and our community— hypertension, obesity, metabolic disorders, diabetes, heart disease, C.O.P.D., stroke and other serious chronic conditions. In 2008, the annual health care cost of obesity in the US was estimated to be at \$147 billion annually. By 2050, 50 million Americans are expected to be diabetic, and heart disease still remains the #1 cause of death. The direct (healthcare-related) and indirect costs (your productivity & performance losses) associated with the above conditions for any organization or person are astronomical. This workshop aimed to prevent and address the conditions listed above in a systemic fashion through sound, cutting-edge education that measurably improves health outcomes, and directly benefits you overall.

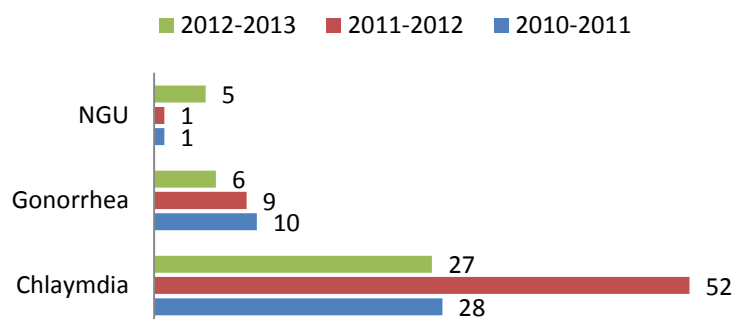
The participation for this event wasn't as successful as we would like; only having 25 participants. However this was our first event which leaves a lot of room for improvement. Our team for this event consisted of 1 nurse from our health department, 3 nurses from Vidant Medical Center, 1 Physician Assistant from Carteret County and a company which provided a healthy breakfast and lunch.

Both events organized and information from were provided by James Franks, WIC Director

Communicable Disease

An important part of the Jones County Health Department mission to prevent and control the spread of disease is our communicable disease surveillance, sexually transmitted disease testing and treatment and TB testing and surveillance. In 2013 the health department placed a total of 193 TB Skin tests with one positive but none needing treatment. From 7/1/2012 to 6/30/2013 we had 38 cases of sexually transmitted disease, 27 from Chlamydia, 6 from Gonorrhea, and 5 Non-gonococcal urethritis (NGU). During this same time we had 5 cases of other reportable communicable diseases these included two cases of Campylobacter infection, one case of human rabies, and one case of Haemophilus influenza. Over the last three fiscal years we have seen a decrease in Gonorrhea cases, a decrease from 2011/2012 to 2012/2013 of Chlamydia cases and an increase in cases of NGU.

Reported Case Counts of Sexually Transmitted Diseases by fiscal year



SOTCH Dissemination

The 2013 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

Board of Health-December 11, 2013
County Commissioners Meeting-December 2013

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)



WIC, also known as the Special Supplemental Nutrition Program for Women, Infants and Children, provides needed education such as; nutrition education; breast feeding support, supplemental nutritious foods, and referrals to health care and community resources to participants. To be eligible a person must:

- Be a pregnant woman; a breastfeeding woman who has had a baby in the last 12 months; a woman who has had a baby in the last six months; an infant; or a child up to the fifth birthday;
- Reside in North Carolina and in the health delivery area of the WIC agency;
- Meet the income eligibility scale- The gross annual household cannot exceed 185% of the Federal poverty income guidelines- All Medicaid, Food Stamps, and Work First recipients meet the WIC income eligibility criteria;
- An identified nutritional risk as determined by a health professional. Nutritional problems include anemia, poor growth, previous poor pregnancy outcome, inappropriate dietary intake and other nutrition related health problems.

During the first quarter of this fiscal year, the Jones County WIC Program has continued implementation of several caseload management activities to keep those currently enrolled in the program participating. Plans are to focus on increasing prenatal participants by offering childbirth preparation and breastfeeding classes. The classes will be open to any pregnant woman in the community. WIC Program services will rotate WIC hours, by having one day of extended hours per week to build our caseload, as well as due more outreaching to recruit new clients. We are currently serving 413 clients. Approximately 10% of these are pregnant women

Jones County Health Department Services

*Immunizations

*Pregnancy Testing

*TB Skin Tests

*STD Treatment & Education

*Rabies Control

*Septic Tank Permits

*Food Service Inspections

*Day Care and Lodging Inspections

*WIC

*Breastfeeding Education

*Health Education & Promotion

*Family Based Counseling

Immunizations

Vaccines continue to be one of the best ways to prevent disease in today's communities. At JCHD we continue to provide immunizations for children from birth to age 18 and for adults for free or at an affordable rate depending on individual status. We continue to have our annual flu clinic from October through January.

From January 1, 2013 to November 2013 the nurses in the clinic have administered 421 vaccines a decrease from 2012 that we think is primarily due to not administering FluMist in the schools. Our vaccinations included 32 Gardasil, 54 Tdap/Pertussis, and 154 Influenza vaccines. We believe that the drop in vaccines is primarily due to not giving flu mist in the schools this year as we have done in previous years and the temporary suspension of all services that we experienced.



Message from the Health Director

I appreciate the time you have taken to read the information presented and hope you enjoyed learning more about what Public Health does for you in Jones County. Our goal is to guide our community to a healthier future together through prevention, education and treatment. It is our responsibility to ensure a safe and healthy community for our children, our families and ourselves by staying informed, involved and active.

Through outreach programs we have geared to the specific needs of our community, we hope to equip individuals with resources needed for a healthier lifestyle. We want everyone in this community to be a part of achieving our goal. So, we ask that you come out and be a part as we continue to bring this community together through prevention, education and treatment.

Jones County Health Department is here for you.

Sincerely,
Angelica Hall, Interim Health Director

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



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