

2017



WAYNECOUNTY
THE GOOD LIFE. GROWN HERE.



State of the County Health Report



The mission of the Wayne County Health Department, through our responsive and professional staff, is to preserve, promote and protect the health of our community by preventing disease, protecting the environment and promoting healthy living.

Wayne County at a Glance

A community health assessment (CHA) is the foundation for improving and promoting the health of community members. The role of a community health assessment (CHA) is to identify factors that affect the health of a population and determine the availability of resources within the community to adequately address those factors. For Wayne County North Carolina, the most recent CHA was completed in 2015. For more information on the 2015 community health assessment visit

<http://www.waynegov.com/241/Health-Department>

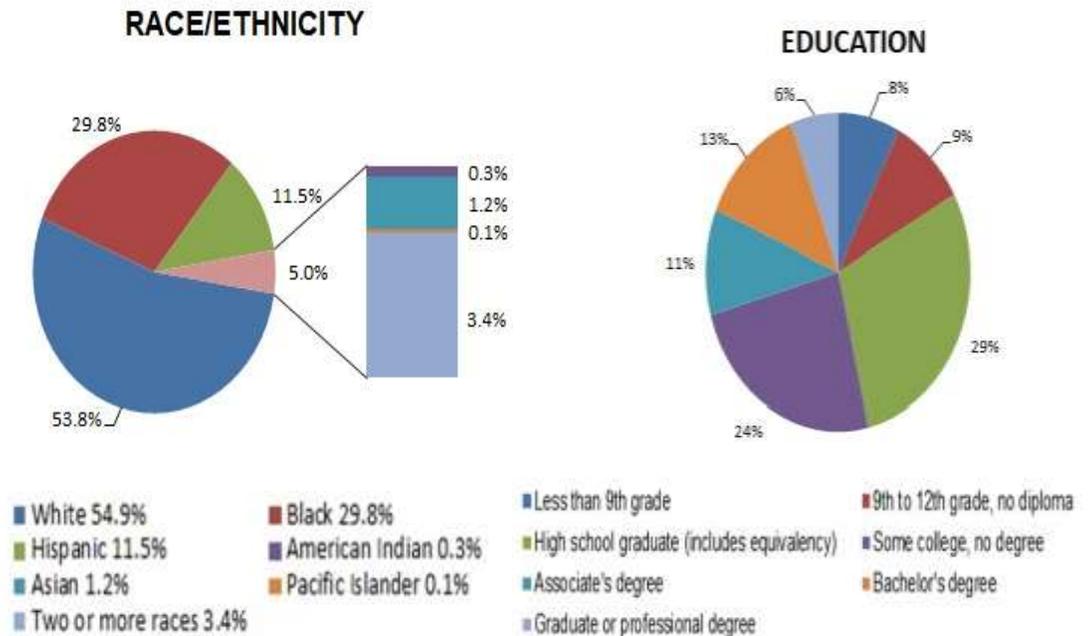
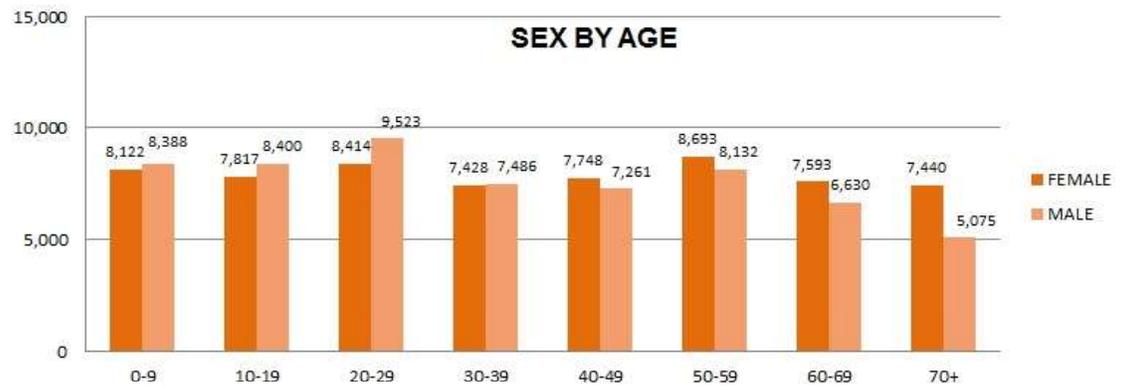
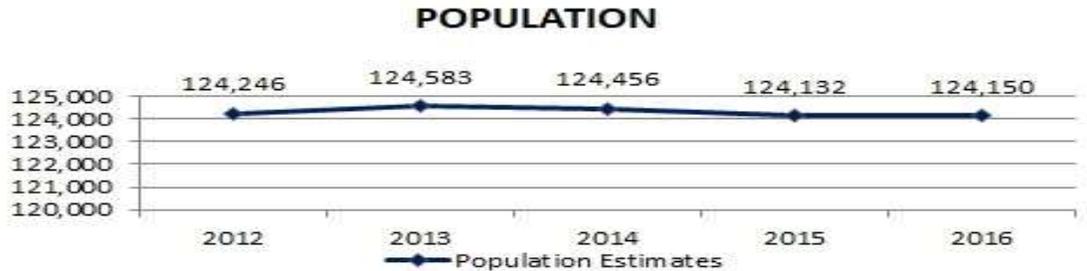
Following its completion, an assessment team was established to analyze the data and seek input and feedback from the community in order to determine the health priorities with the greatest need.

2016 POPULATION

124,150

MEDIAN HOUSEHOLD INCOME

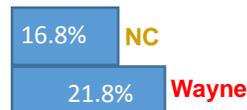
\$40,457 (~\$8,000 below state average)



Top Priorities

1. Access to Healthcare
2. Health Conditions
3. Education

POVERTY



UNEMPLOYMENT

5.8 ↓

MEDIAN AGE

| Wayne | NC |
|-------|------|
| 37.3 | 38.7 |

Source: US Census Bureau's 2016 Population Estimates
US Census Bureau's 2016 American Community Survey dataset

Morbidity & Mortality

Total Deaths All Causes
5,719 for 2016

Leading Causes of Death (age-adjusted)

| Causes of Death 2016 | County | | State |
|---|-------------|------------|------------|
| | # of Deaths | Death Rate | Death Rate |
| 1. Cancer – All Sites ↑ | 1,300 | 180.7 | 166.5 |
| 2. Heart Disease ↑ | 1,156 | 166.9 | 161.3 |
| 3. Cerebrovascular Disease (Stroke) ↑ | 383 | 56.2 | 43.1 |
| 4. Chronic Lower Respiratory Disease ↑ | 328 | 46.9 | 45.6 |
| 5. Diabetes ↑ | 214 | 30.7 | 23.0 |
| 6. Homicide ↑ (new) | 195 | 29.6 | 6.2 |
| 7. Other Unintentional Injuries ↓ | 168 | 26.3 | 31.9 |
| 8. Nephritis, Nephrotic Syndrome, Nephrosis ↑ | 141 | 20.6 | 16.4 |
| 9. Unintentional Motor Vehicle Injuries ↑ | 111 | 17.4 | 14.1 |
| 10. Chronic Liver Disease & Cirrhosis ↑ | 84 | 11.9 | 10.3 |

Breast Cancer
COPD
Cirrhosis
Diabetes
Pneumonia
Influenza
Suicide
Alzheimer's Disease
Motor Vehicle
Lung Cancer
Homicide
Nephritis
Stroke
Heart Disease
Colon Cancer



20% of all deaths were related to Heart Disease

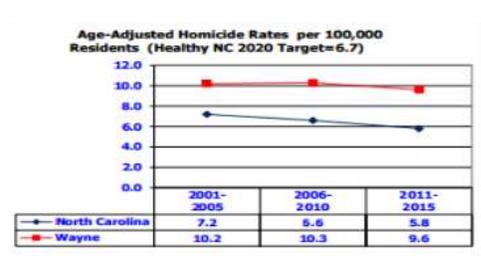
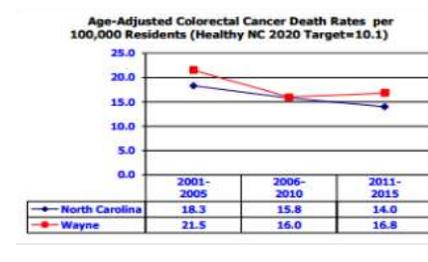
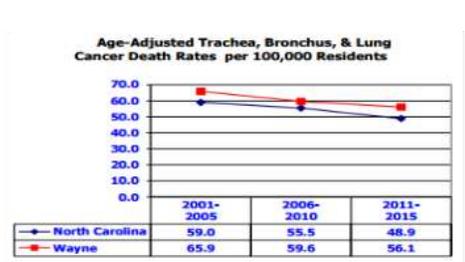
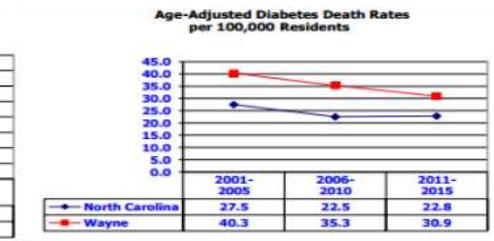
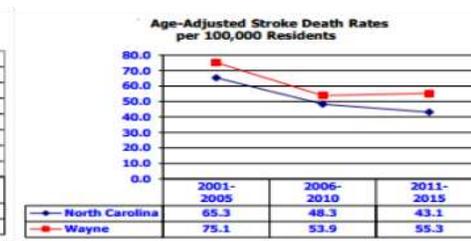
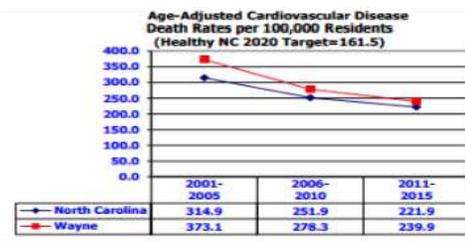
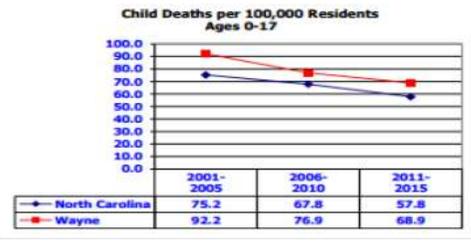
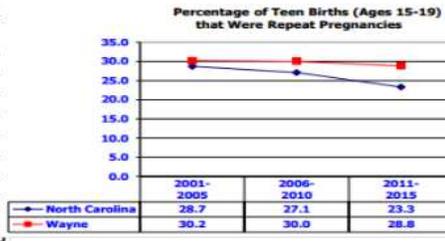
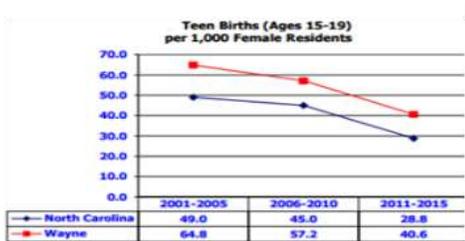
3 in 10 cancer related deaths were caused by Lung Cancer the leading cause of cancer



↓ Lower than state rate ↑ Higher than state rate

Sources: NC State Center for Health Statistics, Bureau of Labor Statistics

Health Trends that exceed State Rates



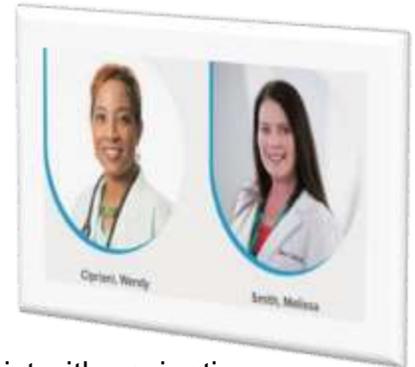
Source: NC State Center for Health Statistics: Trends in Key Health Indicators

Access to Healthcare

A person's ability to access health services has a profound effect on every aspect of his or her health, yet the disparities in access to health care can have far-reaching consequences. Those with limited access to basic health care services may live shorter and more constrained lives. As a county, we recognize these disparities and are working to eliminate these barriers as much as possible.

WAYNE UNC HEALTH CARE

Since its transition from Wayne Memorial to Wayne UNC Health Care, our local hospital, under new CEO Janie Jaberg, has a strong focus on replenishing and retaining the local physician pool. In Wayne County, like many areas of the state and nation, there is a decrease in the number of physicians interested in pursuing primary care fields which attributes to the on-going primary care physician shortage. However, the proportion of specialists within the health care system continues to increase. Primary care physicians are vital to the world of public health simply because they provide the first contact for a person with an undiagnosed health concern as well as assist with navigating the patient through the health care system which creates a circle of care coordination. In the meantime, since 2015 through partner affiliations, Wayne County has welcomed nine physicians in the areas of Hospitalist, Emergency Medicine, Cardiology, Ophthalmology and Dentistry. In September 2016, 43 experienced nurses as well as 38 new graduate nurses were hired including 18 graduates of Wayne Community College. Wayne UNC has also provided tuition assistance for 19 teammates currently enrolled in the bachelor and master of nursing programs at the University of Mount Olive. The hospital has also secured 56 new clinical professionals in the areas of rehabilitation, surgical services, pharmacy, lab, therapy and respiratory.



WAYNE COUNTY HEALTH DEPARTMENT

In October, Wayne County Health Department entered into a mutual agreement with Wayne Women's Health Clinic to enhance clinic services for our target population through the development of a consistent Pregnancy Medical Home model.

Services were consolidated to a single obstetrical provider which now provides a team of certified nurse midwives to oversee maternity clinical services throughout the patient's entire pregnancy from the start of prenatal care through delivery and postpartum. Through this partnership, limited ultrasounds are now able to be performed within the health department to ease the burden of having to make multiple appointments in different locations.

WAYNE ACTION TEAMS FOR COMMUNITY HEALTH, better known as the WATCH Health Care Program serves the uninsured of Wayne County through its mobile medical unit and clinics inside the Goldsboro Family YMCA and on-site on the campus of UNC Health Care. WATCH accepts an average of 421 new patients annually.



Health Conditions – Diabetes

The number of North Carolinians who have or who are at risk for diabetes is growing. Fueled by rising obesity rates, unhealthy eating, and declining physical activity, nearly 750,000 people in the NC currently have diabetes in addition to the extra 280,000 people that may have the disease and not know it.¹ In Wayne County, Diabetes is the 5th leading cause of death and a contributing cause for many more deaths.

The Center for Nutrition and Diabetes

Health offers outpatient education to help patients manage their diabetes. The center also provides nutrition counseling to assist patients with chronic disease management, tobacco cessation, a diabetes support group and weight loss. In fiscal year 2016, the center served 683 patients who participated in Annual Refresher Training, Diabetes Self-Management Education, Medical Nutrition Therapy, Tobacco Cessation, Being Active,



Hemoglobin A1C Monitoring and Reducing Risk. Participants achieved the following results:

- Being Active: 127 participants, or 100% of patients enrolled in this course, increased their activity level to include more than 30 minutes per day.
- Hemoglobin A1C: 30 participants decreased their A1C value, or average levels of blood glucose.
- Monitoring: 65 participants increased their frequency of glucose monitoring.
- Reducing Risk: 47 participants increased the frequency with which they check their feet, to reduce risk associated with diabetes.

Prevention

In North Carolina, an estimated 2.5 million (1 in 3) may have prediabetes. Prediabetes is a condition whereby people have higher than normal blood glucose (sugar) levels, but not yet high enough to be diagnosed as diabetes. Without lifestyle changes to improve their health, 15% - 30% of people with prediabetes will develop type 2 diabetes within five years. Locally, Goldsboro Family Y and Wayne County Health Department have joined the Centers for Disease Control and Prevention's (CDC) initiative to offer Diabetes Prevention Lifestyle programs that have been shown to be very effective in preventing diabetes for persons who have been diagnosed with prediabetes or who have multiple risk factors for diabetes. The program helps participants achieve moderate weight loss by eating well and being active. By the end of the first six months, the goal is for participants to:

- ▶ Lose at least 5 to 7 percent of their starting weight
- ▶ Get at least 150 minutes of physical activity each week, at a moderate pace or more

By the end of the second six months, the goal is for participants to:

- ▶ Keep off the weight they have lost
- ▶ Keep working toward their goal weight, if they haven't reached it
- ▶ Lose more weight if they wish
- ▶ Keep getting at least 150 minutes of activity each week



The Goldsboro Family YMCA has implemented at least 2 sessions a year on-site since 2016 and Wayne County Health Department (WCHD) has started its first 12-month community-oriented program in fall 2017, currently at New Greenleaf Church of Christ. For the WCHD class, 42% of the class has lost at least 5% of their starting weight with 86 lbs. lost collectively thus far. The Diabetes Prevention Program at the Goldsboro Family YMCA has also been hugely successful, with the majority of participants reaching both their weight loss and physical activity goals. In addition all of the participants in both cohorts completed the program. The average weight lost was 12.2lbs with the top 5 participants losing over 95 lbs. total!

Education

It is widely recognized that health outcomes are deeply influenced by a variety of social factors outside of health. Moreover, education is fundamental because the links between health and education are reciprocal; not only is good health important for children and adults to make the most of their educational opportunities, but the educational setting can be important in promoting good health. Local programs that close gaps in educational outcomes between low-income or racial and ethnic minority populations and higher-income or majority populations are needed to advance health care and promote health equity.

In Wayne County, we are fortunate to have the **Communities Supporting Schools (CSS)**

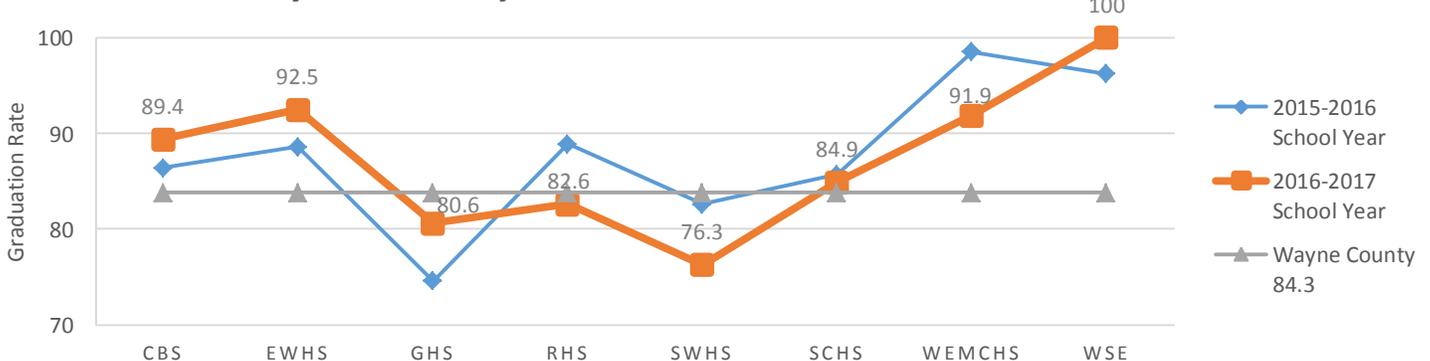


infrastructure which evolved from the national Communities in Schools (CIS) model. The mission of Communities Supporting Schools of Wayne County is to provide opportunities for students to stay in school, graduate, and be successful in life. Success Coaches and Teen Court Program are two of the main programs designed to keep students in school. Many of the students that benefit from these services are at

risk because of their grades, attendance, behavior, peers or family dynamics. CSS provides assistance in 3 high schools and 3 middle schools. Graduation data collected following the 2016-2017 school year indicated the following CSS outcomes:

- 96% of CSS students met their attendance goal
- 98% of CSS students met their behavior improvement goals
- 96% of CSS students served were promoted
- 93% of CIS students met their academic achievement goals
- 100% of CIS seniors monitored graduated
- 2040 students were served
- 410 students were individually case managed
- 130 students were served through teen court which is a diversion program designed for youth offenders ages 12-18 who are enrolled in school.

Wayne County 4-Year Cohort Graduation Rates



Read Wayne another noteworthy educational program focuses on early childhood literacy development since learning starts at birth. Read Wayne is continuing efforts to improve school readiness and literacy skills, through the development of a Community Solutions Action Plan, or CSAP. Through a massive community effort, the main goal is that by 2020 every child that enters kindergarten will be ready to learn to read and will be at grade level in the third grade.

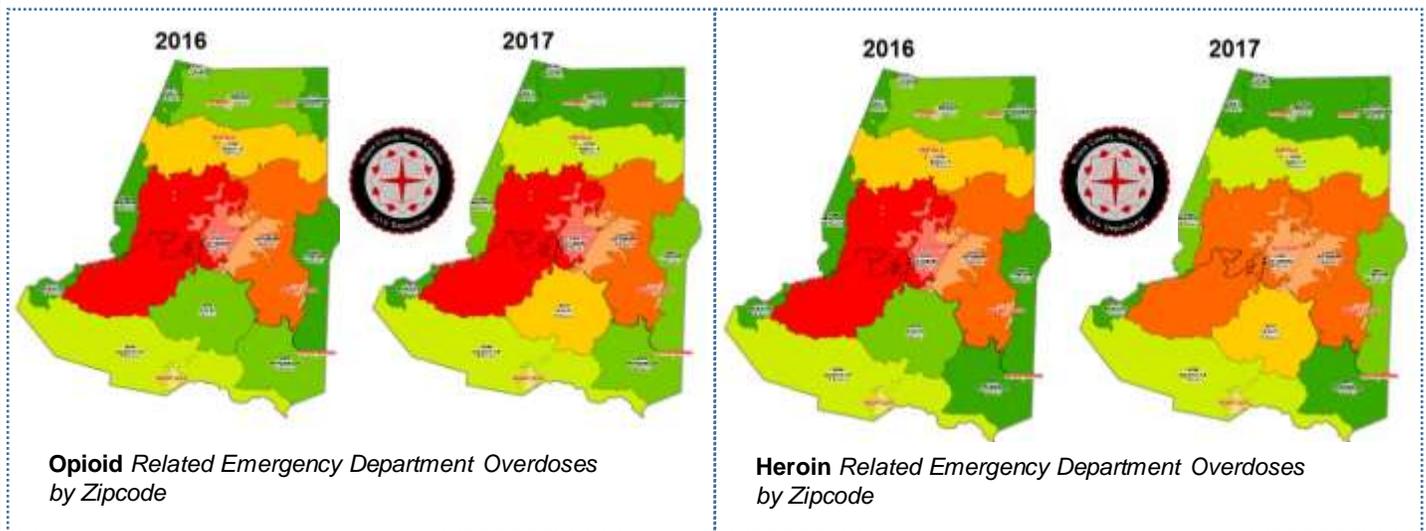


Emerging Issues

The Growing Opioid Crisis

Until the recent national and state-wide spike in drug-related overdoses, the deaths in Wayne County have quietly gone unnoticed for several years. Heroin and other opioids have disrupted the lives of too many of our residents and have brought so much damage to our families and communities.

Every day, three North Carolinians die from an opioid overdose. Of just the emergency department visits for residents of Wayne County, from January – December 2017 there were 486 reported Medication/Drug overdoses. Of the most common diagnosis, 76 of the overdoses were connected to opioids, 64 were related to heroin and 18 were from Benzodiazepines. Additional data is listed below.



| | Opioid Overdose 2017 | Opioid Overdose 2016 | Heroin Overdose 2017 | Heroin Overdose 2016 |
|-----------------------|----------------------|----------------------|----------------------|----------------------|
| Gender | | | | |
| Male | 63% | 62% | 69% | 66% |
| Female | 37% | 38% | 31% | 34% |
| Race/Ethnicity | | | | |
| White | 94.7% | 86.4% | 93.8% | 89.2% |
| Black | 3.9% | 1.2% | 4.7% | 0% |
| Hispanic | 0% | | 0% | 0% |
| Other | 0% | 2.4% | 0% | 3.0 |
| Unreported | 1.3% | 9.9% | 1.6% | 7.7% |
| Median Age | 36 | 32 | 34 | 30 |

*Please note that the data reported represent hospital emergency department visits for residents of Wayne County.

Data from emergency personnel (EMS, Police, Sheriff, Fire Department) are not included.

Source: NC Detect 1/30/2018

During a City Hall Opioid Event hosted on the behalf of Congressmen Rouzer, various concerned citizens from the community, former users and several local community agencies initially met to either tell or hear the stories and pleas from our community in regards to our own opioid crisis. Following that event the community came together to revise the Substance Abuse Task Force to tackle the issues of the opioid epidemic. Great adventures are expected for 2018.

Want to do something?

Get Involved !

Community members can get involved by participating in community coalitions and networks to help connect communities, resources and services. Get involved by contributing a Time, Talent or Treasure that you have to support efforts that address the health priorities in Wayne County to create healthy and supportive environments. Get involved and help support your neighbor, family, friend, colleague to be healthier.

Wayne County Health Department

Mission

The mission of the Wayne County Health Department, through our responsive and professional staff, is to preserve, promote, and protect the health of our community by preventing diseases, protecting the environment and promoting healthy living.

For More Information Contact:

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919-731-1000
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Thank You

We would like to express our thanks to all collaborating community members, leaders, agencies, action teams, steering committees, task force groups, volunteers, and supporters. We thank each of you for your work, support and efforts to improve our community. Your time and input is valuable to the state of our county's health. This report would not have been possible without the assistance from the following individuals: Bria McCoy – Wayne County Community Affairs; Julio Garrido - Wayne County GIS Coordinator; Melissa Shay – Wayne UNC Health Care; Karen Webb – WATCH; Debra Rogers – Wayne UNC Health Care Center For Nutrition and Diabetes Health; Alice Huneycutt – Goldsboro Family YMCA; Selena Bennett – Communities Supporting Schools of Wayne County; and last but not least Celita Graham – Wayne County Health Department

We would also like to thank our Board of Health, County Commissioners, and the taxpayers of Wayne County for their ongoing support. With your support we are able to continue our work for a healthier Wayne County.

— Wayne County Health Department