



State of the County Health Report
2016



State of the County Health Report 2016

The Sampson County Health Department and the Sampson County Partners for Healthy Carolinians Task Force are pleased to provide this yearly review of the top health concerns determined during the 2014 Community Health Assessment and how Sampson County has taken action to address them. This State of the County Health Report (SOTCH) will include a review of major morbidity and mortality data for the county. It will also include health concerns, progress made in the last year on the selected priorities, and other changes in Sampson County that affect health concerns. The report will address new and emerging issues that affect the county's health status and ways community members can get involved with ongoing efforts.

For more information about the State of the County Health Report, contact the Sampson County Health Department at 910-592-1131 or log on to the health department's website at www.sampsonnc.com.

The Sampson County Health Department (SCHD) was first established in 1911. Since 1911, the health department has continued to provide services that are essential to the public's health. Public health is a "quiet miracle" with a contribution to the quality of life that cannot be estimated. Public health is uniquely responsible for bringing the benefits of prevention to Sampson County citizens.

The Sampson County Partners for Healthy Carolinians (SCPFHC) Task Force is a non-profit organization that was established in 2000. The task force is a public-private partnership that represents public health, hospitals, health and human service agencies, civic groups, churches, schools, businesses, community members and leaders. For more information on the task force, please visit www.scpfhc.com.



Sampson County Data Profile Highlights

Demographics

Total Population:

63,842

Ethnicity:

White – 58.5%

African American – 26.0%

Hispanic/Latino (of any race) – 17.5%

Economic Characteristics

Median household income:

\$35,731

Median family income:

\$42,907

Families below poverty level:

18.9%

www.factfinder.census.gov

www.factfinder.census.gov

Leading Causes of Death

Rank	Cause of Death	Number
1	Cancer	695
2	Heart Disease	673
3	Cerebrovascular Diseases	196
4	Chronic Lower Respiratory Diseases	175
5	Diabetes Mellitus	168
6	All Other Unintentional Injuries	146
7	Alzheimer's Disease	100
8	Unintentional Motor Vehicle Injuries	83
9	Nephritis, Nephrotic Syndrome & Nephrosis	63
10	Pneumonia & Influenza	52
	All other causes	809
	Total Deaths – All Causes	3,160

Leading Causes of Death 2010-2014

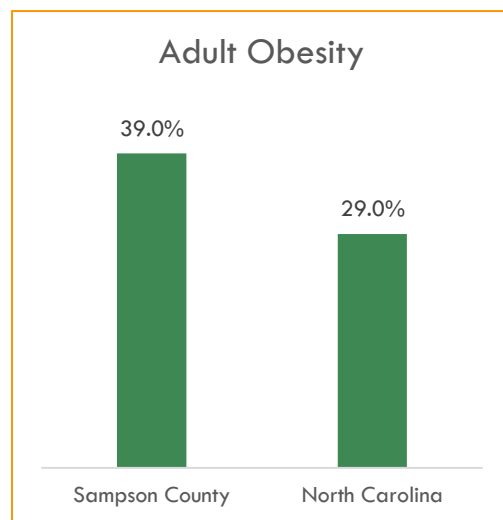
www.schs.state.nc.us/data/databook/

Community Health Concerns

As a result of the 2014 Community Health Assessment, Sampson County Partners for Healthy Carolinians selected Obesity/Chronic Disease as the top health priority and Drug/Alcohol Abuse, Mental Health, and Teen Pregnancy as other health concerns. The Community Health Assessment is a process by which community members gain an understanding of health, health concerns, and health care systems of the community. These community members identify, collect, analyze, and disseminate information on community assets, resources, strengths, and needs.

Obesity

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems such as heart disease, cancer, diabetes, high blood pressure, high cholesterol, and stroke. In 2012, 16% of Sampson County children ages 2-4 were overweight and 21% were obese (<http://www.eatsmartmovemorenc.com/Data/Texts/CountySpecific2to4NCNPASS2012.pdf>). In 2016, 39% of Sampson County adults were obese compared to 29% of North Carolina adults.



www.countyhealthrankings.org

Progress

- Sampson Regional Medical Center provided a monthly Community Wellness calendar.
- Sampson County Health Department promotes Eat Smart, Move More – Maintain, don't gain! Holiday Challenge. The Holiday Challenge is a free online weight maintenance program offered from Thanksgiving to New Year's Eve. Sampson County had a total of 46 participants in 2015.
- The Fitness Renaissance Program reaches over 4,000 students annually in grades K-3 in Clinton City Schools, Sampson County Schools and Harrells Christian Academy. Students are rewarded with medals at the end of the school year.

Chronic Disease

Chronic diseases, such as heart disease, stroke, cancer, diabetes, and arthritis are the leading causes of death and disability in the United States. About half of all adults have one or more chronic health conditions. These diseases also cause major limitations in daily living for people. High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors for heart disease. Other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including: diabetes, overweight and obesity, poor diet, physical inactivity, and excessive alcohol use. Chronic diseases are among the most common, costly, and preventable of all health problems.

Heart Disease

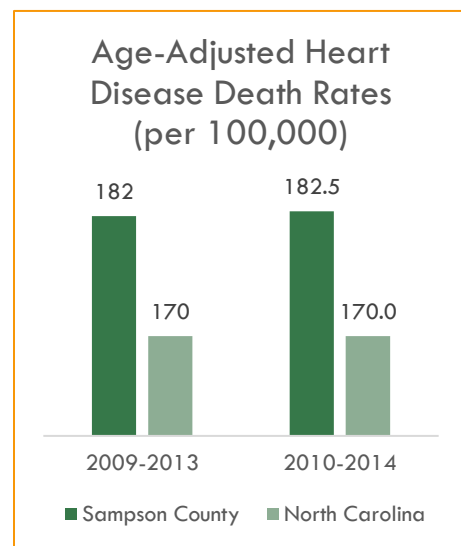
Heart Disease refers to several types of heart conditions. The most common type is coronary artery disease (CAD), which can cause heart attack, angina, heart failure, and arrhythmias. Heart disease is the leading cause of death of men and women in the U.S. Each year, roughly 1 in 4 adults die from heart disease.

Stroke

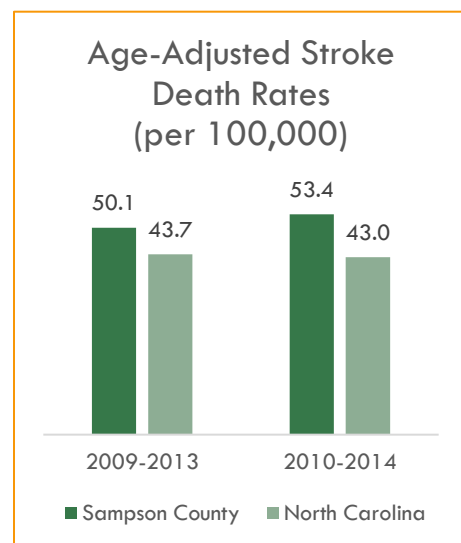
A stroke, sometimes called a brain attack, occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. Some medical conditions such as high blood pressure, high cholesterol, heart disease, diabetes, overweight or obesity can increase the risk of stroke.

Progress

- Sampson Regional Medical Center held its annual Care Fair in June 2016.
- Two articles related to Heart Disease were submitted to *The Sampson Independent* and *The Sampson Weekly* on behalf of Sampson County Health Department and Sampson County Partners for Healthy Carolinians.
- Several community presentations and health fairs were conducted in Sampson County with several hundred participants.



www.schs.state.nc.us/data/databook/



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Cancer

Cancer is a disease in which abnormal cells divide without control and are able to invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymph systems. Cancer is not just one disease, but many diseases. There are more than 100 different types of cancer.

Progress

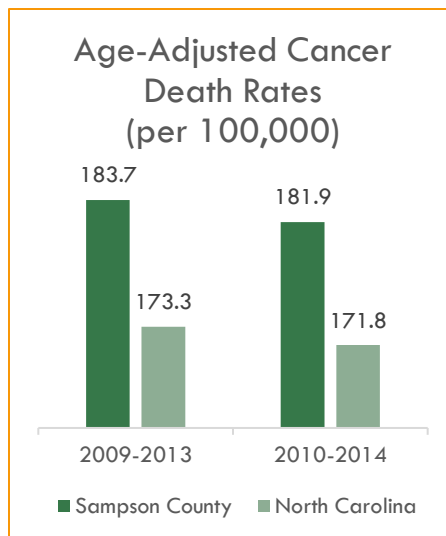
- 18th Annual Breast Cancer Rally was held at the County Courthouse in downtown Clinton, followed by a “Walk for the Cure” to Sampson Center Gymnasium for a health fair.
- Four cancer related articles were submitted to *The Sampson Independent* and *The Sampson Weekly*.
- Sampson County Breast and Cervical Cancer Control Program (BCCCP) Advisory Board distributed 500 pink breast cancer ribbons and 130 teal cervical cancer ribbons to local churches and organizations for the Pink and Teal Ribbon Campaigns.
- Breast and Cervical Cancer presentations and health fairs were conducted in the community reaching several hundred Sampson County residents.

Diabetes

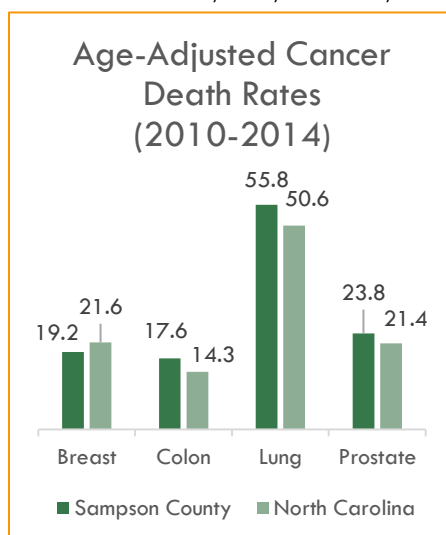
Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Progress

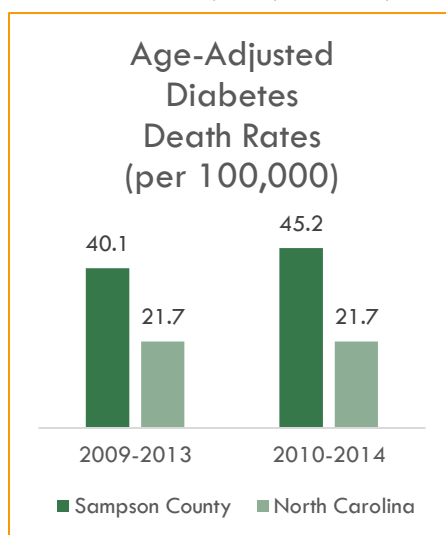
- The Diabetes Self-Management Program at the Sampson County Health Department reached over 10 diabetics through diabetes assessments, education classes and follow-up.



www.schs.state.nc.us/data/databook/



www.schs.state.nc.us/data/databook/



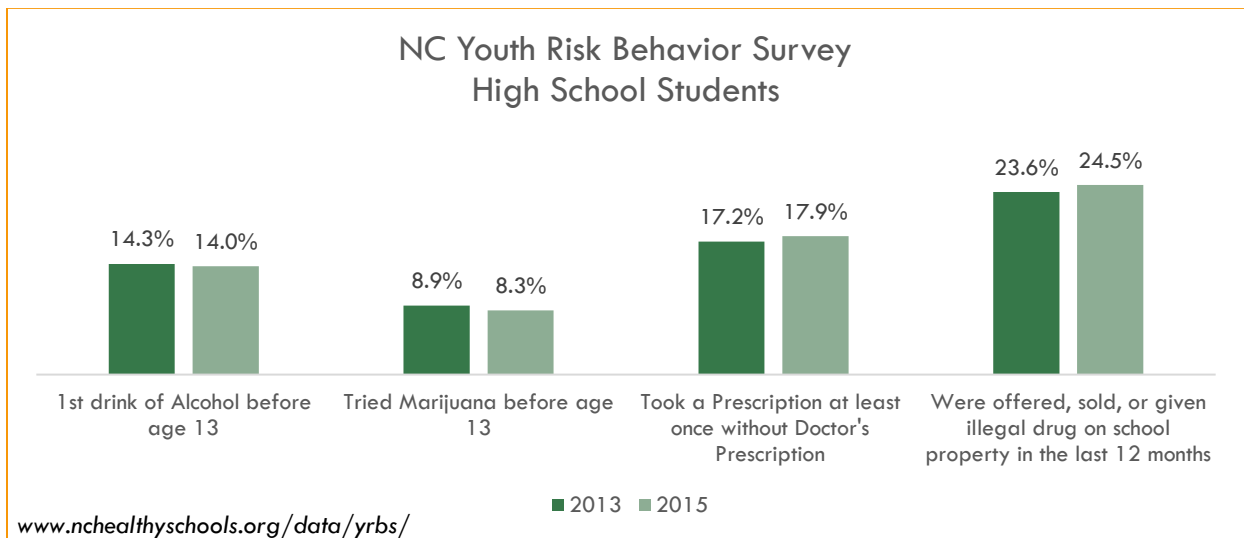
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- Sampson County Healthy Department participated in community health fairs and conducted presentations to local churches, nutrition worksites, and organizations reaching several hundred individuals.
- Sampson Regional Medical Center provided diabetes education group classes and 4 nutrition review classes reaching over 80 diabetics.
- Eleven Sugar Buddies Support Group classes were conducted through Sampson Regional Medical Center reaching over 60 people.

Other Health Concerns

Alcohol/Drug Abuse

Alcohol and other drug use among our youth remains a major public health problem. Substance use and abuse can increase the risk for injuries, violence, HIV infection, and other diseases.

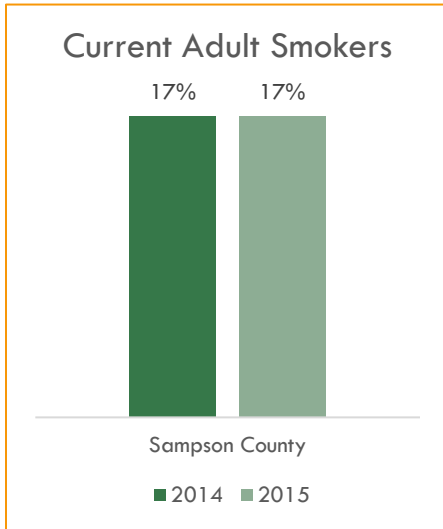


Progress

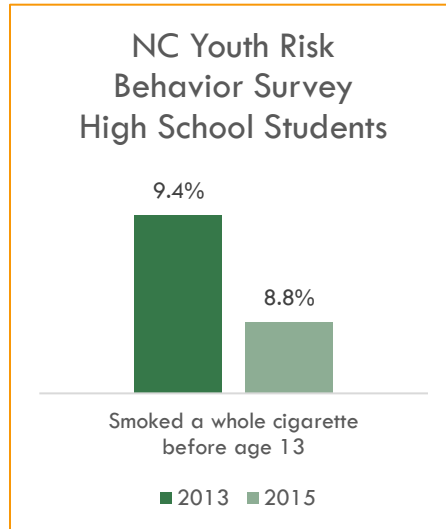
- Sampson County Substance Abuse Coalition builds and strengthens the capacity of Sampson County communities to create a safe, healthy and drug/crime free environment by strategically serving as a catalyst to mobilize community efforts to reduce addictive behaviors among youth and adults.
- Sampson County Cooperative Extension promoted Prom Pledge, a program that reaches juniors and seniors by focusing on drinking and driving awareness during prom season.
- Sampson County Cooperative Extension and Sampson County Substance Abuse Coalition provided drug awareness by promoting Red Ribbon Week (October 23-31).

Tobacco

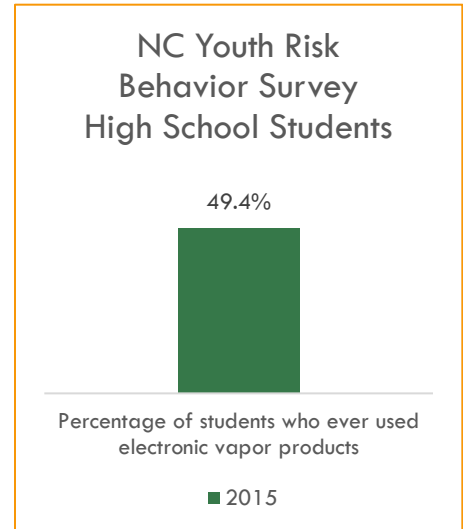
Cigarettes and other forms of tobacco (including cigars, pipe tobacco, snuff, chewing tobacco, and e-cigarettes) contain the addictive drug nicotine. Tobacco use is the leading preventable cause of disease, disability, and death in the United States.



www.countyhealthrankings.org



www.nhealthyschools.org/data/yrbs/



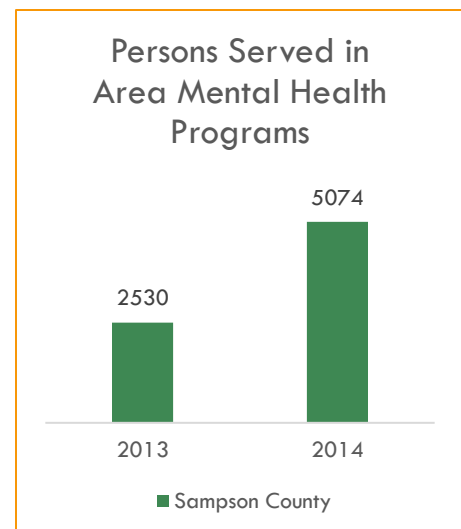
www.nhealthyschools.org/data/yrbs/

Progress

- The Region 8 Tobacco Control Lead Manager negotiated with seven apartment complexes in Sampson County and worked with private mental health providers in Sampson County to adopt either tobacco free or smoke free policies.
- Sampson County Health Department and Region 8 Tobacco Control Lead Manager promoted Quitline.

Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Many factors contribute to mental health problems, including: biological factors, such as genetics or brain chemistry; life experiences, such as trauma or abuse; family history of mental health problems.



www.osbm.nc.gov/facts-figures/linc/

Progress

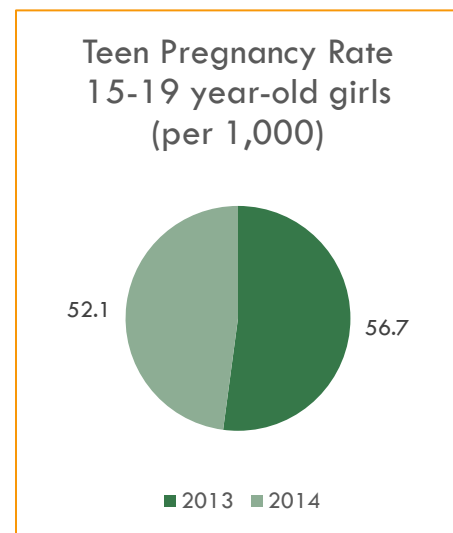
- Eastpointe LME/MCO, Sampson Community College, Sampson County Substance Abuse Coalition and Sampson Regional Medical Center partnered together to offer 12 free monthly educational sessions to the public covering a variety of topics including National Recovery Month. These sessions reached over 130 people.
- Eastpointe LME/MCO conducted four Mental Health First Aid classes to employees at Sampson County Department of Social Services, Sampson County Health Department and Commwell Health.
- Eastpointe LME/MCO conducted two Crisis Intervention Training classes for Sampson County Law Enforcement and First Responders.

Teen Pregnancy

Teen pregnancy brings substantial social and economic costs through immediate and long-term impacts on teen parents and their children. Teen pregnancy prevention is very important to the health and quality of life for our youth. Evidence-based teen pregnancy prevention programs address specific factors on the basis of knowledge, skills, beliefs, or attitudes related to teen pregnancy. In addition to these programs, teens need access to youth-friendly clinical services as well as parents and other trusted adults to play a role in helping them make healthy choices about relationships, sex, and birth control.

Progress

- Sampson County Health Department partnered with Academic Abundance, Inc. and Clinton High School to educate teens through Family Planning & STD presentations reaching over 350 ninth graders during the 2015-2016 school year.
- Sampson County Health Department partnered with Sampson County Partners for Healthy Carolinians Task Force to host “Sampson County’s 2nd Annual Teen Health Fair” in May 2016 reaching over 150 participants.
- Six articles were submitted to *The Sampson Independent* and *The Sampson Weekly* on Teen Pregnancy, Family Planning and HIV/STD on behalf of Sampson County Health Department.



<http://www.shiftnc.org/data>

New Initiatives

- New websites were launched for Sampson Community College (www.sampsoncc.edu) and Sampson County Government (www.sampsonnc.com).
 - Sampson County Health Department will adopt a standing order and implement a distribution program to increase access to naloxone.
 - The Sampson County Breast and Cervical Cancer Control Program (BCCCP) Advisory Board will apply for the 2017 United Way of Sampson County funding application for cancer prevention and awareness.
 - Increase health education programs to include ESMM, smoking cessation, etc.
 - Maternal Child Health Initiative to reduce infant mortality.
 - Sampson County's 3rd Annual Teen Health Fair.
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Emerging Issues

- Medicaid changes.
 - Increase in Opiate/Opioid usage.
 - Education and awareness on Ebola, Avian Influenza and Zika Virus.
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Volunteers Are Welcome

Help Sampson County Partners for Healthy Carolinians and Sampson County Health Department address these health concerns and issues in your community! Call 910-592-1131 or attend the next Healthy Carolinians meeting at The Center for Health + Wellness, 417 E. Johnson St., Clinton, NC at 1:30 pm every 3rd Tuesday of the month. Community members can get involved by: becoming a member of Sampson County Partners for Healthy Carolinians (SCPFHC); attending monthly meetings; volunteering to assist with community health fairs or participate in Healthy Carolinians sponsored events; participating in community forums and coalitions; or by inviting the Sampson County Health Department or Sampson County Partners for Healthy Carolinians to participate or present at your next event.

Dissemination of SOTCH Report

- Sampson County Board of Health
- Sampson County Board of Commissioners
- Sampson County Partners for Healthy Carolinians
- Sampson County Health Department

This report will also be available to the public at www.scpfhc.org, www.sampsonnc.com, and upon request at the Sampson County Health Department (910) 592-1131.