



State of the County Health Report
2015



State of the County Health Report

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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:

63,687

Ethnicity:

White – 52.9%

African American – 26.0%

Hispanic/Latino (of any race) – 17.0%

Economic Characteristics

Median household income:

\$36,496

Median family income:

\$43,557

Families below poverty level:

17.6%

Leading Causes of Death

Rank	Cause of Death	Number
1	Cancer	683
2	Heart Disease	655
3	Cerebrovascular Diseases	179
4	Chronic Lower Respiratory Diseases	156
5	Diabetes Mellitus	146
6	All Other Unintentional Injuries	127
7	Motor Vehicle Deaths	99
8	Alzheimer's Disease	96
9	Nephritis, Nephrotic Syndrome & Nephrosis	74
10	Pneumonia & Influenza	42
	All other causes	805
	Total Deaths – All Causes	3,062

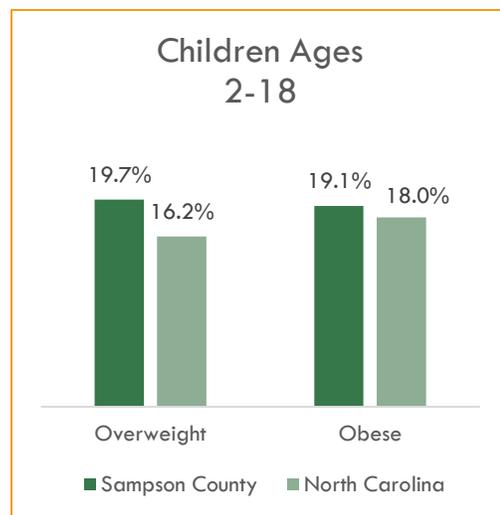
Leading Causes of Death 2009-2013

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 Sampson County, 19.7% of children ages 2-18 were overweight and 19.1% were obese. In 2015, Sampson County's adult obesity percentage was 36% compared to North Carolina's percentage of 29%.



Progress

- Sampson Regional Medical Center provided a Community Wellness calendar each month.
- North Carolina Cooperative Extension in conjunction with The Center for Health + Wellness had 11 participants in Fitness Pals, a program for those who have previously attended Eat Smart Move More Weigh Less (ESMMWL).
- The Fitness Renaissance Program teamed with Clinton City and Sampson County Schools to reach over 4,000 students in grades K-3. Students received awards and medals through the program.
- Sampson County Health Department partnered with Region 8 Active Routes to School to host Walk to School Day in October. Three elementary schools and one middle school participated reaching over 1,700 students.

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

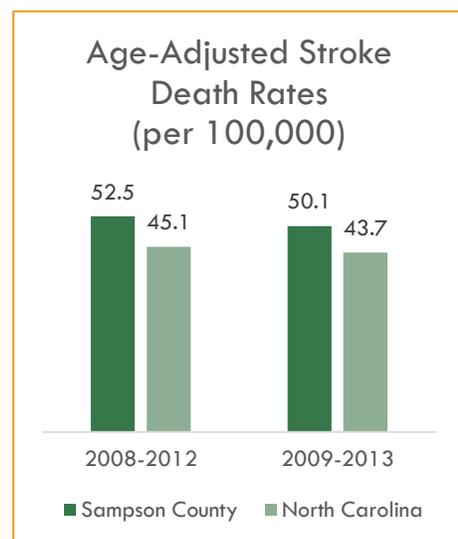
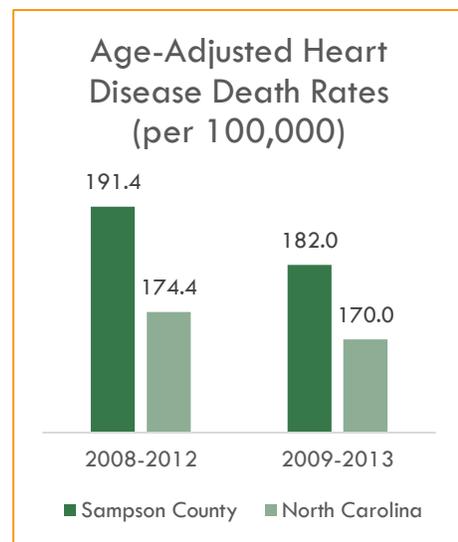
Heart Disease refers to several types of heart conditions. The most common type is coronary artery disease (CAD), which can cause heart attack, angina, heart failure, and arrhythmias. Heart disease is the leading cause of death of men and women in the U.S. Each year, roughly 1 in 4 adults die from heart 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 May 2015.
- Four 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.



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

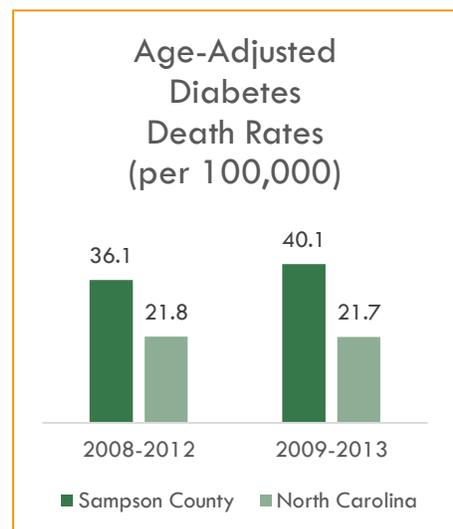
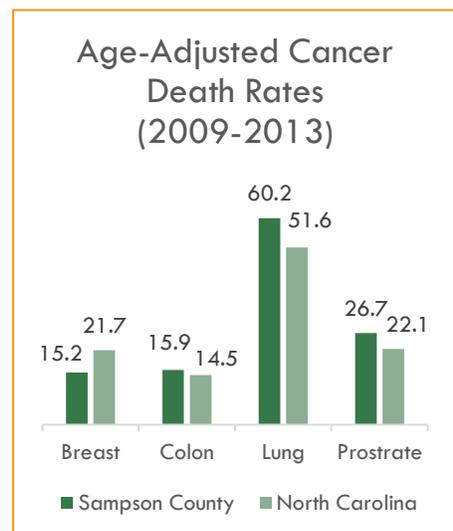
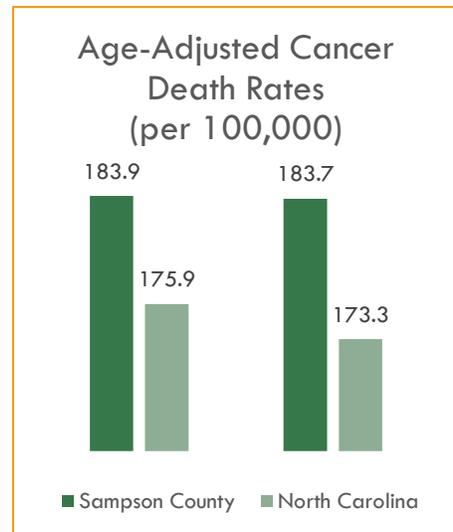
- 17th Annual Breast Cancer Rally was held at the County Courthouse in downtown Clinton, followed by a “Walk for the Cure” to Sampson Center Gymnasium with over 200 participants.
- Six cancer related articles were submitted to *The Sampson Independent* and *The Sampson Weekly*.
- Sampson County Breast and Cervical Cancer Control Program (BCCCP) Advisory Board distributed over 500 pink breast cancer ribbons and 40 teal cervical cancer ribbons to local churches and organizations for the Pink and Teal Ribbon Campaigns.
- Ten Breast and Cervical Cancer Presentations were conducted in the community reaching over 200 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 (SCHD) provided 7 diabetes education classes and 1 annual refresher class reaching 40 diabetics.

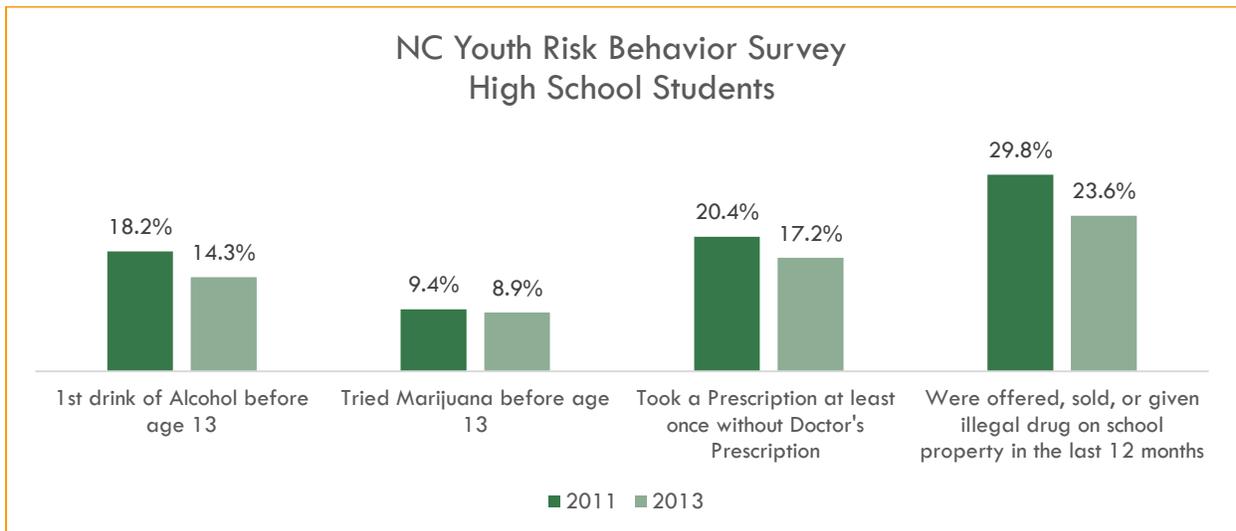


- The Diabetes Educator for SCHED participated in community health fairs and conducted presentations to local churches, nutrition worksites, and organizations reaching over 300 individuals.
- Sampson Regional Medical Center (SRMC) provided 11 diabetes education group classes and 4 quarterly review classes reaching approximately 100 diabetics.
- Eleven Sugar Buddies classes were conducted through SRMC reaching 50 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.



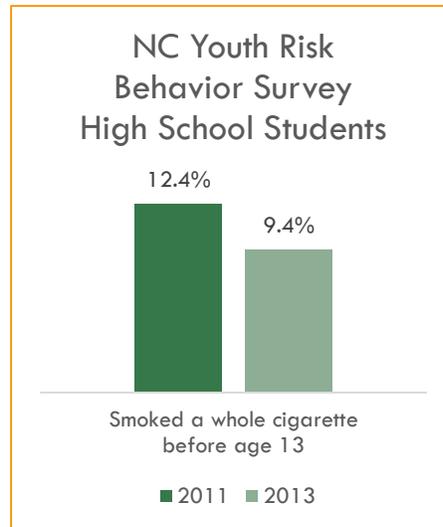
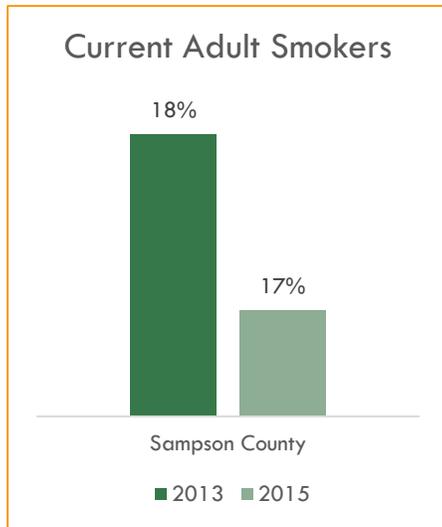
Progress

- 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. For more information, please visit www.methdeath.org.
- “Drive In/Drive Out Drugs” was held in April 2015. This event promoted awareness of making smart choices to avoid using drugs.
- Sampson County Cooperative Extension taught students in grades 3-5 at Clinton City School’s 21st Century Blazing Stars Academy about substance abuse and misuse using evidence-based programs such as, “I’m Special,” “Media Detective,” and “Project Alert.”

- Cooperative Extension also educates local Teen Court and Juvenile Restitution youth on substance abuse with programs such as, “Prime for Life,” “Project TND,” and “Project Alert.”

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.

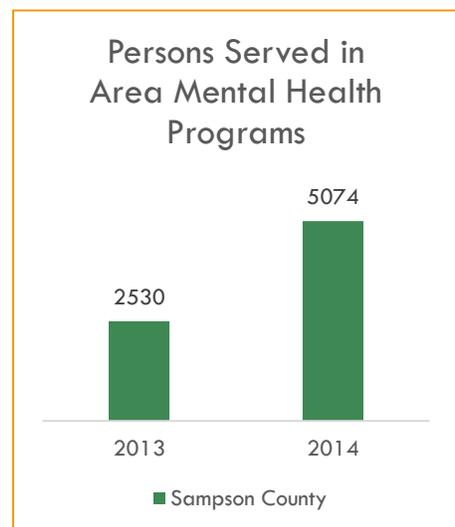


Progress

- Sampson Community College adopted a “Tobacco-Free Campus” policy effective August 2015.
- Sampson Community College held a Tobacco Cessation Workshop for students and staff in light of their newly adopted policy.
- Clinton Courtyard Apartments adopted a smoke-free policy.

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.

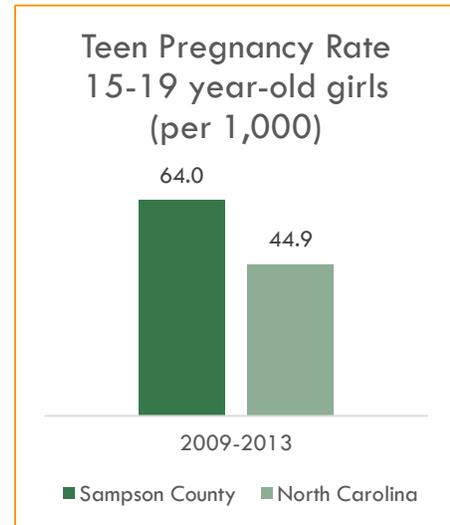


Progress

- Eastpointe LME/MCO and Sampson Regional Medical Center sponsored free monthly educational sessions to the public covering a variety of topics. These sessions reached approximately 60 people.
- Eastpointe LME/MCO conducted Mental Health First Aid (MHFA) sessions reaching approximately 30 individuals.

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 200 ninth graders during the 2014-2015 school year.
- Sampson County Health Department partnered with Sampson County Partners for Healthy Carolinians Task Force to host “Sampson County’s 1st Annual Teen Health Fair” in April 2015 reaching over 130 participants.
- Four Family Planning and HIV/STD articles were submitted to *The Sampson Independent* and *The Sampson Weekly* on behalf of Sampson County Health Department.

New Initiatives

- Sampson County Health Department made a departmental change to Electronic Medical Records (EMR) in July 2015. The new EMR system will allow medical history and other health related information being stored in digital format rather than in traditional paper files. According to public health officials, there are many advantages to the new system for both the health care provider and the patient.

- The Sampson County Breast and Cervical Cancer Control Program (BCCCP) Advisory Board will apply for the 2016 United Way of Sampson County funding application for cancer prevention and awareness.

Emerging Issues

- Education and awareness on Ebola and Avian Influenza.
- Medicaid changes.
- Increase in Opiate/Opioid usage.

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.

Ways Community Members can get involved:

- Become a member of Sampson County Partners for Healthy Carolinians (SCPFHC).
- Attend SCPFHC monthly meetings.
- Volunteer to assist SCPFHC with community health fairs and participate in Healthy Carolinians sponsored events.
- Participate in community forums and coalitions.
- Invite 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.