

State of the County Health Report

DECEMBER 2011

POINTS OF INTEREST

Estimated permanent population of 116,118

Estimated Military Veterans 11, 488

The industry that employs the largest percentage of the workforce **16.55%** is educational services

60% of Harnett County workers leave the county for work

20.0% of housing in the county was classified as unaffordable

Median family income **\$53,040**

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Good health also comes from clean air and water, safe outdoor spaces for physical activity, safe worksites, healthy foods, violence-free environments and healthy homes. Prevention should be woven into all aspects of our lives, including where and how we live, learn, work and play.

Everyone including businesses, educators, health care institutions, government and communities has a role in creating a healthier community.

Increasing the focus on prevention in our communities will help improve health, and quality of life. Focusing on preventing disease and illness before they occur will create healthier homes, workplaces, schools and communities.

The 2011 State of the County's Health Report focuses on the health factors for the Harnett County communities. Throughout the report provides a look back to review what has been affecting the health of the community in order to move forward and make healthy effective and safe changes for all. We look forward to working with community partners to address these and other issues that arise in the future.

The Harnett County Department of Public Health professionals are concerned with protecting the health of entire populations; these populations can be as small as a local neighborhood, or as big as the entire county.

The mission of the Harnett County Department of Public Health is to *prevent illness, diseases, and injuries, promote healthy lifestyles, and keep the environment clean, healthy and safe.* For more information contact 910-893-7550 or log onto the Health Department's web site www.harnett.org/health





Nutrition, weight, and tobacco use continue to be major contributors to our risks for developing heart disease, stroke, diabetes, and cancer.



New Initiative-Diabetes Self-Management

Diabetes is a major public health problem in North Carolina and Harnett County. The Harnett County Health Department launched a Diabetes Self Management program (DSMP) which provides access to information and resources for persons to better manage diabetes. The DSMP provides a team of health professionals which includes a Registered Dietician, Health Educator, Registered Nurse and Pharmacist working together to provide education and resources for people with diabetes interested in learning more about how to manage their disease.

A physician's referral is required to participate in the program. The referral form can be downloaded from the Health Department web site at www.harnett.org. **Progress:** A total of 9 participants have completed the DSME class since September 2011. An outcome, of the class is a participant had a 60 point decrease in blood sugar after attending the class and learning the correct way to inject insulin. For more information about the Diabetes Self Management Program please call Belinda Rayner, 910-814-6196 or Beverly Gore, 910-814-6240.

Diabetes was the 7th leading cause of death in Harnett County between 2005-2009. Harnett County's death rate from diabetes is 26.6 per 100,000 population which is 13% higher than the rate for North Carolina. (Source 2010 Harnett County CHA)

Heart Disease

Heart disease is the nation's leading cause of death, according to the Centers for Disease Control and Prevention. Heart disease was the leading cause of death in Harnett County for the five-year aggregate period from 2005-2009.

In Harnett County, 935 people died from heart disease over the period 2005-2009, for an overall mortality rate of **223.1**, per 100,000 population which is higher than the rate for NC as a whole. The heart disease mortality rates have decreased overall between 2000-2004 and 2005-2009.

In Harnett County the heart disease death rate for white males was **64%** higher than the heart disease death rate for white females, and the heart disease death rate for black males was **74%** higher than the death rate for black females.

Heart Disease Death rates per 100,000 population	2005-2009
Harnett	223.1
Onslow	206.1
North Carolina	191.7

The risk of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. A healthy diet and lifestyle are the best weapons to fight heart disease. For more information contact Harnett County Department of Public Health 910-893-7550.

Pneumonia/Influenza

Pneumonia/influenza was the eleventh leading cause of death in Harnett County for the five-year aggregate period from 2005-2009.

Fifty-six people died in Harnett County from pneumonia or influenza during 2005-2009, for a mortality rate of **14.1 per 100,000 population** this is **lower** than the rate for NC as a whole.

The mortality rate for 2005-2009 was approximately *half* of what it was in 2000-2004.



Pneumonia/Influenza Mortality Death rate (per 100,000 populations)	2005-2009
Harnett	14.1
Onslow	19.6
North Carolina	19.4

Keeping adults protected against vaccine preventable diseases: *Marsha Long RN with the Health Department administering a flu shot to Ms. Novella Thompson at Henley Roberts Senior Center*

Cancer



Total cancer was the second leading cause of death in Harnett County in the five-year aggregate period from 2005 through 2009, resulting in 885 deaths and a total cancer mortality rate of 196.7 deaths *per 100,000*. This rate was 6% above the state rate of 185.6 .

– The total cancer mortality rate in Harnett County decreased overall between 2000-2004 and 2005-2009.

County residents can reduce cancer risk by receiving regular medical care, avoiding tobacco, limiting alcohol use, avoiding excessive exposure to ultraviolet rays from the sun and tanning beds, eating a diet rich in fruits and vegetables, maintaining a healthy weight, and being physically active.



Obesity is a serious health problem in the United States, affecting adults and children of all races, ethnicities, and income levels.



Promoting Healthy Lifestyles

The Promoting Healthy Lifestyles subcommittee has been working with Western Harnett Parks and Recreation children age six and under soccer teams to encourage the consumption of healthy snacks and beverages.

The program targeted 12 soccer teams. Each team received water bottles and parent information packets on choosing healthy snacks and beverages. As a result of this project the Western Harnett Parks and Recreation Director signed a Healthy Snack and Beverage Policy.

The policy supports youth players participating in athletic activities sponsored or supported by Western Harnett Parks and Recreation to always include opportunities for healthy beverages and snacks. The policy became effective as of October 1, 2011. Childhood obesity was identified as a priority issue in the 2010 Harnett County Community Health Assessment.

Progress: Western Harnett is the third community Parks and Recreation Department to adopt this policy. Lillington Parks and Recreation adopted this policy in 2009 and Erwin Parks and Recreation in 2008. For more information contact Vickie Hicks-Williams, 910-893-7570 or LeAnn Blackmon, 910-893-7578.

Prevalence of Overweight and Obesity in Children Ages 5-11, by Percent

Percent Overweight/ Obese		2008		2009	
		Overweight	Obese	Overweight	Obese
Ages 5-11	Harnett	21.6	18.1	22.0	23.8
	North Carolina	17.0	25.7	17.1	25.8

Harnett had a **higher** percentage of overweight children ages 5-11 but a **lower** percentage of obese children ages 5-11 than North Carolina.

New Initiative-Safe Drug Disposal

Healthy Harnett the Healthy Carolinians partnership for Harnett County in 2011 included a new component to the Medicine Safety program to include Safe Drug Disposal.

The Partnership filled a **20 gallon** container of outdated or expired medications. The program helps with proper disposal of unused and unwanted medications in an environmentally safe way. For more information or questions about the Medicine Safety program, please call the Division on Aging, Debby Vaughn at 910-814-6072.



Gil Steiner-Associate Professor of Pharmacy Practice at Campbell University School of Pharmacy disposing of medication

Infant Mortality

In 2009, Harnett had a total of 1,761 births. Infant mortality is the number of infant (*under one year of age*) deaths per 1,000 live births.

North Carolina's infant mortality rate declined sharply, reaching its lowest level in state history *7.0 per 1,000 live births*.

The total infant mortality rate in Harnett County declined as well in 2010 to *8.0 per 1,000 live births*. North Carolina and Harnett continues to seek effective ways to reduce infant deaths and eliminate disparities in birth outcomes.

Infant Mortality Deaths (per 1,000 live births)	2010	2009	2008
Harnett	8.0	8.1	10.4
North Carolina	7.0	7.9	8.2

Smoking during pregnancy is an unhealthy behavior that may have negative effects on both the mother and the fetus. Smoking can lead to fetal and newborn death, and contribute to low birth weight and pre-term delivery. Quitting smoking can be hard, but it is one of the best ways a woman can protect herself and her baby's health. The percentage of women in Harnett County who smoked during pregnancy **decreased**. The percentage for 2005-2009, was **13.1%** which was **lower** than the percentages at the Harnett County CHA in 2001-2008.

Percent of births to mothers who smoked Prenatally.

Smoking During Pregnancy	2001-2005	2002-2006	2003-2007	2004-2008	2005-2009
Harnett County	15.4	14.5	14.3	14.0	13.1



*Keeping hands
clean is one of
the best ways
to prevent the
spread of
infection and
illness*

Food Safety

Each year, roughly 1 in 6 people in the US gets sick from eating contaminated food. Food borne illness is a preventable and under reported public health problem. The Environmental Health Division inspects establishments such as restaurants (and conducts other food service establishments), licensed child care centers, lodging establishments and institutions (such as schools, hospitals and rest homes). A main objective is to promote and protect public health through the enforcement of local and state public health and environmental health laws, rules and regulations. The ranking of local restaurants are available on the Health Department's web site www.harnett.org **Progress:** Registered Environmental Health Specialist inspects approximately 270 establishments each year. For more information contact: Harnett County Health Department Environmental Health Division, 910-893-7547.

New Initiatives-Asthma Anti-Idling Campaign

The Anti-idling Campaign is an on-going project for the Harnett County Asthma Coalition. The Anti-idling flyers were sent home with all students last spring and posters were displayed in all Harnett County Schools. Anti-idling signs were provided by the NC Division of Air Quality and were distributed to all Harnett County Schools. The signs have been posted at car-pool lines. For more information contact : Melissa McLamb or Tara Lucas 910-893-7550 or www.harnett.org/health. **Progress:** The Harnett County Asthma Coalition Projects & Programs include, Air Quality Flag Program, Coach's Clipboard Program, Love My Lungs and Asthma Educational Curriculum for Child Care Providers.

Healthy Harnett-Recertification



Healthy Harnett was awarded their second recertification as a Healthy Carolinians Partnership in October 2011. Recertification for Healthy Harnett means this local partnership continues to be a vital component of a network of other certified partnerships across North Carolina whose mission is to improve the health of all North Carolinians.

The health concerns selected as priorities areas include: Medicine safety, Promoting Healthy Lifestyles, which address childhood obesity issues, the SISTA project, which provides educational sessions to reduce the risk relate to HIV/AIDS and the 211 information and referral line which offers access and information on a broad range of community services programs. To learn more about Healthy Harnett contact 910-893-7550 .

The Healthy Harnett subcommittee 2-1-1 has now been in place for two years and approximately 60 people dial it each month to receive information on health and human services available in Harnett County. The 2-1-1 subcommittee continues to market the service, distributing fliers, posters, brochures, tear-off pads, and church bulletins to area pharmacies, schools, colleges, First Choice Community Health Centers, churches, first responders, chambers of commerce, and large employers. It is also being promoted in the Fall 2011 Campaign for United Way of Harnett County. For more information, please contact the United Way of Harnett County at 910-892-1162.



(Sisters Informing Sisters on Topics about AIDS) SISTA



Harnett County Department of Public Health was awarded \$120,000 over three years to implement the evidence based SISTA Project. This Diffusion of Effective Behavioral Interventions (DEBI) DEBI project was designed to bring science-based; community, group, and individual-level HIV prevention interventions, to community-based service providers and state and local health departments.

This science-based HIV prevention intervention, conducted by the Health Education Division of Harnett County Department of Public Health. By completing the SISTA Project, women are trained and empowered with knowledge and skills to help prevent HIV infections.

Progress: The SISTA Project has also screened eighty-six women and men for HIV and syphilis through community events. For more information about the SISTA Project, please contact the Heather Carter, Health Education Specialist 910-814-6195.

Sexually Transmitted Infections (STI)

According to the Centers for Disease Control and Prevention (CDC), the most prevalent sexually transmitted infections (STIs): *Chlamydia* is the most frequently reported bacterial STI in the United States. It is estimated that there are approximately 2.8 million new cases of chlamydia in the United States each year. Chlamydia incidence rate in Harnett was **44% lower** than in the state as a whole in 2007.

Gonorrhea is the second most commonly reported bacterial STI in the United States. Gonorrhea incidence rate in Harnett is **lower** than the state rate.

	Gonorrhea 2005-2009 Rates per 100,000 Population
Harnett County	126.9
North Carolina	174.2

- In Harnett County the incidence rates for both chlamydia and gonorrhea were well below the comparable state incidence rates. For more information contact: Harnett County Department of Public Health, 910-893-7550.



The Faith community subcommittee of Healthy Harnett works with area churches focusing on chronic disease prevention. The church is a community resource that can help address areas of health disparity for African Americans by offering programs focused on primary prevention. Initiatives in churches have included: *Go Red Sunday* raises awareness that heart disease which is the leading cause of death in Harnett. *Power Sunday* raises awareness of stroke and its warning signs. *Pink Sunday* raises awareness of breast health and breast cancer, cancer is the second leading cause of death in Harnett. For each initiative churches are provided with information packets to distribute within their congregation as well as to include in their church bulletin. **Progress:** Approximately **60** Harnett County churches have participated in these initiatives. For more information contact: Belinda Rayner 910-814-6196

Health Disparities

Health disparities refer to differences between groups of people. These differences can affect how frequently a disease affects a group, how many people get sick, or how often the disease causes death. Many different populations are affected by disparities.

- **Stroke:** The stroke mortality rate in Harnett County for African American males is 62% higher than the rate for White males, and the rate for African American females is 47% higher than the rate for White females.
- **Lung Cancer:** The lung cancer death rate for Harnett County White females 50.4 deaths *per 100,000* exceeds the rates for African American females 33.00 *per 100,000* and other minority females.
- **Breast Cancer:** Breast cancer total mortality rate is higher in Harnett 24.2 than the North Carolina rate and United States.
- Harnett has a higher breast cancer incidence rate among minority women than white women, 120.2 and 116.1 *per 100,000 population* respectively.
- **Poverty Rate:** The overall Harnett County poverty rate increased by 19% between 2000 and 2009.

Emerging Issues

During 2010 Harnett County Health Department in partnership with Healthy Harnett conducted the 2010 Community Health Assessment.

- Survey responses demonstrate the common opinion that the lack of adequate public transportation in the county is an ongoing problem
- 84 clandestine methamphetamine lab busts have taken place in Harnett County since 2005 (including 35 in 2008 and 8 in 2009).
- Harnett Health Central Hospital: The 122,000 square foot, \$56 million hospital, fifty(50) inpatient beds sitting on 20-acres is targeted for completion in the fall of 2012.
- Mental Health Beds: October 2011 ground breaking on Good Hope Mental Health Services at the former Good Hope Hospital campus in Erwin.
- Campbell University: Provides a Physicians Assistance (PA) program. A School of Public Health will be provided and students are expected to begin classes next fall.

Information



For more information about the programs and services listed in this report contact the Harnett County Department of Public Health 910-893-7550. Additional copies of this report are available on at www.harnett.org/health. **Data Sources:** Centers for Disease Control and Prevention/cdc.gov, Harnett County 2010 CHA, Harnett County's web site www.harnett.org NC State Center for Health Statistics, County-level Data, County Health Data Books (2007-2011), Daily Record Newspaper, NIH: National Cancer Institute, Komen NC Triangle Community Health Profile 2011. United States Bureau., Campbell University web site: <http://www.campbell.edu/>.