

State of the County Health Report

December 2014

The 2014 Harnett County State of the County Health Report focuses on the health factors for Harnett County communities. Throughout, this report, which 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.

This report provides a snapshot of how well Harnett County compares with the state across a variety of health objectives. In addition, this report focuses on progress made for various health indicators, a review of mortality and morbidity data, a review of health concerns selected as priorities and other changes that affect health concerns.



For more information about the State of the County Health Report contact the Harnett County Health Department at 910-893-7550 or log onto the Health Department's website located at www.harnett.org/health

In 2013, the Harnett County Public Health Department (HCPHD) began discussions aimed at developing a shared Community Health Assessment (CHA) with several community partners. The Harnett County -Community Health Assessment(CHA) team, a work group was formed which included representatives from the Harnett County Department of Public Health, Harnett Health System-Hospital, Campbell University College of Pharmacy & Health Sciences Department of Public Health, Healthy Harnett, the Healthy Carolinians partnership for Harnett County and the First Choice Community Health Centers (FCCHC).

Although each entity had a different timetable for its assessment, schedules were adjusted with of goal of completing a joint assessment, during 2013, that could then be simultaneously used by all partners and the community. The Campbell University College of Pharmacy & Health Sciences Department of Public Health synthesized and analyzed all Harnett County-specific secondary and primary data. In addition, the Campbell University College of Pharmacy & Health Sciences Department of Public Health provided a summary presentations to the Harnett County Board of Health, in November 2013. The full assessment document can be found on the Health Department's web site located at www.harnett.org/health or for more information contact the Health Department at 910-893-7550.

Community Profile

Population: An estimated permanent population of 120,900 persons

Ethnicity:

72.7% of the population is White

21.0% of the population is African-American

9.1% of population is estimated as Hispanic/Latino (which may be of any race)

Income:

Per Capita Personal Income = \$19,749
\$5,507 below NC average

Median Household Income = \$42,965
\$3,326 below NC average

Poverty Rate: The overall county poverty rate increased by 13% between 2000 and 2010.

Below are the ten leading causes of death for Harnett County residents.

Leading causes of Death

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease
4. Cerebrovascular Disease
5. Unintentional Non-Motor Vehicle Injury
6. Alzheimer's Disease
7. Diabetes
8. Kidney Disease
9. Motor Vehicle
10. Septicemia

Compared to North Carolina, Harnett County has **higher** Age-adjusted mortality rates for:

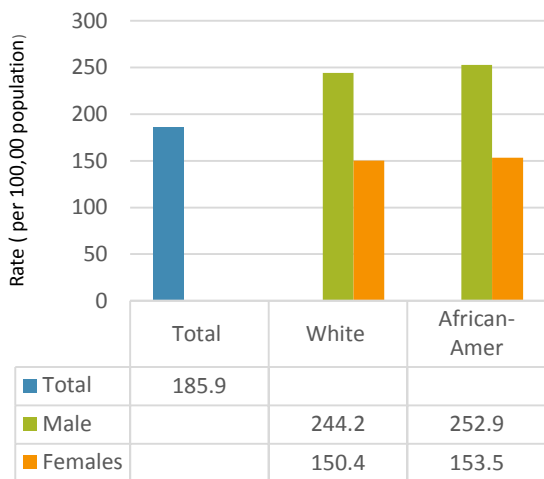
1. Diseases of the Heart by 16.2%
2. Cancer by 3.5%
3. Chronic Lower Respiratory Disease by 17.0%
4. Cerebrovascular Disease by 7.2%
5. Unintentional Motor Vehicle Injury by 38.7%
6. Diabetes by 10%
7. Kidney Disease by 19.4%
8. Septicemia by 25.7%
9. Human Immunodeficiency Virus/HIV 2.85%

Heart Disease: Diseases of the heart include any disease that diminishes or interrupts blood supply to the heart. The most common cause of heart disease is a narrowing or blockage of arteries that supply the heart. Heart disease was the leading cause of death in Harnett County for the five-year period from 2007-2011. Diseases of the heart continues to be the leading cause of death in Harnett County for the five-year period from 2007-2011. In Harnett County, 930 people died from heart disease for an overall mortality rate of 208.3 per 100,000, a rate that is 16% higher than the rate for NC.

Progress: Community awareness efforts have included during the month of February, the annual "Go Red" lunch and learn educational session is provided for community members. For 2013-14 a Cardiologist provided the sessions on heart disease and the latest heart health information. In 2013-2014, approximately 182 residents attended, the sessions. The sessions were made possible through a partnership with Health Department, Harnett Health Hospital, and Cooperative Extension.

Cerebrovascular disease, ("stroke") includes any disease that diminishes or interrupts blood supply to the brain. Cerebrovascular disease was the fourth leading cause of death in Harnett County for the five year aggregate period from 2007-2011. **Progress:** 38 churches participated in faith community health campaigns which included "Go Red Sunday" a heart health campaign, Power Sunday, a Stroke initiative, African Americans have higher rates of stroke than any other racial or ethnic group in the United States. "Power Sunday" is a campaign to increase awareness of stroke and its warning signs.

Total Cancer Mortality by Race and Sex
(Five Year Aggregate Data 2007-2011)



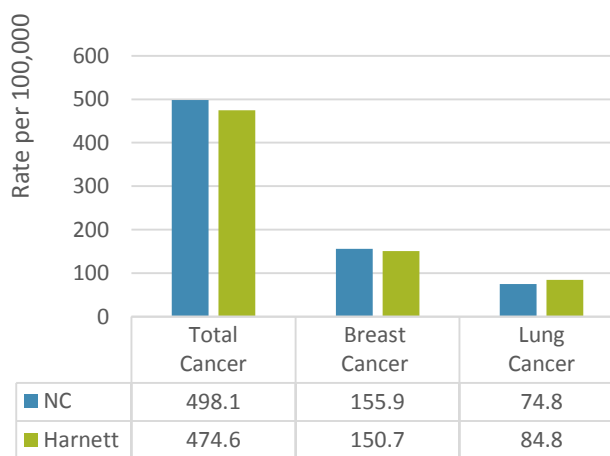
“Don’t Miss a Beat” a high blood pressure educational session in partnership with the Health Department and NC Heart and Vascular, provided residents the opportunity to learn about hypertension and the risk factors, for heart disease. **Progress:** A series of health screenings were provided in the community through a partnership within three local churches. Fifty- three (53) persons were screened for high blood pressure, cholesterol, body mass index, and glucose. This program was provided through grant funding to provide. This screening program was in partnership with Campbell University School of Pharmacy.

Cancer all sites was the second leading cause of death in Harnett County in the five-year aggregate period from 2007-2011, resulting in 894 deaths and a total cancer mortality rate of 196.7 per 100,000. This rate was 3.5% higher than the state rate of 179.7 per 100,000.

Among the site-specific cancers, breast cancer had the highest incidence, followed by prostate, lung, and colon cancer. As shown in Table, the total cancer death rate for White Males 244.2 per 100,000 was 62% higher than the total cancer rate for White Females.

Among African-Americans, the total cancer mortality rate for males 252.9 per 100,000 which was 64% higher than the rate for African-American Females. These gender disparities were much greater than racial disparities, however, the gender disparities in Harnett County were similar to the rates in NC as a whole.

Incidence of Total Cancer, Breast & Lung Cancer Rates



Breast Cancer Incidence: For the aggregate period of 2006-2010, breast cancer was the most commonly diagnosed site-specific cancer in Harnett County with 413 new cases diagnosed during that period for an incidence rate of 150.7 deaths per 100,000. Having regular mammograms can lower the risk of dying from breast cancer according to the Centers for Disease Control and Prevention (CDC). **Progress:** The Health Department’s in partnership with Rex Mobile Mammography has provided access to mammography screenings, for over 1,583 women year to-date. In 2013 through October 2014 approximately 541 women, were screened with 68% of these women were uninsured. Community Awareness Efforts: 23 churches participated 2013 “Pink Sunday” a breast cancer awareness initiative by distributing breast health educational materials to their congregation. For more information contact the Health Department, Holly Schaures, and Mammography Coordinator at 910-814-6197 or 910-893-7550.

New Initiative: Sheriff's Office Medicine Drop Box: A new drug drop box has been placed at the Harnett County Sheriff's Office in the front lobby, located at 175 Bain Street in Lillington. This service provides an opportunity for community members to dispose of unwanted medications. The box was provided through Project Lazarus, a Wilkes County-based nonprofit that aims to reduce deaths from drug overdoses. The drop box, provides a safe way to dispose of medications. The Sheriff's Office will dispose of the substances collected in the box in a safe and environmentally friendly way. At regular intervals, the N.C. State Bureau of Investigation will collect the medicines for incineration through an EPA-approved contractor. The take-back boxes represent one component of what county Officials are doing to combat drug overdoses and diversion. For more information or questions regarding this program contact Sergeant Aaron Meredith at 910-893-0130.

New Initiative: The Health Department makes a Departmental change to Electronic Medical Records (EMR).

An electronic medical record (EMR) is a digital version of a paper chart that contains all of a patient's medical history from one practice. Public Health Officials with the Health Department implemented an Electronic Medical Record (EMR) in August 2014.

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 once fully implemented. For more information contact the Harnett County Health Department 910-893-7550.

Emerging Issues

- Communicable Diseases
- Prescription Drug Abuse
- Percent of Uninsured
- Meth Labs
- Unemployment



New Initiative: The Harnett County Women, Infants and Children, (WIC) program, rolled out the Crossroads WIC Computer System in June 2014.

Crossroads is a WIC Management Information System (MIS) which is 100% federally funded by the United States Department of Agriculture (USDA) Food and Nutrition Services (FNS).

The North Carolina Crossroads WIC System is a model information system that is replacing the 30-year-old NC WIC Automated Data Processing (ADP) System. Crossroads will manage all facets of WIC operations, including client services and vendor management.

The WIC program provides healthy foods, nutrition education, and Breastfeeding Support for about 3,000 income-eligible women and children each month in Harnett County, in 2013 approximately **34,000** participants were provided services in Harnett County. For more information about the Harnett County WIC program please call 910-893-7570 or log onto the Health Department's web site located at ww.harnett.org/health

New Initiative: HIV/Syphilis testing at the Detention Center:

Each year, an estimated 1 in 7 persons living with HIV pass through a correctional facility, according to the Centers for Disease Control and Prevention (CDC).

Correctional institutions can be important partners in preventing and treating HIV to protect and improve inmate and community health. The prevalence of Human Immunodeficiency Virus (HIV) infection among incarcerated persons in the United States is approximately four times greater than the prevalence among persons in community settings (CDC).

In 2014, the Health Department in partnership with the Harnett County Sheriff's Office and Cape Fear Regional Bureau are providing routine HIV and Syphilis screenings within the Harnett County Detention Center. **Progress:** The program was implemented in April 2014 and as of October 2014, approximately **447** persons have been tested.

For more information contact the Health Department at 910-893-7550 through the Health Education Division.

Morbidity Data: Communicable

Diseases: Sexually Transmitted Infections (STI) affects individuals of all age groups. The Centers for Disease Control and Prevention (CDC) estimates that youth ages 15-24 make up just over one quarter of the sexually active population but account for half of the 20 million new sexually transmitted infections that occur in the United States each year.

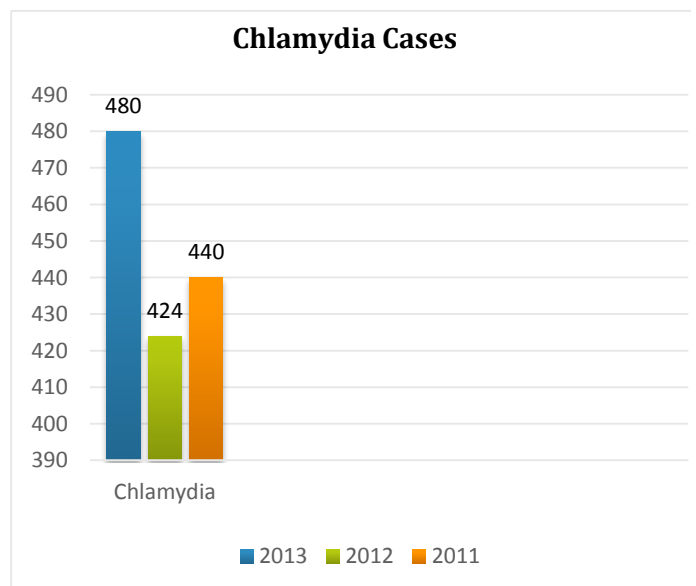
Chlamydia and Gonorrhea are both common sexually transmitted infection that can infect men and women. Chlamydia is the most frequently reported infection in the United States.

In Harnett County, Chlamydia cases continue to increase, in 2013, 480 reported cases, an increase from 2012, with 424 reported cases, and in 2011 which reported 440 cases.

Gonorrhea is the second most commonly reported bacterial sexually transmitted infection in the United States, according to the CDC. The incidence of Gonorrhea was **lower** in 2013 with 112 reported cases, in 2012, with 120 cases, and in 2011 with 129 cases.

Many sexually transmitted infections are easily treated, and if left untreated these infections can cause harmful irreversible and costly complications. Public Health staff continue to provide disease surveillance, investigation, and educate on disease prevention measures.

The Health Department provides access to free clinics for sexually transmitted infections for more information contact the Harnett County Health Department at 910-893-7550 or log onto the Health Department's web site www.harnett.org/health





New Priorities

Substance Abuse
Chronic Disease

Previous Action Plans
2010-2014

HIV/Prevention
(SISTA Project)

Medicine Safety

211 Information

Promoting Healthy
Lifestyles-Childhood
Obesity

Faith Communities

In 2013, the Harnett County Health Department, Campbell University along with Harnett Health System, the First Choice Community Health Centers, and Healthy Harnett—a former Healthy Carolinians partnership captured the community members input with establishing priorities.

Community Action plans have been created to address each of the identified health priorities. Each action plan uses evidence-based strategies to address changes. The community health priorities identified include the following health concerns to be addressed over the next four years which align with county residents input and using the Healthy North Carolina 2020 priority focus areas and objectives. The two new priorities are **substance abuse** and **chronic disease**. Listed below is information regarding the two new priorities and the previous Action plans, which were submitted.

Substance Abuse Priority: Preventing Prescription Painkiller Overdoses: The Health Department in partnership with Healthy Harnett are working to implement “Project Lazarus” a public health program model which is based on the premises that drug overdose deaths are preventable and that all communities are ultimately responsible for their own health.

Project Lazarus seeks to address these challenges through a broad partnership that includes the hospitals and emergency departments, local health departments, primary care doctors, faith-based programs and law enforcement, schools and others. The aim is to broaden awareness of the extent and seriousness of unintentional poisonings and chronic pain issues, and to support community involvement in prevention and early intervention.

The first community session was held on May 29, 2014 and followed up by second session which was held on September 9, 2014. Campbell University partnered with Public Health Officials and provided Interns from the College of Pharmacy and Health Sciences to provide support with program implementation in Harnett County. The team will also be working to identify grant resource to assist with the implementation of the program. For more information contact Health Department at 910-893-7550 or log onto the Health Department’s web site www.harnett.org/health.

Chronic Disease Priority: Overweight and obesity increase the risk of chronic disease, including heart disease, stroke, type 2 diabetes, and some forms of cancer. The high rates of overweight and obesity in our state and nation cause decreases in life expectancy, productivity, and quality of life. **Progress:** The Health Department provided an “Eat Smart, Move More, Weigh Less” which is a 15 week weight management program that uses strategies proven to work. Two (2) weight management programs were offered for county residents in 2014. Outcome: A total of 14 participants completed the program and lost a combined total of 113 pounds.

Two (2) Healthy Cooking on a Budget sessions were offered. A total of 50 people attended the sessions. Overweight/obesity were identified and rated as a major health problems in 2013 CHA-for the community health survey. For more information contact the Health Department at 910-814-6196 or 910-893-7550.

HIV/Prevention (SISTA Project):

The SISTA (Sisters Informing Sisters on Topics about AIDS) project which is an evidence-based intervention through the Centers for Disease Control and Prevention (CDC), aimed at reducing HIV sexual risk behavior among African American women at highest risk.

The SISTA project trains and empowers with knowledge and skills to help prevent HIV infections by recognizing their risks and the importance of HIV testing. **Progress:** Year to Date: 317 women and men were screened for HIV and syphilis at eight SISTA sponsored community testing events in 2013-2014. Approximately 85% self-identified as African American.

For more information about the SISTA Project, or to get involved please call Heather Carter, Health Education Specialist at the Health Department at 910-814-6195 or 910-893-7550. This program is conducted by the Health Department with grant funding from the N.C. HIV/STD Prevention and Care Branch.

HIV Disease cases Rate per 100,000	2013	2012	2011
Harnett	9.8	9.0	8.4
North Carolina	15.6	13.8	15.4

N.C 2013 HIV/STD Surveillance Report

Medicine Safety: To promote medicine safety among seniors, Healthy Harnett sponsored a series of medicine safety and drug disposal sessions at various senior centers throughout the county.

Seniors are encouraged to bring prescription and over-the-counter medications to the session to receive a free medication review. The Campbell University College of Pharmacy and Health Sciences staff and students provide the medication reviews.

In 2014, three sessions were provided with approximately, forty-two (42) seniors were present, and twenty (20) medication reviews and (7) seven safe disposals were provided. For more information about the medicine safety program, or to get involved please call Debby Vaughn 910-814-6072, Harnett County Division on Aging.

211: The United Way **211**, call center is now in all 100 counties of North Carolina. The call centers contain a database of most human and emergency service that is available in each county from a church food pantry to the American Red Cross and everything in between.

The 211 program has been available in Harnett County since 2009. It has made a sizable difference in the ability for someone in need to quickly find out which agency can provide the service needed and in a time sensitive manner. Without 211, an individual had no idea who to call for help and would often do without the service because they could not find out who offered the provisions.

Progress: In 2013, approximately 360 calls were received at the call center from Harnett County. For more information about the 211 program contact David Hodges, Executive Director United Way of Harnett County 910-892-1733 or uwayharnettnc@gmail.com

Promoting Healthy Lifestyles: What you drink makes a bigger difference to your health than you think. Drinks like soda, sports drinks and energy drinks are loaded with sugar and are empty calories. Drinking them can be harmful to your health and may lead to obesity, heart disease and diabetes. A Healthy Harnett subcommittee, partnered with Dunn Parks and Recreation to implement “**Rethink Your Drink**”, the goal of the program is to decrease the percentage of youth players who consume sugary drinks.

This initiative encourages players to choose healthier options such as water or other flavored, unsweetened drinks instead. This initiative targeted 200 t-ball players ages 6 and under.

Progress: Year -to-date a total of five (5) parks and recreation departments have adopted the Rethink Your Drink Program, and policy, in 2013 the Coats community and 2014, the Dunn community. For more information contact the Harnett County Health Department 910-893-7550.

New Initiative: Active Routes to School is a N.C. Safe Routes to School (SRTS) Project supported by a partnership between the N.C. Department of Transportation and the N.C. Division of Public Health. Active Routes to School is a 3-year federally funded project that ends in 2016. The goal of the project is to increase the number of elementary and middle school students who safely walk and/or bike to or at school. During October, numerous schools around Harnett County participated in National Walk to School Day (NWTSD) including *Buies Creek Elementary School, Boone Trail Elementary School, Gentry Primary School, Harnett Central Middle School and Highland Middle School*. For more information contact Rebekah West, Region Six Active Routes to School Project Coordinator 910-985-7388.

The **Faith community** subcommittee of Healthy Harnett works with area churches providing programs and awareness campaigns focusing on chronic disease prevention. Utilizing churches as avenues to promote health has become increasingly important because the church represents a natural point of reference for many communities. Predominantly African American churches participate in programs and awareness campaigns aimed at reducing the racial disparity in chronic disease morbidity and mortality.

Progress: 38 churches participated in faith community health campaigns which included “Go Red Sunday” a heart health campaign, Power Sunday, a Stroke initiative, African Americans have higher rates of stroke than any other racial or ethnic group in the United States. “Power Sunday” is a campaign to increase awareness of stroke and its warning signs. “Pink Sunday” is a breast cancer awareness initiative. For more information or to get involved contact Belinda Rayner at the Harnett County Health Department 910-814-6196.

- **Two** (2) churches established walking trails on their grounds to increase opportunities for physical activity among their members and the community.
- **Ten** (10) Lay Health Advisors (LHA) from four (4) predominantly African American churches were trained to provide education and outreach related to breast health among their respective congregations. The Lay Health Advisors is an evidence-based and culturally appropriate intervention model was used to educate women on the importance of breast health and mammography screenings. *This program was supported by a grant from the Susan G. Komen from the Triangle to the Coast.*

Infant Mortality is the death of a baby before its first birthday. Infant mortality rates are the number of infant deaths for every 1,000 live births within a given time frame (usually a year).

North Carolina's infant mortality rate was tied for the lowest in the state's history 7.0 babies died in 2013 for every 1,000 born alive. This is down 5.4% from 2012. However, North Carolina continues to exceed the national average.

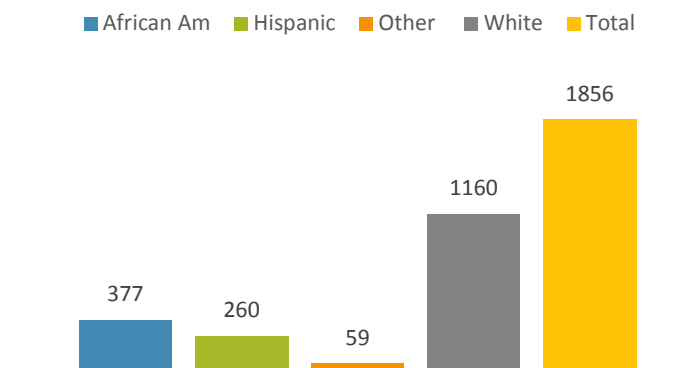
Harnett County's infant mortality rate was 7.5 per 1,000 for 2013. This is down from the 2012 rate of 9.0 per 1,000 live births.

Infant Mortality Deaths (per 1,000) live births)	2013	2012	2009-13
Harnett	7.5	9.0	7.8
NC	7.0	7.4	7.3

Prenatal Program: Getting early and regular prenatal care improves the chances of a healthy pregnancy. Women who suspect they may be pregnant should schedule a visit to their health care provider to begin prenatal care. The Health Department provides a prenatal clinic, for information or to make an appointment, please call 910-893-7550.

In 2013, there were a total of 1856 births and 14 infant deaths.

Live Births by Race and Ethnicity, 2013



Pregnancy Care Management (PCM) is a statewide program in N.C. promoting healthy mothers and healthy babies. This program provides care management services for high risk women during pregnancy and for two months after delivery by a Care Manager. Referrals are made to provide additional support during pregnancy. If you would like information regarding this program contact the Harnett Referrals are made to provide additional support during pregnancy. If you would like information regarding this program contact the Harnett County Health Department at 910-893-7550.

Breastfeeding Initiatives: Breastfeeding continues to be the preferred method of feeding for newborns. The Health Department offers a number of education, promotion and personal services to pregnant and breastfeeding women. Through a Breastfeeding Peer Counselor program which provides education and support to increase initiation and duration of breastfeeding. Peer support is available to both English and Spanish speaking families. **Progress:** In 2013, approximately 1023 women participated in this program. For more information contact the Women, Infants and Children (WIC) 910-893-7570.

Welcome Home Newborn visiting program: This program provides a home visit from a Registered Nurse from the Health Department within the first eight (8) weeks of the baby coming home. For more information about this program contact the Child Health clinic at 910-893-7550.

The Harnett County Health Department was Re-Accredited in 2013, by the North Carolina Local Health Department Accreditation Board (NCLHDA). The goal of the NCLHDA program is to improve and protect the public's health by assuring the capacity of NC Local Health Departments (LHDs) to perform core functions and essential services. The core functions of assessment, policy development and assurance are defined through 41 benchmarks and 148 activities that are based on the 10 Essential Public Health Services plus Facilities and Administrative Services and Governance. These standards are based on NC's public health statutes and are aligned with the National Association of County and City Health Officials Operational Definition of a Functional Local Health Department and the National Public Health Performance Standards Program. For more information contact the Health Department at 910-893-7550.



For more information about the programs and services listed in the 2013 State of the County Health Report, contact the Harnett County Health Department at 910-893-7550.

Additional copies of this report are available online at the Health Department's web site located at: www.harnett.org/health.

Data Sources: *NC State Center for Health Statistics, County-level Data, County Health Data book (2013), Morbidity, NC State Center for Health Statistics, Centers for Disease Control and Prevention, Harnett County 2013 Community Health Assessment, N. C. HIV/STD Surveillance Report.*
