

# Scotland County, NC

## State of the County Health Report

### December, 2006

#### **INTRODUCTION:**

Scotland County's fourth annual State of the County's Health Report to the Office of Healthy Carolinians/Health Education and to our community includes:

- a review of major morbidity and mortality data;
- a review of health concerns selected as priorities;
- progress made in the last year on priorities;
- a review of state data and any updates on the data;
- changes in the county that affect health concerns;
- new and emerging issues that affect health status; and
- ways community members can get involved with ongoing efforts.

**Scotland County Demographics:** According to the North Carolina State Census Quick Facts, Scotland County's population was estimated at 37,180 people in July 2005. This reflects a growth of 3.3% since April 1, 2000. Population density is 116.12 per square mile. Designated as "rural" in the United States Census, Scotland County is ranked as the 60<sup>th</sup> largest in North Carolina.

Racial makeup is almost exclusively white and African American with other minorities accounting for 10.1% of the total population. 2004 population breakdown is:

White:	18,608
Black:	13,512
Am. Indian:	3,457
Hispanic:	455
Male:	17,291
Female:	19,573
Median Age:	34.6 years

According to the NC Employment Security Commission (ESC) Workforce Website:

<b>Unemployment rate in Scotland County in:</b>	<u>2004</u>	<u>2005</u>	<u>2006</u>
	10.9 %	8.4%	8.8%
<b>Unemployment rate in North Carolina</b>			5.2%

#### **Scotland County's Labor Force:**

December 2004: 16,082 (1,708 unemployed).

December 2005: 14,122 (1,168 unemployed)

**Scotland County Poverty Rate:** (2000) 20.6% Ranked 9th in North Carolina

**Scotland County's FY 2005-2006 adopted tax rate is \$1.10.**

**The current city tax rate is .38 per \$100 valuation.**

**Morbidity and Mortality Data:** F/Y 2005-2006 Scotland County shows an increase since 2004 in the following morbidity data:

AIDS 2      HIV 7      STD's 353      TB 1  
Asthma (0-14 year olds) 29 hospitalizations      Other 20

Scotland County continues to struggle with high mortality rates of heart disease, cancer and diabetes. In 2005, these diseases accounted for 187 of the 375 total deaths in the county, thereby making them the leading causes of death. These numbers have only slightly decreased since the 2004 data. Mortality statistics in Scotland County can be broken down as follows:

**All causes:** 375 (2005 North Carolina State Center for Health Statistics)

Cardio: 87    Diabetes: 15    Cancer: 85    HIV: 1    Suicide: 4  
Motor Vehicle Deaths: 5      Unintentional: 12    Alzheimer's: 9

### **Infant Mortality:**

An additional mortality issue affecting the county last year but improving this year was infant mortality. In Scotland County the infant death rate for the period 2001-2005 was 14.2 (per 1000 population) compared to the state rate of 7.8 (per 1,000 population). In 2005, seven infant deaths were reported in Scotland County, a rate of 14.3, compared to North Carolina's infant death rate of 9.8 (per 1,000 population), a decrease for Scotland County's infant death rate in 2004 of ten deaths or 20.7 (per 1,000 population).

**2005 Priority Health Concerns** In 2005 the following areas were identified through the Scotland County Community Health Assessment and state data as priority health concerns: teen pregnancy, cancer, high blood pressure, heart disease and obesity.

### **Teen Pregnancy:**

In Scotland County, the number of teen pregnancies in 2004 for 15 to 19 year olds was 100 – down from 120 in 2003, but increased in 2005 to 112. The county rate is 85.3 compared to the NC state rate of 61.7 per 1000 population. Scotland County continues to have one of the highest teen pregnancy rates in NC and is ranked 17<sup>th</sup> highest in the state. The breakdown of teen pregnancies from 2003-2005 follows:

	<u>2003</u>	<u>2004</u>	<u>2005</u>
Age 15-19	120	100	112
NC State	17,390	18,143	18,259
Age 10-14	3	5	2
NC State	443	472	468

**Cancer:**

It is estimated that 40,890 new cases of cancer will be diagnosed in the State of North Carolina in 2006. Cancer is the second leading cause of death in North Carolina and in Scotland County accounting for 16,675 and 85 deaths respectively in 2005. The majority of cancer deaths occur at four sites: lung, colon, female breast, and prostate. In 2005, Scotland County's cancer deaths by site were: lung - 29, female breast - 5, colon - 9, and prostate - 3 (NCSCHS 2005). Smoking by far is the leading risk factor for developing lung cancer. Other risk factors include poor nutrition and lack of physical activity. Eating a healthy diet and being active can reduce the risk of developing cancer. Scotland County is home to the newly expanded, state of the art Scotland Cancer Treatment Center located at Scotland Memorial Hospital, where clinical trials, genetic counseling, chemotherapy and radiation are provided. Scotland County Health Department provides cervical cancer screenings through Adult Health, Family Planning and Maternal Health programs, providing services to over 598 clients FY 2005-2006. In September 2006, Scotland County's Relay for Life, sponsored by the American Cancer Society, raised over \$277,000 for research and was awarded a prestigious second place in the Nation (per capita) through the Mid-Atlantic Relay University in Wilmington, NC, for the 2005 Scotland County Relay for Life.

**Hypertension:**

High blood pressure affects about 65 million or one in three American adults. Hypertension can lead to stroke, heart failure, or kidney damage. In 2005, the number of deaths in Scotland County for heart disease was 87 and 32 for cerebrovascular disease, according to the North Carolina State Center for Health Statistics. Hypertension should be monitored through a physician with regular blood pressure screenings. Increased physical activity and healthy eating are also important steps to preventing high blood pressure as well as maintaining a healthy weight. Blood pressure screenings are often provided through community health fairs, business and industry health screenings, the health department, Emergency Medical Service (EMS), local pharmacies, and at the hospital. (NCSCHS, 2005)

**Heart Disease:**

Heart disease and stroke – the principal components of cardiovascular disease – are the first and third leading causes of death for both men and women. Heart disease attributed to 17,681 deaths in North Carolina in 2005, and 87 deaths in Scotland County. (NCSCHS, 2005). While high blood cholesterol, high blood pressure, smoking and physical inactivity are considered four major risk factors, several other factors such as obesity and diabetes are also considered risk factors. Scotland County has three physicians specializing in cardiology and six physicians specializing in internal medicine. Scotland Health Care System offers inpatient and outpatient cardiology services, a cardiac/pulmonary rehabilitation center where supervised exercise, nutrition, stress management, vocational assessment and cardiovascular education are provided, and screenings for high blood pressure and cholesterol. Scotland County Health Department and EMS provides blood pressure screenings on site for the community. Scotland County Healthy Carolinians provides education and supports efforts on heart disease initiatives.

### **Obesity/Overweight**

Overweight and obesity are at epidemic rates. North Carolina ranks 34th in the U.S. for highest rate of overweight and obese adults (BRFSS/CDC 2005). At its current rate, it will soon become the costliest disease, surpassing cardiovascular diseases. Obesity is a condition affecting many residents in Scotland County and is the number one health problem in children. In Scotland County and the surrounding region, 66% of adults are overweight or obese (CDC/BRFSS 2005). The percentage of children and adolescents who are overweight has more than doubled in the past 30 years. A new study, published by the International Journal of Pediatric Obesity, states nearly half of North America's children will be overweight by 2010. The 2006 North Carolina Child Health Report Card (NCDHHS) states in 2005, **14.6%** of our children age 2-4 years, **24.5%** age 5-11 years, and **27.3%** of our children ages 12-18 years are overweight, which is an increase of nearly 20% since 2000.

Lack of physical activity and poor nutritional habits are major factors in overweight and obesity. Physician offices counsel patients on weight, calories, and insulin levels to educate and reinforce the seriousness of the problem. However it is hard to change current eating habits. In Scotland County and the surrounding region, only 18 % of adults eat five or more servings of fruit and vegetables per day and only 44% get enough physical activity as reported by the 2005 Behavioral Risk Factor Surveillance System Data. The North Carolina Child Health Report Card 2006 reported only 45.9% of students, grades 9-12, were physically active a total of 60 minutes or more per day on five days or more.

Medical costs linked to obesity account for 9% of all health expenditures. The cost to America for obesity – which plays a role in cancer, diabetes, and cardiovascular disease, is estimated at \$117 billion each year. In 2005, approximately \$225,000 of the COUNTY dollars spent on Scotland County Medicaid were attributable to overweight and obesity and approximately \$1,263,000.00 of the STATE dollars spent on Scotland County Medicaid were attributable to overweight and obesity (NC Dept. of Medical Assistance). The county is fortunate to have existing resources or programs such as the “Winner’s Circle” program, “Active Recess for Scots”, Expanded Food and Nutrition Education Program (EFNEP), the Weight Loss Support Program (WLSP) through Healthy Carolinians and others such as Weight Watchers and TOPS (Take Off Pounds Sensibly) available to address nutrition and obesity. Scotland County Parks and Recreation also has sixteen area parks conducive to physical activity such as walking trails, athletic programs for youth age 5 to 15 and senior games and exercise classes.

### **Progress made in the last year on priorities:**

Various public and private agencies provide quality care aimed at improving the health and well being of Scotland County residents. The following agencies have partnered or collaborated to provide care relevant to priority issues in Scotland County.

### **Emergency Management:**

Scotland County Emergency Management continued to support the process of planning for, responding to, recovering from and mitigating any form of disaster situation that affects Scotland County. The County Emergency Operation Plan (EOP) was upgraded

to reflect any changes in the county's ability to respond to disaster situations including any type of biological or pandemic event. EM continued to support the National Incident Management System (NIMS) ICS training of all first response agencies in Scotland County. EM placed a new UHF radio system on the ZV Pate tower to provide a back-up communication system and also a working command and control frequency for the Emergency Operations Center (EOC).

**Scotland County Health Department:** Implemented or continued various programs to address priority health issues.

- ◆-In 2006, celebrated 63 years of service to our community.
- ◆-In 2005, the North Carolina Immunization Registry (NCIR) was implemented at the Scotland County Health Department. All state supplied vaccines administered at the health department must be reported through this new registry.
- ◆-Provided 1,382 Influenza vaccinations in 2005-2006.
- ◆-Offered free sexually transmitted disease screenings and treatment to anyone that requests the service. In F/Y 2005-2006, 1,146 STD screenings and 1,106 HIV tests and 449 TB Services were provided through the health department.
- ◆-WIC (Women, Infant and Children) also called the Special Supplemental Nutrition Program, is designed to provide food to low-income pregnant, post-partum, and breastfeeding women, infants and children until the age of five. In 2005-2006, approximately 17,328 families were served through WIC.
- ◆-Provided the Child Health Program which aids in the prevention of mortality and morbidity among children and youth through education and other preventive efforts to reduce the incidence of childhood diseases.
- ◆-Provided an Orthopedic Clinic for children, adolescents and young adults under age 21 years who have a chronic medical condition affecting their growth and development. The clinic is staffed by a Board Certified Pediatric Orthopedic Surgeon from Duke University Medical Center and other medical professionals. In 2006, approximately 70 families were served through the Orthopedic Clinic.
- ◆-Provided immunizations to infants, children and adults. In F/Y 2005-2006, 1,736 immunizations were provided.
- ◆-Provided lead screening for children less than six years of age at no charge.
- ◆-Served as lead agency for the Child Fatality Prevention Team which reviews the incidence and causes of all child deaths in the county.
- ◆-Provided the Child Service Coordination Program to enhance services to children with special needs and their families. FY 2005-2006, 172 children and in Scotland County were affected.
- ◆-Provided the Maternity Care Coordination Program to help pregnant women maximize opportunities for healthy pregnancies resulting in healthy babies. Served 598 clients in FY 2005-2006.
- ◆-Hosted an Avian Influenza Forum in June 2006 to inform participants from the community the symptoms, migration, evolution and current status of avian influenza, or "bird flu" virus.
- ◆-Provided Jail Health Services to inmates seven days a week.

- ◆-Provided child restraint systems/classes for 77 participants in 2005 and 66 participants in 2006 by certified technicians through the NC Safe Kids Buckle Up Program.
- ◆-Established and collaborated with the Healthy Eating Coalition in providing resources, education and technical assistance with the School Gardens Project at three elementary schools.
- ◆-Collaborated with Scotland County Healthy Carolinians in both providing housing and meeting space along with community health initiatives.
- ◆-Participated in the School Health Advisory Council (SHAC) – quarterly meetings.
- ◆-Became smoke-free July 4, 2006, aligning with Scotland Health Care System initiative, through policy endorsed by the Board of Commissioners.
- ◆-Received a grant through the South Central North Carolina Partnership for Public Health to help facilitate Project Sparrow, a three-year, 13 county faith-based collaborative effort targeting heart disease and stroke prevention among African American adults age 18 to 64 years.
- ◆-Received a grant through the Diabetes Today Regional Initiative Implementation Funds, North Carolina Diabetes Prevention and Control Branch, to help facilitate “Project Divine”, a five-county, faith-based, collaborative effort to reduce the burden of diabetes among African and Native Americans.

### **The Health Check (Medicaid) or NC Health Choice Program**

This program assures health check-ups for Medicaid-eligible and Health Choice insured children ages birth through 21 years of age. Even children with one or two working parents earning \$40,000 a year or more may qualify. The Health Check/Health Choice Coordinator currently has a caseload of approximately 6,100 children.

- **Health Check (EPSDT) Program Year to Year Comparisons Report 2005:**

Scotland County	6,830	70.4%
State of North Carolina	891,303	71.2%

- **Carolina ACCESS–**

Scotland is a Carolina ACCESS II & III county and is North Carolina’s Medicaid managed care program. The program provides individuals with a medical home (such as a doctor’s office, a community clinic, or local health department) and a primary care provider who will coordinate an individual’s medical care.

### **Preparedness and Response/Bioterrorism:**

The nation continues to be aware of the very real threat of terrorism. Even in smaller communities like Scotland County, there has been a growing concern and need for response. In the past year, the Scotland County Health Department has held educational forums related to the possibility of biological and chemical weapons of terrorism.

Scotland County Health Department's Preparedness and Response Program prepares health department staff, community leaders and members for incidents and disasters which are natural, chemical, biological, and radiological or of communicable disease in nature. The process of preparation includes developing an "all hazards" plan, protocols and procedures. Then through training and exercises such as drills, tabletop exercises and full scale exercises, the staff and community are prepared to respond to a possible incident or disaster with knowledge and confidence.

In June 2006, Scotland County Health Department hosted an Avian Influenza Forum to inform participants from the community of the symptoms, migration, evolution and current status of the avian influenza, or 'bird flu' virus.

Through the Preparedness and Response Program, all staff at the Scotland County Health Department are taking courses in the National Incident Management System (NIMS). This training is required by State and Federal Laws.

### **Environmental Health:**

The environmental health section of the Scotland County Health Department protects and improves the public's health by controlling the environmental factors which can adversely affect human health. Environmental Health provides preventive health through inspections, education, and enforcement of state and local rules in programs for food and lodging, on-site wastewater disposal, pools, tattoo establishments and institutions, poisoning and animal control. Scotland County Health Department has three Environmental Health Specialists and one Animal Control Officer to provide services for the county. In F/Y 2005-2006, the Environmental Health Department provided 202 new septic tank permits, 439 food and lodging establishment inspections, and 29 day care inspections. In October 2006, the State Public Health Department gave a program review of the Scotland County Environmental Health Department food and lodging inspections.

### **Animal Control:**

The Animal Control Program of the Scotland County Health Department is charged with the responsibility of enforcing state and county laws, ordinances, and resolutions pertaining to the care, custody and control of county animals.

In early 2005, Scotland County Health Department developed the Rabies Vaccination Rules and Vicious Dog Community Watch Program approved by the Scotland County Board of Health and in mid-2005, the Scotland County Board of Commissioners approved and implemented the newly developed Scotland County Animal Control Ordinance.

In June 2006, the North Carolina State Laboratory confirmed a positive case of rabies in Scotland County inside the city limits affecting three children. Rabies is transmitted from one animal to another and from animals to people. Officials asked citizens to stay aware and have their animals vaccinated by a licensed veterinarian. In the last year, the City of Laurinburg's Animal Control Officer had 590 calls with 180 dogs and 100 cats impounded. In F/Y 2005-2006, there were 964 animal control ordinance violations.

In October 2006, the Animal Control Officer in Scotland County received the North Carolina Public Health Association's All-Star Team Award.

### **Scotland County Healthy Carolinians:**

Scotland County Healthy Carolinians is a county-wide coalition empowering citizens through education and promotion of healthy lifestyles and safe communities. This coalition implemented and/or continued programs relevant to Scotland County's priority health issues.

- ◆-Initiated health education and promotion programs to educate the public about risk factors that promote chronic disease especially focusing on heart disease, hypertension, and diabetes and implementing physical activity and nutrition programs throughout the community.
- ◆-Provided a Weight Loss Support Program (WLSP) monthly for the community with various health topics and issues focusing on nutrition and physical activity.
- ◆-Provided physical activity walking program events each year such as the "Step Into Spring" and "October FALL Walk" through the "Great Ex-STEP-tations Walking Program" with over 450 participants since 2002.
- ◆-Provided Diabetes Health Check cards to the community to help empower citizens in tracking their health progress.
- ◆-Provided Public Service Announcements on health issues, physical activity and nutrition to local radio stations and newspaper articles.
- ◆-Developed new Scotland County Healthy Carolinians brochure.
- ◆-Created a self-sustaining "Healthy Snack Bar" for employees.
- ◆-Collaborated with Scotland Memorial Hospital to provide monthly Community Diabetes Support Group meetings with an average of 21 participants.
- ◆-Collaborated with the Healthy Eating Coalition in providing resources and volunteers with the School Gardens Project at three elementary schools.
- ◆-Collaborated with Scotland County Parks and Recreation to promote "Healthy Snacks for Team Sports" program affecting over 3,000 youth.

### **Scotland Health Care System:**

- ◆-In 2006, celebrated 60 years of service.
- ◆-Completed the Scotland Cancer Treatment Center Expansion in the Spring of 2006, adding a simulator which complements the current CT based three-dimensional treatment planning system and the Tree of Life Memorial Garden.
- ◆-Completed a State of the Art Emergency Center Expansion which began May 2005. This is the largest expansion project since the hospital moved to its Lauchwood Drive location in 1983. The addition will enlarge the space to just over 24,000 square feet and will be able to accommodate an increase of 25% more patients each year.
- ◆-Received a \$200,000 grant from the Duke Endowment to support Scotland Memorial Hospital's new Emergency Center Patient Tracking and Information System, which increases patient safety and quality of care, improves provider efficiency and decreases patient waiting times.
- ◆-Developed a "Tobacco Free" policy, approved by the Scotland Health Care System Board of Trustees, effective July 4, 2006, for Scotland Health Care System to become a 'tobacco free' organization banning the use of any tobacco

product on all property owned and leased by the system including automobiles in parking lots.

- ◆-Provided smoking cessation classes to hospital employees and community members to help them quit smoking or using tobacco products and worked with other health care professionals and agencies to promote a community-wide strategy.

- ◆-Facilitated and/or collaborated with other community agencies the following support groups: Alcoholics Anonymous, Alzheimer's Support Group, Amputee Support Group, Better Breathers Support Group, Breast Cancer Support Group, Cancer Support Group, Cardiac Rehab Support Group, Caregivers Support Group, Diabetes Support Group, Grief Support Group, Multiple Sclerosis Support, Narcotics Anonymous, Parent Grief Recovery Group, Parkinson's Support Group and Stroke Support Group.

- ◆-Provided approximately 1,033 free community health screenings such as mammograms (463), bone density (96), cholesterol (247), blood pressure checks and others on Scotty, the health care system's mobile health unit in FY 2005-2006.

- ◆-Provided genetic counseling in collaboration with Duke Hereditary Cancer Clinic and the Duke Oncology Network.

- ◆-Joined more than 2,900 hospitals across the nation in the "100,000 Lives Campaign" by adopting universally agreed upon treatment standards proven to save lives.

- ◆-The Cardiac Rehabilitation Program earned certification by the American Association of Cardiovascular and Pulmonary Rehabilitation in 2005. Patient visits totaled 5,495.

- ◆-Hosted quarterly Look Good, Feel Better Programs sponsored by the American Cancer Society, for women undergoing treatment for cancer.

- ◆-Offered education and self-management for persons with diabetes.

- ◆-Offered free Childbirth Choices classes at The Women's Center to expectant parents, which provides information to make informed decisions about pregnancy and birth.

- ◆-Provided annual Sports Physicals for all participants in team sports.

- ◆-Hosted a Women's Health Event, September 2006, which included free mammograms and dexascans, as well as a full day of educational sessions on various health topics.

- ◆-Donated the old Wagram Family Practice Center building and equipment for the Scotland Community Health Clinic.

- ◆-Added six new physicians to the active medical staff in the specialties of family medicine, radiology, obstetrics and gynecology, and internal medicine.

- ◆-Opened a General Surgery practice and recruited a board certified general surgeon to the medical staff to increase the accessibility of surgical services.

- ◆-Built a new Outpatient Imaging and Urgent Care Center located on the hospital campus which will serve an average of 2,200 imaging and urgent care patients per month.

- ◆-Hosted six Red Cross Bloodmobiles which provided close to 200 productive units of blood.
- ◆-Collaborated with the “Healthy Eating Coalition” to provide education and resources for the School Gardens Project in three elementary schools.

### **Hospice of Scotland County:**

Hospice of Scotland County provides services and programs such as nursing, bereavement counselors, and ancillary services along with support groups and helps those making informed decisions on end of life issues. In 2006, a Certificate of Need Application was approved for four in-patient beds to be added on to its 6-bed residential facility, “The Morrison Manor”. On campus, The Morrison Manor provides alternative living arrangements for progressive terminally ill patients needing end of life care. The agency served 422 patients and 46.9% of the deaths in Scotland County in F/Y 2005-2006.

### **Scotland County Department of Social Services:**

Scotland County Department of Social Services focuses on improving access to health care with the vision to foster individual responsibility and create a strong cooperative community that is responsive to the needs of its citizens.

In 2005-2006, there was 1.2% increase in enrollment in Medicaid and Health Choice programs. Medicaid was the largest expenditure in the Department of Social Services budget. Just like the cost of all medical insurance, Medicaid has seen significant increases much of which can be tracked to the cost of prescription drugs. The local economy has also been a driving factor as many have lost insurance coverage for their families. F/Y 2006 saw many individuals seeking help at DSS. Some of the highlights from the Annual Report are as follows:

- ◆4,236 applications for Work First and Medicaid were processed during the year (up2% from 2005).
- ◆-36% (13,424) Scotland County citizens were covered by Medicaid or Health Choice.
- ◆-22% (8,106) Scotland County citizens participated in the Food Stamp Program. 84% of the potentially eligible individuals participated in the program, a 19% increase since FY 2003. Since July 2001, the Food Stamp caseload has grown from 1,940 cases to 3,440 cases in June 2006, a 77% increase.
- ◆-33,379 visits were made to the agency to complete an application, review, or follow-up for some type of service.
- ◆-Served 3,860 families with emergency services.
- ◆-Over \$45 million (79%) paid to local medical providers by Medicaid
- ◆-10.3% (1,008) of the children in Scotland County were evaluated for abuse, neglect or dependency, a 2.8% increase over last year. There were 473 reports of neglect or abuse investigated involving 1,008 children. 70 children remained in agency custody at year end, 32 children achieved permanence (returned home or adopted) and 85 children were in foster care. 11.8% of the

children receiving Child Protective Services suffered repeat maltreatment, down slightly from the year before.

- ◆-Served as the lead agency for the Community Child Protection Team which reviews protective custody cases.
- ◆-23 Foster Homes were licensed.
- ◆-\$5.68 million in Child Support payments were collected, an all time high which saves taxpayer dollars. 59.7% of Child Support cases paid their child support.
- ◆-Established paternity for 295 children through Child Support with 293 Child Support Orders established.
- ◆-\$2.1 million paid to Day care providers in Scotland County.
- ◆-Became smoke-free July 4, 2006, aligning with Scotland Health Care System initiative and endorsed with the Board of Commissioners.

### **Scotland County Cooperative Extension Service:**

The North Carolina Cooperative Extension Service at the Scotland County Center provides many environmental, community and agricultural services. Some of the programs the Co-Operative Extension sponsored or implemented in 2005-2006:

- ◆-Held a regional meeting to help potential growers assess alternative crops such as peanuts which is an excellent rotation with cotton. Growers obtained valuable information concerning fertility, variety selection, and pest management and harvesting.
- ◆-Implemented strategies to reduce odor related issues such as planting trees as a windbreak and as a visual screen to help enhance aesthetic value to property.
- ◆-The Poultry Agent developed fourteen waste utilization plans that will utilize and manage about 8800 tons of poultry manure that is generated on site. Farmers save an average of 55-60% on fertilization cost utilizing poultry manure versus commercial fertilizer.
- ◆-Collaborated with the North Carolina Department of Agriculture, Pesticide Division, to conduct a Pesticide Collection Day. The program resulted in the collection of 20 containers and 234 pounds of pesticides and transported to an approved site for disposal. Several meetings held to discuss the proper ways to store, mix and load pesticides.
- ◆-Obtained funding to purchase necessary equipment used in surveying and calibrating annual sludge for hog producers. Scotland County has fourteen swine farms that can use the equipment.

**Scotland County Cooperative Extension, 4-H, Family and Consumer Science and Community Development** also implements or continues programs that address priority health issues:

- ◆-Collaborated with the Healthy Eating Coalition to provide resources such as educational materials, tools and equipment, fertilizers, etc. for the School Gardens Project.

- ◆-Facilitated a “Fun Academy” Retreat for the DSS Management Team to promote distressing, reenergizing, and teambuilding. Surveys revealed 100% participants felt less stressed and more reenergized.
- ◆-Provided programs for youth and adults such as the Expanded Food and Nutrition Education Program (EFNEP) that address obesity, overweight, nutrition, weight loss and food safety. 487 persons, (122) families participated.
- ◆-Collaborated with Scotland County Health Department to offer ServSafe classes to 20 food handlers. ServSafe is an 18 hour national certification course. As a result of the course, 90% of participants are checking/recording food temps, monitoring hand washing more closely, rearranging refrigerators and food storage areas, and offering more employee trainings in food safety. 75% participants received national certification following the course.
- ◆-Collaborated with the Family Resource Center to provide nutrition classes teaching the importance of eating breakfast. Upon completing the class, all participants are eating breakfast on a daily basis with 100% stating their daily activities have improved.
- ◆-Collaborated with Laurinburg Housing Authority offering food safety training to 105 limited resource participants. 75% showed improved food safety practices, proper thawing and storing of food.
- ◆-Collaborated with the Scotland Scholars After-School Program, Parks and Recreation, local churches and daycares to offer a nutrition and fitness activity program. Over 800 youth received 6 lessons or more in selecting healthier food choices. Results showed 95% of youth improved their diets through healthier food choices and increased physical activity.
- ◆-Collaborated with the Scotland County School System and Healthy Start at UNC-Pembroke to provide “Baby Think It Over”, an abstinence program focused on preventing teen pregnancy for eighth graders. In the Fall of 2005, 246 students in the 8<sup>th</sup> grade at Sycamore Lane Middle School participated. Students experienced increased awareness of financial, social, and emotional consequences associated with having a baby at an early age. Post survey results indicated 100% of students changed their opinion about parenthood during their teenage years. The “Baby Think It Over” Program was offered to Carver and Spring Hill Middle Schools in the Spring of 2006. A total of 550 students participated in all three middle schools.

### **Scotland County School System:**

Scotland County Schools is committed to addressing the needs of the “whole child” by having healthy, safe and orderly schools. Many programs and services are available for children at risk for academic failure and out of home placement. Scotland County Schools is one of twenty-one school systems in North Carolina piloting the school based Child and Family Support Team initiative. Teams of nurses and social workers have been placed in seven schools within the district to assist children and families in securing resources and services to help the child be successful in school. The new initiative is voluntary and family centered. Action plans were developed in

collaboration with other community programs and services that address the needs of the family.

Children at school have access to 11 social workers, 13 nurses, 22 school counselors, 4 psychologists, attendance liaisons and a mental health coordinator to work with children on an individual basis to address the barriers that prohibit them from being successful academically. Homebound services are also offered to children that cannot attend school because of medical issues and concerns.

Scotland County Schools also financially supports a System of Care Coordinator position in collaboration with the Department of Social Services and Southeastern Regional Mental Health. System of Care is an initiative that is also strengths based and family centered. The vision is that all community agencies would work together as one team to assist the family with their needs.

- ◆-Developed Action Plans in collaboration with the School Health Advisory Council to address overweight/obesity through nutrition and physical activity.
- ◆-Continued the “Active Recess for Scots” to increase physical activity for grades K-5 throughout the county’s school system. Over 3,000 children are affected through this program.
- ◆-Continued the “Winner’s Circle” Program in the county’s eleven public schools in efforts to encourage children and adolescents to establish healthy eating behaviors that can help prevent cardiovascular disease, obesity, diabetes and hypertension later in life.
- ◆-Collaborated with the “Healthy Eating Coalition” in providing education for the School Gardens Project in three elementary schools affecting approximately 350 children.

### **Scotland County Partnership for Children and Families (Smart Start):**

This program prepares children for success by providing resources to families and the community by bringing together families, nonprofit organizations, churches, educators, local government agencies and businesses to build community capacity and enhance existing service networks. The following programs and accomplishments for the FY 2005-2006 are as follows:

- ◆-L.E.A.P. - Leadership and Education for Adolescent Parents (also known as Adolescent Secondary Pregnancy Prevention Program) encourages Scotland County teen parents to acquire the knowledge and skills to become personally and economically self sufficient. Sixty-nine families received intensive family support through L.E.A.P. and Parents as Teachers Programs. Accomplishments in 2005-2006 include 100% of participants remained in school and are working towards a high school diploma; 100% participants set employment goals and participated in workshops to increase their employability; and 69 families received intensive family support through the program.
- ◆-Forty-two percent (42%) of graduating teen parents have continued their education by attending post secondary education.

- ◆-Eighty-three percent (83%) of parents participating in Family Support Programs demonstrated increased knowledge of parenting skills.
- ◆-Thirty-six (36) Child Care Providers received Educational Incentives for completing semester hours of college credit or completing a degree. The number of child care teachers with an Associates or Bachelors Degree in Early Childhood has more than doubled (from 5% to 23%) since 2001.
- ◆-Eighty percent (80%) (160 of 200) of Child Care staff improved their teaching skills through in-service trainings.
- ◆-706 children were impacted by Smart Start efforts to increase the quality of their early childhood environment.
- ◆-Seventy-eight (78) three and four year-old children participated in the WINGS School readiness program.
- ◆-The average star rating for quality child placement in regulated child care increased from 2.17 in 2001 to 3.37 in 2005 (an increase of 55%).
- ◆-Provided the Smart Start Resource Lending Library and increased usage by Child Care Providers by 69% (16 to 27) since 2000.
- ◆-Provided 522 children with free books through Scotland County "Reading is Fundamental" Program, designed to encourage love of reading,
- ◆-Provided administrative and fiscal oversight for the new county-wide initiative "*Scotland County System of Care*" (One Child, One Team, One Plan), family-centered approach, which strives to provide comprehensive services and supports to improve outcomes for children (birth to eighteen), who have serious and complex emotional/behavioral, social, academic and safety needs, which may result in problems functioning at home, in school, and in the community.
- ◆-In 2005, 864 volunteer hours were donated by community members through the Partnership and its programs. Over 6,085 hours have been donated since 2001.

### **Adolescent Wellness-Council:**

In 2006, the Scotland County Adolescent Wellness Council revised their mission statement, "To empower Scotland County youth and their families to make informed decisions that enhance their well-being." This change expanded the goals to eliminate teen pregnancy, promote responsible sexual choices, eliminate sexually transmitted infections and promote healthy lifestyles. The council's major role will be to provide resources and technical support. The following activities were accomplished this past year:

- ◆-Participated on the Community Advisory Board to the Scotland County Leadership and Education for Adolescent Parents (L.E.A.P.) Program.
- ◆-Promoted the "National Day to Prevent Teen Pregnancy" in May through the media and posters to the community.
- ◆-Participated in a discussion of potential strategies for reducing teen pregnancy rates in our region sponsored by the South Central Partnership for Public Health.
- ◆-Participated in Cooperative Agreement with the Adolescent Pregnancy Prevention Coalition of North Carolina (APPCNC) and the CDC in an effort to learn how to use logic models to capture science based data when writing grants, evaluating programs, and delivering a program service.

- ◆-Sponsored Behavior Determinant Interventions (BDI) Logic Model Training to the community to assist them in grant writing.
- ◆-Sponsored "Parents Night Out" in October to inform parents about adolescent growth and development.
- ◆-Currently planning Teen Pregnancy Prevention Summit for January 2007.

### **Scotland County Parks and Recreation:**

Scotland County Parks and Recreation Department provided athletic programs for adults and over 3,000 youth ages 5 to 15 years, exercise classes as well as educational sessions for senior adults along with Senior Games and other programs. Their mission is to provide leisure opportunities to the citizens of Scotland County for enrichment of mind, body and quality of life. Programs in FY 2005-2006 include but are not limited to:

- ◆-Hershey Track and Field Competition (9-12 yrs olds) approx. 50 participants
- ◆-Prime Time Hoops – approximately 1,000 participants (youth and adults)
- ◆-Splash Pad – Water Playground (4,500 attendees) in FY 2005-2006
- ◆-Tennis Center – 1200 participants in classes for youth and adults
- ◆-Senior Games – approximately 65 participants
- ◆-Health and nutrition classes with over 30 participants
- ◆-Senior Citizen Clubs with over 120 participants
- ◆-Day Trips for Seniors with over 170 participants.
- ◆-AARP Local Chapter – over 35 members
- ◆-Arts and Crafts classes – over 35 participants
- ◆-Bowling League – 45 members
- ◆-Seniors Health Insurance Information Program (SHIIP)– provided 132 referrals
- ◆-Investment Club – 7 members
- ◆-Card Club – 14 members
- ◆-Continued "Healthy Snacks for Team Sports" program in Spring and Summer of 2006. Approximately 3,000 youth are affected through this program.
- ◆-Walking Tracks – located at Scotland Place, Laurel Hill Community Center, Gibson Park, Hammond Park, Market Park, Bridge Creek Walking and Biking Trail
- ◆-Received funding in excess of \$1 million through local, state and federal grants to develop the Scotland County Recreation Complex. The City of Laurinburg and County Commissioners collaborated in their efforts along with the Tourism Development Authority, to provide funding and in-kind support of the sports complex scheduled for completion in December 2006.

### **Emergency Medical Services:**

Scotland County Emergency Medical Service (EMS) added three new paramedics to the staff in 2006. The additional staff allows the shift supervisor to respond to third call situations (about 5 to 6% of total call volume), to assist with more serious calls, and respond along with a two paramedic staffed ambulance to all vehicle accidents which eliminated having personnel "on-call" 24/7. EMS also received two new ambulances in 2006. Prior to that, EMS had not received a new ambulance since 1997. EMS also received a HRSA grant to purchase a UHF Radio System with the NC Office of Emergency Medical Services "med" channels. This is a state wide set of frequencies that will allow EMS units and Hospitals all over the state to communicate with each other. EMS and Emergency Management also received free UHF mobile radios from Progress Energy to place on all ambulances and are programmed with the State OEMS med channels. Local EMS staff continued to train with the Duke SMAT II Team in decontamination response capability. The Scotland County Emergency Medical Services System plan will also be reviewed and updated in December 2006, to reflect any changes in the EMS total system.

In 2005, Scotland County's Emergency Medical Service (EMS) reported a total of 4,473 calls; 491 calls for traffic accidents. Following traffic accidents, the five leading calls to EMS were for breathing problems - 581, sick person (specific diagnosis) - 542, chest pain - 435, and falls/back injuries (traumatic) - 306.

### **Other County Priorities and Programs/Activities Implemented:**

#### **Asthma :**

While asthma does not cause many deaths among children in North Carolina, it is one of the most prevalent chronic diseases in our state among children. In FY 2006, the total number of hospitalizations in Scotland County due to asthma were: 120 for all ages and 29 for children ages 0-14 years. Scotland County ranks 8<sup>th</sup> highest in North Carolina for asthma related hospitalizations (based on rate per 100,000 population) for all ages and 11<sup>th</sup> highest for children age 0-14 (NCSCHS, 2004).

In 2005 according to the North Carolina Behavioral Risk Surveillance System:

	<b><u>NC State</u></b>	<b><u>Eastern NC</u></b>	<b><u>Scotland County</u></b>
Still with Asthma:	6.5%	6.4%	8.9%

#### **(Note):**

**Purcell Clinic:** The Purcell Pediatric Clinic diagnosed or screened approximately 476 patients with asthma in 2006. The Purcell Clinic's goal is to empower and educate parents so they can manage their child's asthma, understand the goals of treatment and make the right choices for preventing asthmatic episodes, emergency services or hospitalization.

**Transportation:**

Transportation plays a vital role in the health and well being of Scotland County residents since “transportation” enables or diminishes access to services such as health care, as well as access to employment, school, day care, and more. Scotland County Area Transit System (SCATS) has ten public transportation units that can be used by the general public to go, via a circuitous route with 30 stops, to various neighborhoods, shopping centers, and pharmacies within the city of Laurinburg.

Scotland County Area Transit System (SCATS) continued to respond and serve the transportation needs for programs such as Work First, the Division of the Blind, Council of Government clients over age 60, Partnership for Children and Families Leadership and Education for Adolescent Parents (L.E.A.P.) program clients, Medicaid, and the elderly and disabled. The system continues to transport clients to medical appointments, clinics, pharmacies, and medical services not available in Scotland County.

In May 2006, a new transit bus with a lift, to accommodate wheelchair passengers, was acquired and in November 2006, a new Transportation Office Building was built which houses a Coordinator and Administrative Assistant. Scotland County Area Transit System runs Monday through Friday from 8:00 am to 5:00 pm and costs \$1.00 per person per day. SCATS served approximately 2,290 passengers monthly.

**Other Changes Affecting Health Concerns:**

Scotland County like many other counties throughout the state of North Carolina has been faced with economic challenges with several industries closing and job loss. Increasing numbers of uninsured patients, coupled with limited financial resources and declining rates of Medicaid coverage among low-income patients have affected health care. Scotland County is a small, rural county with some excellent natural resources, but limited financial resources. By focusing on areas where we can make the biggest impact to improve the health and lifestyles for the families in our county, we can impact issues that are of concern to the county. Targeting priority areas of obesity, tobacco prevention, encouraging physical activity, and making our parks and roadways safer can make a positive impact on Scotland County.

**Mental Health Reform**

Southeastern Regional Mental Health, Developmental Disabilities and Substance Abuse Services served the southeastern North Carolina counties of Bladen, Columbus, Robeson and Scotland until October 2005, when it's Screening, Triage and Referral Unit (STR) moved to the Robeson Center. The Scotland Center closed December 31, 2005. To access mental health in Scotland County, individuals now have to refer the Southeastern Regional Mental Health, Developmental Disabilities and Substance Abuse Services Crisis Hotline (1-800-672-8255), or their health care providers.

### **Scotland Community Health Clinic –**

Scotland County is ranked 67<sup>th</sup> in the state for those who are 18 to 64 years of age without health insurance. In 2005, planning and start-up grants were received from the North Carolina Association of Free Clinics to provide services to all Scotland County residents who are uninsured or indigent, inclusive of all races and ethnicities.

Scotland Community Health Clinic will provide medical screening and treatment for illnesses and chronic diseases by licensed physician and physician extenders under the direction of a Medical Director. Illness and health problems outside the scope of these services will be referred to other facilities or providers. Patients will be screened for access to pharmaceutical company's prescription assistance programs.

Volunteers will be trained to help and refer patients to other agencies for their social service needs, such as mental health, domestic violence, Medicaid, food stamps, emergency food, housing and other human service needs. The clinic will serve individuals age 18 to 64 years and is in the process of being prepared for service in early 2007.

**Churches and faith-based organizations** are increasing their role and efforts targeting healthy lifestyles by offering programs that address physical activity and nutrition. Scotland County Health Department received a grant through the Diabetes Today Regional Initiative Implementation Funds, North Carolina Diabetes Prevention and Control Branch, to help facilitate "Project Divine", a five-county, faith-based, collaborative effort to reduce the burden of diabetes among African and Native Americans. Scotland County also received a grant through the South Central North Carolina Partnership for Public Health to help facilitate Project Sparrow, a three-year, 13 county faith-based collaborative effort targeting heart disease and stroke prevention among African American adults age 18 to 64 years.

### **Economy/Economics:**

Scotland County, ranked 4th in the State, is faced with one of the highest unemployment rates in North Carolina according to the North Carolina Employment Security Commission, 4<sup>th</sup> Quarter 2005. Through December 2005, 58 jobs were announced. The average weekly wage for all industries was \$518.00.

No new industries have located to Scotland County in 2006, however three have expanded. Butler Manufacturing had a \$2 million expansion creating 25 new jobs, Arvin Meritor had a \$3 million expansion creating 130 additional jobs and Kordsa, Inc. had a \$22 million expansion. The closing of West Point Stevens and Umicore caused 800 jobs lost and 52 jobs lost respectively.

Several small retail and service industry jobs that typically employ 25-35 employees have opened, however, these companies only utilize temporary and part time employees.

In October 2006, the Chamber of Commerce released its Strategic Plan for 2007-2009. The plan covers areas like quality of life, economic development and membership. The Chamber of Commerce also sponsored an Economic Summit, held

October 19, 2006 at Scotland Memorial Hospital, to discuss economic growth, county priority issues including industrial recruitment for economic development.

The City of Laurinburg has applied for a planning grant to develop a pedestrian plan for the entire city and is collaborating efforts with the County and other agencies.

### **Ways Community Members Can Get Involved:**

Increased collaborative efforts must occur between agency representatives, community organizations, and community members to encourage wellness and improve the overall health status of our community. Examples include:

- ◆-Churches, schools, youth and other community members should take ownership and work together to promote healthier habits.
- ◆-Citizens can volunteer to help with health and wellness organizations such as Scotland County Healthy Carolinians, Cooperative Extension, Adolescent Wellness Council, Scotland Health Care System, adult day care centers or senior centers.
- ◆-Citizens and key members of the community can attend or participate in Community Health Forums to express their opinions, ideas, and/or solutions to health issues that affect our community.
- ◆-Business and Industries can initiate personal wellness programs to enhance their employee's nutrition and well-being.
- ◆-Finally, community leaders and other influential community members should consider priority health issues when discussing funding options and be more willing to serve as advocates for these issues in the community.

### **Conclusion**

Scotland County is faced with great challenges yet is rich in community resources. Public agencies and their staff have been trained to work with high risk populations that often have more physical, emotional and financial needs than the population served by the private sector. However, budgetary constraints and various other factors force public and private agencies to streamline and prioritize services. Nevertheless, Scotland County continues to provide programs and activities, education and information, more comprehensive medical care, and challenges its citizens to empower themselves toward better health and quality of life.

The 2006 **State of the County Health Report** for Scotland County was written by the Health Education Department of Scotland County Health Department and will be available on the health department's website. Primary and secondary data were used to complete this document along with data collected from the 2005 Community Health Assessment Report.

---

Ron Sapp, MSA, Director  
Scotland County Health Department  
P. O. Box 69  
Laurinburg, NC 28353  
(910) 277-2440

---

Kathie Cox, BS, CHES, RHED  
Health Educator/Health Promotions  
Healthy Carolinians Coordinator

[www.scotlandcountyhealth.org](http://www.scotlandcountyhealth.org)

12/06

# **Scotland County, NC**

## **State of the County Health Report**

### **December 2006**

