

Scotland County State of the County Health Report December 2007

INTRODUCTION:

Scotland County’s fifth 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 37,094 people in July 2006. This reflects a growth of 3% since April 1, 2000. Population density is 112.8 per square mile. Designated as “rural” in the United States Census, Scotland County is ranked as the 64th largest in North Carolina.

Racial makeup is almost exclusively white and African American with other minorities accounting for 10.4% of the total population. 2006 population breakdown is:

White:	18,652
Black:	14,215
Am. Indian:	3,642
Hispanic:	452
Asian:	232
Male:	48.5%
Female:	51.5%

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

Unemployment rate in Scotland County in:	<u>2005</u>	<u>2006</u>	<u>2007</u>
	9.9%	8.8%	9.2%
Unemployment rate in North Carolina	4.8%	4.9%	4.8%

Scotland County’s Labor Force:

December 2005: 14,122 (1,168 unemployed)
December 2006: 13,643 (1,249 unemployed)

Scotland County Poverty Rate: (2004) 20.5% Ranked 14th in North Carolina

Scotland County's FY 2006-2007 adopted tax rate is \$1.08.
The current city tax rate is .40 per \$100 valuation.

Morbidity and Mortality Data: F/Y 2006-2007 Scotland County shows an increase since 2004 in the following morbidity data:

AIDS 4 HIV 6 STD's 351 TB 7 Other 39
Asthma (0-14 year olds) 23 hospitalizations (all ages) 123 hospitalizations

Scotland County continues to struggle with high mortality rates of heart disease, cancer and diabetes. In 2006, 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: (NCSCHS 2006)

All causes: 374 (2006 North Carolina State Center for Health Statistics)
Cardio: 91 Diabetes: 11 Cancer: 106 HIV: 1 Suicide: 5
Motor Vehicle Deaths: 11 Unintentional: 8 Alzheimer's: 7
Pneumonia and Influenza: 2 Assault: 3

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 2006, two infant deaths were reported in Scotland County, a rate of 3.7, compared to North Carolina's infant death rate of 8.1 (per 1,000 population), a decrease for Scotland County's infant death rate in 2005 of seven deaths.

2007 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. In 2006, the same concerns were evident.

Teen Pregnancy:

In Scotland County, the number of teen pregnancies in 2005 for 15 to 19 year olds was 112 and decreased in 2006 to 110. The county rate is 79.2 compared to the NC state rate of 63.1 per 1000 population. Scotland County continues to have one of the highest teen pregnancy rates in NC and is ranked 17th highest in the state. The breakdown of teen pregnancies from 2004-2006 follows:

	<u>2004</u>	<u>2005</u>	<u>2006</u>
Age 15-19	100	112	110
NC State	18,143	18,259	19,192
Age 10-14	5	2	3
NC State	472	468	405

Cancer:

It is estimated that 40,860 new cases of cancer will be diagnosed in the State of North Carolina in 2007. Cancer is the second leading cause of death in North Carolina and in Scotland County accounting for 17,267 and 106 deaths respectively in 2006. The majority of cancer deaths occur at four sites: lung, colon, female breast, and prostate. In 2006, Scotland County's cancer deaths by site were: lung - 34, female breast - 12, colon - 5, and prostate - 7 (NCSCHS 2006). 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 481 clients FY 2006-2007. In September 2007, Scotland County's Relay for Life, sponsored by the American Cancer Society, raised over \$275,594 for research and was awarded a prestigious first place in the Nation (per capita) Power of Hope Award (35,000 - 40,000 population category) and the second place Nationwide Per Capital Fundraising (35,000 - 40,000 population category) Award.

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 2006, the number of deaths in Scotland County for heart disease was 91 and 21 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, 2006)

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 17,189 deaths in North Carolina in 2006, and 91 deaths in Scotland County. (NCSCHS, 2006). 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 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 continues to provide education and supports efforts on heart disease initiatives.

Obesity/Overweight

Overweight and obesity are at epidemic rates. North Carolina has the 17th highest rate of overweight and obese adults and the 5th highest rate of overweight youths (ages 10-17) in the nation (BRFSS/CDC 2006). 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 2006). 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 2006, **15.2%** of our children age 2-4 years, **25.2%** age 5-11 years, and **29.5%** of our children ages 12-18 years are overweight, which is an increase of over 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 2006 Behavioral Risk Factor Surveillance System Data. The North Carolina Child Health Report Card 2007 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.

The county is fortunate to have existing resources or programs such as the "Winner's Circle" program, "Active Recess for Scots", Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP), the Lunch & Learn Programs 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, 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.

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

- ◆-In 2007, celebrated 64 years of service to our community.
- ◆-Achieved full accreditation status by the North Carolina Local Health Department Accreditation Board.
- ◆-Provided 942 Influenza vaccinations (24 children) F/Y 2006-2007.
- ◆-Offered free sexually transmitted disease screenings and treatment to anyone that requests the service. In F/Y 2006-2007, 919 STD screenings and 1,087 HIV tests and 707 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 2006-2007, approximately 19,153 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 a Children's Special Needs 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 FY 2006-2007, approximately 72 families were served through the Special Needs Clinic.
- ◆-Provided immunizations to infants, children and adults. In F/Y 2006-2007, 1,772 immunizations were provided.
- ◆-Provided Sickle Cell Testing/Counseling to children and adults at no charge; Abnormal sickle cell result counseling offered to families monthly through SCHD at no charge by Regional Sickle Cell Counselor.
- ◆-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 2006-2007, 173 children and families 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 617 clients in FY 2006-2007.
- ◆-Provided 1,282 Maternity Clinic visits to prenatal clients (FY 2006-2007)
- ◆-Provided Postpartum/Newborn Home Visit Assessment to SCHD prenatal clients and other prenatal clients enrolled in the WIC Program.
- ◆-Provided child restraint systems/classes for 66 participants in 2006 and for 15 participants in 2007 by certified technicians through the NC Safe Kids Buckle Up Program, along with participation in county-wide child restraint system check.
- ◆-Sustained the Healthy Eating Coalition in providing resources, education and technical assistance with the School Gardens Project at three elementary schools affecting approximately 350 children.

- ◆-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) meetings.
- ◆-Continued smoke-free policy for Health Department and grounds.
- ◆-Collaborated with Wake Forest University School of Medicine in Rural Aging Research to help understand and improve the health of older adults living in North Carolina.
- ◆-Collaborated with the South Central North Carolina Partnership for Public Health in Project Divine Diabetes Initiative and the Sparrow Project Heart Health Initiative within African and Native American churches.
- ◆-Partnered with Scotland County Adolescent Wellness Council in providing the “Annual Teen Summit” focusing on recognizing gang violence, January 2007.
- ◆-Collaborated with the Laurinburg Downtown Revitalization, Cooperative Extension, City of Laurinburg, Scotland Memorial Hospital, and area growers to organize a Farmers Market.

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.

Through the Preparedness and Response Program, all staff at the Scotland County Health Department have taken 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 2006-2007, the Environmental Health Department provided 60 new well permits; 145 existing water inspections; 149 on-site wastewater improvement permits; 566 food and lodging establishment inspections, 15 swimming pool inspections, 62 day care inspections with one child lead exposure and responded to 18 sewage complaints.

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. A new Health Department vaccination rule went into affect I 2006 causing an increase in rabies vaccinations compliance in Scotland County from 6,816 to 7,134.

In June 2007, the North Carolina State Laboratory confirmed two positive cases of rabies and one unconfirmed case in Scotland County. 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. Scotland County Animal Control (F/Y 2006-2007), had 2,870 animal control calls; 554 animal control ordinance violations (loose or tethering); 760 (other than loose or tethering); 28 animal bite investigations and 492 animals impounded.

A new position for another Animal Control Officer has been planned for the 2007-2008 budget year and will be filled in January 2008.

Scotland County Healthy Carolinians:

Scotland County Healthy Carolinians is a county-wide coalition whose mission is to empower its citizens through education and promotion of healthy lifestyles and safe communities. In 2007, Scotland County Healthy Carolinians was awarded their second four-year Recertification and also received the prestigious William G. Anlyan Award chosen by the Governor's Task Force for Healthy Carolinians, which is given to the partnership that is distinguished in the community work it has accomplished through education, programming and activities.

Scotland County Healthy Carolinians 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 Lunch and Learn Programs monthly for the community with various health issues and topics 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 130 participants FY 2006-2007.
- ◆-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.
- ◆-Sustained "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 sustain “Healthy Snacks for Team Sports” program affecting over 3,000 youth.
- ◆- Collaborated with Wake Forest University School of Medicine in Rural Aging Research to help understand and improve the health of older adults living in North Carolina.

The Health Check (Medicaid) or NC Health Choice Program

Health Check is Medicaid for children. Health Check covers complete medical and dental check-ups, and provides vision and hearing screenings and referrals for treatment. Early Periodic Screening, Diagnostic and Treatment (EPSDT) is the federal law that requires Medicaid to provide medically necessary health care services to Medicaid eligible children through the age of 20 even if the services are not normally covered by Medicaid or the services are normally only covered for recipients 21 years of age and older.

- **Health Check (EPSDT) Program Year to Year Comparisons Report 2006:**

	<u>No. of Participants</u>	<u>Participation Rate</u>
Scotland County	6,879	72.7%
State of North Carolina	947,028	72.6%

Health Choice for Children Since October 1998, is a comprehensive health care program for families who make too much money to qualify for Medicaid but too little to afford rising health insurance premiums. Families are able to get free or reduced price comprehensive health care for their children. The new plan, “*NC Health Choice for Children*”, is the same as coverage provided for the children of state employees and teachers, plus vision, hearing and dental benefits.

Eligibility is determined by family income – children must be a part of a family which makes less than the following federal income standard: 200% federal poverty level as of April 1, 2007. For those whose income is borderline for eligibility, do not assume you are not eligible. There are deductions for necessary child care. The following are the total amounts that can be deducted per child from the family’s earned income:

- \$200 per month per child for children under age 2 and \$175 per month per child for children two and over.
- \$90 work related expense standard for each family member employed.

Scotland County has 437 open Health Choice participating cases and 628 Health Choice eligible, but not covered. The state total is 75,881 open Health Choice participating cases and 115,476 Health Choice eligible, but not covered.

Scotland Health Care System:

- ◆-In 2007, celebrated 61 years of service.

- ◆-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 1,233 free community health screenings such as mammograms (811), bone density (103), cholesterol (251), blood pressure checks and others on Scotty, the health care system's mobile health unit.

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

- ◆-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.

- ◆-Collaborated with the Scotland County School System to provide annual Sports Physicals for all participants in team sports.

- ◆-Hosted a Women's Health Event, September 2007, which included free lipid profiles and bone density screenings, as well as a full day of educational sessions on various health topics.

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

- ◆-Participated with military officers from Camp MacKall in the Civil Affairs Qualification Courses to help train officers and enlisted soldiers to interact with governmental and non-governmental organizations and the populace in other countries – such as Afghanistan and Iraq and countries in Africa – to help improve or reestablish infrastructure.

- ◆-Committed to fund \$100,000 over the next three years to Richmond Community College's Scotland County Center Capital Campaign to construct a new industrial training center that will also house the College's Practical Nursing Program.

- ◆-Completed an expansion project at Maxton Family Practice Center which enlarged the number of exam rooms to 14, added dedicated office space for the providers, and a new waiting room and reception area.

- ◆-Hosted six Red Cross Bloodmobiles which provided close to 221 productive units of blood.

Scotland County Department of Social Services:

Scotland County Department of Social Services (DSS) strives to serve families and individuals who require assistance in achieving or maintaining their full potential for self direction, self-reliance, and economic independence.

In 2006-2007, there were over 12,000 citizens receiving Medicaid and Health Choice benefits. Once again, Medicaid was the largest expenditure in the DSS budget. As with any medical insurance expenditure, Medicaid has seen significant budget increases, much of which can be tracked to the cost of prescription drugs and Long Term Care. Plant closures is another area that caused an increase in Medicaid as citizens who lost their jobs also lost their health insurance. In FY 2006-2007, we continued to see many individuals seeking assistance from DSS. Some of the highlights from the Annual Report are as follows:

- ◆ Provided child care subsidies for 628 children (representing 24.6% of all eligible children) at a cost of \$2,137,733 to enable parents to be trained for work or go to work. Eighty-five percent (85%) of families receiving subsidy earn less than \$25,000 per year.
- ◆ Assisted 33,379 clients who visited our agency and handled over 288,000 incoming calls.
- ◆ Provided guardianship care and supervision for 13 adults in our custody.
- ◆ Issued \$8,568,038 in Food Assistance to 3,440 families, including children, elderly and disabled adults. Eighty-four percent (84%) of the population were potentially eligible for Food Assistance. Scotland County Department of Social Services received Participation & Payment Accuracy service awards from the state for providing outstanding services.
- ◆ Investigated 43 reports of abuse, neglect and exploitation of disabled adults. Twelve (12) cases were substantiated.
- ◆ Investigated 473 reports of Child Abuse/Neglect and substantiated 94 of those reports.
- ◆ Issued 180 Work Permits to students for part time work.
- ◆ Reduced the number of children coming into care from 70 to 65.
- ◆ Licensed/re-licensed and supervised 23 family foster homes.
- ◆ Achieved permanency for 32 children.
- ◆ Collected \$5,681,050 in child support payments and established paternity for 295 children.
- ◆ Located 819 absent parents. Established and enforced 4,544 support order/obligations.
- ◆ Maintained 4,715 Family and Children Medicaid and 588 Health Choice cases.
- ◆ Providers received \$45,484,127 in payments from Medicaid and Health Choice.
- ◆ Assisted 127 Work First recipients go to work and sanctioned 126 Work First recipients for not complying with program requirements.
- ◆ Established 149 Program Integrity claims from 196 referrals and collected \$113,553 from those who received incorrect benefits.
- ◆ Reduced repeat maltreatment from 23% to 4%.

- ◆-Seventy-one percent (71%) of children in care experienced two or less placement changes during the fiscal year.
- ◆-Assisted 3,860 Adults and Families through Service Intake.

Scotland County School System:

Scotland County Schools are 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. This initiative is now in its second year of implementation. 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. This 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. This year a Mental Health Care Coordinator has been added by Southeastern Regional Mental Health Center. This Coordinator will conduct screening, triage and referral, crisis intervention, consultation and facilitation of Child and Family Teams for Scotland County School children.

Students in our county have access to 11 social workers, 13 nurses, 22 school counselors, 2 psychologists, and 4 attendance liaisons. These individuals can work with students on an individual basis to address barriers that prohibit them from being successful in school. Homebound services are also offered to address the academic needs of students who have to be out of school for an extended period of time due to health concerns.

Scotland County school nurses were very busy last year with a variety of duties including screening children for health risks. The following numbers are the totals screened for each indicated area:

- ◆-Blood Pressure: 1,200
- ◆-Dental: 357
- ◆-Hearing: 1,942
- ◆-Vision 2,869
- ◆-Other (sports, height, weight, etc.) 3,691

Hospice of Scotland County:

Hospice of Scotland County is a non-profit agency established in 1986. The agency is Medicare and Medicaid certified and is licensed to provide services in North and South Carolina. Hospice of Scotland County is accredited by the Accreditation Commission for Health Care. The mission is to provide care for persons at the end of life so they may live as fully and comfortably as possible. Services are provided by a team of professionals and volunteers, who give patients and families the “special kind of caring” they deserve. Patients can be served at home or in a nursing home or rest home.

The agency also operates *The Morrison Manor*, a six-bed residential facility that offers a “home away from home” to patients, who, due to a progressing illness or lack of

caregiver, need an alternative living arrangement. The agency has received a Certificate of Need to expand the *Manor* by adding four inpatient level beds. Construction will begin early 2008 on this expansion. These beds will be used for patients with a higher level of medical acuity. Hospice of Scotland County served 349 patients in fiscal year 2006-2007.

Hospice also offers a grant funded program through the Lumber River Council of Government that offers personal care to Scotland County residents age 60 and older. There were 53 patients served by this program in fiscal year 2006-2007.

Emergency Medical Services:

Scotland County EMS has not seen much change in 2007. Three new paramedic positions were added in 2006 but were unable to fill due to the lack of available paramedics. Three EMT's were hired to fill the positions and they are currently attending school. This is expensive since the county has to pay a part-time employee to cover those positions while the EMT's are in school. Many paramedics are leaving the field to return to school and become nurses as the financial rewards, working conditions and hours are much better. EMS systems across the state are experiencing the same issue of staffing shortages. Many systems are considering addressing the issue with a sign-on bonus, higher wages, shorter shift hours, retirement tenure shortened to 25 years (similar to Law Enforcement) and higher annual 401 contributions by employers.

Emergency Management:

Scotland County Emergency Management has not seen much change in 2007, however has 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. Most of the Homeland Security funding that was initially routed from the Federal Government, through the State, to County Governments has now been redirected through Counties back to the State to fund the Highway Patrol's 800 MHz VIPER radio system. To date, \$456,711 has been passed through Scotland County back to the Highway Patrol to develop their system. To date, the system is not operational in Scotland County. The State has also adopted the "Regional Concept" for disaster planning and resource funding. Scotland County is in Region 3. Scotland and twelve other counties surrounding Cumberland County will each have 10 emergency response disciplines per county meet to decide what is needed, on a regional basis, for the 130 agencies represented. North Carolina has been divided into seven regions, some regions with as many as 22 counties and 220 agencies, each attempting to decide what will be best for their region. This is perceived as a step forward in the planning process to address multi-hazard events for the region. Only time will tell, which direction and how many steps this concept will lead us in the future. Our next large-scale disaster could be a good measure on the concept's success.

Scotland County Cooperative Extension Service/4-H, Family and Consumer Science and Community Development:

The North Carolina Cooperative Extension Service at the Scotland County Center provides many environmental, community and agricultural services. Their mission is "Helping individuals, families, and communities put research-based knowledge to work to improve their lives". Some of the programs the Co-Operative Extension sponsored or implemented in 2006-2007 to help strengthen the economy, and empower youth and families are as follows:

- ◆-Collaborated with the Laurinburg Downtown revitalization, Scotland County Health Department, City of Laurinburg, Scotland Memorial Hospital, and area growers to organize a Farmers Market. Continued development will be necessary to make the farmers market sustainable for area growers and consumers in the future.
- ◆-Collaborated with Laurinburg Housing Authority/Family Resource Center in providing educational classes to address proper nutrition, hands on food demonstrations, and family budgeting with 34 participants.
- ◆-Partnered with Scotland County Schools and Healthy Start at UNC-Pembroke to implement the Baby Think It Over (BTIO) Program focusing on teenage pregnancy prevention. Over 550 students in the Eighth grade at 3 county middle schools participated in 2006.
- ◆- Partnered with Scotland County Schools and Healthy Start at UNC-Pembroke to implement the Baby Think It Over (BTIO) Program focusing on teenage pregnancy prevention. Thirty-two (32) students in the Scotland SCHOLARS Program at 3 middle schools participated in 2007.
- ◆-Collaborated with 4-H Expanded Food and Nutrition Education Program (EFNEP) and Scotland Accelerated Academy to implement an educational program that encourages students to make physical activity a priority with 60 students participating.
- ◆-Collaborated with 4-H Expanded Food and Nutrition Education Program (EFNEP) and Scotland SHOLARS to offer classes on the importance of healthy snacks and physical activity. Over 55 children received lessons on making healthier food choices and the importance of fitness and exercise.
- ◆-Collaborated with 4-H Expanded Food and Nutrition Education Program (EFNEP) and East Laurinburg Alternative School to offer lessons on the importance of healthy snacks and physical activity. Approximately 60 youth received lessons on selecting healthier food choices and the importance of fitness and exercise.

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. Forty-five (45) families received intensive family support through L.E.A.P. and Parents as Teachers Programs. Accomplishments in 2006-2007 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 45 families received intensive family support through the program.
- ◆-Forty-FIVE percent (45%) of graduating teen parents have continued their education by attending post secondary education.
- ◆-Ninety-five percent (95%) of parents participating in Family Support Programs demonstrated increased knowledge of parenting skills.
- ◆-Forty-six (46) 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.
- ◆-Seventy-seven percent (77%) (169 of 219) of Child Care staff improved their teaching skills through in-service trainings.
- ◆-733 children were impacted by Smart Start efforts to increase the quality of their early childhood environment.
- ◆-207 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 3.28.
- ◆-Provided the Smart Start Resource Lending Library and increased usage by Child Care Providers by 69% (16 to 27) since 2000.
- ◆-Provided 664 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. As of June 30, 2007, nine initial and nine follow-up Child and Family Team meetings have been held. Child and Family Team plans have been developed for ten children (8 male/2 female) ranging from 1 month to 14 yrs of age.
- ◆-In 2006, 818 volunteer hours were donated by community members through the Partnership and its programs. Over 6,903 hours have been donated since 2001.

Scotland County Adolescent Wellness-Council:

In 2007, the Scotland County Adolescent Wellness Council continued their mission “To empower Scotland County youths and their families to make informed decisions that enhance their well-being.” The council’s goals are to eliminate teen pregnancy, prevent sexually transmitted infections and promote healthy lifestyles. The council’s major role is to provide resources and technical support. The following activities were accomplished by the Council this past year:

- ◆-Participated in Cooperative Agreement with the Adolescent Pregnancy Prevention Coalition of North Carolina (APPCNC) and the Centers for Disease Control (CDC) 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” event “What Makes Adolescents Tic”, in October 2007 to inform parents about adolescent growth and development. (40 participants)
- ◆-Sponsored the Annual Teen Summit in January 2007 with a focus on “recognizing Gang Violence”. (130 participants)
- ◆-Participated on the Community Advisory Board of the Scotland County Leadership and Education for Adolescent (LEAP) Program and Teens involved in Positive Problem Solving (TIPPS) Program.
- ◆-Facilitated meetings with interested persons in forming a task force to prevent gang violence.

Scotland County Parks and Recreation:

Scotland Place Senior Center strives to enrich the lives of Scotland County adults age 55 and older through programs and services that will improve their health and wellness, decrease their loneliness and isolation, as well as provide social, economic and educational opportunities that enhance their quality of life. Programs include, but are not limited to: (FY 2006-2007)

- ◆-Senior Games and Silver Arts (65 participants)
- ◆-Prime Time Hoops – approximately 1,000 participants (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 – 15 members

Scotland County Parks and Recreation's mission is to provide leisure opportunities to the citizens of Scotland County for enrichment of mind, body and quality of life. Programs and facilities include, but are not limited to:

- ◆- Hershey Track and Field Competition (9-12 yrs olds) approx. 50 participants
- ◆-Prime Time Hoops – open gym in Laurel Hill every Sunday from 2:00-6:00 pm
- ◆- Splash Pad – Water Playground (4,500 attendees)
- ◆-Continued “Healthy Snacks for Team Sports” program in Spring and Summer of 2007. 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
- ◆-Tennis Center – 1200 participants in classes for youth and adults
- ◆-Youth Athletics – football, cheerleading, basketball, baseball and softball
- ◆-Adult Athletics – basketball, volleyball and softball

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 2006-2007, the total number of hospitalizations in Scotland County due to asthma were: 123 for all ages and 23 for children ages 0-14 years. Scotland County ranks 8th highest in North Carolina for asthma related hospitalizations (based on rate per 100,000 population) for all ages and 11th highest for children age 0-14 (NCSCHS, 2006).

In 2006 according to the North Carolina Behavioral Risk Surveillance System:

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

(Note):

Purcell Clinic: The Purcell Pediatric Clinic diagnosed or screened approximately 720 patients with asthma in 2007. 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.

Domestic Violence & Rape Crisis Center

The Domestic Violence and Rape Crisis Center provides services for survivors of sexual assault and domestic violence, a 24-hour hot-line, a 24-hour shelter, support groups, community education and prevention, court advocacy and other ancillary services. Their mission is to educate our community about domestic violence and sexual assault, prevent future occurrences and empower survivors and their families to

rebuild their lives. The Center plans to move into a new shelter facility in the Spring of 2008 to better serve the citizens of Scotland County, which will provide six bedrooms, three bathrooms, handicapped accessibility, and a separate on-site office. In F/Y 2006-2007, the Center fielded 201 crisis calls for domestic violence and 15 crisis calls for sexual assault.

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. Additional funding in the 2007 budget allowed for the hiring of one additional employee. The system also added a second fixed route (the Red Line Route) that serves East Laurinburg and the north side of Laurinburg. The two routes (the Blue Line and the Red Line) have several common stops that allow riders to transfer from one line to the other to reach different areas of the community.

Scotland County Area Transit System (SCATS) runs Monday through Friday from 8:00 am to 5:00 pm and costs \$1.00 per person per day. SCATS served approximately 1,818 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 good nutrition, and making our parks and roadways safer can make a positive impact on Scotland County.

Mental Health Reform

Scotland continues to be served by Southeastern Regional Mental Health, Developmental Disabilities, and Substance Abuse Services Local management Entity (LME). As of October 2007, there are 18 private providers (for-profit and non-profit) endorsed by them to provide at least one service related to mental health, developmental disabilities, and substance abuse. There are also at least three additional providers with licensed staff providing professional mental health services in Scotland County. Several services remain in short supply – psychiatric services, outpatient substance abuse services, intensive in home services, and day treatment programs. Often, clients need to go to more than one provider to receive services determined to be medically necessary and appropriate. Due to the Governor's 100 Schools Initiative, school-Based "Child and Family Support Teams" have been located in 7 of our 22 schools. These 7 teams consist of a full-time school nurse and a full time school social worker who screen, refer and provide services to child at high-risk for academic failure or out-of-home placement. Since fall of 2006 these teams have served over 920 children to date, with over 40 % having mental health-related or behavior problems. In July of this year, Southeastern Regional LME hired a full-time mental health professional to work as a liaison between the schools and the LME to provide more timely and appropriate care for mental health and related services. The local Smart Start Partnership is providing oversight for a new county-wide initiative called *SCOTLAND COUNTY SYSTEM OF CARE*. This initiative strives to provide comprehensive services and improve outcomes for children and youth who have serious emotional/ behavioral, social, academic and safety needs that interfere with healthy functioning at home, in school and in the community. Most of these children and youth need mental health and related services. This program has served 20 families with 40 child and family team meetings as of December 2007.

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 –

The Scotland Community Health Clinic opened its doors on July 19, 2007. Their mission is to provide quality, routine health care to residents of Scotland County who have no medical insurance and meet certain financial requirements. Patients are currently seen in the clinic by volunteer physicians and mid-level providers on Monday and Wednesday mornings and Thursday evenings. Eligibility appointments are scheduled on Mondays, Tuesday, and Wednesdays. The clinic is dependent on the 20+ providers (including physicians, mid-level providers, nurses, CNA's and phlebotomists) to provide the needed services. Office hours are Monday through Thursday 8:30-5:30 and Friday 9:00-2:00. Dr. Mark Navaid currently serves as Medical Director for the clinic. The Executive Director is Donna Young.

Since opening, over 225 patients have received care. Thousands of dollars of services have been donated by LabCorp., Scotland County Imaging and Scotland Memorial Hospital. Free mammograms are provided by the Scotland Memorial

Foundation through the hospital's mobile unit "Scotty". Approximately 30 free mammograms have been provided through the community clinic in 2007. Prescription Assistance is currently being provided with the help of Connetinc. Beginning January 2008, the clinic will offer monthly health education classes.

Scotland Community Health Clinic is not connected with any local, State or Federal agency and must rely primarily on local donations, with some assistance from grants and foundations.

Churches and faith-based organizations are increasing their role and efforts targeting healthy lifestyles by offering programs that address chronic disease, 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 2nd in the State, is faced with one of the highest unemployment rates in North Carolina according to the North Carolina Employment Security Commission, 3rd Quarter 2006. Through September 2006, 0 jobs were announced. The average weekly wage for all industries was \$523.00(1st quarter 2006).

No new industries have located to Scotland County in 2006/2007, however Arvin Meritor and Butler Manufacturing announced plans for expansion in 2007. ArvinMeritor created approximately 60 new jobs and Butler Mfg. created 20. Eaton Corporation downsized its Laurinburg operation and approximately 50 jobs were eliminated. Westpoint Stevens announced they were moving their Wagram operation overseas. Nearly 1,100 jobs have been eliminated over the past several years during the transition, but the distribution plant still remains in Scotland County. Scotland County's job losses through October 2006 were 370.

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. Twenty-three (23) new businesses have joined the Chamber of Commerce in 2007.

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. Three things have resulted so far from the Economic Summit:

- ◆-An increased presence with the NC DOC Division of Community Assistance which resulted in a job fair in October 2007.
- ◆-Continued support of Richmond Community College (RCC), who reached their funding goal of \$3.5 million dollars for the Scotland Campus.
- ◆-The Spec Building was approved and will be completed soon at the Laurinburg/Maxton Airbase. The construction is an effort to bring in new industry. There are nine other sites that similar buildings can be constructed on to continue the cycle.

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, small businesses, 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, Scotland County Cooperative Extension, Adolescent Wellness Council, Scotland Health Care System, Adult Day Care Centers, Senior Centers, Nutrition Sites or the Crime Stoppers Task Force.
- ◆-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 2007 **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. Current primary and secondary data were used to complete this document along with data collected from the 2005 Community Health Assessment Report.

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Scotland County, NC

State of the County Health Report

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Scotland County Healthy Carolinians