

2017

Franklin County Annual Health Report State of the County Health Report (SOTCH)



In This Report:

<u>Purpose</u>	1
<u>Demographics/Socioeconomic Indicators</u>	1-2
<u>Access to Care & Morbidity & Mortality</u>	2
<u>Addressing Health Priorities</u>	3-5
<u>New Initiatives</u>	5-6
<u>New & Emerging Issues</u>	7-8
<u>Obtain a copy of this report</u>	8

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Purpose

In North Carolina, each local health department is required to conduct a Community Health Assessment (CHA) every four years. During the years between community health assessments, health departments must submit an annual abbreviated State of the County’s Health (SOTCH) report.

The SOTCH Report provides an update on health concerns and actions being taken to address them. It uses the most recent data to highlight county demographics, the leading causes of morbidity and mortality, and progress made toward addressing the leading health concerns identified in the 2015 Franklin County Community Health Assessment. **The three top health priority areas identified in the 2015 Community Health Assessment include: Chronic Disease, Physical Activity and Nutrition and Substance Abuse (including tobacco).**



This report reviews local demographics, changes in selected health priority data, health indicators including morbidity and mortality data, and updates on the progress made towards priority health issues affecting our community. Significant and emerging issues are highlighted along with new initiatives that address important public health concerns. Any ideas or suggestions that might help us improve health outcomes in the community are welcome and can be made using the contact information in the back of this report. Any other comments or questions about the report are also welcome.

Demographics – Population Breakdown (Source: NCIOM, 2017)

	Franklin County	North Carolina
Population	64,705	10,146,788
Child Population	22.3%	22.7%
Elderly Population	16.2%	15.5%
White	63.7%	63.5%
African American	26.4%	22.2%
Hispanic/Latino	8.1%	9.2%
Asian	0.6%	2.9%
Native Hawaiian/Pacific Islander	0.1%	0.1%
American Indian	1.0%	1.6%
Two or More Races	1.9%	2.6%

Demographics – Socioeconomic Indicators (NCIOM,2017)

	Franklin County	North Carolina
Median Family Income (US Census)	\$44,272	\$48,256
Unemployment Rate	5.1%	5.1%
Person Living in Poverty	15.3%	15.4%
Children Living in Poverty (NC Child, 2017)	25.3%	25.1%
Adult Obesity	30.0%	31.8%
Uninsured Adults	17.5%	16.2%

Uninsured Children	5.5%	4.6%
High School Graduation	85.3%	86.5%
College Graduation – Bachelor’s Degree or higher	20.4%	29.0%

Franklin County’s population is growing at percent change of 1.6% and the state percent growth at 1.0%. The median family income for the county is below the state rate. The unemployment rate, number of people living below the federal poverty level, and uninsured rate is an indicator of the economic status for county residents. These factors are most likely linked to the number of residents without access to health care lower academic achievement, have chronic disease, overweight/obese and have poor socioeconomic indicators. In general, adults with less education have more chronic health problems and shorter life expectancies.

Access to Care (NCIOM, 2017)

	Franklin County	North Carolina
Primary Care Physicians per 10,000 population	1.2	6.9
Dentists per 10,000 population	1.4	4.9
Psychiatrists & Psychologists per 10,000	0	1.2
OBGYN/Family Medicine Physicians per 10,000	0	1.2

Source: <http://nciom.org/map/>

Overview of Morbidity and Mortality Data

In 2016, the five leading causes of death in Franklin County were cancer, heart disease, chronic lower respiratory disease, cerebrovascular diseases and all other unintentional injuries. Together they account for 63.1. % of all deaths. For 2017, the North Carolina Central Cancer Registry projected the number of cases in Franklin County for the following types: 60 lung/bronchus cancer, 69 breast cancer, 53 prostate cancer, and 29 colon/rectum cancer. (Source: “Projected New Cancer Cases and Deaths by County, 2017” link at <http://www.schs.state.nc.us/data/databook/>, accessed 12/28/2017.) According to the 2015 Behavioral Risk Factor Surveillance System (BRFSS) Survey, 8.1% of respondents in the Piedmont Area reported a history of any cardiovascular diseases (heart attack or coronary heart disease or stroke). 10% of the Piedmont Area residents were told by a doctor or another health professional that they had pre-diabetes or told that they were a borderline diabetic.

Franklin County Top 5 Leading Causes of Death

- **CANCER - 25.2%**
- **HEART DISEASE – 20.9%**
- **CHRONIC LOWER RESPIRATORY DISEASE – 6.8%**
- **CEREBROVASCULAR DISEASE – 6.3%**
- **OTHER UNINTENTIONAL INJURIES – 4%**

Source: North Carolina State Center for Health Statistics. Leading Causes of Death 2016. Retrieved from <http://www.schs.state.nc.us/interactive/query/lcd/getleadcauses.cfm>

Addressing Health Priorities

Physical Activity & Nutrition

Franklin County Health Department participated in the North Carolina Fruit and Vegetable Outlet Inventory for Franklin County. This inventory was conducted under the direction of NC Division of Public Health's Community and Clinical Connections for Prevention and Health Branch. This inventory helps the community to identify farmers' markets, roadside stands and produce stands with a set location and hours. The data was collected from May through July of 2017. The link to this inventory can be found on [FCHD's website](#). Feeding Franklin is a non-profit organization in our community that developed two community gardens located in Louisburg and Franklinton. The community garden produce is shared with local food pantries to increase access to healthy foods among those in need. This organization also conducted several food drives to help with fighting local hunger.



Franklin County Farmer's Market estimates that they served about 2,800 customers in our community this year. The Farmers Market held a Tomato Tasting this summer using dozens of varieties of tomatoes that were produced in Franklin County. This gave residents an opportunity to experience healthy food demonstrations and tasting of fresh, local produce. Approximately 200 people attended the tomato tasting event.

Franklin County's Cooperative Extension Center offered several programs that encourage healthy nutrition and regular physical activity for youth and adults. SNAP Education had a total of 54 second grade participants at Laurel Mill Elementary school. SNAP-Ed helps to provide participants with tools and resources to improve their overall health and wellness through a series of interactive lessons. Color Me Healthy is another SNAP-Ed program that serves preschoolers and kindergarteners. The County Extension served a total of 73 participants with this program. The program focuses to teach children healthy eating and physical activity can be fun. Here is a list of other programs and activities offered by cooperative extension:

- Grocery Store Tours – 6 participants
- Bicycle Safety Camp – 4 participants
- Freezer Meal Class – 25 participants
- Better Choices – 27 participants
- Healthy Living Series – 6 participants



The Franklinton Senior Center offered Tai Chi classes twice a week during the year. The average attendance at each class is 5 participants. The center also hosted

yoga classes that are also available twice a week and the average attendance is 3 participants per class. An arthritis exercise class was offered from October to December and a total of 4 participants completed the class.

Coming Soon!

Franklin County's New Park! An opening has been set for September 2018 for V.E. and Lydia Owens Recreational Park. Phase I of the park includes a playground, a half-mile running/walking trail and fishing pier. There will also be event space and a demonstration garden. Full details about the park and a master plan facilitated by the McAdams Company can be viewed at: http://files.www.franklincountync.us/parks/2016-03-18_VE_Lydia_Owens_MasterPlan_Final.pdf

Chronic Disease



Franklin County Health Department enrolled over 20 participants into the Diabetes Prevention Program. This one-year program consists of weekly and monthly group-based sessions led by a trained lifestyle coach. The goal of the program is to increase the participants physical activity to at least 150 minutes per week and obtain weight loss of 5% to 7% of starting body weight to lower their risk of developing diabetes. This program was also provided to the community through Franklin County's Cooperative Extension, which served a total of 22 participants. Franklin County's Cooperative Extension also offers the Expanded Food and Nutrition Education Program (EFNEP). EFNEP was conducted during the summer and had 5 youth participants.



Louisburg and Franklinton Senior Centers offered the Know It, Control It class in 2017 and had a total of 22 participants enrolled. Know it, Control It is a program focused on helping people self-monitor their blood pressure and make healthy lifestyle changes to control high blood pressure.

Substance Abuse

Substance Abuse is a health concern and priority for Franklin County residents and closely aligned with mental health. Therefore, having staff trained in Mental Health First Aid was chosen as a strategy to help county employees know how to identify, understand and responds to signs of mental illness and substance use disorders. A total of 30 Franklin County Health Department staff have been trained since 2016.



Franklin County is working towards increasing Quitline NC referrals. As of June 2017, Franklin County has a total of 169 callers who are registered with the Quitline NC. The health department has been working on academic detailing, cessation counseling/billing, and RN standing orders for Medicaid cessation counseling. Franklin County Health Department nursing staff will receive training in You Quit, Two Quit and they are in the planning process to

strategize methods to incorporate, evidenced based NC Quitline referrals for patients that want to quit.



Franklin County Sheriff’s Office organized the Medication Drop Off Event during Senior Fun Day in the park. This event is offered at least once per year which allows anyone to safely and properly dispose of unwanted, unused or expired medications. Medication drop-off boxes are located at Louisburg and Bunn’s Sheriff Departments where anyone can bring any medication during normal business hours of 8am-5pm. This initiative helps to save lives, protect our environment and dispose of unnecessary medications.



The Franklin County Library System currently implements a tobacco free policy that prohibits the use of any tobacco, including smokeless, on the property or in the building. Designated tobacco use areas have been identified.

Tobacco & Substance Abuse (NCIOM, 2017)

	Franklin County	North Carolina
Adult Smoking	19.0%	19.0%
Youth Tobacco Use	26.7% (Central NC)	27.6%
Unintentional Poisoning/Overdose Deaths per 100,000 population	12.7	13.2
Opiate Poisoning Deaths per 100,000 population	9.2	10.3
Opioid Prescribing Rate (Rate of retail opioid prescriptions per 100 persons)	56.6	82.5

*Additional data on opioid use and abuse below

New Initiatives



Motivational Interviewing Strategy Implementation

To improve better health outcomes, the staff of the Franklin County Health Department were trained in motivational interviewing. Motivational interviewing differs from traditional care by focusing on empowering individuals and supporting self-efficacy. It is an evidence-based approach that health care providers can use to help patients adhere to their treatment recommendations. Training was offered by Wake AHEC; funding to support this training was provided through a grant awarded to Franklin County Health Department from Triangle North Foundation.



The Faithful Families Eating Smart and Moving More Program promotes healthy eating and physical activity within communities of faith through a curriculum of nine sessions. The curriculum is co-taught by health educators and trained lay leaders from the faith community in small group settings. Lay leaders bring the spiritual elements into each session. This program will be offered to local two churches 2018-2019.

MARIA PARHAM FRANKLIN

Duke LifePoint Healthcare After an agreement for Duke Lifepoint to operate the former Franklin Medical Center hospital as part of the system's Henderson hospital, Maria Parham Health, Franklin Medical Center will reopen in 2018 as Maria Parham Franklin. Maria Parham Franklin will provide emergency department and provide around-the-clock emergency care, behavioral health and diagnostic services. The emergency department is expected to begin operations in mid- to late 2018. The second phase of the project will re-establish and expand behavioral health services in the community. This includes re-opening the behavioral health unit and starting an inpatient adult behavioral health unit by late 2018.



The number of people with mental illness in U.S. jails has reached crisis levels. In counties and states across the nation, jails now have more people with mental illnesses than in their psychiatric hospitals. Franklin County is working towards addressing this problem by collaborating with neighboring county partners, including health department directors, law enforcement, and other community leaders, to develop a plan and resources that will contribute to decreasing the incarcerations of people with mental health illness. More information about this initiative is available at <https://stepuptogether.org/>.

Opioid Forum

A Spark of Hope, community forum was held in the summer. This forum was open to the public as an effort to raise awareness about opioid addiction in our community and highlight resources that are available to help families cope with this problem. Scott LaVigne, Franklin County Health Director sat on the panel for the forum with other community leaders who are on the front lines battling this problem. This event was organized by a Franklin County family who lost their son due to opioid overdose.



New & Emerging Issues

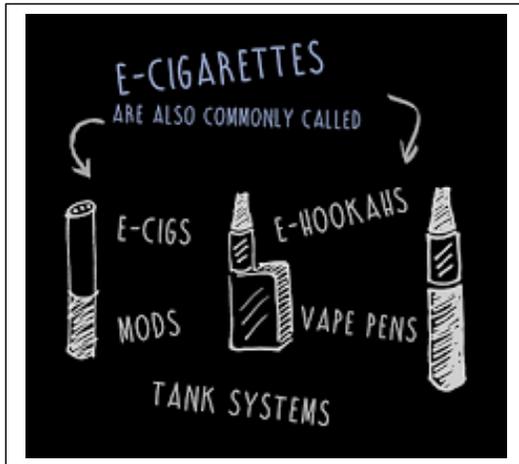
Opioid Epidemic – On average, three people die per day from opioid overdoses in North Carolina. For each death, there are also three hospitalizations and four emergency room visits. The issue is statewide, however, rural areas in North Carolina have very few options for long-term treatment for addicts. Despite efforts of the Department of Human and Health Services to distribute naloxone, a drug that reverses overdoses, the death rate from opioid overdoses are still increasing. Those who have been administered naloxone are not required to get treatment.

North Carolina Department of Health & Human Services officials expect to see an increase of four people on average dying of opioid overdose per day. This is due to increasing use of heroin and synthetic narcotics. Overdoses from prescribed pills have decreased due to changes in laws made by the General Assembly. Franklin County's data in comparison with neighboring Nash County can be seen below:

Demographics of Unintentional Medication & Drug Overdose Deaths

	SEX		AGE				
	M	F	0-17	18-24	25-44	45-64	65+
Franklin County, Overall Population, 2012-2016	50%	50%	23%	9%	24%	29%	15%
Nash County, Overall Population, 2012-2016	48%	52%	23%	9%	23%	28%	16%
Unintentional Overdose Deaths, Franklin County Residents, 2012-2016	62%	38%	0%	10%	38%	49%	3%
Unintentional Overdose Deaths, Nash County Residents, 2012-2016	56%	44%	0%	8%	50%	41%	2%
Unintentional Overdose Death, North Carolina Residents, 2012-2016	63%	37%	0%	9%	49%	39%	3%
	RACE						
	White	Black	Asian	Am. Indian	Hispanics		
Unintentional Overdose Death, Franklin County Residents, 2012-2016	92%	3%	0%	3%	3%		
Unintentional Overdose Death, Nash County Residents, 2012-2016	83%	14%	0%	0%	2%		

- E-Cigarettes and other Emerging Tobacco Products** – The use of e-cigarettes and other vaping products have surpassed use of conventional cigarettes. They are most common among U.S. youth. There has been growing evidence that shows that youth who have never smoked cigarettes, but currently use e-cigarettes, are more likely to use conventional cigarettes in the future than young people who do not use e-cigarettes. Nicotine exposure during adolescence can have long-term effects on brain development and can increase the risk of addiction to other substances by causing changes within the brain.



Community Input

The voice from the community is very important to public health. If you are interested in providing your input, please contact us at 919-496-2533

Where can you find this report?

You can find a copy of this report and other community health data at <http://www.franklincountync.us/services/health> or at any Franklin County library. You may also request a copy of the report by contacting Health Education at Franklin County Health Department. 919.496.2533 ext.2356 or ext.2386

