

# Franklin County Health Department

## 2014 STATE OF THE COUNTY HEALTH REPORT



### Purpose

The state of North Carolina requires local health departments to conduct a Community Health Assessment (CHA) every four years. In December 2012, the Franklin County Health Department developed and published the 2011 CHA report, which can be found on [www.franklincohealth.org](http://www.franklincohealth.org) or by request at the health department. This document presents primary data from a community health survey completed by citizens of Franklin County, as well as, secondary data from the NC Center for Health Statistics. In the three years between each CHA, health departments are expected to submit a State of the County Health Report (SOTCH report).

The purpose of this report is to track priority issues identified in the CHA, identify emerging issues, and highlight new initiatives in the county. The SOTCH report also presents primary data from the community health survey and secondary data from the NC Center for Health Statistics.

The following **HEALTH PRIORITIES** were selected and identified based on the CHA findings:

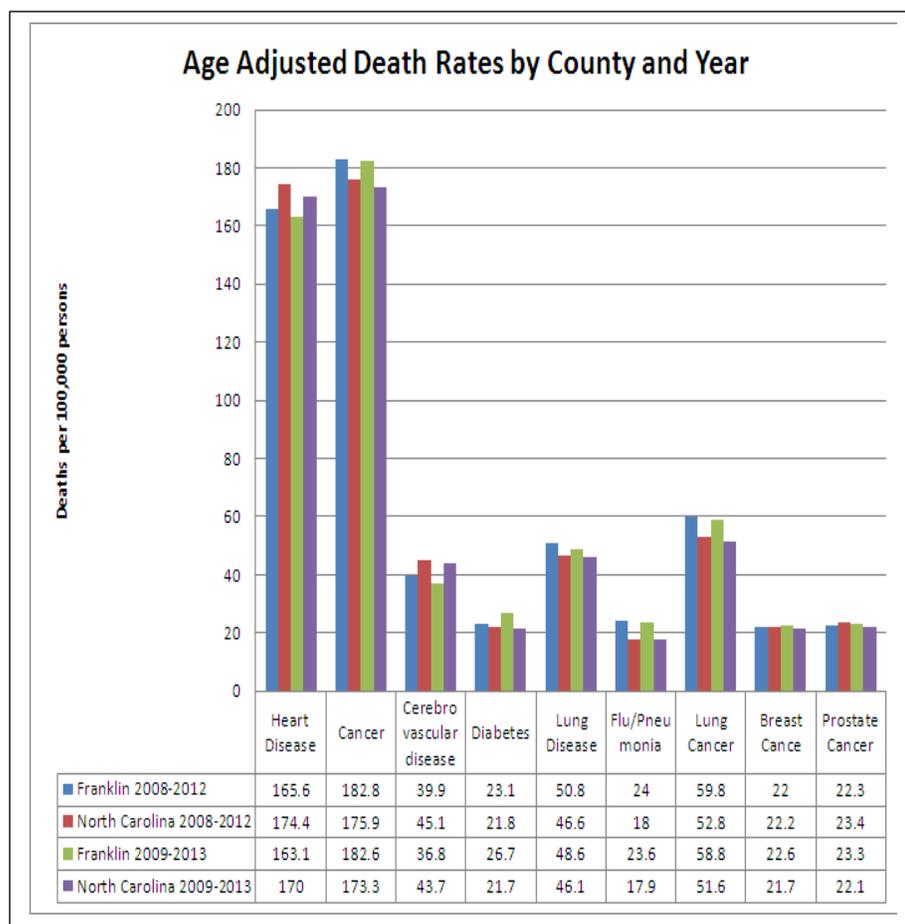
- Access to Healthcare
- Physical Activity & Nutrition (including Chronic Diseases and Obesity)

## Characteristics of Franklin County (Demographics)

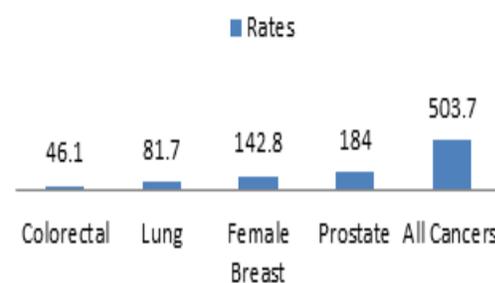
Category	Franklin County	North Carolina
Population Estimate	62,260	9,848,060
Persons under 5	5.9%	6.4%
Persons under 18	23.3%	23.2%
Persons 65 years and over	14.6%	14.3%
White Alone	69.8%	71.7%
Black or African American alone	26.9%	22.0%
Hispanic or Latino	7.9%	8.9%
Median Household Income	\$42,920	\$46,450
Percent Unemployed	5.7%	6.8%
Percent of non-elderly (0-64) uninsured	18.7%	n/a
Persons below poverty level	15.4%	16.8%

## Leading Causes of Death in Franklin County (Mortality)

The top three causes of death in Franklin County continue to be chronic diseases, including cancer, diseases of the heart, and chronic lower respiratory diseases. Health disparities and lifestyle behaviors including smoking, physical inactivity, and poor nutrition are all related to the leading causes of death. As shown in the chart below, cancer is the leading cause of death with a rate of 182.6 deaths per 100,000 persons, which continues to be higher than the states rate of 173.3 deaths per 100,000.



## 2007- 2011 Cancer Incidence Rates per 100,000-Age Adjusted



The graph above indicates cancer rates 2007-2011 in Franklin County. The chart indicates the number of new cases of cancer per population at risk in a given time period. Prostate cancer is the leading cancer type, followed by female breast cancer.

## Priority Area: Access to Health Care...Our Progress

*In the 2011 CHA report, access to healthcare was selected as a health priority. Over time, Franklin County residents have struggled with healthcare due to limited access. There are many barriers contributing to having inadequate access to healthcare, including: lack of transportation, lack of health insurance, insurance that provides limited coverage (underinsured), language barriers, and limited or lack of quality healthcare providers.*

*18.7% of Franklin County residents do not have access to healthcare because they are uninsured. The County Health Rankings and Roadmaps provided the most recent information concerning healthcare for Franklin County compared to the state of North Carolina.*

### Quick Facts:

*Non Elderly Uninsured  
Estimates-Franklin County  
(Ages 0-64) 2010-2011 (NCIOM,  
2013)*

*Children 0-18: 8.4%*

*Adults 19-64: 23%*

*Total for Ages 0-64: 18.7%*



### **Mammogram Services**

Free Mammograms were offered to the low income, uninsured and underinsured population via Franklin County Volunteers in Medicine. The mammograms were provided by the REX mobile. Eligibility was determined by income level, and health insurance status.

Franklin County Cancer Center offered funding for mammograms to the uninsured population. This organization provides assistance as the result of continuous fundraising designated for women in need of mammogram services. The mammograms are conducted at Franklin Novant Regional Medical Center.

### **The Great American Smoke Out**

Franklin County Health Department collaborated with several community organizations including Franklin County Senior Centers, Franklin County Schools Health Advisory Committee, and Franklin Community Health Services to promote Quitline NC's 8 free weeks of nicotine patches to make the community more aware of The Great American Smoke out, which takes place each November. A newspaper ad was published in the local Franklin Times Newspaper for additional promotion.

### **Health Insurance Market Services**

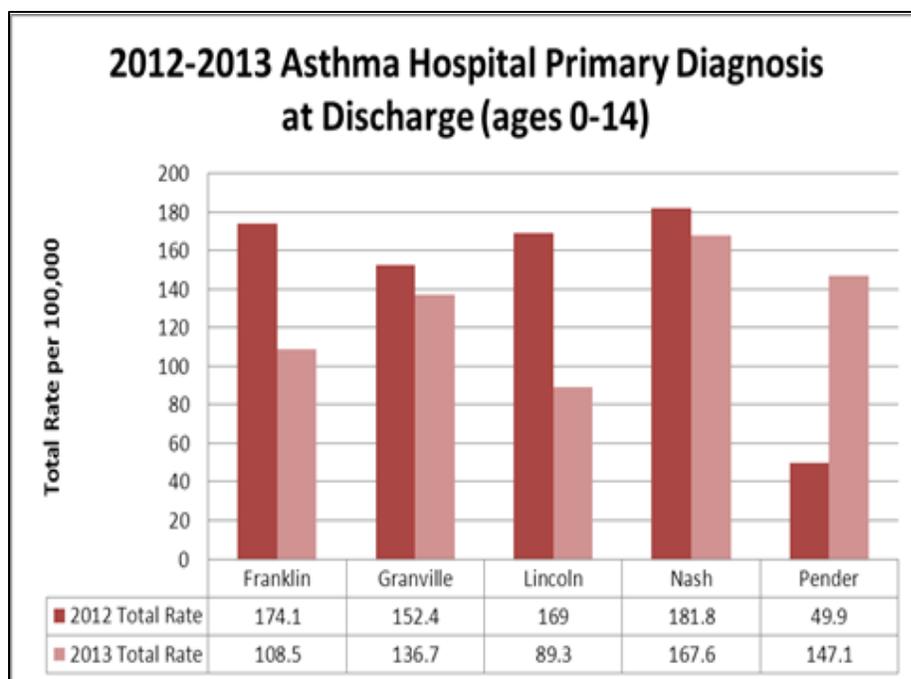
Franklin Community Health Care Services provides Health Insurance Market Place counselors to assist with the Health Insurance Market Place application process for the uninsured and underinsured population.

### **Operation Medication Drop Off**

Franklin County Sheriff Department partnered with Franklin County Water and Soil Conservation District to organize the annual Medication Drop Off event to allow county residents to have the opportunity to dispose medication properly. Over 32,000 pills were collected during the October 2014 event. FCHD assisted with promotion of this program.

**Living Healthy Chronic Disease Self-Management Program (CDSMP)** was offered by Louisburg and Franklinton Senior Centers. Franklin County Health Department supports this program by assisting with promotion of the program and referrals.

**Diabetes Education Recognition Program (DERP)** offered by Louisburg and Franklinton Senior Centers. Franklin County Health Department supports and assists with promotion of the program and referrals.



This chart compares asthma rates to Franklin County peer counties.

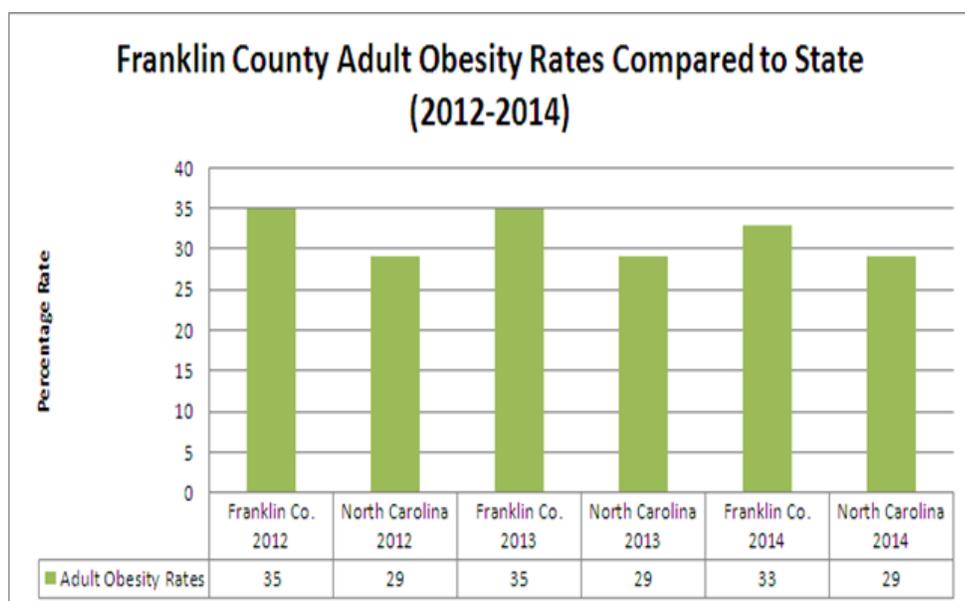
Children ages 0-14, discharged from the hospital with an asthma diagnosis decreased in 2013.

## Priority Area: Physical Activity and Nutrition (Obesity and Diabetes)

*Physical activity and proper nutrition is also a concern for Franklin County residents. Physical activity and proper nutrition are essential for good health, because they both help to reduce the risk for the development of chronic diseases, such as: certain cancers, diseases of the heart, stroke, diabetes, and hypertension.*

*Regular physically activity and healthy eating also helps to reduce the chances of becoming overweight or obese.*

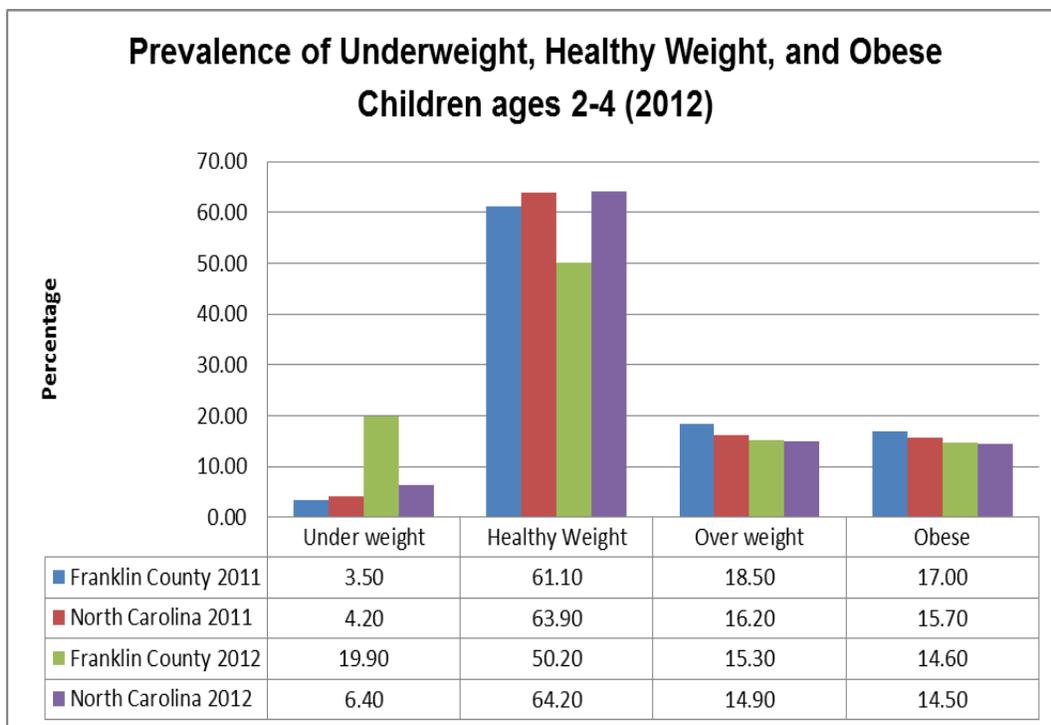
*In Franklin County, the rates of overweight or obese individuals continues to be a concern.*



Franklin County obesity rates have remained higher than state rates for the last 3 years. Recent data indicates that 33% of the adult population is obese.

#### Good News!

The number of obese adults has decreased by 2% over the last 2 years!



Sources: NC State Center for Health Statistics



#### Good NEWS!

Franklin County child obesity rates have dropped since 2011 by 2.4%.

The percent of overweight children has also decreased by 3.2%.

#### Bad News...

The number of healthy weight children ages 2-4 has decreased by 10% since 2011.

## Progress Towards Physical Activity and Nutrition:

### Expanded Foods and Nutrition Education Program

EFNEP (Expanded Foods Nutrition Education Program) continues to serve the Franklin County Community offering cooking demonstration/nutrition education classes to low income families with children. EFNEP classes are offered at Franklin County Cooperative Extension year round.

**Crosswalk**-Franklin County Health Department partnered with the town of Youngsville by providing funds to enhance an existing crosswalk, therefore increasing safe places to walk and increasing the number of people that will be physically active. Funds were provided by the Community Transformation Grant Project.

## Healthy Schools

Healthy Generation Schools Program-Franklin County Elementary Schools continues to participate in the Healthier Generation program to encourage healthy schools practices



Youngsville Elementary School raised funds to purchase and install a new bicycle rack to increase the number of children who bike to school.

Franklin County Schools was one out of three counties selected to participate in the million dollar grant funded, USDA Fresh Fruits and Vegetables Program, which will assist with expanding the variety of fresh fruit and vegetables on school menus and provide a healthier option for students.



Triangle North Health Foundation awarded \$12,000 to Franklin Granville Vance Smart Start for twenty (20) child care centers, which will spend approximately \$50 each month purchasing fresh foods and/or purchasing low cost physical activity items (balls, hoops, etc.) for their children Program success will be seen in fewer meals with canned and pre-packaged foods and more fresh fruits and vegetables, as well as more planned organized physical activities for these children.

## Community Eligibility Provision (CEP)

Eight Franklin County Schools participated in the Community Eligibility Provision (CEP) for this year. This program allows for each student within these schools to be eligible for free breakfast and lunch meal each school day.

## Second Grade Nutrition Fair



Over 700 Franklin County School District second graders received nutrition and physical activity education at the Annual 2<sup>nd</sup> Grade Nutrition Fair.



## Community Transformation Grant Project

Franklin County concluded year 3 of the Community Transformation Grant Project (CTGP), closing out the CTG project which focused on physical activity, healthy eating, and tobacco prevention and evidenced based clinical and preventative services. As part of an eight county region, Franklin County Health Department was able to participate in the 2014 Fruit and Vegetable Inventory by surveying the local farmers market and roadside stands. For more information, please visit [www.transforminghealthnc.org](http://www.transforminghealthnc.org)

**Safe Strides Program-** Gentivia's Safe Strides Program, a home based falls prevention program was presented at the Franklinton Senior Center participants in January.

**NC Division of Deaf and Hard of Hearing** provided resources and education on hearing loss Louisburg Senior Center in January.

**The Franklin County Visually Impaired Persons support group** meets the 4th Friday of each month at the Louisburg Senior Center. Franklin County Health Education staff provided nutrition education to over 10 participants during the month of September.

**Louisburg Senior Center** offered Arthritis Exercise classes, held every Tuesday and Thursday at 2 p.m. from Jan. 6 - Feb. 26 at the Louisburg Senior Center. The program may decrease depression, improve certain physical parameters, improve performance of daily activities, and improve balance and coordination.

## New Initiatives

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**Franklin County Community Garden** -The United Way of Franklin County in partnership with the Franklin County Sheriff Office, Franklin County Cooperative Extension, and business community joined together to form the Feeding Franklin Garden, which will serve 23 food program and pantries in the county to fight against hunger year round.



The Active Routes to Schools program is a NC Safe Routes to School Project supported by a partnership between the NC Department of Transportation and the NC Division of Public Health. Through this project there are ten Active Routes to School project coordinators working across North Carolina to make it easier for elementary and middle school students to safely walk and bike to school and be physically active at school. The project coordinators work with partners in their communities to increase opportunities for shared use of facilities and complete streets to improve access to physical activity. Franklin County Health Department staff serves on the Region 7 team for this project.

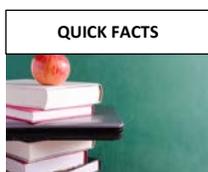
## Health Resource Information

Franklin County United Way and NC 211 have partnered to populate the local health resource and service information.



**Bunn Energy Project** The town of Bunn partnered with two power management companies. The solar arrays provided will generate an estimate of 20 million kilowatt hours of sustainable electric annually to power over 1,000 homes and reduce greenhouse gases emissions, which is equivalent to 2900 passenger vehicles

**Education Services-** Franklin County Library established a partnership with Educational Opportunity Center (EOC) to offer free services and counseling to adults seeking post-secondary education or to obtain a GED or high schools equivalency.



### QUICK FACTS

Franklin County High School Graduate or Higher, % of persons 25 and older (2008-2012)-80.2%  
(State of NC-84.5%)

Franklin County Bachelor's Degree or Higher, % of person's 25 and older (2009-2012) - 15.5%  
(State of NC-26.8%)

### Emergency Preparedness in Franklin County: Make a Plan...Build a Kit....Be Informed

Franklin County Health Department coordinates with local emergency management initiatives to assure readiness for the Franklin County community. Public Health Preparedness and Response is a part of the Division of Public Health that monitors strengths, the abilities of our public health and healthcare systems to protect the public in the event of a disaster situation such as disease epidemics, chemical and radiological releases, severe weather and natural disasters. Franklin County promotes the Special Needs Registry which is maintained by Emergency Management on the county website (<http://www.franklincountync.us/services/emergency-services>).

#### Basic Emergency Supply Kit:

- One gallon of water per person per day for drinking and sanitation and non-perishable foods for at least three days, Manual can opener
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries along with your cell phone with chargers
- First aid kit and whistle to signal for help and a local map
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities



# TRANSFORMING HEALTH TOGETHER!







JANUARY 2015

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## Franklin County Farmers Market Success Story

Franklin County Health Department devoted a lot of time and energy to the Franklin County Farmers Market located in Louisburg, NC. This partnership was considered a success as the result of the development of the new Farmers Market promotional signage. Prior to the Community Transformation Grant Project (CTG Project), the Franklin County Farmers Market signs were not receiving as much attention as Franklin County Cooperative Extension farmers market staff anticipated.

Therefore, Franklin County Health Department staff working on the CTG Project decided to assist with the development of improved signage to promote the market. According to the 2013 Farmers Market survey, 11.7% of Franklin County residents first learned about the Farmers Market via roadside signs. The signs were developed to increase the number of people utilizing the market and were placed at each trash disposal site in the county. Franklin County Health Department staff working on the CTG Project also aided with marketing of the Farmers Market by providing financial assistance to have color ads placed in the local newspaper to promote hours and location.

Furthermore, the CTG Project was able to assist with the design and purchase of A-frame signs to promote hours of operation. In addition, enhancements to the market including a much needed hand washing station and industrial sized fans to provide comfort and health benefits to the vendors and patrons were provided.

## 2015

### My Healthy New Year's Resolution

Name: \_\_\_\_\_ Age: \_\_\_\_\_

My healthy New Year's resolution for 2015 is:

Two ways I can achieve this resolution are:

Can You Draw Your New Year's Resolution:

Text the word **TRANSFORM** to 46736 to receive future newsletters to your smart phone

### Franklin County's Farmers Market Signage

Before



After



### 6 TIPS FOR STAYING HEALTHY THIS WINTER

- Wash Your Hands
- Drink Plenty of Liquids
- Keep Warm
- Get Enough Sleep
- Eat Well
- Be Active

### Chicken Breasts with Tomatoes and Olives

Low in calories and high in protein this chicken dish is jam-packed with flavor.

SERVES: 4 servings COOK: 30mins

INGREDIENTS:

- 4 (6-ounce) skinless, boneless chicken breast halves
- 1 cup multicolored cherry or grape tomatoes, halved
- 3 tablespoons oil and vinegar dressing, divided
- 20 olives, halved
- 1/2 cup (2 ounces) crumbled feta cheese



Prepare grill to medium-high heat. Sprinkle chicken evenly with 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Place chicken on grill rack coated with cooking spray, and grill for 6 minutes on each side or until chicken is done. Keep warm. Combine tomatoes, 1 1/2 tablespoons dressing, and olives in a medium skillet over medium heat, and cook for 2 minutes or until tomatoes soften slightly and mixture is thoroughly heated, stirring occasionally. Brush chicken with remaining 1 1/2 tablespoons dressing. Cut each chicken breast half into 3/4-inch slices. Top each chicken breast half with 1/4 cup tomato mixture. Sprinkle each serving with 2 tablespoons cheese and torn basil leaves, if desired.

Courtesy: CookingLight



TransformingHealthNC.org





Franklin County Health Department continues to support access to places for healthy foods. Franklin County Farmer's Market, managed by Franklin County Cooperative Extension continues to provide fresh fruits and vegetables to the community. The newsletter above highlights Franklin County's success in the area of healthy eating for the Region 7 Community Transformation Project. You may view this newsletters and additional information at [www.transforminghealthnc.org](http://www.transforminghealthnc.org).

**Emerging Issues: An emerging issue is something we haven't thought about, but need to, or it's something we already know, but is changing.** (NCSU, 2014)

### **Communicable Disease: Measles & Vaccination**

In light of the multi-state measles outbreak linked to a California amusement park, public health experts in the N.C. Department of Health and Human Services are encouraging preventive measures and reminding everyone that vaccination is the best way to protect yourself and your loved ones against measles.

Measles can be prevented by the combination MMR (measles, mumps and rubella) vaccine. Public health experts recommend all children receive two doses of MMR vaccine, with the first dose beginning at 12 months of age and a booster at four to six years of age. North Carolina law requires all individuals to be immunized with two doses of MMR vaccine prior to school entry. (DHHS, 2014)

### **Mental Health**

Mental Health is an issue for local communities. With decreased funding in NC, mental health organizations are faced with the challenge of meeting the areas of need. Studies have shown that people with untreated mental health problems visit a medical doctor twice as often as people who receive mental health care. Excessive anxiety and stress can contribute to physical problems such as heart disease, ulcers, and colitis. Anxiety and stress can also reduce the strength of the immune system, making people more vulnerable to conditions ranging from the common cold to cancer. Psychological problems also increase the likelihood that people will make poor behavioral choices which can contribute to medical problems. Smoking, excessive alcohol or drug use, poor eating habits, and reckless behavior can all result in severe physical problems and the need for medical services.

However, innovative efforts are being made to address the gap in mental healthcare and to increase patient services by utilizing Tele-psychiatry and video conferencing in efforts to reach the underserved population.

#### **Upcoming Reports and Community Health Assessments**



#### **2015 Community Health Assessment**

What is a Community Health Assessment?

Community health assessment provides the basis for improving and supporting the health of people in a community. The State of North Carolina requires that each county produce a Community Health Assessment document (CHA) every four years. The last CHA in Franklin County was conducted in 2011. One of the purposes of conducting a new CHA is to identify new priority issues for Franklin County for the next four years.

#### **Next Steps:**

The Franklin County Board of Health will receive copies after the report is submitted to the state. The Franklin County Board of Health will submit a letter to the Board of Commissioners to provide an update on the SOTCH after the report is submitted to the state

This report will be available to the public on the Franklin County Health Department's homepage, [www.franklincohealth.org](http://www.franklincohealth.org)

- Community Partners linked to the CHA action planning will receive copies of the report
- Other methods will be determined by staff and community partners

For more information, please contact

Health Education Staff at 919-496-2533