

State of the County Report 2012



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A Portrait of Our Community

The state of North Carolina requires local health departments to submit a State of the County report (SOTCH) between the three years between the Community Health Assessment (CHA).

The purpose of the SOTCH is to review the county health priority areas and to inform the community about observed trends, local efforts, and progress to date. The SOTCH report also presents primary data from the community health survey and secondary data from the NC Center for Health Statistics. Based on the findings from the CHA, the following health priorities have been identified for Franklin County 2012-2016:

- Access to healthcare
 - Physical Activity & Nutrition (including Chronic Diseases and Obesity)
- (US Census, 2011)



Franklin County, North Carolina



Franklin County Health Department Mission Statement

“Franklin County Health Department promotes healthy lifestyles and disease prevention activities in order to enhance the quality of life for the citizens of Franklin County. Franklin County Health Department programs provide a holistic approach to healthcare, emphasizing physical, intellectual and emotional health. These programs include: Women's Health , Child Health , WIC (Nutrition), Communicable Disease, Adult Health, Home Health , Environmental Health, Health Education and Dental.”



Characteristics of Franklin County

Category	Franklin	North Carolina
Estimated Population	61,140	9,656,401
Persons Under the age of 18	24.1%	23.7%
Persons Over the Age of 65	13.3%	13.2%
White	69.8%	72.1%
Black	27.1%	22.0%
American Indian	0.9%	1.5%
Asian	0.6%	2.3%
Other race/Multi Racial	1.5%	1.9%
Hispanic or Latino in Origin	8.0%	8.6%
Not Hispanic	63.5%	65.0%
Source: U.S Census, 2011		



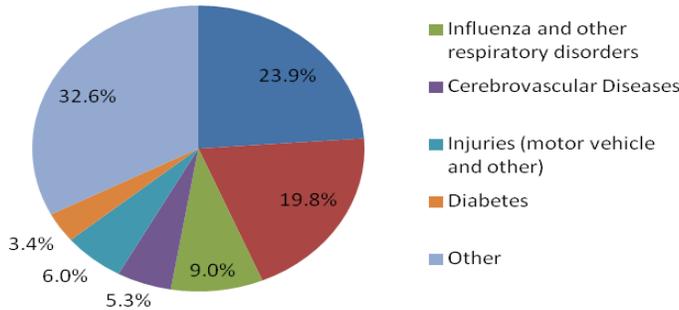
Quick County Facts



- The county was created in 1779 and located 21 miles northeast of Raleigh with easy access to Duke, UNC Chapel Hill, and NC State within a hour drive
- Easy access to interstate highways (I-40, I-85, and I-95) & Raleigh Durham National International Airport (RDU)
- The county covers 494 square miles and was named for Benjamin Franklin.
- Franklin County consists of five municipalities: Bunn, Centerville, Franklinton, Youngsville, and Louisburg, which is the county seat.

Leading Causes of Death

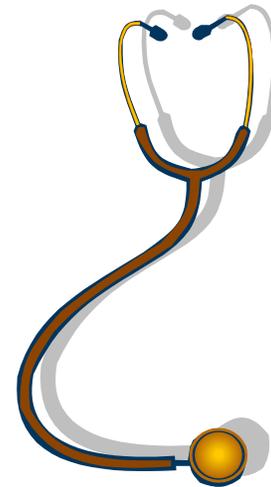
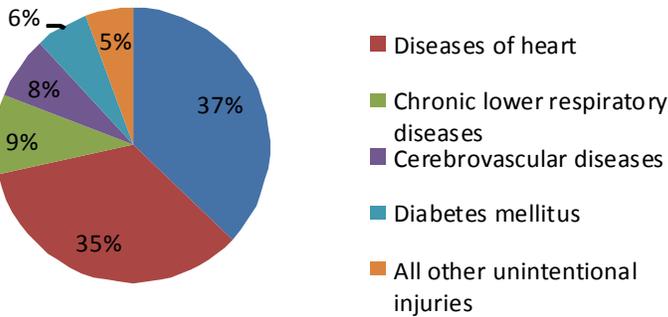
2009 Franklin County Leading Causes of Death



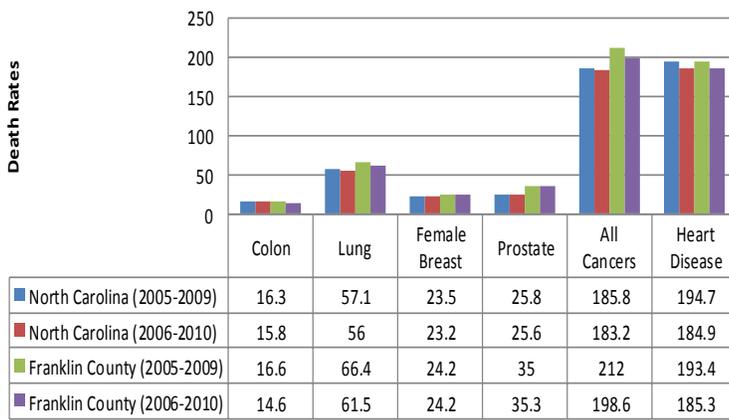
The adjoining charts show the Lead Causes of Death in Franklin County for 2009 & 2010. In 2009, the highest death percentages were caused by cancer at 23.9% and heart disease at 19.8%. In 2010, there is an upward hike in Cancer deaths, which was at 37%, and 35% for heart disease.

www.schs.state.nc.us 2

Franklin County Leading Causes of Death 2010



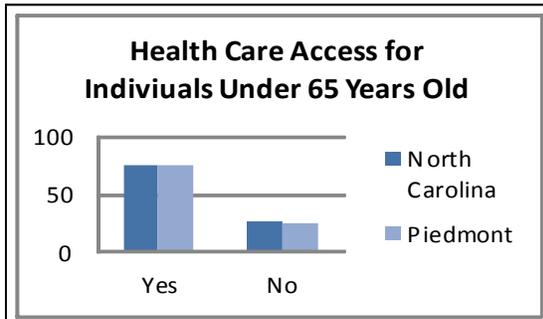
Age Adjusted Cancer and Heart Disease Death Rates



According to data from the State Center for Health Statistics, cancer and heart disease are the leading causes of death in Franklin County, a comparison of the death rates will help to illustrate the increase of rates over the last seven years. The age adjusted cancer death rates are shown by type to compare rates overtime. Franklin County continues to lead state rates in most cancer categories, with significantly high death rates in lung cancer, although the number of deaths decreased since 2005-2009. Heart Disease rates are trailing behind the state by a small percentage. ¹⁶

CHA 2011: Health Priority- Access to Care

Access to care is an important health priority selected from the Community Health Assessment. Over the last two years access to care had an impact on many Franklin County residents. There are several factors that result in individuals not having access to care, which include transportation, health insurance, the insured with very limited coverage (underinsured), lack of access to quality healthcare providers and language barriers. A majority of Franklin County residents that do not have access to care are those that are underinsured and the uninsured. The State Center for Health Statistics, Behavioral Risks Factors Surveillance Survey (BRFSS) provided the most current rates for health insurance coverage for people under 65 by including Franklin County within the *Piedmont Region.

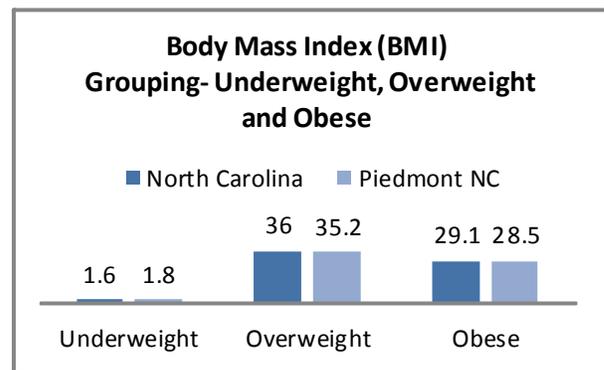
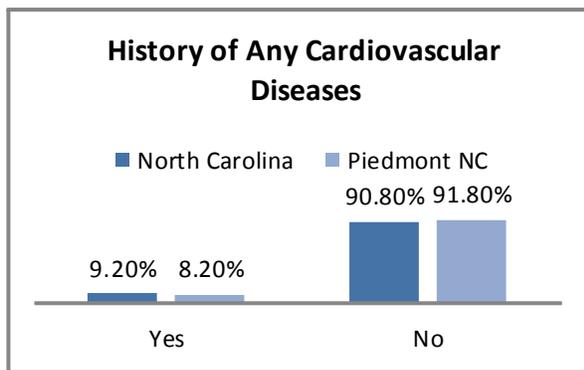


The results of the 2011 BRFSS can not be compared to previous data due to a change in methodology. The result indicated that 24.4% of Piedmont survey participants were uninsured, while the state rates are 24.9%.⁴

***Piedmont North Carolina:** Alamance, Alexander, Anson, Cabarrus, Caswell, Catawba, Chatham, Cleveland, Davidson, Davie, Durham, Forsyth, Franklin, Gaston, Granville, Guilford, Iredell, Lee, Lincoln, Mecklenburg, Montgomery, Moore, Orange, Person, Randolph, Richmond, Rockingham, Rowan, Stanly, Stokes, Union, Vance, Wake, Warren, and Yadkin counties

CHA 2011: Health Priority- Physical Activity & Nutrition

Physical activity and proper nutrition are critical to good health and serves as behavioral health prevention techniques that help to reduce the development of chronic diseases such as heart disease and increases the risks of being overweight or obese. The incidence of overweight and obese individuals, including children raises concerns for the overall health of Franklin County residents. The graphs below illustrates the rates at which cardiovascular disease and Body Mass Index (BMI) are impacting the residents of the Piedmont Area compared to the state of North Carolina.



⇒ The Center for Disease Control and Prevention (CDC) defines Body Mass Index (BMI) as a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. In 2011, North Carolina's rate for overweight residents was 36% with the Piedmont area at 35.2%. 29.1% of residents are obese in the state of North Carolina, while 28.5% are obese in the Piedmont area of NC.⁵

⇒ 9.2% of NC residents were diagnosed with heart disease, while 8.2% of the Piedmont area of NC was diagnosed with heart disease.⁶

Progress & Next Steps Towards “Access to Care”

- The Franklin Health Department is a partner collaborating with the Franklin County Health Care Collaborative to identify resources and provide care to the uninsured and underinsured population in the county. The collaborative consist of several partners including: Volunteers in Medicine, Franklin Regional Medical Center, Franklin County Department of Social Services, 5 County Mental Health Authority, Franklin Community Health Services and Rural Health Group.
- Franklin County Volunteers in Medicine (VIM) collaborates with the Rex Mobile Mammography Unit to provide mammograms to the county residents several times throughout the year
- “Project Hope”, Volunteers in Medicine program provides prescription assistance to the uninsured and underinsured population.
- The 2011 Franklin County Health Inventory Resource will be available on the Franklin County Health Department website
- Franklin Regional Medical Center broke ground on a 13 bed Geriatric Psychiatry Unit to address the elderly population coping with mental health issues. –2012
- Louisburg Senior Center provides blood pressure checks, a podiatrist for aging diabetics, various types of exercise, and social activities throughout the year
- United Way distributed discount prescription cards to county residents from the Family Wise organization
- Health Fairs have been hosted by the health department, Volunteers in Medicine, Franklin Regional Medical Center and local churches
- Franklin County EMS became smoke free effective 2011.
- Franklin Regional Medical Center continues to offer health literacy education to the public
- Franklin Regional partnered with Shape magazine to offer free Pilates classes to the public in honor Breast Cancer Awareness Month.

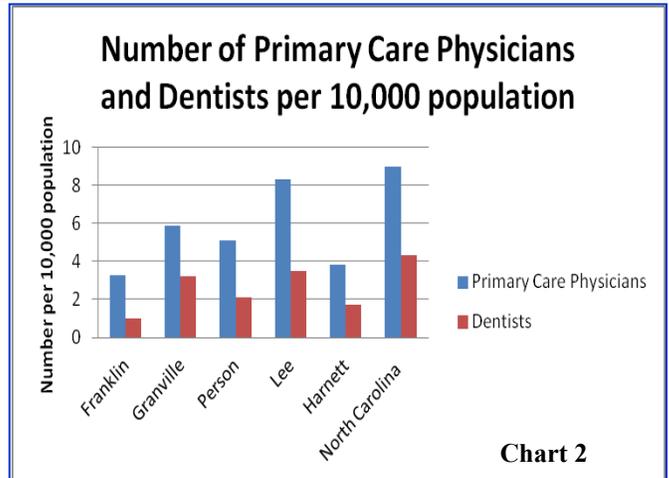
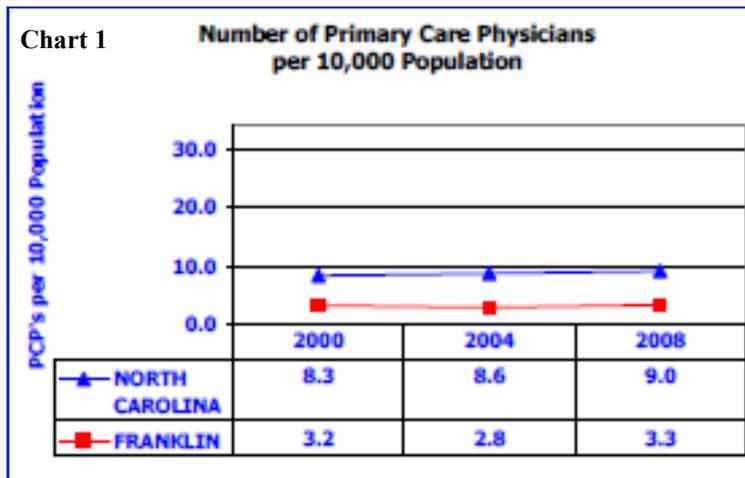


Chart 1 compares the number of accessible primary care physicians compared to the state of North Carolina. Franklin county rates have been below state rates since 2000-2008. When compared to peer counties in the state, it was revealed that Franklin County had the lowest access to physicians and dentists in 2008. (Chart 2)

Progress & Next Steps Towards Health Priorities:

Physical Activity & Nutrition

Including Chronic Disease & Obesity Efforts:

- Franklin County Cooperative Extension hosted a series of eight Lunch and Learn workshops based on healthy eating, stretching food dollars and reducing the risk of food.
- Franklin County Cooperative Extension hosts the “Give Your Heart a Healthy Beat”, a group class designed by Franklin County Cooperative Extension is a 12 week series that addresses making healthy choices to reduce their risks of heart disease and stroke.
- Franklin Regional Medical Center host “Ladies Night Out” in October to promote Breast Cancer Awareness.
- Franklin County Health Department provides Healthy Eating and Physical Activity sessions for school aged children in an effort to reduce obesity and overweight rates in Franklin County
- Franklin County Health Department staff support Breast Cancer Awareness by wearing pink ribbons and by hosting “Pink Friday”
- Franklin County Health Department will continue to promote Physical Activity and Nutrition education and programs
- Franklin County Senior continues to offer an exercise program targeted towards seniors with arthritis
- Senior Fun Day is hosted Annually by the Senior Center to promote health and wellness among senior citizens with FCHD Home Health staff
- WOW (Working on Wellness) is an ongoing program for Franklin County employees that offers knowledge about wellness and lifestyle choices through events and programs.
- Franklin County Cooperative Extension 4H Club offers a “Get Fit” class for youth ages 5 and up educating about healthy lifestyles
- Franklin County Farmers market continues to offer seasonal fresh fruits and vegetables weekly
- Warren County Free Clinic offered free breast health exams for church members including those residing in Franklin County
- A Franklin County Elementary School received funding to develop a community garden growing fresh vegetables and herbs, and maintained by students
- Franklin County Schools Nutrition Fair will continue to take place in the spring for all 2nd grade students
- Franklin County Health Department continues to work with SHAC (Student Health Advisory Council)
- Franklin County Health Department conducted a Fresh Fruits and Vegetable inventory for the entire county with funding from NC Healthy Communities Initiative of the NC Department of Physical Activity and Nutrition Branch

Did You Know?

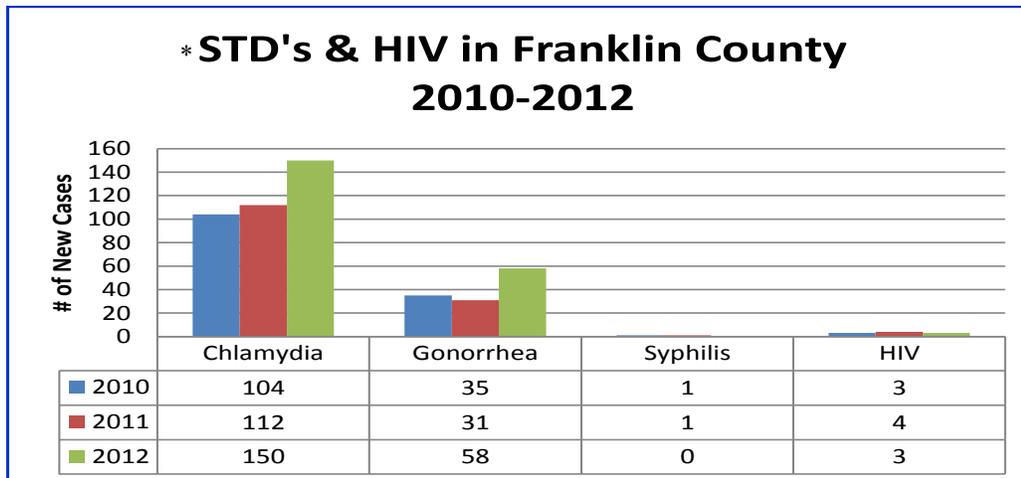
Infant Mortality

In 2011 the state of North Carolina had a total of 866 fetal deaths at a rate of 7.2% per 1000 births, which is a decrease from 2009 rate of 7.9% with a total of 1006 infant deaths. Franklin County had a total of 5 infant deaths at a rate of 7.6% per 1,000 live births in Franklin County, which is above state rate, yet a decrease compared to 2009 rates of 12.4% with 8 infant deaths.¹⁰

Teen Pregnancy

In Franklin County, teen pregnancy rates for females ages 15-19 rates decreased from 48.1% in 2010 to 32.2% in 2011, which is below the state rate of 43.8%. The Healthy Youth Act in 2008 created new approaches to address teen pregnancy in NC. This act lead to state supported schools to require comprehensive sex education for students grades 7-9.⁹

STD's & HIV Data



**46.3% of NC
TEENS did
not use a
condom
during
sexual
intercourse**

13

*Sexually Transmitted Disease (STD)

The State of NC Center for Statistics tracks and record diseases in order to provide health professionals a visual quantitative knowledge of the impact of communicable diseases such as sexually transmitted diseases and human immunodeficiency virus (HIV) has on the community.

In 2010, there were 104 cases of Chlamydia, 35 cases of Gonorrhea, 1 case of Syphilis, and 3 cases of HIV; In 2011 there was a increase in the number of chlamydia cases (112), decrease in gonorrhea cases (31) and increase in HIV cases (4). In 2012, there has been an increase in Chlamydia (150), increase in gonorrhea (58), decrease in Syphilis cases (0), and a decrease in HIV cases (3).

According to this data, it seems that case of Chlamydia and Gonorrhea are having impact on the Franklin County community. Although Chlamydia and Gonorrhea are not incurable diseases, consequently they are the results of unprotected sex, and if the rates continue to rise other STD rates will eventually rise due to the increase in risky sexual behavior among county residents. ^{11,12}

Emerging Issues

Emergency Preparedness

The 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. This initiative is an effort to help aid at risk populations during a public health emergency. This registry will assist partners with communicating and providing educational messages to the identified public.
- As Franklin County plans for any disaster, the population most “at risk” is a very important component of planning that needs a strategic path to reach those in need. The Center for Disease Control and Prevention (CDC) describes an “at risk” population as the groups whose needs are not fully met by traditional service providers, those who feel that they cannot comfortably access and use the standard resources offered in disaster preparedness relief and recovery. Franklin County plans to incorporate the Social Vulnerability Index (SVI) into the current emergency preparedness plans in order to reach the “at risk” population. The Social Vulnerability Index (SVI) is intended to spatially identify socially vulnerable populations to understand the risk of hazards to these populations, and to aid in mitigating, preparing for, responding to, and recovering from that risk. SVI is divided into four domains to calculate vulnerability measures within and across these domains at the census tract level :
 - ◆ Socioeconomic Status-including home, poverty, employment, and education variables
 - ◆ Household Composition/Disability –Including age, single parenting, disability variables
 - ◆ Minority Status/Language-Including race, ethnicity, and English proficiency
 - ◆ Housing/Transportation-including housing structure, crowding, and vehicle access variables
- Franklin County Cooperative Extension provides a course titled “Preparing for a Disaster Business Plan” that targets educating small and medium businesses for a low cost.

Health Education in Franklin County Schools

- Franklin County Schools participated in the United States Department of Agriculture (USDA) Healthier Generation Initiative and were recognized nationally for “Our Healthy Schools Program” receiving bronze and silver recognition for achieving benchmarks for school wellness.

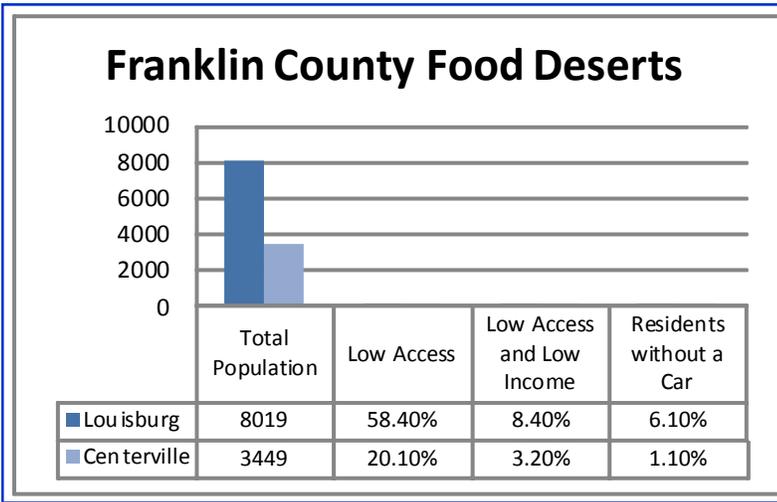
The 2011 Community Health Assessment revealed that 21.1% of survey participants believed that sex was a topic that their children needed to know more about.

- Selected Franklin County Middle and High Schools will offer “**Teen Pep**”, a Princeton grant funded comprehensive sexual health program that utilized peer to peer education to increase students’ knowledge, attitudes, skills, and behaviors associated with healthy decision making
- Selected Franklin Middle and High Schools will offer “**Safe Dates**”, the only evidence based curriculum program with strong, long term outcomes that was designed to prevent initial emotional, physical and sexual abuse on dates or with individuals involved in a relationship, which are triggers for alcohol and drug abuse.

The Impact of Food Deserts

Food deserts are defined as census tracts where at least 33% of residents live more than one mile from a full service supermarket or large grocery store and more than 20% of residents are below the poverty Level. The Economic Research Service of the United States Department of Agriculture (USDA) designated 2 census tracts in Franklin County as “food deserts” (Centerville and Louisburg).

Low income rates for the food desert areas range from 8.4% in Louisburg and 20.1% in Centerville and poverty rates for the entire county is 16%. 13.8% of Franklin County residents receive Supplemental Nutrition Assistance Program (SNAP) food benefits. According to the US Census survey from 2006-2010 about 28.4% of Louisburg residents were receiving food stamps, and about 8% in the Centerville area.¹⁴



Low access to a healthy food retail outlet is defined as more than 1 mile from a supermarket or large grocery store in urban areas and more than 10 miles from a large grocery or supermarket store in rural areas.

www.usda.gov, 2012

New Initiatives

- Franklin County received funding from a county resident to establish a park in honor of his parents, V.E& Leila Owens. This park will provide Franklin County residents with an additional access to an additional recreational facility. The new park site is in the planning and development stage.
- The state of North Carolina was issued funding from a part of the United States Center for Disease and Prevention (CDC)- Community Transformation Grant Project (CTGP) that supports public health efforts to reduce chronic diseases, promote healthier lifestyles, reduce health disparities, and to control healthcare spending. State and local partners will implement strategies with emphasis on healthy equity that supports tobacco free living, healthy eating/physical activity and access to evidence based clinical preventative services.
- Franklin County Regional Medical Center is in the process of developing a 13 bed Geriatric Unit to target the underserved elderly with mental health issues.
- The development of Bunn Solar Farms is a collaboration with agriculture and solar energy production. This new initiative could provide energy to over 600 homes, which is more than Bunn’s population for a year, will provide new jobs in the future, and will lessen dependence on coal, oil, and nuclear fuels for electrical generation. Additional locations are in the process of planning and development in Franklin County.
- Fruit and Vegetable Outlet Survey and Corner Store Inventory will be conducted via funding from North Carolina’s Healthy Communities Initiative of the NC Physical Activity & Nutrition Branch.
- Youngsville, NC opened a new A+ Urgent Care Center with another in development; both will bring at new jobs into the county.
- Smith-Packet's Alzheimer’s facility is in development to be placed on HWY 1 in Youngsville, NC
- The Boys and Girls Club were selected to run new pilot programs and developed partnerships with the United Way and Franklin County Sheriff’s Department for gang awareness

Get Involved

This document will be disseminated to the local libraries, Chambers of Commerce, Board of Health, County Commissioners, Franklin Regional Medical Center, local schools, other community facilities and will be available on our website. If you are interested in helping Franklin County Health Department and our partner groups to address leading health priorities, please call (919) 496-2533 or visit the Franklin County Health Department website:

www.franklincountync.us/services/health



A Note From the Health Director

This State of the County Health Report is a brief of the tremendous amount of the work being done and to be done in Franklin County. As with most communities, Franklin County faces significant healthcare challenges, challenges that must be addressed by the entire community not just one organization or entity. Together, we can continue building community partnerships and relationships that will enhance the health of all of our citizens.

I invite you to join us in this endeavor and share in the **“wealth that is health.”**

Franklin County Health Department Services:

Child Health

- Preventative and Primary Care
- Sports Physicals
- Health Screenings
- Immunizations

Family Planning

- Services available to child bearing age women and men
- Charges based on sliding fee scale
- Complete physical exam /pap smear
- Contraceptive counseling and methods provided
- Immunizations

Maternity

- Low risks prenatal care provided by Premier Women’s Health
- Delivery at Maria Parham Medical Center

Adult Health

- Well and sick care
- Complete physical examination
- Immunizations

Dental Health

- Dental exams and cleaning
- Sealants, prophylaxis, x-rays
- Fillings, crowns and extractions

In addition to our clinic services we offer:

Environmental Health Services

- Well and Septic Permit Tracking
- Private Drinking Water Well
- Water Sampling Program
- Onsite water protection program
- Food, lodging and intuitional sanitation

Public Health Preparedness Services

- Natural Disasters and Bioterrorism
- Family Preparedness and Outbreaks
- Resources

Health Education

- Health Promotion and Resources

Home Health Services

- The oldest and most experienced provider in the county
- Provide services to the sick, injured or disabled if ordered by their doctor
- Provides the following services to the Franklin and surrounding counties:

1. Skilled Nursing
2. Physical Therapy
3. Occupational Therapy
4. Speech Therapy
5. Medical Social Work
6. Home Health Aide Services

Medicaid, Medicare, Private Insurance, VA benefits or private pay accepted

Nurse on call 24 hours per day, 7 days per week

Data References

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