

MONTGOMERY COUNTY

Inside this report:

Community Health Priorities 1

County Demographics 2

Changes in Data Related to Priority Health Issues 3-5

Progress Made on Priorities 3-5

New Initiatives 3

Morbidity & Mortality 6

Emerging Issues 7



STATE OF THE COUNTY HEALTH REPORT 2019

The State of the County Health Report 2019 provides community partners, stakeholders, and the general public with an update on the priority health issues identified in the 2016 Community Health Assessment and the strategies implemented to address these issues. The Montgomery County Department of Health, FirstHealth of the Carolinas, and members of the Montgomery First-In-Health 2020 Task Force collaborated to complete the 2016 assessment. The top three community health priority issues identified are:

1. Substance Abuse Prevention and Reduction (including Opioids, Alcohol, and Tobacco)
2. Diabetes/Obesity Prevention and Control
3. Teen Pregnancy Prevention

To view the 2016 Community Health Assessment, please visit the Montgomery County Department of Health's website at www.montgomerycountync.com/departments/health-department.

The following report includes updated data and progress made on each of the three priority health issues as well as demographic, morbidity, and mortality data for Montgomery County and the state of North Carolina. The last section in the report discusses two emerging issues in the field of public health that are being addressed in Montgomery County: community centered health and e-cigarette use/EVALI injuries.

Montgomery County At-A-Glance



High School Graduation 2018-2019

Montgomery County: 90.9%
North Carolina: 86.5%

Bachelor's Degree or Higher, Age 25+ 2014-2018

Montgomery County: 14.7%
North Carolina: 30.5%

Sources: NC Dept. of Instruction & US Census Bureau

Median Household Income, 2014-2018

Montgomery County: \$42,346
North Carolina: \$52,413



Per Capita Income in past 12 months, 2014-2018

Montgomery County: \$22,760
North Carolina: \$29,456

Persons in Poverty

Montgomery County: 16.7%*
North Carolina: 14.0%

*Estimates not comparable to other geographic levels of poverty estimates due to methodology differences that may exist between data sources

Source: US Census Bureau



Unemployment Rate 2018 Annual Average

Montgomery County: 4.0%
North Carolina: 3.9%
This data is not yet available for Montgomery County.

Source: US Bureau of Labor Statistics

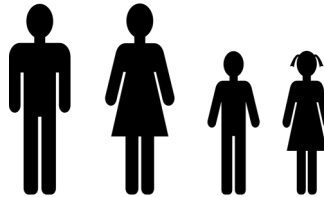
Population Distribution by Race

	Montgomery County	North Carolina
White, Not Hispanic	63.1%	62.8%
Black/African American	19.0%	22.2%
American Indian and Alaska Native	1.1%	1.6%
Asian	1.6%	3.2%
Native Hawaiian and Other Pacific Islander	0.1%	0.1%
Hispanic/Latino	15.4%	9.6%
Two or More Races	1.7%	2.2%

Source: US Census Bureau

Population, 2018 estimates

Montgomery County: 27,271
North Carolina: 10,383,620



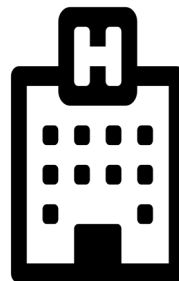
Source: US Census Bureau

Youth Under 18 years

Montgomery County: 22.0%
North Carolina: 22.2%

Persons 65 years and over

Montgomery County: 20.5%
North Carolina: 16.3%



Source: NC Institute of Medicine

Uninsured Adults (18-64 years) without Health Insurance, 2016

Montgomery County: 16.3%
North Carolina: 12.6%

Uninsured Children (under 19 years) without Health Insurance, 2016

Montgomery County: 5.6%
North Carolina: 4.9%

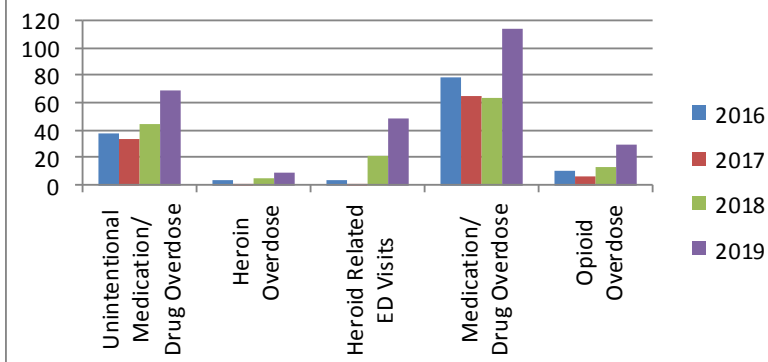
Medicaid & CHIP Enrollees, SFY 2019

Montgomery County: 28.5%
North Carolina: 21.2%

Priority Issue: Substance Abuse

Objective Identified in 2016 Community Health Assessment: Reduce the number of youth and adult individuals abusing opioids and illicit drugs.

Montgomery County Substance Abuse Data 2016-2019



The nation, the state, and local counties are still struggling with opioid and drug usage and Montgomery County is no different. The NC Detect data presented in the graph shows emergency department (ED) data from 2016-2019. While there were decreases in every category from 2016 to 2017, numbers in all categories have continued to increase in 2019. There was also one cocaine overdose in 2019 and 77 acute alcohol intoxication or poisonings according to NC Detect data. The substance abuse numbers reported should be taken with caution as the true numbers may still be higher than those reported in the emergency department. This could be due to some individuals not making it to the ED or being treated with Nalaxone without visiting the emergency department. A 2019 report, developed for the FirstHealth Community Health Needs Assessment, by Professional Research Consultants, Inc (PRC) estimated that 7% of adults are excessive drinkers, down from 12.7% in 2016. Overall, the substance abuse objective set in 2017 has not yet been met.

Progress Made in 2018

Empowering Youth and Families Program is a twelve-session program facilitated by NC Cooperative Extension in partnership with Montgomery County Department of Health and FirstHealth. The program is designed to strengthen parent-youth communication, build upon the family foundation that is in place, combat the opioid crisis, provide knowledge and resources on a variety of topics to parents and youth, and empower families to advocate for change in their community. In 2019, the third cohort of families completed the program and were responsible for implementing a community event at the Sweet Tee Grille. This program focused on educating community members about the warning signs and risks of substance abuse as well as skills that can be used to avoid harmful behaviors.



Medication Drop Box: The Montgomery County Sheriff's Department has had a drug drop box on-site since 2015. In 2018, approximately 35 pounds of assorted medications were dropped off to the sheriff's office to be discarded through the US Drug Enforcement Agency and the NC State Bureau of Investigation.

The Sandhills Opioid Consortium, funded through the HRSA Rural Health Opioid Project, is working to increase awareness of addiction as a disease, decrease stigma, enhance resources, increase access to treatment and recovery and increase access to harm reduction, such as the distribution of naloxone to first responders and law enforcement. Through this initiative, 35 unique individuals were linked to treatment and recovery in 2019. Stigma education trainings were also provided to law enforcement, EMS, Department of Social Services and other organizations. This work will continue throughout 2020 as well as work towards expanding resources for caregivers and increasing access to medication assisted treatment in primary care environments.

New Initiatives

Opioid Overdose Rapid Response Teams: FirstHealth Peer Support Specialists have formed opioid overdose rapid response teams in conjunction with Montgomery County EMS. These teams provide support to individuals shortly after they experience an overdose, and connect them with peer support and access to recovery resources.

Recovery Resources Website: The FirstHealth Recovery Resources website was launched in 2019 and aims to consolidate information on treatment, recovery, peer support, harm reduction, stigma education. www.firsthealth.org/recoveryresources

Peer Support Specialists are individuals living in recovery with substance/opioid use disorder. They are certified through the NC Certified Peer Support Specialist Program and so far, 5 specialists have been trained in the Sandhills Opioid Consortium region. More trainings are planned for 2020.

Priority Issue: Obesity/Diabetes Prevention & Control

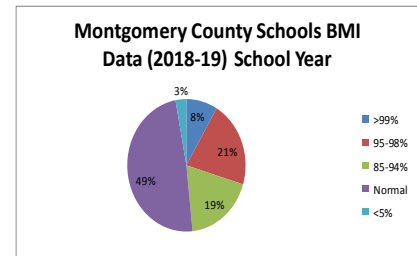
Objective Identified in the 2016 Community Health Assessment: Reduce the adult overweight and obesity rate by 3% and the childhood overweight and obesity rate by 5%. Decrease the percentage of adults with diabetes by 2%.

2018 BRFSS Survey Results Adults who have a Body Mass Index Greater than 25.0 (Overweight or Obese)	Regions 6 & 7*
Total	67.2%
Gender	
Male	71.7%
Female	62.5%
Race	
Non-Hispanic White	62.2%
Non-Hispanic Black	76.8%
Other	**
Age	
18-44	56.5%
45-64	78.8%
65+	67.8%

*Regions 6 & 7 include: Anson, Cumberland, Harnett, Hoke, Lee, Montgomery, Moore, Richmond, and Scotland, Counties.
**Data was too small to be statistically reliable

The 2018 BRFSS Survey shows 67.2% of respondents in Region 6 were overweight or obese due to having a body mass index (BMI) greater than 25.0. This was a slight increase from 66.6% in the 2017 BRFSS Survey that was reported in the 2018 SOTCH report. However, the 2018 survey includes only region 6 while the 2017 survey data included regions 6 and 7. Although there are less counties included in the 2017 data, this still may not provide an entirely accurate measure of the issue in Montgomery county. A 2019 survey conducted by PRC for the FirstHealth Community Health Needs Assessment estimated that 81.7% of adults in the county were overweight or obese. The CDC has also not released an updated diagnosed diabetes percentage since the 12.5% reported in the 2016 CHA, however the 2019 PRC report also estimated this number at 22.4%.

It is easier to understand the extent of childhood overweight/obesity because the FirstHealth Montgomery School Based Health Centers measure BMI on every child in the school system. The 2018-19 school year data shows that just under half of students were considered to have a normal BMI. Additionally, 3% were classified as underweight while the other 48% had a BMI in the overweight or obese categories. Although this is a decrease from the 49% reported in the 2018 SOTCH, it is still above the 42% goal for 2020 that was set in 2017.



Source: FirstHealth Montgomery School Based Health Centers

Progress Made in 2018

FirstHealth, NC Cooperative Extension, Montgomery County Department of Health, and other agencies on the Montgomery First-In-Health 2020 Task Force implement many programs that work towards obesity and diabetes prevention and reduction. Updated data for some of these programs are listed below:

MARCHES is a free family-wellness program that started in February 2018. FirstHealth is leading the program in collaboration with partners from the Montgomery First-In-Health 2020 Task Force. This program involves physical activity and nutrition education sessions.

- Number of kids referred: 51
- Number of kids referred who have participated: 9
- 1,071 total encounters with participants so far in this program:
 - 332 with referred youth
 - 359 with siblings of youth
 - 380 with parents of youth

Montgomery Farmer's Market

The Montgomery County Farmer's Market is open weekly from March through October. In 2019, Cooperative Extension hosted monthly food demonstrations to increase awareness of healthy food options.

Minority Diabetes Prevention Program

This FirstHealth program focuses on calorie and fat reduction and increasing physical activity.

- 64 blood sugar screenings completed
- 6 participants completed the program
- 16 pounds have been lost by the participants so far
- 1455 minutes of physical activity recorded by participants

*Formerly the FirstReach Pre-Diabetes Program



The Daily Mile

By the end of 2018, all six elementary schools in the county had a walking trail constructed on their property.

2018-19 School Year

- 145,972 miles walked so far
 - 1,418 students participated
- Trail repairs were completed at various Daily Mile trails throughout the county to counteract damage due to weather.



A daily mile trail guide was also created and distributed to county residents who live near a daily mile trail to raise awareness and increase use of the trails.

Teen Cuisine

NC Cooperative Extension facilitates this program which helps youth learn to be self sufficient in the kitchen. In 2019, 25 students in grades 5-8 and 10 students in the 4-H Youth Development Summer Adventures program participated in Teen Cuisine. Participants demonstrated a 77% increase in knowledge and 100% were more confident in their cooking abilities and able to correctly prepare six different recipes by the end of the program.



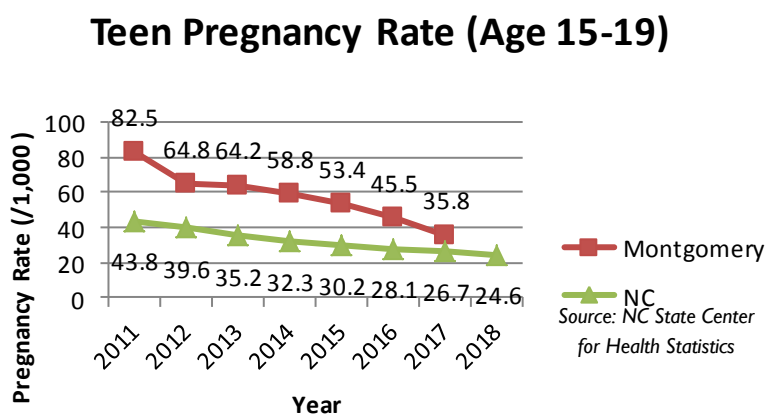
Priority Issue: Teen Pregnancy Prevention

Objective Identified in the 2016 Community Health Assessment: The Montgomery County teen pregnancy rate will be reduced by 10% by the year 2020.

North Carolina's teen pregnancy rate decreased again in 2017. The state's rate fell 5% for a rate of 26.7 per 1,000 15-19 year old girls. Montgomery County again followed the downward trend of the state with a 41.9% decrease in teen pregnancies from 2017 to 2018. The 2018 teen pregnancy rate goal in Montgomery County was 32.3, however a rate was unavailable, so the equivalent number of 28 teen pregnancies was used and this goal was exceeded in 2018.

Montgomery County has seen a consistent decrease in teen pregnancy since 2011. Teen pregnancy rates are typically used to describe the amount of teen pregnancies, however due to the low number in 2018, a stable rate could not be calculated. There were 18 pregnancies among 15-19 year olds in 2017, of which 16.7% were repeat pregnancies. Of the 18 pregnancies, 3 were among 15-17 year olds and 15 were among 18-19 year olds. Teen pregnancy rates by race/ethnicity could not be determined due to statistically unreliable small numbers.

The goal for teen pregnancy in 2019 is 16 pregnancies. Montgomery County Schools are working toward this goal for the 2019-20 school year by providing a workshop for parents on how to communicate with their children about sexual risk behaviors, supporting the Healthful Living Curriculum and instruction for alignment with the Healthy Youth Act (grades 4-12), implementing the Title V Sexual Risk Avoidance Grant with fidelity, locating resources for support of teenage parents and parents of school age children, locating resources for support of an evidence-based teen pregnancy prevention at the high school level, and collaborating with agencies to support prevention efforts. These objectives, along with increased access to long acting reversible contraceptives for teens, will hopefully continue to impact teen pregnancy numbers in the county.



Progress Made in 2019

The Montgomery County Teen Pregnancy Prevention Task Force, led by the Montgomery County Schools, continues to meet quarterly, and involves a number of community partners working together to address teen pregnancy prevention, teen pregnancy reduction strategies, and support for parenting teens. Parenting teens receive support through school social workers, nurses, and counselors. There are currently comprehensive sex education and abstinence initiatives being implemented in elementary, middle, and high schools to reach the full spectrum of youth.

Title V Abstinence Program is being taught to 5th graders in the county. This program teaches abstinence, not only from sexual relations, but also bullying, drugs, and alcohol. During the 2018-19 school year, there were 320 students who participated in this program. Currently in the 2019-20 school year there are 250 students who are participating in this program.

Draw the Line/Respect the Line is on the fifth year of implementation and is now taught in the middle schools by health and PE teachers who were trained on the curriculum in 2018. Previously, the program had been taught by a trained program facilitator. The program provides information about preventing STD's, teen pregnancy and setting limits based on values. There are currently 890 students participating in the program for the 2019-20 school year.

Making Proud Choices is still implemented in both high schools and educates students on reducing the risk of STD and teen pregnancy. There 311 students participating in this program in the 2019-20 school year.

Family Planning/STD Outreaches are completed annually in both high schools by staff at the Montgomery County Department of Health to educate students about preventing STDs and teen pregnancies. In 2019, staff also set up booths at the Montgomery Learning Academy and Montgomery Early College to provide information about these topics as well.

Morbidity

2012-2016 Cancer Incidence Rates Per 100,000 Population	North Carolina	Montgomery County
Colon/Rectum	37.1	40.3
Lungs/Bronchus	68.8	70.7
Female Breast	161.8	131.6
Prostate	115.9	115.6
All Cancers	481.9	464.5

Montgomery County Cancer Projections, 2019	Projected New Cases	Projected Deaths
Lung/Bronchus	29	20
Female Breast	33	5
Prostate	23	3
Colon/Rectum	15	5
Total	192	68

Data released by the North Carolina Central Cancer Registry shows cancer incidence rates are higher in Montgomery County than the state of North Carolina for two out of the four cancers listed. Female breast cancer has a much lower incidence rate in Montgomery County than the state, while prostate cancer is nearly the same at the county and state level. Cancer incidence rates for lung/bronchus and female breast cancer increased in Montgomery County since the previous report on 2011-2015 numbers, while the other two listed cancers decreased slightly. Montgomery County cancer projections for new cases decreased slightly 2018 projections, while the projected deaths remain unchanged.

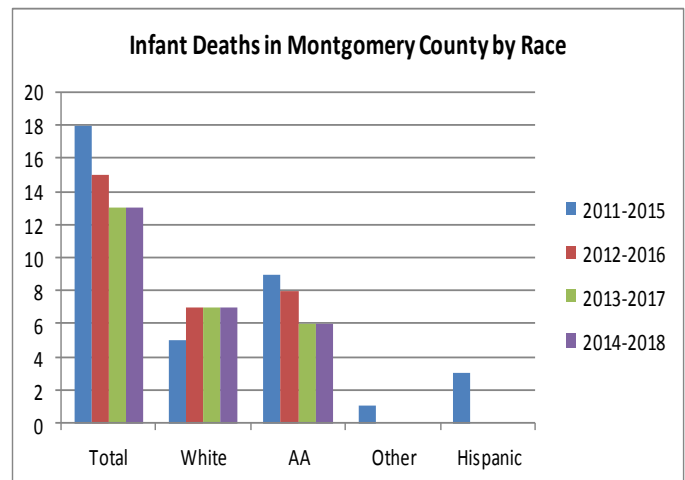
Mortality

Leading Causes of Death for All Ages, 2014-2018

	Cause of Death in Montgomery County	Number of Deaths	Death Rate Per 100,000
1	Cancer-All Sites	309	226.1
2	Diseases of the heart	306	223.9
3	Alzheimer's Disease	108	79.0
4	Chronic lower respiratory diseases	104	76.1
5	Cerebrovascular Disease	73	53.4
6	Diabetes Mellitus	61	44.6
7	Other Unintentional Injuries	40	29.3
8	Pneumonia & Influenza	37	27.1
9	Motor Vehicle Injuries	33	24.1
10	Kidney Disease	32	23.4

For 2014-2018, cancer remained the leading cause of death, Alzheimer's disease increased to the 3rd leading cause of death, and motor vehicle injuries moved to 9th. Other than these changes, the top 10 leading causes of death remained the same. Although the number of deaths increased from 2013-2017 to 2014-2018 (from 1464 to 1486) the number of deaths from 2017 to 2018 decreased by 2 from 315 to 313.

In 2014-2018 there were 13 infant deaths in Montgomery County, which was the same amount as 2013-2017. Hispanics and "Other" races again saw no infant deaths in 2014-2018. The number of infant deaths in the African American population was previously declining from 2011-2015 to 2013-2017 but has remained the same for 2014-2018, while the number of infant deaths in the White population has stayed the same from 2012-2016 to 2014-2018.



Progress Made: Montgomery County Department of Health participates in a regional collaborative working to improve birth outcomes, reduce infant mortality, and improve the health of children ages birth to five after receiving funding through a Maternal and Child Health grant. Strategies include reproductive life planning and long acting reversible contraceptives (LARCs), Clinical Effort Against Secondhand Smoke Exposure (CEASE) and smoking cessation, and increasing successful breastfeeding.

- In 2019, 80 family planning patients received a LARC
- In 2019, 133 children ages 0-5 were screened for CEASE
- Breastfeeding classes were held throughout 2019

Through an Infant Mortality Reduction grant, the Montgomery County Department of Health also offers a Baby's Easy Safe Sleep Training to pregnant mothers, expectant fathers, and new parents. In 2019, there were 106 people who participated in this class, which provides information about the importance of safe sleep practices in reducing the risk of Sudden Infant Death Syndrome (SIDS).

Emerging Issues

Vaping/e-Cigarette Use has recently drawn national attention due to a nationwide epidemic of e-cigarette/vaping product use associated lung injury (EVALI). As of December 27th, 2019 there were 2,561 hospitalized cases and 55 deaths across the U.S. associated with EVALI. There were also 76 EVALI cases in North Carolina alone as of that date, but no deaths. Community education about the EVALI epidemic and vaping/e-cigarette use occurred throughout 2019 and will continue in 2020. At the national level, the FDA released updated policies which prioritize enforcement of a ban on unauthorized flavored e-cigarette products that appeal to children. Tobacco 21 was also passed into law at the federal level, which raises the minimum age to purchase tobacco and e-cigarette products from 18 to 21.

According to the 2019 National Youth Tobacco Survey (NYTS), while high school cigarette use has continued to drop since 2011, e-cigarette use amongst middle and high schoolers has reached a new peak. The results of the 2019 NYTS found that 27.5% of high school students and 10.5% of middle school students reported using an e-cigarette product in the last 30 days. There are a number of reasons for concern around this increase in e-cigarette use; these include increased potential for nicotine addiction, damage from nicotine and other harmful substances, and an increased likelihood of cigarette use amongst youth who use e-cigarettes.

Community Centered Health involves shifting the focus from individuals to the community and works to prevent health issues before they require treatment. Better Together Montgomery, which consists of representatives from local community organizations, is using grant funds from the Blue Cross Blue Shield Foundation of North Carolina to use community centered health to improve food access and economic stability in the Peabody and Brutonville communities of Montgomery County. CCH has three main areas of focus:

1. Community members as leaders and partners
2. Community level changes in policies, systems, and environments
3. Clinical shifts prioritize creating health

The group spent most of 2019 in the planning phase and will transition to implementation in July 2020. So far they have hired Community Connectors, who are local community members, to engage with the community. Two Chautauqua events were held in 2019, one in the Peabody community and one in the Brutonville community. These events served as community listening sessions which allowed community members to connect with local resources while also sharing their concerns about the health of their community. As this work continues throughout 2020, the group will continue to connect with the community to gain insight and feedback as they work towards improved food access and economic stability.

Dissemination Plan

The State of the County Health Report 2019 was compiled by the Montgomery County Department of Health with input from the Montgomery First-In-Health 2020 Task Force including representatives from FirstHealth Community Health Services and School-Based Health Centers, Montgomery County Schools, NC Cooperative Extension, and Montgomery County Sheriff's Department.

Copies of this report will be disseminated to community partners, including the Montgomery First-In-Health 2020 Task Force, the Montgomery County Board of County Commissioners, the Montgomery County Health Advisory Committee, and other key stakeholders. The report will be available to the general public through the Montgomery County public libraries and the local newspaper will receive a press release regarding the information in the report. Free copies will be available upon request by contacting the Health Education Staff at the Montgomery County Department of Health (910) 572-1393.

This report will also be accessible on the Montgomery County Department of Health website:

www.montgomerycountync.com/departments/health-department.

Want to know more or become involved?

Contact the Health Education Staff at the
Montgomery County Department of Health
217 South Main Street
Troy, NC 27371
(910) 572-1393

The mission of the Montgomery County Department of Health is to
provide high-quality public health services to individuals and families in
Montgomery County.



Public Health
Prevent. Promote. Protect.