

Montgomery County State of the County Health Report

2015



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The 2015 State of the County Health Report provides a review of the priority health issues determined during the Community Health Assessment which was conducted in 2012. The assessment was completed through the collaboration of the Montgomery County Health Department, FirstHealth of the Carolinas, and the members of the First in Health 2020 Vision Task Force. The report is designed to update community members, leaders, agencies, organizations and others on the progress made toward the priority objectives identified in the assessment process. This report documents the most current data for Montgomery County and the state of North Carolina, and includes demographics, leading causes of death, morbidity/mortality rates and emerging issues.

Community Health Priorities

- 1) Teen Pregnancy Prevention
- 2) Childhood and Adult Obesity Prevention and Reduction
- 3) Substance Abuse Prevention and Reduction

Montgomery At-A-Glance

Demographics	Montgomery County	North Carolina
*Population, 2014 estimate	27,395	9,943,964
* <u>Ethnicity</u> (2014)		
White Persons, Not Hispanic	63.7%	64.1%
Black Persons	19.0%	22.1%
Hispanic or Latino Persons	15.2%	9.0%
Asian Persons	1.5%	2.7%
Other	0.6%	2.1%
* <u>Income Data (2010-2014)</u>		
Median Household Income	\$32,715	\$46,693
Per Capita Income	\$19,193	\$25,608
Persons in Poverty	21.1%	17.2%
** <u>Unemployment Rate</u>		
August 2015	6.1%	6.1%
August 2014	6.8%	6.5%
*** <u>Children in Poverty</u>		
2013	33.0%	25.1%
2012	34.9%	25.8%
% of Students Enrolled in Free or Reduced Lunch		
2011-2012	76.5%	56.0%
2010-2011	76.5%	53.9%
Four Year Cohort Graduation Rate		
2011-2012	80.5%	80.2
2010-2011	77.9%	78.4
*** <u>Uninsured Population (2011)</u>	18.7%	18.95

*Source: US Census Bureau

** Source: www.ncesc.com

***Source: www.ncchild.org

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



Priority Issue: Teen Pregnancy Prevention



Community Objective Identified in 2012 Community Health Assessment:

The Montgomery County teen pregnancy rate will be reduced by 10% from a rate of 82.5% in 2011.

Current Status of Objective:

The Montgomery County teen pregnancy rate for 2014 is 58.5, indicating a total decrease of 28.72% since 2011. Unfortunately, Montgomery County continues to rank 3rd highest in the state.

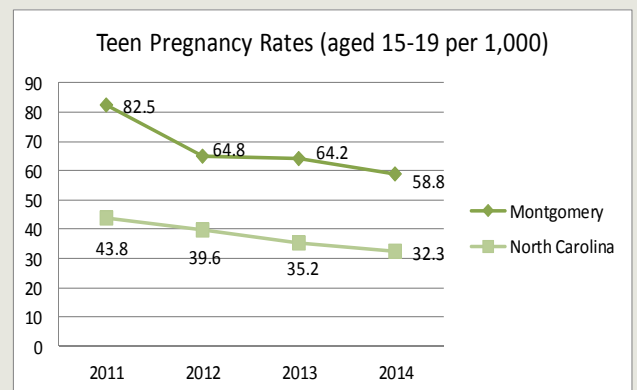
28.72%

North Carolina's teen pregnancy rate fell 8% in 2014, hitting a record low for a 7th consecutive year, according to data provided by the North Carolina State Center for Health Statistics and released by SHIFT NC (Sexual Health Initiatives for Teens). Similarly, Montgomery County's rate dropped 8.4% from 2013 to 2014, giving the county a teen pregnancy rate of 58.8%. In other words, only 5.8% of teens aged 15-19 experienced a pregnancy in 2014. The 2007 teen pregnancy rate was the highest in the past 10 years, at 91.4%. In 2012, Montgomery County prioritized teen pregnancy prevention and made a goal of decreasing the 2011 rate of 82.5% by ten percent. The 2014 data indicates that the rate has indeed decreased by a remarkable 28%, but the county still ranks third highest in the state. This indicates that even though Montgomery County is making progress in this area, the issue remains a high concern for the community. Figures based on less than 20 cases are statistically unreliable and are therefore not reported which is why the rates according to race and ethnicity are not available in Montgomery County. However, data does indicate that state wide, pregnancies were reduced in 2014 among girls of all racial and ethnic backgrounds, helping to minimize some historical disparities. It is of additional interest to note that 75% of counties in North Carolina saw teen pregnancy rates decrease in 2014 and that the state rate is 69% lower than when it peaked in 1990 at a rate of 105.4 per 1,000 girls aged 15-19. Nationwide, researchers have attributed teen pregnancy declines to increased use of birth control, the availability of highly effective long-acting reversible contraceptives (LARCs) like IUDs and the Implant, and a slight increase in the average age when teens first engage in sexual intercourse. North Carolina communities, including Montgomery County, have focused on facilitating these trends.

PROGRESS MADE IN MONTGOMERY. Montgomery County Schools coordinates the Montgomery County Teen Pregnancy Prevention Task Force, which has been actively engaged in planning and implementing initiatives to reduce teen pregnancy. Changes have been made in the Healthful Living Curriculum and school representatives have trained teachers. Additional teen parenting support is being provided through school social workers, guidance counselors, and nurses, who meet with pregnant students to ensure

that they are keeping their doctor's appointments, to assist with nutritional needs and to navigate through school issues. Additionally, Making Proud Choices has been implemented in the high schools with 52 students enrolled at East and 64 at West. Only one student has opted out. Eighty-five kids completed the Draw the Line/Respect the Line initiative offered in the fall of 2015. The Task Force has also organized a speaker's bureau, and discussions are currently being held to expand accessibility to birth control methods, such as condoms in the community. Additionally, plans are being made to apply for a grant to fund and implement Teen Pep. For more information about the Task Force, or to become involved, please email Dr. LeGrand at Takeda.legrand@montgomery.k12.nc.us.

Montgomery County Teen Pregnancies			
	2014	2013	2012
Number of pregnancies among 15-9 year old girls	49	54	57
Teen pregnancy rate per 1,000 15-19 year old girls	58.8	64.2	64.8
Teen pregnancy rates by race/ethnicity			
African-American	*	*	*
Hispanic	*	101.9	*
White	*	54.8	*
Teen pregnancy rates by age			
15-17 year olds	*	*	*
18-19 year olds	105.3	130.3	125.0
Number of pregnancies among 15-17 year olds	19	17	17
Number of pregnancies among 18-19 year olds	30	37	40
Percent of Repeat Pregnancies	28.6%	25.9%	17.5%
Teen Birth Rate per 1,000 15-19 year old girls	50.4	60.6%	56.9%
NC Ranking (out of 100 counties)	3rd	4th	3rd
Change	Since 2013: -8.4%	Since 2012: -0.6%	



Data Source: shiftnc.org

Data Source: shiftnc.org

Priority Issue: Obesity Prevention and Reduction



2.4%
Increase for
adults

2%
Increase for
children

Community Objective Identified in 2012 Community Health Assessment:

Reduce the adult overweight and obesity rate by 3% and the childhood overweight and obesity rate by 5%

Current Status of Objective:

2011 Adult Rate: 63.2% overweight obese
2014 Adult Rate: 65.6% overweight obese

*Source: BRFSS— Piedmont Section

2008 Child Rate: 46% overweight/obese
2014-2015 Child Rate: 48% overweight/obese

Source: FirstHealth Montgomery County School
Health Centers

2014 BRFSS Survey Results	Piedmont Section	North Carolina
Adults who have a Body Mass Index Greater than 25.0 (Overweight or Obese)		
Total	64.2%	65.6%
Gender		
Male	68.2%	70.4%
Female	60.2%	60.8%
Race		
White	63.1%	63.6%
African American	68.9%	72.9%
Hispanic	78.1%	75.8%
Other Minorities	60.4%	49.1%
Age		
18-34	52.7%	54.8%
35-54	69.1%	70.4%
55-64	72.8%	73.1%
65-74	73.0%	72.3%
75+	56.8%	58.0%

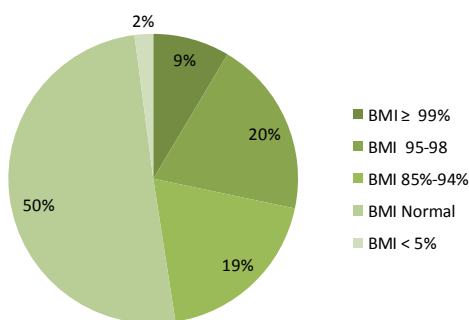
Progress Made To Date:

FirstHealth 2020 Vision Task Force, Cooperative Extension Service, the Health Department and other agencies are actively working toward reducing Childhood and Adult Obesity through the following Programs and Initiatives:

- Color Me Healthy
- Snap Ed
- Matter of Balance
- The Happy Kitchen and PLAY
- Afterschool Fitness Clubs
- Afterschool Educational Sessions
- Sandhills Farm to Table
- Corner Store Initiatives
- Healthy Pressure Cooking
- Spice Up Your (Salt-Free) Life!
- Simple Snacks
- Eating Healthy Made Simple
- Canning Education in the Community
- Using Fresh Produce
- Troy Farmers' Market



Montgomery County Schools BMI 2014-2015



Source: FirstHealth Montgomery County School
Health Centers

New Initiatives:

NC Cooperative Extension Montgomery Center will be implementing several new programs in 2016 to combat overweight and obesity. Some of these programs include a gardening project "Dirty Hands, Healthy Hearts"; Speedway to Healthy; Eat Smart, and Live Strong; and Eat Healthy, Be Active. For more information on these projects contact Hayley Napier at hmapier@ncsu.edu.

FirstHealth of the Carolinas is spearheading a collaborative project funded by the Duke Endowment called "Healthy People Healthy Carolinas" that will be implemented in Montgomery and Richmond counties. This project will address diabetes and heart disease through the implementation of evidence-based interventions and purposeful evaluation. Preventive health screenings and linkage to primary care services will also be included in this scope of work. This transformational program will challenge partners to collaborate and address health disparities in the region. For more information, email claton@firsthealth.org.

Priority Issue: Substance Abuse

Community Objective Identified in 2012 Community Health Assessment:

Decrease illicit and prescription drug use, misuse and abuse by youth and adults.

Current Status of Objective:

The most current data available is from the 2013 YBRFSS and is the same as reported in the 2014 SOTCH report.

34.3% of high school youth in NC report having had at least one drink of alcohol during the last 30 days

42.9% report having used marijuana during the last 30 days

7.1% report having even used any form of cocaine

11.2% report having used inhalants

4.8% report having used methamphetamines

20.4% report having taken prescription drugs without a prescription

Unintentional Narcotic & Hallucinogen Poisoning Deaths in Montgomery County (2010-2014)

Cause	Number of Deaths
Opium	0
Heroin	1
Other Opioids	3
Methadone	2
Other Synthetic Narcotics	2
Cocaine	3
Other & Unspecified Narcotics	3

Source: North Carolina State Center for Health Statistics

Data released from the North Carolina State Center for Health Statistics shows that 15 people passed away in Montgomery County from Unintentional Poisoning Deaths. Of those deaths, 14 were related to narcotics and hallucinogens. The remaining death was unspecified but was classified as being related to Diuretics/ Other and Unspecified Drugs, Medicaments and Biological Substances. The Montgomery County Sheriff's Office, FirstHealth of the Carolinas, Safe Kids Mid-Carolinas Region, and Montgomery County Health Department collaborated to expand opportunities for safe disposal of medications.

A drop box is now available at the Montgomery County Sheriff's Office, and is available for use Monday through Fridays from 8 am to 5 pm. By safely disposing the medications in the drop box, the environment is being protected as well as eliminating the opportunity for medicines to get into the wrong hands and be misused or abused. The collaboration hopes to expand availability of these permanent drop boxes in locations throughout the county. For more information, contact the Montgomery County Sheriff's Office at (910) 572-1313 or Amy Forester with Safe Kids at aforester@firsthealth.org.



Emerging Issues

TUBERCULOSIS. The incidence of TB is on the rise in Montgomery County. Two smear-positive, culture positive cases were identified in 2015. The first active case began treatment in August and the second active case began treatment in November. In early 2016, other cases have been identified and are being treated. The Health Department has followed protocol to identify contacts of the affected cases and treat according to guidelines. For more information, please contact Emily Harris at the Montgomery County Health Department by calling (910) 572-1393.

CHILD NICOTINE POISONING. With the increased usage of electronic cigarettes and the increased incidence of “vaping”, it is important to note that liquid nicotine IS a POISON. One vial of liquid nicotine can kill 4 children. The American Academy of Pediatrics is now reporting that liquid nicotine does not have to be ingested to poison a child. It can, just like a nicotine patch, be absorbed through the skin. Throughout 2015, Safe Kids Worldwide was involved in a push to make liquid nicotine vials child resistant, in the same way as medication and poisonous materials. Liquid nicotine is the fuel that goes into e-cigarettes. In September 2015, Safe Kids submitted a public comment to the Food and Drug Administration urging it to regulate liquid nicotine and e-cigarettes. However, the regulatory process can be slow and Safe Kids was involved in another effort on Capitol Hill to pass S. 142, the Child Nicotine Poisoning Prevention Act. The bill requires the Consumer Product Safety Commission to hold liquid nicotine vials to the same standard of child resistant packaging as other poisons or medications. On January 11, 2016, Congress passed the bill, sending it to President Obama.

‘THIRDHAND SMOKE’ MAY RAISE TYPE 2 DIABETES RISK. Smoke settles in clothes, carpets, couches and car seats, still emitting toxins into our environments even after we’ve been away from the original smoker. We often learn about the harmful effects of secondhand smoke or smoke directly– but rarely do we hear about what’s known as “thirdhand smoke” (THS), which is exhaled smoke that makes its way onto surfaces in our homes, cars, or even workplaces. New research investigates how thirdhand smoke can impact our bodies long-term, finding that it can contribute to the development of Type 2 diabetes. In the study, the researchers found that exposure to thirdhand smoke resulted in insulin resistance– a condition in which the body is able to produce insulin, but doesn’t use it properly. Insulin resistance is a precursor to Type 2 diabetes because glucose begins to build up in the blood. Additionally, a 2013 study found that THS could lead to DNA damage, among other health issues.

Mortality

Unadjusted Death Rates	NC	Montgomery County
2014	856.9	1003.8
2010-2014	838.6	1000.8

Infant Death Rates, per 1,000	NC	Montgomery County
2010-2014 Total Rate	7.1	13.5
White Deaths	1811	6
African-American Deaths	1858	9
Other Non-Hispanic Minorities	185	1
Hispanic Deaths	441	6

Child Death Rates, per 100,000 population	Deaths 0-17	Death Rate 0-17
North Carolina	6,577	57.6
Montgomery County	27	82.6

2010-2014 Age– Adjusted Death Rates Per 100,000 Population	North Carolina	Montgomery County
All Causes	785.2	803.0
Diseases of the Heart	165.9	151.4
Cerebrovascular Disease	43.0	35.4
Cancer	171.8	151.0
Diabetes Mellitus	22.1	28.6
Pneumonia and Influenza	17.6	23.3
Chronic Lower Respiratory Disease	46.0	51.6
Chronic Liver Disease and Cirrhosis	9.7	12.3
Septicemia	13.0	N/A
Kidney Disease	17.0	13.5
Unintentional Motor Vehicle Injuries	13.5	29.7
All Other Unintentional Injuries	29.6	29.1
Suicide	12.4	N/A
Homicide	5.7	N/A
Alzheimer’s Disease	29.2	43.5
Acquired Immune Deficiency Syndrome	2.6	N/A

New Initiatives for Infant Mortality

Data from the North Carolina State Center for Health Statistics indicates that the Infant Mortality rate for Montgomery County (13.5) is almost twice as high as the state rate of 7.1. The 2015 National Vital Statistics Report shows that low birth weight, maternal complications and sudden infant death syndrome are three of the five leading causes of death. In an effort to address this in Montgomery County, the Montgomery County Health Department plans to use evidence based strategies that have proven to be successful in reducing infant mortality. This is made possible through a Maternal and Child Health block grant fund distributed to local health departments in counties with high infant mortality rates. Long acting reversible contraceptives (LARCs) will be made available free of charge to women of child bearing age who request this form of birth control. Long acting reversible contraceptives are effective for long periods of time and require no action on the part of the user which could lead to a reduction of unplanned pregnancies. Studies have proven that unplanned pregnancies could lead to maternal complications and infants born with low birth weights. Safe sleep training will be offered to pregnant women currently receiving maternity care at the health department. Safe sleep is an evidence based strategy to reduce Sudden Infant Death Syndrome by increasing awareness of safe sleep strategies. The health department will provide Baby's Easy Safe Sleep training for parents and caregivers.



Morbidity

Communicable Disease Rates	North Carolina	Montgomery County
HIV Infection Rate (2012 –2014)	13.4	8.5
AIDS Case Rate (2012-2014)	8.0	3.6
2014 Chlamydia Rate	501.9	383.3
2014 Gonorrhea Rate	150.4	120.5
2014 Syphilis Rate	11.2	0

2008-2012 Cancer Incidence Rates Per 100,00 Cases	North Carolina	Montgomery County
Colon/Rectum	39.8	40.4
Lung/Bronchus	71.9	77.8
Female Breast	157.0	128.9
Prostate	139.4	154.2
All Cancers	488.9	472.6

2014 NC Asthma Discharges	North Carolina	Montgomery County	Montgomery Co. 2013 Data
Total Rate	90.9	94.8	87.0
Rate for Ages 0-14	144.6	91.4	74.8

Cancer Projections for Montgomery County, 2015	Projected New Cases	Projected Deaths
Total	184	67
Lung/Bronchus	29	21
Female Breast	31	4
Prostate	26	3
Colon/Rectum	15	5

Source: North Carolina Central Cancer Registry

DISSEMINATION PLAN.

Copies of this publication will be disseminated to key stakeholders and community partners, including members of the 2020 Vision Committee, the Montgomery Board of County Commissioners and other contributors. The report will also be available to the general population for viewing at public libraries throughout the county and on the Montgomery County website: www.montgomerycountync.com. Press releases about this data will be distributed to local newspapers, and copies will be available free of charge, upon request by contacting Rhonda Peters at the Montgomery County Health Department by emailing Rhonda.peters@montgomerycountync.com.

WANT TO BECOME INVOLVED?

See contact information throughout this document or call the Health Education Staff at the Montgomery County Health Department (910) 572-1393.

