

MONTGOMERY COUNTY

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STATE OF THE COUNTY HEALTH REPORT 2018

The State of the County Health Report 2018 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: social determinants of health and adverse childhood experiences.

Montgomery County At-A-Glance



High School Graduation 2017-2018

Montgomery County: 89.6%
North Carolina: 86.3%

Bachelor's Degree or Higher, Age 25+ 2013-2017

Montgomery County: 14.0%
North Carolina: 29.9%

Sources: NC
Dept. of
Instruction &
US Census
Bureau

Median Household Income, 2013-2017

Montgomery County: \$38,254
North Carolina: \$50,320



Per Capita Income in past 12 months, 2013-2017

Montgomery County: \$20,900
North Carolina: \$28,123

Persons in Poverty

Montgomery County: 17.8%*
North Carolina: 14.7%

*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 2017 Annual Average

Montgomery County: 4.6%
North Carolina: 4.5%

2018 Annual Average

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	63.0%	63.1%
Black/African American	18.9%	22.2%
American Indian and Alaska Native	1.0%	1.6%
Asian	1.6%	3.1%
Native Hawaiian and Other Pacific Islander	0.1%	0.1%
Hispanic/Latino	15.7%	9.5%
Two or More Races	1.6%	2.2%

Source: US Census Bureau



Source: US Census Bureau

Population, 2017 estimates

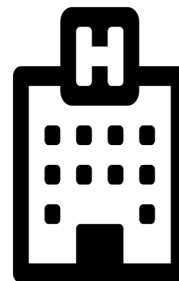
Montgomery County: 27,435
North Carolina: 10,273,419

Youth Under 18 years

Montgomery County: 22.5%
North Carolina: 22.4%

Persons 65 years and over

Montgomery County: 20.0%
North Carolina: 15.9%



Source: NC Institute
of Medicine

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

Montgomery County: 19.4%
North Carolina: 15.1%

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

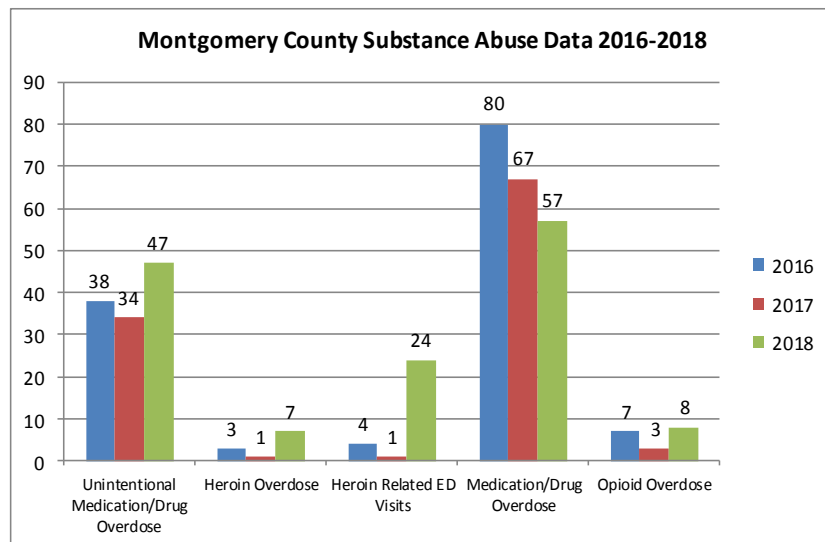
Montgomery County: 5.5%
North Carolina: 4.7%

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.



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 2016-2018. While there were decreases in every category from 2016 to 2017, numbers in most categories have increased again in 2018. Unintentional medication/drug overdoses, heroin overdoses, heroin related ED visits, and opioid overdoses all showed numbers that were higher than both 2016 and 2017 data. Medication/drug overdose was the only category to continue a downward trend. There was also one cocaine overdose in 2018 and 102 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 Naloxone without visiting the emergency department.

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. There was a Spring 2018 cohort and a Fall 2018 cohort. A total of 9 families, consisting of 14 adults and 14 youth have completed the program so far. A third cohort is being planned for Spring 2019.

Medication Drop Box: The Montgomery County Sheriff's Department has had a drug drop box on-site since 2015. In 2018, approximately 70 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.



Opioid Prevention and Awareness Outreaches were completed at West Montgomery High School and East Montgomery High School in Spring 2018. A health educator from the Montgomery County Department of Health provided information to approximately 100 students about opioid and substance abuse prevention.

Family Fun Day in the Park was an event held in October 2018 in Biscoe Park. The event was developed by NC Cooperative Extension and the first cohort of Empowering Youth and Families Program participants. The event involved collaboration with 4-H Montgomery County, Montgomery County Department of Health, FirstHealth, Montgomery County Sheriff's Department, SafeKids Mid-Carolinas Region, and the Sandhills Region 6 Traffic Task Force. Participants could bring unused medications to be disposed of during a Drug Take Back Event and participate in educational activities for the whole family related to opioid misuse in the community.

New Initiatives

Rural Health Opioid Project— This is a grant-funded project started in December 2018 that is led by FirstHealth and includes representatives from a variety of organizations in Montgomery, Lee, and Hoke counties. The goals of the project include: establishing a community coalition, increasing access to medication-assisted treatment and care coordination, training and establishing a network of peer-to-peer specialists, and increasing awareness of Narcan and opioids.

HRSA Network Planning Grant— This is a one-year network planning grant awarded to FirstHealth to assist with opioid prevention, treatment, and recovery in a 10-county region. Montgomery County Department of Health and Montgomery County Sheriff's Department are two of the many partners working on this grant.

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%.

2017 BRFSS Survey Results Adults who have a Body Mass Index Greater than 25.0 (Overweight or Obese)	Regions 6 & 7*
Total	66.6%
Gender	
Male	70.2%
Female	63.1%
Race	
Non-Hispanic White	66.1%
Non-Hispanic Black	71.9%
Other	**
Age	
18-44	62.1%
45-64	72.7%
65+	67.8%

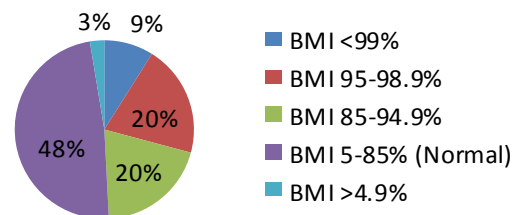
*Regions 6 & 7 include: Anson, Cumberland, Edgecombe, Franklin, Granville, Halifax, Harnett, Hoke, Johnston, Lee, Montgomery, Moore, Nash, Richmond, Scotland, Wake, Vance, Warren, Wilson Counties.

**Data was too small to be statistically reliable

The 2017 BRFSS Survey shows 66.6% of respondents in Regions 6 & 7 were overweight or obese due to having a body mass index (BMI) greater than 25.0. This was a slight decrease from 73.0% in the 2016 BRFSS Survey that was reported in the 2017 SOTCH report. However, the 2017 survey includes regions 6 and 7 while the 2016 survey only included region 6. This means there are more counties included and the data may not be as applicable to Montgomery County and may not provide an accurate representation of the issue in this county. Unfortunately there has not been updated obesity data released recently specifically for Montgomery County. The CDC has also not released an updated diagnosed diabetes percentage since the 12.5% reported in the 2016 CHA.

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 pie chart shows just under half of the students in the schools had a normal BMI last school year and 3% of students are considered underweight. This means that 49% of students are considered to have a BMI that is overweight or obese, a slight decrease from the 50% reported in the 2017 SOTCH report from the 2016-17 school year.

**Montgomery County Schools BMI Data
2017-18 School Year**



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: 108
- Number of kids referred who have participated: 28
- On average, 6 referred youth, 12 siblings of referred youth, and 7 parents participate each session.
- 2,330 total encounters with participants so far in this program:
 - 565 with referred youth
 - 1,098 with siblings of youth
 - 667 with parents of youth

Go Glow Grow

NC Cooperative Extension facilitates this program in pre-k classes throughout the county. It includes a lesson on physical activity or nutrition. In 2018, 183 students participated in six schools.

Health Education for Young Learners—Healthy Lifestyles

This program, facilitated by Montgomery County Dept. of Health, provides an interactive lesson about healthy eating and physical activity to pre-k and daycare classes. In 2018, 198 children participated.

The Daily Mile

By the end of 2018, all six elementary schools in the county had a walking trail constructed on their property. An additional walking trail was constructed at the Biscoe Community Center, where the MARCHES program is held.

2017-18 School Year

- 122,052 miles walked
- 1,651 students participated

2018-19 School Year*

- 18,783 miles walked so far
- 986 students participated so far

*Data entry is in progress and the numbers only reflect what has been entered into the data tracking system to date

FirstReach Pre-Diabetes Program

This FirstHealth program focuses on calorie and fat reduction and increasing physical activity. The first Spanish speaking class was taught in Biscoe in 2018.

- 152 blood sugar screenings completed
- 19 participants completed the program
- 85.5 pounds have been lost between the participants so far*
- 3,911 minutes of physical activity recorded by participants*

*Some classes will go into 2019 and those numbers are not included

New Initiative

Chronic Disease Self-Management Program—a free 6-week workshop starting in Spring 2019 that focuses on coping skills for patients diagnosed with a chronic disease, such as diabetes, heart disease, depression, etc. For more information, please call Kimberly at (910) 572-1393 ext. 1227 or Kristen at (910) 715-6270.

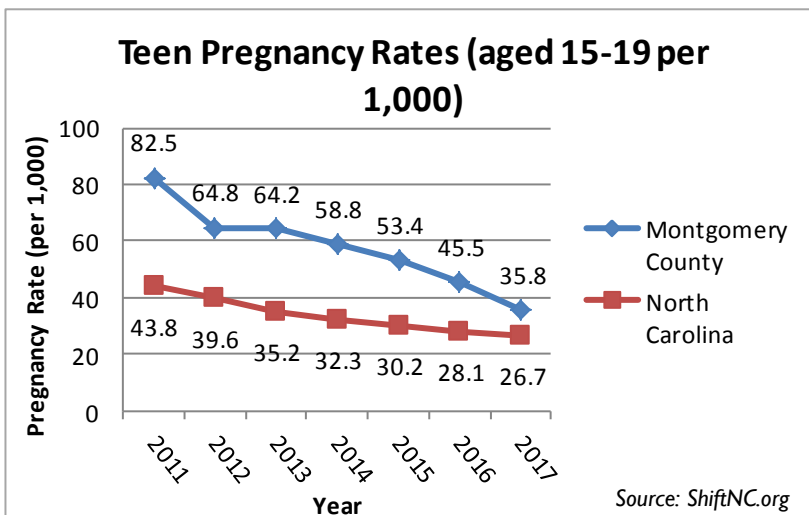
Priority Issue: Teen Pregnancy Prevention

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. Montgomery County's teen pregnancy rate dropped 21.3% since 2016 to a 2017 rate of 35.8 per 1,000 15-19 year olds. The 2017 teen pregnancy rate goal in Montgomery County was 40.1, which means the goal was met.

Montgomery County is now ranked 25th in the state for teen pregnancies, an exciting accomplishment given that in 2011 it was ranked the 2nd highest county for teen pregnancies. There were 31 pregnancies among 15-19 year olds in 2017, of which 35.5% were repeat pregnancies. Of the 31 pregnancies, 5 were among 15-17 year olds and 26 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 the teen pregnancy rate in 2018 is 32.2. Montgomery County Schools are working toward this goal for the 2018-19 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 2018

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 2017/2018 school year, there were 310 students who participated in this program. Currently in the 2018/2019 school year there are 320 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 were 810 students who participated in this program in the 2017-18 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 were 250 students who participated in this program in the 2017-18 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 2018, staff also set up booths at the Montgomery Learning Academy and Montgomery Early College to provide information about these topics as well.

Morbidity

2011-2015 Cancer Incidence Rates Per 100,000 Population	North Carolina	Montgomery County
Colon/Rectum	37.5	44.4
Lungs/Bronchus	69.3	69.5
Female Breast	160.2	130.7
Prostate	120.9	129.5
All Cancers	481.4	468.9

Montgomery County Cancer Projections, 2018	Projected New Cases	Projected Deaths
Lung/Bronchus	29	20
Female Breast	32	5
Prostate	24	5
Colon/Rectum	15	5
Total	189	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 three out of the four cancers listed. Female breast cancer is the only cancer that has a lower incidence rate in Montgomery County than the state. Cancer incidence rates for all types of cancers listed in Montgomery County have decreased slightly since the previous report on 2010-2014 numbers. Montgomery County cancer projections remain unchanged from the 2017 projections.

Mortality

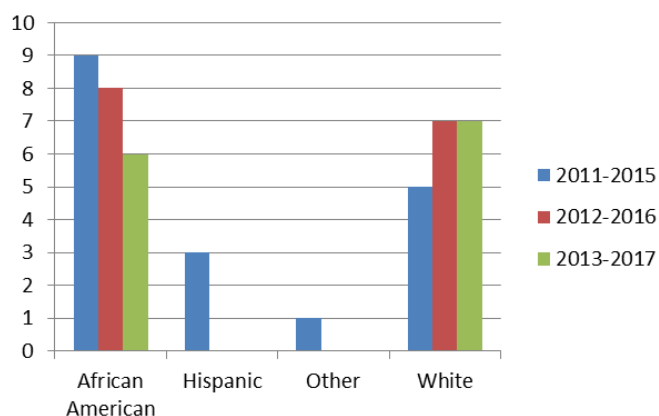
Leading Causes of Death for All Ages, 2013-2017

	Cause of Death in Montgomery County	Number of Deaths	Death Rate Per 100,000
1	Cancer-All Sites	311	226.6
2	Diseases of the heart	308	224.4
3	Chronic lower respiratory diseases	100	72.9
4	Alzheimer's Disease	89	64.9
5	Cerebrovascular Disease	66	48.1
6	Diabetes Mellitus	57	41.5
7	Other Unintentional Injuries	43	31.3
8	Pneumonia & Influenza	41	29.9
9	Kidney Disease	30	21.9
10	Motor Vehicle Injuries	28	20.4

There was a change in the leading causes of death between the 2012-2016 data (shown in the 2017 SOTCH report) and this 2013-2017 data. Previously, Septicemia and Chronic Liver Disease/Cirrhosis were in the 10th spot at 23 deaths each. Those causes of death are no longer in the top ten list. Motor vehicle injuries has moved into the 10th spot, with 28 deaths and a rate of 20.4 per 100,000. There were no other changes in the rankings but the number of total deaths from all causes increased by 50, which means most causes of death saw an increase as well. The total number of deaths in the county in 2012-2016 was 1,414 and the total number of deaths in 2013-2017 was 1,464.

In 2013-2017 there were 13 infant deaths in Montgomery County, which was 2 less than in 2012-2016. Hispanics and "Other" races again saw no infant deaths in 2013-2017. The number of infant deaths in the African American population has been declining but the number of infant deaths in the White population has stayed the same from 2012-2016 to 2013-2017.

Infant Deaths in Montgomery County by Race



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.

- From June 2017-May 2018, 11.9% of family planning clients received a LARC
- From February-May 2018, 60 children ages 0-5 were screened for CEASE
- Breastfeeding classes were held in October and November 2018 and will continue 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 2018, 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

Social Determinants of Health are “conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks” (Healthy People 2020). There are five main areas or determinants including Economic Stability, Education, Social and Community Context, Health and Health Care, and Neighborhood and Built Environment. Each of these determinants have multiple underlying factors:

Economic Stability– employment, food insecurity, housing instability, poverty

Education– early childhood education and development, enrollment in higher education, high school graduation, language and literacy

Social and Community Context– civic participation, discrimination, incarceration, social cohesion

Health and Health Care– access to health care, access to primary care, health literacy

Neighborhood and Built Environment– access to foods that support healthy eating patterns, crime and violence, environmental conditions, quality of housing

Addressing the social determinants of health and creating social and physical environments that promote good health can help reduce disparities and improve the health of the population. The Montgomery Healthy People, Health Carolinas Coalition is working towards addressing the social determinants of health. In December 2018, the group was approved for a Blue Cross Blue Shield of North Carolina Foundation’s Community-Centered Health grant. The work will focus on a community-centered approach to addressing food inequity and economic instability in the county.

Adverse Childhood Experiences, also known as ACEs, are stressful or traumatic events that occur during childhood that may include abuse, neglect, witnessing domestic violence or substance abuse, etc. Experiencing these events early in life can lead to chronic health conditions such as obesity, diabetes, depression, and heart disease; risky behaviors such as smoking, alcoholism, and drug use; and low life potential such as lower graduation rates and low academic achievement (Centers for Disease Control and Prevention). ACEs can be prevented. Safe, stable, and nurturing relationships and environments can positively impact many health problems and on the development of skills that will help children succeed in life. Some strategies for addressing these issues include parenting training programs, social support for parents, mental illness and substance abuse treatment, and high quality child care (CDC).

This topic is currently being addressed by the Montgomery County Thrive Task Force, which was created in spring 2018. This task force is led by County Commissioner Jim Matheny and includes representatives from local government, Montgomery County Schools and Community College, early childhood education, physical and mental health organizations, non-profits, churches, civic groups, and concerned citizens. The Task Force has been consistently meeting once per month and looking at available data regarding the health of children in the county, what programs are already being implemented in the county to work on these issues, and then looking to the future to see what programs or services are still needed to prevent adverse childhood experiences.

Dissemination Plan

The State of the County Health Report 2018 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
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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.