

# INTRODUCTION

The State-Of-The-County Health Report (SOTCH) is part of a Consolidated Agreement. The purpose of the report is to relate current information on the health status of the county.

It is a state mandate to be written in the years the county is not conducting a community assessment. The report serves as a yearly update of health concerns and the actions taken to address them. Primarily conducted by the health department, this document is available to many different agencies and individuals in the community.

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# Hoke County 2014 State of the County Health Report



MARCH 2015 ISSUE

## Demographic and Leading Health Concerns

Hoke County, which lies in the southeastern part of North Carolina, was formed in 1911 from portions of Cumberland and Robeson Counties. It was named in honor of Robert F. Hoke, a Major/General in the Confederate States Army. With approximately 392 square miles, Hoke County is bordered by Cumberland, Moore, Robeson and Scotland Counties. Raeford, its largest city, serves as the County Seat.

In 1918, the United States was looking for a place that had suitable terrain, a good source of water, close to a rail road, and a climate for year around training. They found a place called Camp Bragg that had all of these qualities and on September 30, 1922, this place was renamed Fort Bragg and became a permanent army post. Fort Bragg is now the largest army installation in the world, holding about 10% of the U.S active arm forces (Hoke County Land Use Plan, 2005).

According to the 2013 Census, Hoke County's population estimate is 51,322. From 2000 to present, Hoke County has seen a major influx of military and migrant workers. The county has a makeup of 49.3% males and 50.7% females. The population increased 47.2 % during the years 1990 - 2000. From 2000 - 2009, the population has increased 34.2%. The percent change from April 1, 2010 to July 1, 2013 is 9.3%. The Hispanic population has decreased by .4% since 2013. Hoke County has a large number of young people with approximately 29% of the population 18 and under. Its senior population (65 and older) currently stands at about 8% of the population, which is a .3% increase.

The Four Year Cohort Graduation Rate (2011-2012) is 73.7%, which is a 2% increase from 2009 when it was 71.7%. In 2014, 399 students graduated from Hoke County High School. According to the 4 Year Cohort Graduation Rate Report, 72.5% (348 of 480) of the students were expected to graduate. (NC Public Schools-4 Year Cohort Graduation and Kids Count Data Center.) In 2009-2013, 84% of the population 25 and older were high school graduates, and 17.2% had bachelor's degrees or higher. (Hoke County Quick Fact, US Census Bureau) The Dropout count Hoke County Schools (2012-2013) was 50 compared to 78 in 2011-2012. (NC Public Schools Drop Out Rates)

The average per capita income for residents in Hoke County is \$18,761 (2013 inflation adjusted dollars) with 22.9% of the population living in poverty (2009 - 2013). Since 2011, the poverty level has increased 2% (2013 Hoke County Quick Facts - US Census Bureau). In 2012, according to the Kid Count Data Center, 28% of children under 18 were below the poverty level. According to the American Community Survey Estimates (2009-2013), 18.3% of people 65 years and older are below the poverty level. The unemployment rate as of November 2013 is 5.6% which is .3% higher than the state rate of 5.3%. (NC Department of Commerce Labor & Economics Division-2014 Preliminary Data).

In 2009-2013 the leading industries in Hoke County for 64.1% of the employed population (16 years and older) were: educational, health care and social assistance services 27.4%; 14.2% in manufacturing; 11.7% in retail trade; 9.8% in public administration; 6.3% in professional, scientific, management and administrative; and waste management services; 5.7% in construction and 4.9% in arts, entertainment and recreation accommodations and food services. The civilian employed occupations were: management, professional and related occupations at 28.9%; service occupations at 22.0%; sales and office occupations at 23.6%; and production, transportation, material moving occupations at 15.1%; and natural resources, construction and maintenance occupations at 10.4%. Private wage and salary workers were 70.9% of the population employed, whereas 23.4% were government workers and 5.6% were self-employed in their own not incorporated businesses (2009-2013 American Community Survey - 5 Year Estimates). In comparison to the 2007 - 2011 American Community Survey - 5 Year Estimates, there was only an .9% increase in those employed in manufacturing. Educational, health care and social assistance services revealed a 3.4% increase; management, professional, and related occupations showed a 2.8% increase; service occupations showed a .1% increase; and the federal, state, or local government workers indicated a 1.6% increase.

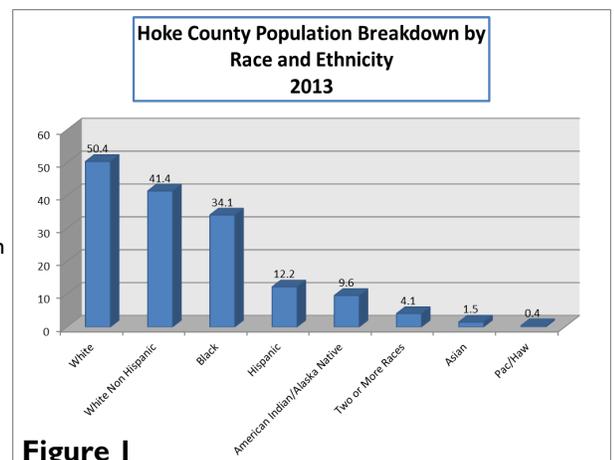


Figure 1

Data Source: Hoke County Quick Facts - US Census Bureau -2013

# Leading Health Concerns:

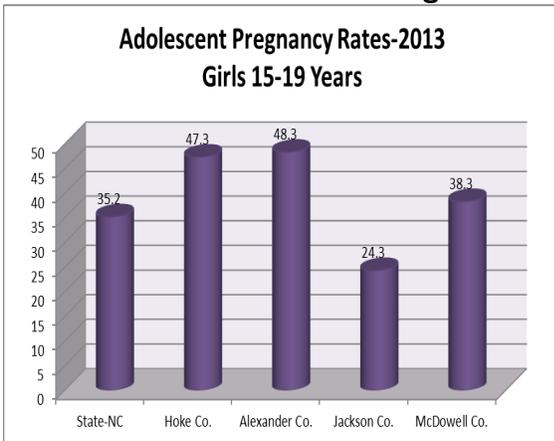
**The primary areas of focus continue to be Adolescent Pregnancy and STD Prevention, Chronic Disease with emphasis on Diabetes, Heart Disease, Hypertension, Obesity and Overweight. Although the Community Health Opinion Surveys showed that there is a need for more education related to Men’s Health, Aging, Asthma, Cancer and Mental Health.**

Upon evaluating the health needs of Hoke County, the first thing that comes to mind is more education. Because of the high rate of **Teenage Pregnancies and Sexually Transmitted Diseases**. Hoke County ranks 23 in the State for Adolescent Pregnancies which is a – 0.4% change since 2012. In Figure 2 shows a comparison of Hoke County adolescent pregnancies, with North Carolina and peer counties (Alexander, Jackson & McDowell). In 2013, there were 285 births to unmarried women with a rate of 31.7% compared to the North Carolina’s rate of 41.4% per 1000 population.

**Pregnancies and Births**  
**Live Births**

For the period 2009-2013 Hoke County’s live birth rate was 19.3% compared to North Carolina’s rate of 12.6 % (per 1,000 population). In 2013, Hoke County had a total of 1003 pregnancies and a total of 899 live births, 467 White, 233 Black and 117 Hispanic. and Other (Non Hispanic) 82. In Hoke County there were 19 births to mothers under age 18 and 802 live births to mothers aged 18-34. For the period 2009-2013, Hoke County’s low birth weight rate was 9.3% compared to the North Carolina rate of 9.0% per 1000 population.

**Figure 2**



Data Source: NC State Center for Health Statistics County Health Data Book, 2015; Total Pregnancy Rates for Girls 15 - 19 and APCNC Data-2013

There is still a need for emphasis to be placed on community outreach. Young persons need to be educated about the consequences of being a parent, and about the deadly risks of transmitting sexually transmitted diseases. There has to be more recreational activities offered for the at-risk population in hopes of getting them involved. It is also very important for community leaders to come together to address affordable health care for all regardless of income.

There are seven (7) medical clinics in Hoke County providing family practice services; four (4) private pediatricians to address the medical needs of children; and an OB/

GYN practice to care for female health issues including pregnancy; with a total of 15 physicians for the area. There are four (4) dental practices with a total of five (5) dentists and two eye clinics with an Optometrists. In October 2013, FirstHealth Moore Regional Hospital opened it’s Hoke Campus which consist of 8 hospital beds and a 24 hour emergency department. It continues to operate it’s Urgent Care Clinic which was opened in August 2012 from 8 am to 7 pm. In March 2013, Cape Fear Valley Medical Center opened Health Pavilion Hoke which provides a variety of services, including: Express Care, Family Practice, Pediatric Care, OB/GYN, Diagnostic Imaging 9including digital x-ray, digital mammography and ultrasound), Retail Pharmacy and Medical Lab Testing. Phase II of the project calls for a new 41 bed acute care hospital to be built directly behind the outpatient center. Hospital construction will be complete in March 2015 at which time an opening ceremony will be held.

Evidence from a growing body of research also suggests that the role of community in health outcomes begins at an early age.

According to the State Center for Health Statistic, the Life Expectancies by Age, Race and Sex for Hoke County (2011-2013) show a increase of about 2.6 years compared to the 1990-1992 data for ages 35-59. (See Figure)

According to the NC State Center for Health Statistics, the **ten leading causes of deaths** in Hoke County are Heart Disease, Cancer-All Sites; Trachea, Bronchus, & Lung Cancer; Chronic Lower Respiratory Diseases: Cerebrovascular Disease; Alzheimer’s Disease; Cancer-Prostate; Kidney Disease; Diabetes and Other Unintentional Injuries. (see figure 8 on page 7) Because of the high number of deaths due to chronic disease, and the needs indicated by community members through the health opinion surveys, Hoke County has decided to focus on Heart Disease, Diabetes, and Hypertension. The public needs to be educated on the benefits of participating in regular physical activity as well as eating a healthy diet. The importance of maintaining healthy glucose levels needs to be strongly encouraged to diabetics in relation to the prevention of complications from the disease. Not only do we feel the need to educate the public, but action must also be taken to actually help people make positive changes in their lifestyles. Lifestyle change does not occur overnight. Efforts will be made to continue making physical activity and nutrition education more available. Also, physical activity initiatives and walking trails will continue to be established in the county.

Communities people grow up in are indeed one determinant of their health, both in the short term and in adulthood. Hoke County residents lack critical resources and opportunities to make healthy choices and their health can be compromised. There are six (6) parks in the county and only one fitness center for residents to use for various sports and physical activity.

# Leading Health Concerns:

There are no county or city recreational building facilities. This forces residents to use recreational facilities in neighboring counties. The Hoke County Health Department continues to offer Health Education/Health Promotion Interventions related to various chronic diseases and is in the process of developing community walking trails.

Evidence shows that low-income and/or minorities often face poorer health outcomes than their counterparts. Lack of education is also a strong predictor of health outcomes. Children who live in substandard housing, learn in poorly constructed classrooms and play in areas of heavy traffic congestion are more likely to develop chronic health conditions. To further complicate matters, social and community factors interact and there is a correlation between attainment of education and wealth and the availability of community resources.

Community variables such as where supermarkets are located, to where health clinics are built, and from the proximity of highways to the quality of local housing, can affect the health of the community. With the expected increase in the military population, Hoke County has shown signs of growth in its business establishments and new housing developments. In addition, research has shown that an individual's risk for negative health outcomes increases with each additional risk factor they face. Evidence from a growing body of research also suggests that the role of community variables in health outcomes begins at an early age.

Not all communities are on an equal playing field, due to disparities and the ability of residents to access health promoting institutions, practice healthy behaviors, and influence subsequent health outcomes. Further research into health disparities is needed in Hoke County and other counties in North Carolina to evaluate why low-income communities and communities - of -color do not benefit from the same environmental supports to healthy outcomes.

Residents' assessment of their own health can provide a population -level measure of health-related quality of life. Residents reporting poor or fair health often struggle with unmet health needs, chronic conditions or disparate health care access relative to their neighbors. Health insurance has been linked to the ability of residents to access medical care. Such medical care can provide residents with the tools to manage their own health and seek advice and treatment for health conditions as they arise. A community whose adults assess their health positively and feel confident that they can manage health conditions, live healthier lifestyles, access care when necessary, are then able to promote healthier outcomes for their children. Children's receipt of regular, preventive medical care is often correlated not only with whether they have insurance coverage, but also, with their parents' insurance status. Parents without health insurance are less likely to seek regular medical care for their children, and are more likely to experience illnesses that can make it more difficult to care for their children. Finally, a lack of health insurance puts families at risk for financial stress and even bankruptcy.

Rates of **obesity** continue to rise, and the prevalence of chronic diseases such as heart disease and diabetes are higher than ever before. The Hoke County Health Department, along with many of its partners, such as the Hoke County Public Health Advisory Council, North Carolina Cooperative Extension - Hoke Center, Hoke County Schools, FirstHealth of the Carolinas Community Health Services, Cape Fear Regional Bureau for Community Action, INC and the Faith Community, is taking a leadership role to help positively affect the health of Hoke County residents.

According to the Center for Disease Control overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height.

The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems.

For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the "body mass index" (BMI). BMI is used because, for most people, it correlates with their amount of body fat.

- An adult who has a BMI between 25 and 29.9 is considered overweight.
- An adult who has a BMI of 30 or higher is considered obese.

Below is a table which shows the Body Mass Index Grouping – Obese for Eastern North Carolina according to NC Behavior Risk Factor Surveillance Survey-2013.

Figure 3

Eastern Region				
Race	Total	Recommended Range Percent	Over-weight Rate	Obese Rate
White	1,461	30.9	37.4	29.3
Af. Am.	616	23.7	33.9	40.8
Other Min.	418	24.1	44.9	29.9
Hispanic	88	18.3	0	24.0
Non-Hisp.	2,428	29.0	36.1	32.8
<b>NC</b>				
	8,296	32.2	36.7	32.4

## Infant Mortality

In 2009-2013, Hoke County's infant death rate (under one year of age) was 5.3% (per 1000 live births) and the fetal death rate (in utero development after 20<sup>th</sup> week) rate was 5.5% compared to North Carolina's fetal death rate of 6.6% per 1000 live births. The perinatal death rate for Hoke County was 8.9% compared to the state of North Carolina rate which was 11.6%. Hoke County's neonatal deaths (under 28 days of life) were at a rate of 3.4% compared to North Carolina's rate of 5.0% per 1000 population. Hoke County's post-neonatal death rate (28 days to 1 year of life) was 1.9% compared to North Carolina's rate of 2.3% per 1000 live births.

In 2012, 6 infant deaths (under 1 year) were reported in Hoke County, a rate of 6.4% and 4 fetal deaths (in utero development after 20<sup>th</sup> week) a rate of 4.3% (per 1000 population) compared to North Carolina's infant death rate (under 1 year) 7.4% and fetal death rate of 6.7% per 1000 population.

Figure 4

Hoke Co. Total Infant Death Number	Total Infant Death Number 2009-2013
1	25
Rate	Rate
1.0	5.3
NC Total Infant Death Number 2013	Total Infant Death Number Rate 2009-2013
832	4441
Rate	Rate
7.0	7.3

Data Source: NC State Center for Health Statistics County Data Book 2015 and Vital Statistics Volume 1, 2013

# Leading Health Concerns (continued):

The goal of the **Communicable Disease Program** is to stop the spread of disease by investigating sources of infection and reduce transmission through public education. This is done through the cooperation of physicians, and medical laboratories.

There are sixty- six non-sexually transmitted reportable diseases. There are blood borne diseases such as Hepatitis B and C and enteric diseases such as salmonella and shigellosis. Hepatitis-A is a food borne disease. Vector borne diseases include West Nile Virus, Eastern Equine Encephalitis, Rocky Mountain Spotted Fever and Lyme Disease. Some communicable diseases are air borne like SARS (Severe Acute Respiratory Syndrome) and Tuberculosis. There are also agents of terrorism such as anthrax, smallpox and plague.

Communicable diseases are reported to the local health department through Medical providers, laboratories and the state communicable disease branch. The communicable disease staff determines if the reported disease meets the case definition set by the Centers for Disease Control and Prevention. Persons with certain diseases are restricted in activities to decrease transmission

### Communicable Disease Summary

The number of **Tuberculosis (TB)** cases reported in 2012 and 2013 was only one case for each year with a rate of 2.0% in 2012 and 1.9% in 2013 per 100,000 population. (NC Tuberculosis Control Program, NC Division of Public Health July 2013) In 2012 there was only one (1) **Syphilis** case reported for Hoke County with a rate of 2.0% per 100,000 population. This number was reported after the SOTCH was done for 2013. There were no cases reported in 2013. (NC Department of Public Health Epidemiology Branch, 2013 HIV/STD Surveillance Report) There was a decrease in the number of **Gonorrhea** cases in 2013-90 with a rate of 178.1% (per 100,000 population) as compared to 116 cases with a rate of 229.5% (per 100,000 population) reported in 2012. **Chlamydia** also showed a decrease in the number of cases reported in 2013-247 with a rate of 488.8% compared to 277 cases with a rate of 493.9% reported in 2012. There was a decrease in **AIDS** cases 4 reported in 2013 with a rate of 7.9% as compared to 5 cases with a rate of 9.9% reported in 2012 by year diagnosed. Hoke County ranks 19<sup>th</sup> among the 100 counties. **HIV Infection** showed an increase in the number of cases 10 reported in 2013 with a rate of 19.8% compared to 8 cases with a rate of 14.8% reported in 2012 per 100,000 population by year diagnosed. Hoke County rank 10<sup>th</sup> in the State for HIV Infection. The table below compares Hoke County with its Peer Counties (Alexander, Jackson and McDowell) in the number of HIV Disease (HIV/AIDS) Cases Living and the number of AIDS Cases Living as of 12/31/2013.

Figure 5

	HIV Disease (HIV/AIDS) Cases	AIDS Cases
Hoke Co.	141	63
Alexander Co.	36	18
Jackson Co.	35	18
McDowell Co.	32	15
NC Total	28,101	11,829

(NC Department of Public Health Epidemiology Branch, 2013 HIV/STD Surveillance Report)

Figure 6

2013 Hoke County Inpatient Hospital Utilization and Charges by Principal Diagnosis

Diagnosis	Total Cases	Discharge Rate	Average Days Stay	Total Charges
Septicemia	220	4.3	8.1	\$10,867,668
AIDS	7	0.1	9.6	\$280,540
Colon, Rectum, Anus	14	0.3	8.6	\$4,599,574
Trachea, Bronchus, Lung	20	0.4	5.9	\$825,132
Female Breast	3	0.1	1.7	\$50,938
Prostate	12	0.2	2.6	\$330,177
Diabetes	87	1.7	5.1	\$2,225,948
Heart Disease	397	7.7	5.3	\$19,762,985
Cerebrovascular	104	2.0	5.5	\$4,076,734
COPD	81	1.6	4.8	\$1,761,720
Kidney Disease	84	1.6	4.9	\$1,926,546

Data Source: NC State Center for Health Statistics, County Health Data Book 2015

Figure 7

2013 North Carolina Hospital Discharges with a Primary Diagnosis of Asthma Numbers and Rates per 100,000 Population All Ages & Ages 0 - 14 (Hoke County Rare Compared to State and Peer Counties)

Residence	Total Number	Total Rate	Number of Ages 0-14	Rate of Ages 0-14
Hoke	46	89.6	20	155.0
Alexander	33	89.4	3	46.3
Jackson	13	31.8	8	66.4
McDowell	38	84.5	5	64.2
NC	9,021	91.6	2,841	148.9

Data Source: NC State Center for Health Statistics, County Health Data Book 2015

## Progress Within Last Year:

### **Priority Issue: Adolescent Pregnancy Prevention & Sexually Transmitted Diseases**

**Objective:** The teen pregnancy rate will be reduced 5% through community education and awareness. Original Baseline: The 2005 Teen Pregnancy rate in Hoke County was 72.7 per 1,000 (or 107 teen pregnancies in the county.) The 2010 Teen pregnancy rate (15-19 year old girls) in Hoke County was 62.4 per 1,000 (or 92 teen pregnancies in the county). County ranking 24.

#### **Baby Think It Over Program (BTIO)**

The overall goal of **Baby Think It Over Program (BTIO)** is to reduce the initiation of premature sex, STD/HIV, and most of all, the teen pregnancy rate in Hoke County. Statistically, teen mothers are less likely to complete their education and more likely to be poor and receive public assistance. Studies have shown, that children of teens are prone to have poor health, lower cognitive development and higher rates of behavioral problems as well as suffer the likelihood of abuse and neglected. Moreover, a child born to a teen parent will most likely run the risk of repeating this cycle.

The **Baby Think It Over Program** is design to explore the consequences of adolescent parenting through simulation. It is said, we remember 10% of what is read; 20% of what we here; 50% what we see and 90% doing the job ourselves even if it is only through simulation. "Research demonstrates that performing a structured experience will later serve as a reminder system which reiterates the consequences of a past action when faced with a similar situation. This year's high school and summer Baby Think It Over program serviced 96 students. This program consists of two active discussions on reproductive health and Sexual Transmitted Diseases (STD's), followed by care simulation with a baby simulator.

**The Teen Time Program** will allow teens time to express themselves to their medical provider and seek the help needed. As the program continues new services will be added. The first clinic was held on November 4, 2013. The Health Department wants to provide more services for young people in Hoke County. Peer pressure dominates the school day for some students and it robs them of a healthy youth.

During Teen Time, the Hoke County Health Department will provide healthcare services to patients between the ages of 11-19 years of age such as sick visits, immunizations, physicals, nutritional services, self empowerment classes, family planning/STD prevention. Classes will be held on the **first** and **third** Mondays of each month from **4:00 PM to 7:00 PM**. A Reproductive Life Plan Class will be at 4:30 PM. This class is for teens only.

#### **Activities:**

1. Two classes in the Fall 2013- **44** participants
2. East Hoke Science Symposium-**60** students
3. Hoke County Schools –WIA Health & wellness programs-**10** students
4. BTIO-Summer program 2013-2014-**20** participants
5. "Get Real" Abstinence based program-**2** participants=**50 comm.**
6. November 2013 implemented **Teen-Time** Wellness clinic 1<sup>st</sup> & 2<sup>nd</sup> Monday of every month-56 teenutilized offered services.
7. Sex & Nutrition Education Presentations: Hawkeye Boys & Girls Club and Healthy Relationships & Self-esteem Education at SandHoke Early College
8. Teen Pregnancy Prevention Programs at local church-**9** participants

#### **Summer Youth Programs**

The Health Education provides education annually during the summer at Hawkeye Boys and Girls Club. Approximately 100 youth received education on Nutrition, Physical Activity, Chronic Disease such as Diabetes and High Blood Pressure and Personal Hygiene.

## Progress Within Last Year:

### Priority Issue: Cardiovascular Disease, Diabetes, Physical Activity and Nutrition

**Objective:** By June 2015, reduce the rate of heart disease related deaths in Hoke County by 5%. A decrease in 5% will reduce our rate of heart disease related deaths to 31 per 100,000.

**Original Baseline Data:** In 2005, heart disease related deaths in Hoke County were 301 per 100,000).

**Date and source of original baseline data:** NC State Center for Health Statistics 2005 Mortality Statistics Summary-Heart Disease. Age-adjusted mortality rates for heart disease and stroke related deaths according to latest available statistics for 2010-Heart Disease show 49 deaths (104.4. per 100,000 death rate); Cerebrovascular Disease-10 deaths (21.3 per 100,000). Age-adjusted mortality rates for heart disease and stroke related deaths according to latest available statistics for 2010-Heart Disease show 49 deaths (104.4. per 100,000 death rate); Cerebrovascular Disease-10 deaths (21.3 per 100,000).

#### HOKE COUNTY HEALTH DEPARTMENT

The number of deaths due to **Chronic Disease** remains high in Hoke County (see Figure 8). The following programs are held in order to encourage health and wellness:

The **13th Annual Diabetes Symposium** which was held during National Diabetes Month on Saturday November 1st was a great success. The Health Fair consisted of exhibitors and free screenings. Mini educational sessions were held on Healthy Eating and Physical Activity and Medications. On Saturday, December 6th in partnership with the NC Cooperative Extension Hoke Center, a Holiday Dessert Workshop was held for Diabetics. Ten (10) participants were given the opportunity to prepare and taste healthy holiday desserts.

**The Diabetes Support Group** continues to meet monthly, to provide education to interested diabetics in the county. Health related articles and public service announcements are submitted to the local newspaper and radio station during National Health Month Observances. Participation has increased due to participants encouraging family member and friend to become part of the support group.

In 2012, the Hoke County Health Department was recognized as an **ADA Diabetes Self-Management Program** through the NC DHHS Diabetes Prevention and Control Branch. Participants learn the following:

Techniques to deal with diabetes symptoms, fatigue, pain hyper/hypoglycemia, stress and emotional problems such as depression, anger, fear and frustration. Exercises for maintaining and improving strength and endurance. Healthy eating and appropriate use of medication. Working more effectively with health care providers.

Participants are scheduled for a one hour assessment, eight hours of classroom education and one hour 3 month follow-up. From January 2014-December 31, 2014, a total of 45 patients have been entered into the program with 16 receiving assessments; 1 has completed the education component and 1 have returned for follow-up education in person. We are currently doing follow-up education by telephone when patients are unable to attend a face-to-face class.

#### It's All About You Wellness Program

In January, April and September 2014 the Hoke County Health Department held it's Eat Smart Move More (ESMM) Weigh Less Program. This program is a 15 week program designed to promote weight loss while making healthy lifestyle changes. A total of 46 participants were enrolled in the program with 22 completing. A total of 115.5 pounds were loss. Session was held weekly at lunch on Tuesday and Thursday with an evening program held on Thursday.

Participants paid a registration fee of \$20.00 to cover program expenses. Participants did report making healthy lifestyle changes in how they were preparing foods at home.

The Eat Smart Move More Weigh Less Program will become apart of the Hoke County Government Wellness Program when implemented. It has been discussed with the Human Resource Director. The County Program will also include screenings and referrals to programs based on findings. An assessment of County Employees participating in Wellness Programs will be conducted. employee participation will be report to County Manager and Department Directors. A 1 day BMI/Obesity screening for county employees was held in April. The health department will developed a wellness team to address county employee health issues.

Participants in the ESMM Weigh Less Program, Diabetes Programs and Happy Kitchen use community walking trails to reach their weight loss goals.

Collaboration continues with FirstHealth of the Carolinas Community Health Services Program-Happy Kitchen, PLAY and First Quit.

Collaboration also continues with NC Cooperative Extension in the following programs: Eat Smart Move More Weigh Less, Agricultural Field Days, Holiday Dessert Workshop for Diabetics and Better Choices adult nutrition education program designed for use in various community locations including senior centers and congregate nutrition sites. The curricula address many of the top risk factors for malnutrition such as dietary quality, food security and shopping behavior or food resource management. Offered to 26 participants at LE MC Laughlin Nutrition Site. NC Cooperative Extension also provides the following health programs in the community:

- Steps to Health 3rd Grade School program to 54 3rd graders at West Hoke Elementary School. The program consists of 9 sessions that are designed to educate and inspire young children to eat smart. Hands-on activities, games, and physical activity are incorporated into each lesson. Includes a taste test of either a snack the student can make after-school or a healthy meal parents can make for dinner
- Color me healthy to Head start -100 participants, Color Me Healthy is nutrition and physical activity program for children ages four and five. It is designed to stimulate all the senses of young children: touch, smell, sight, sound, and of course, taste. It uses color, music, and exploration of the senses to teach children that healthy eating and physical activity are fun.
- Hoke County Turkey Festival Event- cutting the fat in a Brownie recipe, using applesauce instead of oil.
- My Plate activity for all 3rd graders in Hoke County - 626 students.

# Progress Within Last Year:

## **Priority Issue: Cardiovascular Disease, Diabetes, Physical Activity and Nutrition (continued)**

Collaboration with **Hoke County Parks and Recreation Department** to promote physical activity in order to maintain a normal value for hypertension, diabetes, and weight loss has not been achieved due to leadership changes.

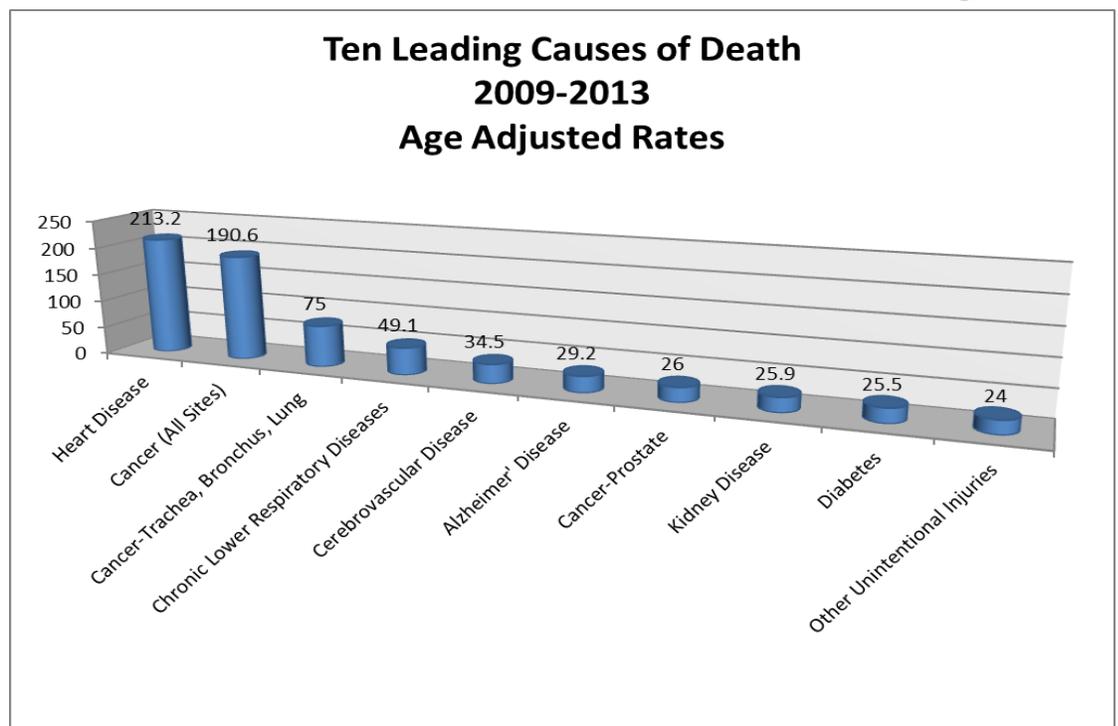
### **Hoke County Child Safety Seat Program**

The Hoke County Health Department offers child safety seats to all residents of Hoke County at a low cost for children ages birth to 8 years. Participants must meet the financial eligibility guidelines set by the Health Department. The North Carolina law requires that all children from birth to 8 years or 80 pounds be in an approved child safety seat.

The NC Department of Insurance, Office of the State Fire Marshal provides car seats to counties that participate in the NC Buckle-up Program based on quarterly reports of numbers of seats issued to residents. The Hoke County Health Department applies for grant funds from the Hoke County Partnership for Children and Families to assist with the purchase of additional seats. The funds received from participants is also used to purchase child safety seats when needed. The program has issued a total of 67 seats to children from January-December 2014.

The Health Education staff continues to provide education outreach on various health topics related to disease prevention.

**Figure 8**



Data Source: NC State Center for Health Statistics Mortality Statistics Summary, 2013, Vital Statistics Volume 2)

# Progress Within Last Year:

## Priority Issue: Tobacco Prevention

### **To promote a safe and healthy environment for Hoke County Citizens**

**Objective:** All government buildings, grounds, and parks will become 100% Tobacco-Free which will decrease the percentage of smokers in Hoke County to 5% by 2015

**2010 BRFSS (baseline):** Current smokers for Eastern NC Region- All ages-18-65+ was 20.8% and former smokers was 23.8% for the same age groups. According to the 2012 BRFSS Current Smokers in the Eastern NC Region-All ages-18-65+ was 22.2% and former smokers was 26%.

Hoke County Health Department (HCHD) is dedicated to providing a healthful, comfortable and productive work environment for our employees, clients and visitors. According to the U.S. Surgeon General 50 Years of Progress report in 2014, reducing the Consequences of Smoking, concluded that:

- Secondhand smoke is a cause of disease, including lung cancer, in healthy non-smokers, and
- The simple separation of smokers and non-smokers within the same air space may reduce, but does not eliminate, the exposure of non-smokers to secondhand smoke.

In addition, the U.S. Environmental Protection Agency and the National Cancer Institute concluded that passive smoking causes cancer and heart disease, including approximately 3,000 lung cancer deaths and more than 30,000 heart disease deaths annually among non-smoking adults.

In December 2012, the Hoke County Board of Health approved a Smoking Policy to include the following:

- Smoking or use of any tobacco products is strictly prohibited within 50 feet of the HCHD grounds and building by all visitors, patients, clients, contractors and staff.
- Smoking or use of any tobacco products is strictly prohibited within the HCHD interior building including offices, hallways, waiting rooms, restrooms, staff lounge, break rooms, meeting/conference rooms, and all community areas, entrances and exits to the buildings. This policy applies to all employees, clients, contractors and visitors.
- Smoking areas will be established for all visitors, patients, clients, contractors and employees. Smoking or use of any tobacco products must be confined to marked/designated "Smoking areas" only. Breaks will be granted to all employees, outside of their 60 minute lunch break for full-time employees; in accordance with the HCHD Personnel Policies.
- Adoption of this policy is being announced three months in advance of the effective date to allow a smooth transition to a "smoke free workplace". Those employees who smoke or use tobacco products and would like to take this opportunity to quit smoking or using tobacco products are invited to participate in stop-smoking programs/resources offered by this department.
- All individuals share in the responsibility for adhering to and enforcing the policy. Any problems should be brought to the attention of the appropriate supervisor and handled through the normal chain of command.
- Employees who violate this policy will be subject to the same disciplinary actions that accompany infractions of other company rules.

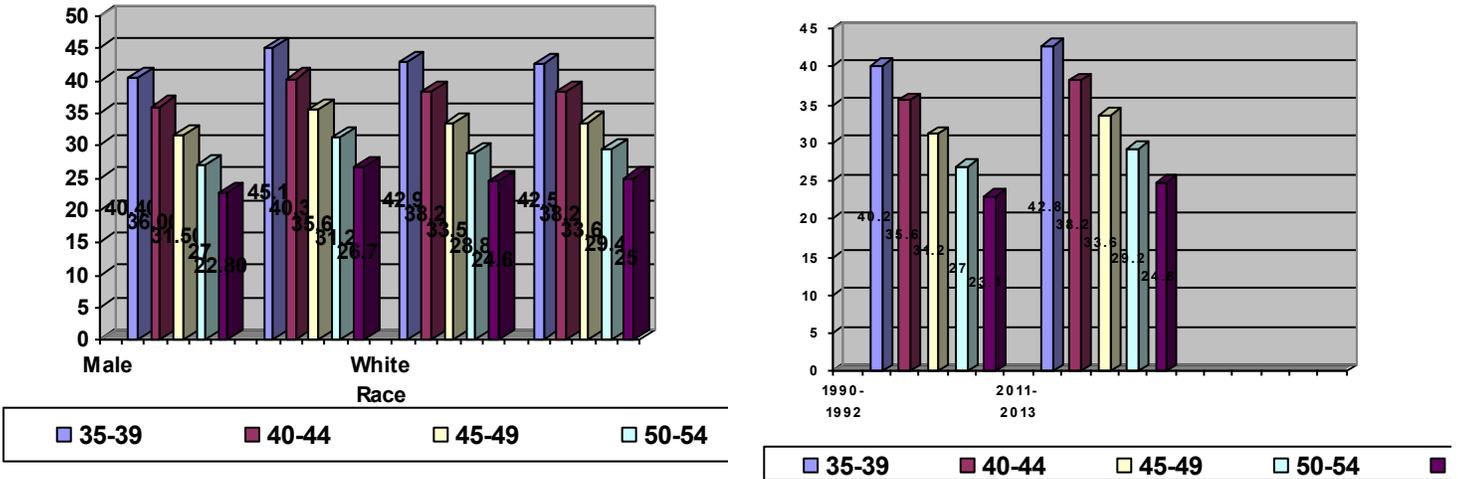
Also, discussion was proposed to have a Board of Health Rule on Tobacco Free/Smoke-free for all Government grounds and parks in Hoke County. The Board of Health discussed of reviewing other Tobacco-Free Ordinances in NC as a guide for developing a policy. There was much discussion on how the grounds would be monitored and if fines were incorporated for violators, who would collect fines. No further action was taken on the Smoke-free Government grounds and parks fines and ordinance proposal for Hoke County due to more investigation needed.

Figure 10

Figure 9

2011-2013 Life Expectancies

Comparison of Total Life Expectancies



Data Source: NC State Center for Health Statistics, Life Expectancies by Age, Race Sex, 1990 - 1992; 2011-2013

The following two graphs show Health Care Access in Eastern North Carolina according to the BRFSS 2013:

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans-HMO's, or government plans such

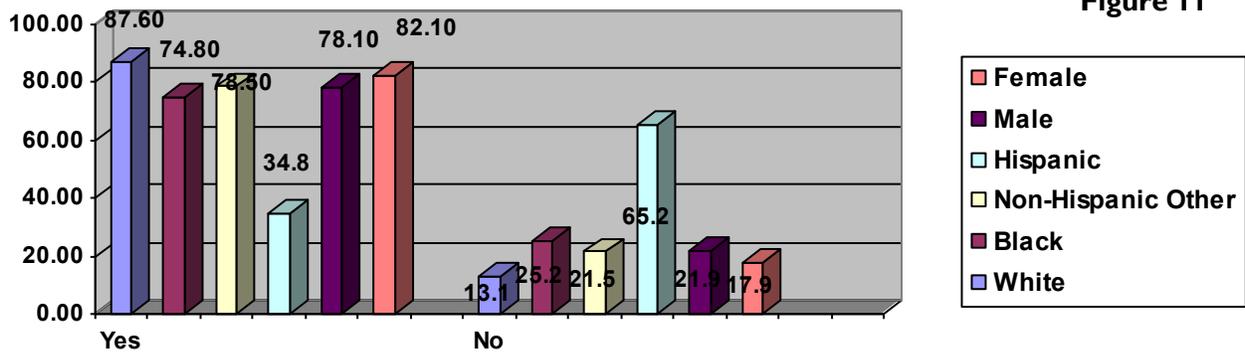


Figure 11

Question: About how long has it been since you last visited a doctor for a routine checkup? (A routine checkup is a general physical exam, not an exam for a specify injury, illness or condition)

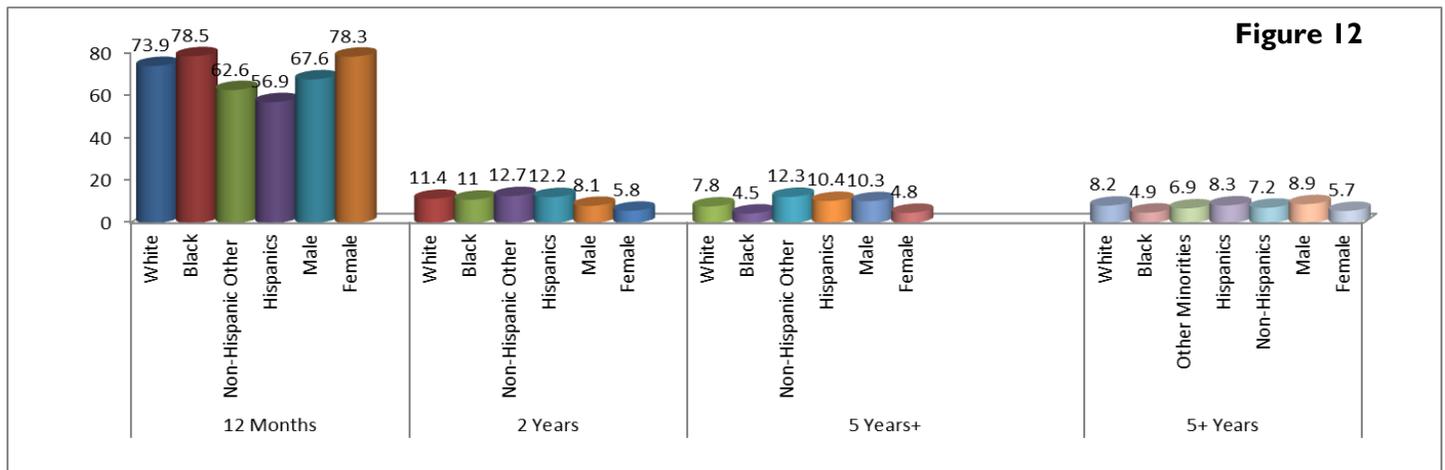


Figure 12

## New Initiatives:

Hoke County Health Department has also collaborated with the **HAWKEYE SUSTAINABLE LIFEWAYS PROJECT**. The Community Transformation Grant Project( CTG) also assisted in this initiative. This Project held Nutrition and Fitness Classes from January 2014 -November 2014. Classes were held at two locations during the year which included Hoke County Holiness Church and Lumbee Tribe of NC Hawkeye Boys and Girls Club, both located in Hoke County. The following activities were held walking, jogging, nutrition and healthy eating, weight management and strength building exercises with a total of 510 participants for all classes attended. Hawkeye Indian Cultural Center currently offers the following programs and Infrastructure:

Childcare Services

Hawkeye Child Development Center  
 Rockfish Child Development Center

Health & Wellness

Daily Food Bank  
 Monthly Food Bank

Fitness & Nutrition Class

Hawkeye Boys & Girls Club  
 Hoke County Holiness  
 Mt. Elim Baptist Church - Walking Club  
 Walking Trail - on site

Cultural Activities, Events, Cultural Tourism

Cultural Classes  
 Hawkeye Boys & Girls Club  
 Hawkeye Indian Cultural Center-on site

Hawkeye Indian Cultural Center - on site Powwow (Held yearly during November)  
 Eco-tourism (Kayaking, Canoeing)  
 Tours Available (Agri-tourism, 2 Acre Organic/Gap Certified Farm, Medicinal Garden)  
 Infrastructure On-Site: Farm Processing Shed/Cooler, Hoop House, Picnic Shelter  
 Walking Trail, Pier/Gazebo

## Conclusion

Upon evaluating the health needs of Hoke County, the health department and its community partners will need to aggressively advocate for more education in an effort to reduce the high rate of teenage pregnancies and sexually transmitted diseases, (*Hoke County is ranked thirty-three 23rd) in the state of North Carolina for the number of teenage pregnancies*), there is still a need for emphasis to be placed on community outreach. Hoke County's youth requires increased education about the consequences of being a parent, and about the deadly risks of transmitting sexually transmitted diseases. There needs to be more effort to offered recreational activities for the at - risk population in hopes of getting them more involved. More importantly, Hoke County's community leaders need to come together and address affordable health care for all citizens regardless of income.

FirstHealth of the Carolinas Hospital System and Cape Fear Valley Hospital have currently built hospitals and urgent care facilities in the county. Hoke County citizens now have access to a 24 hour health facility for emergency care as well as long and short term care health facility at the FirstHealth Moore Regional Hospital-Hoke Campus. The Hoke County Health Department an its collaborative partners will continue to provide health care services and health education outreach programs to help close the gap on health issues that are prevalent in our community

The Hoke County Health Department plans to address the major health issues of its citizens through collaboration and education. Working together with its community partners and the Public Health Advisory Council to improve health disparities and quality of life for all Hoke County residents. According to the outcomes from the 2011 Community Health Assessment, there is still a need to focus more on the emerging health issues and health concerns that presented little to no change (*i. e. health insurance coverage, and access to health care etc.*) as well as foster innovative ways to bridge these disparities gaps. The Hoke County Health Department and its community partners are committed to its plans to improve its citizen's health and well-being and continue to address population health concerns.

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**Hoke County Health Center**