

# Franklin County Annual Health Report 2016

State of the County Health Report (SOTCH) 2016



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## Purpose

The State of the County Health (SOTCH Report) provides an update on health concerns and actions being taken to address them. It uses the most recent data to highlight county demographics, the leading causes of morbidity and mortality, and progress toward addressing the leading health concerns identified in the 2015 Franklin County Community Health Assessment. The Community Health Assessment is completed every four years. **The three top health priority areas that were identified in the 2015 Community Health Assessment include: Chronic Disease, Physical Activity and Nutrition and Substance Abuse (including tobacco).**

This report reviews local demographics, health indicators including morbidity and mortality data, and priority issues affecting our community. Significant and emerging issues are highlighted along with new initiatives that address important public health concerns. Any ideas or suggestions that might help us improve health outcomes in the community are welcome and can be made by using the contact information in the front of this report. Any other comments or questions about the report are also welcome.

## Demographics : Socioeconomic Indicators

	Franklin County	North Carolina
<b>Population Estimate</b>	63,710	10,042,802
<b>Median Family Income</b>	\$42,685	\$46,868
<b>Unemployment Rate</b> (Bureau of Labor Statistics, 2017)	5.3%	5.1%
<b>Persons Living Below the Poverty Rate</b>	16.0%	16.4%
<b>Children Living in Poverty</b> (NC Child, 2017)	25.3%	25.1%
<b>Adult Obesity</b>	32%	29%
<b>Residents without Health Insurance</b>	19%	18%
<b>Primary Care Offices per 100,000 populations</b>	5,190:1	1,410:1
<b>High School Graduation Rate</b>	81%	83%

Source: The United States Census Bureau. Quick Facts Franklin County, NC. Retrieved from <http://www.census.gov/quickfacts/table/MAN450212/37,37069>

Franklin County's population is slowly growing with the percent change at 5.1% and the state percent change is 5.3%. One of the economic indicators, median family income is below the state rate. The unemployment rate, number of people living below the federal poverty level, and uninsured rate is an indicator of the economic status for county residents. These factors are linked to the number of residents without access to health care, have chronic disease, are obese and have poor Socioeconomic Indicators. Academic achievement and education are strongly linked to health outcomes. In general, adults with less education have more chronic health problems and shorter life expectancies.

## Demographics: Population Breakdown (Source: US Census Bureau, 2017)

	Franklin County	North Carolina
White	70.0%	71.2%
Black	26.6%	22.1%
Native American	0.9%	1.6%
Latino Origin	8.1%	9.1%
Persons under 18	22.7%	22.8%
Persons 65 and older	15.6%	15.1%

### Obesity

**32%**

2016 Percent of Franklin County Adults who are Obese down from 35% since 2012

County Health Rankings, 2016

## Overview of Morbidity and Mortality Data

In 2015, the five leading causes of death in Franklin County were cancer, heart disease, cerebrovascular disease, chronic lower respiratory diseases and all other unintentional injuries. Together they account for 60.6% of all deaths. For 2016, the North Carolina Central Cancer Registry projected the number of new cases in Franklin County for the following types: 59 lung/bronchus cancer, 67 breast cancer, 53 prostate cancers, and 31 colon/ rectum cancer. (Source: "Projected New Cancer Cases and Deaths by County, 2016" link at <http://www.schs.state.nc.us/data/databook/>, accessed 2/1/2017.) In the 2015 Behavioral Risk Factor Surveillance System (BRFSS) Survey 8.1% of respondents in the Piedmont Area reported a history of any cardiovascular diseases (heart attack or coronary heart disease or stroke). 10% of the Piedmont Area residents were told by a doctor or another health professional that they had pre-diabetes or told that they were a borderline diabetic.

## Franklin County Top 5 Leading Causes of Death in 2015



#1 Cancer



#2 Diseases of the Heart



#3 Chronic Lower Respiratory Disease



#4 Cerebrovascular Disease



#5 All other unintentional Disease

**44.7%** of deaths due to Heart Disease or Cancer in 2015 vs. **45.9%** in 2014

Source: North Carolina State Center for Health Statistics. Leading Causes of Death 2015. Retrieved from <http://www.schs.state.nc.us/interactive/query/lcd/lcd.cfm>

## Addressing Health Priorities: A Snapshot at Progress



### Chronic Disease

Cancer and Heart Disease are the leading causes of death for Franklin County residents and activities are being done to address this health priority area. Franklin County Health Department offers a Diabetes Prevention Program, which is an evidenced based program designed to prevent or delay type 2 diabetes for those at risk. This year long program was offered once in 2016 to county employees and will be marketed to the public and other worksites during the Spring of 2017. In 2015-2016, the program targeted county employees at risk for type 2 diabetes and enrolled over 10 participants. Franklin County Senior Centers offered the evidenced based, Chronic Disease Self-Management Program twice in 2016.



### Physical Activity & Nutrition

Although Obesity rates have dropped over the years, there are things to be done in order to address this health priority. Franklin County Parks and Recreation are continuing efforts to work towards the development of a new park that which will increase access to places to play for Franklin County residents. The Town of Youngsville received approval for their Bicycle and Pedestrian plan which includes health considerations. Franklin County Cooperative Extension offered several healthy behaviors programs to the community including evidenced based programs such as Color Me Healthy, which reached about 100 kids and Healthy Choices, which reached about 70 adults. Franklin County Farmers Market reached 500+ people through the farmer's market vendors and food demonstrations hosted by a local chef once per week. Region 7 Active Routes to Schools program provided Bicycle Safety Education to the Boys and Girls Club and provided materials to support a program at a local elementary school.



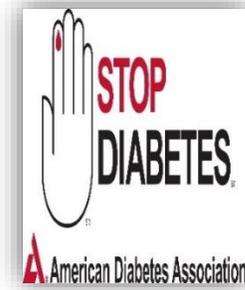
### Substance Abuse

Substance Abuse is a health concern for Franklin County residents. Substance Abuse is closely aligned with mental health. Therefore, having county staff trained in Mental Health First Aid was chosen as a strategy to help county employees know how to identify, understand and respond to signs of mental illnesses and substance use disorders. Franklin County Health Department nursing staff received training in 5 A's and they are in the planning process to strategize methods to incorporate, evidenced based NC Quit Line referrals for patients that want to quit. Franklin County Sheriff's Department conducted a Medication Drop Off event for residents in need of safe disposal of medications. This event is offered 1-2 times per year and its offered to reduce the amount of narcotics and other dangerous drugs that can fall in the wrong hands.

## New Initiatives

### Diabetes Prevention Programs

Eighty-six million Americans now have prediabetes—that's 1 out of 3 adults! Of those 86 million, 9 out of 10 of them don't know they have it. In North Carolina, 1 out of 3 residents are pre-diabetic. Without intervention, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years. (CDC,2017) The Center for Disease Control and Prevention designed training and curriculum for Diabetes Prevention. Recently, several regions of the state received funds to implement Diabetes Prevention Programs through local counties as a strategy to reduce the number of people diagnosed with Type 2 Diabetes. Organizations also have the opportunity to become a Nationally Recognized Diabetes Prevention Program. Franklin County Health Department staff will be addressing chronic disease prevention through the Diabetes Prevention Program. Currently two staff members have been trained and started a program targeting county employees. Plans will be in effect to start marketing this program to the general public during the spring/summer of 2017. There is also a Minority Diabetes Prevention Program that will target minority populations. This program will be offered through Vance/ Granville County Health Department and will be offered in the following counties: Franklin, Nash, Warren, Vance-Granville, Johnston and Halifax.



### Tobacco HUD Ruling: Smoke Free Public Housing



As of December 2016, the smoke-free rule requires each public housing agency (PHA) administering public housing to implement a smoke-free policy. Specifically, no later than 18 months from the effective date of the rule, each PHA must implement a “smoke-free” policy banning the use of prohibited tobacco products in all public housing living units, indoor common areas in public housing, and in PHA administrative office buildings. The smoke-free policy must also extend to all outdoor areas up to 25 feet from the public housing and administrative office buildings. This rule improves indoor air quality in the housing; benefits the health of public housing residents, visitors, and PHA staff; reduces the risk of catastrophic fires; and lowers overall maintenance costs.



### Franklin County Medical Center

Franklin County Board of Commissioners voted to accept Duke Life Point as the operator to re-open Franklin County's Medical Center. Negotiations and plans are in process to determine the services that will offered and the official re-opening date.

## New and Emerging Issues:



### Zika Virus

In 2016, the Zika virus was present in North Carolina. It is important for residents to know the background and other information about this communicable disease.

Zika is spread mostly by the bite of an infected *Aedes* species mosquito. These mosquitoes bite during the day and night. Zika can be passed from a pregnant woman to her fetus. Infection during pregnancy can cause certain birth defects. There is no vaccine or medicine for Zika. Local mosquito-borne Zika virus transmission has been reported in the continental United States. Zika can be transmitted through mosquito bites, from a pregnant woman to her fetus, sex and blood transfusion. Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The most common symptoms of Zika are fever, rash, joint pain, red eyes, and other symptoms including muscle pain and headache. There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites.



### Child Poverty

In North Carolina the federal poverty threshold was \$24,008 for a family of four with two children in 2014. Children living in families with incomes below the federal poverty threshold are referred to as poor. But research suggests that, on average, families need an income of about twice the federal poverty threshold to meet their basic needs. (NCCP, 2016) According to NC Child, The Voice for NC Children organization, in 2013, the child poverty rate for children in Franklin was 25.3%. Most of these children have parents who work, but low wages and unstable employment leave their families struggling to make ends meet. Poverty can impact a child's ability to learn and contribute to social, emotional, and behavioral problems. Poverty also can contribute to poor health and mental health. Risks are greatest for children who experience poverty when they are young and/or experience deep and persistent poverty. (NCChild.org, 2016)

## Announcements

### **Our New Health Director**

Franklin County Health Department (FCHD) welcomes Scott LaVigne as the new Health Director effective November 2016. The Franklin County Board of Health selected Scott LaVigne to join the team in November 2016 as the Local Health Director. Mr. LaVigne has served as the Director of Community Services for Seneca County, New York since September of 2007. Prior to working for Seneca County, Mr. LaVigne served as a Program Manager for Clinic Services for Rochester Rehabilitation Center, Inc. where he supervised the administrative and clinical operations of an outpatient mental health facility. In addition, Mr. LaVigne has several years of experience as a private Licensed Clinical Social Worker and as an Addictions Clinic Director.

### **Community Input!**

The voice from the community is very important to public health. If you are interested in providing your input, contact the Health Education Staff at 919.496.2533

*You can find a copy of this report and other community health data at <http://www.franklincountync.us/services/health> or at any Franklin County library. You may also request a copy of the report by contacting the Health Educator at 919.496.2533*