



Martin-Tyrrell-Washington District Health

2013 State of the County Health Report

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Tyrrell County Waterfront

The mission of MTW District Health is to strive to promote healthier lifestyles, reduce risk, disabilities, and years-of-life lost by providing personal and environmental health services. Our mission will be accomplished through collaborative team work and commitment to quality of life with the communities under the leadership of competent health professionals.

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A Picture of Our Communities

The Martin-Tyrrell-Washington District Health Department (MTW) publishes the State of the County Health (SOTCH) Report in the off years between the Community Health Assessments (2010). The purpose of the SOTCH is to review each of the county priority areas and report to the community on observed trends, local efforts, and progress to date. Martin, Tyrrell, and Washington Counties as well as state data are reviewed. Resources for each topic area are listed by the corresponding tables and graphs. This annual report educates and informs community members, community leaders, agencies, and organizations about the past year's progress on priority health issues.

Characteristics of Martin, Tyrrell, & Washington Counties

Demographics	Martin County	Tyrrell County	Washington County	North Carolina
Estimated Population - 2012	23,961	4,338	12,736	9,752,073
Population, percent change 2010-2012	-2.2%	-1.6%	-3.7%	2.3%
Persons under 18 years, percent 2012	21.4%	18.3%	22.0%	23.4%
Persons over 65 years, percent 2012	19.3%	17.5%	20.0%	13.8%
White, percent 2012	54.4%	58.2%	47.9%	71.9%
Black or African American, percent 2012	43.7%	37.6%	49.7%	22.0%
American Indian and Alaska Native, 2012	0.5%	0.7%	0.5%	1.5%
Asian, 2012	0.3%	2.2%	0.4%	2.5%
Persons Reporting Two or More Races, 2012	0.9%	1.3%	1.5%	2.0%
Hispanic or Latino, percent 2012	3.4%	7.4%	3.9%	8.7%
White person not Hispanic 2012	51.8%	52.7%	45.3%	64.7%
Median Household Income 2007-2011	\$36,345	\$34,071	\$34,219	\$46,291
Per Capita Income in last 12 months (2011 dollars) 2007-2011	\$19,286	\$16,786	\$18,395	\$25,256
Unemployment Percent – April 2013	10.2%	10.3%	11.5%	8.5%
Persons below poverty level 2007-2011	22.7%	20.5%	25.2%	16.1%

Quickfacts US Census Bureau

In 2010, MTW District Health Department conducted a community health assessment in partnership with the local hospitals, schools, emergency management, local government and the faith community. The full assessment can be found at www.mtwdistricthealth.org

After reviewing the assessments, the local assessment teams in each county identified the following priorities for 2010 – 2014.

- * Chronic Disease with focus on Diabetes and Heart Disease in all three counties
- * Teen Pregnancy/STDs in Tyrrell County
- * Substance Abuse in all three counties.

This report will provide an update on these priority health areas, as well as activities undertaken in 2013 to address these areas.



Washington County Courthouse

*Strive for these Numbers**

Blood Pressure
<120/80

Total Cholesterol
<200

Blood Sugar
Fasting – 70-99

Body Mass Index
(BMI)
<25

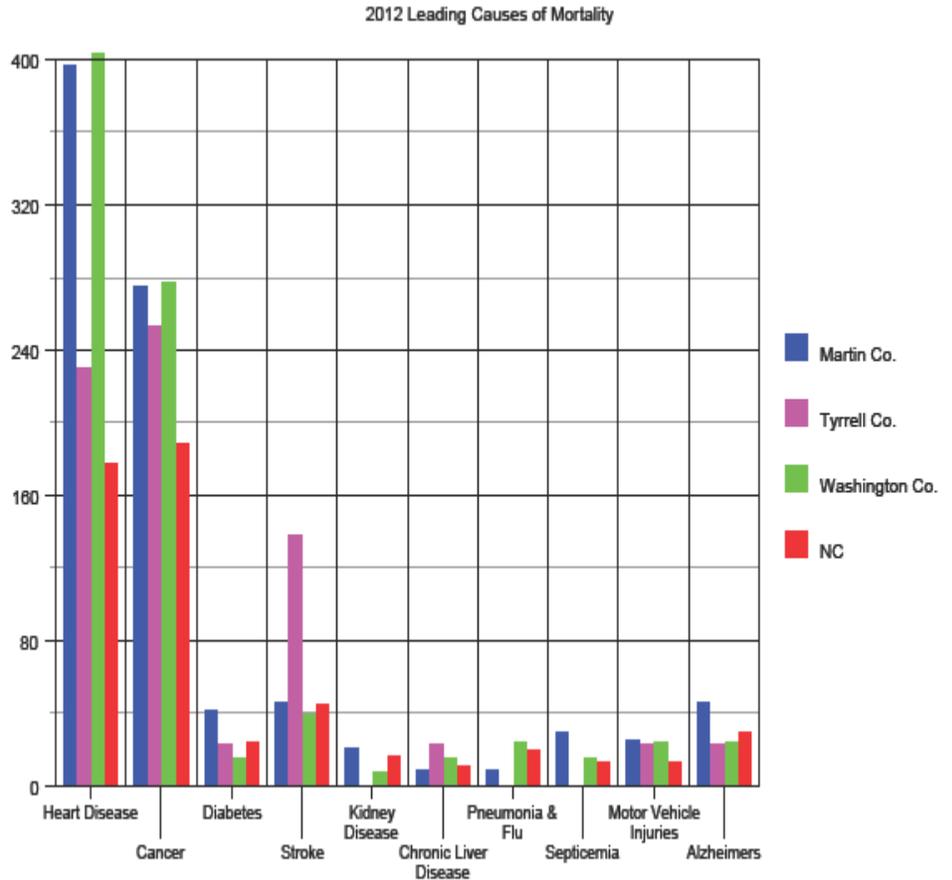
*Note – Persons with a history of any of these problems should follow their doctor's advice.



Managing Diabetes is a family affair

Leading Causes of Death

Below are the ten leading causes of death for Martin, Tyrrell, and Washington Counties for 2012. Heart Disease continues to be the leading cause of death in Martin, Tyrrell, and Washington Counties followed by Cancer and Diabetes. Martin, Tyrrell, and Washington Counties, when compared to NC, have only one lower mortality rate of the leading causes of death. The exception is homicide.



Data available from the North Carolina Vital Statistics, Volume 2: Leading Causes of Death, 2012.

While there are a number of risk factors that may place a person at increased risk for several of the leading causes of death, high blood pressure, elevated cholesterol, diabetes, smoking, overweight/obesity (i.e. BMI > 25) and limited physical activity are by far the most prevalent.

Mortality Data

Martin, Tyrrell, and Washington Counties death rates still remain higher than North Carolina for:

Martin County	Tyrrell County	Washington County
◇ Heart Disease (396.5)	◇ Heart Disease (230.5)	◇ Heart Disease (431.8)
◇ Cancer (275.4)	◇ Cancer (253.6)	◇ Cancer (277.7)
◇ Stroke (45.9)	◇ Stroke (138.3)	◇ Stroke (39.3)
◇ Diabetes (41.7)	◇ Diabetes (23.1)	◇ Diabetes (15.7)

www.schs.state.nc.us/schs/data/databook

Did you know?

Almost all physically active men and women will contract at least one type of HPV in their lifetime.

Major Goals

Continue to increase public awareness about teen pregnancy and STDs in Tyrrell County and provide resources to link families and teenagers with appropriate services through media and local community events.

Educate middle and high school students about teen pregnancy, STDs and family planning methods with grade appropriate presentations.

Provide increased opportunities for testing and education throughout the community on the risk factors for HIV/STDs, as well as the prevention of HIV/STDs.



Sexual Health – Tyrrell County

Number of Chlamydia Cases (2011, all ages): 24

Number of Gonorrhea Cases (2011, all ages): 3

The total numbers of Chlamydia and Gonorrhea cases are useful indicators of adolescent sexual health as they are most common in adolescents.

Priority Area - Teen Pregnancy/STDs – Tyrrell County

Why Reproductive Health and Teen Pregnancy Outcome?

Unintended pregnancy can affect the quality of life of parent and child with respect to health, finances, and future prospects. Some STDs can be managed but not cured, and can impact, along with other factors, the chances of a healthy pregnancy and a healthy birth which are key to starting life with as many advantages as possible.

Parenting at any age can be challenging, but it can be particularly difficult for teens. Compared with their peers who delay childbearing, teen girls who have babies are:

- * Less likely to finish high school;
- * More likely to be poor as adults;
- * More likely to rely on public assistance; and
- * More likely to have children who have poorer educational, behavioral, and health outcomes over the course of their lives than kids born to older parents.

The positive news is that the teen birth rate in Tyrrell County has declined immensely. In 2008 and 2009 Tyrrell County ranked number one in the state for teen pregnancies (15-19 years of age). In 2012 Tyrrell County ranked above 87 in the state. There were six pregnancies so the rates based on small numbers (< 20 pregnancies) are unstable and not provided.

Tyrrell County Schools

- Collaborate and supports the work of the Tyrrell County School Health Advisory Council (SHAC)
- MTW Health Educator and Tyrrell County School Health Nurse collaborate to provide classes at the Columbia Middle School and High School that address reproductive health, STD transmission, and proper use of family planning methods.

Education and Outreach

- MTW Health Educator has presented to over 100 youths in local high school, churches, and parenting classes on STDs, family planning methods and teen pregnancy in 2012 and 2013.
- Partners with the Eastern Carolina HIV/AIDS Regional Network (E – CARE Net) an 11 counties network of HIV/STD providers to facilitate distribution of Ryan White funds for HIV/AIDS case management. This group meets monthly.
- Education and outreach with community groups, churches, and substance abuse facilities. Twenty presentations were provided throughout the community.

MTW District Health Department

- Free HIV/STD testing at MTW District Health Department.
- Distributes free condoms during health department hours.
- Family Planning health services and education provided at the Tyrrell County Health Department

Chlamydia is the most frequently reported sexually transmitted infection in Martin, Tyrrell, and Washington Counties and the US. Both men and women can get this infection.

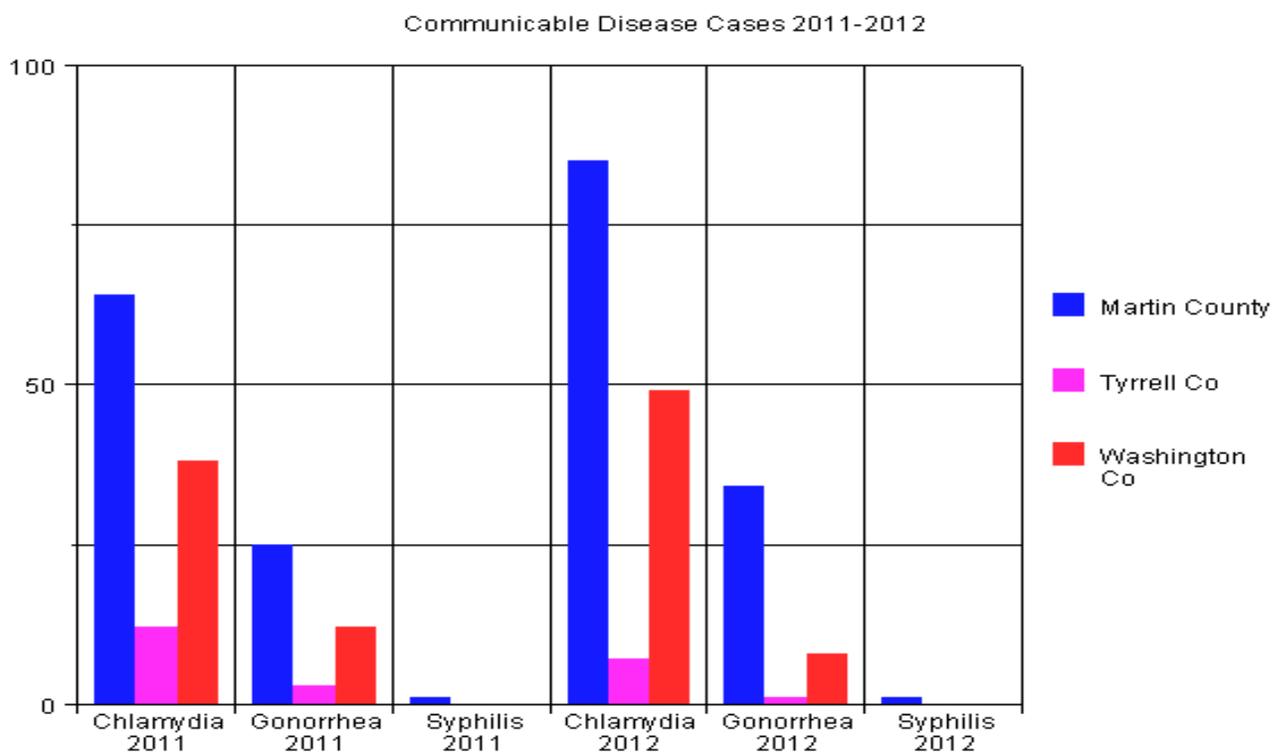
(Source: NC Division of Public Health 2011 and Centers for Disease Control 2012)

Communicable Disease

MTW District Health Department educates local service providers such as hospitals, medical providers, schools, child care providers, etc. in regard to mandated reporting requirements, as well as disease treatment and prophylaxis recommendations by the CDC. MTW's Communicable Disease Nurses and the Health Director work closely together to oversee and perform health department activities to assure compliance with state law in regard to communicable disease surveillance, containment, and reporting.

MTW's Epi Team meets quarterly to review and discuss communicable diseases in the community. Local medical providers are kept abreast of information on a variety of topics including influenza H3N2v last year.

Since FY 2011-2012, the total number of chlamydia cases increased 32% in Martin County and 28% in Washington County but the total number of chlamydia cases decreased by 41% in Tyrrell County. Gonorrhea cases increased 36% in Martin County and 33% in Washington County but decreased 7% in Tyrrell County. Syphilis continues to remain low in cases in all three counties with no cases in Washington and Tyrrell. Majority of the sexually transmitted infections in Martin, Tyrrell and Washington Counties were in persons ages 15-24.



Communicable Diseases reported in Martin, Tyrrell, and Washington Counties during FY 2012 – 2013 include:

- * Tularemia (Rabbit Fever)
- * Vibrio
- * Salmonella
- * Campylobacter
- * Listeriosis
- * Hepatitis B
- * Hepatitis C

Major Goals

Increase public awareness about substance abuse problems in the county and provide information about resources to link abusers and families with appropriate services through community events.

Establish and strengthen collaboration among communities, private and non-profit agencies and government to support the efforts of community coalitions to prevent and reduce substance abuse among youth.

Key Facts

Percentage of Youth reporting current marijuana use in Eastern Region

- 8% middle school students
- 31% high school students

Percentage of Youth reporting current alcohol use in Eastern Region

- 15% middle school students
- 27% high school students

Percentage of Youth reporting current tobacco use in Eastern Region

- 22.2% middle school students
- 26.1% high school students

Percentage of Adults reporting current tobacco use in Eastern Region

- 21.1% adults

Information stated regarding substance abuse activities were led by local law enforcement or substance abuse coalitions within Martin and Washington counties



Riverside Middle School, Williamston, NC

Priority Area – Substance Abuse – Martin and Washington Counties

Health problems are not only physical but mental, social, and spiritual. Sometimes they can even translate into how safe one feels in their own community. Both Martin and Washington counties have listed Substance Abuse as a top concern without the aid of state data to track trends. Since these issues fall under the jurisdiction of a variety of county entities, our local law enforcement and substance abuse coalitions are working with partners to tackle this concern. About 22.7% of Martin County; 20.5% of Tyrrell County and 25.2% of Washington County residents live in poverty which is well above the state rate of 16.1%. Living in poverty for some of the county residents leads to individual selling of illegal drugs or using illegal drugs. Currently Martin County has an adult mental, and substance abuse collaborative sponsored by ECBH. Washington County has a substance abuse coalition with members from all agencies and organization which includes faith-based communities. Both of these groups work with law enforcement to identify “at risk” populations within Martin and Washington counties. Review of recent data provided by the coalition show that African-American males 18 years of age and older are at greater risk. Data also shows that African-American males just released from prison or jails are another at risk population.

MTW District Health received funding from the Kate B. Reynolds Charitable Trust Fund to support Behavioral Health within the district. MTW recently hired a *Licensed Clinical Addiction Specialist* to provide free substance abuse and mental health counseling/services within our district.

Most recently Martin, Tyrrell, and Washington Counties developed a Safe Kids Coalition encompassing all three counties’ partners. The name of the coalition is *Safe Kids Riverbend Coalition*. This coalition takes action to provide proven and practical ways to keep kids safe. They host safety events, conduct workshops in everything from schools to workshops, and distribute safety devices such as car seats, smoke and carbon monoxide alarms, and helmets. Just as important, they also teach parents, caregivers and children how to use these important resources correctly. Safe Kids Riverbend Coalition has four priority areas: 1) poison prevention, 2) motor vehicle safety, 3) bike and pedestrian safety, and 4) fire and burn prevention.

The Coalition just received grant funds from Project Lazarus to work with the schools and hospital in Martin County dealing with substance abuse and misuse. This project will cover all three counties. MTW also provided the local law enforcement offices in each county with permanent prescription drop boxes.

Education and Outreach – What We Are Doing to Improve Outcomes?

- Partner with local law enforcement with their “Prescription Drug” Drop Off sites.
- Participate in school and community-based health fairs to educate students, faculty, parents and community members on substance prevention.
- Supports and serves on the local substance abuse coalitions.
- Continue to partner with local law enforcement to enhance efforts in Martin and Washington counties.
- Healthy Heads Up Program – Clinical Social Worker and Peer Support Specialist has developed a program throughout the district designed to meet the needs of adults that have mental health or substance abuse challenges. This is done through individual counseling sessions as well as group sessions. Topics include anger management, stress management and substance abuse.



Major Goals

Provide education to increase awareness of the signs and symptoms of diabetes.

Provide information about resources to link high-risk populations with appropriate services through social events and media

Washington County 5K Walk for Diabetes November 2, 2013



- Peer Support services are available to individuals that need more intense support services to help process day to day struggles and challenges.
- There have been over 512 people that have participated in the various group sessions offered. The Clinical Social Worker maintains a caseload of at least 60 people throughout MTW District.
- Referral sources are health department staff, Probation Officers/Court system, Department of Social Services and self-referrals.
- **Martin County Teen Court** has served >80 students each since their inception in 2008. Teen Court trials are held once a month and serve as a sentencing option for first offender youths who commit a misdemeanor crime, can admit guilt, accept responsibility, and be sentenced by a jury of their peers.
- **Juvenile Restitution and Community Service** are sentencing options used by the Juvenile Court System to hold juvenile offenders accountable for their actions. Youth are assigned to a work site and perform various tasks in order to earn the necessary hours to meet their court ordered obligations. This program is for court involved youth between the ages of 10 and 17 years.

Priority Area – Diabetes (Martin-Tyrrell-Washington)

Education and Outreach -What Are We Doing to Improve Outcomes?

Washington County Diabetes Coalition

- Members worked together to host Summer Food series which focused on growing, preserving and cooking fresh vegetables supported by BCBS of NC grant funds. Built small raised beds community garden at Washington County Senior Center.

Diabetes Education Self-Management Program

- MTW District Health Department was recently granted recognition by the American Diabetes Association. The physician referral program teaches people with diabetes about the importance of managing their diabetes with medications, diet, exercise, and stress management techniques.

Healthy Cooking with Diabetes Classes

- Hands-on workshops hosted seasonally with Washington County Health Department and Washington County Cooperative Extension.

Diabetes Awareness Efforts

- Presented diabetes awareness information at health fairs and community gatherings throughout the district.
- Sponsored a 5K and 11/2 mile family fun walk/run for diabetes awareness in Washington County. The goal of the coalition is building a community-wide walking program. Provided pedometers, walking logs and education about starting walking program to county residents

Diabetes Support Groups

- This program offers tips and support to those living with diabetes.
- Public education opportunities are provided throughout the year.

Healthy Plates

- The MTW District Health Nutritionist works with the MyPlate program when she does nutritional counseling and during the diabetes education sessions.

Eat Smart Move More Weight Loss Challenge (WLC)

- Sponsor of this program is MTW District Health Department and the Nutritionist works with community members and staff. A team event, the

Future of Public Health

As state and federal governments make difficult decisions about health care, public health is currently facing challenges for how it will fund a number of its programs in the future. For example, several of the chronic disease prevention programs have been merged and dedicated funding for a number of programs is still not clear. Additionally, the implementation of the Affordable Care Act may present challenges to public health. We must be creative and innovative moving forward.

Get Involved

Join Martin-Tyrrell-Washington District Health Department and partners as we address Martin, Tyrrell, and Washington Counties' leading Health issues.

For more information about what you can do

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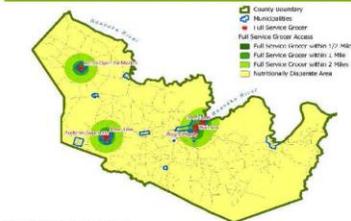


Martin County Comprehensive Plan

Section 5 – Community Projections and Future Demand

Only Williamson, Robesonville, and Oak City residents are located within a mile of a full service grocer (see Map 20). Residents residing outside of these towns are limited in their access to fresh fruits and vegetables.

Full Service Grocer Access



Map 20. Full Service Grocer Access

WLC supports Eating Smart and Moving More to lose 10+ pounds in 15 weeks; 40 or more participated this year and over 53% completed the class and eight pounds was the average weight loss. Worksites are invited to host the Challenge on site as part of their wellness program



Emerging Issue – How to Improve Health

Increasingly Americans are engaged in conversations about how to afford the high cost of health care. This should be an important discussion for us all. Before we engage in this conversation however, we must first define health. It is merely the absence of a devastating disease or is it more?

Please consider this – Over half of the leading causes of death and disability today are directly related to our lifestyle. These behaviors are learned early in life and have a direct impact on our health outcomes. Experts now contend that if we don't reverse the rising tide of obesity, this is likely to be the first generation of children who have shorter life spans than other parents. We agree that affordable health care should be available for all, but we think that it will take more than health care to improve our population's health.

There is a direct correlation between our environment and our health. Where we live, play, learn, earn and pray have a direct impact on our ability to choose a healthy lifestyle. Access to healthy food choices, access to places to walk and bike and be physically active are part of our decisions to make health choices.

For this reason, public health throughout the country, including Martin, Tyrrell and Washington Counties, is working with communities to design healthy places to live. The Community Transformation Grant recently awarded to North Carolina and a number of other states is our opportunity to redefine how we improve health. No longer can we rely on a "pill for every ill". We are working with land use planners, transportation officials, parks and recreation specialists, corner store owners, agriculture/farmers and concerned citizens to design communities that support healthy lifestyles. We hope you agree that health is easier to achieve when we have a supportive environment that "makes the healthy choice, the easy choice".

The Community Transformation Grant – Region 9 is comprised of Bertie, Camden, Chowan, Currituck, Dare, Edgecombe, Gates, Hertford, Hyde, Martin, Northampton, Pasquotank, Perquimans, Tyrrell, and Washington counties. While Martin, Tyrrell, and Washington counties have reaped the benefits of CTG initiatives, progress to date includes:

- Martin County received grant funds to adopt a Comprehensive Land Use and Health & Wellness Plan.
- Washington County received \$7,200 to update their "Walking Pines" Trail which is located on the grounds of the health department. This trail is used by the community. The purchase of a Pedestrian Counter will be used to evaluate the number of people using the walking trail.



Parents, stay positive!



Who's brought Triple P to North Carolina?

Triple P is brought to parents by the North Carolina Triple P State Learning Collaborative. Triple P is available in most areas at no or low cost. Find a provider near you or ask your doctor or other family support agency



- Washington County received \$15,000 to integrate components of active living, healthy eating, and tobacco-free living into their comprehensive land use plan.

Positive Parenting Program (the Triple P System)

The overall purpose of this program is to develop and deliver Triple P to providers in mental health, non-profit family services, court system, and private and public health systems. Triple P will target parents of children ages 0-5 as well as parents of children with developmental and/or intellectual disabilities. Triple P is designed as a population-based, systems level approach that leverages multi-sector collaboration to positively impact families, de-stigmatize seeking information and support, and ultimately improve long-term local indicators including the child maltreatment rate, out of home placements, and ER visits for child maltreatment. MTW District Health is contracting with the Tyrrell-Washington Partnership for Children to carry out the functions of this program.

Martin County Teen Outreach Program (TOP)

The Teen Outreach Program provides a consistent positive alternative to negative behaviors by providing recreational opportunities for teenagers. The program also addresses the issues affecting teens, their community, and their environment with understanding and compassion, helping teens learn to become contributing members of the Martin County community

- Martin County was chosen out of ten other programs across the state to provide education to teens. Martin County Health Department partnered with the Health and Physical Education teachers at the Riverside Middle School in Williamston and South Creek Middle School in Robersonville.
- Staff meet with students' one class period every week for the entire semester. Role play, group activities, presentations and individual activities regarding life skills topics. Majority of the program is spent on making informed and responsible decisions regarding their individualized sexual health.
- Program is presented to all 7th graders. These sessions will go on for the entire school year instead of one semester.



For More Information about
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Visit our Website
www.mtwdistricthealth.org