

Martin-Tyrrell-Washington District Health Department

2016 State of the County Health Report

Introduction

The 2016 Martin-Tyrrell-Washington District Health Department (MTW) State of the County Health (SOTCH) Report is a review of health indicators pertaining to residents of Martin, Tyrrell, and Washington counties. The purpose of this report is to track priority issues identified in the 2014 Community Health Assessment (CHA), identify emerging issues, and highlight new initiatives as well as to inform the community and stakeholders about the health status of residents. In addition, this report serves as a resource for grant application, policy development, financial planning and program implementation. The CHA and SOTCH Report can be accessed on the MTW District Health webpage at www.mtwdistricthealth.org.

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Priority Health Issues

Identified from the 2014 Community Health Assessment

- Chronic Disease – Diabetes & Heart Disease
- Obesity, Physical Activity, Nutrition
- Substance Abuse

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Our Mission: The mission of Public Health in Martin, Tyrrell and Washington Counties is to strive to promote healthier lifestyles, reduce risks, disabilities, and years-of-life lost by providing personal and environmental health services. This 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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Martin-Tyrrell-Washington District Health Department At-A-Glance

| Demographic | Martin County | Tyrrell County | Washington County | North Carolina |
|--|---------------|----------------|-------------------|----------------|
| Population, estimated 2015 | 23,357 | 4,070 | 12,365 | 10,146,188 |
| Population percent change 2015 | -4.7 | -7.6 | -6.3 | 5.3 |
| Persons under 18 years, percent 2015 | 20.4 | 18.8 | 20.9 | 22.8 |
| Persons over 65 years, percent 2015 | 21.5 | 19.6 | 22.1 | 15.1 |
| White, percent 2015 | 54.6 | 58.4 | 47.9 | 71.2 |
| Black or African American, percent 2015 | 43.2 | 36.5 | 48.7 | 22.1 |
| American Indian & Alaska Native 2015 | 0.4 | 0.4 | 0.2 | 1.6 |
| Asian 2015 | 0.6 | 2.4 | 0.5 | 2.8 |
| Persons Two or More Races 2015 | 1.0 | 1.7 | 1.8 | 2.1 |
| Hispanic or Latino 2015 | 3.9 | 7.0 | 5.4 | 9.1 |
| White Persons Not Hispanic 2015 | 51.7 | 52.9 | 44.8 | 63.8 |
| Per Capita Income, 2011-2015 | \$19,032 | \$16,268 | \$20,067 | \$25,920 |
| Persons Living Below Poverty Level 2015 | 22.5 | 25.0 | 23.4 | 16.4 |
| Persons without Health Insurance, Under Age 65, Percent 2015 | 15.1 | 22.6 | 14.9 | 13.1 |
| Unemployment, Percent 2015 | 7.4 | 12.0 | 9.3 | 5.9 |

Source: Quickfacts, US Census Bureau



Morbidity and Mortality

The leading causes of death in Martin, Tyrrell and Washington Counties between the years of 2011-2015 were Heart Disease, Cerebrovascular Disease and Cancer

Leading Causes of Death

| Causes | Martin County | Tyrrell County | Washington County |
|---|---------------|----------------|-------------------|
| Heart | 241.4 | 172.1 | 219.9 |
| Cancer | 190.7 | 185.7 | 172.8 |
| Cerebrovascular Disease | 48.6 | * | 37.2 |
| Alzheimer's Disease | 44.8 | * | 22.2 |
| Diabetes | 41.7 | * | * |
| All Other Unintentional Vehicle Injuries | 37.7 | * | 29.5 |
| Chronic Lower Respiratory Disease | 33.1 | * | 37.9 |
| Nephritis, Nephrotic Syndrome & Nephrosis | 23.5 | * | * |
| Unintentional Motor Vehicle Injuries | 19.4 | * | * |
| Septicemia | 16.5 | * | * |
| Pneumonia & Influenza | 14.3 | * | * |
| Chronic Liver Disease & Cirrhosis | * | * | * |
| Suicide | * | * | * |
| Homicide | * | * | * |
| Acquired Immune Deficiency Syndrome | * | * | * |

Source: North Carolina State Center for Health Statistics

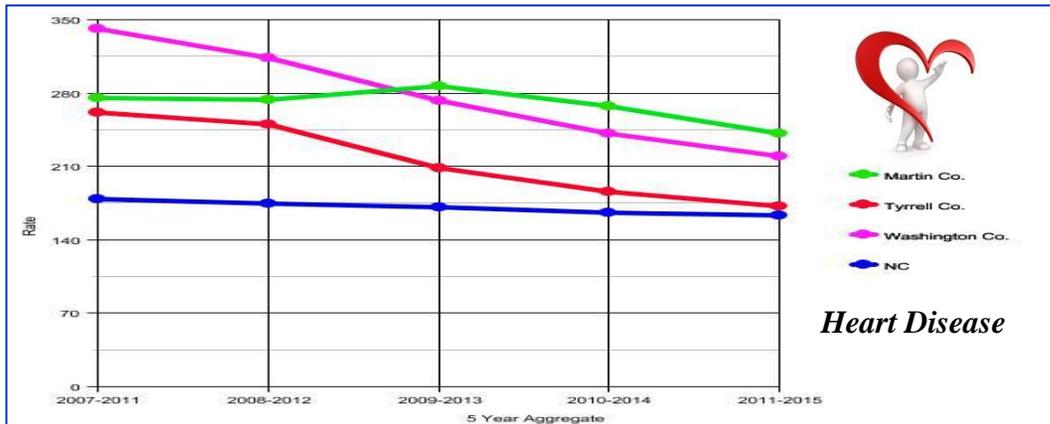
*Note: Rates Based on Small Numbers (Fewer than 20 Cases) are unstable and should be interpreted with caution

2014 Community Health Assessment Summary

The MTW Community Health Assessment (CHA) identified three focus areas for 2015-2018. The health indicators included 1) chronic disease (diabetes, heart disease); 2) obesity, physical activity and nutrition; and 3) Substance abuse.

MTW is continuing to address the health priorities identified in the 2014 CHA by engaging the community through interventions addressing those priorities. MTW staff has been providing education through outreach to address chronic disease such as diabetes, concentrating on obesity prevention through nutrition counseling and cooking classes and emphasis on increasing physical activity through the schools. Through these efforts MTW aspires to increase the number of people reporting a good health status.

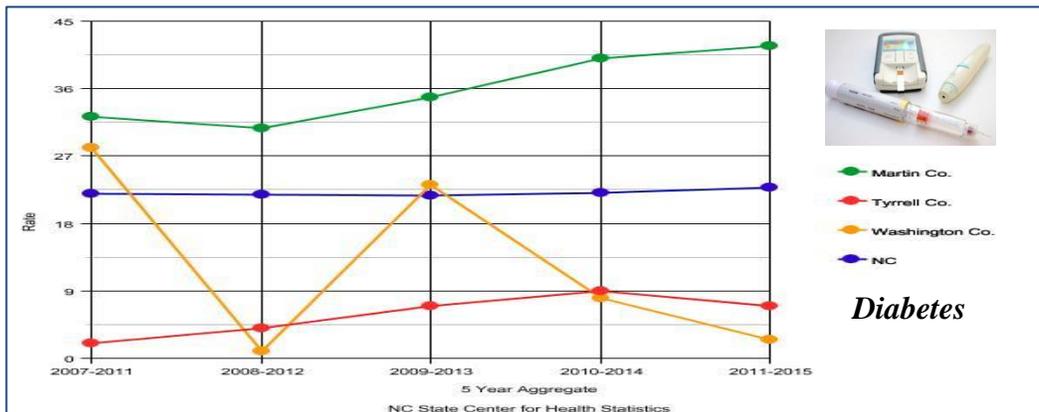
Priority Issue 1: Chronic Disease (Heart Disease and Diabetes)



Source: NC State Center for Health Statistics

Heart Disease is the leading cause of death in the United States.

The mortality rates for Martin, Tyrrell and Washington counties in the most recent years (2011-2015) are higher than the State's average but have lowered since the previous years. However, the rates still tend to be higher than the State for all years listed.



The rate of diabetes mellitus mortality in Martin, Tyrrell and Washington counties has increased gradually from 2007-2015 and continues to be higher than the State's average. Even though diabetes mellitus does not calculate rates in Tyrrell County and in some years in Washington County due to rates based on small numbers (fewer than 20 cases), the residents in all three counties wanted to focus on diabetes as one of the leading causes of death.

Progress Made in 2016

Community-Based Programming

- ★ Thanks to grant funds provided by Vidant Community Benefit Grant Program, Martin-Tyrrell-Washington District Health Department, MTW Healthy Communities Program, and the Washington County Cooperative Extension offered Cooking Matters classes; cooking classes at the 4-H Camp “Kids Kook’s Kamp” and other locations in the fall and summer of 2016.
- ★ **Martin-Tyrrell-Washington District Health Department Diabetes Self-Management Education (DSME) Program**
 - The DSME Program, approved by the American Diabetes Association was offered to anyone in the community with diabetes or pre-diabetes referred by their health care provider. Eighty-eight (88) sessions were held serving fifty (50) people who were mostly uninsured or underinsured. Monthly support groups were held with an average attendance of 8-10 people. Diabetes and nutrition classes were provided to at least (50) participants at the Washington County Cooperative Extension.
- ★ **Faithful Families, Eating Smart, Moving More (FFESMM)**
 - This is a program that promotes healthy eating and active living in communities of faith. The program includes a 9-session curriculum that is co-taught by the MTW Registered Dietitian and a trained lay leader from the faith communities. Leaders bring the spiritual element to the session. The Churches involved in FFESMM in Tyrrell County and Washington County is St. John Church of Christ and Alligator Chapel Baptist Church. Sessions averaged about 10-15 participants per session at both churches and were open to parishioners of all ages in 2016.
- ★ Through funding provided by Partners to Improve Community Health (PICH), MTW was able to assist some of the local Farmer’s Markets in Martin and Tyrrell counties. The Farmer’s Markets were provided supplies such as scales, signs, fans, and totes to help enhance their markets and increase their customer base.

Priority Issue 2: Substance Abuse

Mental Health continues to emerge as a major health problem for Martin, Tyrrell and Washington counties. In Martin and Washington counties, substance abuse specifically with prescription drug use (for non-medical purposes) continues to be a growing problem among our adults and teens.

Progress Made in 2016

Prescription Drug Abuse & Overdose Prevention

- ✦ In 2016, the Safe Kids Riverbend Coalition continued to address the issue of prescription drug abuse and misuse in the district (Martin, Tyrrell and Washington counties). The coalition consists of health providers, emergency management, local law enforcement, fire, mental health, schools, childcare agencies, and more.
- ✦ Medication Drop boxes that were purchases in 2014 and placed in Sheriff's Offices and Police Departments continue to be utilized by residents in all three counties. County residents have an easy way to properly dispose of unused or expired medication. Local law enforcement report at each Safe Kids Riverbend meeting how much medications they have collected and disposed.
- ✦ We continue to market and advertise in order to raise awareness about prescription drug abuse and proper storage/disposal of medications. Marketing strategies that are used are newspaper, social media, radio, church bulletins, health fairs and other methods.



- Martin-Tyrrell-Washington District Health Department has adopted a standing order for the opioid overdose antidote medication, Naloxone. This means that public health providers can dispense Naloxone to someone who uses or knows someone who uses opioids regularly.
- Naloxone is now available to all first responders and law enforcement as a means to reduce overdose death.

Priority Issue 3: Obesity, Physical Activity and Nutrition

Progress Made in 2016

MTW sponsored an annual 5K family fun walk/run for diabetes awareness in Washington County in November 2016. The goal of the coalition is to bring awareness to diabetes. Individuals were provided pedometers, walking logs and everyone had a great time walking or running together.

In 2016, Active Routes to Schools, a partner to MTW and Safe Kids Riverside Coalition, completed the following activities:

- ✦ Hosted two community bike rodeos in Martin and Tyrrell counties with a total of 150 participants
- ✦ Taught bike and pedestrian safety at schools in Martin and Tyrrell counties to 85 participants
- ✦ Taught bike safety to three schools located in Martin and Tyrrell counties providing helmets to 4th graders
- ✦ Two schools located in Martin and Tyrrell counties participated in the National Bike to School Day with 180 students riding to school
- ✦ Four schools in Martin and Tyrrell counties participated in the International Walk to School Day in October 2016

Communicable Diseases

A Communicable disease is a disease transmitted through direct contact with an infected individual or indirectly through a vector.

Sexually Transmitted Infections

The Centers for Disease Control identify Chlamydia as the most frequently reported sexually transmitted infection in the United States. In 2016 there were 117 cases in Martin County and 75 cases in Washington County and Tyrrell County had 12 cases to report. Chlamydia is usually asymptomatic in women. Human Papillomavirus (HPV), Human Immunodeficiency Virus (HIV), Herpes and Hepatitis are viruses. Although there are no cures, there are treatments and targeted education for prevention.

**Sexually Transmitted Infection Cases in
Martin, Tyrrell and Washington Counties**

| 2014 | Martin County | Tyrrell County | Washington County |
|-------------|----------------------|-----------------------|--------------------------|
| Gonorrhea | 31 | 2 | 21 |
| Chlamydia | 114 | 17 | 66 |
| 2015 | Martin County | Tyrrell County | Washington County |
| Gonorrhea | 25 | 1 | 16 |
| Chlamydia | 124 | 9 | 81 |
| 2016 | Martin County | Tyrrell County | Washington County |
| Gonorrhea | 27 | 0 | 14 |
| Chlamydia | 117 | 12 | 75 |

<http://epi.publichealth.nc.gov/cd/stds/figures/vol6n.pdf>

County Health Rankings

Each year, the Robert Wood Johnson Foundation releases the County Health Rankings. The rankings allow you to see how the health of your county compares to other counties in the state. Below you can see how Martin, Tyrrell and Washington counties rank in 2016 (out of 100 counties, where “1” is the best rank).

| | Martin County | Tyrrell County | Washington County |
|------------------------------|---------------|----------------|-------------------|
| Health Outcomes | 84 | 87 | 52 |
| Length of Life | 61 | 85 | 8 |
| Quality of Life | 90 | 86 | 81 |
| Health Factors | 79 | 85 | 84 |
| Health Behaviors | 83 | 64 | 73 |
| Clinical Care | 70 | 95 | 81 |
| Social & Economic | 79 | 93 | 87 |
| Physical Environment | 28 | 2 | 66 |

Source: Robert Wood Johnson Foundation County Health Rankings 2016

New Initiatives

Minority Diabetes Prevention Program (MDPP)

The Minority Diabetes Prevention Program (MDPP) is intended to be a collaborative effort between local health departments, local health care providers and community organizations across North Carolina. In November 2016 Martin-Tyrrell-Washington District Health Department received grant funds from the Office of Minority Health and Division of Public Health to be the lead agency representing Region 9 to form a multi-county collaborative that can engage, screen and deliver the CDC lifestyle classes to minority communities within its region.

The role of the lead agency in the MDPP is to coordinate efforts and provide infrastructure for the funding and focus on collaborations with community organizations and local government agencies to implement the diabetes prevention program. Partnering agencies may assist the lead agency with meeting the program goals and objectives by taking the lead on marketing campaigns, coordinating screening events, and recruiting participants.

MDPP is designed to increase Minority screening for prediabetes as well as access to-and participation in- Diabetes Prevention Programs, because “African Americans, American Indians and Hispanics are at higher risk than non-Hispanic Whites” for developing type 2 diabetes.

Rachel's Challenge

Tyrrell County Schools

- Create a safe and productive learning environment by delivering proactive solutions to violence and bullying
- Improve achievement and ensure results by engaging the participants' heart, head and hands
- Stimulate real culture change by culturally relevant social/emotional training

Maternal Child Health Action Institute

Martin-Tyrrell-Washington District Health Department (MTW)

The Maternal Child Health Action Institute provided funding for MTW to complete planning and capacity building activities to implement evidence-based strategies to lower infant mortality rates, improve outcomes and/or improve the overall health status of children ages birth to five.

A local program manager had to be identified and a team had to be developed. The team had to consist of people in leadership, community advocates and consumers. Several of the team members that were asked to be on the team, attended different trainings to learn more about the initiative such as collective impact, team building and community collaboration. These trainings took place in Raleigh, NC, Washington, DC, Greensboro, NC and Greenville, NC.

The team met once a month starting in February 2016 in Plymouth (Washington County) and discussed various community events we could participate in; reviewed county data; and updated one another on the events taking place within our individual agencies. Consumers were given a stipend for attending the monthly meetings and lunch was provided to all team members.

In review of the county data, it was observed that childhood obesity was one of the top health issues affecting all three counties in our communities. A majority decision was made that we focus on meeting the objective of improving the overall health status of children ages birth to five. Members participated in *Kid's Fest* and the *Week of the Young Child* and provided games, Frisbees, jump ropes, water bottles and other information on physical activity and healthy eating. Between all three counties approximately 600 children received the incentives and information. Members also wore stickers on their shirts to promote breastfeeding.

Other events included *Fit for the Kingdom* sponsored by one of the local churches in Martin County and at Tyrrell County School's *Spring Fling*.

Emerging Issues

- ✦ Lack of community awareness of available resources and services
- ✦ Lack of fresh fruit and vegetables at most of the local grocery stores in district. Incentive to use the Farmer’s Market when open for the season.
- ✦ Lack of affordable and subsidized housing for seniors and younger adults.
- ✦ Lack of community programs or locations for physical activity that do not require a fee.
- ✦ Zika – In 2016, active cases of Zika were diagnosed in the United State. MTW District Health Department receives regular guidance from NC Public Health regarding follow-up care of persons exposed to emerging illnesses.
- ✦ In November 2016, MTW District Health Department was re-accredited for four more years.

Martin-Tyrrell-Washington District Health Department Strategic Plan

In the fall of 2015, a strategic plan was created to guide the actions of the Martin-Tyrrell-Washington District Health Department for the next three years. The goals listed below were chosen in response to the MTW Community Action Plan. This plan can be assessed at www.mtwdistricthealth.org.

| Board of Health Focus Area | MTW District Health Department Goals |
|--|---|
| Community Outreach and Education | Increase community outreach and education |
| | Reduce health disparities within the district |
| Prevention and Management of Diseases | Increase health services to meet public health needs |
| | Decrease the burden of chronic disease on the community |
| Finance Increase and Marketing Strategies | Increase the finances of the health department |
| | Provide Marketing strategies for the health department programs |

Board of Health Members

Mrs. Frances Smyth – Certified Nurse Practitioner – Board of Health Chair

Mr. Elbert Highsmith – General Public

Mr. Joe Ayers – Martin County Commissioner

Mr. Mark Phelps – General Public

Mr. Anthony Howell – General Public

Mr. Darrick Lee – Engineer

Dr. Robert Mills, Jr. - Optometrist

Mr. Tommy Everett – Tyrrell County Commissioner

Mrs. Jennifer Riddick – Washington County Commissioner

Mrs. Hannah Rogers – Registered Nurse

Mrs. Kerri W. Lundy – Pharmacist

Dr. Richard Vaughn – Physician

Dr. Scott Chandler - Veterinarian