

# Martin-Tyrrell-Washington

## 2012 STATE OF THE COUNTY HEALTH REPORT

*Martin-Tyrrell-Washington District Health Department*

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Martin-Tyrrell-Washington District Health Department is pleased to submit the 2012 State of the County Health (SOTCH) Report.

This annual report provides an overview of the health and well-being of Martin, Tyrrell and Washington County residents. It highlights the most current data which includes demographics, leading causes of death and the county's top health priorities. In addition to educating the community of the current health status of its citizens, this report serves as a resource for grant applications, policy development, financial planning and program implementation.

The Priority Health Issues identified from the 2010 Community Health Assessment are as follows:

- \* Diabetes
- \* Teen Pregnancy/STDs
- \* Substance Abuse

### MTW DEMOGRAPHICS – AT A GLANCE

Below you will find the demographics for Martin, Tyrrell, and Washington Counties according to the US Census, the Annie E. Casey Foundation – Kids Count Data Center, and the Employment Security Commission of North Carolina.

<i>Demographics</i>	<i>Martin County</i>	<i>Tyrrell County</i>	<i>Washington County</i>
<i>Population, 2010</i>	<i>24,505</i>	<i>4,407</i>	<i>13,228</i>
<i>White</i>	<i>54.6%</i>	<i>58.0%</i>	<i>48.2%</i>
<i>African American</i>	<i>43.5%</i>	<i>38.2%</i>	<i>40.8%</i>
<i>American Indian and Alaska Native</i>	<i>0.5%</i>	<i>.04%</i>	<i>0.2%</i>
<i>Asian</i>	<i>0.3%</i>	<i>1.8%</i>	<i>0.3%</i>
<i>Two or more races</i>	<i>0.9%</i>	<i>1.4%</i>	<i>1.2%</i>
<i>Hispanic or Latino</i>	<i>3.3%</i>	<i>5.4%</i>	<i>3.5%</i>
<i>Median Household Income</i>	<i>\$34,766</i>	<i>\$30,058</i>	<i>\$33,190</i>
<i>% of Persons Living Below Poverty 2010</i>	<i>37.4%</i>	<i>43.3%</i>	<i>37.3%</i>
<i>Unemployment Rate – June 2012</i>	<i>10.7%</i>	<i>7.6%</i>	<i>10.6%</i>

MTW  
DISTRICT  
HEALTH  
TOP 10  
LEADING  
CAUSES  
OF  
DEATH

*Heart Disease*

*Cancer*

*Stroke*

*Lung Disease*

*Diabetes*

*Alzheimer's Disease*

*Unintentional Injuries*

*Motor Vehicle Injuries*

*Pneumonia/Influenza*

*Kidney Disease*

Heart Disease and Cancer made up majority of all deaths in Martin, Tyrrell, and Washington counties.

Source: NC County/Health Data Book 2011. NC Dept. of Health and Human Services

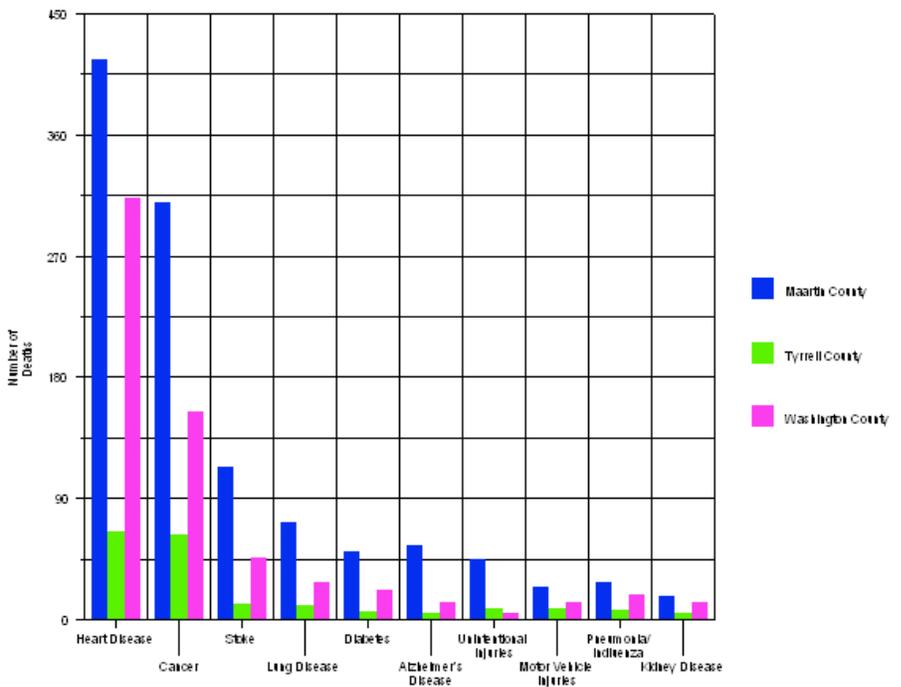
MARTIN-TYRRELL-WASHINGTON COUNTIES  
LEADING CAUSES OF DEATH

In 2010, the top 3 leading causes of death in Martin, Tyrrell, and Washington counties were Heart Disease, Cancer, and Stroke. Over the past five years, Heart Disease has remained the #1 leading cause of death in our district. During 2007, Cancer passed heart disease as the #1 cause of death among adults in our three counties. Diabetes also remains higher than the state rate for these counties and has been identified as one of the top health priorities within the district.

Chronic diseases such as heart disease, cancer and stroke and even diabetes, are the most preventable of all health problems, and the most costly. “Seven of ten Americans who die each year, or more than 1.7 million people, die of a chronic disease” (Centers for Disease Control and Prevention). The major contributor to chronic disease such as heart disease and cancer is the lifestyle’s that individual leads. Tobacco use, lack of physical activity, and poor nutrition are three prime examples.

Leading Causes of Death  
Martin, Tyrrell, and Washington Counties  
2006 – 2010

The chart below provides data for the years 2006 – 2010 on the leading causes of death in Martin, Tyrrell and Washington counties.



## Diabetes Martin-Tyrrell-Washington

### 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.*

### Key Facts

*In 2009, diabetes was the 5<sup>th</sup> leading cause of death in Martin and Tyrrell Counties and the 4<sup>th</sup> leading cause of death in Washington County.*

*In 2010, the death rate for diabetes in Washington County (46.2) and Tyrrell County (47.0) doubled compared to 2008 death rates (22.8) Washington County and (23.4) Tyrrell County.*

*In 2010, diabetes death rates remain higher in African-American males in Martin County (24.0).*

### Quick Fact

*9.7% of Martin County; 11.0% of Tyrrell County and 10.3% of Washington County children (0-18) and 21.1% of Martin County; 29.2% of Tyrrell County and 23.1% of Washington County adults (19-64) do not have health insurance according to the North Carolina Institute of Medicine.*

*2009 - 2010*

According to 2010 data, in NC nearly one in ten adults have diabetes. It is the 4<sup>th</sup> leading cause of death among African-American males. The 2010 data for age-adjusted diabetes death rates in Martin County was 38.6 compared to the state rate of 25.2. Tyrrell (47.0) and Washington (46.2) counties are much higher than the state rate. Many of our residents in Martin, Tyrrell, and Washington counties suffer many diabetes complications.

Racial disparities in diabetes mortality exist in Martin, Tyrrell, and Washington counties and the state. At the state level, the diabetes mortality rate is dramatically higher among minority males than among white males. The disparity between minority females and white females mirrors that between white and minority males at the county, regional, and state levels. Further review of data documents that African-American residents between the ages of 40-64 years of age are of greatest risk of diabetes in all three counties.

### 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

### Wake Forest School of Medicine - Healthy Living Partnerships to Prevent Diabetes (HELP PD) – Washington County

- MTW selected to participate in a pilot program for patients with pre-diabetes.
- The program involves weekly, one-hour, group behavioral weight loss sessions for 24 weeks.
- Recruited 15 participants for our program which involves weekly group meetings for 6 months and monthly group meetings for another 6 months facilitated by MTW's Registered Dietitian in Washington County. Individuals also receive 3 individual counseling sessions with the RD.
- Participants focus on weight loss by tracking physical activity and food and calorie intake.
- Group sessions include weigh-ins and nutrition/physical activity education.
- Program started in July 2012 and is on-going.

## Major Goals

*Increase public awareness about teen pregnancy problems in Tyrrell County and provide resources to link families and teenagers with appropriate services through media and local community services.*

*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.*

*Implementation of the Adolescent Parenting Program which is part of the Teen Pregnancy Prevention Initiative into the Tyrrell County Schools.*

## Key Facts

*Tyrrell County's teen pregnancy rate was 166.7/1000 teen pregnancies in 2009 compared to NC's rate of 56.0/1000 teen pregnancies.*

*Tyrrell County ranked #1 in the state for teen pregnancies in 2009 and 2008.*

*In 2010, Tyrrell County's rates for Chlamydia and Gonorrhea continue to exceed the state rate.*

*In 2010, there were no reported cases of Syphilis in Tyrrell County.*

*Source: NC 2011 HIV/STD Surveillance Report, NC HIV/STD Prevention & Care Branch, NC Division of Public Health*

## Teen Pregnancy/STDs Tyrrell County

### Adolescent Parenting Program

- This program provides intensive case management services to pregnant and parenting teenagers that live in Tyrrell and Washington County. There are nine teen parents that are enrolled in the program. Tyrrell County has gone from number one in the state (2008 & 2009) to above eighty-seventh in the state ranking.

### Tyrrell and Washington 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 150 youths in local high school, churches, and parenting classes on STDs, family planning methods and teen pregnancy.
- 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.
- Implementing the Adolescent Parenting Program in Tyrrell County schools. The program goal is to have one-on-one case management and prior activity facilitation to pregnant and parenting teens. A Health Educator has been hired and is working with the Tyrrell County Schools.
- Family Planning health services and education provided at the Tyrrell County Health Department.
- STDs screening provided:
  - HIV – 290 tests
  - Gonorrhea, Chlamydia, Syphilis – over 100 tests

### Martin County Teen Outreach Program

- Martin County was chosen out of ten other programs across the state to provide education to teens. Martin County Health Department partnered with Home Economics teachers at South Creek High School in Robersonville and Riverside High School in Williamston,
- 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 7<sup>th</sup> graders. These sessions will go on for the entire school year instead of one semester.

## 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.*

*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.*

## 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 31.4% of Martin County; 43.3 of Tyrrell County and 37.3 of Washington County residents live in poverty which is well above the state rate of 14.6%. 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

### Education and Outreach

- Partner with local law enforcement with their “Prescription Drug” Drop Off sites.
- Participated 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.
- 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 468 people that have participated in the various group sessions offered. The Clinical Social Worker maintains a caseload of at least 65 people throughout MTW District.
- Referral sources are health department staff, Probation Officers/Court system, Department of Social Services and self referrals.

## New Initiatives

### *MTW received several grants I 2011 – 2012:*

- Grant funds from Dr. Ann Wolfe Foundation to develop a “Safe Kids Coalition” and give out car seats to our prenatal patients.
- Awarded funds for the *Get Alarmed, North Carolina!* program from DHHS to provide smoke and carbon monoxide alarms to residents in the MTW District. MTW is partnering with local fire departments, Washington County CERT, local Senior Centers and Department of Social Services.
- MTW District Health is working with the local schools in all three counties and will be providing the HPV vaccine to middle school students.
- CTG funds given to northeast North Carolina (Region 9) which includes 15 counties. The focus of this project is healthy eating, physical activity and tobacco prevention.
- Grant funds from Golden Leaf to open a dental clinic in Tyrrell County for children and adults.
- Roanoke Home Care will be providing scales to patients that are diagnosed with Congested Health Failure. The patient will weigh in daily after they receive the scales. The purpose of this project is to decrease hospital admittance rates.
- Roanoke Home Care Social Worker is conducting a Falls Prevention program for the districts aging population. Night Lights are given to participants and they are donated from local churches in the district.

This SOTCH Report will be disseminated directly to the MTW District Board of Health, Martin County United Way, local libraries, MTW Schools, Washington County Hospital, Martin General Hospital, MTW County Commissioners, and Martin County Community College as well as other local partners. The information compiled in this report will be posted on the MTW website at [www.mtwdistricthealth.org](http://www.mtwdistricthealth.org). A press release will be issued to all local media summarizing the contents of this report. To obtain more information about the SOTCH please contact MTW District Health Department at 252-793-3023. Your time in reading this report is appreciated.

*For More Information about  
MTW District Health Department  
Visit our Website  
[www.mtwdistricthealth.org](http://www.mtwdistricthealth.org)*

