

Sampson County Health Department

# State of the County Health Report 2018



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## Introduction

Sampson County Health Department and the Sampson County Partners for Healthy Carolinians Task Force are pleased to provide the 2018 State of the County Health Report (SOTCH) annual review for the top health concerns determined during the 2017 Community Health Assessment and how Sampson County has taken action to address them. The 2018 SOTCH includes: a review of major morbidity and mortality data for the county; health concerns; progress made in the past year on the selected priorities; and other changes in Sampson County that affect health concerns. The report addresses new and emerging issues that affect the county's health status and ways community members can get involved with ongoing efforts.

For more information about the State of the County Health Report, contact Sampson County Health Department at (910) 592-1131 or log on to the health department's website at [www.sampsonnc.com](http://www.sampsonnc.com).

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Sampson County Health Department (SCHD) was first established in 1911. Since 1911, the health department has continued to provide services that are essential to the public's health. Public health is a "quiet miracle" with a contribution to the quality of life that cannot be estimated. Public health is uniquely responsible for bringing the benefits of prevention to Sampson County citizens.

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The Sampson County Partners for Healthy Carolinians Task Force (SCPFHC) is a non-profit organization that was established in 2000. The task force is a public-private partnership that represents public health, hospitals, health and human service agencies, civic groups, churches, schools, businesses, community members and leaders. For more information on the task force, visit [www.scpfhc.org](http://www.scpfhc.org).



## County Profile

### Demographics

#### Sampson County Demographic Estimates 2017 <sup>1</sup>

<b>Sex</b>	<b>Estimate</b>	<b>Percent</b>
Male	31,251	49.1%
Female	32,413	50.9%
<b>Race</b>	<b>Estimate</b>	<b>Percent</b>
White	40,472	63.6%
Black or African American	16,118	25.3%
American Indian or Alaska Native	1,184	1.9%
Asian	343	0.5%
Native Hawaiian or Other Pacific Islander	16	0%
<b>Ethnicity</b>	<b>Estimate</b>	<b>Percent</b>
Hispanic or Latino (any race)	12,013	18.9%
Non-Hispanic or Latino	51,651	81.1%
<b>Total Population</b>	<b>63,664</b>	

### Economics

#### Sampson County Economic Characteristics 2017 <sup>2</sup>

<b>Employment Status</b>	<b>Estimate</b>	<b>Percent</b>
Unemployment Rate	(X)	9.5%
<b>Income and Benefits</b>	<b>Estimate</b>	<b>Percent</b>
Median Household Income	37,765	(X)
Median Family Income	46,384	(X)
<b>Health Insurance Coverage</b>	<b>Estimate</b>	<b>Percent</b>
With Health Insurance Coverage	52,004	82.5%
No Health Insurance Coverage	11,036	17.5%
<b>Below Poverty Level</b>	<b>Estimate</b>	<b>Percent</b>
All Families	(X)	17.8%
All People	(X)	24.3%
Under 18 years	(X)	35.9%

X = not applicable or not available.

## Leading Causes of Death

Cancer was the leading cause of death in Sampson County in 2016. There were 716 total deaths in Sampson County in 2016 in which cancer contributed to 166 of those deaths.<sup>3, 4</sup> Trachea, bronchus and lung cancers had the highest mortality rate (82.4) followed by female breast cancer (31.1) in Sampson County.<sup>5, 6</sup> Heart disease was the second leading cause of death in 2016 attributing to 154 deaths.<sup>7</sup> Most causes of death are the result of preventable risk factors such as smoking, poor diet, and physical inactivity.

**Sampson County Leading Causes of Death 2016<sup>8</sup>**

Rank	Cause of Death	Number
1	Cancer	166
2	Heart Disease	154
3	Diabetes Mellitus	44
4	Cerebrovascular Diseases	42
5	Chronic Lower Respiratory Diseases	31
6	All Other Unintentional Injuries	28
7	Motor Vehicle Injuries	25
8	Alzheimer's Disease	18
9	Pneumonia & Influenza	17
	Nephritis, Nephrotic Syndrome & Nephrosis	17
	All other causes	174
	<b>Total Deaths – All Causes</b>	<b>716</b>

## Community Health Concerns

As a result of the 2017 Community Health Assessment (CHA) data, members of the SCPFHC served as the CHA Team and selected Substance Abuse; STDs/Pregnancy Prevention; and Chronic Disease as the top three health priorities. The Community Health Assessment is a process of collecting and disseminating data to allow community members to gain an understanding of health, health concerns, and health care systems of the community. CHA Team members identify, collect, analyze and disseminate information on community assets, resources, strengths and needs.

### Substance Abuse

*Healthy NC 2020 Objective: Reduce the unintentional poisoning mortality rate (per 100,000).*

Substance Abuse is the excessive use of substances such as alcohol, tobacco, opioids and other addictive substances. Excessive alcohol use, including underage and binge drinking (males having 5+ drinks on one occasion and females having 4+ drinks on one occasion), can lead to increased risk of injuries, violence, liver diseases, and cancer.<sup>9</sup> Tobacco use is the leading cause of preventable disease, disability, and death in the United States.<sup>10</sup> Cigarettes and other forms of tobacco (including cigars, pipe tobacco, snuff, chewing tobacco, and e-cigarettes) contain the addictive drug nicotine. It is estimated that 40 million adults in the U.S. smoke cigarettes and 4.7 million middle and high school students use at least one tobacco product, including e-cigarettes.<sup>10</sup> Since 1999, the number of opioid overdose deaths has significantly increased.<sup>11</sup> The opioid crisis involves prescription opioids, heroin, and synthetic opioids such as fentanyl.<sup>11</sup> Prevention is a crucial component in the fight to put an end to these epidemics.

#### 2018 Health Behaviors<sup>12</sup>

	Sampson County	North Carolina
Adult Smoking	21%	18%
Excessive Drinking	14%	17%

#### NC Youth Risk Behavior Survey: High School Students<sup>13</sup>

	2017	2015
Currently drank alcohol	2,860	5,552
Currently smoked cigarettes daily	3,130	6,021
Currently used electronic vapor products daily	3,093	5,937

## Community Health Concerns

### Emergency Department Overdose Surveillance: Sampson County<sup>14</sup>

	2017	2016	2015
Medication/Drug	198	138	176
Opioid	22	11	30
Heroin	13	2	2

### Substance Abuse Action Plan Progress

- Four articles were published in *The Sampson Independent* and *The Sampson Weekly* on topics such as National Overdose Day, Recovery Month, the Opioid Epidemic, and Tobacco Cessation on behalf of Sampson County Health Department and partnering agencies.
- Clinton Police Department in conjunction with Safe Kids NC, Clinton Drug Company, and Eastpointe, MCO held a Medication Take Back event in October collecting 30 lbs. of unused or expired pills.
- Sampson County Cooperative Extension promoted Red Ribbon Week (October 23-31) reaching over 700 students.
- Eastpointe MCO partnered with organizations to host and promote the following events:
  - Celebrate Recovery Month social event at Sampson Community College.
  - “New and Emerging Tobacco” education session at The Center for Health + Wellness.
  - Opioid Overdose Awareness Day with departments throughout Sampson County.
  - Documentary titled *The Anonymous People* shown and discussed with Commwell Health’s Harvest House (male residential treatment program) on a monthly basis.

## Community Health Concerns

### STDs/Pregnancy Prevention

*Healthy NC 2020 Objective: Decrease the percentage of pregnancies that are unintended.*

#### Sexually Transmitted Diseases

The Centers for Disease Control and Prevention estimates that nearly 20 million new sexually transmitted diseases (STDs) occur every year in the United States.<sup>15</sup> Many STDs don't cause visible symptoms, however, they can still be harmful and transmitted from one person to another.<sup>15</sup> Examples of STDs include: Gonorrhea, Chlamydia, Herpes, HIV/AIDS, Trichomoniasis, and Genital Warts. If left untreated, some STDs can lead to infertility, increased risk HIV, and in some cases fatality.<sup>15</sup> While Sampson County had an increase in the number of Chlamydia and Gonorrhea cases between 2015 and 2016, there was a decrease in the number of cases between 2016 and 2017. In 2016, there were 11 cases of diagnosed HIV in Sampson County compared to 12 cases in 2017. There was an increase in the number of AIDS diagnosis from 2 in 2016 to 5 in 2017. Sampson County Health Department offers testing and treatment for sexually transmitted diseases.

#### Sexually Transmitted Diseases Gonorrhea & Chlamydia in Sampson County<sup>16</sup>

	2015	2016	2017
Chlamydia	284	324	277
Gonorrhea	88	136	97

#### 2017 HIV and AIDS Diagnosis<sup>16</sup>

County	HIV	AIDS
Sampson	12	5
Columbus	10	3
Duplin	6	5
Halifax	10	4

## Community Health Concerns

### Pregnancy Prevention

According to the Centers for Disease Control and Prevention, unintended pregnancies are those that are either untimed or unwanted at the time of conception.<sup>17</sup> Unintended pregnancies can increase the risk of health problems for the mom and baby. Teen pregnancy and childbearing brings substantial costs through immediate and long-term impacts on teen parents and their children.<sup>18</sup> Teen pregnancy prevention is very important to the health and quality of life for our youth.<sup>18</sup> There are birth control methods that, if used correctly and consistently, are highly effective at reducing the risk of unintended pregnancy.

#### 2017 NC Resident Pregnancy Rates (Females Ages 15-44)<sup>19</sup>

Residence	Total Pregnancies	Rate
North Carolina	143,574	71.2
Sampson County	963	86.5

#### 2017 NC Resident Pregnancy Rates (Females Ages 15-19)<sup>20</sup>

Residence	Total Pregnancies	Rate
North Carolina	8,849	26.7
Sampson County	101	48.7

### STDs/Pregnancy Prevention Action Plan Progress

- Sampson County Health Department partnered with Clinton High School to educate teenagers through Family Planning and STD prevention presentations reaching 60 ninth graders.
- Sampson County Health Department offers long-term contraceptives, such as IUDs and the Nexplanon implant and has inserted twenty-one IUDs since September.
- Sampson County Health Department partnered with Academic Abundance, Inc. to educate ninth graders on abstinence, contraception, and STDs. Of the 156 students that were surveyed, 96.1% responded that they *understand the reasons to be abstinent*; 96.1% responded that they *know how to prevent pregnancy*; 95.4% responded that they *know the different methods of birth control*; and 98.0% responded that they *know how to prevent STDs and HIV*.



## Community Health Concerns

### Chronic Disease

*Healthy NC 2020 Objective: Increase the percentage of adults who are neither overweight nor obese.*

According to the Centers for Disease Control and Prevention, chronic diseases such as heart disease, cancer, diabetes and obesity are the leading causes of death and disability in the United States and are caused by the following risk behaviors: tobacco use and exposure, poor nutrition, lack of physical activity, and excessive alcohol use.<sup>21</sup> Healthy choices can reduce the risk of developing a chronic disease and improve quality of life.

#### 2012-2016 NC Resident Death Rates<sup>22</sup>

Cause of Death	Sampson County	North Carolina
Heart Disease	180.2	161.3
Cancer	192.0	166.5
Diabetes	51.5	23.0

#### Adult Obesity<sup>23</sup>

	Sampson County	North Carolina
2018	35%	30%
2017	37%	30%
2016	39%	29%

#### Prevalence of Obesity and Overweight in Children 2 through 18 years of age by Health Department <sup>24</sup>

	Healthy Weight	Overweight	Obese
Sampson County	60.1%	16.6%	18.7%
North Carolina	65.1%	14.6%	14.6%

## Community Health Concerns

### **Chronic Disease Action Plan Progress**

- Four articles related to Cancer and one (1) related to Diabetes were published in *The Sampson Independent* and *The Sampson Weekly* on behalf of Sampson County Health Department and Sampson County Partners for Healthy Carolinians.
  - The 20<sup>th</sup> Annual Breast Cancer Rally and Health Fair was held in October reaching 70 participants.
  - Sampson County Breast and Cervical Cancer Control Program (BCCCP) Advisory Board distributed 428 pink breast cancer ribbons to local churches and organizations for the Pink Ribbon Campaign.
  - Sampson Regional Medical Center’s diabetes support group, “Sugar Buddies,” had 53 participants from September through December.
  - Sampson Regional Medical Center’s “Journey to Health” is an 8-week program focusing on changing basic behaviors to move toward a healthier lifestyle and away from obesity. Sixteen participants completed the program from October through December.
  - Sampson County Health Department and partnering agencies promoted the 2018 Eat Smart, Move More – Maintain, don’t gain! Holiday Challenge from November 12<sup>th</sup> – December 31<sup>st</sup>. Sampson County had a total of 92 participants in 2017.
  - During the 2017-2018 school year, the Fitness Renaissance physical fitness awards program reached approximately 4,000 students in grades K-3. On average, 2.4% of students surpassed their goal for 2 of the 4 activities, 56.9% surpassed their goal for 3 of the 4 activities, and 36.7% surpassed their goal for all 4 physical activities.
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## Initiatives / Issues

### New Initiatives

- County of Sampson and Sampson County Substance Abuse Coalition will sponsor the SCOPE 4 HOPE Opioid Summit in February 2019.
- The Sampson County Breast and Cervical Cancer Control Program (BCCCP) Advisory Board will apply for the 2019 United Way of Sampson County funding application for cancer prevention and awareness.
- Increase health education programs to include diabetes education, BMI counseling for overweight and underweight, etc.
- Maternal Child Health Initiative to reduce infant mortality.
- Sampson County's 5<sup>th</sup> Annual Teen Health Fair.

### Emerging Issues

- Medicaid changes.
- Increase in Opiate/Opioid usage.
- Education and awareness on the Opioid epidemic.
- Teen Pregnancy rate and Adult Obesity percentage continue to be higher than the state's.

### Volunteers Are Welcome

Help Sampson County Partners for Healthy Carolinians and Sampson County Health Department address these health concerns and issues in your community! Call 910-592-1131 or attend the next Healthy Carolinians meeting at The Center for Health + Wellness, 417 E. Johnson St., Clinton, NC at 1:30 pm every 3<sup>rd</sup> Tuesday of the month.

### Dissemination of SOTCH Report

- Sampson County Board of Health
- Sampson County Board of Commissioners
- Sampson County Partners for Healthy Carolinians
- Sampson County Health Department

This report will also be available to the public at [www.scpfhc.org](http://www.scpfhc.org), [www.sampsonnc.com](http://www.sampsonnc.com), and upon request at the Sampson County Health Department (910) 592-1131.

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