



**Public Health**  
Prevent. Promote. Protect.  
**Cumberland County  
Health Department**

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# Health of Cumberland

## SOTCH Report 2017

The SOTCH Report is an annual report that provides information on health priorities identified in the 2016 Community Health Assessment and reviews recent mortality and morbidity data for Cumberland County.

The 2016 Community Health Assessment can be viewed at <http://www.co.cumberland.nc.us/departments/public-health-group/public-health/community-resources/reports>

### 2016 Community Health Assessment identified health priorities:

- Reduce the Burden of Chronic Diseases (Heart Disease, Diabetes / Obesity & Cancer)
- Reduce Sexually Transmitted Infections and Unwanted Teen Pregnancy
- Reduce Substance / Opioid Abuse

## New Initiative

Cumberland County Department of Public Health (CCDPH) developed a relationship with Carolina Treatment and Substance Abuse Rehabilitation Center. In partnership, educational brochures were provided as a component for the Naloxone kit, brochures were also distributed to Operation Inasmuch.

## Emerging Issues

**Opioid Crisis** – CCDPH continues to partner with community members to reduce the number of opioid overdoses by educating providers who prescribe Opioids, bringing awareness to the general public on Opioid addiction and treatment, and promoting treatment and recovery resources.

**GenX** – CCDPH is also working to ensure that the public is kept informed about the presence of GenX and any other compounds in private drinking and surface water sources near the Chemours Plant, which is near the Cumberland – Bladen County Line.

**Cumberland County Department of Public Health website:**

<http://www.co.cumberland.nc.us/departments/public-health-group/public-health>

# Addressing Health Priorities: A Glimpse of Progress

## Chronic Diseases including: Heart Disease, Cancer, and Diabetes/Obesity

### Heart Disease

- ◆ The reduction in Heart Disease rates in Cumberland County 2015 (193.5) and in 2016 (191.3) was a collaborative effort with Quitline NC, 2017 NC Fruit and Vegetable Outlet Inventory, Sand Hills Family Heritage, American Heart Association, and Mid Carolina Area Agency on Aging. Two Chronic Disease Self-Management workshops were implemented, reaching a total of 14 participants, 7 in each workshop. Two Falls Prevention workshops were held, reaching a total of 18 participants, 9 in each workshop.
- ◆ In August 2017 through September 2017, at the John D. Fuller Center, there were 6 chronic disease management workshop sessions. During the pre-survey, 14 participants identified themselves as having a chronic health condition.
- ◆ American Heart Association (AHA) served as a resource to Cumberland County by providing resources for Heart Health Awareness. Cumberland County Department of Public Health (CCDPH) joined the 2017 Heart Health walk to raise awareness and funds to address heart health.



- ◆ Mid Carolina Area Agency of Aging, a licensed facility to implement evidenced based programs to address the aging, has partnered with Cumberland County Department of Public Health (CCDPH) and together they provide 3 programs throughout the year to the residents:
  1. Chronic Disease Management
  2. Diabetes Self-Management
  3. “Matter of Balance” – Fall Prevention Program
- ◆ Matter of Balance is an 8 session workshop and CCDPH has 2 trained Health Educators who lead the sessions in the community. In 2017, there were 4 series held and 36 participants impacted by this program. Participants dedicated 2 hours per week for eight weeks to this workshop.
- ◆ The reduction in the Diabetes/Obesity rates in Cumberland County 2015 (53.0) and in 2016 (28.7) was a collaborative effort between Better Health, School Health Advisory Council (SHAC), 2017 NC Fruit and Vegetable Outlet Inventory, Sand Hills Family Heritage, American Heart Association, Healthy Churches 2030, and Mid Carolina Area Agency on Aging. Also implementation Diabetes Self- Management Programs.

## Addressing Health Priorities: A Glimpse of Progress Cont.

- ◆ Eat Smart, Move More Healthy eating programs (portion size, sugary drinks, and physical activity as a measure to prevent Diabetes, Heart Disease, Obesity and Cancer) offered at the YMCA; all three locations and the Boys and Girls Club Cumberland Road, Meyers Recreation and Spring Lake Recreation. There were 25 programs that reached 547 youth.
- ◆ The Health Promotions Wellness Coordinator received 30 referrals from the Adult Health Clinic and reached out to all potential participants and explained workshops that are being offered by health education which are as follows: Chronic Disease-Self Management, Diabetes Self-Management, and Smoking Cessation. Due to inadequate participants, the workshops were cancelled. There must be a minimum of 6 participants for them to be implemented with fidelity.



### Cancer

- ◆ The reduction in Cancer rates in Cumberland County 2015 (181.3) and in 2016 (178.9) was a collaborative effort with Quitline NC, 2017 NC Fruit and Vegetable Outlet Inventory, Sand Hills Family Heritage, American Heart Association and Mid Carolina Area Agency on Aging.
- ◆ In September 2017, the Faithful Families through the Eat Smart, Move More initiative provided a food demonstration to 26 adults and children in Fayetteville, NC.
- ◆ 2017 NC Fruit and Vegetable Outlet Inventory conducted in Cumberland County provided an opportunity to identify the farmers markets within the community, ask residents where they access fresh food within the local community, and share information on Health Promotion. The Cumberland County 2017 Fruit and Vegetable Outlet Inventory findings included 2 major outcomes: 12 farmers markets were identified, 2 of which are open all year, and 8 which accept S.N.A.P. benefits. The farmers market owners were appreciative to be identified as a part of the solution for the community to reduce diabetes, hypertension and cancer. More information about the findings can be found at:

[http://www.communityclinicalconnections.com/What\\_We\\_Do/NC\\_Fruit\\_and\\_Veg/index.html](http://www.communityclinicalconnections.com/What_We_Do/NC_Fruit_and_Veg/index.html)

- ◆ Efforts were continued in Spring Lake with the Sandhills Farmers Market. The Sandhills Family Heritage Association received a grant and the community was funded to start a farmers market in 2011. The market has been up and running and has held several events including health fairs, cooking demonstrations, and utilized social media to get the word out about its new facility.

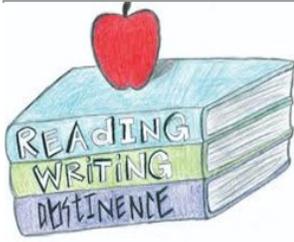
<http://sfha-nc.org/>



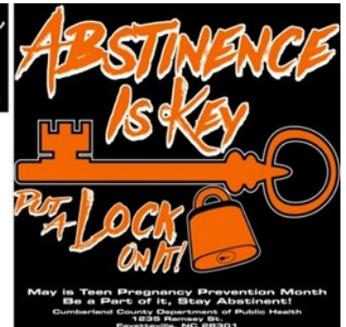
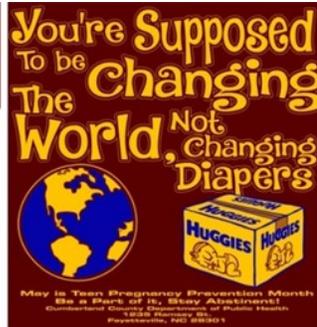
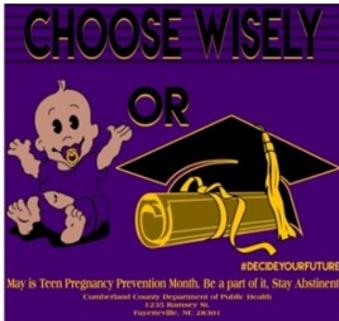
North Carolina **Fruit and Vegetable Outlet Inventory**



## Addressing Health Priorities: A Glimpse of Progress Cont.



- ◆ The Health Department offered extended business hours to provide evening services for the teen clinic on the 2nd and 4th Tuesday of the month from 5-7pm.
- ◆ The t-shirt contest was developed to engage high school students in formulating positive messages to support healthier lifestyle choices pertaining to abstinence and delayed parenthood. Congratulations to the following students and schools: Jasmine Wilkins- Jack Britt, Na'tika Chandler- Douglas Byrd, and Brittany Graham- South View.



### Health Department Opioid Activities

- ◆ The Cumberland County Department of Public Health entered in to a partnership with the NC Harm Reduction Coalition to provide funds for awareness and outreach specialist's activities related to opioid abuse and overdose.
- ◆ In March 2017, the Health Department hosted Lunch and Learn Sessions for staff. The first seminar was "Saving Lives with Naloxone," presented by Pharmacist Julia Suggs-McLean and Pharmacy Resident Jacki Hagarty. The following day staff members were invited to watch a viewing of the documentary "Chasing the Dragon: The Life of an Opiate Addict" and a discussion session was held by Julia and Jacki. During these two sessions over 70 staff members attended.



- ◆ During the March Board of Health meeting, the Board of Health expressed their support of the CDC Guideline for Prescribing Opioids for Chronic Pain. Following the meeting the Board of Health sent a letter to Cumberland County Medical Providers acknowledging the BOH supports and encouraging the use of the CDC Guidelines.
- ◆ The Pregnancy Care Management, Care Coordination for Children, and the Maternity staff attended the webinar "Opioid Exposed Pregnancies in NC" offered through Wake AHEC in September 2017.
- ◆ In December, about 90 staff who conduct home and community visits attended "Opioid and Methamphetamine Awareness Training" by Pierre Lauffer, Industrial Hygiene Consultant Supervisor from the NC Division of Occupational and Environmental Epidemiology.
- ◆ The Cumberland County Department of Public Health is a member of the CARE (Community Addictions Resource Exchange) Coalition and regularly attends the quarterly meetings.

## Changes in Data

### Review of Mortality and Morbidity Data, 2012-2016

Infant Mortality 2012-2016 (Infant death rates per 1000 live births)	
Indicator Infant Deaths	Cumberland Rates
Total	9.3
White	6.4
African American	14.4

(<1 year) Death rates per 1,000 Live Births, <http://www.schs.state.nc.us/data/> click on mortality-infants.

Cumberland County African-American infant death rate is over twice as high as the White infant death rate. Contributing factors to infant deaths include: preterm birth, low birth weight, late access to prenatal care, teen pregnancy and tobacco and drug use.

### Teen Pregnancy, age 15-19

<b>2015</b>	42.7
<b>2016</b>	37.0
Teen Programs – 21	Teens Reached – 1,139

### HIV Three-Year Average Rates among Adults and Adolescents

<b>2014</b>	28.8 (76)
<b>2015</b>	31.8 (84)
<b>2016</b>	23.7 (63)

### AIDS (Stage 3) Three-Year Average Rates

<b>2014</b>	15.5 (41 cases)
<b>2015</b>	13.3 (35 cases)
<b>2016</b>	12.4 (33 cases)

### Early Syphilis (Primary, Secondary, and Early Latent)

<b>2014</b>	22.4 (73.3 cases)
<b>2015</b>	35.6 (116 cases)
<b>2016</b>	24.8 (81 cases)

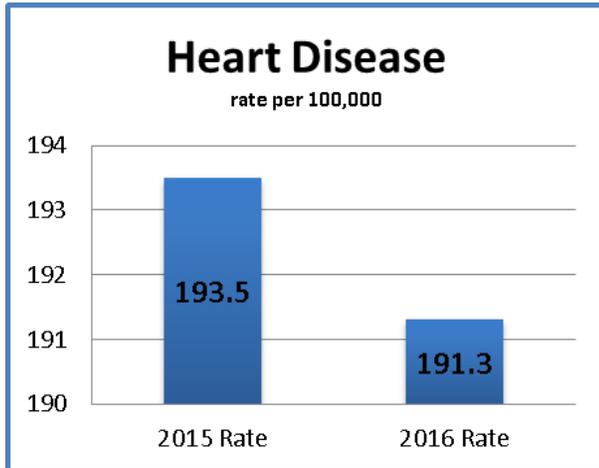
# Changes in Data

## Emerging Issues: Chlamydia and Gonorrhea

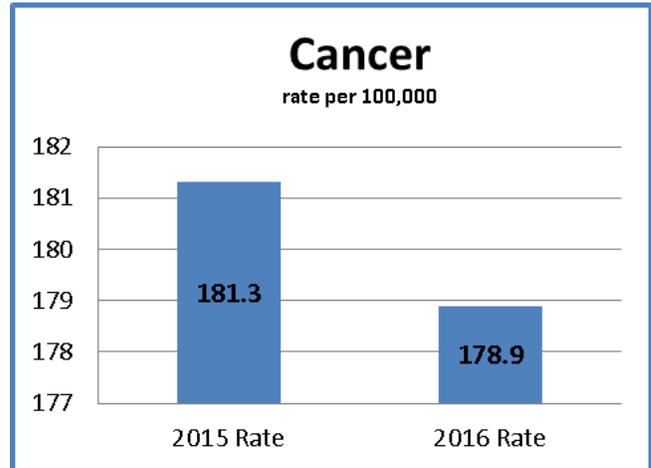
Chlamydia		Gonorrhea	
<b>2014</b>	959.3 (3,131 cases)	<b>2014</b>	341.9 (1,116 cases)
<b>2015</b>	961.7 (3,131 cases)	<b>2015</b>	312.1 (1016 case)
<b>2016</b>	1024.1 (3,360 cases)	<b>2016</b>	380.9 (1,246 cases)

Chlamydia and Gonorrhea are sexually transmitted infections that can be destructive on the male and female reproductive organs. Public Health staff must continue to promote free and extended clinic hours and work with disease surveillance, investigation and education to address the emerging Chlamydia and Gonorrhea health issue.

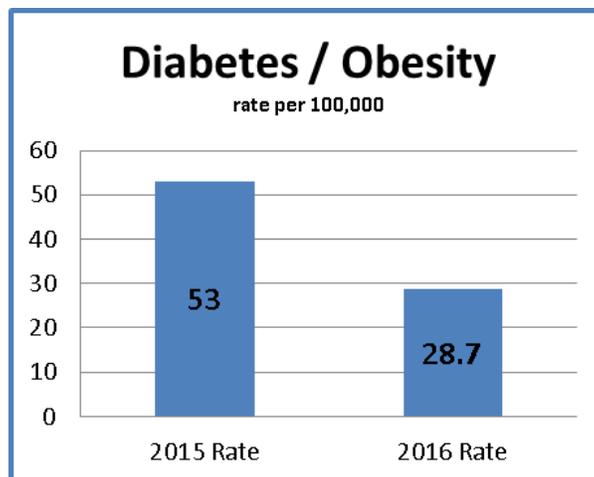
Source: 2016 North Carolina HIV/STD/Hepatitis Surveillance Report



Between 2015 and 2016, there was a 2.2% decrease in heart disease.



Between 2015 and 2016, there was a 2.4% decrease in cancer.



Between 2015 and 2016, there was a 24.3% decrease in diabetes / obesity.