

Carteret County

2019 State of the County Health (SOTCH) Report



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Carteret County Health Department

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Carteret County, North Carolina

The mission of Carteret County Health Department is to promote and protect the highest standards of healthy living for all county citizens.

Selecting Health Priorities

In Carteret County, a Community Health Assessment is conducted every three years in collaboration with Carteret Health Care, Carteret County Health Department, Health ENC, and community/regional agencies. The most recent CHA was performed in 2018. The CHA process involved a review of county health data, as well as the collection and review of community input on the topic of health. In February, 2019, Carteret County Health Department and Carteret Health Care hosted a Community Health Forum. Additionally, an opportunity for residents and partners to help select health issues was held at a Consolidated Health Services meeting in February of 2019. Lastly, a virtual prioritization session was created using SurveyMonkey and then made available to the public via the Health Department's Facebook page and the Health Department's website. Once all data was reviewed, leading health priorities were selected prior to action planning. These were the top health priorities that were identified¹:

Access to Health Services

Substance Abuse including Mental Health

Exercise, Nutrition & Weight

Community Health Improvement Plan Development



In May 2019, the Carteret County Health Department hosted an Action Planning Workshop to engage partners in forming community health improvement plans to address health priorities identified in the Community Health Assessment. The following partners actively participated in the workshop: Carteret County Parks and Recreation, Community Prevention Services, Broad Street Clinic, RHA, Trillium, Eastern Carolina Housing Authority, and Carteret County Department of Social Services. The next phase will involve broad implementation of the action plan details included in the CHIP, and monitoring/evaluation of the CHIP's short-term and long-term outcomes and indicators.¹

Progress Within Last Year

Substance Abuse Including Mental Health

- The Carteret County Health Department maintained a directory of Behavioral Health and Substance Abuse Treatment Providers in Carteret County on a quarterly basis. The list includes the services provided, address, phone number, website, and insurances accepted. The list is made available to the public on the agency's website², <https://www.carteretcountync.gov/738/Health-Department>
- In March and October 2019, the Health Department partnered with the Carteret County Sheriff's Office and Morehead City Police Department to participate in "Pills Can Kill" prescription drop off events.
- In August 2019, Carteret County Schools partnered with Trillium Health Resources to host a three-day Youth Mental Health First Aid Training at the Carteret County Health Department and 27 school staff members participated.
- In September 2019, the Carteret County Health Department, Peer Recovery Center of Carteret County, and Coastal Coalition for Substance Abuse Prevention hosted the 5th annual "Making Great Strides for a Healthier Carteret County" event, a collaborative effort to raise awareness within the community of the issues and resources available to county residents in the areas of substance abuse prevention and recovery. The event started with a recovery walk to celebrate and support those in recovery. The walk was followed by a

public health forum to address substance abuse prevention. Following the public health forum, there was a community health resource fair. At the fair, county residents could dispose of unused or expired prescriptions.

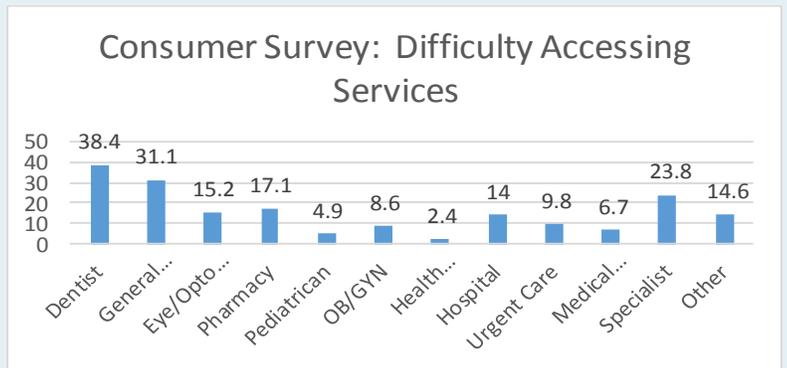
- In October 2019, Carteret County Health Department promoted dangers of vaping at a Health & Wellness Fair at Croatan High School. Other community partners participated in the event to educate students about texting and driving, healthy eating, mental health, physical activity, etc.
- Carteret County Government partnered with the Carteret County Public School System to provide the Botvin Life Skills during the 2019/2020 school year. The evidence based program to address drug and alcohol abuse was implemented in grades 3 through 11.



Progress Within Last Year

Access to Health Services

- The Carteret County Health Department continued to offer Hepatitis C treatment to uninsured and Medicaid patients. Patients were seen on a sliding fee scale based on household income and size. The Health Department partners with a specialty pharmacy to ensure Hepatitis C medications are provided at no cost to patients. Since the inception of the Hepatitis C Treatment Program in July 2018, it has served 73 patients and has cured 30 patients.
- 962 patients were seen by the Health Department's Miles of Smile dental program. The dental program performs preventive dental care (e.g. exams, cleaning, sealants, x-rays) to children ages 0-20 with NC Medicaid and Health Choice and pregnant women with NC Medicaid; perform restorative dental care (e.g. crowns, fillings) to children ages 0-20 with NC Medicaid and Health Choice and pregnant women with NC Medicaid. Also, the Dental Program conducts dental hygiene education with individuals and groups.
- The Carteret County Health Department collaborated with Carteret Health Care to provide free Breast Cancer and or Skin Cancer screenings to county residents.
- The Carteret County Health Department worked closely with Broad Street Clinic Health Care to provide information about programs and services to provide to uninsured and underinsured individuals.

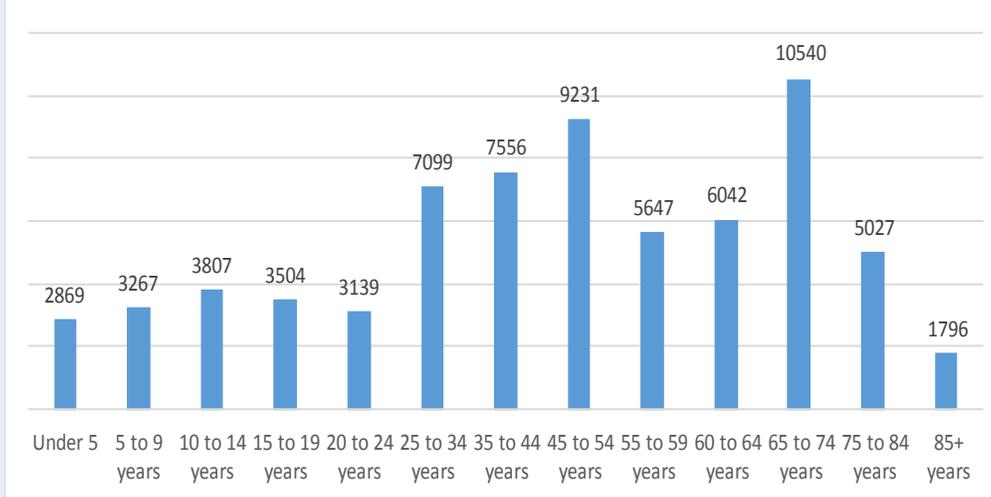


Exercise, Nutrition and Weight

- In January 2019, the Carteret County Health Department was awarded a grant from Carteret-Craven Electric Foundation to purchase bicycles and helmets for the Active Transportation Program. The program features bike safety inspections, helmet fitting, and safety lectures about the rules of the road. The Carteret County Health Department provided bike safety education to the community through various events in 2019. When children completed bike safety education, they received a free helmet.
- A WIC Breastfeeding tent was available for breastfeeding mothers at several community events including National Night Out in September 2019 and the 34th Annual North Carolina Seafood Festival in October 2019.
- Carteret County Health Department is a breastfeeding friendly workplace! In September 2019, the NC Breastfeeding Coalition (NBC) awarded the Carteret County Health Department the Business Case for Breastfeeding Award.
- In August 2019, the Carteret Food and Health Council was formed. It is one of the more 35 food councils that now exist across North Carolina. The Carteret Food and Health Council is conducting a baseline food assessment and working to address food waste through its two working groups.

Changes in Our County

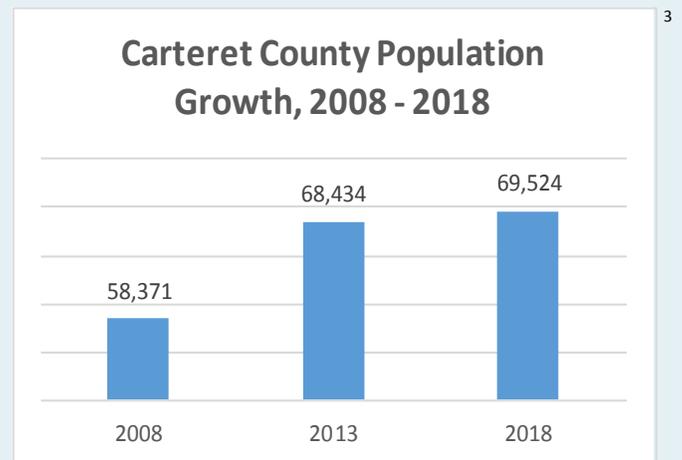
Population Distribution by Age, Carteret County, 2019



Carteret County's population increase has been consistent over the past decade. Minorities accounted for 12.3% of the total population. The population is spread out with 19% ages ≤19, almost 5% from ages 20 to 24, 21% from ages 25 to 44, 30% from ages 45 to 64, and almost 25% who were 65 years of age or older.³

2018 Population, by Race and Ethnicity³

White	60,944 (87.7%)
African American	4,203 (6.0%)
Hispanic	2,965 (4.3%)
Other Non-Hispanics	2,965 (2.0%)



2018 Population by Gender³

Male	34,054 (49.%)
Female	35,470 (51.0%)

Social Determinants of Health

Drivers of Health	Total Population	White, Not Hispanic	African American	Hispanic
Poverty	9.8%	8.2%	23.3%	15.6%
Median Household Income	\$54,428	\$51,996	\$31,076	\$31,883
Unemployment	4.5%	*	*	*
Uninsured	12.7%	13.2%	14.0%	33.4%

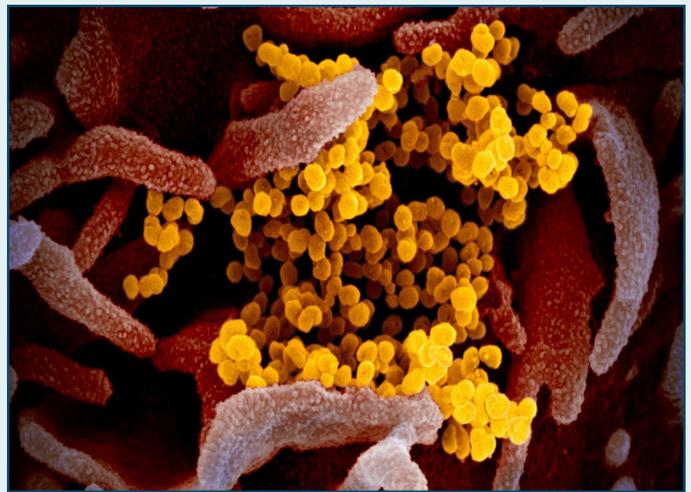
Social determinants of health are conditions in the environment in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and overall quality of life.

* = Bureau of Labor Statistics (BLS) does not breakdown unemployment

Emerging Issues: Coronavirus and Smoking Ban

2019 Novel Coronavirus

The Carteret County Health Department began to learn about the Coronavirus Disease 2019 (COVID-19), a respiratory disease caused by a virus first identified in Wuhan, China. Common symptoms are similar to the flu, including fever, cough, or shortness of breath. Human coronaviruses most commonly spread from an infected person to others through the air by coughing and sneezing; close personal contact, including touching your nose, mouth, or eyes before washing your hand. At the time of this report, there is not a specific treatment for coronavirus.⁵



The Carteret County Health Department encouraged the public to take the following steps to prevent all respiratory illnesses, including coronavirus. These include washing your hands often with soap and water for at least 20 seconds; covering your cough or sneeze with a tissue; avoiding close contact with persons who are ill; and avoid touching your eyes, nose, and mouth with unwashed hands.⁶

Also, the Health Department encouraged citizens to use reputable sources of information to learn more about the coronavirus. Reputable sources of information include the Centers for Disease Control and Prevention and NC Division of Public Health website.⁶

New Initiative: Overdose Prevention Program



The Carteret County Health Department took a proactive and progressive approach to alleviating the number of fatalities related to opioid overdoses. Through a joint initiative between the Carteret County Emergency Services and The Bridge Down East, people learned how to save a person from overdosing by administering Narcan, an overdose reversal drug. Community members who attended this program were also given Narcan kits.

Mortality and Life Expectancy

Mortality and Life Expectancy ⁷		
	Carteret County	North Carolina
Life Expectancy at Birth County 2016-2018 & State 2018	77.7	77.0
Fetal Death Rate per 1,000 Deliveries, 2014-2018	*	6.9
Neonatal (<28 days-1 year) Death Rate per 1,000 Live Births	*	4.8
Infant Death Rate per 1,000 Live Births	*	7.1
Unadjusted Child (0-17) Death Rate per 100,000 pop	50.0	57.4
Unadjusted Death Rate per 100,000 population , 2018 & 2014-2018	1,367.9	905.3
Unintentional Poisoning Mortality Rate per 100,000 population, 2014-2018	32	18.5

*Technical Note: Rates based on small numbers (fewer than 10 deaths) are unstable & should be interpreted with caution

Life expectancy is a proxy measure for the total health of a population. Disparities in life expectancy between populations point to areas where issues of health equity must be addressed.

Leading Causes of Death, 2014-2018 ⁷		
	Carteret County	North Carolina
Unadjusted Death Rates per 100,000 population		
TOTAL DEATHS --- ALL CAUSES	1187.2	890.2
Cancer - All Sites	276.6	191.6
Diseases of the heart	158.9	158.0
Chronic lower respiratory diseases	80.4	52.1
Cerebrovascular disease/Stroke	40.3	43.0
Other Unintentional injuries	57.2	38.6
Alzheimer's disease	35.1	39.4
Diabetes mellitus	29.3	27.9
Pneumonia & influenza	23.8	19.7
Nephritis, nephrotic syndrome, & nephrosis	23.5	18.9
Suicide	24.4	14.1

The overall death rate of a population reflects the average life expectancy for individuals in that particular population. The lower the death rate, the higher the life expectancy will be for that population. Rates are determined by the total number of deaths coded based on ICD-10 codes and the total resident population.

Morbidity

In 2019, cancer was the leading cause of death in Carteret County. Cancer incidence rate is defined by all cases of malignant cancer diagnosed and the total number of residents in that population. The Central Cancer Registry (CCR) collects and analyzes data on all cancer cases diagnosed among residents of North Carolina to determine the planning and evaluation of cancer control efforts. All healthcare providers are required to report cases to the CCR. The CCR estimates the number of new cancer cases and deaths that are expected each year in order to determine the cancer burden due to lag in data reporting times (3-4 years).⁹

Cancer Incidence Rates 2013-2017, age adjusted to the 2000 census ¹⁴	North Carolina	Carteret
All Cancers	470.0	481.3
Colon/Rectum	36.0	43.7
Lung/Bronchus	66.0	72.5
Female Breast	160.2	161.8
Prostate	111.9	90.9

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PROJECTED NEW CANCER CASES & DEATHS

Projections are estimated using 2013-2017 invasive cancer incidence and 2014-2018 mortality rates and 2020 NC population estimates.¹⁴

	New Cases Carteret	Deaths Carteret	New Cases North Carolina	Deaths North Carolina
All Cancers	585	210	64,274	21,653
Colon/Rectum	44	17	4,838	1,745
Lung/Bronchus	91	60	9,375	6,062
Female Breast	95	13	11,315	1,501
Prostate	75	12	7,739	1,065

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More About the SOTCH Report

This SOTCH report will be presented to the Carteret County Consolidated Human Services Board. It will also be shared with key stakeholders, community partners and other agencies. We would love to present to you, your agency, or group.

Additionally, copies of this report will be made available at public libraries in Carteret County. A link to the report will be posted on the Carteret County Health Department's Facebook page and website, <http://carteretcountync.gov/738/Health-Department>.

If you have any questions about the information in this report or if you would like to be involved in local initiatives, please contact the Carteret County Health Department at (252) 728-8550 ext. 5717.

References

1. *Carteret County 2018 Community Health Assessment* (pp. 8, Rep). (2019). Morehead City, NC: Carteret County Health Department.
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