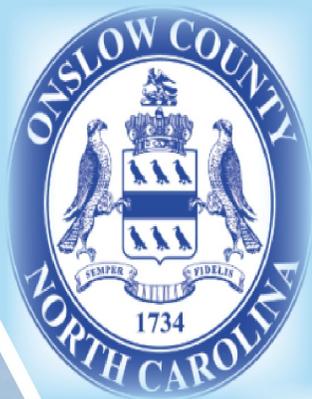




2017

State of the County Health Report (SOTCH)



Health Concerns and Priorities

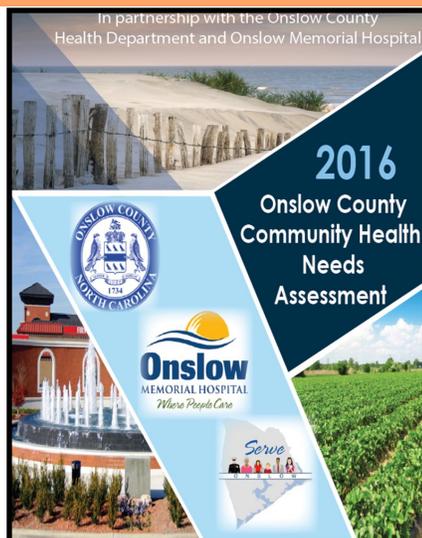
The Onslow County Health Department and Onslow Memorial Hospital partnered to complete the 2016 Community Health Needs Assessment (CHNA). The CHNA process takes several years to complete and is based on six primary steps.

STEP 1: Survey the Community to identify residents' top health concerns. According to the survey results, these are the top health concerns, in order, for Onslow County residents:

1. Joint or Back Pain
2. Overweight/Obesity
3. High Blood Pressure
4. Dental Care
5. Diabetes

STEP 2: Compare the survey results to health data from local, state, and federal sources to determine the health priorities for Onslow County. The six health priorities are:

- Blood Pressure
- Diabetes



- Obesity
- Suicide
- Substance Abuse
- Healthy Eating/Nutrition/Access to Healthy Food

STEP 3: Write a report to the community that provides an overview of the survey results, explains how the priorities were chosen, and gives data about a range of health topics.

STEP 4: Put together a team to review the report and determine what to do to improve health in the areas of the priorities. The Community Health

Assessment Team (CHAT) is composed of government agencies, non-profit organizations, mental health providers, law enforcement officials, and community members, among others.

STEP 5: Develop action plans to improve the health of the community in the areas of the health priorities.

STEP 6: Provide a report to the community each year to give residents an update on the progress of the action plans and the health changes in the community. This report is called the State of the County Health report (SOTCH).

What Can You Do?

Would you like to be involved with the CHNA process? Community member involvement is key to improving the health of the population of Onslow County. These are things that you can do:

- ⇒ Join the CHAT team: email Pamela_Brown@onslowcountync.gov to be added to the team.
- ⇒ Take a healthy cooking class.
- ⇒ Donate healthy food items to a local pantry.
- ⇒ Give a copy of the Food Resources Map to someone who is in need of food assistance.
- ⇒ Visit a local park.
- ⇒ Dispose of unused, unwanted, and expired

medications properly.

- ⇒ Attend a community education event.
- ⇒ Take the Diabetes Self Management Education or Diabetes Prevention Program classes.
- ⇒ Enroll in Check. Change. Control.
- ⇒ Get regular health checks and screenings.
- ⇒ Ensure you and your family are up-to-date on immunizations.
- ⇒ **For a copy of this report or the Community Health Assessment, visit**

www.onslowcountync.gov/149/health or <http://www.onslow.org/community-health-needs-assessment>

Morbidity and Mortality

The Most Current **Top 10 Leading Causes of Death** for Onslow County are

1. Cancer
2. Diseases of the Heart
3. Chronic Lower Respiratory Diseases
4. Cerebrovascular Diseases
5. Other Unintentional Injuries
6. Diabetes Mellitus
7. Suicide
8. Motor Vehicle Injuries
9. Alzheimer's Disease
10. Septicemia

The top four leading causes of death mirror those of the state of North Carolina. Compared to the causes listed in the Community Health Assessment, suicide has dropped to a lower place.

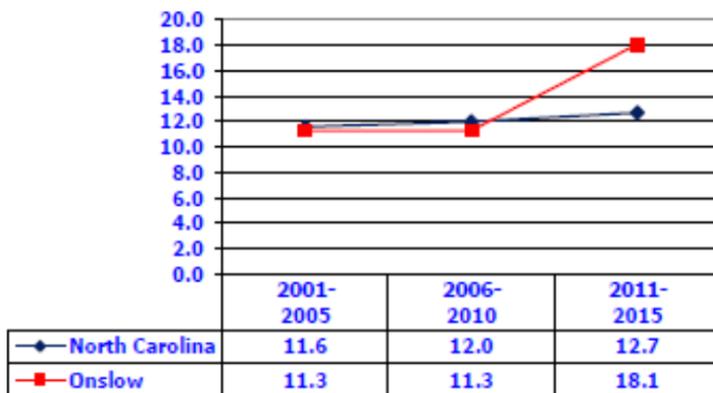
Average life expectancy in Onslow County is 77.8 years.

Between 2016 and 2017, adult obesity increased from 26% to 30%. This increase, which is happening in communities across the country, is one reason that obesity continues to be a focus of action plans in the county.

Physical inactivity, however, continues to decline from 24% of residents being inactive in 2015 to 23% in 2016 and 21% in the 2017, according to the County Health Rankings data.

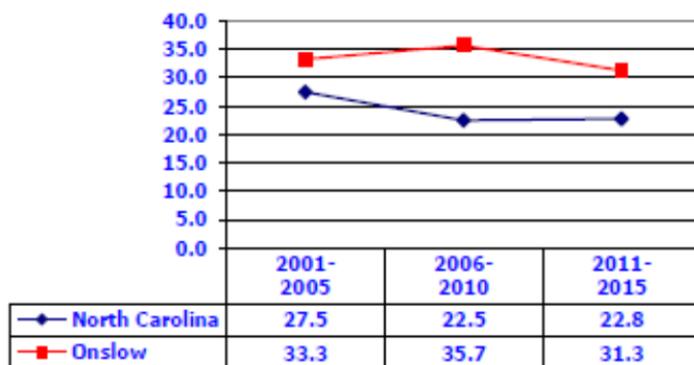
Source of health information: NC Center for Health Statistics and County Health Rankings

20. Age-Adjusted Suicide Rates per 100,000 Residents (Healthy NC 2020 Target=8.3)



Onslow County continues to exceed the state and most peer counties' suicide rates. While the rate remained fairly flat for North Carolina between 2013 and 2015, Onslow County's rate increased from 15.2 per 100,000 residents in the 2009-2013 timeframe to 18.1 in the 2011-2015 timeframe as pictured in this graph. Unlike many peer counties, suicide shows in Onslow County's top 10 leading causes of death list. Understandably, suicide is a priority health concern for the community and the subject of a community action plan.

12. Age-Adjusted Diabetes Death Rates per 100,000 Residents



Although diabetes death rates for Onslow County residents decreased from 37.2 per 100,000 for the 2009-2013 timeframe to 31.3 for 2011-2015, the county continues to far exceed the state rate. In addition, fewer people are diabetic in Onslow County compared to most peer counties, but many struggle to adequately manage the disease. Diabetes continues to be a top concern in Onslow County and the subject of a community action plan.

Source: NC Center for Health Statistics

Suicide Action Plans

Overview of Action Plan	Lead Agency: Onslow Memorial Hospital	Timeline: July 2017-Sept 2019
Assess and revise Onslow Memorial Hospital policies and processes, including patient assessments.	Train lay persons in Question, Persuade, Refer Gatekeeper course and providers in Question, Persuade, Refer Triage course.	Develop and facilitate support group for families impacted by suicide.

Action Plan Progress

Onslow Memorial Hospital is currently reviewing its internal policies and procedures regarding staff interactions and assessment of patients who have attempted suicide or may be at risk of suicide. The goal is to ensure appropriate patient identification and resource referral as well as treatment. The review process began with the Emergency Department and will also include inpatient services and providers.

The Question, Persuade, Refer (QPR) courses will be offered to community members and mental health and medical providers in order to equip them to better detect, assess, manage, report, and refer those at risk of suicide. QPR Gatekeeper training, for lay persons, teaches the warning signs of suicide and how to get help. QPR Triage training for professionals focuses on interviewing patients, determining how immediate the risk of suicide is for the patient, and reducing the risk. The overall goal of the training is to reduce the number of deaths by suicide and provide the support and resources to create resilience for all in the community.

OMH will work toward establishing a robust and active family support group for those affected by suicide to ensure friends and families have the support and resources needed while facing great loss. The goal is to have the resources and infrastructure in place for the group by April 2019.



Different agencies within Onslow County continue to work on mental health issues, which often involves the use of new technologies, programs, and resources. Trillium provided the kiosk shown in this picture to Consolidated Human Services. Located in the main lobby area on the first floor of the new building, the kiosk is easily accessible to patients and clients of the Health Department and Social Services. Clients can freely access the simple, easy-to-use screening tools and information on topics such as depression and substance abuse. While the screening tools do not lead to a diagnosis, they can provide resources based on how the client is feeling. A telephone attached to the computer allows participants instant access to the Trillium call center, where they can be assisted if they are in a crisis situation or triaged and linked to the appropriate community resource. Clients have the option of sending results to their personal email addresses and can share with their case workers or clinicians for follow-up.

Blood Pressure Action Plans

Overview of Action Plan

Lead Agency: Onslow Memorial Hospital

Timeline: July 2017-Sept 2019

Provide education to the community quarterly at outreach events.

Establish Check. Change. Control. Program in Onslow County to increase awareness of those with high blood pressure.

Action Plan Progress



High blood pressure is sometimes called the silent killer because it may not show any symptoms. Left untreated, it can lead to heart and artery damage, stroke, kidney damage, and vision loss.

Check. Change. Control. is an online self-monitoring program that uses blood pressure readings taken at home to help participants achieve and maintain a healthy heart.

Please enroll, using the OCHD's Campaign and Coach codes below, to be connected to a local health educator who can assist you in learning the proper technique for checking your blood pressure, answer your questions, and share important heart health resources.

Joining is as simple as 1, 2, 3:

1-Go online to www.ccctracker.com and enter your information. When prompted to enter Campaign Code, use **CCCR8**.

2- On the sidebar click "search for volunteers." Search by name **RobinSeitz** (no spaces) or by number **24927A6C88ED**.

3- Connect to the volunteer leader; then simply log in and report your blood pressure readings weekly. You can also set up text reminders and text back your reading.

The What's Your Next 10? education campaign encourages residents to think about the goals that they have for the next 10 years, or 10 meals, or 10 miles walked, and the level of health that they need to reach those goals. Setting goals was combined with screenings for and education about blood pressure, cholesterol, and sugar levels at the Shrimp Festival in Sneads Ferry in August 2017. This quarterly campaign will come to a location near you as the Health Department and Hospital and their partners take the campaign on the road throughout the county over the next several years.



Staff from Onslow Memorial Hospital, Onslow EMS-Community Paramedic, Realo Discount Drugs, Onslow County Health Department and Senior Services, and Sneads Ferry Lions Club provide screenings and education to Shrimp Festival participants in August 2017. The Southeastern Healthcare Preparedness Region provided the air conditioned tent!

Diabetes Action Plans

Overview of Action Plan	Lead Agency: Onslow Memorial Hospital	Timeline: July 2017-Sept 2019
Update Diabetes Resource Guide.	Increase participation in DSME and DPP.	Strengthen provider referral process to diabetes education programs.
		Offer quarterly education at outreach events.

Action Plan Progress

The goal of the Diabetes Self-Management Education (DSME) course is to empower diabetics with the information needed to live well with the disease. The Diabetes Prevention Program (DPP) is a community class designed to help individuals prevent or delay diabetes. Both courses are offered at the Health Department, and DPP is offered through Realo Discount Pharmacy.

In addition to these established classes, the Health Department and Onslow Memorial Hospital and its partners will be providing quarterly education sessions throughout the county so that residents have access to information that can prevent diabetes or assist with managing it.

The need for Diabetes Assistance is critical in Onslow County where approximately 1 out of every 10 people has diabetes. The Diabetes Resource Guide has been updated. It lists different resources throughout the community that provide services, education, medical assistance and support for all adults who have this disease. The goal of the guide is to assist everyone to have access to insurance and a medical home, knowledge to understand their diagnosis, resources to manage the disease, and encouragement to remain compliant with their care plans. Resource guides are available at the Onslow County Health Department, where corresponding Diabetes education classes are also offered. To obtain a copy of the guide, call 910-989-3966.



Diabetes Resource Guide

Onslow County Health Department

The trusted provider of high quality, integrated services ensuring success for our community by building better lives.

Substance Abuse Action Plans

Overview of Action Plan	Lead Agency: Onslow Co. Health Dept.	Timeline: July 2017-Sept 2019	
Create and distribute bag tag.	Increase participation in Red Ribbon (Project Lazarus).	Establish Health Rocks! curriculum for elementary age students.	Develop and facilitate provider and community education.

Action Plan Progress

The bag tag (pictured front and back below) is entering its third printing. The tags list the drop box locations as well as safe disposal options for unwanted, unused, and expired medications. They are currently available at the Health Department and Realo Drugs, but the list of locations is growing.

Plans for Project Lazarus are ongoing. The Onslow County School System has been approached by 4-H to offer the Health Rocks! Program, an activity based curriculum to help elementary students develop skills to resist taking drugs. Upcoming community/provider education sessions will focus on safe prescribing and pain management as well as new North Carolina laws involving illegal and prescription drug abuse.

Be Safe. Don't flush. Do Med-Drop!

Project MED-DROP

Safely dispose of **UNWANTED, EXPIRED, or UNUSED** medications!

Please take these medications to a drop box to prevent endangering the environment or others.

Safe Disposal Tips:

- Keep medication in the original container and remove personal information.
- To properly dispose of needles, place them in a puncture proof container (an old milk jug or laundry detergent jug) and tape the lid with duct tape. Then, it can be tossed in the trash.
- To dispose of liquid medications, pour them into a sealable plastic bag or can. Add coffee grounds or cat litter to the bag and then toss in the trash.



To locate the nearest drop box, refer to the list of locations on the back of this paper.

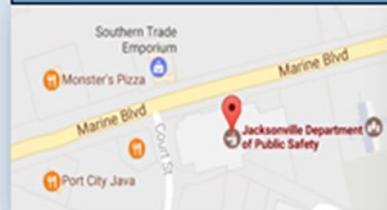
Items not accepted:

- needles /sharps
- liquid medications

Questions? Call 910-347-2154

Drop-off Locations:

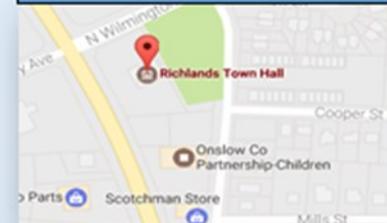
Jacksonville Department of Public Safety
200 Marine Blvd, Jacksonville
Hours: 7am-12am (midnight)



Swansboro Police Department
609 W. Corbett Ave, Swansboro
Hours: 24/7



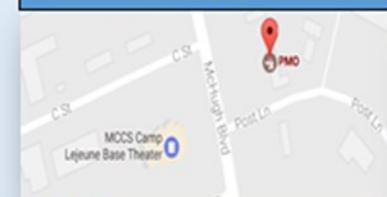
Richlands Town Hall
302 S. Wilmington St., Richlands
Hours: 8am-5pm



Onslow County Sheriff's Department
717 Court St., Jacksonville
Hours: 24/7



Camp Lejeune, NC
Provost Marshal Office (PMO)
Building B3 Post Lane, Camp Lejeune
Hours: 24/7



Holly Ridge Police Department
313 Sound Rd., Holly Ridge
Hours: 8am-5pm, Monday-Friday



Obesity Action Plans

Overview of Action Plan

Lead Agency: Onslow Co. Health Dept.

Timeline: July 2017-Sept 2019

Offer healthier food options at established events.

Advocate for more sidewalks and neighborhood recreation areas.

Update and disseminate Places to Be Physically Active asset map and develop interactive webpage map.

Action Plan Progress

People are more likely to be active when they have safe places to be active, especially near home. Sidewalks in neighborhoods, for example, can encourage those after dinner family walks. The Community Health Assessment Team will look for ways to advocate for more sidewalks and spaces to be active within Onslow County neighborhoods, especially those that are being newly constructed.

Onslow County has an active Parks and Recreation Department that hosts frequent community events. Look for healthier options at events in the future to go with those traditional favorites, like hotdogs! The Health Department and Hospital will also be on hand to provide education about the role of nutrition in maintaining a healthy weight.



Onslow County is home to beautiful parks with towering trees and an abundance of wildflowers and wildlife. The recreational opportunities are endless from the ocean and rivers to the hiking and biking trails. The diversity of options provides opportunities to be physically active for almost any interest. However, with the frequent turnover in residents, newcomers may not know where to go. Look for an interactive and comprehensive Places to Be Physically Active asset map coming this fall. It can be accessed at www.onslowcountync.gov/149/health.

Onslow Pines Park hosts Kids in Parks, an interactive walking trail that encourages kids to identify native plants and animals.

Nutrition, Healthy Eating, Access to Health Foods Action Plans

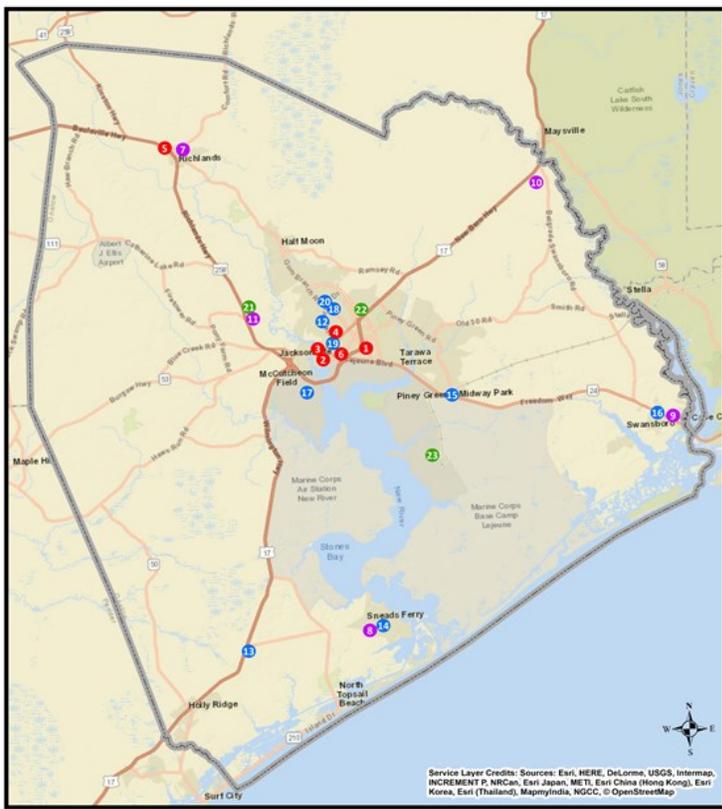
Overview of Action Plan	Lead Agency: Onslow Co. Health Dept.	Timeline: July 2017-Sept 2019
Update Food Assistance Resources Map. Develop interactive web map.	Offer two community cooking classes per fiscal year.	Create healthy food pantry donation list, publicize, and disseminate to pantries and public.
		Place bulletin boards with health messages in public places, such as community centers.

Action Plan Progress



Food Assistance Resources

Consolidated Human Services
Onslow County Health Department
612 College Street
Jacksonville, N.C. 28540



Onslow County Food Resource Map

Food Pantries and Free Groceries:

1. Salvation Army
2. Onslow Community Outreach Soup Kitchen
3. USO Jacksonville
4. Mt Carmel Inc. Helps
5. Richlands Community Outreach Ministry
6. Onslow Community Outreach New River Shopping Center

Onslow County Senior Services:

7. Richlands Nutrition Site
8. Sneads Ferry Nutrition Site
9. Swansboro Nutrition Site
10. Belgrade Nutrition Site
11. Jacksonville Nutrition Site

Food Pantries Offered by Churches:

12. St. Anne's Episcopal Church
13. Folkstone Original Freewill Baptist
14. First United Methodist Church Food Bank/Sneads Ferry Community Building
15. Enon Chapel Midway Park
16. White Oak Ecumenical Outreach Ministries
17. MCAS New River McCutcheon Chapel
18. Abundant Life Int'l Baptist Cathedral
19. Church of Christ
20. Northwoods United Methodist Church

Onslow County Farmers Market:

21. Richlands Hwy Location
22. Western Blvd Location
23. Camp Lejeune Location

Check us out online!
<https://onslow.maps.arcgis.com>



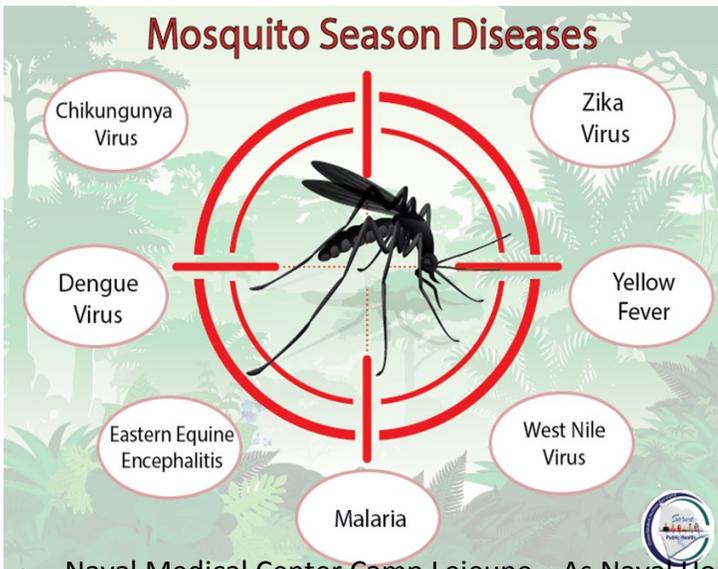
The Food Assistance Resources map (a portion is pictured above) has been updated and is available at <https://www.onslowcountync.gov/1364/Food-Resources-in-Onslow-County>. Please call 910-989-3966 to request hard copies of the map.

A schedule of cooking classes and development of the healthy pantry donation list are in progress and should be available later this year.

The first community health information board (pictured to the right) was recently installed at the Caring Community Clinic. Community organizations interested in hosting a board can call 910-989-3966 for more information.



New and Emerging Issues



Health is based on many factors—personal choices, environment, availability of job and education opportunities, safety, access to medical care—so there are a variety of situations that can impact the health of a community. A few that public health is watching this year include:

- The Affordable Care Act—Political leaders have been working to repeal or update the Act. This has the potential to impact health insurance options and who may be eligible for Medicaid. No matter the insurance status of residents, the Health Department provides many health services to the community and works to ensure access to medical care for all.
- Naval Medical Center Camp Lejeune—As Naval Hospital Camp Lejeune transitions to Naval Medical Center Camp Lejeune, the number of patients receiving care—including military dependents and retirees—has increased. This could impact local community medical providers and services.
- Biological Hazards—Understanding the growing potential of having a biological hazard incident in the county, Onslow County Emergency Services and leadership have recently exercised how they would handle this type of event, and public health is providing awareness and response training to first responders.
- New or Resurging Diseases—The Health Department is always surveilling the community for diseases that are new, such as Zika, or could resurge, such as whooping cough. The goal is to identify cases early so that people can be treated quickly. Prevention of disease, especially through vaccines, is best.

New Initiatives

The health of a community depends on the actions of each individual and the work of leaders, health professionals, and community groups. Several new initiatives will contribute to the good health of Onslow County now and in the future:

- Work of other groups on community health priorities: the Onslow County Board of Commissioners and City of Jacksonville leadership are coordinating to bring a substance abuse treatment facility to the county. Sneads Ferry's H.O.P.E. provides education and support to those affected by substance abuse.
 - Funding from North Carolina Department of Health and Human Services: it will support community education about patient self-advocacy, the signs and symptoms of opioid overdose, and the administration of Naloxone.
 - New Consolidated Human Services facility: as the facility and parking areas near completion, opportunities for enhanced and coordinated services as well as community events will expand.

