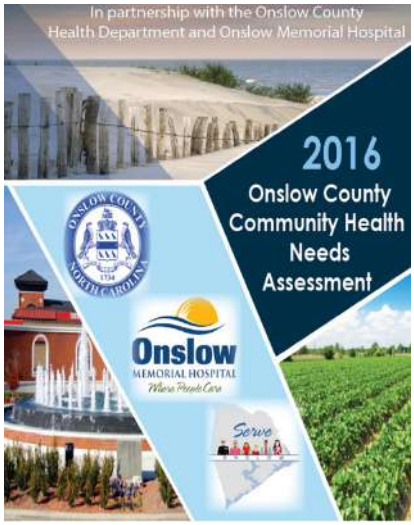
In Partnership With the Onslow County Health Department and Onslow Memorial Hospital

2018 State of the County Health Report (SOTCH)

Health Concerns and Priorities

The Onslow County Health Department (OCHD) and Onslow Memorial Hospital (OMH) 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 priority areas. 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 Victoria_Reyes@onslowcountync.gov to be added to the team.
⇒ Take a healthy cooking class.
⇒ Donate healthy food items to a local pantry.
⇒ Provide 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 the Check. Change. Control. program
⇒ 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**

Morbidity and Mortality

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

1. Cancer
2. Heart Disease
3. Chronic Lower Respiratory Diseases
4. Stroke
5. Accidents/ Unintentional Injuries
6. Diabetes
7. Suicide
8. Alzheimer's Disease
9. Kidney Disease/ Nephritis
10. Influenza and Pneumonia

The top four leading causes of death mirror those of the state of North Carolina. Suicide, however, is ranked much higher in Onslow County as compared to the state average.

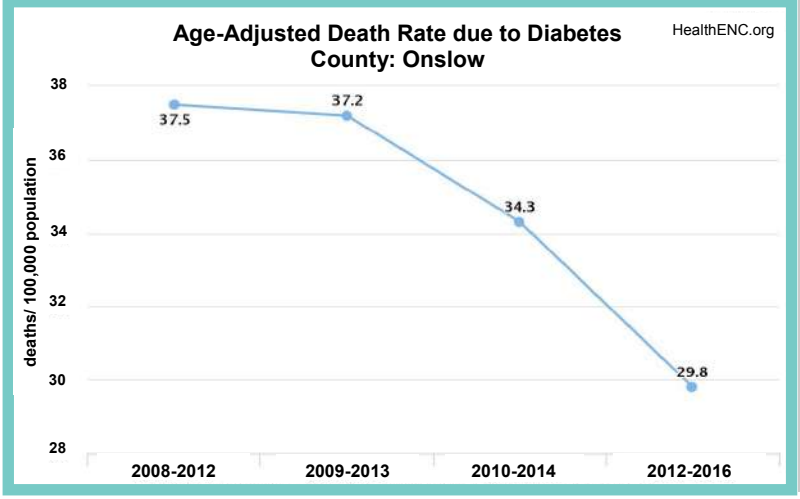
Average life expectancy in Onslow County is 77.0 years, about 6 months shorter than the state average.

Between 2017 and 2018, adult obesity in Onslow County decreased from 30% to 27.9%. This decrease is a good start to overcoming the obesity epidemic affecting the entire United States.

There was improvement in physical inactivity which declined from 24% of residents being inactive in 2015 to 21% in the 2017, according to the County Health Rankings data.

Source of health information: State Center for Health Statistics (SCHS) and County Health Rankings

Onslow County continues to exceed the state and most peer counties' suicide rates. Suicide deaths are only part of the problem. An estimated 25 attempted suicides occur per every suicide death, and those who survive may have serious injuries, in addition to having depression and other mental problems. Onslow County's suicide rate increased from 15.2 per 100,000 residents in the 2009-2013 timeframe to 20.4 in the 2012-2016 time frame. Suicide is a priority health concern for the community and the subject of a current action plan.



Although diabetes death rates for Onslow County residents decreased from 37.5 per 100,000 for the 2008-2012 timeframe to 29.8 for 2012-2016, the county continues to far exceed the state rate of 23.5. In addition, fewer people are diabetic in Onslow County compared to most peer counties, but many struggle to adequately manage the disease.
Source: HealthENC Database

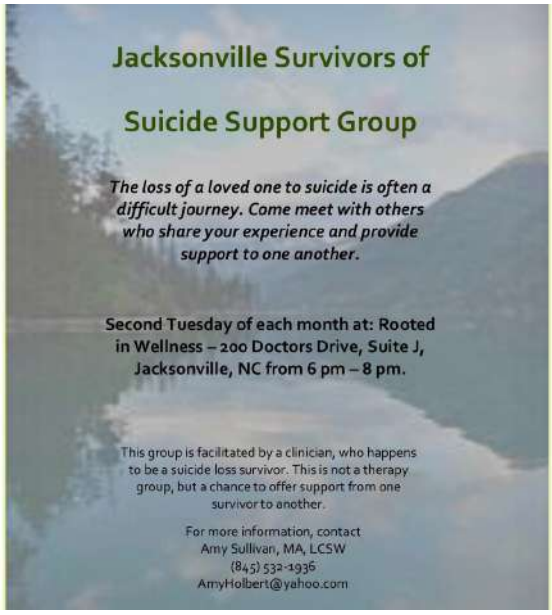
Suicide Action Plans

Overview of Action Plan	Lead Agency: Onslow Memorial Hospital	Timeline: July 2017-Sept 2019
Train lay persons in "Question, Persuade, Refer" (QPR) Gatekeeper course and providers in QPR Triage course.	**Endorse and promote an established support group for the families and friends impacted by suicide.**	**Provide outreach and education to the community about the resources available.**

Action Plan Progress

Suicide is a major public health problem and a leading cause of death in Onslow County. The effects of suicide reach beyond the person who acts to take his or her life; it can have a lasting impact on family, friends, and communities. OMH endorses the Jacksonville Survivors of Suicide group, an established family support group for those affected by suicide. This group meets every second Tuesday of each month and was founded by Amy Sullivan, a Licensed Clinical Social Worker (for additional details view the flyer below). This group was created to ensure that the friends and families of suicide victims have the support and resources needed while facing great loss.

Educating local healthcare providers on suicide prevention was a major focus throughout this year. OMH hosted a Continuing Medical Education (CME) event in May that was offered to physicians called *Understanding and Preventing Suicide,* presented by Dr. Mark Besen. Although the death rate due to suicide has increased, OCHD and OMH believe that some improvement was still made in this action plan. It may have been too late to help the initial victims of suicide, but providing support to their families, friends and others affected has been valuable to the community.



The "Question, Persuade, Refer" 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.

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.	**Continue to establish participants for "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. Onslow Memorial Hospital, Onslow County Health Department, the Community Paramedic Program and the Caring Community Clinic obtained 150 blood pressure cuffs through a grant for distribution to individuals who enroll in their Check. Change. Control. program.

"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. This program connects participants to a local health educator who can assist them in learning the proper techniques to check your blood pressure, answer questions, and share important heart health resources. To enroll in this program, contact the Onslow County Health Department at (910) 347-2154.

WHAT'S YOUR NEXT 10?

"What's Your Next 10?" is an educational campaign that encourages residents to think about the goals that they have for the next 10 years, 10 meals, or 10 miles walked, and the level of health that they need to reach those goals.

Staff from Onslow Memorial Hospital, Realo Discount Drugs, and Onslow County Health Department provide screenings and education to Senior Expo participants in August 2018.

Setting goals combined with education and health screenings is the focus of this campaign with nearly 400 participants screened since this initiative began. "What's Your Next 10?" has taken place at five events so far in 2018; New Year, New You Health Fair (Jan.), Onslow County Employee Wellness Fair (Feb.), Diabetes Walk (June), OMH Employee Wellness Fair (Aug.), Senior Expo (Aug.), Wellness in Our Hands event by Swansboro Baptist Church (Sept.) and the Jacksonville Oktoberfest (Oct.). This quarterly campaign will come to a location near you as the Health Department, Hospital and their partners take the campaign on the road throughout the county over the next several years.

Diabetes Action Plans

Overview of Action Plan	Lead Agency: Onslow Memorial Hospital	Timeline: July 2017-Sept 2019
Increase participation in DSME and expand new DPP curriculum to partner agencies.	**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 group class designed to help individuals prevent or delay diabetes. Both courses are offered at the Health Department, and DPP is also offered through Realo Discount Pharmacy.

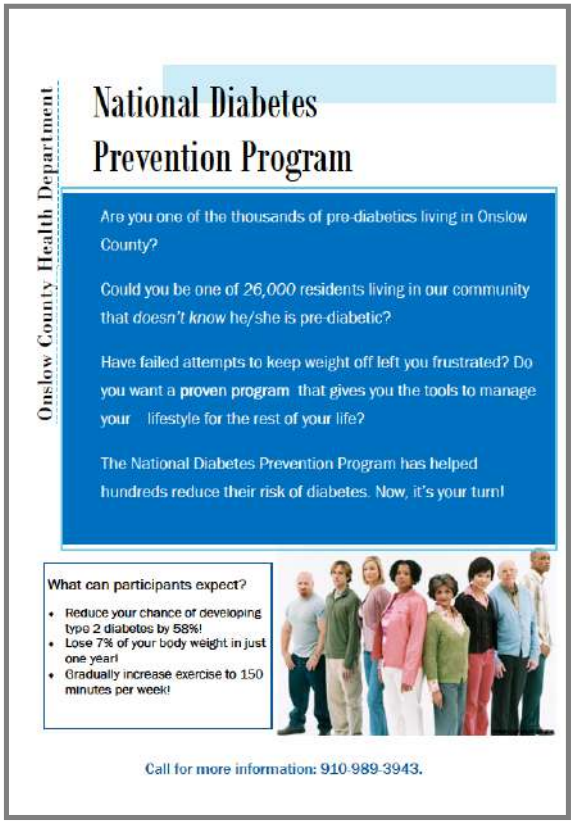
In addition to these established classes, the Health Department, Onslow Memorial Hospital and its partners will be providing quarterly education sessions and outreach throughout the county so that residents have access to information that can prevent diabetes or assist with managing it. Outreach education has been provided at multiple events including the Diabetes Empowerment educational session hosted by OMH, and the Diabetes Walk located at the Jacksonville Riverwalk.

In 2019, Onslow Memorial Hospital in conjunction with local faith based organizations plan to discuss the implementation of evidence-based diabetes education in Onslow County Churches. Faith-based organizations are trusted entities within many communities. They provide spiritual refuge and serve as powerful vehicles for positive change. While health and faith share many commonalties, collaborations between the two are necessary to improve the health of Onslow County.

The need for Diabetes Assistance is critical in Onslow County where approximately 1 out of every 10 people have diabetes. The Health Department currently has 43 participants enrolled in Diabetes Education classes for 2018 and a total of 155 participants since this action plan began.

After more than four years of using the Center for Disease Control's DPP Curriculum, the Health Department started a new curriculum in April 2018. Group Lifestyle Balance is the new focus of the program which consists of 28 lessons taught over one year. Within the first four months, the class has already shown significant progress. Several participants have lost weight, and reported decreases in blood glucose measures and HbA1C levels. Some of the participants have attributed these improvements to the information that they have learned in class.

Diabetes Resource guides are also available at the Onslow County Health Department, where corresponding Diabetes Education classes are offered. To obtain a copy of the guide, call 910-989-3966.



Substance Abuse Action Plans

Overview of Action Plan	Lead Agency: Onslow Co. Health Dept.	Timeline: July 2017-Sept 2019
Updated bag tag to include new drop box locations.	**Offer quarterly education at outreach events.**	**Develop and facilitate provider and community education.**

Action Plan Progress

The Project Med-Drop bag tag has been updated to include new Realo Pharmacy, Henderson box location. The drop box (pictured bottom left) was provided by Project Lazarus and is supported with a grant. The bag tag lists the Med-Drop box locations in Onslow County as well as safe disposal options for unwanted, unused, and expired medications. Over 3,650 tags have been distributed since this initiative began. They are currently available at the Health Department and Realo Pharmacy, but the list of locations is growing.

Onslow Memorial Hospital (OMH) held two Medication Disposal Events this year. In just one event Onslow County collected more than 255 pounds of medication. Other community events with a focus on substance abuse, pain management and safe prescribing include: an interactive discussion and workshop conducted by Johnston Pain Management, an Opioid crisis series held by Jacksonville Public Safety, an Opioid Epidemic education session at the Jacksonville Country club (with 115 physicians, pharmacists, and mental health providers in attendance), an Opiate & Meth Exposure training (with 248 attendees from 34 agencies) and a continuing medical education opportunity called Responding to the Opioid Epidemic: Guidance for Healthcare Providers (110 participants).

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 opportunities to be physically active.**	**Update and disseminate Living Active asset map and develop interactive webpage map.**

Action Plan Progress

Onslow County has an active Parks and Recreation Department that hosts frequent community events with lunch provided. Healthier food options were available this year to accompany the traditional favorites being offered. The Health Department and Hospital partnered to offer a healthy cooking demonstration and a free grilled fish lunch to 50 participants at the City & County Youth Fishing Derby (pictured top left) with Health Educators 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. This 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. An interactive and comprehensive Living Active asset map and brochure (pictured below) are now available.
They can be accessed at www.onslowcountync.gov/149/health.

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 and disseminate Food Assistance Resources Map and online access information.	**Establish bulletin boards in the community displaying health information.**	**Secure membership on newly formed county food council.**

Action Plan Progress

Access to comprehensive, quality health services and information is important for promoting and maintaining one's health. Access to this information begins in the community. The Health Department has established six educational bulletin boards in the community actively displaying health information to the public with more boards coming in the near future. These boards currently focus on nutritional information and healthy cooking options.

Good nutrition leads to a healthy lifestyle. The link between good nutrition, and healthy weight, reduced chronic disease risk, and overall health is too important to ignore. Three videos on healthy cooking and nutrition have been created and made available for the public in 2018 (over 800 total views). It is important to provide the community with information on how to prepare a healthy meal, especially for families in Onslow County.

Consolidated Human Services
Onslow County Health Department
612 College Street
Jacksonville, NC 28540

The Food Assistance Resources brochure (pictured above) has been updated and is available at https://www.onslowcountync.gov/1364/Food-Resources-in-Onslow-County .

New and Emerging Issues

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

- Medicaid Transformation Project— In November of last year, North Carolina Department of Health & Human Services (DHHS) submitted a waiver to move from fee-for-service to a "managed care" delivery system. This waiver would offer beneficiaries a personalized health plan; however, the unpredictability of this change may pose some concerns to current clients and their health providers.
- Recognition of *Stop the Bleed* campaign— This campaign has been a successful, local initiative that trains community members to control bleeding in a trauma situation until emergency personnel arrives.
- Onslow County ranks 7th in state for Chlamydia Infections— In 2016 Onslow County reported 928.7 cases out of 100,000 people. This past year there has been a decrease in the prevalence of Chlamydia, one of the most frequently reported sexually transmitted infections. The Health Department's STD clinic is always surveilling and treating the community for Sexually Transmitted Diseases. In 2017-18, the Onslow County Health Department screened around 2162 people for STD's with 1849 confirmed cases for Chlamydia.
- Mental Health Concerns— Onslow County may face additional mental health concerns such as stress, anxiety, and depression due to the ongoing recovery efforts from Hurricane Florence.

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 positively contribute to the health of Onslow County now and in the future:

- Continued efforts to address Opioid challenges in our community— The Onslow County Board of Commissioners and City of Jacksonville leadership have coordinated to bring the Dix Crisis Center to the county. This facility will work as a substance abuse treatment facility and is slated to open in early 2019. The Health Department is also focused on addressing the opioid crisis through various grant funding opportunities and projects.
- Programming/ Partnering with the various community agencies to include the new YMCA —Collaboration on program opportunities to eliminate duplicated services to their community.

As the 2018 Action Plans come to a close we look back on the success and the impact that was made in our community: through providing support to those in need— to assessing one's risk for disease— to giving our residents the tools and knowledge they need to change their lives. Thousands of Onslow County residents have been directly affected through these initiatives and we have seen first-hand the improvement made in our community. We are looking forward to 2019 and all that it has to offer our county.