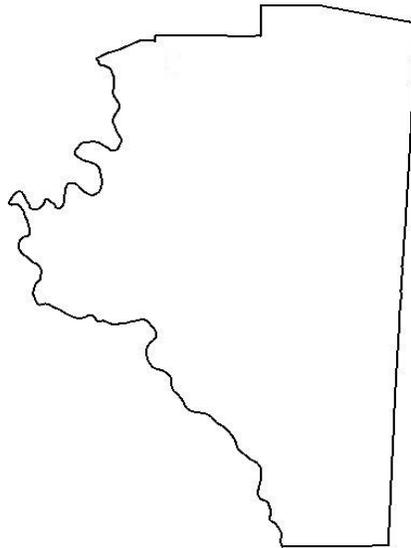


State of the County Health Report

DECEMBER 2014

Davidson County



Statistical Information

Demographics (2013 estimates - US Census Bureau)

Population - 163,420

Number of white persons (non-Hispanic) - 133,078 (81.4%)

Number of African-Americans - 14,735 (9.0%)

Number of Hispanics - 10,834 (6.6%)

Economics (2012 estimates)

Median household income - \$44,318

Number people living in poverty - 24,567

Health Care (2011 estimates)

Number of hospitals - 2

Number of primary care physicians - 73

Number of people per primary care physician—2228

Number of pediatricians - 19

Number of dentists - 25

Number of people per dentist - 6507

People without health insurance (est.) - 27,558

Davidson Medical Ministries Clinic is a Federally Qualified Health Center (FQHC). Medical Ministries is also a charitable clinic providing primary health care and prescription drugs to qualified, medically indigent citizens of Davidson County.

Leading Causes of Death (2013)

Heart disease - 374

Cancer - 374

Chronic Lower Respiratory Disease - 118

Cerebrovascular Disease - 99

Unintentional Injuries - 68

Alzheimer's Disease - 59

Pneumonia/Influenza - 32

Nephritis - 35

Diabetes - 51

Motor Vehicle Injuries - 33

Pregnancy and Births (2013)

Total pregnancies - 1873

White - 1397

Nonwhite - 476

Total teen pregnancies (ages 10-19) - 169

White - 109

Nonwhite - 60

Total births - 1725

White - 1305

Nonwhite - 420

Total teen births (ages 10-19) - 151

White - 97

Nonwhite - 54

Infant Mortality (2013)

Total infant deaths - 7

White - 4

Nonwhite - 3

Updated statistics on CHA Priorities:

1. Obesity

Percentage of adults not overweight or obese

2010 CHA - 33.1 2011 - 27.5

Percentage of adults getting recommended physical activity

2010 CHA - 45.5 2011 - 35.2

Percentage of adults getting 5+ servings of fruits and vegetables

2010 CHA - 18.4 2011 - 10.9

2. Tobacco

Percentage of adults identified as current smokers

2010 CHA - 29.6 2011 - 28.8

Percentage of adults exposed to secondhand smoke in the workplace

2010 CHA - 13.8 2011 - 7.4

COPD admission rate for Medicaid population

2010 CHA - 700.8 2011 - data not available

3. Access to healthcare providers

Primary care physicians per 10,000

2010 CHA - 4.5 2011 - 4.5

Dentists per 10,000

2010 CHA - 1.7 2011 - 1.5

* Per the State Center for Health Statistics, the BRFSS survey data has not been updated since 2011.

The 2012 Davidson County Community Health Assessment (CHA) was a collaborative effort between the Davidson County Health Department (DCHD), Wake Forest Baptist Health Lexington Medical Center (LMC), and Novant Health Thomasville Medical Center (TMC). These agencies contracted with The North Carolina Institute for Public Health (NCIPH) at the UNC Gillings School of Global Public Health in Chapel Hill to coordinate and lead the assessment process. The work was guided by the Davidson County Healthy Communities Coalition Steering Committee. This assessment is intended to enable community leaders to monitor the health of county residents, identify priority health issues needing action, and align available resources to effectively address these priorities. The CHA is based on both primary and secondary data sources. Secondary data was gathered from a wide range of sources. Primary data was collected in three ways: a community health opinion survey, focus groups, and a key stakeholder survey. Community health forums were then held to provide the county residents with an opportunity to share their opinions and inform the community health assessment priority selection process. Four forums were conducted over two weeks in geographically dispersed regions of the county, which provided comparable access to these forums for individuals in all parts of Davidson County. The forums were advertised in local papers, flyers were distributed via email, and participants were recruited by members of the Davidson County Healthy Communities Coalition Steering Committee. Based on an extensive collection and analysis of public health-related primary and secondary data, ten health-related issues were identified as important and meriting additional discussion. These issues are: heart disease, obesity, tobacco use, drug and alcohol use, mental health, oral health, infant mortality, adolescent pregnancy, injury and poisoning, and access to healthcare providers. After much discussion, the steering committee recommended three priorities for the next three years: increasing the number of residents who are physically active and maintain nutritious eating habits; improving access to care (particularly primary care, mental health, and dental services); and reducing tobacco use. The committee decided that the other two issues from the top-five list, mental health and cardiovascular disease, would be addressed as a result of the work completed in the top three areas.

The steering committee leveraged existing workgroups and created new workgroups to determine further actions. By June 2013, these workgroups developed community health improvement plans detailing strategies to address priority issues.

The 2013 SOTCH report was presented to the Davidson County Board of Health, Davidson County Healthy Communities Coalition and posted on the Davidson County Health Department website.

Progress during 2014 on priorities:

1) Access to Care Work Group

- * Merged the Davidson County Healthy Communities Coalition with the Cardinal Innovations Access to Care Work Group and then with the mental health/medical provider work group of Davidson County Stop Prescription Abuse Now (DCSPAN). All these work groups were addressing access to health care and/or mental health and had a number of the same committee members.
- * Sponsored a Lunch and Learn for the public on the Affordable Care Act
- * Sponsored a Psychosis Simulation Lunch and Learn for the staff of health and human service agencies.
- * Celebrated Red Ribbon Week in October
- * Thomasville Medical Center built a bus shelter for the bus stop at their facility.
- * In 2013, the work group surveyed clients from over 20 agencies that may or may not utilize County Transportation to determine reasons. The results of the survey were presented to the County Transportation Board at their April meeting. The results were presented again at the November Board meeting. County Transportation has hired a consulting firm to review the routes and the firm was present at this meeting. Staff from the consulting firm have followed up with several of the agencies that have clients that utilize County Transportation and will be presenting their findings and recommendations to the Board in 2015.

2) Tobacco Work Group

- * Health department staff met with administration from municipalities in the county (City of Lexington, City of Thomasville, Davidson County, Town of Denton) to discuss establishing smoke/tobacco free policies on their properties. None of them were in favor of doing a formal policy but all were in support of posting tobacco free signage at their park facilities. These signs were posted this fall.
- * County Fairgrounds implemented a tobacco free policy for all activities utilizing their Facility.

3) Obesity Work Group

- * Partnered with Davidson County Schools and Lexington Medical Center to offer their BMI program (Body, Mind Intervention) to staff at the county schools
- * HiToms baseball team sponsored a farmers' market at all home games from May-August
- * Have implemented Corner Store Initiative at seven convenience stores in the county (Arcadia Exxon, Patriot Market, Hills Farm and Garden, Southmont Grocery, Mobil Mart, Kelly's 109, High Rock Grocery) and two out of the county (Guilford County and Randolph County).
- * Working through CTG, began developing a walking trail along 3 miles of Lake Thom-A-Lex. Have had a number of "trail work days" where volunteers work to clear the ground for the trail.
- * All three recreation departments coordinated a community garden each, as well as Thomasville YMCA

Strategic Plan

The health department revisited its Strategic Plan for 2013-16. The following three priority health issues were established: 1) Obesity; 2) Substance Use and Misuse; and 3) Access to Health and Mental Health Service and lays out an ambitious plan for addressing these priorities. The Plan outlines each priority, the focus of the Health Department in addressing the priority and a set of action steps the Health Department, Board of Health and other community partners will take to make progress in achieving each focus area. This will allow the health department to build on the priority areas established through the CHA.

Focus areas and action steps were written for each health issue. Progress will be reviewed by the Management Team each quarter.

Obesity

Focus Area #1 - Partner with the community resources to increase physical activity opportunities for children & families.

Focus Area #2 - Provide nutrition access/education to families and children.

Focus Area #3 - Explore, advance and utilize interactive media to help the public learn new ways to prevent obesity.

Substance use and misuse (including drugs, alcohol and tobacco)

Focus Area #1 - Develop, implement and promote policies to reduce legal and illegal drug use/misuse.

Focus Area #2 - Provide education and promote awareness of substance abuse/misuse.

Focus Area #3 - Provide opportunities for medication/drug drop offs.

Focus Area #4 - Research grant funding to increase access to substance abuse treatment services.

Access to health and mental health services

Focus Area #1 Educate the community about new and existing services (Affordable Care Act [ACA], Cardinal, etc.)

Focus Area #2 - Advocate for expanded/additional transportation options (routes, times, etc.)

Focus Area #3 - Research funding opportunities to expand clinic services for populations without a service niche (e.g., women who don't qualify for Family Planning or Breast & Cervical Cancer Control Program [BCCCP], men).

Focus Area #4 - Enhance marketing of community wide resources and services.