

Randolph County Public Health

State of the County Health Report 2018



This document provides a review of the priority health issues determined during the 2016 Community Health Assessment conducted by the Randolph County Health Department in conjunction with Randolph Health. This information is designed to update community members, leaders, agencies, organizations and others on the progress made in addressing identified priority health issues.

The report highlights the most current data of Randolph County and the state of North Carolina.



Our Mission:

To preserve, protect, and improve the health of the community by the collection and dissemination of health information, education and service programs aimed at the prevention of disease, protection of the environment, and improvement of the quality of life for our citizens.

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County Facts:

Founded in 1779
Named for Peyton Randolph
Seat: Asheboro
Largest city: Asheboro

Area:

- Total 789 sq mi (2,044 km²)
- Land 783 sq mi (2,028 km²)
- Water 6.8 sq mi (18 km²), 0.9%

Population:

- (2010) 141,752
 - Density 181/sq mi (70/km²)
- Congressional district: 6th
Time zone: Eastern: UTC-5/-4
Website: www.randolphcountync.gov



Randolph County Health Department

Main Office:
2222 S Fayetteville St.
Asheboro, NC 27205
www.randolphcountync.gov
336-318-6200



Identified Health Priorities

The Randolph County Health Department and Randolph Health identified eight health priorities after reviewing surveys and secondary research on health concerns. Although eight priorities were identified, in order to make a larger impact, the top four areas were addressed to improve the overall health of the community. These priorities are identified in the Randolph County Community Health Needs Assessment 2016.

Focus Area: Mental Health

Action Plan: By September 2019

- Incorporate three behavioral health forums/expos/fairs into schools and within the community.

Focus Area: Substance Abuse

Action Plan: By September 2019

- Insight Human Services Program staff will hold two Town Hall Meetings addressing teen alcohol use.
- The Health Department and Insight Human Services will partner in distributing at least 100 drug lock boxes to community members.



Focus Area: Tobacco

Action Plan: By September 2019

- Increase access to QuitSmart to residents by offering 12 new classes through the hospital and governmental agencies.
- Decrease the number of residents affected by second-hand smoke by increasing the number of smoking/tobacco-free policies on government grounds and agencies.

Focus Area: Obesity

Action Plan: By September 2019

- Offer six PlayDaze events within Asheboro and Archdale.
- Expand PlayDaze into at least three other municipalities within the county.
- Incorporate PlayDaze into at least two worksites.
- Hold six fitness challenges for all Randolph County residents.

Focus Area: Obesity

Action Plan: By September 2019

- 10 corner stores will adopt at least two new healthy food items, thus increasing access to healthy food options for residents.
- 50% or more children participating in a nine-week SNAP-Ed program will increase willingness to taste fruits/vegetables and increase physical activity.
- Have at least one faith-based organization offer the Faithful Families curriculum to their congregations.

Morbidity & Mortality Data

Total death rates and cause-specific death rates are expressed as resident deaths per 100,000. Deaths are assigned to cause-of-death categories based on underlying (or primary) cause of death from the death certificate. The North Carolina State Center for Health Statistics lists the following as leading causes of death in NC and Randolph County.

These rates are for all age groups for the 2015-2017 time-frame.

Leading Causes of Death

Cause of Death (Rates per 100,000 population)	Randolph County	North Carolina
Heart Disease	228.2	180.9
Cancer	221.2	191.4
Chronic Lower Respiratory Disease	76.2	51.9
Cerebrovascular Disease	53.6	48.2
Other Unintentional Injuries	47.3	35.9
Alzheimer's Disease	42.8	36.5
Diabetes	29.0	27.0
Nephritis, Nephrotic Syndrome, Nephrosis	24.6	18.8
Pneumonia and Influenza	21.4	19.7
Motor Vehicle Injuries	19.0	14.6
Suicide	18.2	13.8
Chronic Liver / Cirrhosis	16.0	12.2

Cancer Deaths

Type of Cancer	Randolph County	North Carolina
Lung	77.2	54.6
Female Breast	26.5	26.1
Prostate	17.9	18.3
Colon / Rectum	16.2	15.8
All Cancers	221.2	191.4

Morbidity

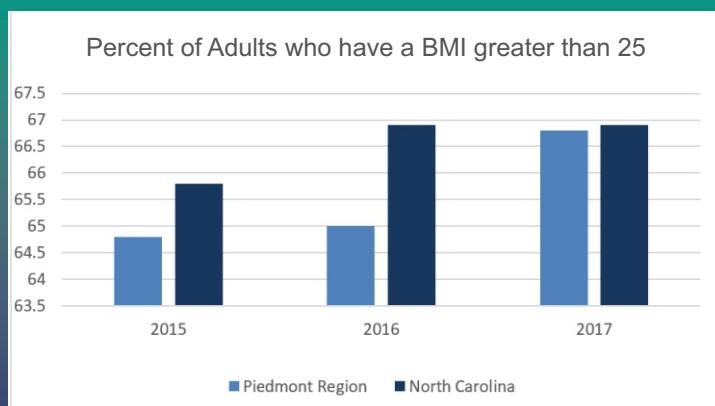
Type of Cancer	Randolph County	North Carolina
Female Breast	160.4	160.2
Prostate	123.2	111.9
Lung	81.4	66.0
Colon / Rectum	40.2	36.0
All Cancers	523.4	471.8

Infant / Child Mortality

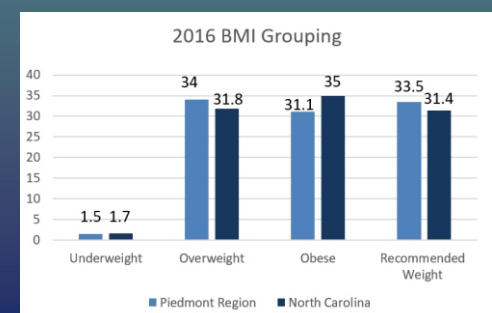
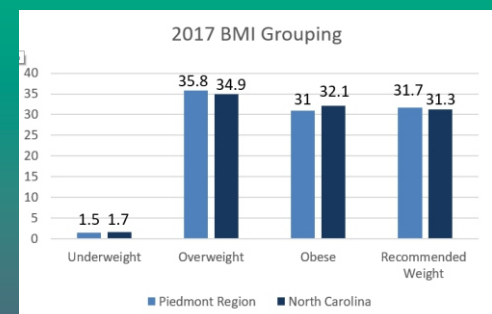
Death Rate (per 1,000 Live births)	Randolph County	North Carolina
Infant	12.1	7.1
Child	15.1	21.4

Overweight & Obesity Data

The Behavioral Risk Factor Surveillance System (BRFSS) is a random telephone survey for state residents aged 18 and older in households with telephones. Through BRFSS, information is collected in a routine, standardized manner at the state level on a variety of health behaviors and preventive disabilities. Data for the following reports was obtained from the BRFSS (Overweight/Obesity, Physical Activity, Tobacco, Substance Abuse, and Mental Health).



The percent of adults with a BMI greater than 25 has increased each year. In 2017, the rate for the Piedmont Region was 66.8 compared to the states rate of 66.9 (2015 = 64.8 / 65.8; 2016 = 64.265.0 / 66.9).



Overweight/Obesity

Objective: By September 2019, 10 corner stores will adopt at least two new healthy food items, thus increasing access to healthy food options for residents.

The health department health educators and Cooperative Extension Steps to Health Educator continued to work with the store owner of Ready Mart to implement the Healthy Corner Store Initiative. Locations of the Ready Mart's include Randleman, Seagrove and three Asheboro stores.

Educators assisted the store owner in promoting healthy choices. Changes at the Ready Mart stores included the display of point-of-purchase signage, improved display of produce to make it more appealing, moving product placement and working towards the Healthy Food Retail Designation criteria. To further enhance these promotional efforts and improve the capacity for stores to stock healthy choices, Steps to Health was able to purchase coolers and baskets for two of the participating stores through a \$4,000 NC State University foundation award.

Through local grant funding, the Steps to Health Educator was able to purchase \$300 of produce to be sold at four of the Ready Marts over a three-month trial period. Stores were provided with promotional signage and the team trained employees on pricing strategies, display techniques, and storage guidelines. The stores received all profits and tracked sales during the trial period to identify products they will continue to stock.



Objective: By September 2019, 50% or more of children participating in a nine-week SNAP-Ed program will increase willingness to taste fruits and vegetables and increase physical activity. Based on parent feedback, 65% of parents observed their child eating more fruits and vegetables for the third grade program. 58% of parents observed their child eating more fruits and vegetables in the second grade program.

Objective: By September 2019, at least one faith-based organization will offer the Faithful Families curriculum to their congregations. Cooperative Extension Steps to Health Educator facilitated the nine-week Faithful Families curriculum to members of Oakland Baptist Church. The class was held April 12-June 14, 2018 and had 16 participants.

Overweight/Obesity

Objective: By September 2019, offer six PlayDaze events within Asheboro and Archdale.

In 2018, PlayDaze was held in Asheboro for child care centers. Over 500 attended the event on April 11 in Asheboro. The Archdale event was cancelled due to rain and has been rescheduled to April 2019.

Objective: By September 2019, expand PlayDaze into at least three other municipalities with the county.

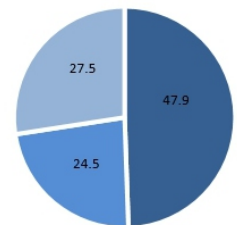
One mini PlayDaze was held in 2018. It was funded through a Randolph Health Community Foundation Grant and hosted by Mt. Nebo Holiness Church in Ramseur. Approximately 40 parents, children, and community members attended.

By September 2019, hold six fitness challenges for all Randolph County residents.

The eighth annual Mayor's Fitness Challenge was held for six weeks during the fall of 2018. There were 2,482 participants during the challenge and 232 million steps were logged in the web based conversion tool.



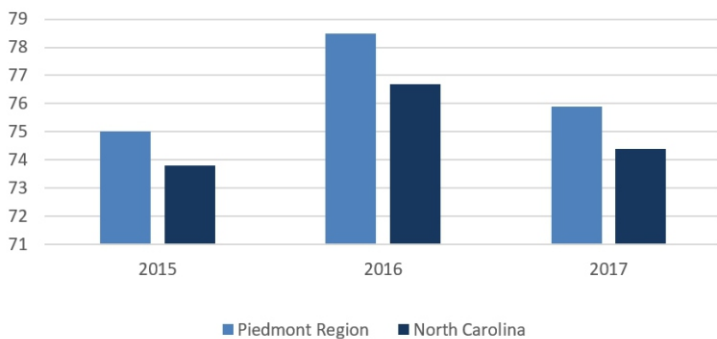
Physical Activity
2017



■ 150+ ■ 1-149 ■ 0

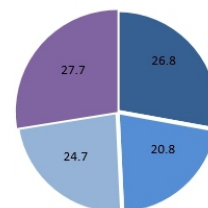
2017 survey results for "Adults participating in 150 minutes of physical activity per week."

Physical Activity



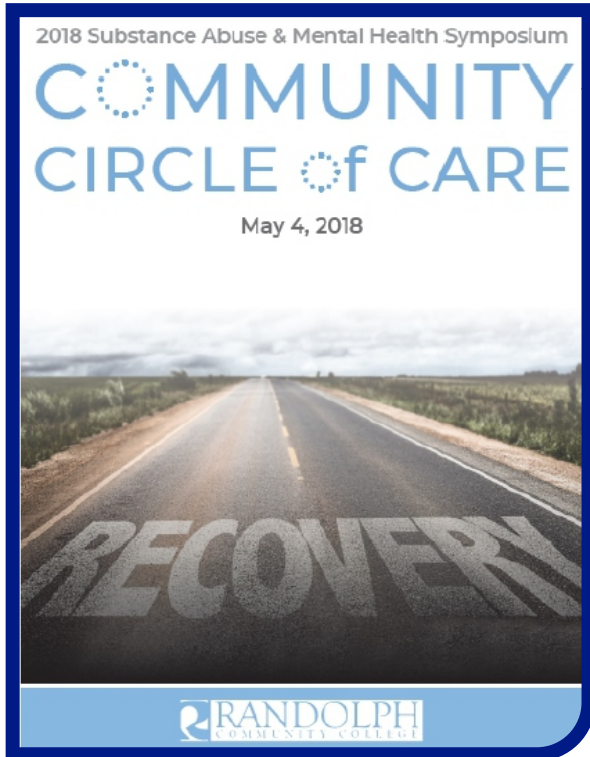
Based on survey results, the Piedmont Region's participation in physical activity or exercise has increased since 2015. In 2017, the rate for the Piedmont Region was 75.9 compared to the state's rate of 74.4 (2015 = 75.0 / 73.8; 2016 = 78.5 / 76.7).

Physical Activity
2017



■ Highly active ■ Active ■ Insufficiently active ■ Inactive

Mental Health

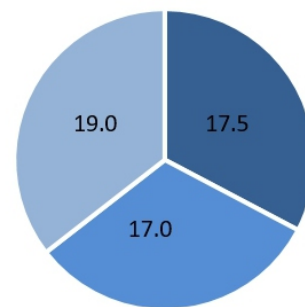


Objective: By September 2019, incorporate three behavioral health forums/expos/fairs into schools and within the community.

In May 2018, Randolph Community College held its 7th annual mental health and substance use symposium. The title and theme was "Community Circle of Care". This event included presentations on topics such as the escalation of prescription to street drugs, impact of addiction on children and families, recovery resources, and first-hand accounts from parents who have had children with substance use disorders. There were 114 people who came as participants and 16 community resource vendors.

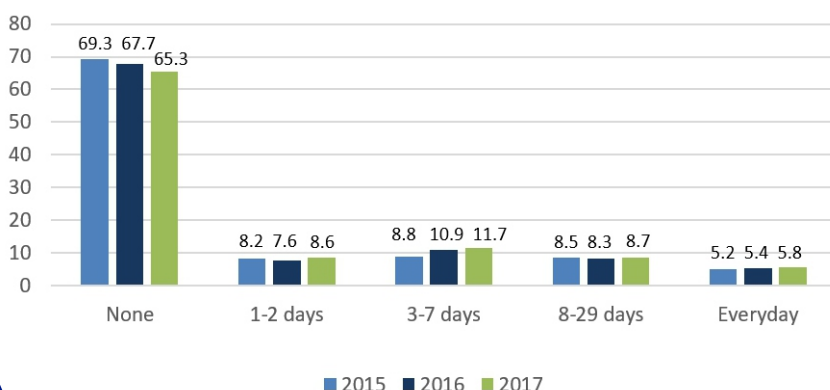
Utilizing BRFSS data, the question "has a doctor, nurse or other health professional ever told you that you had any of the following: depressive disorder including depression, major depression, dysthymia or minor depression?" The chart to the right displays those who answered "yes".

Mental Health



■ 2015 ■ 2016 ■ 2017

Mental Health



■ 2015 ■ 2016 ■ 2017

The chart to the left represents results from the following question: "Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?"

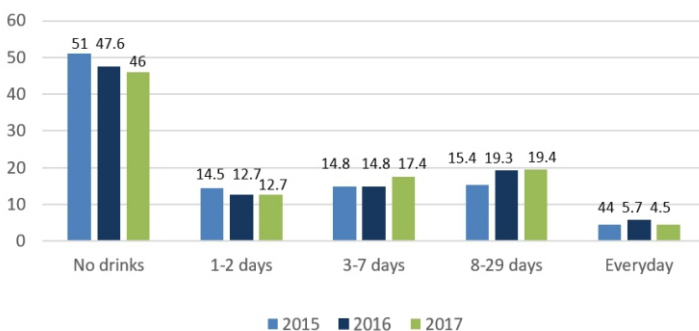
Substance Abuse



Objective: By September 2019, the health department and Insight Human Services will partner in distributing at least 100 drug lock boxes to community members.

By the end of 2018, the health department had given out 54 lock boxes. Insight Human Services distributed over 100 lock boxes. The lock boxes were given in combination with the Lock Your Meds campaign. Both agencies have shared this campaign with the community at events such as Archdale Community Day, community watch meetings, Oliver Rubber health fair, and other outreach opportunities across the county.

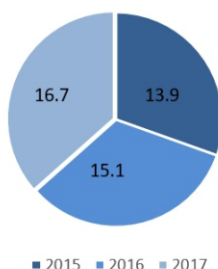
Alcohol Consumption



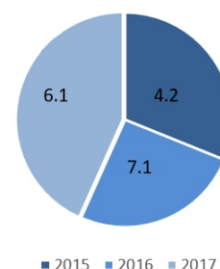
The chart to the left represents results from the following question: "In the past 30 days how many days per week/month did you have at least one drink of any alcoholic beverage such as beer, wine, malt or liquor?"

The following charts represent individuals who answered "yes" to either binge drinking or being a heavy drinker.

Binge Drinking



Heavy Drinking



Tobacco Use



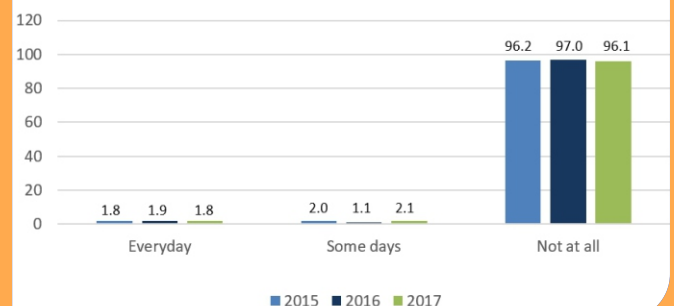
Objective: By September 2019, increase access to QuitSmart to residents by offering 12 new classes through the hospital and government agencies.

The health department offered four QuitSmart programs during the year. All four programs were offered to Randolph County Employees. Randolph Health offered 11 Quit Smart programs and held five of those due to lack of participation.

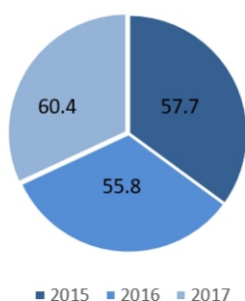
Objective: By September 2019, decrease the number of residents affected by secondhand smoke by increasing the number of smoking/tobacco-free policies on government grounds and agencies.

The health department is currently working with the Region VI Tobacco Coordinator and the County Wellness Administrator to enhance the county's smoking/tobacco-free policies. The Board of Health voted to pass a tobacco rule that would prohibit tobacco use on local government grounds and in local government buildings and vehicles. The health director presented to the County Commissioners in December 2018. To date they have not accepted the rule as written. The health director will continue to work towards getting the rule adopted by the commissioners in 2019.

Current user of Chewing Tobacco

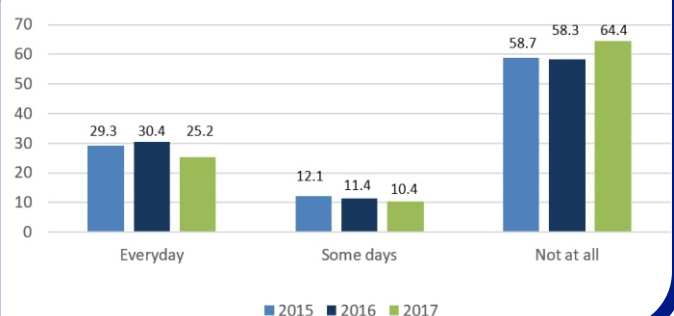


Tobacco Cessation



The chart to the left represents those who answered yes to "in the past 12 months did any doctor, dentist, nurse or health professional advise you to quit smoking or using other tobacco products?"

Current Smoker



Emerging Issues

Hepatitis B and Hepatitis C Outbreak

Randolph County Health Department had 15 new cases of acute Hepatitis B in 2018. There were only three the previous year. Due to the large increase, the state Communicable Disease Branch declared it an outbreak in October 2018. In addition, six of the 15 patients were co-infected with Hepatitis C. The outbreak was confirmed “over” in January 2019. It is anticipated that these numbers will rise as a result of drug use among individuals. Public Health is working with Randolph Health on an Improvement Process to encourage clients to be tested for HIV and Hepatitis A, B and C.

Hurricane Florence

Hurricane Florence was a long-lived hurricane and the wettest tropical cyclone on record for the Carolinas. Florence started as a tropical depression on August 31 and became a tropical storm on September 1. It was the first major hurricane of the 2018 Atlantic hurricane season. She strengthened rapidly on September 4-5, becoming a Category 4 storm with maximum sustained winds of 130 mph on September 10. By the evening of September 13, Florence had been downgraded to a Category 1 hurricane. Hurricane Florence made landfall near Wrightsville Beach early September 14 and weakened further as it slowly moved inland.

Florence produced extensive wind damage with downed trees and power outages to Randolph County. The storm resulted in 11 inches of rainfall in Randolph County with higher amounts in the southern part of the county, which caused major flooding throughout. On September 13, Randolph County Emergency Management made the call to open shelter at First Baptist Church in Asheboro. Public health employees worked in pairs for 12-hour shifts. The shelter was open for 42 hours and had 11 residents. The shelter closed September 15 at 2:00 p.m.; however, shelter teams remained on standby in case there was a need to reopen.

General Communicable Disease Trends

- Cases of Chlamydia continued to increase as a result of more urine testing by providers.
- Acute Hepatitis B increased 400% from the previous year.
- Rocky Mountain Spotted Fever cases decreased 52% in FY 2017-18 compared to FY 2016-17.

Dissemination Plan

Copies of this document will be distributed to members of the Board of Health, the School Health Advisory Councils for Randolph County and Asheboro City, the Healthy Randolph Steering Committee, and other contributors. The report will also be available on the Randolph County Health Department and Randolph Health's websites. Additional copies will be available upon request.