

2018 STATE OF THE COUNTY HEALTH REPORT

December, 2018

MOORE COUNTY, NC



What is the SOTCH Report?

The state of North Carolina requires that local health departments conduct a community health assessment (CHA) every four years. Moore County Health Department and MooreHealth, Inc. conducted a CHA in 2016 (Moore County operates on a 3 year CHA cycle). Based on findings from the CHA, the following health priorities have been identified in Moore County for 2017

through 2019: obesity, substance abuse, and aging issues.

Between CHA cycles, the purpose of the State of the County Health Report (SOTCH) is to provide updated information about priority health issues specific to Moore County, identify emerging issues, and highlight new health initiatives in the county. Moore County will complete its next CHA in March 2020.

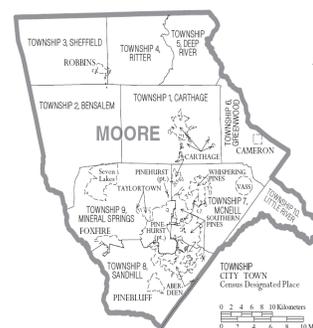
Selected Health Priorities 2017 - 2019

- Obesity
- Substance Abuse
- Aging Issues

Moore County At-A-Glance

Demographics	Moore	North Carolina
Population, 2017 (Est.)	97,264	10,273,419
White, 2017	82.9%	70.8%
Black or African American, 2017	12.4%	22.2%
American Indian and Alaska Native, 2017	1.0%	1.6%
Asian, 2017	1.5%	3.1%
Hispanic or Latino, 2017	6.7%	9.5%

Source: US Census Bureau, 2018



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Moore County Facts:

- ⇒ Median household income, 2012-2016: \$51,873
- ⇒ Persons below poverty level, 2012-2016: 14.6%
- ⇒ Unemployment rate, 2017: 4.5%
- ⇒ Population under 5 years of age, 2017: 5.8%
- ⇒ Population under 18 years of age, 2017: 21.3%
- ⇒ Population 65 years of age and over, 2017: 23.8%

Source: US Census Bureau, 2018

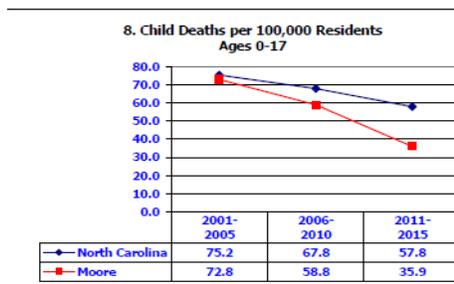
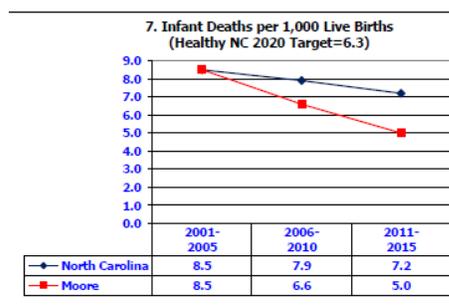
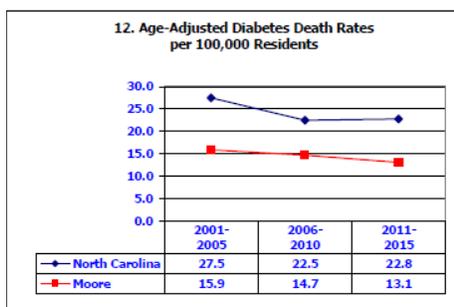
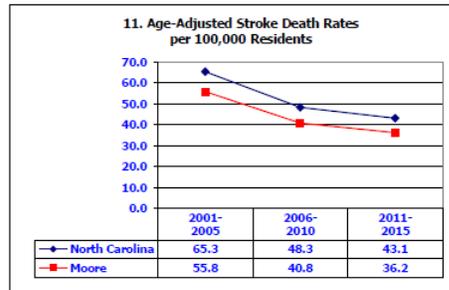
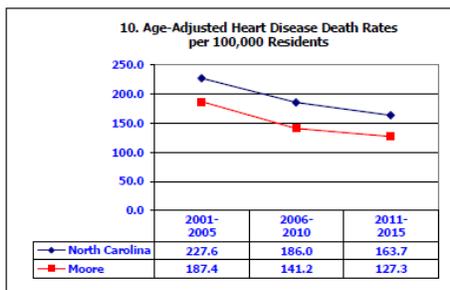
Leading Causes of Death

Moore, All Ages 2013-2017		
RANK	CAUSE OF DEATH:	RATE
1	Cancer - All sites	258.2
2	Diseases of the heart	249.5
3	Alzheimer's disease	92.2
4	Cerebrovascular disease	69.6
5	Chronic lower respiratory diseases	67.3
6	Other unintentional injury	36.3
7	Diabetes Mellitus	22.1
8-T	Pneumonia & influenza	21.0
8-T	Motor Vehicle Injuries	21.0
10	Nephritis, nephrotic syndrome, & nephrosis	18.9

North Carolina, All Ages 2013-2017		
RANK	CAUSE OF DEATH:	RATE
1	Cancer - All Sites	191.4
2	Diseases of the heart	180.9
3	Chronic lower respiratory diseases	51.9
4	Cerebrovascular disease	48.2
5	Alzheimer's disease	36.5
6	Other unintentional injury	35.9
7	Diabetes mellitus	27.0
8	Pneumonia & Influenza	19.7
9	Nephritis, nephrotic syndrome, & nephrosis	18.8
10	Septicemia	14.9

Source: NC State Center for Health Statistics, Rates unadjusted, per 100,000 population

Moore County Trends in Key Health Indicators



Source: NC State Center for Health Statistics

As shown in the tables to the left, the top 2 leading causes of death in Moore County mirror those of the state, those being cancer and heart disease, respectively.

For Moore County, the Alzheimer's disease death rate is nearly 2.5 times higher than the state.

Additionally, Moore County cancer, heart disease and stroke death rates are also considerably higher than the State.

Smokers have twice the risk for heart attack than non-smokers. Nearly one-fifth of all deaths from cardiovascular disease are smoking-related.

About 2.7 million North Carolina adults (35%) have been diagnosed with high blood pressure by a health care professional.

Life expectancy for a child born in Moore County, NC in 2017 is 79.1 years.

As the graphics above indicate, for three of the major chronic diseases in Moore County (heart disease, stroke, and diabetes), death rates are lower when compared to the state.

Additionally, infant and child death rates in Moore County are considerably lower than the state and have been in steep decline over the last 10 years.

Leading Causes of Death by Age

Leading Causes of Death by Age, Moore County, 2013-2017, Unadjusted, Per 100,000					
Rank	Age 0-19	Age 20-39	Age 40-64	Age 65-84	Age 85+
1	Conditions originating in the perinatal period	Motor vehicle injuries	Cancer	Cancer	Heart disease
2	*	Other unintentional injuries	Heart disease	Heart disease	Alzheimer's
3	*	Suicide	Chronic lower respiratory disease	Chronic lower respiratory disease	Cancer
4	*	*	Other Unintentional Injuries	Alzheimer's	Cerebrovascular disease
5	*	*	Motor vehicle injuries	Cerebrovascular disease	Chronic lower respiratory disease
6	*	*	Chronic liver disease & cirrhosis	Diabetes mellitus	Pneumonia & influenza
7	*	*	Diabetes mellitus	Other Unintentional Injuries	Other unintentional injuries
8	*	*	Suicide	Pneumonia & influenza	Nephritis, nephrotic syndrome, & nephrosis
9	*	*	Cerebrovascular disease	Nephritis, nephrotic syndrome, & nephrosis	Pneumonitis due to solids & liquids
10	*	*	*	Septicemia	Septicemia

Source: NC State Center for Health Statistics

*15 or fewer deaths occurred; therefore these causes are not ranked.

Quick Facts on Death Rates

- ⇒ Cancer is the leading cause of death for residents age 40 and older in Moore County.
- ⇒ Obesity is a risk factor for 5 of the top 10 leading causes of death in Moore County.
- ⇒ African-American males living in Moore County are nearly 1.5 times as likely to die from heart disease and nearly 1.8 times as likely to die from cancer than their white male counterparts.
- ⇒ Of the 75 suicides in Moore Co. from 2013-2017, white males accounted for 55 of them (73%).
- ⇒ Lung cancer is the deadliest form of cancer in Moore County, accounting for 28% of all cancer deaths.
- ⇒ Since 2010, drug overdose deaths in Moore County have increased by 69%.

Source: NC State Center for Health Statistics, 2013-2017

Cancer Incidence Rates

2012-2016 Age Adj. Cancer Incidence Rates by County for Selected Sites (Rates/100,000 Population)					
County/State	Colon/Rectum	Lung/Bronchus	Breast	Prostate	All Cancers
Moore	30.3	61.0	142.6	104.7	466.1
North Carolina	36.1	66.3	157.5	109.4	464.6

Source: NC Central Cancer Registry

As indicated in the table above, Moore County cancer incidence rates are lower than State rates for all sites. Moore County's incidence rate of 466.1 per 100,000 for all cancers is slightly higher than that of the State (464.6 per 100,000).

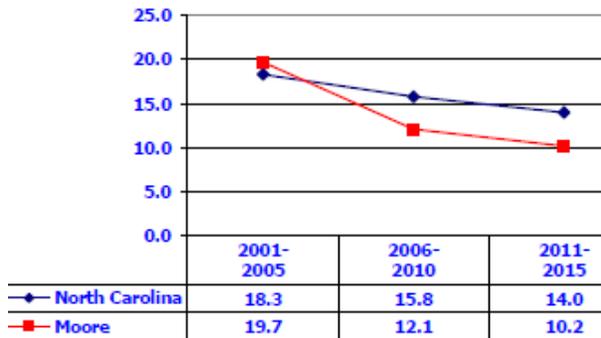
Cancer is the leading cause of death in North Carolina and the leading cause of death in Moore County.

The NC Central Cancer Registry has projected a total of 791 new cancer cases and

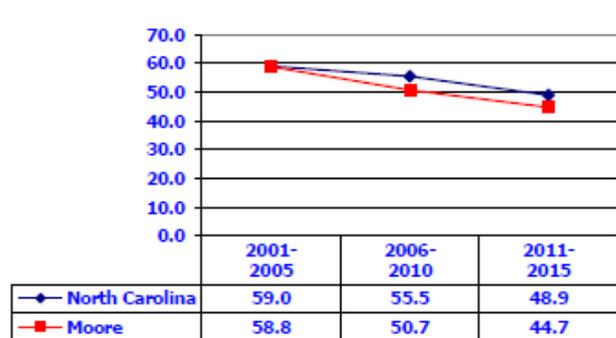
1 in 8 women living in the U.S. will be diagnosed with breast cancer in their lifetime.

Key Health Indicators: Cancer

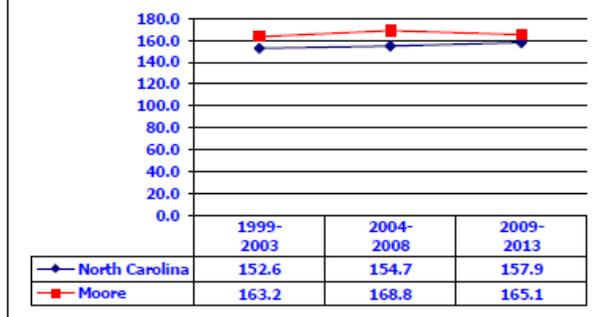
13. Age-Adjusted Colorectal Cancer Death Rates per 100,000 Residents (Healthy NC 2020 Target=10.1)



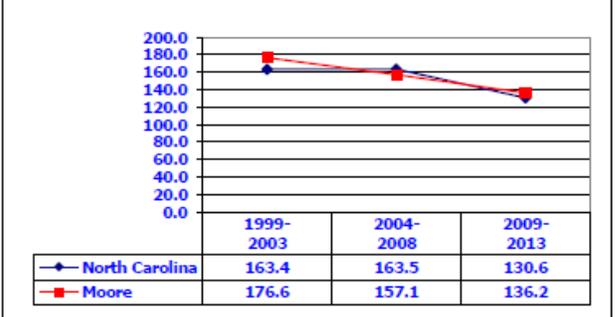
14. Age-Adjusted Trachea, Bronchus, & Lung Cancer Death Rates per 100,000 Residents



15. Age-Adjusted Female Breast Cancer Incidence Rates per 100,000 Residents



16. Age-adjusted Prostate Cancer Incidence Rates per 100,000 Residents



Source: NC State Center for Health Statistics

Adult Obesity

Adult (≥ 18) BMI Weight Status: Healthy Weight, Overweight, Obese—Percent, 2015 *

County/State	Healthy Weight (BMI = 18.5)	Overweight (BMI = 25+)	Obese (BMI = 30+)
Moore	26.9%	70.5%	34.0%
North Carolina	32.2%	66.1%	29.4%

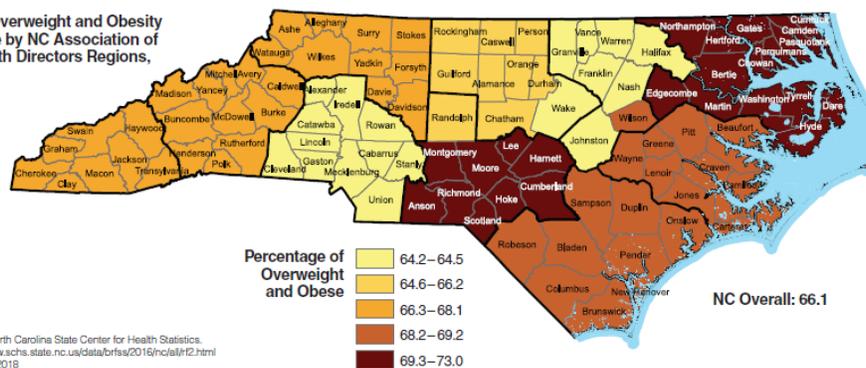
Source: Professional Research Consultants (PRC) Survey, FirstHealth of the Carolinas, 2015

*Self reported BMI

According to the most recent Professional Research Consultants (PRC) survey, conducted in conjunction with FirstHealth of the Carolinas and indicated in the above table, Moore County has a higher prevalence of overweight and obese adults when compared to North Carolina’s State average. As figure 1 below shows, Moore county is part of a south-central region of counties which includes Richmond, Scotland, Hoke, Robeson, Bladen, Sampson, and Harnett that have a significantly higher percentage of overweight/obese adults when compared to other regions and counties across the state.

1 in 3 adults living in Moore County is considered obese, having a BMI of 30 or above.

Figure 1. Overweight and Obesity Prevalence by NC Association of Local Health Directors Regions, 2016



Data Source: North Carolina State Center for Health Statistics. Accessed at www.schs.state.nc.us/data/brfs/2016/nc/oll#2.html on February 13, 2018

Overweight/Obesity Status Among Lower Income Children

North Carolina BMI for Age Status in Children 2 through 18 years of age by Health Department Agency

County/State	Healthy Weight >=5th to < 85th percentile	Overweight >=85th to < 95th percentile	Obese >=95th percentile
Moore	66.3%	15.8%	14.3%
North Carolina	65.1%	14.6%	14.6%

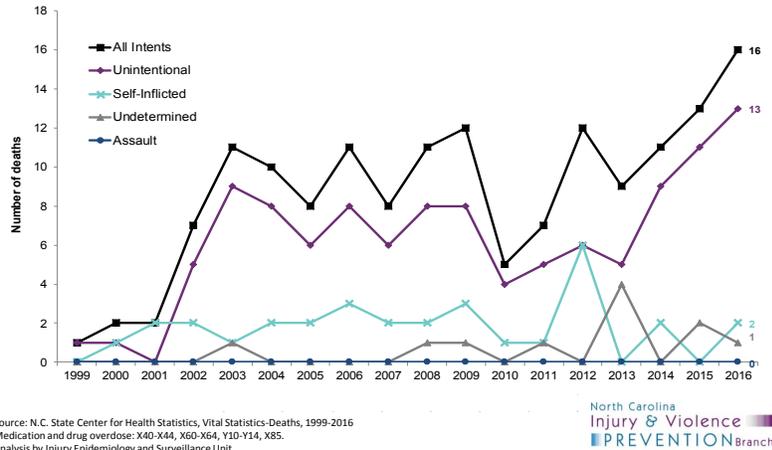
Source: North Carolina Pediatric Nutrition Epidemiology Surveillance System (NC-PedNESS), 2015

In the table above, the North Carolina Pediatric Nutrition Epidemiology Surveillance System (NC-PedNESS) indicates that Moore County has a higher percentage of overweight young children when compared to the state average. NC-PedNESS data consists of children ages 2 through 18 which are reflective of the population at 185% of the federal poverty level. Additionally, Moore County ranks 76th for percent of overweight children and 42nd for percent of obese children among all 100 NC counties, with 1 being the best and 100 being the worst.

Drug Overdose

County Medication & Drug Overdose Deaths by Intent

Moore County Residents, 1999-2016



Source: N.C. State Center for Health Statistics, Vital Statistics-Deaths, 1999-2016
Medication and drug overdose: X40-X44, X60-X64, Y10-Y14, X85.
Analysis by Injury Epidemiology and Surveillance Unit

North Carolina
Injury & Violence
PREVENTION Branch

As the graph to the left illustrates, the number of drug overdose deaths in Moore County has risen sharply since 2010, reaching an all-time high of 16 in 2016.

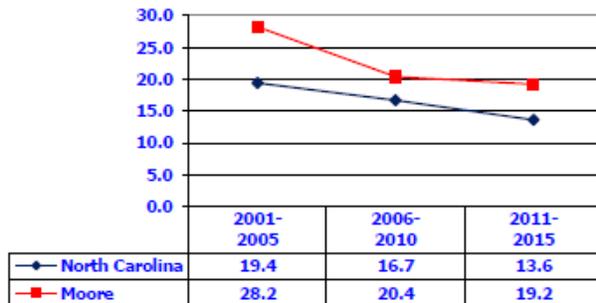
The majority of overdose deaths are unintentional. There are typically fewer than 3 deaths each year that are either self-inflicted, due to assault, or undetermined.

The substances most attributed to overdose deaths are commonly prescribed opioid medications. According to the NC Division of Mental Health Controlled Substance Reporting System, in 2016 there were 78 outpatient opioid pills dispensed per person in Moore County.

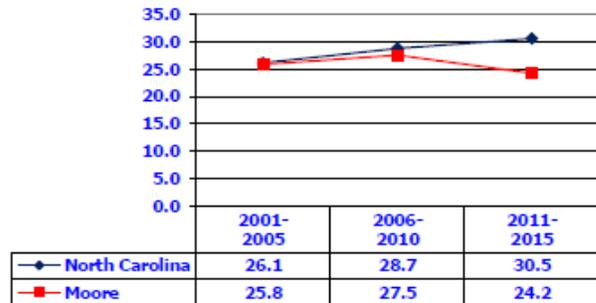
In recent years, deaths due to overdose from synthetic narcotics and heroin have also been on the rise.

Unintentional Injury, Homicide, and Suicide Rates

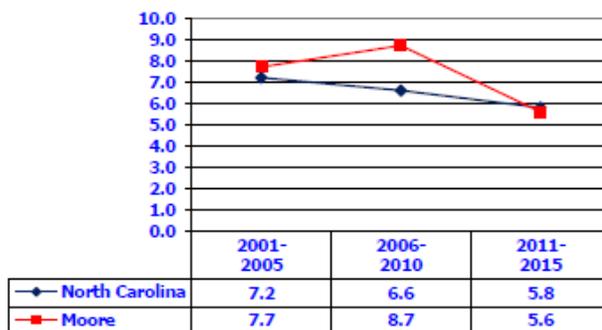
17. Age-Adjusted Unintentional Motor Vehicle Injury Death Rates per 100,000 Residents



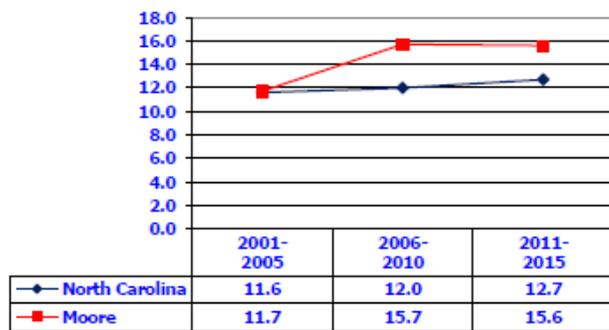
18. Age-Adjusted Unintentional Injury Death Rates per 100,000 Residents (excluding Motor Vehicle Deaths)



19. Age-Adjusted Homicide Rates per 100,000 Residents (Healthy NC 2020 Target=6.7)



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



Source: NC State Center for Health Statistics

Health Priority Progress in 2018: Obesity

- ⇒ MooreHealth Inc. completed construction of a Born Learning Trail at Milliken Park in Robbins in the Spring of 2018. The trail is designed to help adults interact with children to boost language and literacy development, promote physical activity, and also to help caregivers understand how to best support early learning in outdoor everyday moments. The Milliken Park trail is the 3rd Born Learning Trail constructed in Moore. Plans for a 4th are currently in the works.
- ⇒ The Moore County Health Department in partnership with Carthage Elementary School and the Active Routes to School program coordinated 2 “walk to school” days in the Spring and Fall 2017 school semesters.
- ⇒ The Moore County Health Department Farmers Market opened in the Spring of 2017 and provided a source of fresh local produce for Moore County residents. The market averaged approximately 90-100 visitors per day during the 2017 & 2018 seasons.

Health Priority Progress in 2018: Substance Abuse

- ⇒ The Health Resources and Services Administration (HRSA) awarded a \$600,000 grant to FirstHealth of the Carolinas to help combat the opioid crisis in both Moore and Richmond counties. Funding from the grant will allow FirstHealth to create the “Sandhills Opioid Response Consortium.” The consortium will be made up of several community partners, and will work on implementing opioid use disorder prevention, and treatment and recovery interventions designed to reduce opioid overdoses among rural populations.
- ⇒ In September 2017, Drug Free Moore County hosted its first ever “Run for Recovery”, a 5K trail run event to celebrate those living in recovery from substance abuse and to help raise awareness for the need for expanded treatment and recovery services in Moore County.
- ⇒ The Moore Re-Creations Recovery Center opened in August 2018. The Center is located in the Carthage United Methodist Church building and offers individuals and their families suffering from drug addiction a place they can go for resources and guidance in recovery.

Health Priority Progress in 2018: Aging Issues

- ⇒ With the help of preliminary work done by the Moore County Aging Interests Coalition, The Retreat, an adult day care facility, opened in early 2018. The Retreat offers a wide array of activities for seniors and serves as a valuable alternative to assisted living/nursing home care. The Retreat offers nursing services, recreation/social activities, and even occupational, physical, speech, and music therapy.
- ⇒ The Moore County Aging Interests Coalition continued work on an education program designed to raise community awareness regarding Alzheimer’s and dementia in order to elicit early diagnosis. The program is centered on the Alzheimer’s Association’s “10 Warning Signs of Alzheimer’s” as well as what to do if you suspect that a friend or loved one may be living in the early stages of the disease. Three education sessions were provided in 2017-2018.

Major Changes & Emerging Issues in Moore County

- ⇒ Infectious disease outbreaks, environmental hazards, and natural and man-made emergencies that pose a hazard to public health.
- ⇒ Continuing efforts to plan and coordinate with public and private partners to respond to future bioterrorism and pandemic events.
- ⇒ Potential changes to the regulation of tobacco products, electronic cigarettes (e-cigarettes), and “vape” devices.
- ⇒ Efforts to reduce the nonmedical use of and unintentional overdose deaths involving prescription drugs.
- ⇒ Need for expanded access to a full array of mental health and substance abuse services.
- ⇒ Potential for Medicaid expansion in North Carolina.
- ⇒ Expansion of population based health initiatives to coincide with clinical solutions for major health concerns.
- ⇒ Moore County’s population projections for the next 20 show the percentage of persons age 65 and older is expected to increase by 26%, more than any other age group over the same period.

New Initiative: Adult Day Care Opens in Moore



Located in Aberdeen, NC, the Retreat, the only adult day care facility of its kind in Moore County, opened in 2018. The Retreat supports the health, nutritional, social, and daily living needs of seniors in a professionally staffed, group setting.

As an alternative or supplement to in-home care and an alternative to moving to as-

sisted living or a nursing home to receive care, the Retreat enables continued community-based living for individuals with physical and cognitive limitations and provides respite for their caregivers.

The vision for The Retreat came through owner/Director Kathryn Dodderidge’s connections with

seniors and their families in Moore County, recognizing the need for adult day health and day care as a viable alternative to in-home care or institutionalization, with the ultimate goal of aging in place at home. Kathryn’s involvement with the Moore County Aging Interests Coalition helped to lay the groundwork for the facility.

New Initiative: Health Department Farmers Market

Building on a successful 2017 inaugural season, the Moore County Health Department Farmers Market began its second year of operation in June 2018.

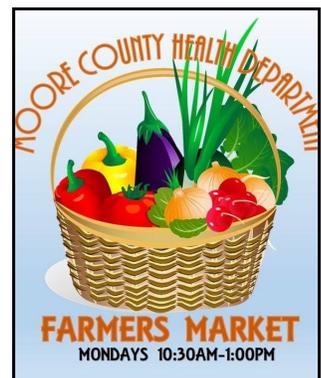
“Our original goal for the market was to provide a source of healthy food for families in the northern and central part of the county,” said WIC Director and market manager Lauren Frazier. “Last year was a suc-

cess; we received a lot of positive feedback from folks who told us that they were delighted to have a new option for quality produce in the area.”

Participating local farms include Highlander’s Farm, Eagle’s Nest Berry Farm, Priest Family Farm, 3 M’s Boer Goat Farm, and Moore Micros Greenery. Also included on-site are cooking and

food prep demonstrations provided by the Moore County Cooperative Extension Office utilizing locally grown, seasonal fruits and vegetables.

The Market runs each Monday from May-August from 10:30AM-1PM and is located at the Moore County Health Dept. (703 Pinehurst Ave, Carthage).



MOORE COUNTY HEALTH DEPARTMENT

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MOCO Health



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This report will be disseminated to key stakeholders and community partners through a variety of avenues including the Moore County Board of Health, MooreHealth, Inc., Moore County Board of Commissioners, Health Department website, local media outlets and at community events.

The Moore County Health Department has been providing services to the citizens of Moore County since 1928. Our mission is to protect and promote health through prevention and control of disease and injury. The health department currently employs a staff of 53 professionals, representing a wide variety of health related disciplines. Programs and services include community health assessment, health promotion, communicable disease, epidemiology, personal health/clinical services, and environmental health.



MooreHealth
A Community Approach To A Healthier Tomorrow

MooreHealth, Inc. is a community based partnership that brings together citizens, community leaders and organizations to address local health-related issues. MooreHealth was originally certified as a Healthy Carolinians partnership in 1995. MooreHealth, Inc. achieved 501c3 not-for-profit status in 1997.

Mission: *MooreHealth will collaboratively assess health needs, raise awareness, and identify resources to address them.*

In 2016, MooreHealth helped to conduct Moore County's Community Health Assessment (CHA) and developed action plans around three focus areas to include obesity, substance abuse, and aging issues. For each priority area, health disparities will be addressed and workgroups or committees will be assigned to help direct the action plans.

For more information or to learn how you can become involved in MooreHealth, Inc.,
Contact: FirstHealth of the Carolinas - Community Health Services at (910) 715-1925