

2016 STATE OF THE COUNTY HEALTH REPORT

December, 2016

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 2013 (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 2014

through 2016: 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 2017.

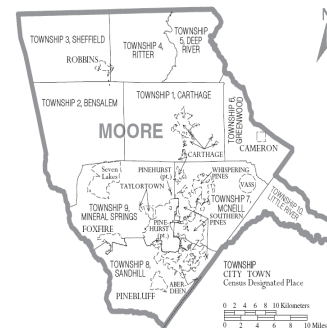
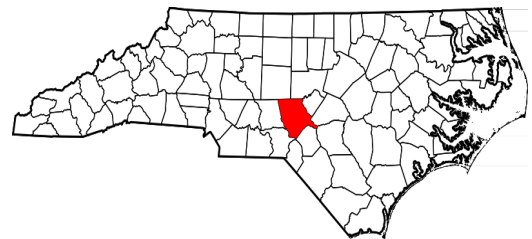
Selected Health Priorities 2014 - 2016

- Obesity
- Substance Abuse
- Aging Issues

Moore County At-A-Glance

Demographics	Moore	North Carolina
Population, 2015 (Est.)	94,352	10,042,802
White, 2015	82.7%	71.2%
Black or African American, 2015	12.9%	22.1%
American Indian and Alaska Native, 2015	1.0%	1.6%
Asian, 2015	1.3%	2.8%
Hispanic or Latino, 2015	6.4%	9.1%

Source: US Census Bureau, 2016



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Moore County Facts:

⇒ Median household income, 2010-2014: \$50,393
⇒ Persons below poverty level, 2010-2014: 15.5%
⇒ Unemployment rate, 2015: 5.1%
⇒ Population under 5 years of age, 2015: 5.4%
⇒ Population under 18 years of age, 2015: 21.2%
⇒ Population 65 years of age and over, 2015: 24.0%

Source: US Census Bureau, 2016

Leading Causes of Death

Moore, All Ages 2011-2015		
RANK	CAUSE OF DEATH:	RATE
1	Cancer - All sites	265.1
2	Diseases of the heart	232.2
3	Alzheimer's disease	88.9
4	Cerebrovascular disease	68.5
5	Chronic lower respiratory diseases	63.9
6	Other unintentional injury	30.7
7	Diabetes Mellitus	22.5
8	Pneumonia & influenza	22.0
9	Nephritis, nephrotic syndrome, & nephrosis	20.5
10	Motor Vehicle Injuries	18.3

North Carolina, All Ages 2011-2015		
RANK	CAUSE OF DEATH:	RATE
1	Cancer - All Sites	190.6
2	Diseases of the heart	178.9
3	Chronic lower respiratory diseases	50.3
4	Cerebrovascular disease	46.4
5	Alzheimer's disease	31.7
6	Other unintentional injury	31.5
7	Diabetes mellitus	25.4
8	Pneumonia & Influenza	19.2
9	Nephritis, nephrotic syndrome, & nephrosis	17.8
10	Septicemia	14.3

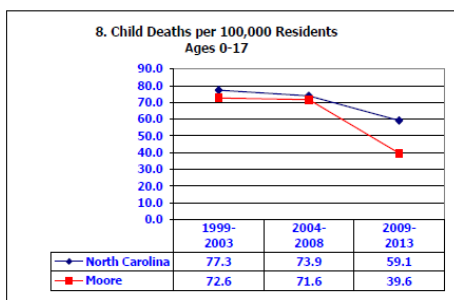
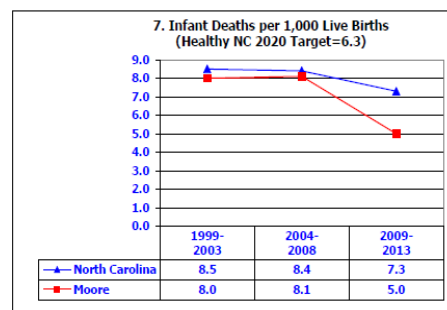
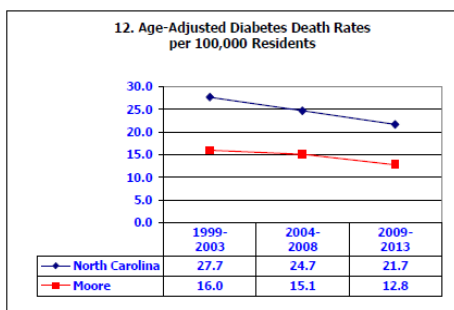
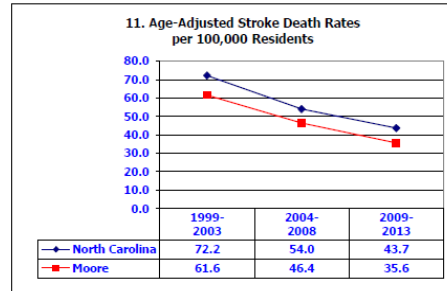
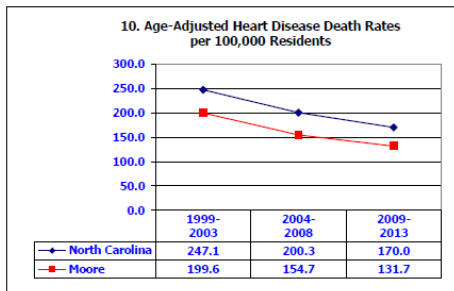
As shown in the tables to the left, the top 2 leading causes of death in Moore County mirror those of the state, those being cancer and heart disease, respectively.

For Moore County, the Alzheimer's disease death rate is nearly 3 times higher than the state.

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

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 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 step decline over the last 10 years.

From 2011-2015, cancer accounted for over 20,000 years of potential life lost for Moore County residents. That's more than any other cause of death and more than heart disease, stroke, and diabetes combined.

As of 2015, out of 100 NC Counties, Moore County is tied with Durham County, boasting the 9th highest life expectancy for its residents at 79.8 years.

Leading Causes of Death by Age

Leading Causes of Death by Age, Moore County, 2011-2015, 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	Other unintentional injuries	Chronic lower respiratory disease	Cancer
4	*	Homicide	Chronic lower respiratory disease	Alzheimer's	Cerebrovascular disease
5	*	*	Motor vehicle injuries	Cerebrovascular disease	Chronic lower respiratory disease
6	*	*	Chronic liver disease & cirrhosis	Diabetes mellitus	Pneumonia & influenza
7	*	*	Suicide	Nephritis, nephrotic syndrome, & nephrosis	Other unintentional injuries
8	*	*	Diabetes mellitus	Pneumonia & influenza	Nephritis, nephrotic syndrome, & nephrosis
9	*	*	Cerebrovascular disease	Parkinson's disease	Parkinson's disease
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

- ⇒ Heart disease is the leading cause of death for residents age 40-84 in Moore County.
- ⇒ Of 100 NC Counties, Moore County has the 9th lowest child death rate (age 0-17) at 35.9 per 100,000.
- ⇒ The lung cancer death rate for African American males in Moore County is 58% higher than their white male counterparts.
- ⇒ From 2011-2015, the top 2 leading causes of death in Moore County, cancer and heart disease, accounted for 43% of all deaths.
- ⇒ Males in Moore County are nearly 3 times as likely to die due to motor vehicle injuries than females.
- ⇒ Moore County females have a slightly higher death rate due to Alzheimer's than males (12.3% higher).

Source: NC State Center for Health Statistics, 2011-2015

Cancer Incidence Rates

2009-2013 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	34.4	74.1	165.1	136.2	517.9
North Carolina	38.5	70.9	157.9	130.6	483.4

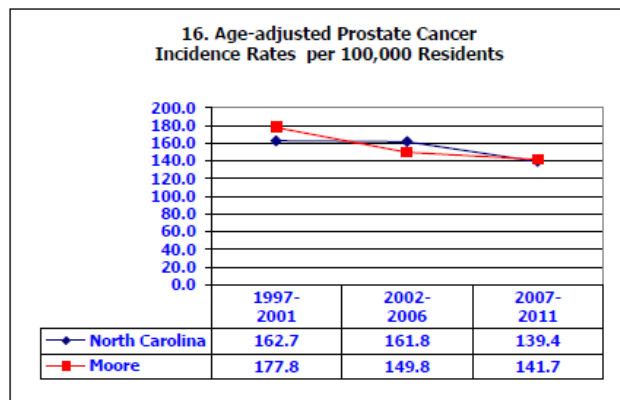
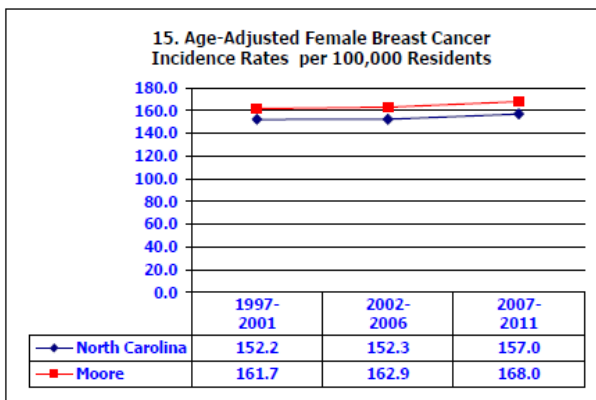
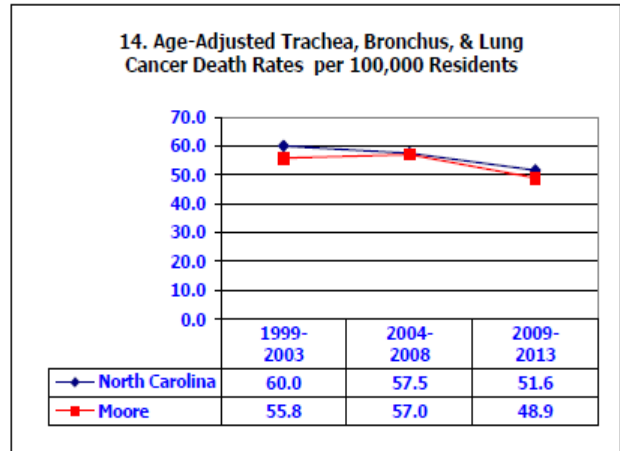
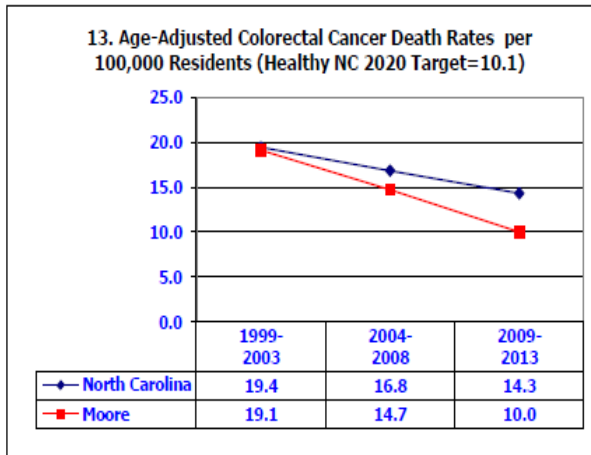
Source: NC Central Cancer Registry

As indicated in the table above, Moore County cancer incidence rates are higher than State rates for all sites except colon/rectal cancers. Moore County's incidence rate of 517.9 per 100,000 for all cancers is also significantly higher than that of the State (483.4 per 100,000).

Lung cancer is the deadliest form of cancer in Moore County, accounting for approximately 30% of all cancer deaths from 2010-2014

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

Key Health Indicators: Cancer



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 -24.9)	Overweight (BMI = 25+)	Obese (BMI = 30+)
Moore	26.9%	70.5%	34.0%
North Carolina	32.2%	66.1%	29.4%

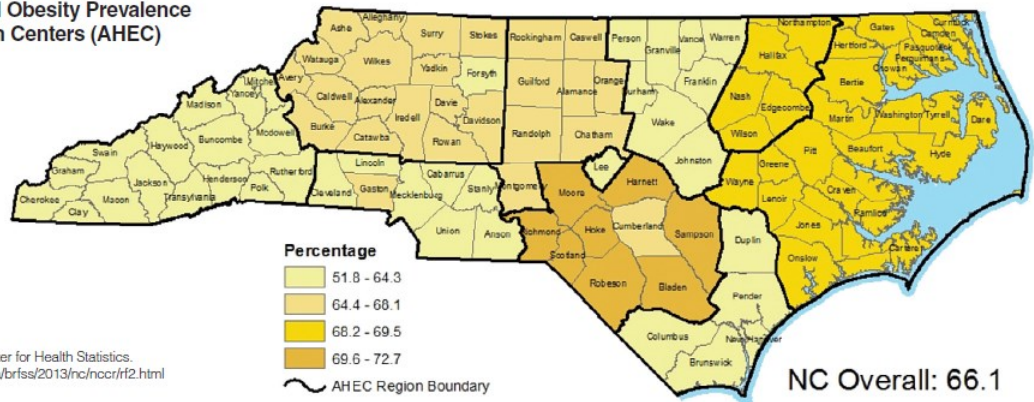
Source: Professional Research Consultants (PRC) Survey, FirstHealth of the Carolinas, 2015

*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.

Obesity is a risk factor for 5 of the top 10 leading causes of death in Moore County.

Figure 1. Overweight and Obesity Prevalence by Area Health Education Centers (AHEC) Regions, NC, 2013



Data Source: North Carolina State Center for Health Statistics. Accessed at www.schs.state.nc.us/data/brfss/2013/nc/nccr/rf2.html in January, 2015.

Overweight/Obesity Status Among Lower Income Children

North Carolina BMI for Age Status in Children 2 through 4 years of age by Health Department Agency

County/State	Healthy Weight ≥5th to < 85th percentile	Overweight ≥85th to < 95th percentile	Obese ≥95th percentile
Moore	65.8%	18.0%	14.0%
North Carolina	66.1%	15.5%	14.2%

Source: North Carolina Pediatric Nutrition Epidemiology Surveillance System (NC-PedNESS), 2014

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 4 which are reflective of the population at 185% of the federal poverty level. The majority of the children ages 2 through 4 included in the 2014 NC-PedNESS data are from the Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program.

Poisoning and Drug Overdose

48% of Moore County's narcotic overdose deaths were attributed to opioid medications.

Motor vehicle injuries accounted for 1 in every 5 deaths of those age 20-39 in Moore County from 2011-2015.

2011-2015 Unintentional Poisoning Mortality Rates (per 100,000)

County/State	# of Deaths	Rate
Moore	43	10.5
North Carolina	6,015	12.3

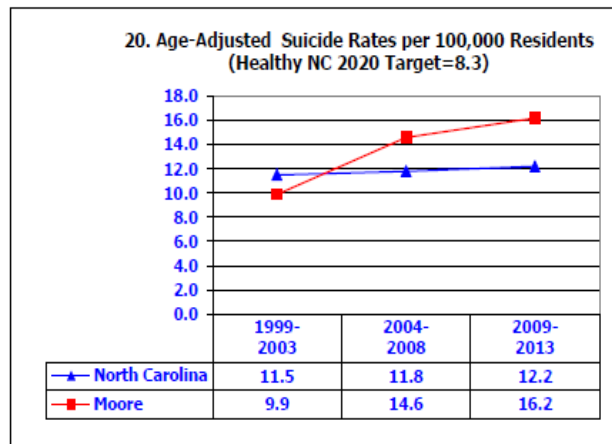
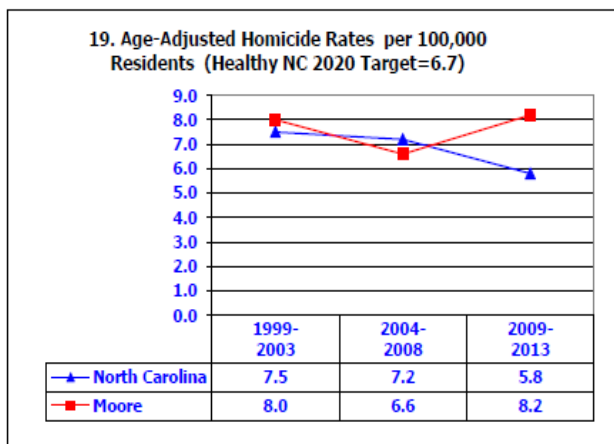
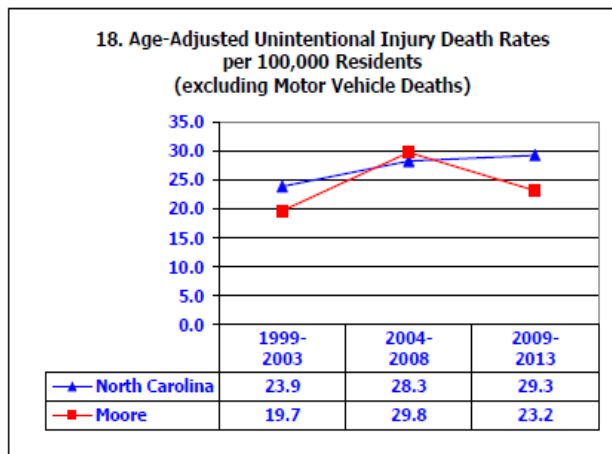
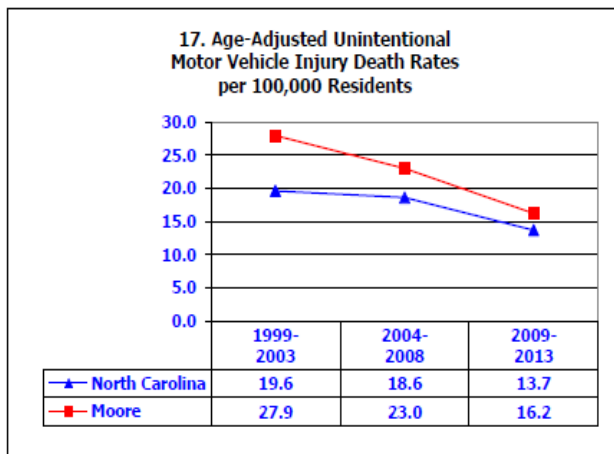
As the table above illustrates, Moore County's death rate for unintentional poisoning, 10.5 per 100,000 population, was lower than that of the State. Of 72 NC counties* who charted unintentional poisoning death rates from 2011-2015, Moore County had the 14th lowest death rate.

From 2011 to 2015, Moore County had 84 drug overdose deaths. Of those deaths—13 were suicides, 64 were unintentional, and 7 were undetermined.

Source: NC State Center for Health Statistics

* Rate data unavailable for Counties with less than 20 deaths from 2010-2014

Unintentional Injury, Homicide, and Suicide Rates



Source: NC State Center for Health Statistics

Health Priority Progress in 2016 : Obesity

- ⇒ MooreHealth Inc. completed construction of a Born Learning Trail at Carthage Elementary School in Spring 2016. 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 Moore County Health Department partnered with the Moore County Day Reporting Center to offer nutrition and physical activity education to individuals enrolled in Recidivism Reduction Program Services (RRS) in Moore County. The RRS program provides cognitive behavioral programming, substance abuse services and supportive services for the high risk adult offender population supervised by the NC Department of Public Safety.
- ⇒ MooreHealth Inc. in conjunction with the Moore County Health Department and FirstHealth of the Carolinas launched a social media campaign promoting healthy eating, most notably, a “Rethink Your Drink” initiative, that encourages the public to swap out high calorie sugar sweetened beverages for low or no calorie alternatives.

Health Priority Progress in 2016: Substance Abuse

- ⇒ In 2016, Moore County Operation Medicine Drop events collected approximately 702,085 dosage units (936 pounds). Operation Medicine Drop provides the public with an opportunity to rid their homes of expired or unused prescription drugs which helps prevent accidental poisonings, overdoses and misuse.
- ⇒ Drug Free Moore County in conjunction with the Moore County Drug Prevention task force updated and published a comprehensive resource guide for those seeking drug prevention, treatment, and support services in Moore County and surrounding areas.
- ⇒ In 2016, Drug Free Moore County provided 4 SODA project (Stop Overdose and Drug Access) presentations in Moore County, reaching approximately 200 individuals. The program is aimed at educating parents on potential substance abuse warning signs, behavior patterns, hiding spots for drugs and drug paraphernalia, and overall drug awareness.

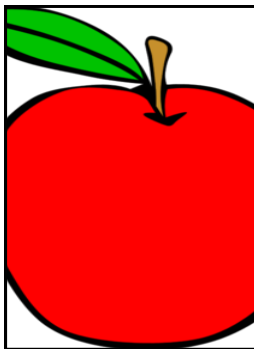
Health Priority Progress in 2016: Aging Issues

- ⇒ 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. Four education sessions were provided in 2016.
- ⇒ In 2016, the Moore County Department of Aging piloted a new education program called “Hippocampus”. The program’s goal was to educate Moore County’s senior population on the major aspects of better brain health. Subject matter experts offered classes over a 15 week period at the Moore County Senior Enrichment Center with information on the components of brain health including mental stimulation, socialization, nutrition, spirituality and physical activity. The program culminated with a “Healthy Brain Fair” in May 2016. All told, the program had 80 participants.

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.
- ⇒ Changes to the political landscape following the 2016 election year.
- ⇒ 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 years show the percentage of persons age 65 and older is expected to increase by 34%, more than any other age group over the same period.

New Initiative: Health & Nutrition Education at Moore Co. Day Reporting Ctr.



Beginning in 2016, the Moore County Health Department partnered with the Moore County Day Reporting Center to offer health and nutrition education to individuals enrolled in Recidivism Reduction Program Services (RRS). The RRS program provides cognitive behavioral programming, substance abuse services and supportive services for the high risk adult offender

population supervised by the NC Department of Public Safety.

The Moore County Day Reporting Center was established in 1994 as an alternative to incarceration for offenders sentenced through the criminal justice system. The program increases accountability for offenders on supervised

probation while providing services to assist them in becoming productive citizens in the community.

The program teaches that a major aspect of being a productive citizen is adopting healthy lifestyle habits, with good nutrition and good health habits being cornerstones of a better life.

New Initiative: Hippocampus

Nearly a quarter of the population in Moore County is age 65 or older. That number is also set to increase exponentially over the next decade. With that comes increased health concerns for an aging population, most notably with regard to Alzheimer’s and dementia. In the Spring of 2016 the Moore County Department of Aging took a step to address those concerns by offering the “Hippocampus”

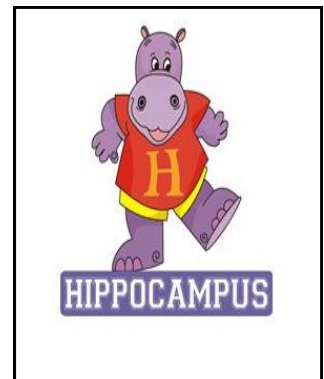
education program.

The aim of the program was to promote better brain health by educating the public on five major components of improving and maintaining cognitive function. Those components included mental stimulation, socialization, nutrition, spirituality and physical activity.

Subject matter experts (aka

“professors”) offered information on each component over a period of fifteen weeks at the Moore County Senior Enrichment Center.

A total of eighty participants took part in the program. On the heels of its success, the Moore County Department of Aging will look to offer additional Hippocampus programming/classes in 2017 and beyond.



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 49 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 2013, 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