

2015

# State of the County Health & Human Services Report

Issued March 2016



**County of Dare**  
Department of Health & Human Services

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## About the Report

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During the years between community health assessments (CHA), counties conduct and provide a State of the County Health report (SOTCH). The SOTCH report is intended to be a quick overview of community health data and the status of work in the identified priority areas.

While the Dare County SOTCH is completed by the Dare County Department of Health & Human Services, it is not limited to department or Healthy Carolinians of the Outer Banks (HCOB) activities; it is a true reflection of the community's accomplishments.

## 2013 CHA Priority Areas

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The following Health Priorities were identified by the HCOB as areas of opportunity through our last community health assessment process.

1. Healthy Weight
2. Chronic Diseases
3. Older Adults
4. Access to Healthcare
5. Substance Abuse & Mental Health

HCOB taskforces were continued in 2015 to address access to care, dementia & Alzheimer's, chronic diseases & healthy weight.

## Progress Made

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The section that follows explains health and human service agency, community, and taskforce specific accomplishments in 2015 regarding the identified health opportunities in the 2013 CHA.

### Access to Healthcare

The Access to Healthcare Taskforce continued in 2015.

#### *Dental Access Project - Dare County*

The subgroup from NCMOM tasked with working on an on-going dental clinic was formalized as Dental Access Project - Dare County. This program is a collaboration between the Community Care Clinic of Dare, local dentists & Albemarle Project Access focusing on dental care for uninsured, at risk populations. Twenty-two patients were referred for dental care. A total of 2 oral surgeons, 1 periodontist, and 6 dentists provided \$16,455 in donated care. The program has a capacity of serving 120 patients.

#### *Albemarle Project Access - Dare County*

Albemarle Project Access is a grant funded project focusing on coordination of care for uninsured, at risk populations. Program participants are able to receive care at The Outer Banks Hospital, Sentara Albemarle Medical Center, & Chesapeake Regional Medical Center. As of November 30, 2015, 58 patients were enrolled who received \$47,225 in donated specialist care. All patients served have a primary care provider, and 15% enrolled in a smoking cessation program.

### Affordable Care Act

Dare County residents have access to a Certified Affordable Care Act Navigator in Kill Devil Hills every Friday. Outreach and education efforts continue to be a priority of the Taskforce. North Carolina is 3rd in the Nation for enrollment participation. Dare County's enrollment is high when compared to peer and neighboring counties.

### Vision Screening

The Lions Club partnered with the Dare County Department of Health & Human Services' School Health Program to provide 2,539 additional vision screenings to Dare County students in the 2014-2015 school year.

### Miles of Smiles

The van has been providing dental care in Dare & Hyde County since 2002 and was in need of some updates, so the program could continue to provide top-of-the-line services. The van received a makeover that included new cabinets, flooring, chairs, equipment, and air conditioning, in addition to a new wrap. Over 1,100 patient visits in the 2014-2015 school year.

Enroll America Estimates			
NC Plan Selections by county & Open Enrollment Year			
	Year 1 (Oct13- Mar14)	Year 2 (Nov 14- Jan15)	Year 3 (Nov 15- Jan 16)
North Carolina		458,676	560,357
Currituck County	474	831	1370
Dare County	1944	2881	3785
Davie County	1278	1831	2201
Hyde County	87	144	363

United States Health & Human Services



The Miles of Smiles Dental Health Clinic received an update – inside and out – this year! The clinic is a popular one amongst Dare County students.

## Chronic Disease & Healthy Weight

The Chronic Disease & Healthy Weight Taskforce continued into 2015.

### Active Living Outerbanks

Active Living Outer Banks is a physical activity social media and marketing campaign for school-age children (kindergarten-third grade) and their families. The main priority of the Chronic Disease & Healthy Weight Taskforce will be to implement the Active Living Outer Banks Initiative, with a focus on impacting school-age children K-12 and their families through nutritional and physical activity education and policies.

### Blue Cross Blue Shield of NC Foundation- Physical Activity Grant

Through a grant from the Blue Cross and Blue Shield of North Carolina Foundation, Children & Youth Partnership (CYP) for Dare County implemented a year-long project to increase daily physical activity and edible gardening for 57 children at two licensed early care and education programs by redesigning the outdoor learning environments (OLEs) and adding interesting, natural elements and equipment to support and promote active play. Throughout the year long project, CYP staff worked to implement OLE enhancements and educate teachers and staff on physical activity and gardening practices to equip them with more knowledge to sustain the implemented changes. Both programs significantly improved their policies and practices around infant and child physical activity and outdoor play and learning as measured by the Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC).

### Early Care & Education Initiative

Dare County Department of Health & Human Services partnered with the Children and Youth Partnership to reach early care and education facilities in the community. Children ages 0-5 who attended preschools and daycare centers were the focus of this intervention. Two facilities implemented a total of 4 policies to address physical activity and nutrition in their centers. Additionally, Positive Action lessons were provided to pre-k students at five licensed early care and education programs over a ten week period. Positive Action is an evidence based curriculum that teaches success and happiness with a comprehensive, coherent approach to academics, behavior, and character. Lessons included topics on improving self-concept, intellectual and physical health, self-control, self-management (following directions, managing time), respect for others, social bonding, honesty with self and others, and self-improvement.

### Dare County Local Foods Council

The council created surveys for restaurants, consumers, and producers to help these entities increase and raise awareness of local food sources and business that purchase local foods. The data will be analyzed and shared with the community. The group is also working on designing a marketing campaign and issuing a logo to restaurants that serve local foods.

### Case Management of Diabetic Students

This program was established over five years ago with grant funding from the North Carolina Department of Health & Human Services and East Carolina School of Nursing. The original goal of the project was to validate importance of school health, and school nurses in retaining education and most importantly, showcase the balance between health and education. While the funding was exhausted years ago, Dare County has continued to fund the project and diabetic students continue to receive education, assistance, support, and case management services from the nurse located at their school. Goals and performance measures are selected each year and students are monitored to evaluate the success of the program.

Case Management of Diabetic Students			
School Year	Program Components		
	# Participants	# Evaluation Measures	Success of Measures
2011-2012	7	5	85%
2012-2013	8	8	80%
2013-2014	9	6	100%
2014-2015	6	8	83%
Data per Dare County Health & Human Services School Health Program Supervisor, 2016			

### School Health Program Wellness & Education Initiatives

The Dare County Department of Health & Human Services' School Health Program has worked with Dare County Schools to provide training for staff. A total of 37 educational opportunities were offered in the 2014-2015 school year, with 1108 staff members taking advantage of the opportunity.

School Nurses continued to partner with staff members to organize a weight loss competition, participation increased from three schools to eight schools in the 2014-2015 school year.

### HPV Vaccine Awareness Campaign

This campaign was implemented in 2014-2015 school year through outreach and awareness efforts provided by the partnership between the Outer Banks Hospital and Dare County Department of Health & Human Services. Implementation included representatives from each organization attending 6th grade parent entry meetings to promote the vaccine.

Educational information and awareness was placed in student report cards for both students and parents. The evaluation methods included collecting baseline data before implementation

Program Evaluation HPV Vaccine Audits			
School	July 2014	July 2015	Increase
<b>Rising 9<sup>th</sup> Graders</b>			
Manteo Middle	23%	35%	12%
Cape Hatteras Secondary	22%	35%	13%
First Flight Middle	24%	39%	16%
<b>Graduating Students</b>			
Manteo High	29%	39%	10%
Cape Hatteras Secondary	35%	43%	8%
First Flight High	32%	39%	6%
Data per Dare County Health & Human Services School Health Program Supervisor, 2016			

and conducting a vaccine audit after 2014-2015 school year implementation was completed. Evaluation results showed increases in student exposures to the HPV Vaccine. This campaign will be continuing for the next two school years.

## Older Adults

The Dementia & Alzheimer's taskforce continued in 2015.

### Educational Events

Educational opportunities were hosted in various locations throughout Dare County. Workshops were hosted on Home Safety, Better Behaviors, and Caregiver Needs. Over 60 individuals were touched by these workshops.

### Caregiver Bereavement

An afternoon of taking care of the caregiver was hosted in November of 2015 with participation from 32 local caregivers. Activities included yoga, chair massage, as well as onsite health screenings and flu shots.

### *Here with You!*

Mentor's Resources Book and a Caregiver's Resource Book were created by the taskforce to use in the program. Advertising for the program was well underway. This year the program had 11 active mentors working with 6 participants.

### *OBX Alzheimer's Walk*

This event was hosted in October 2015 and raised over \$15,000 to assist residents of Dare County. Services to be offered with these funds includes education for caregivers and respite care.

### *Alzheimer's Disease Awareness Month*

In November of 2015 the taskforce went before the Dare County Board of Commissioners to provide public awareness and education. The group requested November be recognized as Alzheimer's Disease Awareness Month, and the Board granted the notion.

### *Kits for the Cape Grant Award*

Dare County was awarded a \$10,000 grant from the NC Department of Health and Human Services, Public Health Preparedness and Response. The grant application project, titled "Kits for the Cape", is envisioned to be a collaborative community endeavor - featuring participants from the Dare County Department of Health and Human Services, Emergency Management, the Northeastern NC Medical Reserve Corps, and the Hatteras Island Community Emergency Response Team. This collaborative team will be meeting in the coming months to plan and implement a large-scale preparedness kit project for vulnerable residents of Hatteras Island. These preparedness kits will likely include weather radios, water containers, flashlights, first aid kits, and other items typically found in household emergency preparedness kits. The project timeline estimates delivery of these kits to many residents of Hatteras Island sometime this winter.



Ace Hardware of Avon and the Cape Hatteras Electric Cooperative have generously donated to this cause. Pictured are five gallon buckets provided by Ace Hardware.

## **Mental Health & Substance Abuse**

### *Substance Abuse Prevention Taskforce*

The taskforce hosted a community forum to raise awareness of substance abuse and prevention on September 10, 2015. Key note speaker was Fred Brason, CEO & founder of Project Lazarus. Other presenters included Dare County Department of Health & Human Services, Project Purple, Walking for Addition, Sheriff's Department, New Horizons, Dare CASA, and Outer Banks Hospital Physician's Council. The group continues their outreach and education initiatives by providing the Board of Education with information and awareness of community resources, hosting educational presentations during their monthly meetings, and extending their membership to include more human service, community, and faith-based members.

### *Helping Women Recover*

An evidence-based program, Helping Women Recover, continues to be implemented by the Dare County Department of Health & Human Services in the community and criminal justice system in partnership with Dare County Detention Center. The program served 19 participants, with 87% of the participants being actively employed. Twenty-five percent of participants continued the program once released from the Dare County Detention Center.

### *Drug Drop-Off Events & Services*

These events are hosted quarterly through a collaboration between the Outer Banks Hospital, Dare County Sheriff's Office, and the Dare County Department of Health & Human Services. A total of 37,362 pills were collected at these events, hosted from Southern Shores, Hatteras Village and various locations in-between.



Our events are a team effort! Staff pictured above are representatives from Dare County Sheriff's Office, Dare County Department of Health & Human Services, and The Outer Banks Hospital. Participation in Drug Drop Off events and services is a great way to reduce nonmedical access to prescription pills.

Plans were approved for a partnership between Dare County Department of Health & Human Services and Nags Head to install a Drug Drop Off box for residents of Nags Head. The drop off box will be located in the Nags Head Police Department and the box is planned to be installed in January 2016.

### Keeping Current

This program is a revitalized version of the program that was known as Drugs Exposed. Keeping Current is an interactive program designed to empower and equip adults with the tools necessary to prevent teen substance abuse. Participants tour a typical teen bedroom and note items that could indicate drug use. After the tour, participants are educated on mental health and substance abuse prevention and intervention. Participation is recommended for any adult who is involved in teens' lives. The program reached over 100 participants in 2015.

New Horizons, Payer Sources FY 2013 - FY 2015			
Measure	FY 13	FY 14	FY 15
Private Insurance	23%	13%	16%
Medicaid	14%	23%	24%
Medicare	3%	4%	4%
Sliding Scale	60%	61%	55%

Data provided from Substance Abuse Monthly Activity Reports FY 13, FY 14, FY 15 from New Horizons

### Drug Screening Services

The Dare County Department of Health & Human Services extended drug screening services to Nags Head for their pre-employment drug screening process. Additionally, staff were trained in testing hair for substance use, this service is available to Social Services Division clients who are required to be tested for drug use.

New Horizons, Clients Served FY 2013 - FY 2015			
Measure	FY 13	FY 14	FY 15
Open Clients (monthly average)	350	553	690
Total New Clients	367	539	604
% Adults	92%	82%	85%
% Adolescents	8%	18%	15%

Data provided from Substance Abuse Monthly Activity Reports FY 13, FY 14, FY 15 from New Horizons

### New Horizons Substance Abuse Treatment

Individuals with substance abuse and mental health concerns were noted as an at-risk and vulnerable population in 2013 CHA process. Fifty-five percent of clients relied on sliding scale fees to receive services in FY 2015. Dare County provides gap service funding to PORT Human Services/New Horizons to assure all residents are able to receive substance abuse treatment services, regardless of their ability to pay.

## Changes in Data

### 2015 County Health Rankings

The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play.

Dare County Rankings (out of 100) 2010-2015						
	2010	2011	2012	2013	2014	2015
Health Outcomes	7	6	5	7	8	15
Health Factors	25	23	14	17	30	24

The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights.

Health outcomes represent how healthy a county is, while health factors represent what influences the health of a county. Simply put, health outcomes are today's health, and health factors are tomorrow's health.

Ranking Factors	
Measure	County Rank (of 100)
<b>Health Outcomes</b>	
Length of Life	10
Quality of Life	30
Health Outcomes	15
<b>Health Factors</b>	
Health Behaviors	73
Clinical Care	42
Social & Economic Factors	13
Physical Environment	6

## Emerging Issues

### Zika Preparations & Readiness

During the early summer of 2015, the Zika Virus became a growing Public Health concern in South American Countries. With international travel, it is anticipated that in 2016 cases of Zika, contracted in these countries will be reported in the United States. The Dare County Department of Health & Human Services plans to continue to monitor the Zika concern. The agency will continue to provide information to the public, work with our community partners and assure our local providers receive appropriate guidance from the state in diagnosis, treatment and testing.

For updated information on Zika virus please visit:

[darenc.com/zika](http://darenc.com/zika)

### Electronic Nicotine Delivery Systems

Electronic Nicotine Delivery Systems (ENDS), also known as e-cigarettes, have been increasing in popularity amongst all age groups including youth. ENDS are not currently regulated as a tobacco product, which means we have very little information about the ingredients of liquids. There is no information from manufacturers regarding the purity of the product or stability. Additionally, young children can come in contact with the product if it is not stored in a secure place, and liquid nicotine can also pose a risk if exposed to the skin.



NO SMOKING Including E-Cigs signage has been placed in all Dare County Buildings.

While, North Carolina law prohibits the sale of tobacco and vapor products to individuals under the age of 18 years old, the Dare County Board of Health & Human Services desired to see some additional measures taken to protect the health of the public. July 1, 2015 a new rule came into effect which extended the current legislation N.C. General Statute 130A-497, otherwise known as North Carolina's Smoke-Free Restaurants and Bars Law, to include ENDS products as well. Now all ENDS products are prohibited from use inside restaurants and bars.

## Morbidity & Mortality Data

### Morbidity Data

#### Decreases

Since 2013, a decrease in inpatient hospital utilization for cancer, heart disease, cerebrovascular disease, pneumonia & influenza, chronic obstructive pulmonary disease, and injuries & poisonings has occurred. Persons served by area mental health programs and NC State alcohol & drug treatment centers (chart on following page) also decreased since 2013. When compared to our peer county, Dare also had less admissions to mental health programs.

Inpatient Hospital Utilization & Charges by Principal Diagnosis (rates per 1,000)				
Diagnostic Category	2011	2012	2013	2014
Cancer	2.4	2.1	2.1	1.9
Diabetes	0.6	0.7	0.6	0.7
Heart Disease	4.3	4.7	3.9	2.6
Cerebrovascular Disease	1.1	1.1	1.1	0.7
Pneumonia/Influenza	1.9	2.4	2.1	1.6
Chronic Obstructive Pulmonary Disease	1.9	2.1	1.5	0.9
Chronic Liver Disease/Cirrhosis	0.2	0.1	0.1	0.1
Injuries & Poisonings	3.2	3.6	3.0	2.2

Inpatient Hospital Utilization and Charges by Principal Diagnosis, Dare County, North Carolina, 2011, 2012, 2013, 2014 <http://www.schs.state.nc.us/data/databook/>

Peer county comparators is a methodology we utilize through the CHA/SOTCH processes to see where our data falls when compared to a similar county.

Peer counties are determined based on population, poverty, individuals under 18 years of age and over 64, and population density.

Since the 2013 CHA process our peer county has been Davie County.

Persons Served by Area Mental Health Programs (2010-2014)					
Area	Number of Persons Served				
	2010	2011	2012	2013	2014
Dare County	1,406	1,401	908	1,327	940
Davie County	768	813	1,013	1,019	1,317
State of NC	332,796	360,180	315,284	306,080	316,863

North Carolina (LINC) Database, Topic Group Vital Statistics and Health (Data Item 519)

Persons Served in NC State Alcohol & Drug Treatment Centers (2010-2014)					
Area	Number of Persons Served				
	2010	2011	2012	2013	2014
Dare County	76	55	51	46	42
Davie County	9	3	1	2	3
State of NC	4,483	4,590	4,265	4,343	4,049

North Carolina (LINC) Database, Topic Group Vital Statistics and Health (Data Item 518)

#### Remains the Same

Chronic liver disease & cirrhosis hospital utilization remained the same since 2012.

#### Increases

Hospitalization for diabetes saw a slight increase when compared to 2013.

### Mortality Data

#### Steady Decreases

Since 2007, steady decreases were noted in death rates from heart disease, cancer, chronic lower respiratory disease, and septicemia.

#### Decreases

Since 2009, decreases in death rates were observed for pneumonia & influenza, unintentional motor vehicle injury, chronic liver disease & cirrhosis, and nephritis, nephrotic syndrome & nephrosis.

#### Steady Increases

Steady increases were noticed for deaths related to Alzheimer's disease, suicide, and unintentional non-motor vehicle injury.

Mortality Rates, Age-Adjusted, 2007-2014			
Cause of Death	Mortality Rate		
	2007-2011	2009-2013	2010-2014
Diseases of the Heart	182.4	181.0	174.0
Cancer	168.1	162.4	156.7
Pneumonia & Influenza	49.0	61.4	59.8
Chronic Lower Respiratory Disease	43.9	42.2	42.0
Cerebrovascular Diseases	29.2	25.3	28.2
Alzheimer's Disease	19.6	21.6	22.1
Suicide	12.6	16.1	16.8
Unintentional Non-Motor Vehicle Injury	35.6	37.6	39.0
Unintentional Motor Vehicle Injury	12.8	15.0	13.4
Chronic Liver Disease & Cirrhosis	10.7	13.3	13.1
Septicemia	13.9	13.0	10.8
Nephritis, Nephrotic Syndrome & Nephrosis	12.4	12.8	11.4
Diabetes Mellitus	10.4	n/a	n/a
Homicide	n/a	n/a	n/a
Acquired Immune Deficiency Syndrome	n/a	n/a	n/a
<b>Total Mortality Rate</b>	<b>730.9</b>	<b>749.6</b>	<b>729.1</b>

n/a indicates fewer than 20 cases; NC State Center for Health Statistics, County Health Data Book (2016), Mortality, 2010-2014 Race-Specific and Sex-Specific Age-Adjusted Death Rates by County <http://www.schs.state.nc.us/data/databook/>

## New Initiatives

### Increase in Prenatal Services

The Dare County Department of Health & Human Services began working towards increasing service availability to residents. In 2015, plans were established and approved to change prenatal services from only being provided one day a week, to five days a week. The schedule was set to begin implementation in early January 2016.

## Computer Access Points

Computers are now available at Sentara Albemarle - Kitty Hawk, The Outer Banks Hospital, the Employment Commission, and Dare County Libraries that allow residents access to apply online for services through the NCFASST system or Health Insurance Marketplace.

## Hatteras Island Telemedicine

A special project to increase access to healthcare for Hatteras Island residents is underway. A telemedicine unit has been set up in the Frisco Department of Health & Human Services office that will allow patients access to substance abuse and mental health specialists.

## Dare County StoryWalk

Through the generosity of the Dare County Library Foundation and the support of Dare County Children & Youth Partnership (CYP) a StoryWalk for children and families will be developed. To be located on the Manteo Wellness Trail beside the Dare County Center, this StoryWalk will place the pages of a popular story along the trail. In addition to the mounted pages, children and families will also find questions that can be asked to encourage conversation and enhance the story. A physical activity for the children to do while reading will also be listed to encourage fun, active engagement. Not only does StoryWalk help to encourage book sharing among families, but also CYP hopes to promote outdoor play and physical activity by putting the pages on a well-known wellness trail, and including a fun, physical activity for the children to do that relates to the story.



The Dare County Wellness Trail is the planned site for Dare County Storywalk.

## Education for 4H Afterschool Program

Interactive lessons on chronic disease prevention topics were provided to middle school participants of the 4H Afterschool Program through a partnership with Dare County Department of Health & Human Services. Information provided was on healthy eating, healthy drink choices, and the importance of physical activity. Approximately 15 students were reached at each lesson.

## Stanford-based Chronic Disease Self-Management Program

In March 2015, ten representatives of local community organizations were trained to co-lead these support groups. The first training was facilitated at the Dare County Center for 5 participants in September and October. Two additional workshops are planned for 2016. Increased activity is expected in 2016 including outreach and collaboration with other organizations who have trained educators in Diabetes and/or Chronic Disease Prevention and Self-Management.

## Diabetes Prevention Program

A Health Education Specialist from Dare County Department of Health & Human Services was trained in the CDC approved Diabetes Prevention Program facilitator training along with 3 community partners from the Community Care Clinic of Dare. Diabetes prevention presentations have been conducted at the Annual Chamber of Commerce Health Expo and at the Baum Center to begin recruiting participants. Five individuals have signed up to participate for a group anticipated to start in late February 2016.

## Dementia Friendly Hospital

Work began through a partnership with the Outer Banks Hospital and the HCOB Dementia & Alzheimer's taskforce to establish a Dementia Friendly Hospital in our community. One training was conducted in 2015.

## Access Point Kiosk

Trullium Health Resources placed a mental health and substance abuse kiosk in the Dare County Department of Health & Human Services' Public Health Division lobby. The placement of this kiosk is a pilot to allow

participants to take a confidential screening, search the provider network and learn about behavioral health issues. The kiosk also connects patients with real time assistance through a direct connection phone line.



Dare County was chosen as a site to pilot the Access Point Kiosk. Pictured above is the Ribbon Cutting Ceremony that was hosted in the Fall of 2015.

## Naloxone Training

Dare CASA sponsored trainings for local law enforcement to implement the use of Naloxone, a drug that reverses opiate overdoses, in the field. Nags Head Police Department, Kill Devil Hills Police Department, Duck Police Department, Dare County Sheriff's Office and Outer Banks Hospital Police Department had a total of 74 staff members trained in the use of the product. Less than two weeks later, a life was saved utilizing the skills provided in this training.

## Rachel's Challenge

Dare County Schools will begin implementing the Rachel's Challenge program in their schools. The program provides a sustainable, evidence-based framework for positive climate and culture in our schools. Fully implemented, partner schools achieve statistically significant gains in community engagement, faculty/student relationships, leadership potential, and school climate; along with reductions in bullying, alcohol, tobacco and other drug use.

## Conclusion

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This State of the County Health Report not only illustrates the work of our community to address our health priorities, it also highlights where we have seen improvements.

### The Good News

Since 2013, we have seen a decrease in inpatient hospital utilization due to chronic diseases, such as cancer, heart disease, cerebrovascular disease and chronic obstructive pulmonary disease.

Death rates have decreased since 2007 for chronic disease such as heart disease, cancer and chronic lower respiratory disease. Additionally, death rates have decreased for chronic liver disease and cirrhosis since 2009.

### Data Influences

Our updated data indicates that we are on the right track with our chosen health priorities, and shows that no priority changes or shifts are needed. New data, such as the Health Rankings, and Morbidity and Mortality information, show that we should continue in our journey towards optimal health outcomes for all who live, work, and play in Dare County.

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