

State of the County Health Report

2015

The 2015 Harnett County State of the County Health Report focuses on the health factors for Harnett County communities. This report provides a look at what has been affecting the health of the community in order to move forward and make healthy effective and safe changes for all.

This report provides a snapshot of how Harnett County compares with the state across a variety of health objectives.

In addition, this report focuses on progress made for various health indicators, a review of mortality and morbidity data, a review of health concerns selected as priorities and other changes that affect health concerns.

For more information about the State of the County Health Report contact Harnett County Health Department at 910-893-7550 or log onto the Health Department's website located at www.harnett.org/health.



2017 Community Health Assessment: The Harnett County Department of Public Health began discussions aimed at developing a shared Community Health Assessment with several community partners. A community health assessment gives organizations comprehensive information about the community's current health status, needs, and issues. A community health assessment (sometimes called a CHA), identifies key health needs and issues through systematic, comprehensive data collection and analysis.

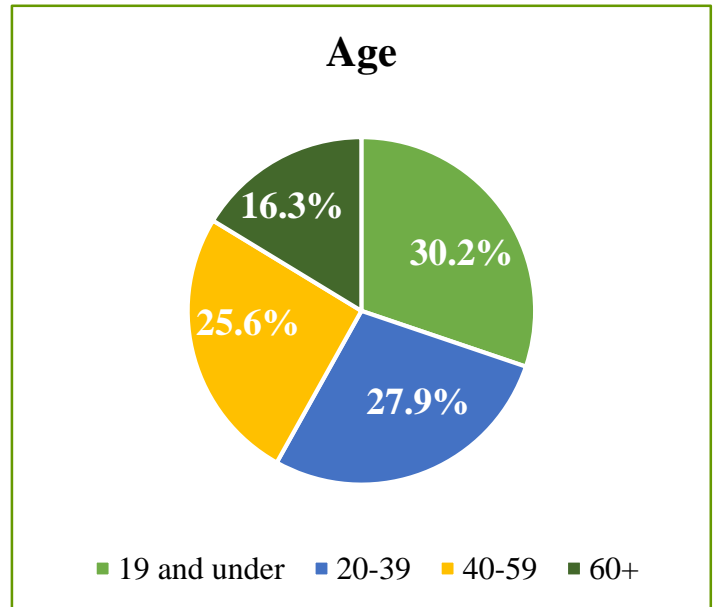
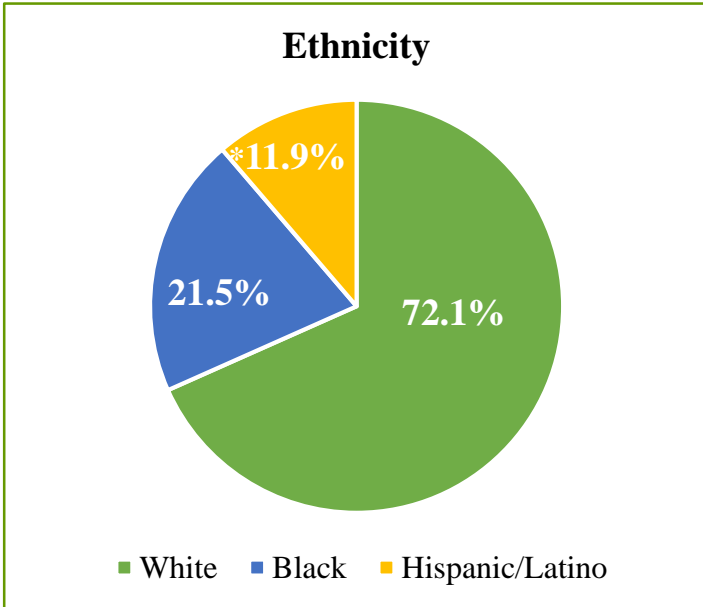
The Harnett County (CHA) team, work group was formed which included representatives from the Harnett County Department of Public Health, Harnett Health System-Hospital, Campbell University College of Pharmacy & Health Sciences Department of Public Health, and Healthy Harnett, the Healthy Carolinians partnership for Harnett County.

The Campbell University College of Pharmacy & Health Sciences Department of Public Health will synthesize and analyze all Harnett County-specific primary and secondary data. In addition, the Campbell University College of Pharmacy & Health Sciences Department of Public Health will conduct focus groups throughout the county. The CHA is used to identify priority health issues and to plan interventions to build healthier communities. Harnett County's 2017 CHA will be completed by March 2017, for more information contact the Health Department at 910-893-7550 or log onto the Health Department's web site www.harnett.org/health

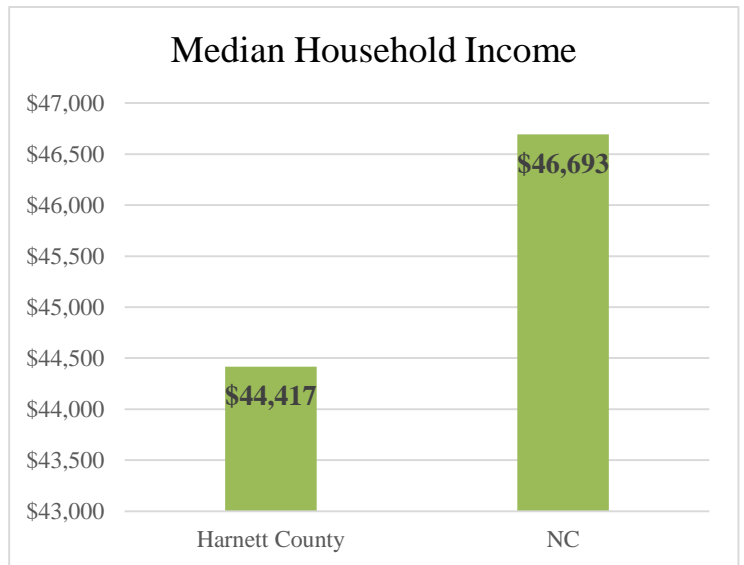
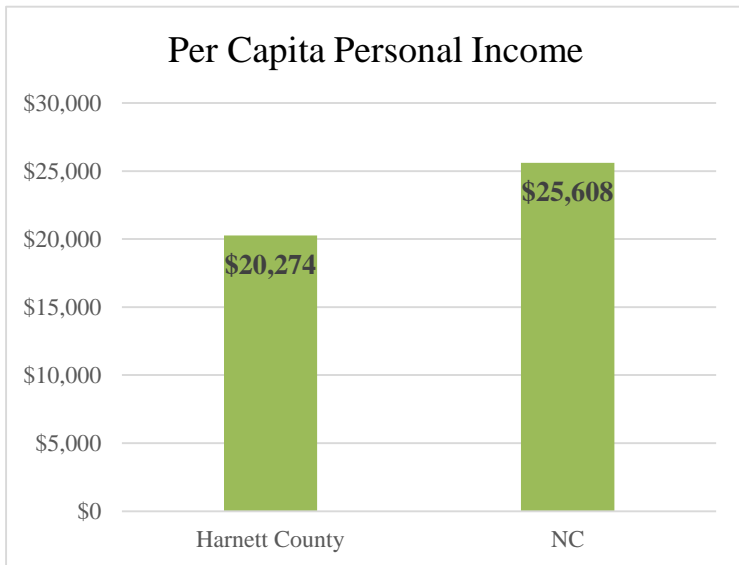
Harnett County Demographics

Harnett County has an estimated population of Veterans, 2010-2014

126,666
11,315



*Hispanic/Latino may be of any race



Poverty Rate: The overall county poverty rate is

20.5%

Insurance: Persons without health insurance, (Under age 65 years, percent)

18.8%

Leading Causes of Death

Leading Causes of Death 2010-2014

1. Cancer
2. Diseases of the Heart
3. Chronic Lower Respiratory Diseases
4. Cerebrovascular Disease
5. Unintentional Injuries
6. Diabetes
7. Unintentional Motor Vehicle Injuries
8. Alzheimer's Disease
9. Nephritis, Nephrotic Syndrome, and Nephrosis
10. Septicemia

Cancer: Cancer can start any place in the body. It starts when cells grow out of control and crowd out normal cells. This makes it hard for the body to work the way it should. Cancer all sites was the leading cause of death in Harnett County in the five-year aggregate period from 2010-2014, resulting in **985** deaths for a total mortality rate of 182.3 *per 100,000*.

The North Carolina cancer mortality rate is 171.8 per 100,000. Among site-specific cancers, breast cancer had the highest incidence rate followed by prostate, lung, and colon cancer.

Breast Cancer Incidence: For the aggregate period of 2008-2012 breast cancer was the most commonly diagnosed site-specific cancer in Harnett County with **436** new cases diagnosed during that period for an incidence rate of 149.5 per 100,000. Regular mammograms can lower the risk of dying from breast cancer according to the Centers for Disease Control and Prevention. **Progress:** Harnett County Health Department in partnership with Rex Mobile Mammography has provided access to mammography screenings for over **1,814** women year to date. In 2015, approximately **231** women received a screening mammogram, **47%** were uninsured.

The Health Department implements various initiatives within the community to raise awareness about breast cancer including Pink Sunday and the Pink Ribbon breakfast educational sessions. Pink Sunday raises awareness of breast cancer through collaboration with faith communities. In 2015, **14** churches participated in this outreach program. Churches were provided with breast health information packets to distribute to the women in their congregation.

The Pink Ribbon breakfast takes place annually during the month of October, approximately 100 women attend this event each year.



Participants at Pink Ribbon Breakfast

Leading Causes of Death



Participants at Go Red Lunch & Learn

Heart Disease: The most common type of heart disease in the United States is coronary artery disease, which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Heart disease was the 2nd leading cause of death in Harnett County for the five-year period 2010-2014. In Harnett County, **964** people died from heart disease for an overall mortality rate of 194.4 per 100,000. This rate is higher than the NC rate which is 165.9 per 100,000. **Progress:** Efforts have included the annual “Go Red Lunch and Learn” educational session during the month of February. Cardiologists provided an informative session on heart disease. In 2014 and 2015, approximately **121** residents attended the sessions. The sessions were made possible through a partnership with the Health Department and Harnett Health.

Cerebrovascular disease, was the fourth leading cause of death in Harnett County for the five-year aggregate period 2010-2014. A total of **233** people died of cerebrovascular disease for an overall mortality rate of 48.4 *per 100,000*. The NC rate is 43.0 *per 100,000*. **Progress:** A total of **15** predominantly African American churches participated in faith community health campaigns which included Go Red Sunday, a heart health awareness initiative and Power Sunday, a stroke awareness initiative. African American Churches were selected due to the higher mortality rate from heart disease and stroke in this population. The mortality rate for cerebrovascular disease for African Americans is **55.8** per 100,000 compared to **40.6** *per 100,000* for Whites.



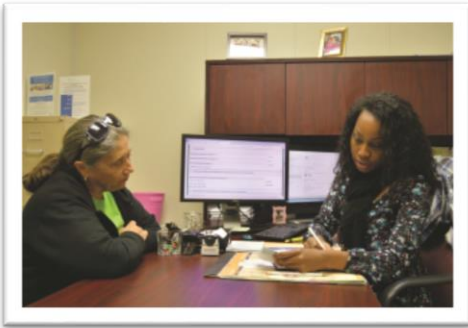
*Living Well with Diabetes program
November 2015*

Diabetes, was the sixth leading cause of death in Harnett County for the five-year aggregate period 2010-2014. During this period **133** people died from this disease. Diabetes is a serious disease that affects almost every part of the body and can shorten your life. **Progress:** The Health Department hosted a “Living Well with Diabetes” lunch and learn, in November 2015 in Lillington. An informative presentation was provided by Dr. Nicholas Pennings, Campbell University Assistant Professor of Family Medicine and Board Certified in Family Medicine and Obesity Medicine and a member of the Harnett County Board of Health. Forty-four (44) community members attended the session.

New Initiative: Diabetes Self-Management program-The Health Department and the Division on Aging staff were trained in the evidence-based Diabetes Self-Management Program developed by Stanford Patient Education Research Center. The Diabetes Self-Management workshop is given 2½ hours once a week for six weeks in community settings such as churches, community centers, libraries and hospitals. For more information call Health Department at 910-893-7550 or 910-814-6196.

Medicare Open Enrollment

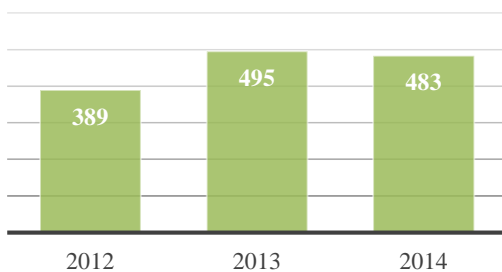
Every year Medicare beneficiaries have a chance to change their Prescription Drug coverage during the Medicare Open Enrollment Period from October 15th through December 7th. This year the Harnett County Division on Aging served **799** beneficiaries providing a total savings of **\$699,093.12**.



The Division on Aging offered night and weekend clinics and traveled to areas throughout the county to assist recipients. The Division on Aging utilized SHIP volunteers, RSVP volunteers and Campbell University Pharmacy students trained through the Department of Insurance. Through these collaborative efforts Harnett County seniors were able to make an informed decision about their prescription drug coverage. For more information contact the Division on Aging 910-893-7578.

Morbidity Data: Communicable Disease

Chlamydia Cases



Chlamydia is a common sexually transmitted infection (STI) that can infect both men and women. Chlamydia is the most frequently reported infection in the United States. In Harnett County, there were **483** newly diagnosed cases of Chlamydia in 2014. Chlamydia and Gonorrhea are both common sexually transmitted infections that can infect men and women.

Gonorrhea is the second most commonly reported bacterial sexually transmitted infection in the United States, according to the CDC. In 2014, there were **105** cases reported in Harnett County, this was lower, than the number of cases reported from 2013 with **124** reported cases, the number of reported cases for gonorrhea has been on the decline.

Public Health staff continue to provide disease surveillance, investigation, and educate on disease prevention measures. The Health Department provides access to free clinics for sexually transmitted infections for more information contact the Health Department at 910-893-7550 or log onto the Health Department's web site www.harnett.org/health

Infant Mortality

Infant Mortality

Deaths (per 1,000 live births)

	2014	2013	2012	2010-2014
NC	7.1	7.0	7.4	7.1
Harnett	11.1	7.5	9.0	8.4

Infant mortality is the death of a baby before its first birthday. According to the 2014 infant mortality report, in Harnett the total number of births has been increasing since 2010. The annual number of births in 2014 was **1,985** an increase of **129** more from 2013.

Live birth by race and ethnicity for 2014, Whites

accounted for the largest group with **1,195** births, followed by African Americans with **410** births, Hispanic with **310** births and **70** listed as Other. Harnett's infant mortality rate for 2014 increased to a rate of **11.1 per 1,000 live births** which in comparison with the State's rate of **7.1 per 1,000 live births**. Areas of concern include the number of plural births that occurred, the women who do not receive prenatal care, and the number of women using tobacco during pregnancy. The Health Department provides a prenatal clinic for more information or to make an appointment 910-893-7550.

New Initiatives

Healthy People, Healthy Carolinas: Harnett County Health Department along with Healthy Harnett and Harnett Health worked together to submit a collaborative grant application to The Duke Endowment in July 2015, to support the implementation of a Diabetes program in Harnett County.



A Matter of Balance: Managing Concerns about Falls: Each year, one in every three adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries. Many falls can be prevented. Health Department staff have been trained to provide the evidence-based A Matter of Balance: Managing Concerns about Falls Program. It is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Classes will be offered in partnership with Harnett County Division on Aging. For more information call Harnett County Health Department at 910-893-7550 or 910-814-6196.

Open-access appointment-scheduling: The Health Department implemented Open-access appointment-scheduling (also known as same-day access/appointments) in February 2015. The aim of this concept is to provide patients, if they wish, an appointment with the provider on the day that they call. Open Access allows the Department to provide clinical services more efficiently. The open-access appointment-scheduling system should result in improved patient access to health care in a timely manner. For more information call the Health Department at 910-893-7550.

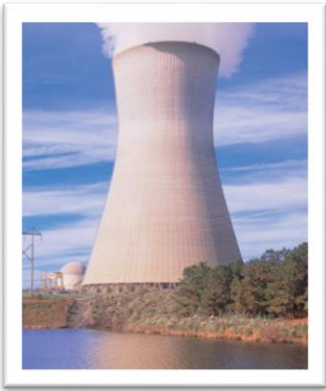


The Campbell Community Care Clinic is a free clinic for uninsured patients run and staffed by over 150 Campbell medical, pharmacy and physician assistant students and faculty volunteers. The clinic is among the few osteopathic and inter-professional student-run free clinics in the country. Campbell University Free Clinic: In April 2015, the Campbell University Community Care Clinic announced it was open and ready to see uninsured patients. The clinic is open on Tuesday evenings 5pm to 8pm and is located at the Campbell University Health Center 129 TT Lanier Street Buies Creek, NC 27506 on Campbell University's main campus.

Bright Idea-Fire Safety Program: In 2015, the Health Department with grant funding, partnered with Fire Chief's Association, the Fire Marshall's Office and the Child Fatality Prevention Team to purchase and install, combination smoke/carbon monoxide detectors for seniors (age 60 and older) and program participants for the Women, Infants and Children (WIC) participants who do not have these devices in the homes. Officials worked together and were committed to preventing injury by supporting solutions that will save lives. For more information about this program contact the Health Department at 910-893-7550.

Public Health Preparedness

Harnett County Public Health Officials, and local emergency response partners tested their ability to respond to a large scale public health emergency. The exercises allowed practice, and provided an opportunity to assess and improve emergency response plans for Public health employees.



Harnett County Public Health Officials provided Potassium Iodide (KI): Health Department staff were on site, Saturday, October 17, 2015 from 9:00am until 12:00pm at the North West Harnett Fire Department in Fuquay-Varina to distribute potassium iodide (KI) tablets to Harnett County residents located within the 10-mile Emergency Planning Zone (EPZ) of the Harris Nuclear Power Plant. KI pills are also available at the Health Department during regular business hours. For more information please call the Health Department at 910-893-7550.

Harris Nuclear Drill: HCHD staff and Emergency Management along with other community partners participated in a series of trainings and exercises. In June 2015, a Public Information Officer (PIO) Training was held, in July a Tabletop Exercise, and in September a Practice Drill was conducted in preparation for the October 27, 2015

FEMA graded exercise.

Strategic National Stockpile Exercise



SNS Exercise July 2015

Preparing adequately for public health emergencies requires continual and coordinated efforts that involve every level of government, the private sector, non-governmental organizations, and individuals. The Health Department, along with many other community partners, conducted a Strategic National Stockpile (SNS) Full Scale Exercise on July 22, 2015 at Harnett Central High School located at 2911 Harnett Central Road in Angier.

Organizations tested local response capacity for mass dispensing of vaccines. The participating organizations included the Health Department, Emergency Services, Sheriff's Office, Fire Marshall's Office, Harnett Central High School, Central Harnett Hospital and Betsy Johnson Hospital. Campbell University provided student volunteers to act as patients. For more information contact the Health Department, Tina Blackmon, and Preparedness Coordinator at 910-814-6263 or 910-893-7550.



Radon is a naturally occurring, radioactive gas that is invisible, odorless and tasteless. Radon is released from the ground into outdoor air, but it can accumulate and reach harmful levels when trapped in homes and other buildings. The **Environmental Health Division** participated in the NC Radon Program, administered by the Department of Health and Human Services, which provided a limited number of radon test kit were made available at no cost to county residents. Radon is the leading cause of lung cancer in the U.S. among non-smokers and, for no cost, residents can test their homes and protect themselves and their loved ones. For more information or to receive a free radon test kit contact the Health Department through the Environmental Health Division at 910-893-7547.

Healthy Harnett



Healthy Harnett is a group of several organizations whose goal is identify the health care needs of all Harnett County residents and to meet those needs through coordinated efforts and services. Priority areas were established based on the 2013 Community Health Assessment. The priority areas selected included the following: **Chronic disease, HIV Prevention, and Substance Abuse.** Community Action Plans have been developed to address these priority areas.

Priority Areas 2014-2017

Chronic Disease

Substance Abuse

**HIV/Prevention
(SISTA Project)**

Chronic Disease: Chronic diseases and conditions such as heart disease, stroke, cancer, diabetes, obesity, and arthritis are among the most common, costly, and preventable of all health problems. Half of all American adults have at least one chronic condition, and almost one of three have multiple chronic conditions. Chronic diseases are responsible for 7 of 10 deaths each year according to the Centers for Disease Control and Prevention.

Progress: The Health Department provided various programs related to chronic disease prevention. Educational programs were provided including “Eat Smart, Move More, Weight Less (ESMMWL)” which is an evidence based 15 week weight management program. The Maintain Don’t Gain Holiday Challenge is a 6 week program that encourages participants to avoid holiday weight gain. In 2015, five (5) participants completed the ESMMWL class losing a total of 31 pounds. In 2015, a total of **47** people participated in the Holiday Challenge, **85%** of the participants maintained their weight. For more information contact Harnett County Health Department at 910-893-7550 or 910-814-6196.



Substance Abuse: The Project Lazarus program is a grant funded initiative designed to prevent accidental drug overdoses. Outreach efforts have included a media campaign including radio, newspaper, web, and a series of billboards targeting prescription drug overdose. Sergeant Aaron Meredith with Harnett County Sheriff’s Department presented to the Board of Health on January 15, 2015 about the drop box at the Sheriff’s Office. The box was provided through Project Lazarus. The drop box, provides a safe way to dispose of medications.

Progress: Since October 2015 approximately **19,800** pills have been collected in the drop box. People can use the drop box Monday through Friday 8:00am – 5:00pm, at the Harnett County Sheriff’s Office in the front lobby, located at 175 Bain Street in Lillington. Throughout the county approximately six sites provide drop boxes to dispose of medications properly. For more information please contact the Harnett County Health Department at 910-893-7550 or log onto the Health Department’s web site www.harnett.org/health to view a list of medication disposal sites.

HIV Disease cases (Rate per 100,000)	2014	2013	2012
Harnett	8.7	8.0	7.4
North Carolina	13.6	13.5	13.0

HIV/Prevention (SISTA Project): The SISTA (Sisters Informing Sisters on Topics about AIDS) project which is an evidence based intervention through the Centers for Disease Control and Prevention (CDC), aimed at reducing HIV sexual risk behavior among African American women. The SISTA project trains and empowers women with knowledge and skills to help prevent HIV infections by recognizing their risks and the importance of HIV testing. **Progress:** Year to Date: **201** women and men were screened for HIV and syphilis at eight SISTA sponsored community testing events in 2014-2015. Approximately 85% self-identified as African American. This program is conducted by the Health Department with grant funding from the N.C. HIV/STD Prevention and Care Branch.



Community Day in the Park at the CB Codrington Park in Dunn, NC

The Health Education Division in partnership with the SISTA Advisory Board, the A.M.E. Zion Dunn-Lillington District churches and Calvary Christian Academy sponsored “Community Day in the Park,” held on August 15, 2015 in Dunn. The Community Day event provided the community access to free HIV testing, exhibitors and resources which included back-to-school supplies donated by the A.M.E. Zion Dunn-Lillington District churches, Calvary Christian Academy and Buies Creek Pearls of Purpose. Cape Fear Regional Bureau for Community Action provided free screenings. Approximately **330** attended this event. For more information contact Heather Carter 910-814-6195.

Alzheimer’s disease Initiative: The Harnett County Division on Aging offers a Family Caregiver Support Program.

The Family Caregiver Support Program (FCSP) provides assistance to individuals caring for their loved ones. The FCSP offers caregiver trainings, support groups, resource information, respite care, and supplemental services. Sherrie Byrd, RN, BSN provided training to better equip caregivers to deal with their loved ones enduring dementia and Alzheimer’s disease.

Twenty-eight caregivers participated in this interactive presentation that demonstrated how to utilize non-verbal communication techniques.



For more information contact the Harnett County Division on Aging 910-893-7578.

Emerging Issues



ZIKA Virus: The Zika virus is spread to people through mosquito bites. Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito. It can also be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth. Officials do not know how often Zika is transmitted from mother to baby during pregnancy or around the time of birth. The North Carolina Department of Health and Human Services announced the first case of Zika virus infection in a North Carolina resident in February 2016. The case was confirmed in an adult person who has recently traveled to a country with ongoing Zika virus transmission. For more information log onto the Health Department's web site www.harnett.org/health or cdc.gov.



Avian (H5N2) Influenza A: Influenza A viruses are carried by wild aquatic birds. Human cases have occurred rarely. Usually when in contact with infected birds and/or bird's secretions/excretions. H5 and H7 avian influenza viruses considered higher risk for human infection. Identification of the first positive bird the North Carolina Department of Agricultural will notify State Health Department. State will notify the local health department in which the positive bird is located. Local health Department roles will be 1) Investigation 2) Monitoring and management of exposed person and 3) Communication. For more information contact the Harnett County Health Department at 910-893-7550.



Tobacco Use and Electronic Nicotine Delivery Systems (ENDS) Electronic cigarettes, or e-cigarettes, are an emerging challenge for public health. These devices are part of a growing landscape of electronic nicotine delivery systems (ENDS) that includes many different types of products, such as vape pens and e-hookahs. The potential long-term benefits and risks associated with e-cigarette use are not currently known. What is known is that nicotine exposure at a young age may cause lasting harm to brain development, promote nicotine addiction, and lead to sustained tobacco use – making any use of these products among U.S. youth a major concern. Electronic cigarette use has increased 352% between 2011 and 2013, from 1.7 percent to 7.7 percent according to the 2013 NC Youth Tobacco Survey.



For more information about the programs and services listed in the 2015 State of the County Health Report, contact Harnett County Health Department at 910-893-7550. Additional copies of this report are available on the Health Department's website at www.harnett.org/health.

Data sources: *NC State Center of Health Statistics-2016 County Health Data Book, US Census Bureau-Quick Facts, Centers for Disease Control and Prevention (CDC) NC Department of Commerce, 2014 NC HIV/STD Surveillance Report.*