



WILSON COUNTY SOTCH REPORT 2012

BACKGROUND

The 2012 State of The County Health Report is a review of community health priorities that were established during the last Community Health Assessment (CHA) in 2011. This report provides an overview of health trends among county residents. Demographics, leading causes of deaths and three concerns as a result of the 2011 Community Health Assessment in Wilson County will be included. It will also identify new programs, and emerging issues that affect the citizens of Wilson County.

The North Carolina Division of Public Health requires local health departments to conduct a comprehensive community health assessment every four years. During the three year interim years, local health departments are responsible for issuing an annual report known as the State of The County Health Report (SOTCH). Visit www.wilson-co.com for the report.

The three most important health concerns indicated in the 2011 CHA issue were: Drug/ Substance Abuse, Diabetes and Cancer.

DEMOGRAPHICS (Source: Commerce Economic Development)

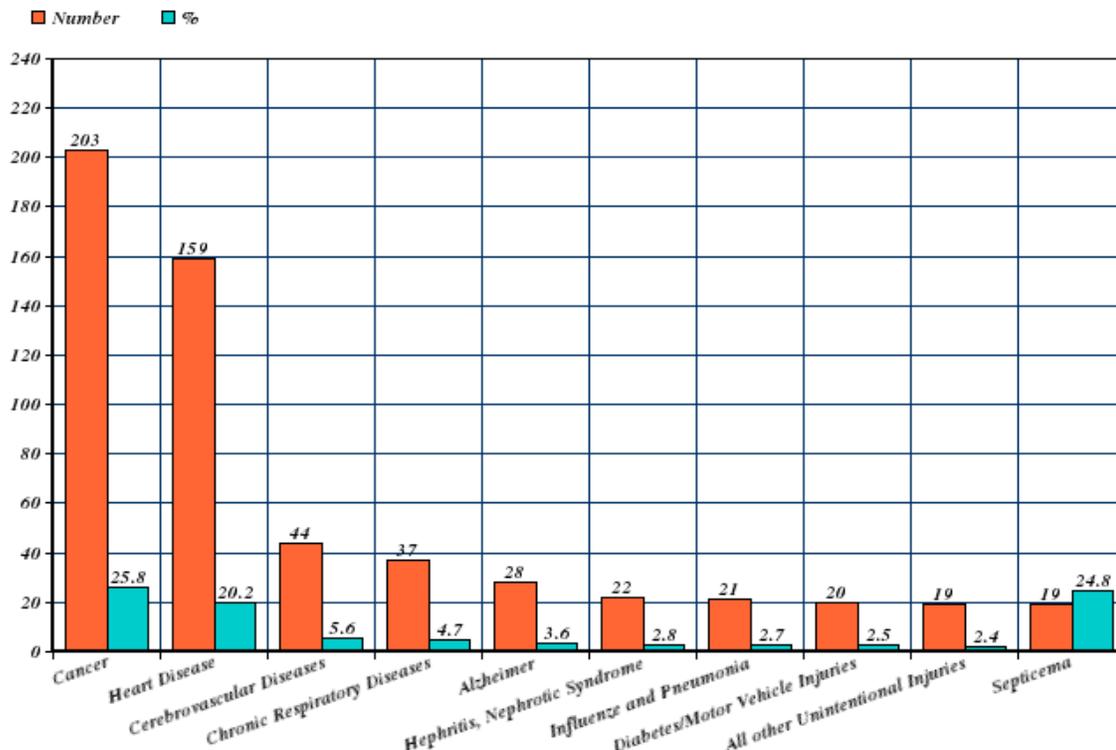
Population	84,791
White	52.0%
Black	39.0%
American Indian	0.3%
Asian	0.8%
Hispanics	9.5%
Two or more races	1.6%
Median Household Income	\$37,212
% of Persons living below poverty	21.0%
Unemployment Rate	12.7%

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Leading Causes of Death 2010

Leading Causes of Death 2010



Source: NC State Center for Health Statistics

In 2010, the top three leading causes of death in Wilson County were Cancer, Heart Disease and Cerebrovascular Diseases. Over the past five years Cancer and Heart Disease have been the leading causes of death in Wilson County.

Cancer and Heart Disease make up the majority of all deaths in Wilson County. In 2009, 203 people died with cancer and 159 died with heart disease.

Cancer is a group of more than 100 different diseases, and all are characterized by uncontrolled growth and spread of abnormal cells. Cancer risk increases with age, and varies by gender and race. Early detection and effective treatment save lives. (Source - Cancer Profiles)

Heart Disease includes coronary heart disease, heart failure, and other types of heart disease. Heart Disease is a major cause of premature and years of life lost. One in five heart disease deaths in North Carolina occurs before age 64. The major contributor to chronic disease such as heart disease and cancer is the lifestyle that individual leads.

It is important to recognize the signs of a heart attack and to act immediately by calling 911. A person's chances of surviving a heart attack are increased if emergency treatment is given to the victim as soon as possible. (Source - CDC)

Diabetes

Major Goal: Decrease the percentage of adults and children with diabetes in Wilson County.

Diabetes Self-Management Program

This program began in 2011 at Wilson County Health Department and became certified by the American Diabetes Association in October, 2011. Since the program began there have been thirty-eight patients referred by their health care provider. One goal of the program is to show a decrease in the patients A1c results and lower the A1c results to 7 or below. This physician referral program teaches people with diabetes about the importance of managing their diabetes with medications, diet, exercise and stress management techniques. Diabetes is the eighth leading cause of deaths in 2010 with twenty deaths.

Faith Temple United Holy Church Diabetes Program

This is a grass root organization providing diabetes education to church members. Faith Temple has a Temple Time Ministry that meets every Wednesday from 6:00 pm until 7:00 pm. On the third Wednesday Faith Temple United Holy Church has a “Diabetes Support Group” component to educate individuals living with diabetes. This meeting is consistently supported by diabetics and individuals who have family members with diabetes. Information is shared among members and host outside “diabetes experts” to provide valuable information. Membership has not decreased and is expected to increase. This group started in 2011.

Diabetes Support Group



Wilson County Diabetes Support Group meets the second Monday of every month from 6:00 pm—7:30 pm. The support group is open to any family member who has diabetes. Some of the topics for discussions are healthy food shopping, eye care for diabetes, nutritional supplements and products, skin care for diabetes, understanding your medications, holiday cooking for diabetes, and blood sugar monitoring. Support is sponsored by Wilson Medical Center, Wilson Community Health Center, and Wilson County Health Department. All meetings are held at Wilson Medical Center. Call Martha Gurley for more information @ 252-399-8673.



Diabetes Stock Photos

Drug/Substance Abuse

Major Goals:

To decrease the percentage of high school students that use illegal /prescription drugs and marijuana.

To decrease percentage of high school students that have 5 or more drinks within the past 30 days by 15%.

Wilson County Substance Abuse Coalition

Wilson County Substance Coalition is an organization whose purpose is reducing substance abuse among youth and, over time, among adults by addressing the factor in the community that increases the risk of substance abuse and promoting the factor that minimize the risk of substance abuse. Substance abuse includes tobacco, alcohol, and any other illegal mood altering substance. Some of their initiatives have been Talk it Up, Lock it Up, and Pill Drop Off Day. WCSAC has collected well over 1,000 pills in 2011. In May 2012, WCSAC sponsored a television personality and author to speak at Hunt High School. He spoke to the students about the negative consequences of underage drinking, drug use, and other harmful choices.

SMART Choices for Teens

SMART has a program called “R.O.Y.” Recover Our Youth. R.O.Y. target group consists of at risk youths from preventing or staying involved in drug abuse, juvenile court, teen pregnancy, etc. SMART received a grant from Kate B. Reynolds to fund a prevention program that will target low income individuals. The areas of interest are mental health, substance abuse, and other health issues.

Wilson County Health Department Real Care Parenting Program

Real Care Parenting program is a teen pregnancy prevention program . This class is taught at Darden Middle school.. Information is taught about early use of tobacco, drug and alcohol use during pregnancy and how it affects the baby. Both males and females are enrolled in this class as part of their health education class.



RealCare Babies



Outreach activities to increase the awareness of Substance and Drug Abuse throughout the community.

CANCER

Major Goal:

By 2015 reduce the deaths due to breast cancer by five (5) percent.

Wilson Medical Center provides free mammograms to uninsured patients during their “Mother’s Day” mammogram screenings. Wilson Medical Center will also screen cancer patients as needed by referrals. They also provide free series of two hour classes about breast cancer treatment, research and emotions. Patients are followed throughout their care at Wilson Medical Center. Breast cancer detected early enough for successful treatment to eliminate deaths from breast cancer.

Wilson County Health Department Breast and Cervical Cancer Control Program (BCCCP) also provides free mammogram using BCCCP funds to women with little or no income. They provides information about breast cancer, resources, health fairs in the community. Wilson County Health Department receives BCCCP funds from the State.

Faith Temple Church provides educational handouts on breast cancer to church members. Guest speakers are invited to speak about breast cancer and the importance of how to do monthly self breast exams.

EMERGING ISSUES

Wilson County Infant Mortality/Teen Pregnancy 2010

North Carolina's Infant mortality rate declined sharply in 2010, reaching the lowest level in the state history. The rate, seven deaths for every 1,000 live births, represented an 11.4 percent drop from the state's 2009 rate of 7.9 deaths.

Unfortunately, Wilson County's infant mortality rate in 2010 increased from 2009. In 2009 the infant mortality rate was **7.4 %** compared to the State rate of **7.9 %** per 1,000 live births. In 2010 the infant mortality rate was **8.7 %** compared to the State rate of **7.0 %** per 1,000 live births.

African American infant mortality rate in 2009 was **10.8 %** compared to the 2010 infant mortality rate of **11.5 %**. The rates among minority infants continues to be higher than white infants.

White infants mortality rate in 2009 was **4.8 %** compared to **7.6 %** in 2010. The rates for each race increased in 2010.

Wilson County ranked twelfth in the State for Teen Pregnancy in 2010. Sixty-three (63) percent of those were repeat pregnancies. However, African American teens between the ages of 15-19 continues to have the highest pregnancies among all races with 133 pregnancies., Whites 27, and Hispanics 29.

NEW INITIATIVES

- Grant funds from North Carolina Asthma for Coaches Asthma Clipboard Project, and Asthma Education Curriculum for Child Care Providers.
- Diabetes Self-Management Education State supported program.
- Grant funds from Appalachian State University for the "Parents Matter" parenting class..
- Wilson County Health Department became accredited in May, 2012.
- Grant funds for Community Transformation Project