

Sampson County Health Department

State of the County Health Report 2019



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Introduction

Sampson County Health Department and the Sampson County Partners for Healthy Carolinians Task Force are pleased to provide the 2019 State of the County Health Report (SOTCH) annual review for the top health concerns determined during the 2019 Community Health Needs Assessment (CHNA) and how Sampson County has taken action to address them. The 2019 SOTCH includes: a review of major morbidity and mortality data for the county; health concerns; progress made in the past year on the selected priorities; and other changes in Sampson County that affect health concerns. The report addresses new and emerging issues that affect the county's health status and ways community members can get involved with ongoing efforts.

For more information about the State of the County Health Report, contact Sampson County Health Department at (910) 592-1131 or log on to the health department's website at www.sampsonnc.com.

Sampson County Health Department (SCHD) was first established in 1911. Since 1911, the health department has continued to provide services that are essential to the public's health. Public health is a "quiet miracle" with a contribution to the quality of life that cannot be estimated. Public health is uniquely responsible for bringing the benefits of prevention to Sampson County citizens.

The Sampson County Partners for Healthy Carolinians Task Force (SCPFHC) is a non-profit organization that was established in 2000. The task force is a public-private partnership that represents public health, hospitals, health and human service agencies, civic groups, churches, schools, businesses, community members and leaders. For more information on the task force, visit www.scpfhc.org.



County Profile At-A-Glance

Demographics

Sampson County Demographic Estimates		
Sex	Estimate	Percent
Male	31,251	49.1%
Female	32,413	50.9%
Race	Estimate	Percent
White	40,472	63.6%
Black or African American	16,118	25.3%
American Indian or Alaska Native	1,184	1.9%
Asian	343	0.5%
Native Hawaiian or Other Pacific Islander	16	0%
Ethnicity	Estimate	Percent
Hispanic or Latino (any race)	12,013	18.9%
Non-Hispanic or Latino	51,651	81.1%
Total Population		63,664

Source: US Census Bureau, 2017

Economics

Sampson County Economic Characteristics		
Employment Status	Estimate	Percent
Unemployment Rate	(X)	9.5%
Income and Benefits	Estimate	Percent
Median Household Income	37,765	(X)
Median Family Income	46,384	(X)
Health Insurance Coverage	Estimate	Percent
With Health Insurance Coverage	52,004	82.5%
No Health Insurance Coverage	11,036	17.5%
Below Poverty Level	Estimate	Percent
All Families	(X)	17.8%
All People	(X)	24.3%
Under 18 years	(X)	35.9%

Technical Note: X = not applicable or not available.

Source: US Census Bureau, 2017

Leading Causes of Death

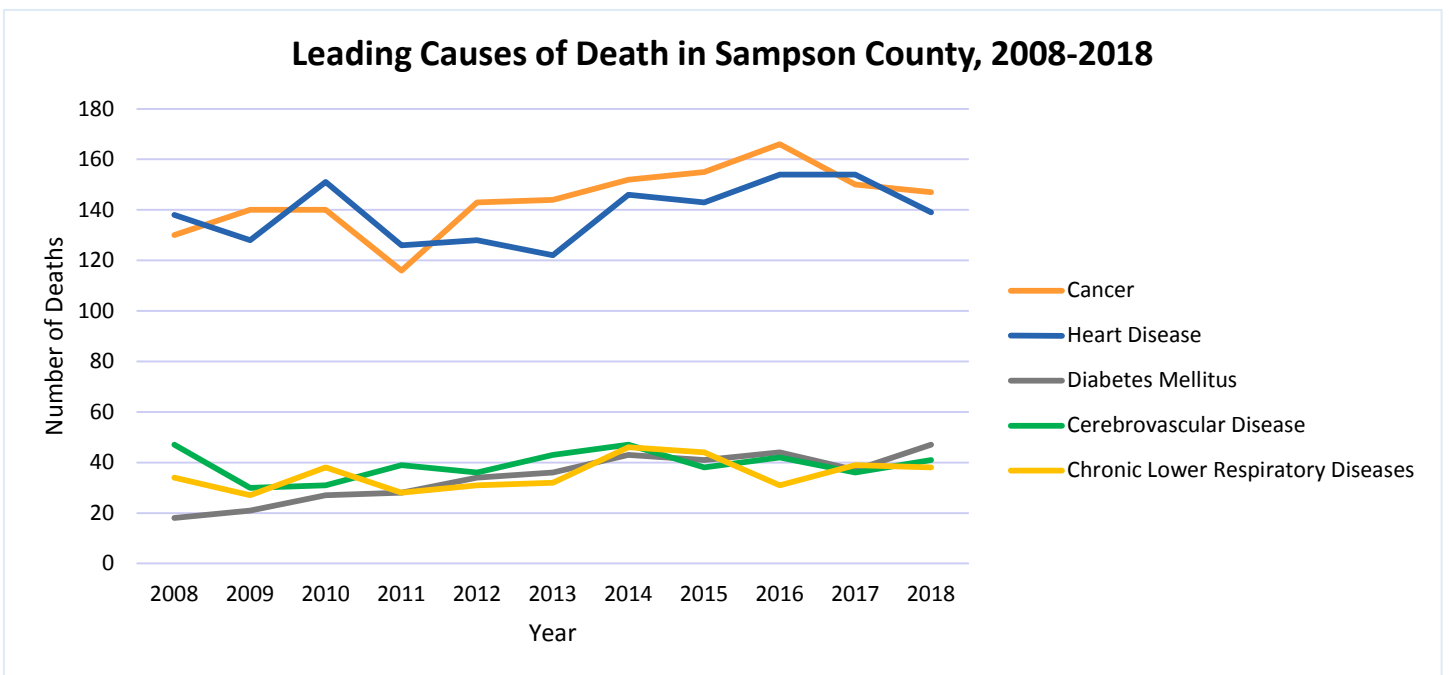
Source: NC State Center for Health Statistics

Sampson County, All Ages 2014-2018		
Rank	Cause of Death	Rate
1	Cancer	188.1
2	Heart Disease	183.5
3	Diabetes Mellitus	52.7
4	Cerebrovascular Diseases	51.4
5	Chronic Lower Respiratory	49.6
6	Other Unintentional Injuries	46.8
7	Alzheimer's Disease	26.9
8	Motor Vehicle Injuries	29.6
9	Nephritis, Nephrotic Syndrome, & Nephrosis	18.0
10	Pneumonia & Influenza	17.3

North Carolina, All Ages 2014-2018		
Rank	Cause of Death	Rate
1	Cancer	161.3
2	Heart Disease	158.0
3	Chronic Lower Respiratory	44.7
4	Cerebrovascular Diseases	43.0
5	Alzheimer's Disease	35.7
6	Other Unintentional Injuries	37.0
7	Diabetes Mellitus	23.7
8	Pneumonia & Influenza	17.4
9	Nephritis, Nephrotic Syndrome, & Nephrosis	16.4
10	Motor Vehicle Injuries	14.5

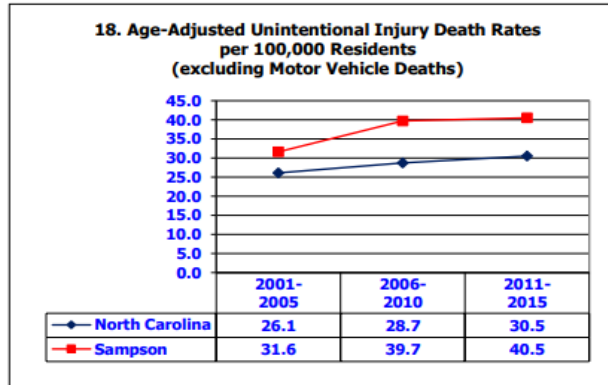
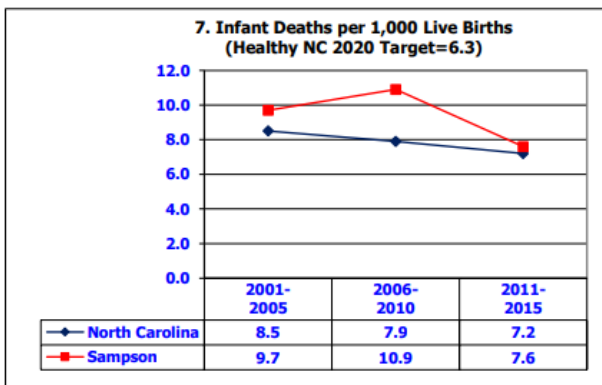
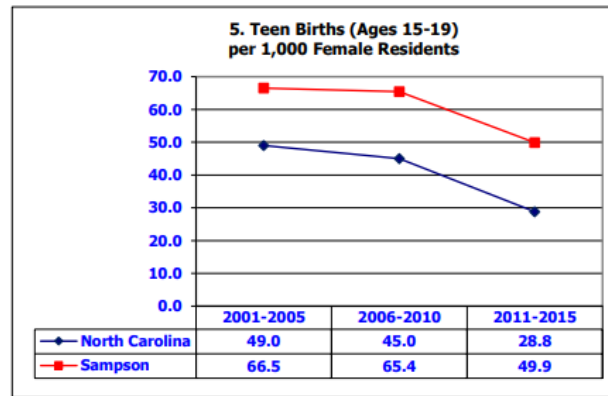
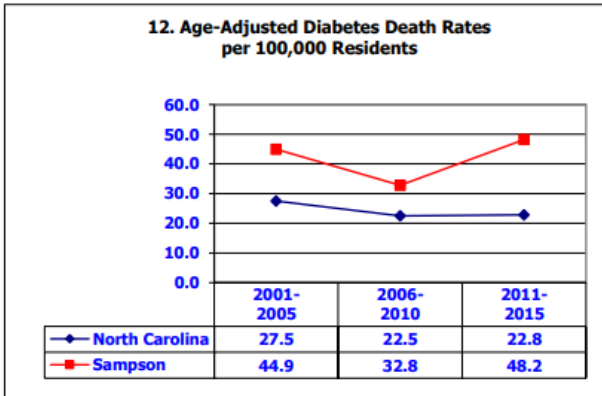
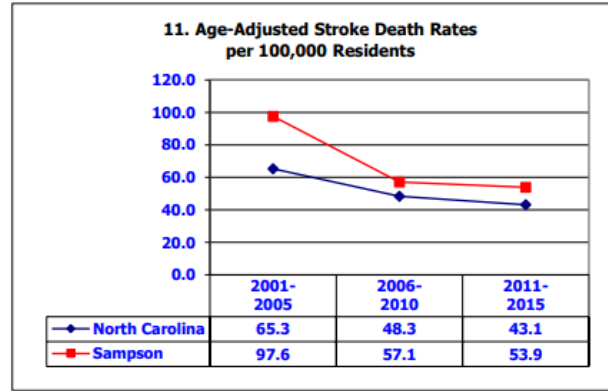
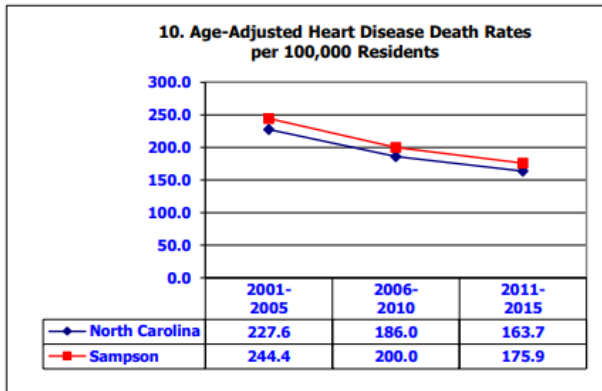
Of the 3,511 deaths that occurred in Sampson County during the five-year period 2014-2018, 48.9% were caused by cancer, heart disease and diabetes mellitus.

The chart below provides trend data for the years 2008-2018 on the leading causes of death in Sampson County.



Health Indicators

Trends in Key Health Indicators



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

Additionally, the death rates of teen birth, infant deaths, and unintentional injury (including poisoning) are higher when compared to the state.

Source: NC State Center for Health Statistics

Health Priorities

The Community Health Needs Assessment is a process of collecting and disseminating data to allow community members to gain an understanding of health, health concerns, and health care systems of the community. CHNA Team members identify, collect, analyze and disseminate information on community assets, resources, strengths and needs. As a result of the 2019 Community Health Needs Assessment (CHNA) data, members of the SCPFHC served as the CHNA Team and selected **Substance Abuse** and **Diabetes** as the top two health priorities.

Substance Abuse

Costs associated with abuse of tobacco, alcohol, and illicit drugs are extensive to our nation and Sampson County in terms of crime, lost work productivity, and health care (*National Institute on Drug Abuse*). With the increase of opioid-related overdose deaths, the opioid epidemic has impacted communities both nationally and locally. North Carolina and Sampson County are working to combat this epidemic and other substance use with prevention, treatment, and community support (*North Carolina Department of Health and Human Services*).

High Profile Chronic Diseases (Diabetes)

Six in ten adults in the United States have a chronic disease. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death in the U.S. and in Sampson County. Lifestyle risks for chronic disease include tobacco use, poor nutrition, lack of physical activity, and excessive alcohol use (*National Centers for Chronic Disease Prevention and Health Promotion*).

Substance Abuse

The tables below illustrate the following: (1) Sampson County's percentage of adult smoking is higher for Sampson County than for North Carolina while the percentages of excessive drinking, alcohol impaired driving deaths and number of drug overdose deaths is slightly lower in Sampson County than North Carolina; (2) the percentage of NC high school students that drank alcohol, smoke cigarettes, or used electronic vapor products decreased in 2017; and (3) Sampson County's number of medication/drug and heroin overdoses decreased from 2018 to 2019 while the number of opioid overdoses increased.

2019 Health Behaviors

	Sampson County	North Carolina
Adult Smoking	21%	18%
Excessive Drinking	14%	17%
Alcohol Impaired Driving Deaths	27%	30%
Drug Overdose Deaths (number)	17	19

Source: County Health Rankings & Roadmaps, 2019

NC Youth Risk Behavior Survey: High School Students

	2017	2015
Drank alcohol daily	26.5%	29.2%
Smoked cigarettes daily	1.6%	3.1%
Used electronic vapor products daily	3.0%	3.3%

Source: Centers for Disease Control & Prevention, High School Youth Risk Behavior Surveillance System (YRBSS)

Emergency Department Overdose Surveillance: Sampson County

	2019	2018	2017
Medication/Drug	191	203	198
Opioid	28	22	22
Heroin	13	16	13

Source: NC DETECT, 2019

Health Priority Progress in 2019: Substance Abuse

Healthy NC 2030 Health Indicator Result: Decrease Drug Overdose Deaths (per 100,000 population)

- Clinton Police Department (CPD), in conjunction with Safe Kids North Carolina, conducted an Operation Medicine Drop event at Clinton Drug Company on October 26th collecting 60 pounds of medication. CPD houses the only permanent drop box within the county. During November and December, 125 pounds of medication were collected and destroyed.
 - Eastpointe sponsored or assisted with the following activities:
 - Sampson Community College Job Fair providing educational information related to substance abuse, mental health and Sampson County Substance Abuse Coalition (SCSAC).
 - Latino Town Hall Meeting at Sunset Avenue School targeting middle and high school students and the Latino community. Provided information related to substance abuse, mental health, and SCSAC.
 - Sponsored an Opiates & Methamphetamine Exposure Training at Sampson Community College with 55 attendees.
 - Sponsored the Eastern NC Conference at Sampson Community College with break-out sessions on Substance Use/Opioids with 100 attendees.
 - Sampson County Substance Abuse Coalition (SCSAC) provided educational information regarding substance abuse and mental health to approximately 275 participants at the 32nd Annual Clinton Square Fair.
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Health Priority Progress in 2019: Substance Abuse

Healthy NC 2030 Health Indicator Result: Decrease Tobacco Use

- The Region 8 Tobacco Control Manager conducted or assisted with the following activities:
 - Sampson County Partners for Healthy Carolinians' meetings to provide tobacco and vaping related updates.
 - Provided tobacco and vaping educational materials to Coharie Tribal Center.
 - Met with Newton Grove Town Clerk regarding a Tobacco Free Policy.
 - Conducted a Red Ribbon Presentation at Sampson Middle School regarding the dangers of vaping to 36 parents and students.
 - Distributed Catch My Breath and tobacco-free materials to English as a Second Language (ESL) Parent Liaison for Clinton City Schools. Also met with staff to plan for a Train-the-Trainer in April 2020.
 - Latino Town Hall Meeting at Sunset Avenue School targeting middle and high school students and the Latino community. Provided information, CO testing and promotional materials to 80 youth and parents.
 - Conducted a Vaping Presentation for the Sampson County Health Advisory Committee with 18 attendees.
 - Attended the Great American Smoke-Out event at Sampson Community College and provided tobacco and vaping materials to 40 students.
 - Sampson County Health Department implemented a Truth Initiative® media and messaging campaign to prevent the use of all tobacco products by young people on Facebook during the month of October reaching 1,361 people. Of those reached, 804 (59%) were between the ages of 13 – 24.
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High Profile Chronic Diseases (Diabetes)

The tables below illustrate the following: (1) The percentages of health behaviors that are risk factors for chronic diseases such as diabetes are higher for Sampson County than for North Carolina; (2) the percentage of adults age 20+ diagnosed with diabetes has been higher for Sampson County than for North Carolina from 2015-2019; and (3) the age-adjusted death rate due to diabetes has increased in Sampson County and is higher than for North Carolina.

2019 Health Behaviors

	Sampson County	North Carolina
Adult Obesity	32%	30%
Physical Inactivity	29%	23%
Access to Exercise Opportunities	48%	73%

Source: County Health Rankings & Roadmaps, 2019

Percentage of Adults age 20+ with Diagnosed Diabetes

	2019	2018	2017	2016	2015
Sampson County	13%	15%	14%	14%	12%
North Carolina	9%	8%	8%	9%	8%

Source: County Rankings & Roadmaps, 2019

Age-Adjusted Death Rate due to Diabetes

(per 100,000 population)

	2014-2018	2012-2016
Sampson County	52.7	51.5
North Carolina	23.7	23.0

Source: NC State Center for Health Statistics

Health Priority Progress in 2019: High Profile Chronic Diseases (Diabetes)

Healthy NC 2030 Indicator Results: Increase Life Expectancy

- Sampson County Health Department's Diabetes Self-Management Education and Support (DSMES) Program is supported by DiabetesSmart, a statewide umbrella program, and is recognized by the American Diabetes Association (ADA) as a provider of DSMES services. The program focuses on self-management behaviors such as healthy eating, physical activity, and monitoring blood sugar and is designed to improved health outcomes and quality of life for people with diabetes. The program consists of an initial assessment, individual or group classes, and a three month follow-up assessment. From October – December, there were a total of 17 diabetics that participated in the program including 3 (17.6%) participants that completed the program. Of those that completed the program, two participants had a lower A1C and one participant had a lower Body Mass Index (BMI).
 - Journey to Health is a free 8-week class offered by Sampson Regional Medical Center (SRMC). The goal of the class is to change basic behaviors to create a healthier lifestyle. There were a total of 9 participants from October – December. Five of the nine (55%) participants lost weight with an average weight loss of 3.28 pounds. SRMC no longer measures blood pressure.
 - SRMC holds monthly meetings for Sugar Buddies, a diabetes support group. Programs include physician guest speakers, chair yoga instruction, annual foot checks and blood pressure checks done on a regular basis. Other topics include: counting carbs, knowing your medicines and your pharmacist, goal-setting, and food is medicine. There were a total of 28 participants from October – December.
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Initiatives / Issues

New Initiatives

- The Sampson County Breast and Cervical Cancer Control Program (BCCCP) Advisory Board will apply for the 2020 United Way of Sampson County funding application for cancer prevention and awareness.
- Sampson County's 6th Annual Teen Health Fair.

Emerging Issues

- Medicaid transformation.
- Opioid Epidemic.
- COVID-19 Pandemic.

Volunteers Are Welcome

You can help Sampson County Partners for Healthy Carolinians and Sampson County Health Department address these health concerns and issues in your community! Call 910-592-1131 or attend the next Healthy Carolinians meeting at The Center for Health + Wellness, 417 E. Johnson St., Clinton, NC at 1:30 pm every 3rd Tuesday of the month.

Dissemination of SOTCH Report

- Sampson County Health Advisory Committee
- Sampson County Board of Commissioners
- Sampson County Partners for Healthy Carolinians
- Sampson County Health Department

This report will also be available to the public at www.scpfhc.org, www.sampsonnc.com, and upon request at the Sampson County Health Department (910) 592-1131.
