

### Progress on CHIP

The Sampson County State of the County Health (SOTCH) report provides information for the health priorities identified in Sampson County's 2021 Community Health Assessment (CHA). The report serves as an update of action taken to address these priorities and highlights the ongoing need for Sampson County to collectively address social determinants of health through our Community Health Improvement Plans (CHIPS).

#### Obesity (through exercise & nutrition):

- **NC Cooperative Extension Health & Wellness Programs - Youth:** Sampson County Cooperative Extension teaches nutrition education and physical activity programming to youth through a variety of programs. These include nutrition and cooking presentations, food pantry work in the schools, and 4-H cooking camps. In 2023, the Family & Consumer Sciences (FCS) Agent participated in a total of 11 programs that reached 730 youth. Of those youth, 41% enhanced their knowledge of health, 44% increased their fruit and vegetable consumption, and 16% increased their physical activity level.
- **NC Cooperative Extension Health & Wellness Programs - Adults:** Sampson County Cooperative Extension teaches nutrition education, food safety, and physical activity programming to adults through a variety of programs. These include nutrition programs such as *Med Instead of Meds*, *Dining with Diabetes*, and *Cook Smart Eat Smart*; physical activity programs such as *Lifelong Improvements Through Fitness Together (LIFT)*; and nutrition and cooking presentations at the senior centers. In 2023, the FCS Agent hosted a total of 33 programs that reached 314 adults. Of those adults, 14% increased their consumption of fruits and vegetables and 4% increased their physical activity.
- **NC Cooperative Extension Healthy & Wellness Mass Media:** The Sampson County Cooperative Extension FCS Agent provides nutrition education via several different mass media sources. These include a cooking show with STAR Communications Productions called *At the Table*, weekly articles to three different local newspaper outlets, and a radio segment called *The Extension Minute* to two radio stations. In 2023, a total of 24 *At the Table* shows were filmed reaching an estimated 148,929 people via YouTube and STAR TV. An estimated 1,680,000 individuals were reached via newspaper articles to The Sampson Independent, The Sampson Weekly, and the Daily Record in Dunn. In 2023, WCKB and Oldies 1170 radio stations aired five (5) Extension Minute nutrition segments that reached an estimated 200,000 individuals in the Sampson County area.
- **Steps to Health:** Steps to Health is a North Carolina State University's Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Program. The program empowers youth, adults, and communities through evidence-based nutrition programs to promote healthy eating behaviors and food resource management strategies. The Sampson County Cooperative Extension FCS Agent reached two (2) schools in 2023 with Steps to Health (STH) programming. These included *Color Me Healthy* with LC Kerr Elementary Kindergarteners and *STH 2nd grade* programming at Midway Elementary. A total of 305 youth were served, with 7% increasing their fruit and vegetable intake and 3% increasing their physical activity.
- **Diabetes Self-Management Education and Support (DSMES):** DSMES focuses on self-care behaviors as a key step in improving health outcomes and quality of life for people with diabetes. In 2023, Sampson County Health Department conducted 44 individual and group classes to 46 participants.

### Substance Use:

- **Naloxone Kit Distribution:** Sampson County Health Department (SCHD) dispensed 86 Naloxone kits through the pharmacy and community events. Naloxone kits dispensed by SCHD contain a card with instructions to anonymously report use of the kit and location of the reversal. To date, no reversals have been reported.
- **Operation Medicine Drop:** Clinton Police Department (CPD) collected 590 pounds of expired and unwanted over-the-counter and prescription medications through their permanent drop box, community take-back events, and collections from local pharmacies such as Clinton Drug and Matthews Drug. To date, this is the largest amount of medication annually collected by CPD.
- **QuitlineNC:** Sampson County Health Department (SCHD) enrolled in the QuitlineNC eReferral Portal, the new online method to submit tobacco cessation referrals. In 2023, SCHD made 12 referrals using the online portal.

### Teen Pregnancy:

- **Reducing the Risk:** During the 2022-2023 school year, the Reducing the Risk curriculum was taught to ninth grade classes at three local high schools: Hobpton, Lakewood, and Union. A total of 362 students completed the program offered by Academic Abundance, Inc., the non-profit that provides target instruction in teen pregnancy prevention and adolescent decision making skills.
- **FLASH and 3Rs Curriculums:** When the new grant cycle was opened beginning with the 2023-2024 school year, changes to the Reducing the Risk curriculum were identified. Academic Abundance, Inc. was given information on the FLASH and 3Rs curriculums. While the non-profit did not have to identify a curriculum choice for the grant application, they did have to agree to go through a process during the first year of the grant for a new curriculum selection. The Reducing the Risk curriculum has been in place for over 12 years and the new curriculum choices are more current and reflective of the nature of students and communities being served, as well as being more aligned with the new standards for the Health and PE ninth grade classroom.

## Morbidity and Mortality Changes Since Last CHA

### COVID-19

Effective May 12, 2023, COVID-19 was no longer considered a reportable condition by North Carolina state law (10A NCAC 41A .0101), meaning that physicians and laboratories were no longer required to report individual cases or deaths to local public health departments. With this change, coupled with the increased use of at-home COVID-19 tests, the reporting numbers listed are not an accurate depiction of the amount of COVID-19 cases in our county in 2023. Sampson County reported 2,054 COVID-19 cases and seven (7) deaths. Although individual cases were not reportable, we are still required to investigate and report outbreaks to the state per Rule 10A NCAC 41A .0103, as with other non-reportable conditions - e.g., influenza, RSV, norovirus.

### Opioids/Overdoses

The NC Opioid and Substance Use Action Plan Data Dashboard reports there were 16 overdose deaths and 79 Emergency Department (ED) visits for suspected overdoses in Sampson County in 2022 (2022 death data are provisional and likely to increase as cases are finalized). Since 2021, there has been a 27% decrease in the number of overdose deaths and a 17% decrease in the number of overdose ED visits.

## Emerging Issues Since Last CHA

### **Tuberculosis**

There were three Tuberculosis (TB) cases in 2023 compared to five cases in 2022 which was a 40% decrease in cases. However, despite being curable and preventable, there was one death from TB in 2023.

### **Syphilis**

There were 44 syphilis cases, including two ocular cases, in 2023 compared to 30 syphilis cases in 2022.

## New/Paused/Discontinued Since Last CHA

### **Advancing Equity (Discontinued)**

Funding from the North Carolina Division of Public Health through Agreement Addendum (AA) 466 Advancing Equity ended in June 2023. Subsequently, advancing health and/or racial equity was incorporated into the Healthy Communities AA for Fiscal Year 2023-2024.

### **Consolidation of Trillium, Eastpointe, Sandhills (New)**

In December 2023, North Carolina Department of Health and Human Services approved the consolidation agreement between Trillium Health Resources and Eastpointe Human Services, which provided managed care services to North Carolina's Medicaid population. This approval included the consolidation of Eastpointe and Sandhills Center. The combined region will include a total of 46 counties that will be operated by Trillium and has been structured to preserve the local connections that are critical to North Carolina's, including Sampson County's, public behavioral health system.

### **County Initiatives for Impact of Opioid Use (New)**

Sampson County Health Department was awarded \$60,000 from Eastpointe to address the impact of opioid use in Sampson County through coalition building.

### **Medicaid Expansion (New)**

The launch of Medicaid Expansion on December 1, 2023 extended healthcare coverage to more than 600,000 newly eligible North Carolinians, including Sampson County residents, through NC Medicaid.

### **Supporting Women's Health Services (New)**

Sampson County Health Department was awarded funding of \$150,000 per year for a period of three years to increase access to contraceptives (program aim) by providing extended clinical hours beyond normal business hours (evidence-based/informed strategy).

### **TestAndGo™ Kiosk (New)**

In early 2023, Sampson County Health Department (SCHD) obtained a pilot TestAndGo kiosk with funding from the Centers for Disease Control and Prevention's *Increasing Community Access to Testing (ICATT)* program to offer COVID-19 PCR and Antigen tests. The pilot contract expired at the end of the COVID-19 Public Health Emergency in May 2023. SCHD then partnered with LTS Health to lease the fully-automated kiosk under a new contract beginning June 1, 2023 – with the addition of dispensing Naloxone. Since incorporating Naloxone into the self-service healthcare kiosk, 47 Naloxone kits were dispensed between June-December.