

# State of the County Health Report Scotland County, North Carolina December 2011

## INTRODUCTION:

Scotland County's eighth annual State of the County's Health Report to the Office of Healthy Carolinians/Health Education and to our community includes:

- a review of major morbidity and mortality data;
- a review of health concerns selected as priorities;
- progress made in the last year on priorities;
- a review of state data and any updates on the data;
- changes in the county that affect health concerns;
- new and emerging issues that affect health status; and
- ways community members can get involved with ongoing efforts;

**Scotland County Demographics:** According to the North Carolina State Census Quick Facts, Scotland County's population was estimated at **36,157** people in July 2010. This reflects a change of 0.4% since April 1, 2000. Population density is 113.4 per square mile. Designated as "rural" in the United States Census, Scotland County is ranked 64th largest in North Carolina.

Scotland County ranks first in the state unemployment rate, is considered a Tier I county, which means it's economically depressed by the State Department of Commerce, and ranks 86<sup>th</sup> out of 100 for health outcomes in North Carolina.

Racial makeup is almost exclusively white and African American with other minorities accounting for 13.0% of the total population 2010 population breakdown is:

Race	Scotland County	Peer County	North Carolina
White	45.9%	54.7%	65.3%
Black	38.6%	34.9%	21.5%
American Indian	10.9%	2.1%	1.3%
Hispanic	2.1%	7.1%	8.4%

Gender	Male	Female
Scotland County	48.2%	51.7%
North Carolina	49.0%	51.0%

(Scotland County Quick Facts from US Census Bureau 2010 estimate)

According to the NC Employment Security Commission (ESC) Workforce Website:

<b>Unemployment rate in Scotland County in:</b>	<b>2009</b>	<b>2010</b>	<b>2011</b>
	16.1%	14.8%	17.3%
<b>Unemployment rate in North Carolina</b>	10.9%	9.1%	10.0%

**Scotland County's Labor Force:**

December 2009: 14,358 (2,311 unemployed)

December 2010: 13,625 (2,137 unemployed)

September 2011: 13,336 (2,310 unemployed)

**Scotland County Poverty Rate: (2009) 29.6%**

**Scotland County's F/Y 2010-2011 adopted tax rate is \$.99** (within city limits); **\$1.01** for the county.

**The current city tax rate is: .40 per \$100 valuation.**

**Morbidity and Mortality Data:** F/Y 2010-2011 Scotland County shows an increase since 2009 in the following morbidity data:

**AIDS 4    HIV 6    STD's 271    TB 4    Other 19**  
**Asthma (0-14 year olds) 41 hospitalizations (all ages) 103 hospitalizations**

Scotland County continues to struggle with high mortality rates of heart disease, cancer and diabetes. In 2009, these diseases accounted for 203 of the 373 total deaths in the county, thereby making them the leading causes of death. These numbers have slightly increased since the 2008 data. Mortality statistics in Scotland County can be broken down as follows: (NCSCHS 2009)

**All causes: 373** (2009 North Carolina State Center for Health Statistics)  
**Cardio: 97    Diabetes: 9    Cancer: 97    HIV: 2    Stroke: 13**  
**Motor Vehicle Deaths: 5    Unintentional: 6    Alzheimer's: 10**  
**Pneumonia/Influenza: 4    Asthma: 1    Homicide: 10**  
**Falls: 3    Suicide: 0**

**Infant Mortality:**

An additional mortality issue affecting the county last year but improving this year was infant mortality. In Scotland County the infant death rate for the period 2005-2009 was 9.2 (per 1000 population) compared to the state rate of 8.3 (per 1,000 population). In 2009, three infant deaths were reported in Scotland County, a rate of 6.1 (per 1,000 population), compared to North Carolina's Infant death rate of 7.9 (per 1,000 population), a decrease for Scotland County's infant death rate in 2007 of seven deaths.

<b>Infant Mortality</b>	<b>Year</b>	<b>White Rate</b>	<b>Minority Rate</b>	<b>Total Rate</b>
Scotland County	2007	18.4	8.7	12.5
	2008	5.6	11.9	9.7
	2009	10.5	3.1	6.1
North Carolina	2007	6.3	13.9	8.5
	2008	6.0	13.5	8.2
	2009	5.4	14.1	7.9

(North Carolina State Center Health Statistics, 2009)

**2011 Priority Health Concerns** In 2009, the following areas were identified through the Scotland County Community Health Assessment and state data as priority health concerns: cancer, high blood pressure, heart disease, teen pregnancy, diabetes and obesity. In 2010, the same concerns were evident.

### **Cancer:**

The N.C. Division of Public Health reports that cancer is now the leading cause of death in North Carolina surpassing heart disease. According to newly released 2009 statistics, cancer claimed the lives of **17,476** North Carolinians and **97** in Scotland County. The majority of cancer deaths occur at five sites: lung, colon, female breast, prostate and pancreas. In 2009, Scotland County's cancer deaths by site were: lung - **35**, female breast - **3**, colon - **14**, and prostate – **2** (NCSCHS 2009). Smoking by far is the leading risk factor for developing lung cancer. Other risk factors include poor nutrition and lack of physical activity. Eating a healthy diet and being active can reduce the risk of developing cancer.

Scotland County is home to a state of the art Cancer Treatment Center located at Scotland Memorial Hospital, where clinical trials, genetic counseling, chemotherapy and radiation are provided. Scotland County Health Department provides cervical cancer screenings through Adult Health, Family Planning and Maternal Health programs, providing services to over **512** clients FY 2010-2011. In October 2011, Scotland County's Relay for Life, sponsored by the American Cancer Society, raised over \$235,000 for research.

### **Hypertension:**

High blood pressure affects about 65 million or one in three American adults. Hypertension can lead to stroke, heart failure, or kidney damage. According to the North Carolina State Center for Health Statistics 2009, the number of deaths in Scotland County for heart disease was **97** and **24** deaths for cerebrovascular disease. Hypertension should be monitored through a physician with regular blood pressure screenings. Increased physical activity and healthy eating are also important steps to preventing high blood pressure as well as maintaining a healthy weight. Blood pressure screenings and/or education are often provided through community health fairs, business and industry health screenings, the health department, Emergency Medical Service (EMS), local pharmacies, at the hospital, and through Healthy Carolinians. (NCSCHS, 2009)

### **Heart Disease:**

Heart disease and stroke – the principal components of cardiovascular disease – are the second and third leading causes of death for men and leading cause of death among women. Heart disease attributed to 17,133 deaths in North Carolina in 2009, and **97** deaths in Scotland County (NCSCHS, 2009). While high blood cholesterol, high blood pressure, smoking and physical inactivity are considered four major risk factors, several other factors such as obesity and diabetes are also considered risk factors.

Scotland Health Care System opened their new Scotland Cardiovascular Center, a joint venture with First Health of the Carolinas in 2011. The center offers cardiac catheterizations and vascular procedures in a state-of-the-art facility and also offers inpatient and outpatient cardiology services, a cardiac/pulmonary rehabilitation center where supervised exercise, nutrition, stress management, vocational assessment and cardiovascular education are provided, and screenings for high blood pressure and cholesterol. Scotland County Health Department and EMS provides blood pressure screenings on site for the community. Scotland County Healthy Carolinians continues to provide education, programs and supports efforts on heart disease initiatives.

### **Teen Pregnancy:**

In Scotland County, the number of teen pregnancies in 2008 for 15 to 19 year olds was 123 and decreased in 2009 to 115 pregnancies for this age group. The county rate is 81.3 compared to the NC state rate of 56.0 (per 1000 population). Scotland County continues to have one of the highest teen pregnancy rates in NC and ranks 11th highest in the State. The breakdown of teen pregnancies from 2008 to 2010 follows:

	<b>2008</b>	<b>2009</b>	<b>2010</b>
<b>Age 15-19</b>	123	115	Data not available
<b>NC State</b>	19,398	18,142	###
<b>Age 10-14</b>	3	0	Data not available
<b>NC State</b>	376	324	###

(NC State Center for Health Statistics 2009)

### **Diabetes:**

Diabetes is a major cause of death and disability in North Carolina and the nation. With a greater prevalence of obesity and an increasing elderly population, diabetes is approaching epidemic proportions in North Carolina. According to the BRFSS survey, the prevalence of diagnosed diabetes in North Carolina increased from 6.4 percent of the adult population in 1998 to 9.6 percent in 2009, an increase of 50% in the last decade.

In Scotland County, diabetes was listed as the fourth leading cause of death in 2009 and in North Carolina the seventh leading cause of death. Diabetes, diagnosed as the primary cause of mortality, from 2005-2009, 65 deaths ranked Scotland County twenty-first highest in North Carolina with a rate of 33.6 (per 100,000 population)

compared to the rate of 23.6 (per 100,000 population) for the State of North Carolina. (NC SCHS, 2009). Diabetes is also a significant contributing factor to other causes of death, such as heart disease, stroke, high blood pressure and cholesterol, visual impairment and kidney failure with risk factors of obesity, physical inactivity, unhealthy diets and smoking. On average persons with diabetes have approximately 2.3 times higher medical costs than those without diabetes.

Scotland County Health Department received a grant in 2010 in collaboration with Scotland Community Health Clinic for a Community-Focused Eliminating Health Disparities Initiative. The program follows monitoring and evaluation guidelines established by the American Diabetes Association providing a nine month diabetes education programs for participants.

Scotland County Healthy Carolinians collaborates with Scotland Health Care System to provide a monthly Community Diabetes Support Group Program, which includes education, presentations and often screenings. In addition, a Community-wide Diabetes Health Fair was held September 20, 2011 with approx. 120 participants, eleven exhibitors and a panel of four experts on diabetes and oral, eye, and vascular health and heart disease.

Scotland Community Health Clinic obtained a collaborative grant through the North Carolina Department of Health & Human Services in July 2010, to pilot an interactive diabetic education program for 25 local diabetic residents. Local specialty providers offer informational sessions on various topics and participants learn about their disease, diet and lifestyle changes and how to be more productive while living with diabetes.

The Medicine Shoppe offers individual consultations, education programs and/or screenings for diabetics through their Diabetes Care Center and participates in the Healthy Carolinians partnership.

### **Obesity/Overweight (Adult and Child)**

Overweight and obesity continue to worsen at an alarming rate. In 2008, North Carolina ranked 14<sup>th</sup> in the nation in childhood overweight and obesity for youth ages 10 to 17 yrs. Today, almost one in four children ages 2-18 yrs in North Carolina are overweight compared to one in five in 2002. At its current rate, it will soon become the costliest disease, surpassing cardiovascular diseases. Despite the medical advances of the past 100 years, our children's life expectancy will likely decrease due to overweight and associated diseases.

Obesity is a condition affecting many residents in Scotland County and is the number one health problem in children. In Scotland County and the surrounding region, 66% of adults are overweight or obese (CDC/BRFSS 2008). The 2010 North Carolina Child Health Report Card (NCDHHS) states in 2009, **15.4%** of our children 2-4 years, **25.8%** children 5-11 years, and **28.0%** of our children ages 12-18 years are overweight, which is an increase of over 3.5% since 2005.

Lack of physical activity and poor nutritional habits are major factors in overweight and obesity. The North Carolina Child Health Report Card 2010 reported

only 46.0% of students, grades 9-12, were physically active a total of 60 minutes or more per day on five days or more.

The county is fortunate to have existing and newly developed resources. Programs such as the Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) for youth and adults; the "Lunch & Learn Healthy Lifestyles" Program, "WOW!", (Workouts for Women) and the "Great Ex-STEP-tations" Walking Promotion programs through Healthy Carolinians. WIC New Food Packages addresses public health nutrition concerns by offering foods that give participants a greater balance and variety.

Others such as Weight Watchers are available to address nutrition and obesity. Scotland County Parks and Recreation also has sixteen area parks conducive to physical activity such as walking trails, athletic and summer programs for youth age 5 to 15, senior games and exercise classes and a newly opened Recreation Center in Wagram conducive to physical activities, sports, and education.

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### **Progress made in the last year on priorities:**

Various public and private agencies provide quality care aimed at improving the health and well being of Scotland County residents. The following agencies have partnered or collaborated to provide care relevant to priority issues in Scotland County.

**Scotland County Health Department** - Accredited by the North Carolina Local Health Department Accreditation Board in 2008, signifying quality care and national standards of performance, implemented or continued various programs to address priority health issues for F/Y 2010-2011:

- Provided the Child Health Program which aids in the prevention of mortality and morbidity among children and youth through education and other preventive efforts to reduce the incidence of childhood diseases.
- Provided **395** Influenza vaccinations to general public.
- Provided **59** PPD Tuberculin skin tests to Scotland High School students.
- Offered free sexually transmitted disease screenings and treatment to anyone that requests the service. Provided **1,053** STD screenings and **1,702** HIV tests and **342** TB Nursing contacts were provided through the health department.
- WIC (Women, Infant and Children) also called the Special Supplemental Nutrition Program, is designed to provide food to low-income, pregnant, post-partum, and breastfeeding women, infants and children until the age of five. **1,732** families were served through WIC. The WIC Program also implemented a Breastfeeding Peer Counselor Program which provided information, encouragement, and support to new mothers. This program is currently serving **571** women.
- Provided a Children's Special Needs Clinic for children, adolescents and young adults under age 21 years who have a chronic medical condition affecting their growth and development. The clinic is staffed by a Board Certified Pediatric

Orthopedic Surgeon from Duke University Medical Center and other medical professionals. Fifty-six (56) children were served.

- Provided **1,464** immunizations to infants, children and adults.
- Provided Sickle Cell testing/counseling to children and adults at no charge; abnormal sickle cell result counseling offered to families monthly through SCHD at no charge by Regional Sickle Cell Counselor.
- Provided lead screening for children less than six years of age at no charge.
- Served as lead agency for the **Child Fatality Prevention Team** which reviews the incidence and causes of all child deaths in the county.
- Provided the Child Service Coordination Program to enhance services to children with special needs and their families. In Scotland County, **147** children and families were affected.
- Provided the Maternity Care Coordination Program serving **493** clients to help pregnant women maximize opportunities for healthy pregnancies resulting in healthy babies.
- Provided **1,181** Maternity Clinic visits to prenatal clients.
- Provided **98** Postpartum and **98** Newborn Home Visit Assessment to Scotland County Health Department prenatal clients and other prenatal clients enrolled in the WIC Program.
- Received State funding in the amount of \$16,720, in 2010, for family planning outreach to help increase services.
- Family Planning Services have decreased. Program saw **148** initial visits, **260** annual visits, and **601** short term services. Total visits were **1,048**.
- Provided child restraint systems/classes for **37** participants in 2010 and **35** participants in 2011 by certified technicians through the NC Safe Kids Buckle Up Program, along with participation in county-wide child restraint system checks.
- Collaborated with Scotland County Healthy Carolinians in both providing housing and meeting space along with various community health initiatives.
- Continued smoke-free policy for Health Department and grounds.
- NC Diabetes Education Recognition Program - **Cohort IV Diabetes Initiative** – grant funded in 2010 through the Division of Public Health, Diabetes Prevention & Control Branch, and Certified by the American Diabetes Association (ADA) in August 2011, allows the health department to provide diabetes self-management education through referrals from physicians or patients seen in the clinic.
- Family Planning Outreach Activities – reaching teenagers by placing ads in the high school yearbook, school newspaper and football programs with information on health issues. SCATS passes were purchased and provided to patients who used the Scotland County Transportation System for transportation for visits. Hand fans, flavored lip balm and writing pens were purchased with health department information/logo to distribute at health fairs and outreach activities. Feminine hygiene products were purchased and distributed to middle and high schools in addition to health department contact information.
- New agency brochures, magnets and clinical brochures were designed for distribution to all ages and are being used for all outreach activities.

## **Preparedness and Response/Bioterrorism**

Scotland County Health Department now divides the responsibilities of the Preparedness and Response Coordinator between several staff members. The NC Office of PHP&R has divided the state into four Public Health Regional Preparedness Offices. Each office provides support for citizens and public health officials in their designated geographical regions.

The 100 North Carolina counties are divided into Central, Western, Eastern and City Readiness Initiative (CRI) regional offices. Each region consist of planning consultants, training and exercise facilitators, industrial hygienists, pharmacist, and program support specialists, all employed by the state, to provide and coordinate that support.

This past fiscal year the Preparedness and Response Program (P&R) focused on completing and submitting to the state for evaluation, the Continuity of Operation (COOP) Plan and the updated Pandemic Influenza Plan. The program continues to coordinate educational activities for the health department staff.

The P&R program participated in several regional exercises in the past year. Johnston County hosted a PHRST 3 Regional Tabletop Exercise that involved regional county Epidemiology Teams. This exercise involved teams working together to respond to an outbreak of a communicable disease. The exercise tested the knowledge of EPI teams regarding public health state laws and statutes, use of community partners, state resources (NC CD Branch, State Lab), surveillance activities, risk communication tactics and the possible use of isolation and quarantine orders. Ten counties including Scotland participated to test the abilities of the teams to work together in an efficient and effective manner.

## **Environmental Health**

A healthy environment is critical for healthy people. The Environmental Health Section of the Scotland County Health Department protects and improves the public's health by controlling the environmental factors which can adversely affect human health. Lead poisoning, air, soil, water quality, and exposure to hazardous agents contribute to illness and development of disabilities and, therefore, must be monitored.

Environmental Health provides preventive health through inspections, education, and enforcement of state and local rules in programs for food and lodging, on-site wastewater disposal, pools, tattoo establishments and institutions, poisoning and animal control. Scotland County Health Department has three Environmental Health Specialists and two Animal Control Officers to provide services for the county.

In F/Y 2010-2011, the Environmental Health Department provided **8** new well permits; **11** existing water inspections; **20** on-site wastewater improvement permits; **401** food and lodging establishment inspections, **19** swimming pool inspections, **42** day care inspections with one child lead exposure and responded to **1** sewage complaints.

## **Animal Control**

The Animal Control Program of the Scotland County Health Department is charged with the responsibility of enforcing state and county laws, ordinances, and resolutions pertaining to the care, custody and control of county animals.

Due to economic conditions there was an increase in the number of animals released from owners. With the addition of a second animal control officer, the back log of rabies vaccination violations investigations were completed and are up to date.

In F/Y 2010-2011, the North Carolina State Laboratory confirmed no positive cases of rabies. Rabies is transmitted from one animal to another and from animals to people. Officials asked citizens to stay aware and have their animals vaccinated by a licensed veterinarian. Scotland County Animal Control (F/Y 2010-2011), had **5,200** animal control calls; **334** animal control ordinance violations (loose or tethering); **265** (other than loose or tethering); **20** animal bite investigations and **620** animals impounded.

### **Scotland County Healthy Carolinians**

Scotland County Healthy Carolinians is a county-wide coalition whose mission is “to empower its citizens through education and promotion of healthy lifestyles and safe communities”. Scotland County Healthy Carolinians implemented and/or continued programs relevant to Scotland County’s priority health issues for F/Y 2010-2011:

- Scotland County Healthy Carolinians awarded Re-Certification status through the North Carolina Governor’s Task Force for Healthy Carolinians 2011-2015.
- Continue to initiate health education and promotion programs to educate the public about risk factors that promote chronic disease especially focusing on heart disease, hypertension, and diabetes and implementing physical activity and nutrition programs throughout the community.
- Provided Diabetes Health Check cards to the community and through support groups to help empower citizens in tracking their health progress.
- Provided Public Service Announcements on health issues, chronic disease, physical activity and nutrition to local radio stations and newspaper articles monthly.
- Sustained a “Healthy Snack Bar” for employees in its third year.
- Continued to collaborate with Scotland Memorial Hospital in facilitating the Community Diabetes Support Group education programs with an average of 21 participants and continues to grow.
- Collaborated with Scotland Memorial Foundation, Scotland Health Care System and Scotland County Health Department to provide a Community-wide *Diabetes Health Fair* with approx. 120 participants to become an annual event.
- Collaborated with Scotland Community Health Clinic in diabetes education initiatives.
- Sustained a collaborative relationship with a local pharmacy in providing additional diabetes education and screenings to serve our indigent population.
- Collaborated with Scotland County Parks and Recreation to continue the physical activity and nutrition program “WOW!” (Workouts for Women) with an average of 17 - 20 participants each session with positive results through evaluations.
- Continued a collaborative relationship with WLNC Hometown Radio Station to provide monthly health related outreach sessions – “Our Health Matters!” - for their daily “Live on Main Street” program.

- Partnered with Parks and Recreation, Health Department, Department of Social Services, Scotland County Cooperative Extension, Juvenile Justice, Red Cross, 4-H, churches, and others to form additional summer programs for youth to enhance physical activity and healthy nutrition.
- Collaborated with University of North Carolina at Pembroke hosting student interns in the Health Education/Promotion program.
- Coordinator serves on the Healthy Carolinians Governor's Task Force Liaison Committee as one of two Southeastern Region members.
- Coordinator serves on the NC Public Health Association's Health and Wellness Section as officer.

### **Scotland Health Care System**

- Earned full reaccreditation from The Joint Commission in 2009 signifying quality care and adherence to national standards of performance.
- Provides four Family Practice Clinics offsite: (Wagram, Bennettsville, Maxton and Pembroke); One ob/gyn practice in Bennettsville; One gastro practice in Laurinburg; one surgical practice in Laurinburg, one ob/gyn practice in Laurinburg and the Urgent Care Practice on hospital campus.
- New and enhanced services include a Wound Healing Center and Hyperbaric Oxygen Chamber and the growing Hospitalist Program with five physicians providing full-time coverage in the Hospitalist Program.
- Added five new physicians to the active medical staff in the specialties of Family Medicine, Internal Medicine/Pediatrics, and OB/GYN.
- Completed an expansion project at Marlboro Ob/Gyn, increasing the added dedicated office space for the providers, and a new waiting room and reception area.
- Opened the new Scotland Cardiovascular Center, a joint venture with FirstHealth of the Carolinas. The center offers cardiac catheterizations and vascular procedures in a state-of-the-art facility equal to any in the state.
- Provided free community health screenings: bone density- **61**, cholesterol- **101**, blood pressure checks – **162**, PSA's - **5** and others on the health care system's mobile health care unit.
- Provided genetic counseling in collaboration with Duke Hereditary Cancer Clinic and the Duke Oncology Network.
- Provided space and/or financial support through Scotland Memorial Foundation for nine support groups such as Alzheimer's, Amputee, Pain Management, etc.
- Hosted quarterly *Look Good, Feel Better Programs* sponsored by the American Cancer Society, for women undergoing treatment for cancer.
- Provided education and self-management for persons with diabetes.
- Collaborated with Scotland County Healthy Carolinians in providing the Community Diabetes Support Group programs and participate on the Healthy Carolinians Steering Committee.

- Provided free *Childbirth Choices* classes at The Women's Center to expectant parents, which provides information to make informed decisions about pregnancy and birth.
- Collaborated with the Scotland County School System to provide annual Sports Physicals for middle and high school students involved in team sports.
- Hosted a *Women's Health Event*, February 2011, which included **111** cholesterol screenings, **51** bone density screenings, and **92** height/weight and body fat screenings, **117** blood pressure assessments, as well as a full day of educational sessions on various health topics for nearly 250 women.
- Hosted a *Men's Health Event* in June, 2011, which included **85** PSA tests, **85** cholesterol screenings, and **78** rectal exams by a local urologist. The event included several informative speakers related to men's health issues.
- Hosted **5** Red Cross Blood Mobiles that provided close to **140** productive units of blood for a 90% goal reached.
- Hosted a *Community Diabetes Education Health Fair* serving nearly 125 participants in collaboration with The Scotland County Health Department/Healthy Carolinians and funded by Scotland Memorial Foundation, which will become an annual event.

### **Scotland Community Health Clinic**

Scotland Community Health Clinic (SCHC), a 501(c)(3) non-profit organization, opened July 2007 as a free clinic and medical safety net facility for uninsured Scotland County residents, aged 18 – 64, who are at or below 150% FPL. A member of the NC Association of Free Clinics (NCAFC) and the National Association of Free and Charitable Clinics (NAFC), SCHC's mission is to deliver compassionate, high quality evidence-based, primary care and prescription assistance to the uninsured and most needy residents of the county. Located in Scotland County, one of the poorest counties in NC – where unemployment hovers around 18% – SCHC has provided chronic disease management and continuity of care to over 1,500 unduplicated patients through 12,000 patient visits. SCHC continues to actively increase its patient roster with eligibility interviews scheduled weekly. The clinic's hours of operation are: Monday – Friday from 8:00 AM – 5:00 PM.

Volunteer providers (physicians, nurse practitioners, physician assistants, laboratory technicians and triage nurses) currently see patients, by appointment only, approximately 2 ½ – 3 days and 1 – 2 evenings per week. Laboratory appointments are scheduled each Monday morning from 8:30 AM - Noon. The clinic averages approximately 60 – 65 patients per week for medical appointments and approximately 18 – 20 appointments for laboratory work. Following the clinical visit, the Prescription Assistance Program Coordinator facilitates patient access to the NC Medical Assistance Program (Med Assist) as well as to the prescription assistance program (PAP) of each respective pharmaceutical company.

Sixty-five percent of SCHC's patients suffer with chronic conditions such as diabetes, heart disease and hypertension. Prior to the opening of SCHC, these patients were usually without medication for an average period of six months, annually. As a

direct result, these diseases were uncontrolled and frequently required costly emergent and urgent care visits. During 2010, SCHC substantially reduced the number and frequency of these costly visits as these patients now have a medical home where their chronic conditions are regularly monitored and controlled.

Due to relationships developed and cultivated with local specialty practices – including those associated with the Scotland Healthcare System and Southeastern Regional Health System – as well as with specialists located at Duke University and the University of North Carolina at Chapel Hill, SCHC provides referral assistance to patients with needs ranging from cardiology care, services and follow-up to consultations in: endocrinology, gastroenterology, gynecology, general surgery, nephrology, neurology, oncology, ophthalmology, orthopedics, pain management, physical therapy, and rheumatology.

During FY 2010, SCHC received approximately \$1,552,000 in grants, donations and services (administrative and administrative support, mammography, primary care, radiology, triage, laboratory, specialty/referral/follow-up and medication assistance).

### **Scotland County Department of Social Services**

Scotland County Department of Social Services (DSS) strives to serve families and individuals who require assistance in achieving or maintaining their full potential for self direction, self-reliance, and economic independence. The vision of the Scotland County Social Services Board is “to foster individual responsibility and to create a strong cooperative community that is responsive to the needs of its citizens”.

In 2010-2011, there were over **10,859** citizens receiving Medicaid and Health Choice benefits. Once again, Medicaid was the largest expenditure in the DSS budget. As with any medical insurance expenditure, Medicaid has seen significant budget increases, much of which can be tracked to the cost of prescription drugs and Long Term Care. Plant closures is another area that caused an increase in Medicaid as citizens who lost their jobs also lost their health insurance. In FY 2010-2011, we continued to see many individuals seeking assistance from DSS. Some of the highlights from the Annual Report are as follows:

- Provided child care subsidies for **864** children at a cost of \$1,784,093.75 to enable parents to be trained for work or go to work. Eighty-one percent (81%) of families receiving subsidy earn less than \$25,000 per year.
- Issued \$16,302,717 in Food Assistance to **5,206** families, including children, elderly and disabled adults. Eighty-eight percent (88%) of the population were potentially eligible for Food Assistance.
- Investigated **50** reports of abuse, neglect and exploitation of disabled adults. Eleven (11) cases were substantiated.
- Investigated **416** reports of Child Abuse/Neglect and substantiated **71** of those reports.
- The number of children in care increased from 67 to **76**.
- Collected **\$5,723,862** in child support payments and established paternity for **598** children.

- Located **956** absent parents. Established and enforced **4,464** support order/obligations.
- Maintained **5,231** Family and Children Medicaid and **400** Health Choice cases.
- Providers received **\$45,680,857** in payments from Medicaid and Health Choice.
- Assisted **51** Work First recipients in going to work.
- Fifty three percent (**53%**) of children in care experienced two or less placement changes while in care.
- Approved **1,652** applications to receive **\$352,528** in Crisis Intervention funding toward heating or cooling costs.

### **The Health Check (Medicaid) or NC Health Choice Program**

Health Check is Medicaid for children. Health Check covers complete medical and dental check-ups, and provides vision and hearing screenings and referrals for treatment. Early Periodic Screening, Diagnostic and Treatment (EPSDT) is the federal law that requires Medicaid to provide medically necessary health care services to Medicaid eligible children through the age of 20 even if the services are not normally covered by Medicaid or the services are normally only covered for recipients 21 years of age and older.

**Health Choice for Children** Since October 1998, is a comprehensive health care program for families who make too much money to qualify for Medicaid but too little to afford rising health insurance premiums. Families are able to get free or reduced price comprehensive health care for their children. The new plan, "*NC Health Choice for Children*", is the same as coverage provided for the children of state employees and teachers, plus vision, hearing and dental benefits.

**Note:** The Health Check/Health Choice Programs have been regionalized. Services for Scotland County are now offered through the Sandhills Community Care Network located at Richmond County Health Department, Rockingham, N.C.

### **Scotland County School System**

Scotland County Schools are committed to addressing the needs of the "whole child" by having healthy, safe and orderly schools. Many programs and services are available for children at risk of academic failure. Scotland County School system is one of twenty-one school systems in North Carolina selected for the school based Child and Family Support Team initiative. This initiative is now in its sixth (2011-2012) year of implementation. Teams of nurses and social workers have been placed in six schools within the district to assist children and families in securing resources and services to help the child be successful in school. This initiative is voluntary and family centered. Action plans are developed in collaboration with other community programs and services that address the needs of the family. All schools have a *Responsiveness to Instruction* (Rtl) team, which assists children who may be having any variety of difficulties. Homebound services are also offered to address the academic needs of students who have to be out of school for an extended period due to health concerns.

Students in our county have access to 9 social workers, 11 nurses, 18 school counselors, 3 psychologists, one drop-out prevention coordinator and 4 attendance liaisons. These individuals can work with students on an individual basis to address barriers that prohibit them from being successful in school. Scotland County school nurses are very busy with a variety of duties including screening children for health risks: vision, hearing, blood pressure, height, weight, etc. The System also has a protocol in place for mental health emergencies to assist students with remaining safe and obtaining the help that they need.

In 2009, the North Carolina General Assembly changed North Carolina's sexuality education law. The *Healthy Youth Act* will give public school students the critical fact-based education they need to make safe decisions about their bodies, sex, and relationships as they age into adulthood. Scotland County Schools continue to work toward the important goals of the *Healthy Youth Act*.

### **Hospice of Scotland County:**

Hospice of Scotland County is a non-profit agency established in 1986. The agency is Medicare and Medicaid certified and is licensed in North and South Carolina. Hospice of Scotland County is accredited by the Accreditation Commission for Health Care. The mission of the organization is to provide care for persons at the end of life so they may live as fully and comfortably as possible. Services are provided by a team of professional and volunteers, who give patients and families the "special kind of caring" they deserve. Patients can be served at home or in a nursing or rest home.

The agency also owns and operates *The Morrison Manor*, a twelve bed hospice facility. The facility is for patients that need more intensive skilled nursing care and symptom management. Hospice of Scotland County cared for **322** patients in fiscal year 2009-2010.

The organization's North Carolina office serves residents of Scotland, Richmond, Robeson and Hoke counties. Marlboro, Dillon and Chesterfield counties in South Carolina are served by the office in Bennettsville, South Carolina.

Hospice also offers a grant funded program through the Lumber River Council of Government that provides personal care to Scotland County residents age 60 and over. There were **39** patients served by this program in the past fiscal year.

For more information about hospice services or volunteer opportunities, contact Hospice of Scotland County at (910)276-7176 or toll-free at (877)276-7176 or visit their website at [www.scotlandhospice.org](http://www.scotlandhospice.org).

### **Emergency Medical Services**

Scotland County EMS has not seen much change in 2011. Two EMT-Paramedics have been hired to fill 2 of our 5 open paramedic positions. One EMD dispatcher has been hired to work in the 911-center and one road paramedic has transferred to a dispatch position for health reasons. They replaced two dispatchers who moved on to other services with more lucrative positions. Paramedics continue to

leave the field to return to school and become nurses as the financial rewards, working conditions, and hours are much more desirable. EMS systems across the nation continue to experience the same issue of staffing shortages. Many systems are considering addressing the issue with a sign-on bonus, higher more competitive wages, shorter shift hours (12 hours instead of 24 hour shifts), retirement tenure shortened to 25 years, and higher annual 401 contributions by employers. Scotland County EMS has been unable to address many of these issues due to budget restraints. In fact, some of the employment benefits that employee once received have been decreased and medical equipment scheduled for replacement has been postponed due to capital budget cuts. As our equipment and vehicles continue to age, we will continue to repair and patch equipment until the current funding we have is exhausted.

### **Emergency Management**

Scotland County Emergency Management has not seen much change in 2011, however has continued to support the process of planning for, responding to, recovering from and mitigating any form of disaster situation that affects Scotland County. The County Emergency Operation Plan (EOP) was upgraded to reflect any changes in the county's ability to respond to disaster situations. This has become an annual requirement from NCEM for Scotland County EM to receive EMPG funding. The NCEM has developed a new formula for the distribution of EMPG funding that cut Scotland County funding back from \$38,000 annually to approximately \$20,800. NCEM now requires local EM agencies to participate in three multi-jurisdictional exercises, receive a minimum of 24 hours training, attend one 3-day State EM conference, be NIMS compliant will staff training, complete a NIMSCAST rollup exercise annually, complete a resource management and availability report on WEB EOC to be eligible for the reduced EMPG funding. Additional funding is available if the local EM program can accomplish other optional EMPG activities.

Scotland EM has received two new equipment trailers from H1N1 funding through Scotland County Public Health. We now have a 4000-watt mobile light tower and a 6 x 12 enclosed trailer with 140 traffic cones and 6 KW mobile generator. Both of these trailers could be easily moved to the site of a Public Health Emergency Clinic location and be used to support a 24-hour a day operation, if that need should ever arise. Both are new pieces of equipment and have only been used in exercise situations to this point in time.

Scotland County, though not affected by the 2011 Hurricane season, participated in a partial activation of the County's EOC for 2011 Hurricane exercise in May. WEB EOC continues to grow as the new means of tracking disaster operations electronically. Scotland County has previously been awarded a \$650,000.00 non-competitive Department of Homeland Security (DHS) Grant to construct a new Emergency Operation Center (EOC). Rep. Larry Kissel was instrumental in obtaining the grant for the county. Scotland County is currently waiting for approval of a second environmental impact study by the DHS to move forward with the project. The new Emergency Operations Center will be a multi purpose facility used as an EOC, a county meeting

facility, a training facility, and with the use of additional 911 funds, house a new 911 center. An architectural firm, Becker Morgan Group has been contracted by the county, and is currently looking at design and cost aspects of the project.

### **Scotland County Cooperative Extension Service/4-H, Family and Consumer Science and Community Development**

North Carolina Cooperative Extension's Scotland County Center provides many environmental, community and agricultural services. Their mission is "Helping individuals, families, and communities put research-based knowledge to work to improve their lives". Highlighted are some of the programs Cooperative Extension sponsored or implemented in 2010-2011 to help strengthen the economy and empower youth and families:

- Parenting classes were offered utilizing "Parenting Matters" curriculum developed by NC A&T University. Through the eight sessions, participants learned how to:
  - identify ways to be a positive influence in their children's lives
  - take better care of themselves
  - communicate effectively
  - improve their parent/child relationships
  - use discipline appropriately
  - manage stress effectively, and
  - build a stronger support system
- The Scotland County 4-H Expanded Food and Nutrition Education Program (EFNEP) provided nutrition education classes to over **1,700** youth in 2011. Youth received lessons on the importance of making healthier food choices and increasing their level of physical activity. The collaborative partners included: Scotland County Schools, Parks and Recreation, Scots for Youth, Four County, local daycares and churches.
- The 3<sup>rd</sup> annual community *Shred Day* event was held in 2011. This program provides citizens the opportunity to safely shred their confidential information. A total of 11,050 pounds of paper, equivalent to 55 trees, was shredded and recycled in a secure bailing facility. In 2011 Shred Day joined forces with *Operation Medicine Drop* to offer citizens an opportunity to dispose of unused medications in their home to prevent accidental poisoning. A total of 19,264 doses were collected with the following breakdown: controlled substances: 1,151.5; prescription drugs: 14,211.5; over the counter: 3,443 and unknown: 458.
- ServSafe, a 16-hour food safety course, was provided to **11** food service employees. Participants received training in areas such as: preventing food borne illness, food safety, types of contamination, food allergens, personal hygiene, time and temperature control, food storage, sanitation and pest management.
- **18** local farmers received training on the safe and prudent use of pesticides for their crops and produce.
- **12** local swine farmers received training on the proper usage and application methods for their waste management plans. Water quality implications, proper

nutrient application rates for receiving crops, and emergency containment procedures were all addressed in this training.

*The Community Garden Project/Grant has made the following impacts this year:*

- Over 110 Wagram Primary students participated in a student-run produce stand during the fall season. The produce stand operated for six weeks and had a total of 25 members who received weekly bags of locally grown produce. The produce was grown and harvested by local youth at three garden sites: Wagram Community Garden, Scotland High School Greenhouse and the Laurinburg Community Garden. In addition to the produce, each bag contained a healthy recipe highlighting the produce for that week.
- Cooperative Extension collaborated with Wagram Primary School to establish a school garden. Twenty-three students helped plant and maintain the garden.
- Wagram community garden participants reported a cost savings of over \$200 per family for the 2011 summer and fall season.
- Received a \$3,000 grant from Blue Cross Blue Shield Foundation to promote healthy eating. Grant money was used to start up the produce stand and the school garden at Wagram Primary School.

### **Scotland County Partnership for Children and Families (Smart Start)**

The mission of the Scotland County Partnership for Children is “to prepare children for success by providing resources to families and the community.” Scotland County Partnership for Children and Families brings together families, nonprofit organizations, churches, educators, government agencies, and local businesses to build community capacity and enhance existing service networks. This program has seen great increases in parent education, quality of care, increases in teacher education, while staff turnover has decreased, ensuring more stable care in our community. The following programs and accomplishments for the FY 2010-2011 are as follows:

- Scotland County Motherread/Fatheread Program goals are to teach adult literacy skills in child and family development context; increase the frequency of parents reading to their children; and increase their ability to help their children read. Story Extenders are awarded to use at home with their children as part of their ongoing participation.
- 100% of parents participating in Family Support Programs demonstrated an increased in engaging in literacy activities with children to 4 or more times a week.
- Worked with more than 20 public and private agencies to implement programs to improve the lives of Scotland County’s children and families.
- During fiscal year 2010-2011, 35 pre-teen and teen mothers received child care to assist them in remaining in school so they may receive a high school diploma or college degree.
- Nationally Accredited Child Care Facilities has increased from 0 to 4 since 2002 with 4 licensed centers being Nationally Accredited.

## **Scotland County Adolescent Wellness-Council**

The Scotland County Adolescent Wellness Council continues their mission: “To empower Scotland County youths and their families to make informed decisions that enhance their well-being.” The council’s goals are to eliminate teen pregnancy, prevent sexually transmitted infections and promote healthy lifestyles. The council’s major role is to provide resources and technical support. The following activities were accomplished by the Council this past year:

- Continued support for the Scotland County Gang Task Force through technical assistance to support the work of the Task Force to reduce negative gang related activities in Scotland County.
- Implemented a “Post Card Push” through teens to educate peers about the expenses and lifestyle changes that an unplanned pregnancy can bring to teen parents.
- Implemented a Teen Summit held at Carver Middle School, May 7, 2011, co-sponsored by the Scotland County Sheriff’s Department and the Department of Juvenile Justice and Delinquency Prevention. The program provided empowerment and decision making skills for adolescents.
- Co-sponsored the Sheriff Department’s GREAT Summer Camp held July 18-22, 2011, by donating financial assistance.
- Facilitated an annual Parent’s Night Out on October 20, 2011, to make parents aware of risk factors faced by adolescents and to encourage open communication between parents and their children.

Activities sponsored by Scotland County Adolescent Wellness Council stress the importance of partnerships which educate and promote community awareness.

## **Scotland County Parks and Recreation**

Scotland Place Senior Center strives to enrich the lives of Scotland County adults age 55 and older through programs and services that will improve their health and wellness, decrease their loneliness and isolation, as well as provide social, economic and educational opportunities that enhance their quality of life. Increased emphasis on health of our adults 55 and older has been a major component of programs. Fitness programs are the integral component of Scotland Place’s efforts to maintain and improve the health of our customers. The evidence based American Arthritis Foundation Exercise class has been added this year. We are finding this reaches a niche of the community that has not received services and is a valuable component of our program offerings. Grandparent Support Group meets monthly and provides Grandparents with support in a variety of areas. In the upcoming year, Cooperative Extension will provide a 9-week program to the Grandparents. Adults prefer large offering of activities and events to choose from. Social and educational programs are offered to meet these needs. Over 7,200 persons received services in 2010 at Scotland Place.

Scotland County Parks and Recreation’s mission is “to provide leisure opportunities to the citizens of Scotland County for enrichment of mind, body and quality

of life.” Quality of life is addressed by the park system and summer programs offered. Adult and youth sports have always been a strong component of the Parks and Recreation offerings.

- A guide to summer programs was made available in May to our citizens. All agencies serving youth provided information for the brochure that was posted on the County Webpage and sent to all schools for distribution.
- In November 2009, the Wagram Recreation Center opened providing a variety of services to all generations.
- The Morgan Recreation Complex features a variety of outdoor recreational opportunities such as baseball, softball and soccer.
- More information on Scotland County Parks and Recreation can be found at [www.scotlandcounty.org](http://www.scotlandcounty.org)

## **Other County Priorities and Programs/Activities Implemented:**

### **EPI Response Team Exercise**

In September of 2010 the SCHED Preparedness Program and the EPI Response Team, began the process of planning a Table Top Exercise with assistance from Dr. Keith Henderson and PHRST 3. Our goal was to involve community partners to enhance, and become more efficient and cohesive in our ability to respond to any type of disaster that may occur in Scotland County.

Our exercise scenario included a hurricane, mass sheltering and a gastrointestinal outbreak. With the added knowledge and expertise the community partners would bring to the table we chose to focus on three areas:

1. Public Health Epidemiological Investigation and Laboratory Testing
2. Mass Care
3. Medical Surge

The planning process took several months and included the Scotland Co. Health Department, Scotland Co. Emergency Management, Scotland County Chapter of the American Red Cross, Scotland County Department of Social Services, Scotland County School System Staff, Scotland Memorial Hospital, and the IT staff of Scotland County. During this planning process we Ashanti Corey, Epidemiologist for PHRST 3 conducted a seminar for the EPI Team and partners that focused on a Salmonella Outbreak.

The Table Top Exercise was held on January 15, 2011 and was attended by over 100 community and governmental partners. The exercise was successful in helping the health department meet their goals and foster relationships with community partners.

### **Smoking and Tobacco**

In May of 2009, Governor Beverly Perdue signed an indoor smoking ban (House Bill 2) into law. Scotland County’s Senator William Purcell, one of the Bill sponsors, was instrumental in getting the new law passed which became effective on January 2, 2010.

Nearly all restaurants and bars in North Carolina and many lodging establishments that prepare and serve food and drink became smoke-free, thanks to S.L. 2009-27 (G.S.130A-496), otherwise known as North Carolina's Smoke-Free Restaurants and Bars Law.

A news release from November 9, 2011, from the North Carolina Department of Health and Human Services/Office of Public Affairs reported that emergency room visits by North Carolinians experiencing heart attacks have declined by 21% since the January 2010 start of the state's Smoke-Free Restaurants and Bars Law.

Since 2006, Scotland County Health Department along with all Government Buildings in Scotland County adopted a smoking ordinance preventing smoking or using tobacco products within 50 feet of the buildings.

Free, confidential quit coaching for any tobacco user who wishes to quit is available through QuitlineNC at 1-800-QUIT-NOW (784-8669). QuitlineNC is available daily 7 a.m. until 3:00 a.m. Translation service is also available.

## **Asthma**

While asthma does not cause many deaths among children in North Carolina, it is one of the most prevalent chronic diseases in our state among children. In 2009, the number of hospitalizations for asthma diagnosis in Scotland County were: **102** for all ages and **40** for children ages 0-14 years. (NCSCHS 2009)

In 2009, the total number of visits to Scotland Memorial Hospital's Emergency Room, for asthma related illness was 316 (145 for children age 0-17 yrs. and 171 for adults). Scotland County ranks 8<sup>th</sup> highest in North Carolina for asthma related hospitalizations (based on rate per 100,000 population) for all ages and 20<sup>th</sup> highest for children age 0-14 yrs. (NCSCHS, 2009).

**(Note):** The Purcell Pediatric Clinic diagnosed or screened approximately 800 patients with asthma in 2010-2011. The Purcell Clinic's goal is to empower and educate parents so they can manage their child's asthma, understand the goals of treatment and make the right choices for preventing asthmatic episodes, emergency services or hospitalization.

## **Dental Health**

In Scotland County, a state public health dental hygienist develops and implements a county oral health program. Services vary by county due to local needs and requests. In 2008-2009, the percent of children in Scotland County with untreated tooth decay for kindergarteners was 29% compared to the State with 17% and 5% for 5<sup>th</sup> graders compared to 4% for the State.

Provided services, with an emphasis on children, may include: screening/referral/follow-up; dental sealant promotion; dental health education; promoting the appropriate use of fluorides, including a school-based fluoride mouth-rinse program and community water fluoridation; consultation on oral health issues with health care providers, consumers and community organizations; and service on various community boards and organizations.

Services the Oral Health Section (OHS) staff provided in Scotland County are as follows:

- Annual screenings for Kindergarten and Fifth grades and referral for dental care as needed.
- Dental Education provided for all school grade levels as requested throughout the county.
- Resource for the Health Department, Schools, DDS, and various community groups.
- Key presenter for Community Diabetes Health Fair and Support Group Program.

## **Domestic Violence & Rape Crisis Center**

The Domestic Violence and Rape Crisis Center provides services for survivors of sexual assault and domestic violence, a 24-hour hot-line, a 24-hour shelter, support groups, community education and prevention, court advocacy and other ancillary services. Their mission is “to educate our community about domestic violence and sexual assault, prevent future occurrences and empower survivors and their families to rebuild their lives”. The Center moved into a new shelter facility in December 2008 to better serve the citizens of Scotland County, which provide six bedrooms, three bathrooms, handicapped accessibility, and a separate on-site office. In early 2011, new staff including an Executive Director and Victim Advocate along with trained volunteers, are going through a tremendous transition period along with significant training in Domestic Violence and Sexual Assault.

In F/Y 2010-2011, the Center fielded **191** crisis calls for domestic violence, **3** crisis calls for sexual assault and **18** crisis calls for domestic violence/sexual assault and **7** other (bullying, threats, child physical abuse).

## **Transportation**

Transportation plays a vital role in the health and well being of Scotland County residents since “transportation” enables or diminishes access to services such as health care, as well as access to employment, school, day care, and more. Scotland County Area Transit System (SCATS) has ten public transportation vehicles. These can be used by eligible Medicaid clients and the general public to go to pharmacies and medical appointments within the city of Laurinburg and Scotland County.

Scotland County Area Transit System (SCATS) continued to respond and serve the transportation needs for programs such as Work First, the Division of the Blind, Council of Government Council on Aging clients over age 60, Medicaid recipients, and the elderly and disabled population. The system also continues to transport clients to Moore Regional Hospital, UNC Medical Center, and Duke Medical Center for medical appointments, and to clinics, pharmacies, and medical services not available in Scotland County.

In 2010, a new transit van was acquired and in November 2011, the new Transportation Office Building celebrated its fifth year of operation. The facility was built

to house a Transportation Coordinator and Administrative Assistant/Safety Coordinator, plus provide a meeting, training and break room for van drivers.

The SCATS system has two fixed routes. The Red Line Route serves East Laurinburg and the north side of Laurinburg. The Blue Line Route serves the north and east side of Laurinburg with several stops on the southern end of town. The two routes (the Blue Line and the Red Line) have several common stops that allow riders to transfer from one line to the other to reach different areas of the community.

Scotland County Area Transit System (SCATS) runs Monday through Friday from 8:00 am to 5:00 pm and costs \$1.00 per person per day. SCATS fixed routes serves approximately 1,800 to 2,000 passengers monthly.

### **Other Changes Affecting Health Concerns**

Scotland County like many other counties throughout the state of North Carolina has been faced with extreme economic challenges with several industries closing and job loss and highest unemployment rate in the State. Increasing numbers of uninsured patients, coupled with limited financial resources and declining rates of Medicaid coverage among low-income patients have affected health care.

Scotland County is a small, rural county with some excellent natural resources, but limited financial resources. By focusing on areas where we can make the biggest impact to improve the health and lifestyles for the families in our county, we can impact issues that are of concern to the county. Targeting priority areas of obesity, tobacco prevention, encouraging physical activity and good nutrition, and making our parks and roadways safer can help make a positive impact on Scotland County.

### **Mental Health Reform**

Scotland continues to be served by Southeastern Regional Mental Health, Developmental Disabilities, and Substance Abuse Services Local Management Entity (LME). As of October 2010, there are 18 private providers (for-profit and non-profit) endorsed by them to provide at least one service related to mental health, developmental disabilities, and substance abuse. There are also at least three additional providers with licensed staff providing professional mental health services in Scotland County. Several services remain in short supply – psychiatric services, outpatient substance abuse services, intensive in home services, and day treatment programs. Often, clients need to go to more than one provider to receive services determined to be medically necessary and appropriate.

Due to the Governor's 100 Schools Initiative, school-Based "Child and Family Support Teams" have been located in 7 of our 22 schools. These 7 teams consist of a full-time school nurse and a full time school social worker who screen, refer and provide services to child at high-risk for academic failure or out-of-home placement. In July of 2007, Southeastern Regional LME hired a full-time mental health professional to work as a liaison between the schools and the LME to provide more timely and appropriate care for mental health and related services

To access mental health in Scotland County, individuals now have to refer the Southeastern Regional Mental Health, Developmental Disabilities and Substance Abuse Services Crisis Hotline (1-800-672-8255), or their health care providers.

### **Churches and faith-based organizations**

Churches are increasing their role and efforts targeting healthy lifestyles by offering programs that address chronic disease, physical activity and nutrition for youth and adults. The South Central North Carolina Partnership for Public Health ended Project Sparrow, a three-year, 13 county faith-based collaborative effort targeting heart disease and stroke prevention among African American adults age 18 to 64 years completed in 2011. Data from that effort showed positive results and is housed at Robeson County Health Department.

Rockingham District Partners in Ministry, a non-profit organization and resource and referral center opened August 2010, serves the people of Richmond, Scotland and Robeson counties through empowerment and enrichment. The organization provides programs such as: GED classes, Youth Empowered to Succeed, hosts a food pantry, teen closet, Summer Food and Fun Programs with healthy eating and physical activities, community garden located behind center and a Benefit Bank to help citizens fill out forms necessary to apply for food stamps, Medicaid Rx Extra Help, tax returns and Federal Application for Student Aid (FAFSA). Volunteers and donations are needed for all programs at the center.

### **Economy/Economics**

Scotland County remains negatively impacted due to the national economy and its sluggish recovery. The unemployment rate continues to lead the State of North Carolina at 17.1% for September 2011. This has been a trend over the last year but has started a slow decline.

The County had two manufacturing plants close in 2011 with a loss of approximately 270 jobs. One company was textile related and this closure came as no surprise due to the antiquated equipment the company utilized which made the plant unable to compete with their own sister plants that were much more streamlined in production. As a result of the two closings, the unemployment rate remained high over the summer months.

While we have consistently seen manufacturing job losses in Scotland County, several areas of hope remain. This year has seen some expansions in industry including a \$10 million dollar expansion with many added jobs by one of our industrial leaders. In addition, there are several pending expansions with potential to add nearly \$100 million in new investment and jobs. Industrial and business recruitment has been considerably busy with many companies interested in locating very large industries which would have a great impact on the number of new jobs added as well as hundreds of jobs. It is likely that one of these companies will locate within the next year. Should this occur, there will be significant positive impact on the economy of not only Scotland County but the entire region.

Another bright spot will be the creation of the new Southeast Regional Innovative Business Campus. The first building in this business campus will be the Laurinburg/Scotland County Business Incubator which will offer space for start-up companies and entrepreneurs at reduced rates. Also included in the space will be access to resources to encourage growth of these new companies to ensure their success. A new partnership with Richmond Community College has been created to provide resources and a one stop shop for businesses in the county. It will also allow for creating an environment that encourages small businesses to succeed.

Even though we have seen difficult days in the past and will continue to see them in the future, we are laying the foundations for incremental growth that will be strategic and sustainable for years to come. It will also allow for a diversified economic base so that we are not reliant on one sector of the economy as was in the past.

### **Ways Community Members Can Get Involved**

Increased collaborative efforts must occur between agency representatives, community organizations, and community members to encourage wellness and improve the overall health status of our community. Examples include:

- Churches, schools, small businesses, youth and other community members should take ownership and work together to promote healthier habits.
- Citizens can participate or volunteer to help with health and wellness organizations such as Scotland County Healthy Carolinians, Scotland County Cooperative Extension, Adolescent Wellness Council, Scotland Health Care System, Adult Day Care Centers, Senior Centers, Nutrition Sites or the Crime Stoppers Task Force.
- Citizens and key members of the community can attend or participate in Community Health Forums to express their opinions, ideas, and/or solutions to health issues that affect our community.
- Business and Industries can initiate personal wellness programs to enhance their employee's nutrition and well-being.
- Finally, community leaders and other influential community members should consider priority health issues when discussing funding options and be more willing to serve as advocates for these issues in the community.

### **Conclusion:**

Scotland County is faced with great challenges yet is rich in community resources. Public agencies and their staff have been trained to work with high risk populations that often have more physical, emotional and financial needs than the population served by the private sector. However, budgetary constraints and various other factors force public and private agencies to streamline and prioritize services. Nevertheless, Scotland County continues to provide programs and activities, education and information, more comprehensive medical care, and challenges its citizens to empower themselves toward better health and quality of life.

The 2011 **State of the County Health Report** for Scotland County was compiled by the Health Education Department of Scotland County Health Department and will be available on the health department's website. Current primary and secondary data were used to complete this document along with data collected from the 2009 Community Health Assessment Report and 2010 State of the County Health Report.

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# Scotland County, NC

## State of the County Health Report

### December 2010



Scotland County Health Department

Scotland County Healthy Carolinians

