Yadkin County

2018 STATE OF THE COUNTY HEALTH REPORT
Yadkin County SotCH Report

County Data
  ◦ Leading Causes of Death

Continued Health Concerns

Emerging Health Issues

CHA Priorities
  ◦ Action Plans
  ◦ Progress

Trending Data

New Initiatives
County Data

YADKIN COUNTY SOTCH REPORT
## County Information: Snap Shot

<table>
<thead>
<tr>
<th>US Census: QuickFacts</th>
<th>Yadkin County</th>
<th>North Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population, 2017 estimate</td>
<td>37,774</td>
<td>10,273,419</td>
</tr>
<tr>
<td>Persons under 5 years, percent, 2017</td>
<td>5.3%</td>
<td>5.9%</td>
</tr>
<tr>
<td>Persons under 18 years, percent, 2017</td>
<td>21.1%</td>
<td>22.4%</td>
</tr>
<tr>
<td>Persons 65 years and over, percent, 2017</td>
<td>19.7%</td>
<td>15.9%</td>
</tr>
<tr>
<td>Female persons, percent, 2017</td>
<td>50.6%</td>
<td>51.3%</td>
</tr>
<tr>
<td>White persons, percent, 2017</td>
<td>94.1%</td>
<td>70.8%</td>
</tr>
<tr>
<td>Black persons, percent, 2017</td>
<td>3.4%</td>
<td>22.2%</td>
</tr>
<tr>
<td>Persons of Hispanic or Latino Origin, percent, 2017</td>
<td>11.4%</td>
<td>9.5%</td>
</tr>
<tr>
<td>Language other than English spoken at home, percent age 5+, 2013-2017</td>
<td>8.4%</td>
<td>11.4%</td>
</tr>
<tr>
<td>High school graduate or higher, percent of persons age 25+, 2013-2017</td>
<td>79.3%</td>
<td>86.9%</td>
</tr>
<tr>
<td>Bachelor's degree or higher, percent of persons age 25+, 2013-2017</td>
<td>12.0%</td>
<td>29.9%</td>
</tr>
<tr>
<td>Median household income, 2013-2017(in 2017 dollars)</td>
<td>$41,126</td>
<td>$50,320</td>
</tr>
<tr>
<td>Persons in poverty, percent</td>
<td>13.4%</td>
<td>14.7%</td>
</tr>
</tbody>
</table>

Source: US Census QuickFacts

Source: US Census QuickFacts
Economic Characteristics

According to the NC Department of Commerce, Access NC data set\textsuperscript{3}:

- Nov 2018 Prelim., 2017 Unemployment Rate currently is 3.0%, with the 2017 annual rate at 4.0%
- Yadkin County has a Tier 2 designation
- 23.7% of Yadkin County residents reside in rental properties

- In Yadkin County, 2,277 families have children under age 6, and of those, 45.9% have both parents working\textsuperscript{4}.
- The number of families with children between ages 6 and 17 is 5,605, and 53.9% of those families have both parents working\textsuperscript{4}.
- 54.6% of the population is in the workforce\textsuperscript{4}.
Income & Benefits

Other income:
- Social Security income is $16,869
- Retirement income is $18,313

- Supplemental Security income is $8,811
- Cash public Assistance is $3,122
- 2,148 households receive SNAP

Source: US Census American Community Survey 2013-2017
Families in poverty
(past 12 months)

Source: US Census American Community Survey 2013-2017
<table>
<thead>
<tr>
<th>RANK</th>
<th>CAUSE OF DEATH:</th>
<th># OF DEATHS</th>
<th>DEATH RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>TOTAL DEATHS - ALL CAUSES</td>
<td>2215</td>
<td>1171.2</td>
</tr>
<tr>
<td>1</td>
<td>Diseases of the heart</td>
<td>463</td>
<td>244.8</td>
</tr>
<tr>
<td>2</td>
<td>Cancer – all sites</td>
<td>456</td>
<td>241.1</td>
</tr>
<tr>
<td>3</td>
<td>Chronic lower respiratory diseases</td>
<td>168</td>
<td>88.8</td>
</tr>
<tr>
<td>4</td>
<td>Cerebrovascular disease</td>
<td>137</td>
<td>72.4</td>
</tr>
<tr>
<td>5</td>
<td>Other Unintentional injuries</td>
<td>94</td>
<td>49.7</td>
</tr>
<tr>
<td>6</td>
<td>Alzheimer's disease</td>
<td>91</td>
<td>48.1</td>
</tr>
<tr>
<td>7</td>
<td>Diabetes mellitus</td>
<td>86</td>
<td>45.5</td>
</tr>
<tr>
<td>8</td>
<td>Pneumonia &amp; influenza</td>
<td>74</td>
<td>39.1</td>
</tr>
<tr>
<td>9</td>
<td>Septicemia</td>
<td>48</td>
<td>25.4</td>
</tr>
<tr>
<td>10</td>
<td>Nephritis, nephrotic syndrome, &amp; nephrosis</td>
<td>48</td>
<td>25.4</td>
</tr>
</tbody>
</table>
Leading Causes of Death—By Age Group

- **0-19 (28) year old age group**, the leading causes of death are congenital anomalies (birth defects) (4), motor vehicle injuries (4), conditions originating in the perinatal period (3), other unintentional injuries (3).

- **20-39 (63) age group**, most top causes of death are related to unintended injury (21), suicide (13) and motor vehicle accidents (9).

- **40-64 (464) age group**, the top causes of death are cancer (135), disease of the heart (89), and diabetes (31), other unintentional injuries (29).

- **65-84 (1,053) age group** (highest incidence of death) these are related to chronic diseases such as cancer (254), disease of the heart (199) chronic lower respiratory disease (101) and cerebrovascular disease (73).
Continued Health Concerns

YADKIN COUNTY SOTCH REPORT
## Continued Health Concerns

<table>
<thead>
<tr>
<th>FROM 2015 CHA REPORT</th>
<th>FROM 2017 SOTCH REPORT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescription drug abuse/overdose</td>
<td>Teen pregnancy</td>
</tr>
<tr>
<td>Knowledge and use of available physical activity opportunities</td>
<td>Chronic Disease</td>
</tr>
<tr>
<td>Chronic disease morbidity and mortality</td>
<td>Health care access</td>
</tr>
<tr>
<td></td>
<td>Birth risk factors</td>
</tr>
<tr>
<td></td>
<td>Obesity</td>
</tr>
<tr>
<td></td>
<td>Physical activity/nutrition</td>
</tr>
<tr>
<td></td>
<td>Poisonings</td>
</tr>
<tr>
<td></td>
<td>CD/STD</td>
</tr>
</tbody>
</table>
## Continued Health Concerns: Teen Pregnancy

<table>
<thead>
<tr>
<th></th>
<th>Yadkin</th>
<th>North Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2017 Teen Pregnancies</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of pregnancies among 15-19-year-old girls:</td>
<td>50 ▲ (by 9)</td>
<td></td>
</tr>
<tr>
<td>Teen pregnancy rate per 1,000 15-19-year-old girls:</td>
<td>46 ▲ (9.5)</td>
<td>26.7 ▼</td>
</tr>
<tr>
<td>Teen pregnancy rates by race/ethnicity: white</td>
<td>41.7 ▲ (by 5.1)</td>
<td>17.6 ▼</td>
</tr>
<tr>
<td>Teen pregnancy rates by age: 18-19 year olds</td>
<td>85.7 ▲ (by 11)</td>
<td>48.6 ▼</td>
</tr>
<tr>
<td>Number of pregnancies among 15-17-year-old girls:</td>
<td>17 ▲ (by 4)</td>
<td></td>
</tr>
<tr>
<td>Number of pregnancies among 18-19-year-old girls:</td>
<td>33 ▲ (by 5)</td>
<td></td>
</tr>
<tr>
<td>Percent of Repeat Pregnancies:</td>
<td>24% ▲ (by 11.8)</td>
<td>22.2%</td>
</tr>
<tr>
<td>Teen birth rate per 1,000 15-19-year-old girls:</td>
<td>34 ▲ (by 1.9)</td>
<td>20.6 ▼</td>
</tr>
<tr>
<td>NC County Ranking (out of 100 counties):</td>
<td>10 (worsened by 14)</td>
<td></td>
</tr>
<tr>
<td>Change since 2016:</td>
<td>+26% (by 11.9%)</td>
<td>-5%</td>
</tr>
</tbody>
</table>

Source: ShiftNC.org
Continued Health Concerns: Chronic Disease

Chronic Disease:
- According to the State Center for Health Statistics: **1,173 (53%)** of our leading causes of death are caused by chronic conditions such as heart and lung disease, cancer, and diabetes.
  - Incidence: 1,163 cases; 448.1/100,000 (NC rate is 470/100,000)
    - The following cancer incidence rates are higher than NC:
      - lung (68.0/100,000 compared to 66.0/100,000)
      - melanoma (30.6/100,000 compared to 25.3/100,000)
      - cervix (7.6/100,000 compared to 6.9/100,000)
  - Mortality: 456 deaths; 171.5/100,000 (NC rates is 164.1/100,000)
    - The following cancer mortality rates are higher than NC:
      - lung (56.7/100,000 compared to 46/100,000)
      - breast (23/100,000 compared to 20.9/100,000)
      - cervix (2.7/100,000 compared to 2.0/100,000)

*Source: State Center for Health Statistics*
Continued Health Concerns:

Health Insurance Coverage

- With Health Insurance: 86.8%
- No Health Insurance: 13.2%

Source of Coverage:

- Private Coverage: 61.1%
- Public Coverage*: 40.3%

*21.1% are enrolled in Medicaid/CHIP
Health Providers (per 10,000)

<table>
<thead>
<tr>
<th>Health Provider</th>
<th>NC</th>
<th>Yadkin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>23.8</td>
<td>4.5</td>
</tr>
<tr>
<td>Nurse Practitioners</td>
<td>6.5</td>
<td>3.5</td>
</tr>
<tr>
<td>Physician Assistants</td>
<td>5.9</td>
<td>0.5</td>
</tr>
<tr>
<td>Dentists</td>
<td>5.0</td>
<td>2.4</td>
</tr>
<tr>
<td>Pharmacists</td>
<td>11.4</td>
<td>4.0</td>
</tr>
</tbody>
</table>

Source: Sheps Center for Health Services Research
Continued Health Concerns:

*Birth Risk Factors & Characteristics – NC County Health Data Book 2019*

- 9.4% of infants were born preterm
- 8.9% of infants were born at a low birth weight, 1.3% were born at a very low birth rate
- 11 infants were born to women under 18 years
- 15.6% of mothers had less than a high school education and 37% were unmarried
- 3.6% of births in 2017 were to a woman who received very late (third trimester) or no prenatal care
- 13% of babies were born to women who smoke
- 58.4% were overweight or obese pre-pregnancy
Continued Health Concerns: Nutrition

- 4530 food insecure people in Yadkin County
- 12% of the population is food insecure
- Of food insecure people, 11% are above SNAP, other nutrition programs threshold of 200% poverty
- Average meal cost is $2.91
- The annual food budget shortfall in Yadkin is $2,254,000

USDA: “Food Access Research Atlas”
Low-income census tracts where a significant number or share of residents is more than 1 mile (urban) or 10 miles (rural) from the nearest supermarket.
Nutrition: Food Access

2017 North Carolina Food Access Maps (NC Alliance for Health)
- The following maps show food access in North Carolina as a state. These maps represent areas in which residents are low income and where there are low supermarket sales and high rates of diet-related deaths.
MAP 5 Income and Diet-related Deaths

North Carolina
North Carolina

MAP 6  Areas with Greatest Need

Areas with Greatest Need
- Low Sales, Low Income, High Deaths
- Not Low Sales, Low Income, High Deaths
- Highways
- Counties
- Park, Forest or Non-Residential

Data: Nielsen TDLine Services, 2016
Continued Health Concerns: Physical Activity

23% of adults report being physically inactive

Source: County Health Rankings
Continued Health Concerns: Obesity

- **Adults:** 33% were obese
- **Weight categories for children in WIC:**
  - Underweight – 1.6%
  - Healthy weight – 65%
  - Overweight – 14.8%
  - Obese – 18.5%
Child Health: SNAP SHOT

- 21% (7,975) of the county’s population are residents under the age of 18
- 28.3% of children are in poverty
- 25% of children in Yadkin live in food insecure households compared to 22.6% at the state
- 8.4% of children are considered uninsured compared to the state’s 5.5%
- 35.1% Children live in households with Supplemental Security Income (SSI), cash public assistance income, or Food Stamp/SNAP benefits
- Rate of children assessed for abuse/neglect per 1,000 in Yadkin is 37.5
- Rate of children in foster care per 1,000 in Yadkin is 10, while the state rate is 7.1
- The County infant death rate is 5.1 per 1,000 live births
  - 2 deaths of children 0-17 years (2017)
  - Both deaths were under the age of 1
  - Deaths were from illness/infection and other/unknown
Overdose: Unintentional Medication or Drug Overdose

- NCDETECT Data reports show 186 instances of unintentional medication or drug overdose in 2018
- The ages range from <1 to 86 with the average age being 37
- 52% were female, 90% were white/non-Hispanic
- 35% were from within the Yadkinville zip code; 27% were East Bend

Source: NCDETECT
Poisoning Deaths

- 9 total deaths due to poisoning in 2017, 83 from 2008-2017

- Of the 9 deaths in 2017, 7 were unintentional. Of the 83, 92% were unintentional

- The unintentional poisoning mortality rate for Yadkin is 19.6 per 100,000 residents

- More than the state rate, 11.8

- 2017, Yadkin had 3 heroin deaths, 2 synthetic narcotic, 1 cocaine, 1 psychostimulant, 1 antiepileptic and sedative-hypnotic drugs and 1 Benzodiazepine

- Opiate poisoning death rate is 19.0/100,000 compared to the state rate of 11.8

- The opioid prescribing rate in Yadkin is 55.0/100,000 compared to the state rate of 72

Source: NC Injury & Violence Prevention Branch
There were 174 confirmed cases of communicable disease.

101 of these, or 58%, were bacterial STDs.

Gonorrhea and chlamydia were 100 (57%) of the total caseload.
- Ages ranged from 16-57
- 27, or 27%, were between 16-19 years old

45 of these were confirmed chronic Hepatitis C.

Includes an active TB case, 6 pertussis, and 6 salmonella.

Source: NCEDSS
Emerging Health Issues

YADKIN COUNTY SOTCH REPORT
Emerging Issues

The following areas are a concern, as the numbers continue to increase over time:

- Suicide
- Infant Deaths
- Trachea, Bronchus, and Lung Cancers
- Motor Vehicle Injury Deaths

Graphs showing the trends follow

Source: State Center for Health Statistics
Trachea, Bronchus, & Lung Cancers

Motor Vehicle Injury Deaths
Trending Data

YADKIN COUNTY SOTCH REPORT
## Trending Data:

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teen Pregnancy: total rate</td>
<td>28.2/1,000</td>
<td>29.5/1,000</td>
<td>36.5/1,000</td>
<td>46.0/1,000</td>
</tr>
<tr>
<td>By age group: 15-17</td>
<td>4</td>
<td>10</td>
<td>13</td>
<td>17</td>
</tr>
<tr>
<td>By age group: 18-19</td>
<td>28</td>
<td>24</td>
<td>28</td>
<td>33</td>
</tr>
<tr>
<td>Repeat pregnancies</td>
<td>21.9%</td>
<td>20.6%</td>
<td>12.2%</td>
<td>24%</td>
</tr>
<tr>
<td>Diabetes: deaths</td>
<td>49</td>
<td>63</td>
<td>74</td>
<td>86</td>
</tr>
<tr>
<td>Dental Care: dentist ratio</td>
<td>1.8/10,000</td>
<td>1.9/10,000</td>
<td>1.85/10,000</td>
<td>2.4/10,000</td>
</tr>
<tr>
<td>Obesity</td>
<td>30%</td>
<td>32%</td>
<td>32%</td>
<td>33%</td>
</tr>
</tbody>
</table>
Trending Data: Graphs

Teen Pregnancy

- Teen Pregnancy Rate
- 15-17 years
- 18-19 years

<table>
<thead>
<tr>
<th>Year</th>
<th>15-17 years</th>
<th>18-19 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>4</td>
<td>28</td>
</tr>
<tr>
<td>2016</td>
<td>10</td>
<td>24</td>
</tr>
<tr>
<td>2017</td>
<td>13</td>
<td>28</td>
</tr>
<tr>
<td>2018</td>
<td>17</td>
<td>33</td>
</tr>
</tbody>
</table>

Legend:
- Green: 2014
- Blue: 2016
- Red: 2017
- Forest: 2018
Trending Data: Graphs

TEEN REPEAT PREGNANCIES

Repeat Pregnancies

- 2014: 21.9
- 2016: 20.6
- 2017: 12.2
- 2018: 24

DIABETES DEATHS

Diabetes Deaths

- 2014: 49
- 2016: 63
- 2017: 74
- 2018: 86
Trending Data: Graphs

**DENTISTS**

<table>
<thead>
<tr>
<th>Year</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>1.8</td>
</tr>
<tr>
<td>2016</td>
<td>1.9</td>
</tr>
<tr>
<td>2017</td>
<td>1.85</td>
</tr>
<tr>
<td>2018</td>
<td>2.4</td>
</tr>
</tbody>
</table>

**OBESITY**

<table>
<thead>
<tr>
<th>Year</th>
<th>Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>30</td>
</tr>
<tr>
<td>2016</td>
<td>32</td>
</tr>
<tr>
<td>2017</td>
<td>32</td>
</tr>
<tr>
<td>2018</td>
<td>33</td>
</tr>
</tbody>
</table>
Community Health Assessment: Priorities, Actions Plans, & Progress

YADKIN COUNTY SOTCH REPORT
Lack of physical activity and physical activity opportunities in Yadkin County

Action Plan:

WalkWorks

- By 2019, increase physical activity among 19-64 year olds by implementing evidence-based strategies that make walking in the community a safe and accessible pursuit. Program will reach 100 residents per year.

Progress:

- Drafted two brochures/walking maps and have met with two municipalities to discuss progress and recommended routes/materials
- We have conducted two walking assessments including Human Services agency staff, County GIS staff, Active Routes to School and NCDOT representatives and community members
Priority 2

Prescription medication abuse and accidental overdoses

Action Plan:

Naloxone dispensing campaign
- *By 2019, establish a working Naloxone dispensing program at the local health department, with an educational component. Evidence will show 6 kits will be dispensed per year over 4 years.*

Progress:
- Utilized the Center for Disease Control’s pre-developed and tested opioid campaign materials. This was advertised in the local paper
- Planned and held a community-wide training called “Opiate & methamphetamine Exposure Awareness for Public Workers”
- Distributed opioid rack cards to the pre-trial release program
- Distributed 3 kits
Health issues related to chronic disease such as heart disease and diabetes

Priority 3

Action Plan:

Chronic Disease Self-Management
- 65% of participants will report increased strength and stamina through better fitness within 6 weeks.

Progress
- A Living Healthy course was started in 2018, but the class was canceled due to lack of participant interest
- The Health Educator is completing blood pressure checks at the East Bend, Yadkinville, and Jonesville Senior Centers
- The Health Educator also provides physical activity to all three senior centers, as well as the licensed child care facilities in the spring/early summer months
- Provides nutrition education in child care facilities, at parent meetings, and provided nutrition counseling through the Medical Clinic
New Initiatives

YADKIN COUNTY SOTCH REPORT
New Initiatives in 2018

Yadkin HSA – Car Seat Safety Program
◦ Includes car seat install checks and distribution of low-cost/free car seats to those in need

Additional mental health resources added
◦ Turning Point Behavioral Health and PQA opened practices in the Yadkin Medical Campus, Jodi Province opened a Yadkinville location

Triple P (Positive Parenting Program) – was able to expand some services within the County by sending a community partner to regional training.
New Initiatives in 2018

Lock Your Meds Communication Campaign - Insight Human Services, through the Cures Grant

- distributed approximately 1,500 informational Rack cards encouraging community members to lock up their medication.
- 200 medication lockboxes given out in the community.
- provided medication disposal kits, as well as promoting the use of permanent medication drop boxes (Yadkin County Sheriff’s Dept. and Jonesville Police Department).
- awareness presentations throughout the county regarding prescription misuse and abuse as well as community outreach.

Synar - Synar provides convenience stores and other tobacco retail outlets with the proper signage as well as educational information regarding the prevention of tobacco sales to minors. 165 store visits were completed in 2018. Insight provided each visit with a folder that provided free signage and also provides WE-Card calendars.
Sources of Information:

1. US Census QuickFacts
3. NC Department of Commerce, AccessNC
5. County Health Rankings
6. Feeding America, “Map the Meal Gap”
8. NC Child, “Yadkin Child Health County Data Card”
9. NC Alliance for Health
10. NCIOM
11. State Center for Health Statistics
12. NC Injury & Violence Prevention Branch
13. NCDETECT data
14. ShiftNC.org
16. CY2017 Crossroads WIC MIS
17. North Carolina Electronic Disease Surveillance System
Yadkin County Human Services Agency

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