

SCOTLAND COUNTY COMMUNITY HEALTH ASSESSMENT 2013



**A comprehensive community health assessment report
provided by Scotland County Health Department
Scotland County Healthy Carolinians and
In collaboration with Scotland Health Care System**

Executive Summary

Background and Purpose

A community health assessment is a process by which community members gain an understanding of the health, concerns, and health care systems of the community by identifying, collecting, analyzing, and disseminating information on community assets, strengths, resources and needs. There are four basic steps to the assessment process:

- Determine the health status of the community
- Assess risk factors associated with identified health problems
- Identify the health care resources available in our community to promote action directed toward the identified problems
- Establish health priorities and the appropriate interventions

Every four years, local health departments across the state of North Carolina are mandated to complete a comprehensive Community Health Assessment (CHA). It is a requirement of the consolidated agreement between the health departments and the NC Division of Public Health, but the project requires community involvement and collaboration. Although many hospitals were already partnering with health departments to complete this project, the Internal Revenue Service recently mandated that all not-for-profit hospitals participate in a community health assessment every three years.

In the fall of 2012, Scotland County Department of Public Health and Scotland Health Care System began the implementation of a Community Health Needs Assessment (CHNA) for Scotland County. The effort focused on assessing community health needs, local health resources, barriers to care, gaps in services and trends regarding health and healthy lifestyles. The resulting CHNA will be utilized to document community need and link those needs to community benefit efforts. The needs assessment will be utilized to assist the health department and hospital in planning and prioritizing its community outreach and programs through action plans and strategic planning.

Through this assessment, health concerns that affect our population, including available resources that can address these concerns, have been identified. The assessment report serves as a basis for improving and promoting the health of Scotland County residents and can be used as a planning tool to determine the focus and direction in addressing health and community concerns through 2016.

Results of Survey Summary

The Scotland County Community Health Assessment Survey was developed and distributed throughout the county to collect primary data from the community. Approximately 600 surveys were either distributed or answered via Survey Monkey. Following is data related to the survey.

- Leading causes of death – heart disease, cancer, homicide/violence, stroke, diabetes
- Priority health issues – high blood pressure, diabetes, obesity, heart disease, cancer
- Priority risk factors – lack of physical activity, use of tobacco, environmental factors, poor nutrition
- Leading factors affecting families seeking medical treatment – lack of insurance, lack of knowledge/understanding the need, fear, cultural/health beliefs
- General concerns – economic, literacy, crime, lack of transportation
- Environmental concerns – safe places to walk and play, healthier food choices,
- Educational opportunities – chronic disease, substance abuse, smoking cessation, emergency preparedness

- Would like to see more of – job opportunities, after school programs, recreation facilities, wellness services, substance abuse rehabilitation services
- Respondents indicated they support tobacco-free public places/buildings in Scotland County

Identified Health Priorities

A variety of data and information was collected and analyzed in order to identify key priority health needs of the community. The prioritization process included review and analysis of:

- 1) Primary - qualitative community feedback
- 2) Secondary - quantitative statistical data

The 2013 Community Health Assessment Survey results indicated respondents felt the top five community health priorities were High Blood Pressure, Diabetes, Obesity, Heart Disease and Cancer. The top five behavior risks identified were lack of physical activity, use of tobacco, environmental factors, poor nutrition and alcohol/drug use. The table below depicts the top ten priority health concerns in 2013.

2013 Health Priorities	2013 Behavior Risk
High Blood Pressure	Lack of Physical Activity
Diabetes	Use of Tobacco
Obesity	Environmental Factors
Heart Disease	Poor Nutrition
Cancer	Alcohol/Drug Use
Asthma	Crime
Dental Health	Seatbelt Use
Mental Health	Unprotected Sex
Stroke	Child/Spouse/Parent Abuse
Teen Pregnancy	Child Safety Seat Use

In addition to review of the above, additional meetings with stakeholders and community members will be facilitated to identify priorities and develop action plans. To select priorities and related strategies, the following criteria will be considered:

- Data and community feedback indicated the issue as an important community need
- Scotland County Department of Public Health and Scotland Health Care System has the capacity to impact the issue
- Addressing a selected issue holds the potential to affect other key health conditions, therefore creating a multiplying effect
- Strategies selected align with and support the Scotland County Department of Public Health and Scotland Health Care System's mission and vision
- Strategies selected take in consideration current assets in both the community and within Scotland County Department of Public Health and Scotland Health Care System

In considering the above, the following were pre-selected as priorities:

1. 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 2012, the number of deaths in Scotland County (2011) for heart disease was **88** and **22** 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.

One identifiable contributing factor included obesity. North Carolina percentages in childhood obesity are the 5th highest in the Nation. At its current rate, it will soon become the costliest disease, surpassing cardiovascular diseases. Obesity is a condition affecting many residents in Scotland County and is the number one health problem in children. The 2012 North Carolina Child Health Report Card (NCDHHS) states in 2011, **30.8%** of our children ages 2 to 9 years and **30.6%** children 10 to 17 years, are overweight or obese.

Lack of physical activity and poor nutritional habits are major factors in overweight and obesity. The North Carolina Child Health Report Card 2012 reported 27.5%% of students, age 10-17 yrs, and 30.8% of children ages 2 to 9 yrs. were physically active the recommended total of 60 minutes or more per day on five days or more.

2. Diabetes

In Scotland County, diabetes was listed as the fourth leading cause of death in 2009. Diabetes, diagnosed as the primary cause of mortality, from 2007-2011, ranked Scotland County eleventh highest in North Carolina with a rate of 42.5 (per 100,000 population) compared to the rate of 22.9 (per 100,000 population) for North Carolina. Diabetes is also a significant contributing factor to other causes of death, such as heart disease, stroke, and kidney failure with risk factors of obesity, physical inactivity, unhealthy diets and smoking.

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.

3. 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 16,959 deaths in North Carolina in 2011, and **88** deaths in Scotland County (NCSCHS, 2012). 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.

This Community Health Assessment Report will be made widely available to the public, to key stakeholders and agencies and will be posted on Scotland County's website: www.scotlandcounty.org under "Health Department" and Scotland Health Care System's website: www.scotlandhealth.org.

~Acknowledgements~

Scotland County Health Department and Healthy Carolinians would like to thank all those who volunteered their time and effort toward planning, developing, and completing the Scotland County Community Health Assessment 2013. Special acknowledgement is given to the Community Health Assessment Core Work Group for their creative and inspirational contributions to this body of work. The Scotland County Community Health Assessment Committee is recognized for their time and consideration in reviewing this assessment to create action plans delineating the focus and direction for Scotland County Department of Public Health and Scotland Health Care System.

Thank you to Priscilla Thompson, UNCP Public Health Student Intern, who helped with research, survey input and analysis and Dr. Cardra Burns, MPA, DBA, CLC, who developed the Community Health Assessment Survey for distribution on Survey Monkey, helped with data analysis report, provided links to survey on various websites and especially to all staff, agencies and community volunteers who helped provide input and distribute the surveys county-wide.

It is hoped the work of these individuals, separately and in committee, will serve to enhance health and community services, promote healthy lifestyles and a healthy environment in Scotland County.

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John Blue Cotton Festival, Laurinburg, NC 2013



## **Section I**

### **Introduction**

The Scotland County Community Health Assessment 2013 serves as a basis for improving and promoting the health of Scotland County residents. Through this assessment, health concerns that affect our population including available resources that can address these concerns have been identified. The information will assist health organizations within Scotland County in determining priority health issues, identifying resources, and planning community health programs. Responses were sought from all areas of the county and across the board representation provided from all communities and ethnicities to complete the assessment. The results of this assessment are available as a planning tool to determine the focus and direction in addressing health and community concerns with the Healthy People 2020 Objectives in mind.

## **~Scotland County, North Carolina~**

### **Geography**

Scotland County is nestled on the border of North and South Carolina known as the 'Sandhills Region', just 100 miles from sandy beaches to the east and a few hours from the magnificent mountains to the west. Scotland County is halfway between Charlotte, the state's largest city, and Wilmington, the state's largest port and only two hours from our state capital, Raleigh. Interstate 95 is just minutes away and four U.S. highways intersect the county. The Lumber River flows along the northeastern edge of the county. Laurinburg is Scotland County's largest town and also serves as the county seat. Gibson, Wagram, East Laurinburg, Laurel Hill and part of the town of Maxton make up the various communities in the county. The surrounding counties include Hoke, Moore, Richmond and Robeson County and Marlboro County in South Carolina.

Scotland County has a total area of about 319.14 square miles with 318.99 square miles of land area. Its land size is 18 miles east to west and 25 miles north to south. The elevation of Scotland County is 227 feet above sea level. The county's average temperature is 49 degrees Fahrenheit in January and 80 degrees Fahrenheit in July. The average annual rainfall is 48 inches.

### **History**

The earliest settlers of Scotland County were composed mainly of Highland Scots. It is believed that settlers arrived in what is now Scotland County as early as 1729, when North Carolina became a royal colony. However, most of the settlement came in the next quarter century as Scots landed near the port of Wilmington and pushed into the area now known as Fayetteville and beyond. Local legend has it that someone posted a sign near the coast which read, "The best land lies 100 miles west of here." So those who could read came to Scotland County. Today long-time Scotland County residents can trace their ancestry to a variety of ethnic heritages including African American, Scotch-Irish, English and Welsh. The political beginning for Scotland County occurred in 1899 when the legislature of North Carolina created Scotland County from the original county of Richmond. In the following years, Laurinburg grew as a result of the railroad and the textile industry.

The 100-year history of Scotland County from a modern perspective is clearer when divided into two almost equal main parts: the first 50 years when the county's rural economy depended upon farming and textiles, and the second 50 when a new emphasis on diversified industrial recruitment transformed the landscape.

Scotland County is an All-America county with Laurinburg, the county seat, capturing three All-America City awards. Though Scotland is one of the smaller counties in North Carolina, it exemplifies a commitment to excellence and a tradition of continuous self-improvement. It stands tall in economic development, community pride and volunteerism. Recreation and leisure are important aspects to life in Scotland County. There are parks and playgrounds, festivals and football games, fishing and canoeing on the Lumber River, golfing on two public courses and a private country club course, sports for youth and

entertainment opportunities for the entire family. Scotland County is home to the popular John Blue Cotton Festival, held annually in October on the grounds of the historic John Blue House. The festival celebrates the contributions and innovations of those who lived the rural Southern farm life more than 100 years ago. Other opportunities include outdoor concerts such as Laurinburg After Five, ENCORE! Community Theatre, the Kuumba Festival celebrating the county's African American heritage, Sunday In The Park events and the new Storytelling and Arts Center featuring renowned events such as the Boldface Liar's Showdown. The sounds of wailing bagpipes are familiar to many community gatherings, symbolizing the county's strong Scottish heritage.

Scotland County is home to 31 major industries, seven shopping centers, one university, 15 public schools, three private schools and nearly 150 Churches, St. Andrews Presbyterian University, Scotia Village Retirement Community, and the Lumber River Canoe Trail.

## Demographics

In July 2011, the estimated population of **Scotland County** was 36,861, ranking 64<sup>th</sup> in North Carolina. This represents a change of -0.8% since April 1, 2010. Nearly 17,000 citizens live in Laurinburg, the County seat. Gibson, Wagram, East Laurinburg, unincorporated Laurel Hill and Maxton make up the various communities in the county. Population density is 113.4 per square mile. Designated as "rural" in the United States census, Scotland County is ranked as the 64<sup>th</sup> largest in North Carolina.

A table depicting population percentages follows:

| Race            | Scotland County | Peer County | North Carolina |
|-----------------|-----------------|-------------|----------------|
| White           | 46.8%           | 54.5%       | 71.9%          |
| Black           | 38.9%           | 35.4%       | 22.0%          |
| American Indian | 11.3%           | 2.6%        | 1.5%           |
| Hispanic        | 2.5%            | 7.2%        | 8.7%           |

| Gender          | Male  | Female |
|-----------------|-------|--------|
| Scotland County | 48.4% | 51.6%  |
| North Carolina  | 48.7% | 51.3%  |

(Scotland County QuickFacts from US Census Bureau 2012 estimate)

| Projected Pop. 2012 | Total         | Ages 0-19     | Ages 20-64    | Ages 65+     |
|---------------------|---------------|---------------|---------------|--------------|
| White               | 18,398        | 4,406         | 11,125        | 2,867        |
| Non White           | 18,432        | 6,432         | 10,442        | 1,558        |
| <b>Total</b>        | <b>36,830</b> | <b>10,838</b> | <b>21,567</b> | <b>4,425</b> |
| % of Population     | 100.0%        | 29.4%         | 58.6%         | 12.0%        |

North Carolina: Persons 65 years and older, percent  
(July 2012 estimates - NC State Demographics) 13.8%

## Health Care Providers

In terms of health care resources, in 2011 there were 18.0 physicians and 8.0 Primary Physicians (per 10,000 population) in Scotland County compared to the North Carolina rate of 22.1 physicians and 7.8 Primary Physicians (per 10,000 population); 92.7 Registered Nurses, 2.2 Dentists and 8.0 Pharmacists (per 10,000 population).

(North Carolina Health Professions Data System-UNC Sheps Center for Health Services Research 2012)

**Breakdown of medical doctors in Scotland County 2012 (by specialty) is:**

|                    |    |                       |                           |
|--------------------|----|-----------------------|---------------------------|
| Anesthesia         | 4  | Occupational Medicine | 1                         |
| Cardiology         | 2  | Oncology              | 2 (Medical and Radiation) |
| Dermatology        | 1  | Ophthalmology         | 2                         |
| Emergency Medicine | 3  | Orthopedics           | 4                         |
| ENT                | 1  | Pathology             | 1                         |
| Family Practice    | 15 | Pediatrics            | 6                         |
| Gastroenterology   | 0  | Podiatry              | 1.5                       |
| General Surgery    | 3  | Psychiatry            | 0                         |
| Internal Medicine  | 2  | Pulmonology           | 0                         |
| Hospitalist        | 8  | Radiology             | 3                         |
| Nephrology         | 2  | Urology               | 2                         |
| Neurology          | 1  | Vascular Surgery      | 1                         |
| OB/GYN             | 3  |                       | Total 67.5                |

## **Socioeconomics**

| <b><u>Year</u></b> | <b><u>Scotland County<br/>Per Capita Income</u></b>      | <b><u>North Carolina<br/>Per Capita Income</u></b> | <b><u>United States<br/>Per Capita Income</u></b> |
|--------------------|----------------------------------------------------------|----------------------------------------------------|---------------------------------------------------|
| 2007 to<br>2011    | \$16,526<br>(Scotland County US Census Bureau 2007-2011) | \$25,256                                           | \$27,334                                          |

In 2012, the projected median household income for Scotland County was \$28,630. In 2013, 1<sup>st</sup> Quarter, the average weekly wage for all industries was approximately \$619.00. The percent of poverty in Scotland County, designated as a Tier One County, was 29.7% compared to 16.1% in North Carolina. Scotland County has a child poverty rate of 29.8% compared to the North Carolina rate of 15.7% and an elderly poverty rate of 17.2% compared to the North Carolina rate of 13.2%. (North Carolina Rural Economic Development Center 2012).

Scotland County's 2012-2013 adopted tax rate is \$1.03 within city limits and \$1.01 for the county; and the current city tax rate is .40 per \$100 valuation.

## **Employment**

The percent unemployed in September 2012 was 17.2%, ranking Scotland County first in the state. The percent unemployed in December 2011 was 17.3%. In 2010, the rate was 14.8% also a ranking of 1st in the state. The following chart shows the unemployment rate and ranking trend since 2010.

| <b><u>Year</u></b> | <b><u>Unemployment Rate</u></b> | <b><u>Rank in North Carolina</u></b> | <b><u>Unemployment Rate/NC</u></b> |
|--------------------|---------------------------------|--------------------------------------|------------------------------------|
| 2010               | 14.8%                           | 1                                    | 9.1%                               |
| 2011               | 17.3%                           | 1                                    | 10.0%                              |
| 2012               | 17.2%                           | 1                                    | 8.9%                               |

**Scotland County Poverty Rate:** (2007-2011) 29.7%      **NC Poverty Rate:** (2007-2011) 16.1%

With the downturn in the economy over the past several years, poverty rates have climbed at an alarming rate and are much higher than the nation's 14.3% poverty rate. Scotland County's poverty rate has dramatically increased to 29.7% when compared to the state's poverty level of 16.1%. (US Census Bureau, 2007-2011).

As of this report, the **top three employers** in Scotland County are: Scotland County Schools with over 1,000 employees, Scotland Health Care System with approximately 1000 employees and The Mega Force Staffing Group, Inc. with up to 500 employees.

Approximately 85% of the workforce is in private industry and 15% in government. There are approximately 26.3% of Scotland County residents employed in manufacturing, 11% in retail, 10.4% in education, 11.7% in healthcare and social assistance, and 6% in public administration. Other employment percentages show 2.5% in construction, 2.3% in transportation, 2.1% in real estate and finance, and 0.7% in agriculture.

## Transportation

Transportation continues to play 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 in 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 various clinics, pharmacies, and medical services not available in Scotland County. In 2012, two new transit vans were approved by NC DOT and later acquired by SCATS in 2013. NC DOT Public Transportation Division approved the need to replace three transit vehicles in 2013 that will be delivered in the spring of 2014. In November 2013, the new Transportation Office Building celebrated its seventh 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 continues to have 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.

## Education

The **Scotland County School System** is home to nine elementary schools serving students grades Pre-K through five: Covington Street, I. Ellis Johnson, Laurel Hill, North Laurinburg, Pate Gardner, Scotland Accelerated Academy, South Scotland, Wagram and Washington Park; three middle schools serving students grades six through eight: Carver, Spring Hill and Sycamore Lane; one early college high school that allows students to attain a high school diploma and an associate’s degree in five years on the campus of Scotland High School.

**Shaw Learning Academy** serves students in grades 6 through 12 who have difficulty adjusting to a more structured environment. In May 2013, Scotland High School maintained a four-year graduation rate in excess of 95 percent, but the district wide rate remained below the state average at 82.5%, up from the 2012 rate of 80.4%. The percentage of Scotland County students entering the ninth grade in 2009 and graduating 2013 or earlier was 72.8%, with 74.4% of black students, 72.6% of white students and 53.8% of biracial or multi-racial students, spending no more than four years in high school.

**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. Students in our county have access to 9 social workers, 11 nurses, 18 school counselors, 4 school psychologists, one drop-out prevention coordinator, 2 attendance liaisons and 1 student services coordinator. These professionals can work with students on an individual and/or group basis to address barriers that prohibit them from being successful in school.

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 eighth (2013-2014) 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. Plans are underway to train personnel in the remaining schools to facilitate child and family meetings as these meetings have proven to be very productive.

All schools have a “Responsiveness to Instruction” Team (RTI) which assists children who may be having any variety of difficulties. The majority of the SCS are trained to implement Positive Behavioral

Interventions and Supports (PBIS) which is an evidence-based program proven to reduce school behavior problems. The drop-out prevention coordinator works diligently to reach students who have dropped out, or are considering dropping out. The North Carolina Department of Public Instruction has not yet released the official drop out data for the 2012-2013 school year. The Scotland County School system had 81 students drop out during the 2011-2012 school year, “tying” with the 2009-2010 school year for the lowest number of drop outs in many years. The Judicial Attendance Council has been successful in increasing the attendance of students referred for truancy issues. During the 2011-2012 school year there was a 10% increase in attendance of students who participated in the Judicial Attendance Council.

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.), developing emergency action plans, and individual health plans for students with ongoing health issues. Homebound services are offered to address the academic needs of students who have to be out of school for an extended period due to health concerns. 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.

The Scotland County Child Nutrition Department consists of 105 full and part time employees. They serve an average of 5000 lunches a day. As of October of 2013, **74.9%** of the student body receives free or reduced lunches. Applications for free or reduced lunches are accepted and processed throughout the school year. The Child Nutrition Department’s goal is to serve good, nutritious meals in a clean, safe and friendly environment.

Private Schools include the **Laurinburg Institute** - a private secondary school that serves African-American high school students; the **Scotland Christian Academy** that serves approximately 250 students in kindergarten to 11<sup>th</sup> grade, **Westside Baptist Church School and Stewartville Baptist Church** that serves kindergarten through 12<sup>th</sup> grade.

In higher education, Scotland County is home to **St. Andrews Presbyterian University** – a 4-year liberal arts college serving approximately 900 students from all over the world. Richmond Community College operates centers in Scotland County and focuses its vocational program in this area. RCC completed their expansions in Scotland County in 2008 and 2010. The **University of North Carolina Pembroke** is located 15 minutes to the east of Laurinburg in neighboring Robeson County and offers a full range of undergraduate and graduate degrees.

From 2007-2011, 77.3% of Scotland County residents compared to 84.1% of North Carolina residents aged 25 years or older graduated from high school and 14.0% had a bachelor’s degree or higher compared to 26.5% for the state. Approximately 28.6% of adults over the age of 25 in Scotland County have less than a high school education and read at the Level 1 literacy rate. (US Census Bureau, Scotland County Quick Facts/NCEDIS).

## **Social Services**

In F/Y 2012-2013, Social Services investigated **441** reports of Child Abuse/neglect and substantiated **54** of those reports. DSS evaluated **27** reports of abuse, neglect and exploitation of disabled adults and **9** cases were substantiated. DSS maintained **4,656** Family and Children Medicaid cases, **414** Health Choice cases, and **3,330** Adult Medicaid cases. **11,423** individuals received benefits from Medicaid. Providers received **\$42,907,183** in payments from Medicaid and Health Choice.

The Social Services staff provided child care subsidies for **664** children at a cost of **\$1,580,150**, to enable parents to train for work or go to work. Eighty-four percent of families receiving subsidy earn less than \$25,000 per year. Eighty-eight percent of the population was potentially eligible for Food Assistance. DSS issued **\$18,787,567** in Food Assistance to **5,709** families, including children, elderly and disabled adults. DSS collected **\$5,323,660** in child support payments and established paternity for **290** children, located **590** non-custodial parents, and established and enforced **4,383** support order/obligations. DSS also approved **1,558** applications to receive **\$344,907** in Crisis Intervention funding toward heating or cooling costs and assisted **657** households with Low Income Energy Assistance totaling **\$161,700**. (Scotland County Department of Social Services Annual Report 2012)

## Environment

A healthy environment is critical for healthy people. Protecting the environment is important because its impact on health is so great. Lead poisoning, air, soil, water quality, and exposure to hazardous agents contribute to illness and development of disabilities and, therefore, must be monitored. The air, water, and soil standards follow the guidelines from the Environmental Protection Agency and are enforced locally.

The Environmental Health Section of Scotland County Health Department protects and improves the public's health by controlling the environmental factors which can adversely affect human health. Environmental Health Specialists provided 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 two Environmental Health Specialists and two Animal Control Officers to provide services for the county.

In F/Y 2012-2013, the Environmental Health Department provided **33** new well permits (down from 35 in F/Y 2011-2012); **113** on-site wastewater improvement permits (down from 120 in F/Y 2011-2012); **465** food and lodging establishment inspections, **20** swimming pool inspections (down from 30 in 2011-2012), **53** day care inspections with no child lead exposure (1 in 2011); responded to **8** sewage complaints and **24** mold 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 in the past year 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 2011-2012, 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 ask citizens to stay aware and have their animals vaccinated by a licensed veterinarian. Scotland County Animal Control (F/Y 2012-2013), had **4,431** animal control calls; **725** animal control ordinance violations (loose or tethering); **646** (other than loose or tethering); **20** animal bite investigations and **620** animals impounded.

The City of Laurinburg has one Animal Control Officer who provides services within city limits and enforces city ordinances and state laws.

## Recreation

Recreation and leisure are important aspects of life in Scotland County. Parks and playgrounds, festivals and football games, fishing and canoeing on the Lumber River, small lakes, golfing on two public courses and a private country club course, fitness activities and sports for youth, and numerous entertainment opportunities for the entire family are only the beginning. Scotland Place Senior Civic Center, strives to enrich the lives of Scotland County adults age 55 and over 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. The "Senior Center" is home to most of the activities and provides numerous year-round opportunities for aerobic exercises, Bingo, dancing, group meals, bus trips, movies, basket weaving and woodcarving to name a few. The evidence-based American Arthritis Foundation Exercise class was added in 2012, along with a Grandparent Support Group that addresses the needs of grandparents raising children. Senior Games draw in the older generation to try their hand at various sports, which include horseshoe throwing, basketball throwing, shuffleboard, and swimming.

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 are a strong component of the Parks and Recreation offerings with over 3,000 youth participating each year. A new comprehensive guide to summer programs is now available to citizens of Scotland County through Parks and Recreation. Scotland County is home to 16 area parks, some with walking trails and maps available to the public. The James L. Morgan Recreation Complex, developed since the last community health assessment, is home to four baseball fields (for games and tournaments), five soccer fields, a disc golf course, and a “Splash Pad” which opens late Spring through Labor Day Weekend for children of all ages. In November 2009, the Wagram Recreation Center opened providing a variety of services to all generations. The Parks and Recreation Advisory Board and Recreation Foundation continue to plan for future recreational activities.



James L. Morgan Recreation Complex “Splash Pad”



James L. Morgan Recreation Sport Complex

## **Emergency Medical Services**

In 2012, Scotland County’s Emergency Medical Service (EMS) reported 428 calls for traffic accidents. Following traffic accidents, the 5 leading calls to EMS were for:

| Leading Calls                          | Number |
|----------------------------------------|--------|
| Traffic Accidents                      | 428    |
| Sick Person                            | 968    |
| Transfer/Interfacility/Palliative Care | 622    |
| Breathing Problems                     | 497    |
| Chest Pain                             | 424    |
| Traumatic falls/back injuries          | 415    |

## **Laurinburg Police Department**

In 2012, the Laurinburg Police Department reported 30 arrests for DWI (Driving while Intoxicated) with 12 involving alcohol-related accidents with no fatalities. Through October 2013, 57 arrests for DWI were reported with 3 involving alcohol-related accidents with no fatalities.

## **Scotland County Sheriff’s Department**

See Crime Table below for information relating to crime in Scotland County for the years 2003 through 2012.

## Crime Scotland

(NC Dept. of Justice 2013)

| Scotland County | Offense Category | 2003         | 2004         | 2005         | 2006         | 2007         | 2008         | 2009         | 2010         | 2011         | 2012         |
|-----------------|------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
|                 | Murder           | 3            | 4            | 4            | 2            | 4            | 8            | 10           | 6            | 7            | 6            |
|                 | Rape             | 14           | 9            | 20           | 21           | 13           | 10           | 16           | 11           | 5            | 6            |
|                 | Robbery          | 41           | 37           | 63           | 46           | 42           | 60           | 48           | 44           | 58           | 33           |
|                 | Agg. Assault     | 67           | 88           | 79           | 111          | 86           | 116          | 130          | 121          | 98           | 140          |
|                 | Burglary         | 806          | 808          | 702          | 511          | 686          | 830          | 735          | 790          | 781          | 812          |
|                 | Larceny          | 934          | 891          | 826          | 711          | 732          | 847          | 859          | 727          | 896          | 897          |
|                 | MV Theft         | 77           | 80           | 93           | 103          | 105          | 115          | 112          | 94           | 86           | 50           |
| <b>Total</b>    |                  | <b>1,942</b> | <b>1,917</b> | <b>1,787</b> | <b>1,505</b> | <b>1,668</b> | <b>1,986</b> | <b>1,910</b> | <b>1,793</b> | <b>1,931</b> | <b>1,944</b> |

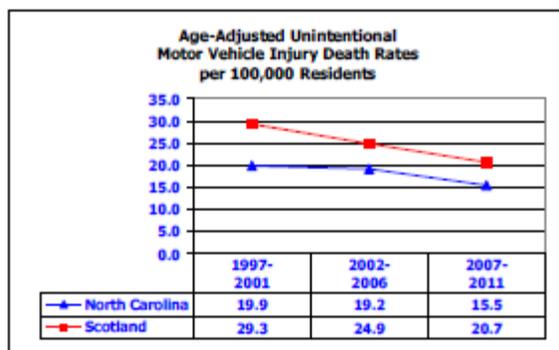
## Highway Patrol – Scotland County

According to the North Carolina Department of Transportation, in a recent ranking of North Carolina counties with the most dangerous roads, Scotland County placed just outside the top fourth in the state. The state released county crash rankings with Scotland County ranking 26<sup>th</sup> (ranking 25<sup>th</sup> in 2011 and 17<sup>th</sup> in 2010). The report stated Scotland County averages 588 crashes annually (2007-2011) with an average of several fatal crashes per year. The annual cost of accidents in Scotland County is approximately \$42.8 million.

According to the North Carolina Highway Safety Research Center, there were # traffic fatalities in Scotland County in 2012, two in 2011, down from seven in 2010 and 13 in 2007. Unfortunately, thirty-five percent of fatal crashes in Scotland County involve alcohol.

## Motor Vehicle Crash Deaths

From 2007-2011, the age-adjusted unintentional motor vehicle injury death rate for North Carolina was 15.5 (per 100,000 population). Scotland County's rate for the same period was 20.7 (per 100,000 population). Below is a table depicting the trend in the age-adjusted unintentional motor vehicle injury death rates in Scotland County (per 100,000 population). (NC State Center for Health Statistics, 2012)



## Section II

### Scotland County Health Data

This section of the Community Health Assessment Report 2013 discusses health statistics from secondary data with respect to births and deaths in Scotland County. Data is taken from the North Carolina *State Center for Health Statistics Data Book 2012* and the *North Carolina Vital Statistics 2012 Volumes 1 and 2*. Information from these sources allows us to compare information from Scotland County with similar information from our peer counties (Greene and/or Anson) where indicated, and in North Carolina. The findings will help our community determine health priorities and concerns.

### Pregnancies and Infant Mortality

#### Teen Pregnancy

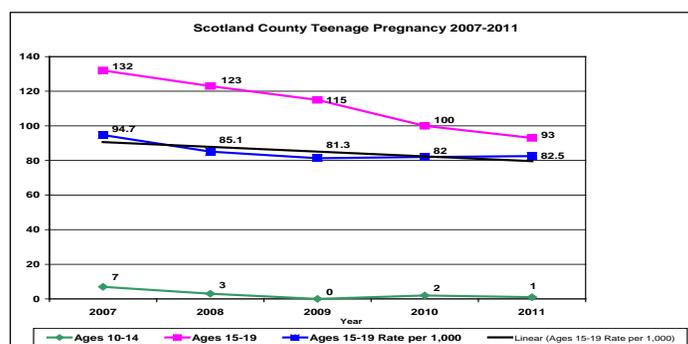
In Scotland County, the number of teen pregnancies in 2011 for 15 to 19 year olds was 110 and decreased in 2012 to 97 pregnancies for this age group. In 2012, the county rate was 73.9 compared to the NC state rate of 39.6 (per 1000 population). Scotland County continues to have one of the highest teen pregnancy rates in NC and ranked 2nd highest in the State tied with Montgomery County in 2011. The breakdown of teen pregnancies from 2009 to 2012 follows:

| Scotland Co. | 10-14 yrs | w/m | 15-19 yrs | w/m         | n/w |
|--------------|-----------|-----|-----------|-------------|-----|
| 2009         | 0         | 0/0 | 115       | 28/87       |     |
| 2010         | 0         | 0/0 | 111       | 30/56       | 23  |
| 2011         | 0         | 0/0 | 110       | 27/68       | 15  |
| 2012         | n/a       | n/a | 97        | 26/56       | 14  |
| 2012 NC      | n/a       | n/a | 12,535    | 5,233/4,742 | 471 |

#### **2012 NC Teen Pregnancy (Ages 15-19) County Rankings: Rate per 1,000**

|                |     |            |            |
|----------------|-----|------------|------------|
| Onslow Co.     | 342 | Rate: 74.6 | Ranking: 1 |
| Scotland Co.   | 97  | Rate: 73.9 | Ranking: 2 |
| Montgomery Co. | 57  | Rate: 64.8 | Ranking: 3 |

(Adolescent Pregnancy Prevention Campaign of NC 2012)



#### Infant Mortality

North Carolina health officials say infant mortality in the state increased for the second year in a row in 2012. The Department of Health and Human Services released figures showing about 7.4 babies out of every 1,000 live births died before their first birthday. However, deaths attributed to Sudden Infant Death Syndrome (SIDS) continued a downward trend from 50 in 2011 to 28 in 2012, according to data by the State Center for Health Statistics.

# Scotland County Community Health Assessment | 2013

In Scotland County the infant death rate for the period **2007-2011** was 11.0 (per 1,000 population) compared to the state rate of 7.8 (per 1,000 population). In 2012, seven infant deaths were reported in Scotland County, a rate of 15.4 (per 1,000 population), compared to North Carolina's Infant death rate of 7.4 (per 1,000 population), similar for Scotland County's infant death rate in 2011 with seven deaths. (North Carolina State Center for Health Statistics, 2012)

| Infant Mortality | Year | White Rate | Minority Rate | Total Rate |
|------------------|------|------------|---------------|------------|
| Scotland County  | 2010 | 16.6       | 13.8          | 11.9       |
|                  | 2011 | 18.5       | 19.0          | 15.3       |
|                  | 2012 | n/a        | 28.7          | 15.4       |
| North Carolina   | 2010 | 5.3        | 12.7          | 7.0        |
|                  | 2011 | 5.5        | 12.9          | 7.2        |
|                  | 2012 | 5.5        | 13.9          | 7.4        |

(North Carolina State Center Health Statistics, 2012)

## Mortality Statistics

The leading causes of death in Scotland County and North Carolina during the period **2007-2011** and their unadjusted death rates (per 100,000 population) were:

| Disease                         | Scotland County Rate | Peer County Rate | North Carolina Rate |
|---------------------------------|----------------------|------------------|---------------------|
| Heart                           | 234.5                | 195.4            | 179.3               |
| Cancer                          | 217.4                | 213.3            | 179.7               |
| Cerebrovascular (Stroke)        | 59.1                 | 57.2             | 46.0                |
| Diabetes Mellitus               | 38.8                 | 35.9             | 22.0                |
| Chronic Lower Respiratory       | 47.3                 | 46.4             | 46.6                |
| Unintentional Motor Vehicle     | 20.7                 | 32.3             | 15.5                |
| Other unintentional injuries    | 29.2                 | 42.8             | 29.2                |
| Alzheimer's                     | 19.2                 | 26.8             | 29.0                |
| Chronic Liver Disease/Cirrhosis | 15.3                 | 9.7              | 9.3                 |
| Nephritis, Nephrosis            | 24.3                 | 25.3             | 18.6                |
| Pneumonia, Influenza            | 13.1                 | 15.0             | 17.9                |
| Homicide                        | 23.6                 | 10.3             | 6.3                 |
| Suicide                         | 5.7                  | 12.8             | 12.1                |
| Total Deaths-All Causes         | 994.2                | 906.4            | 808.4               |

(State Center for Health Statistics, 2012)

For the period **2007-2011**, Scotland County's death rate for all causes was 994.2 compared to North Carolina's rate of 808.4 (per 100,000 population).

In **2011**, Scotland County's total death rate was 1012.2 with 363 deaths (excluding fetal deaths) compared to North Carolina's rate of 825.2 (per 100,000 population). **Heart Disease** was the leading cause of death in Scotland County with 88 deaths for a death rate of 245.4 compared to North Carolina's death rate of 175.6 (per 100,000 population). The next five leading causes of death in Scotland County were: **cancer** 189.6; **cerebrovascular disease** 61.3; **diabetes** 50.2; **chronic lower respiratory disease** 50.2; **chronic liver disease and cirrhosis** 19.5 and **motor vehicle injuries** 8.4 (per 100,000 population). There were 3 suicide and 8 homicide deaths in the county. (North Carolina Vital Statistics, 2012).

## Mortality Statistics Summary for 2011

### Total Deaths - All Causes

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 79,680                | 825.2            | 388,092                    | 827.8                 |
| Scotland          | 363                   | 1,012.2          | 1,915                      | 1056.7                |

### Heart Disease

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 16,959                | 175.6            | 86,099                     | 183.6                 |
| Scotland          | 88                    | 245.4            | 459                        | 253.3                 |

### Cancer - All Sites

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 17,425                | 192.1            | 88,518                     | 188.8                 |
| Scotland          | 68                    | 189.6            | 429                        | 236.7                 |

### Cerebrovascular Disease

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 4,335                 | 47.8             | 21,774                     | 46.4                  |
| Scotland          | 22                    | 61.3             | 113                        | 62.4                  |

### Diabetes Mellitus

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2003-2007 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 2,150                 | 23.7             | 10,733                     | 22.9                  |
| Scotland          | 18                    | 50.2             | 77                         | 42.5                  |

### Pneumonia and Influenza

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 1,616                 | 16.7             | 8,455                      | 18.0                  |
| Scotland          | 3                     | 8.4              | 26                         | 14.3                  |

### Alzheimer's Disease

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 2,449                 | 27.0             | 13,347                     | 28.5                  |
| Scotland          | 5                     | 13.6             | 36                         | 19.9                  |

## Chronic Liver Disease and Cirrhosis

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 885                   | 10.6             | 4,723                      | 10.1                  |
| Scotland          | 7                     | 19.5             | 30                         | 16.6                  |

## All Other Unintentional Injuries

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 2,996                 | 31.0             | 13,781                     | 29.4                  |
| Scotland          | 9                     | 25.1             | 53                         | 29.2                  |

## Motor Vehicle Injuries

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 1,243                 | 12.9             | 7,336                      | 15.6                  |
| Scotland          | 3                     | 8.4              | 36                         | 19.9                  |

## Suicide

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 1,196                 | 12.4             | 5,751                      | 12.3                  |
| Scotland          | 3                     | 8.4              | 10                         | 5.5                   |

## Homicide

| Geographical Area | Number of Deaths 2011 | Death Rate* 2011 | Number of Deaths 2007-2011 | Death Rate* 2007-2011 |
|-------------------|-----------------------|------------------|----------------------------|-----------------------|
| North Carolina    | 519                   | 5.4              | 2,949                      | 6.3                   |
| Scotland          | 8                     | 22.34            | 41                         | 22.6                  |

According to the *Health Profile of North Carolinians 2011*, the 10 leading causes of death were the same for North Carolina as in Scotland County. Cancer, heart disease, stroke and chronic lung disease are the leading causes of death in North Carolina. Chronic diseases account for 60 percent of all deaths in the state. There have been dramatic increases in diabetes and obesity in the past decade; these conditions exacerbate many other health problems. Many deaths in North Carolina are preventable and involve risky behaviors or lifestyles. Among the leading causes of preventable death are tobacco use, unhealthy diet and/or physical inactivity, alcohol misuse, firearms, sexual behavior, motor vehicles and illicit drug use.

### Minority Health and Health Disparities

African Americans have higher death rates from HIV, homicide, cancer, diabetes, kidney disease, stroke and heart disease compared to whites. The African American infant mortality rate is more than twice the rate than for whites. North Carolina's American Indian population has elevated death rates of heart disease, diabetes, kidney disease, homicide and unintentional motor vehicle crashes, as well as a substantially higher infant death rate, compared to non-Hispanic whites. These higher death rates for American Indians and African Americans reflect their high percentage living in poverty, lack of insurance and access to health care. (Health Profile of North Carolinians 2011 Update)

## Section III

### Scotland County Health Assessment 2013

In the early Fall of 2012, a Community Health Assessment Team was established to begin work on the Community Health Assessment process and to create a comprehensive survey to collect primary data from the community. The core team included the Health Educator/Healthy Carolinians Coordinator, staff from Scotland County Health Department, Scotland Health Care System, Scotland County Parks and Recreation Senior Center, Scotland County School System, Scotland County Cooperative Extension and members of the community. This group met intermittently to discuss the progress of the report, data input, survey results, analysis, reporting and the ultimate layout of the report. The Steering Committee of Scotland County Healthy Carolinians comprised the Advisory Group for the Community Health Assessment Survey and Report, and the members of Scotland County Healthy Carolinians Partnership all participated in the distribution and return of the surveys.

| Name                              | Title                                | Agency                                                                                                                                                                                                                                                                                                              | Role                                                                                                                  |
|-----------------------------------|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Wayne Raynor and G. David Jenkins | Health Director                      | SCHD                                                                                                                                                                                                                                                                                                                | Health Director; meetings; data input                                                                                 |
| Kathie Cox                        | Health Educator II                   | SCHD                                                                                                                                                                                                                                                                                                                | Coordinator/facilitator, data input, research, analysis, layout                                                       |
| Cardra Burns                      | WIC Director                         | SCHD                                                                                                                                                                                                                                                                                                                | Core Work Group; meetings; developed survey; data input; data analysis; survey distribution; layout                   |
| Danielle Wilkins                  | BSN                                  | SCHD                                                                                                                                                                                                                                                                                                                | Core Work Group; meetings, data input, survey distribution                                                            |
| Tina Clark                        | DON                                  | SCHD                                                                                                                                                                                                                                                                                                                | Core Work Group; meetings, data input, survey distribution                                                            |
| Debra Rogers                      | Management Support                   | SCHD                                                                                                                                                                                                                                                                                                                | Meetings, data input, survey distribution                                                                             |
| Priscilla Thompson                | Student Intern                       | UNC Pembroke                                                                                                                                                                                                                                                                                                        | Core Work Group; meetings, data research, data analysis, survey distribution                                          |
| Danny Sprouse                     | Environmental Health                 | SCHD                                                                                                                                                                                                                                                                                                                | Core Work Group; meetings, data input, survey distribution                                                            |
| Tim Martin                        | Fiscal Management                    | SCHD                                                                                                                                                                                                                                                                                                                | Core Work Group; analysis; graphs; layout                                                                             |
| Tammy Holloway                    | BSN                                  | SHCS/Occ Health                                                                                                                                                                                                                                                                                                     | Core Work Group, meetings, data input, survey distribution                                                            |
| Jennifer Coughenour               | BSN                                  | SHCS/Occ Health                                                                                                                                                                                                                                                                                                     | Core Work Group, meetings, data input, data research, data analysis, survey distribution, developed CHNA for hospital |
| Jeanne Kreuser                    | RN                                   | SHCS/Occ Health                                                                                                                                                                                                                                                                                                     | Meetings, data input, survey distribution                                                                             |
| Andrea Fields                     | BSN/Director                         | SHCS/Occ Health                                                                                                                                                                                                                                                                                                     | Meetings, data input, survey distribution                                                                             |
| Summer Stanley                    | Social Worker                        | SHCS                                                                                                                                                                                                                                                                                                                | Meetings, data input, survey distribution                                                                             |
| Ivy McLaurin                      | Grant Writer                         | SHCS/Foundation                                                                                                                                                                                                                                                                                                     | Core Work Group, meetings, input, analysis, survey distribution                                                       |
| Doris Ann Donovan                 | RN/Adult Services                    | Parks & Recreation                                                                                                                                                                                                                                                                                                  | Core Work Group, meetings, input, analysis, survey distribution                                                       |
| Andy Kurtzman                     | Director                             | Scotland Community Health Clinic                                                                                                                                                                                                                                                                                    | Core Work Group, meetings, input, analysis, survey distribution                                                       |
| Tamara Davison                    | Coordinator/Student Support Services | School System                                                                                                                                                                                                                                                                                                       | Meetings, data input, survey distribution                                                                             |
| Roylin Hammond                    | Emergency Mgmt                       | EMS                                                                                                                                                                                                                                                                                                                 | Meetings, data input, survey distribution                                                                             |
| <b>Community Members:</b>         |                                      |                                                                                                                                                                                                                                                                                                                     |                                                                                                                       |
| William Matthews                  | BOH Member                           | SCHD                                                                                                                                                                                                                                                                                                                | Participants attended meetings, Survey distribution; Provided input for survey and analysis                           |
| Essie Davis                       | Various                              | Cooperative Extension, Scotland County School System, Scotland Health Care System, Board Of Health, Ministerial Alliance Association, DSS, Medicine Shoppe Pharmacy, Scotland County Partnership for Children & Families, Smart Start, Domestic Violence and Rape Crisis Center, Scotland County Parks & Recreation |                                                                                                                       |

After monthly meetings and several revisions of the proposed survey, a final draft was approved by the Core Work Group for distribution. The community health assessment opinion survey was divided into a health information section, a demographic section and comment section. The survey, translated into Spanish as well, was also designed to distinguish opinions on issues that impact the *community* from issues that impact *families*. Staff and community volunteers from the Scotland County Healthy Carolinians Partnership personally distributed and collected the surveys in all areas of Scotland County. The survey was also available on Survey Monkey for participants who preferred using internet. Every attempt was made to collect data randomly from all communities in the county and all ethnic groups. Over 550 surveys were completed. The survey questionnaire, graphical data and community resources are located in Appendices A, B, C, D and E of Section VII.

In brief, results of the survey showed that: (updated)

- Heart Disease, Cancer and violence were felt to be the leading causes of death.
- The priority health issues were cancer, high blood pressure, heart disease, diabetes, drug and alcohol abuse, obesity, and teen pregnancy.
- The priority risk factors were lack of physical activity, use of tobacco products, poor nutrition and environmental factors.
- Lack of insurance and inability to pay were the leading factors affecting families seeking medical treatment.
- Lack of funds for health insurance, transportation, medicine, utilities and food were general concerns among respondents.
- Respondents wanted to see more education on chronic disease prevention, cancer, teen pregnancy prevention, dental screenings, substance abuse and physical activity.
- Services that respondents had difficulty finding or using most were transportation, child day care, dental care, parks and recreation, and housing assistance.
- Respondents most wanted to see more job opportunities, safe places to walk and play, recreation facilities, healthier food choices and wellness services to help improve the health of their communities.
- Respondents indicated they support tobacco-free public places/buildings in Scotland County.

## **Community Health Assessment Opinion Survey and Results**

(Opinion Survey, see Appendix A) (Graph Data, see Appendix B)

## **Community Health Assessment Opinion Survey Information Results**

In Section I of the survey, participants were asked questions related to their concerns about health issues in their *family* and in their *community*. Qualitative data was gathered by conducting a community survey with a total of 534 responses from community members. The prioritization process included review and analysis of this primary, qualitative community feedback to help determine priorities for healthcare interventions in Scotland County.

- In general, health issues the respondent's felt had the biggest impact on the *community* were very similar to the health issues that impacted the respondent's *family*. The same held true for behavior risk concerns.
- Respondents listed heart disease, cancer, diabetes, homicide/violence, and stroke as their top 5 answers when asked what, in their opinion, was the leading cause of death in the community.

- When the respondents' opinions were compared with the statistical data listed in the North Carolina Center for Health Statistics for Scotland County (2007-2011), there were similarities. Heart disease is the leading cause of death followed by cancer, cerebrovascular disease (stroke), diabetes, respiratory, motor vehicle, and other unintentional injuries.
- Survey respondents indicated homicide as the third leading cause of death in Scotland County however, according to the North Carolina Center for Health Statistics homicide is the 12<sup>th</sup> leading cause of death in Scotland County. (SCHS, 2012)
- From the survey, 8.2% (10.5% in 2009) of the respondents felt teen pregnancy was the biggest health issue affecting the *community*. This was followed closely by gangs and violence and tobacco use.
- Given the same choices of health issues affecting their *families*, 26.6% respondents listed high blood pressure as the leading health issue followed by the same choices as those impacting the community. Only 0.6% (1.1% in 2009) of the respondents listed teen pregnancy as an issue affecting their *family*.
- When asked the behavior risk factors that impact their *families*, the leading response – 37.5% (28.3% in 2009) was lack of physical activity. This was followed by 17.0% (17.1% in 2009) for use of tobacco products, 11.8% environmental factors, 9.7% poor nutrition and 6.4% (7.9% in 2009) for alcohol and drug abuse. Only 1.1% of the respondents listed unprotected sex as the leading behavior risk impacting their *family*.
- When asked what the main reason that keeps people in your *community* from seeking medical treatment, an overwhelming 59.4% (17.7% in 2009) indicated lack of insurance/inability to pay or doctor visit and 14.0% indicated lack of knowledge/understanding of the need. The next leading indicators for not seeking medical treatment were: fear of finding out about a health problem 5.8%, and no transportation 2.9%.
- When asked what factor most affects the quality of life for people in your *community*, 72.2% felt the economy (low income, no insurance, etc.) was the leading response followed by 8.5% ability to read and write/education and age at 5.0%.
- When asked what people in their *community* lacked funds for, the leading response was Health Insurance at 73.6%, followed by medicine – 55.0%, utilities (electricity, water, gas) – 52.6%, transportation/fuel – 49.1% and food at 42.3%.
- Respondents indicated the education or information they would like to see more of in Scotland County were for: (CHA survey results)

|                           | 2013  | 2009  | 2005  |
|---------------------------|-------|-------|-------|
| Alcohol/Drug Abuse        | 38.9% | 28.8% | 14.9% |
| Teen Pregnancy Prevention | 44.5% | 17.9% | 11.6% |
| Blood Pressure            | 53.3% | 14.1% | 1.9%  |
| Heart Health              | n/a%  | 13.4% | 5.7%  |
| Physical Activity         | 38.9% | 13.2% | 10.9% |

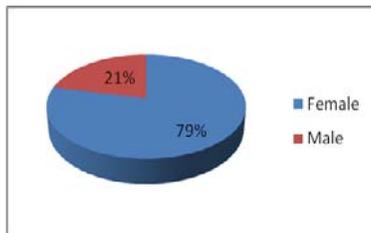
- When asked what respondents would like to see more of to improve the health of family, friends and neighbors in Scotland County, over half listed job opportunities 70.1% (69.3% in 2009), followed by safe places to walk/play 39.3% (35.5% in 2009) and recreation facilities 35.7% (24.4% in 2009). Other responses were in the areas of substance abuse/drug rehabilitation 25.3% (11.1% in 2009), wellness screenings 28.5% (16.6% in 2009), healthy food choices 34.5% (16.0% in 2009), additional health services 33.5% and mental health services 25.9%.

- When asked what would be the main way of getting information from authorities in a large-scale disaster or emergency, respondents indicated television – 34.7% followed by radio – 15.6%, text messages (Emergency Alert System) – 13.6%, internet – 9.6%. In addition, over half of the respondents (53.5%) indicated the family did NOT have a basic emergency supply kit.

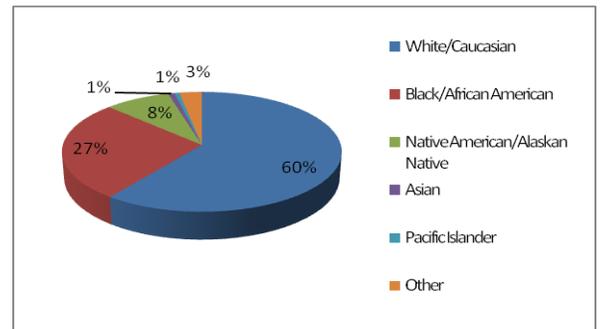
## Demographic Information

Section II of the community health assessment survey asked the respondents to answer questions relating to demographic information. This data would determine that all areas of the county were represented by the survey and that all races and ethnicities were represented.

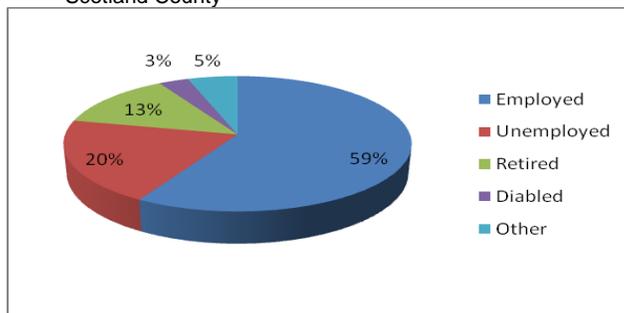
- Geographical distribution of the surveys was predominately from the county seat of Laurinburg. The towns of East Laurinburg, Gibson, Laurel Hill, Maxton and Wagram were also represented.
- Of the 481 participants who responded, 78.6% were female and 21.4% were male respondents. (Community Health Assessment 2013)



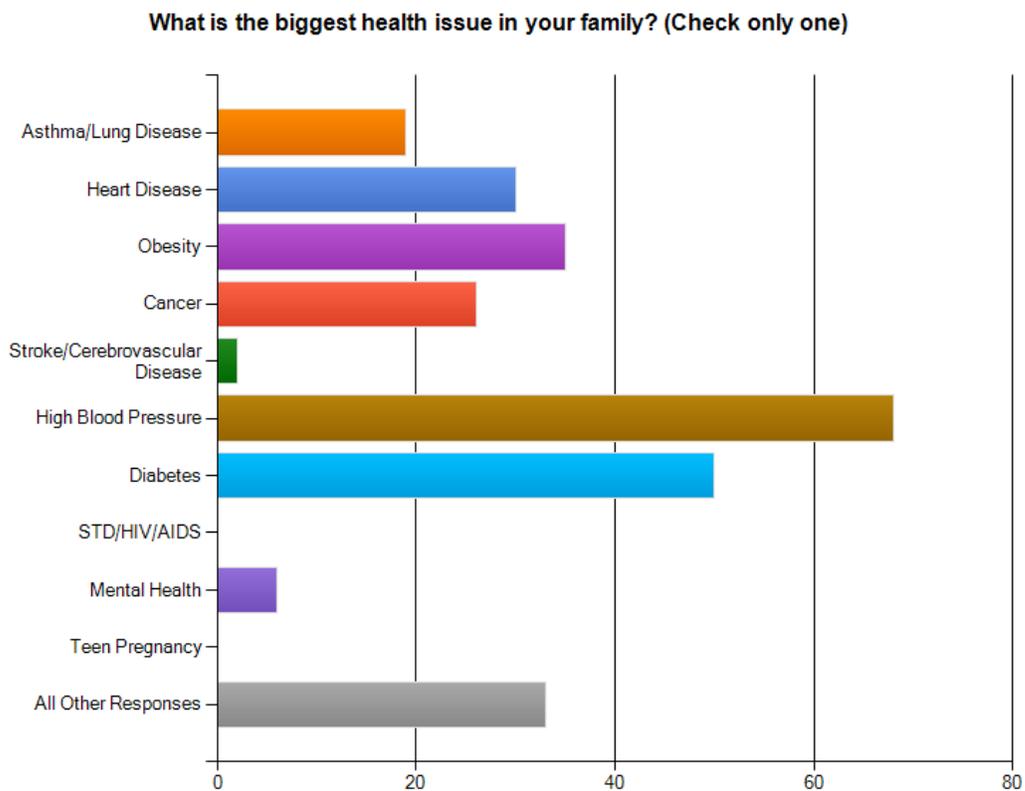
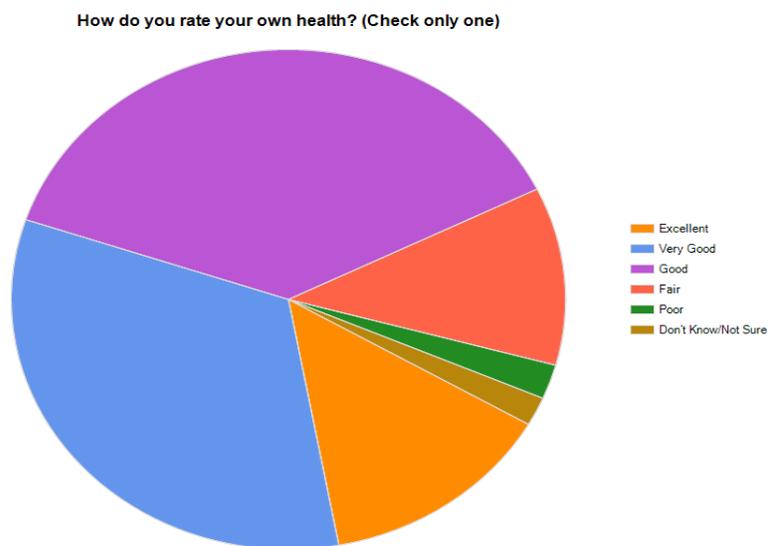
- Race breakdown: White 60.2%, Black 26.9%, American Indian 8.5%, 2.5% Hispanic and unknown 3.2%. (Community Health Assessment 2013)



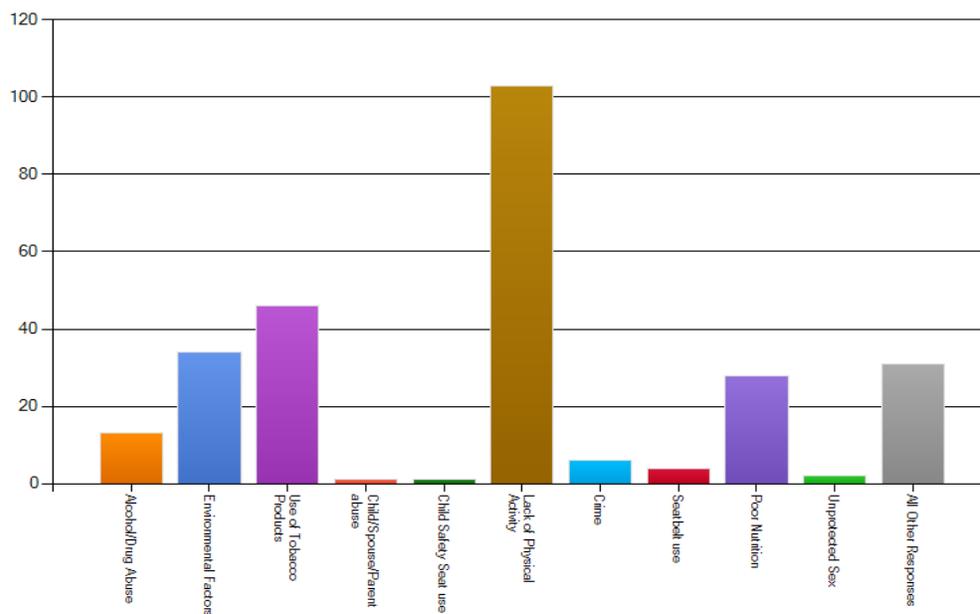
- Employment: The number of respondents employed – 58.4%; unemployed – 20.1%; retired – 13.1%; disabled – 3.2%; and other – 5.3%  
Scotland County



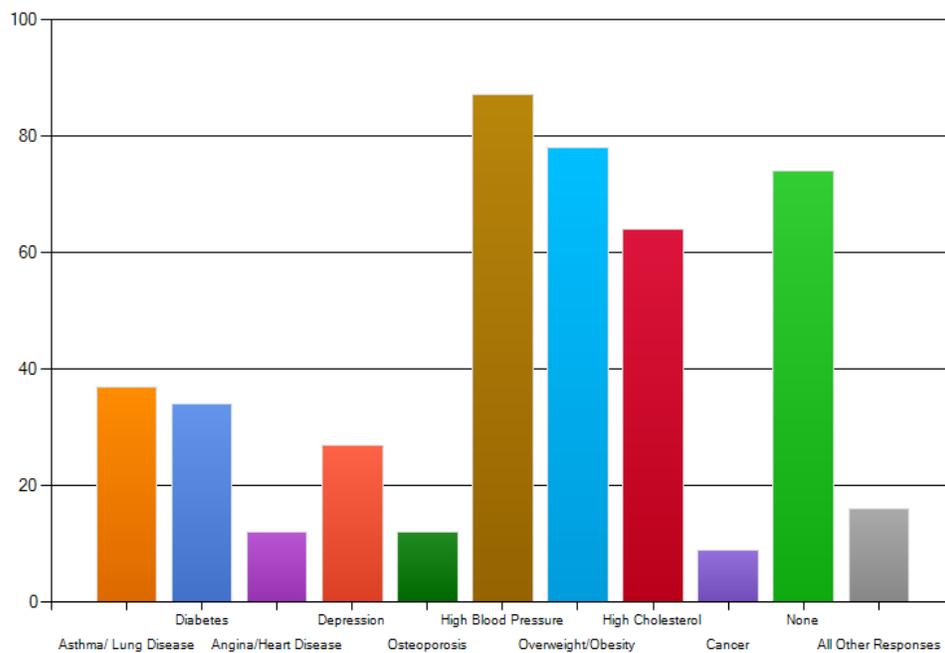
## Community Health Survey Results – Graphical Data 2013



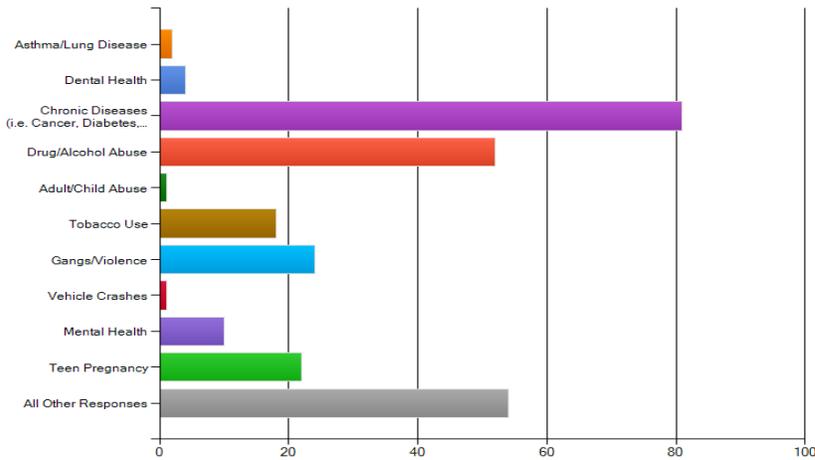
**What is the biggest behavior risk factor that impacts your family? (check only one)**



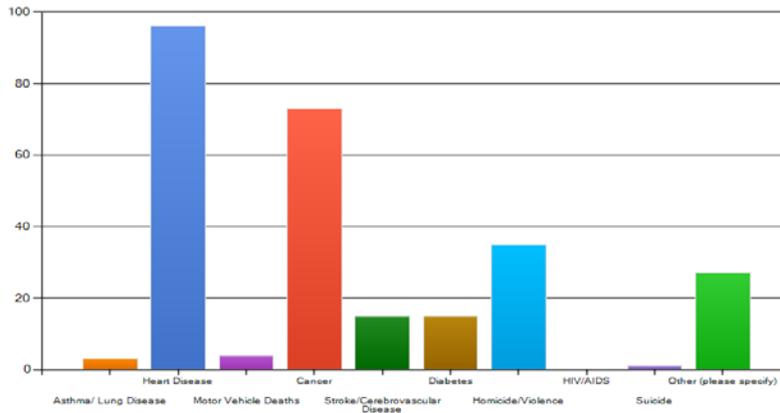
**Have you ever been told by a doctor, nurse, or health professional that you have any of the following? (check all that apply)**



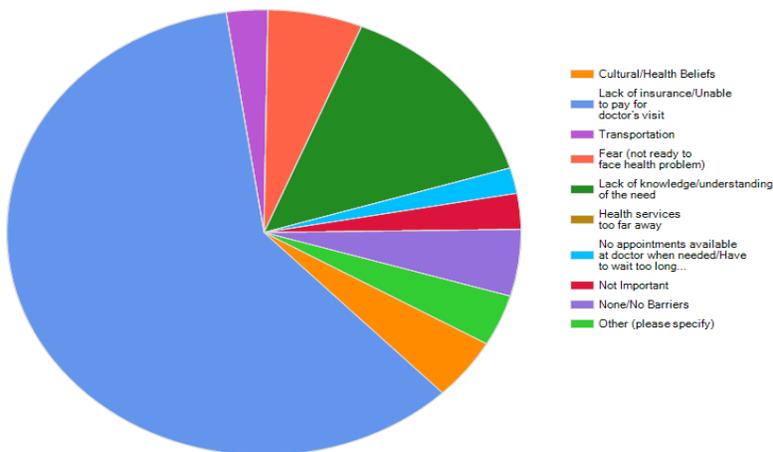
In your opinion, what is the biggest health issue in your community? (Check only one)



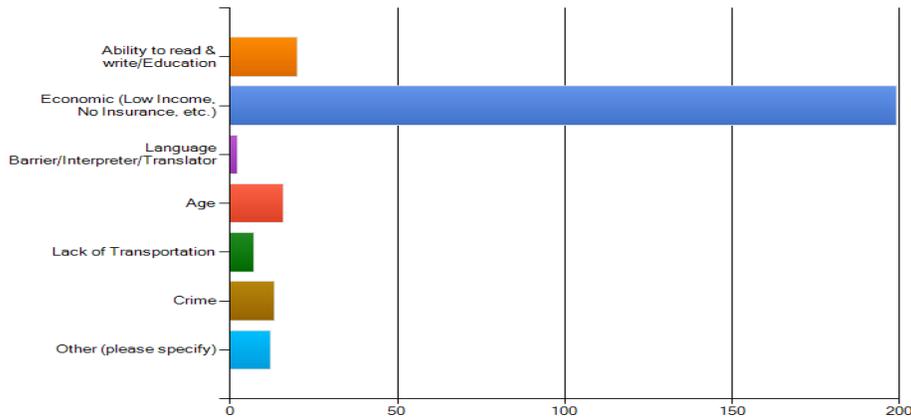
In your opinion, what do most people die from in your community? (Check only one)



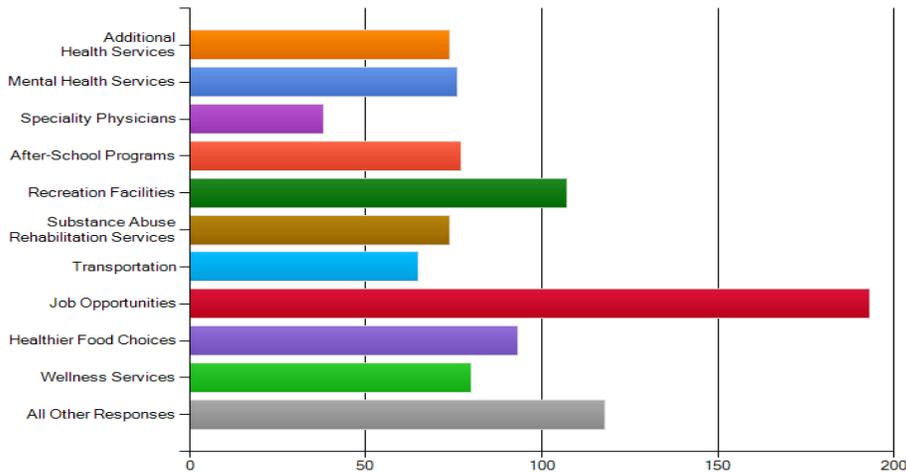
In your opinion, what do you think is the main reason that keeps people in your community from seeking medical treatment? (Check only one)



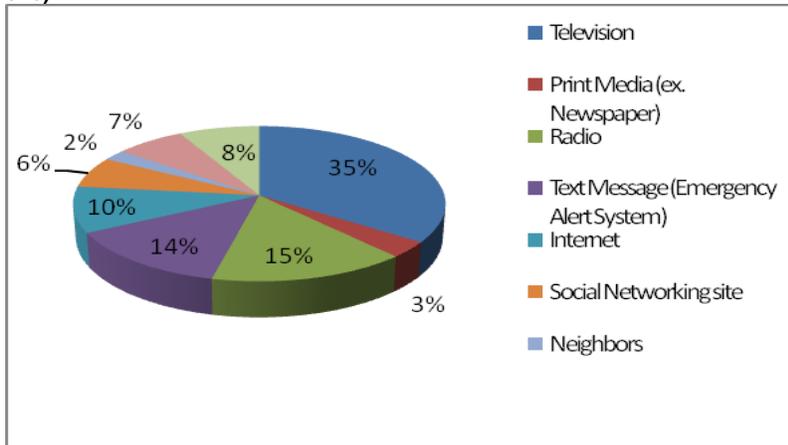
**Which factor do you feel most affects the quality of life for people in your community? (Check only one)**



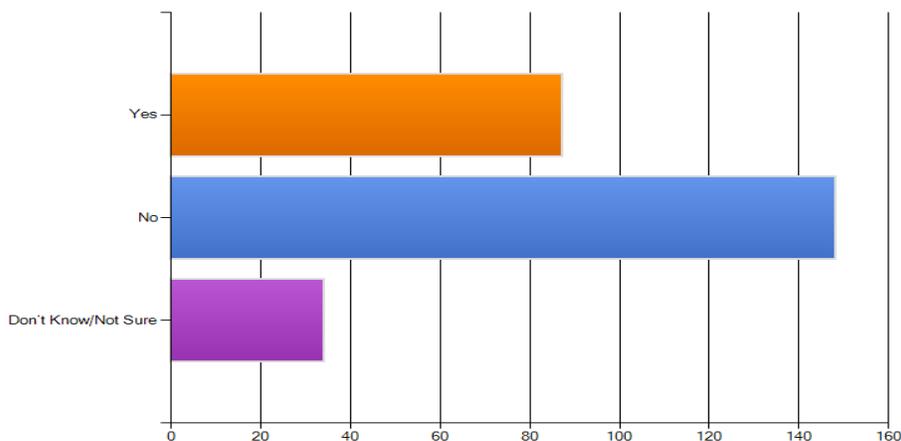
**What does your community need to improve the health of your family, friends, and neighbors? (Check all that apply)**



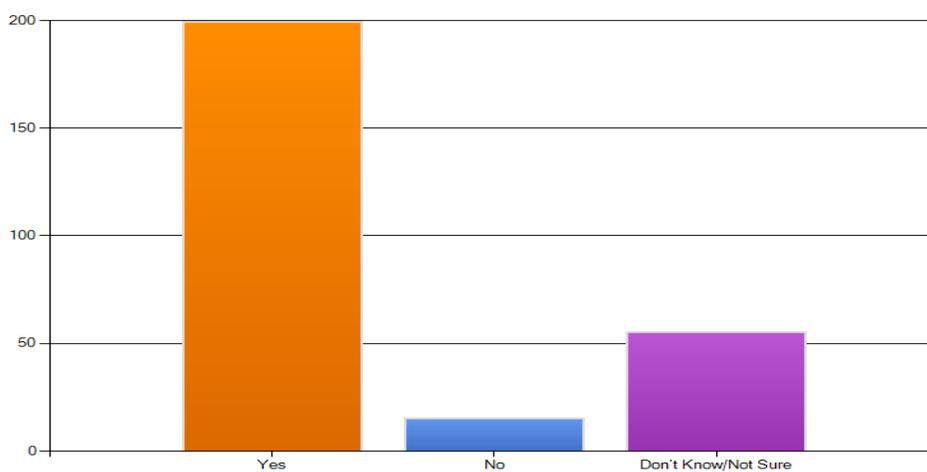
**What would be your main way of getting information from authorities in a large-scale disaster or emergency (check only one)**



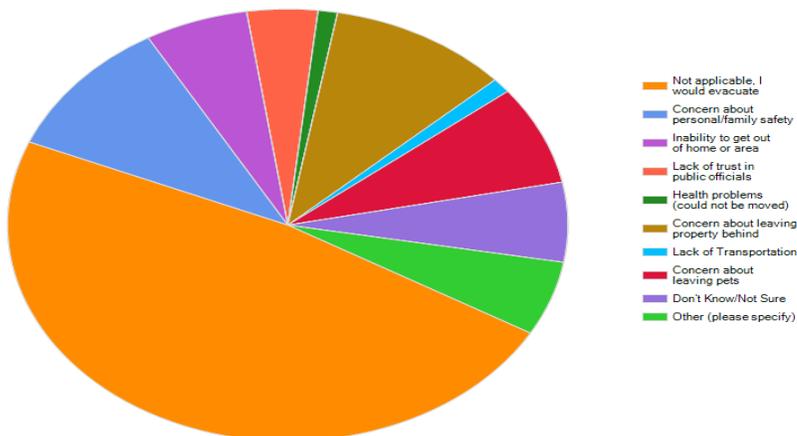
Does your family have a basic emergency supply kit? (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlights and batteries, non-electric can opener, blanket, etc.)



If public authorities announced a mandatory evacuation from your neighborhood or community due to a large-scale disaster or emergency, would you evacuate?(Check only one)



What would be the main reason you might not evacuate if asked to do so?(Check only one)



## Section IV

### Health Issues and Resources

#### **Chronic Disease (listed by priority order of survey response)**

- **High Blood Pressure**
- **Diabetes**
- **Cancer**
- **Heart Disease/Stroke**
- **Asthma**
- **Obesity**

#### **Other Health Issues – Resources and Programs**

- **Child Health**
- **Communicable Disease**
- **Dental Health**
- **Environmental Health**
- **Hearing/Vision Health**
- **HIV/AIDS/STD**
- **Influenza/H1N1 Influenza**
- **Mental Health/Depression/Suicide**
- **School Health**
- **Women’s Health**

“Social determinants of health such as poverty, education and housing are significant factors in the lives of North Carolina’s residents, and they contribute to our state’s overall health ranking of 33<sup>rd</sup> in the Nation.\* The Healthy North Carolina 2020 objectives recognize the important role that social determinants play. Income level, education attainment status and quality of housing all contribute to health status and ultimately to life expectancy. Individuals dealing with the challenges of poverty are more likely to engage in risky behaviors that negatively impact health outcomes. Physical and economic environments impact health behaviors and health outcomes. Scotland County is designated as a Tier One County – one of the most economically distressed in North Carolina.

\*(NCDHHS) – North Carolina Department of Health and Human Services; Healthy North Carolina 2020 Update (May 2013); America’s Health Rankings, 2012. North Carolina Institute of Medicine.; and North Carolina Department of Commerce.

#### Scotland Health Care System



## **High Blood Pressure (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 2012, the number of deaths in Scotland County (2011) for heart disease was 88 and 22 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. (NCSCHS, 2012)

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.

***26.6% of respondents reported High Blood Pressure as the biggest health issue in their family. Source: 2013 Scotland County Community Health Assessment Survey.***

## **Diabetes Mellitus**

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. Approximately 9.30% of North Carolina's adult population has diagnosed diabetes. (The Burden of Diabetes in NC American Diabetes Association 2012).

In Scotland County, diabetes was listed as the fourth leading cause of death in 2009. Diabetes, diagnosed as the primary cause of mortality, from 2007-2011, ranked Scotland County eleventh highest in North Carolina with a rate of 42.5 (per 100,000 population) compared to the rate of 22.9 (per 100,000 population) for North Carolina. Diabetes is also a significant contributing factor to other causes of death, such as heart disease, stroke, and kidney failure with risk factors of obesity, physical inactivity, unhealthy diets and smoking.

Diabetes is costly. It is estimated that the cost of diabetes for people in North Carolina in 2012 was \$8.3 billion. This estimate includes excess medical costs of \$3.6 billion attributed to diabetes, and lost productivity valued at \$2.2 billion. (NCSCHS, DHHS 2012). On average persons with diabetes have approximately 2.3 times higher medical costs than those without diabetes.

Scotland County Health Department, through physician referral, provides a Diabetes Self-Management Education Class to participants that include assessment, education and follow up and 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 & Education Fair was held November 19, 2013 with approx. 120 participants, twelve exhibitors and a panel of three experts on diabetes and oral, eye, vascular health and heart disease.

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

Scotland Community Health Clinic obtained a collaborative grant through the North Carolina Department of Health & Human Services, Office of Minority Health in July 2012, to provide an interactive diabetic education program for 50 local diabetic residents in the first year. 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.

***18.4% of respondents reported Diabetes as the biggest health issue in their family. Source: 2013 Scotland County Community Health Assessment Survey.***

## **Cancer:**

Cancer is the second leading cause of death in North Carolina and in Scotland County with 17,425 and 90 deaths respectively in 2011. The majority of cancer deaths occur at four sites: lung, colon, female breast, and prostate. For 2007- 2011, Scotland County's cancer deaths by site were: lung - 141, female breast - 17, colon - 48 and prostate – 17 (NCSCHS 2012). 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 the newly expanded, state of the art Scotland Cancer Treatment Center located at Scotland Memorial Hospital, where clinical trials, genetic counseling, chemotherapy and radiation are provided. Scotland Cancer Treatment Center also has a new linear accelerator, used to provide radiation therapy. The accelerator allows more accurate views of a patient's treatment area in real time, IMRT – an advanced mode of high-precision radiotherapy, and IGRT – which helps manage motion caused by breathing, heart and gastric motility, and tumor and patient changes. In 2012, the Cancer Treatment Center at Scotland Memorial Hospital provided 289 new patients chemotherapy treatment and 155 new patients radiation therapy.

Scotland Memorial Foundation provides funding for mammograms for low income women without resources for care, along with other screenings during community events.

Scotland County Health Department provides cervical cancer screenings through Adult Health, Family Planning programs, providing services to over 522 clients FY 2011-2012 and 326 clients FY 2012-2013.

Since 2010, Scotland County's Relay for Life, sponsored by the American Cancer Society, raised over \$1,057,000.00 for research and has received numerous awards in that endeavor.

***9.2% of respondents reported Cancer as the biggest health issue in their family. Source: 2013 Scotland County Community Health Assessment Survey.***

## **Heart Disease:**

Heart disease and stroke – the principal components of cardiovascular disease – are the first and third leading causes of death for both men and women. Heart disease attributed to 16,959 deaths in North Carolina in 2011, and 88 deaths in Scotland County. (NCSCHS, 2012). 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 Memorial Foundation supports community cholesterol and blood pressure and other screenings through the Health Care System's Mobile Health Care Units "Scotty" and "Missy" and during community events or programs.

Scotland County Health Department and EMS provides blood pressure screenings on site for the community. Scotland County Healthy Carolinians continues to provide education and supports efforts on heart disease initiatives.

***10.9% of respondents reported Heart Disease as the biggest health issue in their family. Source: 2013 Scotland Community Health Assessment Survey.***

## Asthma

Asthma is a chronic, respiratory condition that affects the airways (bronchial tubes) in the lungs that make breathing difficult, or cause other symptoms such as coughing, wheezing, chest tightness, and shortness of breath. Asthma is a growing health problem in the United States, particularly in African-American, Native American and Latino populations. Asthma affects an estimated 17 million Americans or 6.4% of the U.S. population with nearly 5 million of them children. Uncontrolled asthma can impose serious limitations on daily life.

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. Asthma, a major chronic illness among school children, is the leading cause of school absenteeism nationwide, according to experts on lung disease. According to the School Health Services Report, approximately 6% of North Carolina public school students were reported to have asthma in 2009-2010, an increase of over 3,000 students over the prior school year. The 2011 Child Health Assessment and Monitoring Program (CHAMP) survey shows that 17.5% of parents reported that a doctor had diagnosed their child with asthma and 10.9% of parents reported their child currently had asthma.

In 2011, the total number of hospitalizations in Scotland County due to asthma were 100 for all ages (278.9 rate per 100,000) with 34 (466.3 rate per 100,000) for children ages 0-14 years. Scotland County ranks 2nd highest in North Carolina for asthma related hospitalizations, (based on rate per 100,000 population) for all ages and 2nd highest for children ages 0-14 (NCSCHS, 2012).

***8.1% of respondents reported Asthma is the biggest health issue in their family. Source: 2013 Scotland County Community Health Assessment Survey.***

## Obesity/Overweight

North Carolina percentages in childhood obesity are the 5<sup>th</sup> highest in the Nation. At its current rate, it will soon become the costliest disease, surpassing cardiovascular diseases. Obesity is a condition affecting many residents in Scotland County and is the number one health problem in children. The 2012 North Carolina Child Health Report Card (NCDHHS) states in 2011, **30.8%** of our children ages 2 to 9 years and **30.6%** children 10 to 17 years, are overweight or obese.

Lack of physical activity and poor nutritional habits are major factors in overweight and obesity. The North Carolina Child Health Report Card 2012 reported 27.5% of students, age 10-17 yrs, and 30.8% of children ages 2 to 9 yrs. were physically active the recommended total of 60 minutes or more per day on five days or more.

North Carolina's response to obesity, are programs such as Eat Smart, Move More, NC; Faithful Families Eating Smart and Moving More and other health promotion initiatives. Scotland County is fortunate to have existing resources or programs such as the Health Department's WIC Nutrition Program, the Community Transformation Grant Project programs that include physical activity and healthy eating, access to healthy foods, and others, the school system's healthy eating program following guidelines from North Carolina Department of Public Instruction (NCDPI), "Active Recess for Scots" in elementary schools providing additional physical activity daily, Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) for youth and adults, the "Lunch & Learn Healthy Lifestyles" Program and "WOW!" physical activity and nutrition program through Healthy Carolinians and others such as Weight Watchers and TOPS (Take Off Pounds Sensibly) 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.

***11.2% of respondents reported Obesity as the biggest health issue in their family. Source: 2013 Scotland County Community Health Assessment Survey.***

## Child Health

- **Child Care Directions** – Resource and referral agency for parents and child care providers.
- **Child Fatality and Prevention Team** – Scotland County Health Department is the lead agency. Meets a minimum of four times during the year to review incidence and causes of all child deaths in the county.
- **Community Child Protection Team** –Scotland County Department of Social Services is the Lead Agency. Meets quarterly to review protective custody cases.
- **Early Hearing Detection and Intervention Program** – all infants receive an initial hearing screening at birth. Infants who fail are rescreened in 2-4 weeks and referred as needed. Postpartum/Newborn home visit assessment – a Public Health Nurse provides a hearing screening as part of the assessment.
- **Eckerd** – Behavioral Health for at risk children and teens
- **Immunizations** – Scotland County children receive immunizations at the health department, Purcell Clinic and other medical provider's offices.
- **Lead Screening** – available for children less than six years of age at Health Department Purcell Clinic and other medical provider's offices.
- **Scotland County Department of Social Services** – Federally mandated, state supervised, county administered, Social Service System.
- **Scotland County Health Department** - Child Health Program – immunizations, pediatric orthopedic clinic, postpartum/newborn visits, screenings for blood lead poisoning and sickle cell. Monthly sickle cell counseling services are offered on site by Regional Sickle Cell Counselor.
- **Scotland County Partnership for Children and Families – (Smart Start)** – established in 1998 to implement North Carolina's school readiness initiative and has successfully improved the quality of childcare, parenting resources, access to health care and other support systems.
- **Scotland County System of Care** - community services and resources to assist families and children who are in need of multiple services from human services agencies to address serious and complex behavioral, social, academic and safety needs.
- **Care Coordination for Children (CC4C)** – links families with children from birth to five who may have special health needs to community resources and services.
- **Special Needs Program** - The Arc of Scotland County (Association of Retarded Citizens) – volunteer organization devoted to improving the welfare of persons with mental retardation or developmental delays by acting as a support group for families and advocating for their rights as citizens.
- **The Autism Society of North Carolina** – Scotland County chapter – community-based services.
- **Together We Grow – North Carolina Early Intervention Services** – comprehensive, interagency system of services provided by many different agencies and programs for children birth to five years and their families.
- **Women, Infants and Children – (WIC)** – also known as the Special Supplemental Nutrition Program. WIC is a Federal program funded by the United States Department of Agriculture (USDA). It is designed to provide food to low income pregnant, postpartum, and breastfeeding women, infants and children until the age of five. Available at Scotland County Health Department.
- **Evergreen Behavioral Management** (formerly Family Alternatives) – provides a Day Treatment Program offered to children up to age 20 years of age; Intensive in-home services; Community Support Teams
- **Community Innovations** – provides child case management Intensive in-home services for children and families; Community Support Teams;
- **Scotland Family Counseling Center, Inc.** – provides outpatient counseling to children and families; Faith Integrated counseling and professional services

## Communicable Disease

The goal of the Communicable Disease Program at Scotland County Health Department is to stop the spread of disease by investigating sources of infection and reduce transmission through public education. This is done through the cooperation of physicians, hospitals and medical laboratories. Case management is available to clients diagnosed with tuberculosis.

There are sixty-six non-sexually transmitted reportable diseases. There are blood-borne diseases such as Hepatitis B and C and enteric diseases such as salmonella and shigellosis. Hepatitis A is a food-borne disease. Vector-borne diseases include West Nile Virus, Eastern Equine Encephalitis, Rocky Mountain Spotted Fever and Lyme Disease. Some communicable diseases are air-borne like SARS (Severe Acute Respiratory Syndrome) and Tuberculosis. There are also agents of terrorism such as anthrax, smallpox and plague.

Medical providers, laboratories and the state communicable disease branch reports diseases to the health department. The communicable disease staff determines if the reported disease meets the case definition set by the Centers for Disease Control and Prevention. This is done by contacting hospitals and physician's offices for symptoms of the patient.

In some diseases there is a finite time period to reach contacts to the disease and administer immunoglobulin. For example, contacts to Hepatitis A and B need Immunoglobulin within fourteen days to prevent or reduce the severity of these diseases.

Persons with certain diseases are restricted in activities to decrease transmission. Persons with active TB are limited in activities until they are no longer infectious. In order to decrease drug-resistant cases of Tuberculosis, "Directly Observed Therapy" (DOT) is the standard of care. This means each dose of anti-tuberculin medication is administered by a health care worker.

Communicable Diseases reported in Scotland County for 2012-2013 F/Y and through December 1, 2013 were Hepatitis A (0); Hepatitis B (0); Hepatitis B Carrier (1); Hepatitis C (2); HIV (2); AIDS (1); STD's (367); Salmonella (10); Shigellosis (9); NGU (9); PID (3); Campylobacter (3) and Tuberculosis (0). In 2012, Scotland County had 258 confirmed cases of Chlamydia; 93 confirmed cases of Gonorrhea; 14 cases of Nongonococcal Urethritis and 2 cases of Pelvic Inflammatory Disease. Seventy-five percent of all cases were reported by people ages 15 to 24 years with 136 of those ages 15 to 19 years and 7 cases were reported for children aged 10 to 14 years.

## Dental Health

Scotland County has eight local dentists (or 2.5 per 10,000 population), 11 dental hygienists, one orthodontist and a Public Health Dental Hygienist (Sheps Center for Health Services 2012). Most of the local dentists accept Medicaid for their established patients and only one accepts new Medicaid patients. Other resources in Scotland County include:

- The Purcell Clinic's "**Into the Mouths of Babes**" Program under the North Carolina oral Health Section of DPH (Division of Public Health) – high risk children that qualify will have fluoride varnish painted on their teeth during their well baby checkup.
- **Scotland County Health Department – WIC Program** – hosts the SMILE North Carolina on-site dental health program for children 12 months to 18 years of age.
- **North Carolina Health Choice Program** – pays for dental services for children that qualify.
- **North Carolina Oral Health Section of DPH** (Department of Public Health) – local Public Health Dental Hygienist is active in major preventive procedures such as water fluoridation, dental sealant promotional projects, and risk assessment-referral and follow-up services. Education is integrated within each of these activities. [www.communityhealth.dhhs.state.nc.us/dental/](http://www.communityhealth.dhhs.state.nc.us/dental/)
- **Stewartsville Baptist Church** – hosts an annual free one day dental health clinic with volunteer providers (dentists, dental hygienists) for uninsured or low income residents of all ages.

- There are also out of county dental resources that many of our residents take advantage of such as **First Health Dental Care** and the **UNC School of Dentistry**.

*2.1% of survey respondents indicated dental health was the biggest health issue in their family. Source: 2013 Scotland County Community Health Assessment.*

## **Environmental Health**

The Environmental Health Section of the Scotland County Health Department protects and improves the public's health by controlling environmental factors which can adversely affect human health. This section provides preventative 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; child daycares; mosquito and vector control; private well water construction; child lead poisoning; and animal control. Referrals are made for solid waste enforcement, air quality concerns, public water supplies, hazardous materials, groundwater protection and other related environmental issues. The Scotland County Health Department's Environmental Health Section responds to other environmental issues as needed.

Scotland County Health Department has two Environmental Health Specialists and two Animal Control Officers to provide services for the county.

- Animal Control Program – enforce state and county law ordinances and rules pertaining to the care, custody and control of animals in Scotland County
- Well and Septic System Permits
- Restaurants/Lodging/Pools – inspections
- Tattoo Parlors - inspections
- Mosquito Control – ensures that mosquito control rules are enforced to protect public safety.

The City of Laurinburg has one Animal Control Officer who provides services within city limits and enforces city ordinances and state laws.

## **Hearing/Vision Health**

- **North Carolina Council for the Hearing Impaired** – all infants receive an initial hearing screening at birth. Infants who fail are rescreened in 2-4 weeks by the Newborn Hearing and Follow-up Program. A staff member from the Early Hearing Detection and Intervention Program screens infants at Scotland County Health Department monthly.
- **North Carolina Division of Services for the Deaf and Hard of Hearing**
- **North Carolina Division of Services for the Blind in Scotland County** – serves blind or visually impaired adults and children.
- **Speech Solutions, Inc** – assess, diagnose and treat patients to help prevent speech, language, cognitive, communication, voice, swallowing, fluency and other speech disorders
- **Scotland County School System** – provides hearing and vision screening for first and third graders as well as students in the Exceptional Children's Program and other students referred by teachers.
- **Lions Club** – provides programs, funds and transportation to visually impaired persons

## HIV/AIDS/STD

- **Scotland County Health Department** and most health care providers provide confidential HIV/AIDS as well as sexually transmitted disease tests through examinations and/or blood screenings that test for the presence of antibodies to HIV. Public Health is mandated to offer free sexually transmitted disease screenings and treatment to anyone that requests the service. Clients who test positive for HIV/AIDS, or are referred to the health department, are offered case management services through the Border Belt AIDS Resource Team or Robeson Health Care Corporation in Lumberton, NC. In July of 2012, Scotland County Health Department added a new Early Intervention (EIC) Clinic working with Robeson Health Care Corporation's (RHCC) Ryan White Part C Program to care for patients diagnosed with HIV/AIDS.
- **H.E.A.R.T.** – Scotland County Health Education and Resource Team – meets monthly for HIV/AIDS education promotion and the planning of fundraising activities to help meet the emergency needs of clients living with HIV/AIDS in Scotland County. This group also sponsors two annual events to raise awareness of HIV/AIDS which are coincided with national recognition days. The H.E.A.R.T. HIV/AIDS Walk-a-thon which is usually held in June with National HIV Testing Day, and the H.E.A.R.T. World AIDS Day Candlelight Vigil held on or around World AIDS Day in December each year. Citizens of Scotland County are encouraged to join this group on the third Thursday of each month.
- **B.A.R.T.** – Border Belt AIDS Resources Team – Lumberton, NC

## Influenza/H1N1 Influenza

Influenza (the flu) is a contagious respiratory illness cause by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The safest, most effective way to prevent the flu is to get vaccinated. The Centers for Disease Control recommends that everyone six months and older get their yearly flu vaccine.

Sometimes people are infected with influenza viruses that are not the normal seasonal strains. These infections are often related to contact with influenza viruses from animals, such as birds or pigs. While most of these infections are isolated cases or small clusters, these unusual or "novel" influenza viruses have the potential to spread widely and cause pandemics if they are able to spread from person-to-person, as was the case during the 2009 H1N1 pandemic.

Human infections with influenza A (H7N9) virus were first identified in China in April 2013. To date, there have been no cases reported outside of China and there has been no evidence of sustained person-to-person spread. Human infections with influenza A H3N2 variant viruses have been reported in multiple states since 2011. This variant virus most often produces mild illness with symptoms similar to seasonal influenza. The majority of cases were among children and all cases had direct or indirect contact with swine. Swine contact occurred most often at agricultural fairs. To date, there have been 0 cases reported in North Carolina. Seasonal vaccine is not expected to protect against H3N2v.

According to public health officials, cases of flu in our state have been relatively low so far this season, but are beginning to trend upward. Flu season typically peaks during January and February. Complications from flu can be particularly dangerous for high risk groups including infants under 2, pregnant women, and people with chronic medical conditions such as asthma, diabetes, heart disease, or immune system problems.

The N.C. Department of Health and Human Services announced the state's first three adult deaths linked to infection with seasonal influenza early December. In Scotland County, Seasonal Influenza vaccines are available at the Scotland County Health Department, Scotland Health Care System and medical provider offices.

## Mental Health/Depression/Suicide

- **Eastpointe Mental Health Services...**
  - Access line: 1-800-913-6109
  - 24-Hour Crisis Services: 1-800-913-6109
  - TTY: 1-888-819-5112
- **Scotland County Department of Social Services**
  - Substance Abuse Counselor – specifically for Work First and Food Stamp Clients
  - Crisis Hotline referral
- **Scotland County Health Department** – Crisis Hotline available
- **Scotland Memorial Hospital** – provides referrals to outside mental health agencies
- **Scotland Family Counseling Center**
  - Outpatient counseling – individuals, families, marital, children
  - Substance Abuse Treatment - referral
  - Client Aid Program (sliding scale based on income)
- **New Beginningz, Inc. –**
  - Substance abuse rehabilitation services;
  - Diagnostic assessment,
  - Case formulation/management,
  - Treatment/recovery;
- **Generations Health Services, LLC -**
  - Family Therapy
  - Group Psychotherapy
  - Anger Management
  - Psychiatric Services
- **Community Innovations –**
  - Outpatient Therapy – Family and Individual
  - Adult and Child case management
  - Community Support Team (CST)
  - Intensive in-home services for children and families
  - Psychiatric Services – med management
  - Day Treatment Program – in progress
- **Evergreen Behavioral Management (formerly Family Alternatives)**
  - Outpatient Therapy
  - Physician on-site
  - Community Support Team
  - Intensive in-home services
  - Day Treatment Program – children only up to age 20 years
  - Accepts referrals
- **Southeastern SELF Recovery**
  - Professional assessment (DWI, Substance Abuse)
  - Recovery Home Services
  - Consultations
  - Treatment
  - Intensive Outpatient Programs
  - Individual and Group Counseling
- **Health care providers**
  - Referrals

## School Health

- **School Health Advisory Council** – membership from school personnel representing administration, child nutrition, counselors, nurses and physical education and community representatives from the Health Department, hospital, parents and the Purcell Clinic.

- **Child and Family Support Team** - Teams of nurses and social workers have been placed in seven schools within the district to assist children and families in securing resources and services to help the child be successful in school.
- **Dropout Prevention Coordinator** – The coordinator works with students on an individual and/or group basis to address barriers that prohibit them from being successful in school.
- **Safe Schools Drug and Prevention Program** – Five Resource Officers, one at each of the three middle schools, the high school and at the Alternative Learning Academy, provide random inspections daily to ensure the safety of students and faculty.
- **Expanded Food and Nutrition Education Program (EFNEP)** – 4-H Scotland County Cooperative Extension – collaborates with Scotland County Public School system to provide nutrition and physical activity education classes during the regular and after school day programs.
- **Exceptional Children's Program** – through Scotland County School System which provides the additional educational and support services that these students require. The program's objective is to identify the unique needs of each exceptional student and develop an Individualized Education Program (IEP).
- **Connect Ed** – Scotland County School System's telephone notification system allows school administrators to place calls system-wide in the event of emergencies or inclement weather.
- **Head Start** – a Federal program for preschool children from low-income families. Four-County Community Services, Inc. administers the Head Start Program in Scotland County. Head Start provides the social, nutritional, and educational advantages needed for a successful start in school. It assures that "no child is left behind."
- **School Health Initiatives** – In 2011 and 2012, Scotland County Health Department staff provided STD and Family Planning education to Scotland High School students and the program "Making Proud Choices" (teen pregnancy prevention education) to students at the RCC Honeycutt Center reaching over 750 students.



School Health Initiative 2009

## **Women's Health**

- **Scotland County Health Department** –
  - Family Planning Program – services to improve pregnancy outcomes and the health status of men and women before pregnancy. Program provides pregnancy planning counseling and birth control.
  - Pregnancy Care Management (PCM) – provides care management services for pregnant and post-partum women.
  - Newborn, Postpartum Home Visits
  - Baby Bucks Incentive Program
  - Women, Infants and Children (WIC) program
  - Breastfeeding Peer Counselor
  - Parenting Classes

- **Scotland Health Care System**
  - Labor and Delivery – deliveries and emergency care
  - The Women’s Center – at Scotland Memorial Hospital offers prenatal classes that promote the health and well being in preparation of pregnancy, childbirth, breastfeeding and parenting.
  - a bereavement program to support families experiencing a loss
  - Screenings – free mammograms to women at the Community Health Clinic
- **Private Sector** - Scotland County has two OB/GYN Practices, one certified midwife, and two certified nurse practitioners that provide obstetrical care. Deliveries and emergency care are performed at Scotland Memorial Hospital.
- **Scotland Memorial Foundation** – sponsors a Women’s Health Event annually that includes educational breakout sessions and health screenings (cholesterol, blood pressure, bone density, height/weight and body fat).
- **Scotland Community Health Clinic** – provides health care for the uninsured ages 18 years to 64 years.
- **Scotland County Adolescent Wellness Council** – promotes the health of teens, with a top priority of pregnancy prevention.
- **Leadership and Education for Adolescent Parents (LEAP)** – program through Scotland County Partnership for Children and Families and Scots for Youth and served teen age parents both male and female. Active since June 2009.
- **Scotland County School System** - provides a “Healthy Living” curriculum for grades four through nine. Age appropriate preventive health is taught to these students.
- **Churches and Youth Organizations** - sponsors health programs that promote teen pregnancy prevention, physical activity and nutrition.



Diabetes Health & Education Fair 2012



SCHD/Safe Surrender Law Billboard 2011



GASO 2011



SCHD Baby Bucks Program 2012

## Section V

### Other Priorities: Resources and Programs

- Alcohol/Substance Abuse
- Domestic Violence
- Health Literacy
- Health Promotion
- Physical Activity/Nutrition
- Poverty/Low Income/Uninsured
- Preparedness and Response (Bioterrorism)
- Residential Living or Long Term Care for Seniors
- Safety/Injury Prevention
- Smoking and Tobacco
- Transportation

Community Transformation Grant Project/Smoke Free Billboard 2013



Community Transformation Grant Project/Region 6 Billboard 2013



## Alcohol/Substance Abuse

- **Alcoholics Anonymous Support Group**
- **Eastpointe Substance Abuse Prevention**
- **Southeastern SELF Recovery** (an affiliate of Southeastern Regional Medical Center)
  - DWI assessment,
  - Substance Abuse Assessment
  - Recovery Home Services
  - Consultations
  - Substance Abuse Comprehensive Outpatient Treatment
  - Intensive Outpatient programs
  - Individual and Group Counseling
- **New Beginningz, Inc. –**
  - Substance abuse rehabilitation services;
  - Diagnostic assessment,
  - Case formulation/management,
  - Treatment/recovery;
- **Generations Health Services, LLC –**
  - Individual, Group and Family Therapy for chemical dependency
  - Substance Abuse Intensive Outpatient Program
  - Psychotherapy services
  - DWI (Driving While Impaired) services
- **Scotland Family Counseling Center**
  - Outpatient counseling – individuals, families, marital, children
  - Substance Abuse Treatment - referral
  - Client Aid Program (sliding scale based on income)

*6.4% of survey respondents reported alcohol/substance abuse was the biggest behavior risk factor that impacts their family. Resource: 2013 Scotland County Community Health Assessment.*

## Domestic Violence

- **Domestic Violence and Rape Crisis Center of Scotland County**
  - 24 hour crisis line
  - Shelter for victims
  - Support Groups
  - Education and support services for victims to deal with their trauma
  - Law Enforcement and legal procedures information
  - Community education programs

## Health Literacy

- **Scotland County Literacy Council –**
  - Adult basic education – life skills, reading, job skills
  - GED preparation
  - English as a second language
  - One on one and small group tutoring (school age children and adults)
- **Scotland County Memorial Library –** provides community with opportunities for reading, research, computer skills, youth programs, online services and a Book Mobile that travels throughout the county weekly. Public has access to ten computers recently added to the library in 2009.

## Health Promotion

- **Scotland County Health Department** – promotes healthy lifestyles through educational sessions; screenings, health care, immunizations, support for breastfeeding, collaboration with other agencies providing programs and/or events pertaining to health issues, physical activity and nutrition.
- **North Carolina Cooperative Extension, Scotland County** – provides educational programs such as nutrition and physical activities through the Expanded Food and Nutrition Program (EFNEP) for adults and children and 4-H Club activities
- **Scotland County Health Care System** – provides free community health screenings, educational sessions, collaborates with other agencies to provide information/education, sports physicals for middle and high school students involved in team sports and hosts an annual Women’s Health Event which includes free health screenings and a full day of educational sessions on a variety of topics.
- **Scotland County Parks and Recreation** – promotes healthy lifestyles through fitness activities and sports for youth, activities for the older population such as Senior Games, exercise classes, a variety of health education programs, clubs, and other leisure opportunities.
- **Scotland County Healthy Carolinians** – initiates health education and promotion programs to educate the public about risk factors that promote chronic disease especially focusing on heart disease, hypertension and diabetes; promotes healthy lifestyles by implementing physical activities and nutrition programs throughout the community.

## Physical Activity/Nutrition

- Child Care Directions - Child and Adult Care Food Program (CACFP)
- Scotland County School System
- Scotland County Parks and Recreation
- Scotland County Health Department
- Scotland Health Care System
- Scotland County Healthy Carolinians
- Scotland County Co-Operative Extension – Expanded Food and Nutrition Education Program (EFNEP)
- Wagram Recreation Center

***37.5% of survey respondents reported lack of physical activity as the biggest behavior risk factor that impacts their family. Source: 2013 Scotland County Community Health Assessment.***

## Poverty/Low Income/Uninsured

- **Scotland County Department of Social Services**
  - Medicaid Program
  - Food Stamp Program
  - Temporary Assistance for Needy Families (TANF) program called “Work First”
  - Emergency Assistance Program – financial help to pay for housing and utilities
  - Child Support Services in collaboration with the Court System
  - Low-income Energy Assistance Program (LEAP)
- **Senior’s Health Insurance Information Program** – (SHIIP) Prescription Drug Assistance for Senior citizens

- **Habitat for Humanity** – ecumenical, Christian housing ministry dedicated to building and selling decent, affordable homes in partnership with families in need. Opened a new “Restore” in 2008.
- **Scotland County Concerned Citizens for the Homeless** – provides transitional housing for the homeless who do not qualify for state or federal aid and operates a Helping Hand Thrift Store.
- **Four-County Community Services, Inc.** – provides services in a seven-county area which help people help themselves
- **Laurinburg Housing Authority** – provides decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities;
  - Section 8 Program – Family self-sufficiency program – allows a family to build an escrow account if they increase their income and graduate from the program
  - Homebuyer Assistance Program – assists with mortgage payment through Section 8 Program
- **Star of Bethlehem Missionary Baptist Church** - operates a community food bank
- **Northview Harvest Outreach Ministries** – assists those in need for food, clothing and household items
- **Church Community Services** – funded through United Way, Federal Emergency Management Agency (FEMA) and local churches and individuals – provides emergency assistance for rent, utilities and medical care and also food and clothing.
- **Scotland Health Care System** – provides significant care to needy and underinsured Partners with Scotland County Health Department and Scotland Community Health Clinic to provide free mammograms to female clients;
- **Scotland County Health Department** – offers communicable disease including sexually transmitted disease diagnosis and treatment without charge and a children’s vaccine program. Sliding fee scales are available in the Family Planning program.
- **Health Check/North Carolina Health Choice for Children Program** – follow Medicaid eligible children and assist families to maximize the health and development of their infants, children and teens until age 21. Children, up to age 19, who do not qualify for Health Check (discontinued in January 2010), may qualify for Health Choice for Children. Family income must be below 200% of poverty to be eligible for Health Choice.
- **Scotland Community Health Clinic** - provides quality health care for the needy and uninsured residents (age 18 yrs. to 64 yrs) of Scotland County. The Clinic works with 1 provider, 2 nurses and 1 phlebotomist. A new expansion was added in 2013 for additional administrative space and prescription assistance office.
  - **2013** - approximately 450 active patients
  - Collaborates with LabCorp who provides donated lab services
  - Collaborates with Charlotte Radiology and Scotland Memorial Hospital to provide routine imaging
  - Prescription Assistance Program utilizing the MARP system – have assisted 450 patients with 1,937 medications in excess of \$943,000.
  - Provides diabetic testing devices and diabetic testing strips
- **Scotland County Parks and Recreation** – facilitates activities at Scotland Place Senior Center providing Senior Health Insurance Information Program (SHIIP). This program collaborates with the North Carolina Department of Insurance to inform seniors about medial benefits and the Medicare Prescription Drug Program
- **Medication Assistance Program** – Lumber Area Council of Government Area Agency on Aging
- **Scotland County Aging Advisory Council** – identifies services for our aging population.

## **Preparedness and Response (Bioterrorism)**

Scotland County Health Department's Preparedness and Response Program prepares health department staff, community leaders and members for incidents and disasters which are natural, chemical, biological, and radiological or of a communicable disease nature. The process of preparation includes developing an "all hazards" plan, protocols and procedures. Then through training and exercises such as drills, tabletop exercises and full scale exercises, the staff and community are prepared to respond to a possible incident or disaster with knowledge and confidence.

Scotland County Health Department shares a Preparedness and Response Regional Coordinator with Harnett and Bladen Counties. The Preparedness and Response Coordinator works in conjunction with the NC Office of Preparedness and Response Regional Surveillance Team Three based in Cumberland County. Other key components include, North Carolina Health Alert Network (NCHAN) which is a secure, internet based alerting system provides 24/7 flow of critical health information among North Carolina's state and local health departments, hospital emergency departments, and law enforcement officials.

The North Carolina Health Alert Network (NCHAN) database system provides secure, tiered health alerts to key personnel through simultaneous use of phone, fax, email, and pagers to communicate urgent health information. The N.C. Disease Event Tracking and Epidemiologic Collection Tool ([NC DETECT](#)) provides statewide early event detection and timely public health surveillance to public health officials and hospital users. The data is continually collected from hospital emergency departments, the Carolinas Poison Center, and other medical facilities. The system was created by and is managed by the N.C. Division of Public Health and the Department of Emergency Medicine at the University of North Carolina at Chapel Hill, with support from the CDC. Tying all of these components together is the [NCHAN web site](#), used both as a conduit for exchanging health information and as a resource for accessing an almost limitless collection of information on disease control and bioterrorism issue.

## **Residential Living or Long Term Care for Seniors**

Scotland County provides several alternatives for senior living or long term care through the following:

### **Adult Care Homes – Assisted Living – 2**

- **The Meadows** – Assisted Living Units - 80 beds (private, semi-private).
- **Prestwick Village** – Assisted Living Units - 100 beds (private, semi-private).

### **Family Care Homes – Licensed – 3**

- Blair Assisted Living #1 – Family Care Units - 6 beds each. Licensed health professional support, home health support, supervision for personal care, activities
- Blair Assisted Living #2
- Blair Assisted Living #3

### **Skilled Nursing Homes – 3**

- **Edwin Morgan Center** – Nursing Care Units - 50
- **Scotia Village** – Nursing Care Units – 50; Special Care Units - 12
- **Scottish Pines** – Nursing Care Units - 99

### **Continuing Care Retirement Community**

- **Scotia Village** – Independent Living Units – 100; Assisted Living Units – 20; Nursing Care Units – 50; Special Care Units - 12

## **(Independent) Senior Living**

- **Cedar Trace Landing** – Independent Living Units – 48; Secured facility. Income guidelines for eligibility.
- Programs and services offered include health screenings, presentations, short outings and trips, activities such as bingo, exercise. Technology Center and Community Room.
- Transportation includes SCATS (Scotland County Adult Transportation System).

## **Scotland County Adult Day Care and Scotland County Adult Day Health Care**

- Open 5-days a week from 8am to 3pm. Average daily participation – 15 to 18.
- Provides adult day care services that include transportation, activities including physical activity, crafts, short outings, meals, guest speakers, family counseling and support, and Adult Basic Education. Skilled nursing and licensed practical nursing staff available.
- Provides an organized program of services during the day in a community group setting for the purpose of supporting older adults' personal independence, and promoting social, physical, and emotional well being. Services include health care services.

## **Hospice of Scotland County**

- **“Morrison Manor”** – residential facility offering state of the art comfort measures and symptom management for progressive terminally ill patients or those without a caregiver. Six individual suites accommodate patients and their families for privacy. Admissions approved by appropriate criteria and need for placement.
- **“Morrison Manor – Expansion** – In 2009 the McQueen Wing, a four bed hospice inpatient facility was added to the Morrison Manor and used for patients with a higher level of medical acuity.

## **Laurinburg Housing Authority**

- Income based residential living for seniors/elderly disabled/handicapped. Approximately 80 units available for seniors and elderly disabled or handicapped.
- Services offered include adult life enrichment programs/activities, transportation.
- Public Housing and Section 8 is available to seniors.

## **Home Health Agencies – 10**

- **HealthKeeperz** – provides nursing care, physical therapy, occupational therapy, speech pathology, medical social, and home health aides.
- **Better Home Health Care** – provides in-home services such as skilled nursing, personal care service, home health aides, private-duty nursing, and CAP (Aids, children, adults) services, HIV case management.
- **Assistedcare Health and Home Care Specialists**
- **Healthcare Connections**
- **Native Angels HomeCare Agency, Inc.**
- **Liberty Home Care and Hospice**
- **Home and Family Health Care**
- **Carolina Therapy**
- **Horizon Homecare**
- **Piedmont Home Care**

Prestwick Village Assisted Living

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## **Safety/Injury Prevention**

The Fire Department, Police Department, Highway Patrol, Scotland County Health Department, Department of Social Services, Child Care Directions, American Red Cross, Scotland County School System, and others are among the resources in Scotland County that offer programs addressing safety and injury prevention.

- **Scotland County Safe Kids** – a chapter of the North Carolina Safe Kids Coalition whose mission is to prevent unintentional injuries among children ages 0-14yrs. Scotland County Health Department, the Highway Patrol, North Laurinburg Fire Department and Emergency Medical Services, and law enforcement have several Certified Child Safety Seat Technicians trained to instruct individuals on proper safety seat installation and provide car seat checks to insure proper installation for age and weight appropriate child restraint systems being used.
- **SAFETY TOWN** – provided by Child Care Directions, introduces safety awareness and preventive procedures to pre-kindergarten children

## **Smoking and Tobacco**

Cigarette smoking remains the single leading preventable cause of death in the United States, accounting for approximately 1 of every 5 deaths or 443,000 people each year (CDC/NCDHHS, 2012). This estimate includes 46,000 deaths from secondhand smoke exposure including those affected indirectly, such as babies born prematurely due to prenatal maternal smoking. More deaths are caused each year by tobacco use than by all deaths from HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.

**Health Effects and Mortality** - Lung cancer, heart disease, and the chronic lung diseases of emphysema, bronchitis, and chronic airways obstruction, are responsible for the largest number of smoking-related deaths (CDC, 2012). The risk of dying from lung cancer is more than 23 times higher among men who smoke cigarettes and about 13 times higher among women who smoke cigarettes compared to those who have never smoked. Women who smoke increase their risk for developing coronary heart disease and increase by more than 12-13 times their likelihood of dying from chronic obstructive pulmonary disease, and increase their risk for other cancers (DHHS/CDC, 2012). In addition, cigarette smoking increases the risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).

Since 2006, Scotland County Health Department along with all Government Buildings in Scotland County adhere to a smoking ordinance preventing smoking or using tobacco products within 50 feet of the buildings. 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 January 2, 2010. The law prohibits smoking in nearly all restaurants, bars and lodging establishments that prepare and serve food and drink. Proponents say the law will protect people from the adverse health effects of second-hand smoke. Scotland County celebrated the implementation of this law with Senator Purcell in January 2010.

In July 2013, Scotland County Parks & Recreation implemented a "No-Smoking/Tobacco" Use Policy providing signage to all parks and recreation areas where children play through the Region 6 Community Transformation Grant Project.

Free, confidential quit coaching for any tobacco use who wishes to quit is available through QuitlineNC at 1-800-QUIT-NOW (784-8669). QuitlineNC is available daily. Translation service is also available.

***17.0% of respondents reported the use of tobacco products is the biggest behavior risk that impacts their family. Source: 2013 Scotland County Community Health Assessment Survey.***

## 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.

Though Scotland County is considered a rural county and ranked 64<sup>th</sup> in the State in population, approximately 54% of Scotland County residents live in rural areas (or outside the city of Laurinburg), compared to 33% of North Carolina’s population and 20% nationwide. Populations living in our rural areas are more likely to be living in poverty, and thereby less likely to have access to transportation. This is particularly true for rural racial minority and Hispanic populations.

- Scotland County Area Transit System (SCATS) – Two used by the general public to go, via circuitous route, to various neighborhoods, shopping, physician offices, pharmacies, etc. within the city of Laurinburg. Cost is \$1.00 per day. Seven vehicles are used for medical purposes.
- Scotland County Social Services – provides medical vans county-wide through its Medicaid office for persons needing transportation to doctors’ offices or to the hospital, based on a doctor’s referral by reservation.
- Scotia Village, Century Care of Laurinburg, and the Edwin Morgan Center – offer transportation to their senior citizen residents.
- Laurinburg Housing Authority – offers transportation to their resident seniors in their programs and to their disabled residents
- Braveheart Medical Transport – medical assistance transportation
- Other – Mary’s Taxi Service – There is no public bus system or passenger rail system in the county. However, charter and rental buses are available.

***2.9% of respondents reported lack of transportation kept them or their family from seeking medical treatment. Source: 2013 Scotland County Community Health Assessment Survey.***

Scotland County Area Transit System



SCATS Transportation



**Section VI**

**Health Priorities...Past and Present**

In the 2013 Community Health Assessment Survey, respondents once again identified concerns for health issues and behavior risks. The top concerns of chronic disease remained consistent in the 2005 and 2009 reports. Top health concerns common with the 2009 report were: High Blood Pressure, Diabetes, Heart Disease, and Cancer. The top five community behavior risks identified in 2009 were somewhat common with the 2013 survey with lack of physical activity ranking first today followed by use of tobacco, environmental factors and poor nutrition.

The table below depicts the top ten priority health concerns in 2009 and similar ranking health and behavior concerns in 2013. Issues are common across the board, with the exception of lack of physical activity which took the place of alcohol/drug abuse being the top behavior risk in 2009.

| <b>2009 Health Priorities</b> | <b>2009 Behavior Risk</b> | <b>2013 Health Priorities</b> | <b>2013 Behavior Risk</b>        |
|-------------------------------|---------------------------|-------------------------------|----------------------------------|
| Cancer                        | Alcohol/Drug Abuse        | <b>High Blood Pressure</b>    | <b>Lack of Physical Activity</b> |
| High Blood Pressure           | Crime                     | <b>Diabetes</b>               | <b>Use of Tobacco</b>            |
| Heart Disease                 | Use of Tobacco            | <b>Obesity</b>                | <b>Environmental Factors</b>     |
| Teen Pregnancy                | Unprotected Sex           | <b>Heart Disease</b>          | <b>Poor Nutrition</b>            |
| Diabetes                      | Lack of Physical Activity | <b>Cancer</b>                 | <b>Alcohol/Drug Abuse</b>        |
| Obesity                       | Poor Nutrition            | <b>Asthma</b>                 | <b>Crime</b>                     |
| STD/HIV/AIDS                  | Environmental Factors     | <b>Dental Health</b>          | <b>Seatbelt Use</b>              |
| Mental Health                 | Seatbelt Use              | <b>Mental Health</b>          | <b>Unprotected Sex</b>           |
| Dental Health                 | Child/Spouse/Parent Abuse | <b>Stroke</b>                 | <b>Child/Spouse/Parent Abuse</b> |
| Stroke                        | Child Safety Seat Use     | <b>Teen Pregnancy</b>         | <b>Child Safety Seat Use</b>     |

In summary, “all” community health concerns and behavior risks taken from the 2013 community health assessment survey remain nearly consistent with the 2009 survey response. Since 2000, the top three health concerns common today are: Cancer, High Blood Pressure and Heart Disease.

Subsequent to review of the 2013 Health Assessment Survey and secondary data the Core Work Group made a decision to address the main concerns, develop action plans, and continue to focus on:

- Physical Activity and Nutrition
- Chronic Disease (Heart, Diabetes, High Blood Pressure)
- Obesity

The Scotland Community Health Assessment Core Work Group will review this report and the results of the 2013 Community Health Assessment Survey to determine the focus areas we will address through 2016. Physical Activity and Nutrition and Chronic Disease will remain priority areas and these may be expanded on or additional areas will be determined. In 2014, the Steering Committee of Healthy Carolinians and Core Work Group will develop action plans for the current areas of focus and any new priority areas we are able to address.

**Compare with NC 2020 Healthy Objectives**

Every ten years since 1990, North Carolina has set decennial health objectives with the goal of making North Carolina a healthier state. One of the primary aims of this objective-setting process is to mobilize the state to achieve a common set of health objectives. One of the goals of the Healthy NC 2020 project was to develop a limited number of health objectives, rather than the large number of objectives

set for 2010 which made it difficult to focus attention on key objectives that could lead to overall health improvements. The Healthy North Carolina 2020 Objectives includes a specific 'target' that provides a quantifiable way to measure our success in achieving the objectives we set out to accomplish or at least improve upon.

## **2020 Health Objectives Focus Areas**

***Tobacco Use*** – addresses concerns about tobacco use which is the leading cause of preventable death in North Carolina.

***Physical Activity and Nutrition*** – addresses concerns about overweight and obesity for both children and adults.

***Injury and Violence*** – addresses reduction of injuries, child abuse, motor vehicle injuries, sexual assault, homicide, suicide, and injuries caused by weapons.

***Maternal and Infant Health*** – addresses concerns about newborn health and well being and addressing women's health essential to improving birth outcomes.

***Sexually Transmitted Disease and Unintended Pregnancy*** – address concerns about sexually transmitted diseases including HIV infection and unintended pregnancy that affects tens of thousands of North Carolinians every year.

***Substance Abuse*** – addresses concerns of substance use and abuse which are major contributors to death and disability in North Carolina.

***Mental Health*** – addresses mental health which is an integral part of individual health.

***Oral Health*** – addresses oral health of children due to inadequate dental health services, reducing tooth decay and tooth loss for all ages, and increasing access to dental health services.

***Environmental Health*** – addresses the impact of the environment on the health of the community, i.e. areas of food safety, air, soil, and water quality, and work related injuries.

***Infectious Disease and Foodborne Illness*** – addresses childhood vaccinations, influenza and pneumococcal vaccinations, and reduction of critical violations in restaurants and/or food stands.

***Social Determinants of Health*** – addresses the impact poverty, education level, and housing which are factors that are strongly correlated with individual health.

***Chronic Disease*** – addresses leading causes of premature death due to cancer, diabetes, heart disease and stroke.

***Cross-Cutting*** – addresses strategies to increase average life expectancy of individuals

While North Carolina is moving in the right direction on many of the 2020 Health Objectives, there are worrisome trends that continue. The most significant concerns are the decrease of adults with health insurance, increase of diabetes death rates, and the increase in overweight and obesity among adults and children. These concerns were also on the mind of Scotland County respondents in the 2013 Community Health Assessment Opinion Survey. The results of the survey follow in Section VII (Appendices) in graph form.

## Summary of Findings

After reviewing the results of the Community Health Assessment Opinion Survey and comparing them with statistics from North Carolina, Scotland County in general, has a higher morbidity rate with respect to heart disease, cancer, diabetes, and stroke. The concerns noted by respondents to the survey regarding leading causes of death are in agreement with secondary sources except for highway accidents.

The leading causes of death in Scotland County are primarily due to chronic disease. Heart disease and cancer have the highest death rates and there should be more programs that address these issues. Although there are programs and resources available, our concern is more participation and interaction are needed from the community for prevention and self-management of chronic diseases.

Survey respondents' opinions regarding the biggest health issues affecting the community versus their families were very similar with teen pregnancy rating much lower on this assessment. Common to both community and family impact are health concerns of heart disease, cancer, high blood pressure, diabetes, and obesity. Interestingly, high blood pressure had the greatest response on health issues impacting families. It could be speculated that media such as television, newspaper stories, and magazine interest articles might influence what respondents think are health issues impacting the community. However, if we look at what issues actually impact families we might get a truer picture of what is actually happening in our county. Yes we are concerned about teen pregnancy. It's an important concern and we want more education about prevention and available resources. But the impact of high blood pressure and other chronic diseases on families in our community is far greater and should be addressed.

Concerns about dental health as the biggest health issue remained similar on this survey to 2.1% for the family. However, according to Scotland County's public health dental hygienist, 29% of the county's kindergarten children (compared to 15% for the State of North Carolina) have untreated dental decay. (Child Health Report Card 2011). Dental health is also listed as a service respondents had a problem finding and/or using.

If chronic diseases were grouped together, the greatest way to reduce them would be to promote wellness, healthy lifestyles and self-management. By reducing overweight and obesity and by increasing physical activity, the incidence of chronic disease can be decreased significantly.

According to the survey, respondents felt that lack of physical activity was the biggest behavior risk factor impacting their family (37.5%) more so than use of tobacco products and alcohol/drug abuse. Information on chronic diseases (cholesterol, blood pressure, diabetes) was the leading response regarding the programs, resources, and education/information citizens would like to see more of in the community.

Secondary to lack of physical activity, respondents felt use of tobacco products and environmental factors were the biggest behavior risk in Scotland County. Lack of physical activity had the highest response in terms of family impact. Respondents listed use of tobacco products as the second leading behavior risk affecting their families.

Survey respondents also noted pregnancy prevention, mental health and dental screenings as services needed. The county offers free health care to persons age 18 to 64 without insurance through the Scotland Community Health Clinic.

Concern for more job opportunities was the leading response to what respondents wanted to see more in Scotland County. This issue continues to be addressed as the City of Laurinburg, Laurinburg, Scotland County Area Chamber of Commerce and the Scotland County Commissioners are working hard to bring in new business and industry to help the economy through more job opportunities. The second leading concern was safe places to walk and play not unlike the responses in 2009. Although Scotland

County Parks and Recreation offers numerous parks and recreational programs, additional research might be warranted to look into the safety of neighborhoods and roadways.

Scotland County is a small rural county with excellent natural resources, but limited financial resources. By utilizing our existing programs and resources to the greatest extent and 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, alcohol and drug abuse, tobacco prevention and smoking cessation, encouraging physical activity, and making our parks and roadways safer can make a positive impact on Scotland County. Citizens can become better informed by taking advantage of the numerous free education opportunities on chronic diseases and healthy lifestyle promotion, and then by making personal choices that adapt these habits.

County and city government, as well as numerous health and civic organizations, are concerned about the issues addressed in this report. These issues will be the ones that the Scotland County Healthy Carolinians Steering Committee and Core Work Group will consider in terms of choosing focal areas to address over the next 3 years. Scotland County Health Department/Healthy Carolinians will develop pertinent action plans by April 2014 to address select areas of focus. These action plans will seek to utilize existing resources and encourage collaboration between organizations. This will reduce duplication of services and encourage combined effort towards a common purpose that will result in positive gains for our families and our community.

### **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 the State's highest unemployment rate of 17.2%. Increasing numbers of uninsured patients, coupled with limited financial resources and declining rates of Medicaid coverage among low-income patients have affected health care. Again, 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 make a positive impact on Scotland County.

**Churches and faith-based organizations** 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.

### **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 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 employees' nutrition and well-being.
- Finally, community leaders and other influential community members should consider priority health issues and concerns when discussing funding options and be more willing to serve as advocates for these issues in the community.

Lumber River Canoe Trail 2013



H.E.A.R.T. Fundraiser Walk 2010



2012 Cooperative Extension Report To The People



Mayor Proclamation Public Health Month 2011



**Section VII**

**Appendix A – Community Health Assessment  
Survey Questionnaire**

- English Version
- Spanish Version (not available)

**Appendix B – Community Health Assessment Opinion  
Survey Results and Graphical Data**

**Appendix C – County Health Rankings/Graphs/2013**

**Appendix D – Community Resources**

**Appendix E – References and Resources**



Community Diabetes Health Fair 2013



Wellness Screenings Community Health Fair 2013

Appendix A

**Scotland County Community Health Assessment  
Health Opinion Survey**

**2013**



**Sponsored by:**

**Scotland County Health Department  
and  
Scotland Health Care System**

# Scotland County Community Health Assessment

*A survey conducted by Scotland County Health Department and Scotland Health Care System*

|                                                                                                                                                                                     |                                                                       |                                                                                                                   |                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <b>1. How do you rate <u>your own health</u>? (Check only one)</b>                                                                                                                  |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> Excellent                                                                                                                                                  | <input type="checkbox"/> Very Good                                    | <input type="checkbox"/> Good                                                                                     | <input type="checkbox"/> Fair             |
| <input type="checkbox"/> Poor                                                                                                                                                       | <input type="checkbox"/> Don't Know/Not Sure                          |                                                                                                                   |                                           |
| <b>2. What is the biggest <u>health issue</u> in your <u>family</u>? (Check only one)</b>                                                                                           |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> Asthma/Lung Disease                                                                                                                                        | <input type="checkbox"/> Cancer                                       | <input type="checkbox"/> Diabetes                                                                                 | <input type="checkbox"/> Teen Pregnancy   |
| <input type="checkbox"/> Heart Disease                                                                                                                                              | <input type="checkbox"/> Stroke/Cerebrovascular Disease               | <input type="checkbox"/> STD/HIV/AIDS                                                                             | <input type="checkbox"/> Dental Health    |
| <input type="checkbox"/> Obesity                                                                                                                                                    | <input type="checkbox"/> High Blood Pressure                          | <input type="checkbox"/> Mental Health                                                                            | <input type="checkbox"/> Other_____       |
| <b>3. What is the biggest <u>behavior risk factor</u> that impacts your <u>family</u>? (check only one)</b>                                                                         |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> Alcohol/Drug Abuse                                                                                                                                         | <input type="checkbox"/> Child/Spouse/Parent abuse                    | <input type="checkbox"/> Crime                                                                                    | <input type="checkbox"/> Unprotected Sex  |
| <input type="checkbox"/> Environmental Factors                                                                                                                                      | <input type="checkbox"/> Child Safety Seat use                        | <input type="checkbox"/> Seatbelt use                                                                             | <input type="checkbox"/> Other_____       |
| <input type="checkbox"/> Use of Tobacco Products                                                                                                                                    | <input type="checkbox"/> Lack of Physical Activity                    | <input type="checkbox"/> Poor Nutrition                                                                           |                                           |
| <b>4. On average, how often do <u>you</u> eat fruits or vegetables? (check only one)</b>                                                                                            |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> Once a day                                                                                                                                                 | <input type="checkbox"/> Once a week                                  | <input type="checkbox"/> Once a month                                                                             | <input type="checkbox"/> Never            |
| <input type="checkbox"/> Several times a day                                                                                                                                        | <input type="checkbox"/> Several times a week                         | <input type="checkbox"/> Several times a month                                                                    |                                           |
| <b>5. On average, how often do <u>you</u> participate in any physical activities/exercises such as running, golf, gardening, or walking for exercise per week? (check only one)</b> |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> None                                                                                                                                                       | <input type="checkbox"/> 1-2 days                                     | <input type="checkbox"/> 3-5 days                                                                                 | <input type="checkbox"/> 6-7 days         |
| <b>6. Have you ever been told by a doctor, nurse, or health professional that <u>you</u> have any of the following? (check all that apply)</b>                                      |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> Asthma/ Lung Disease                                                                                                                                       | <input type="checkbox"/> Depression                                   | <input type="checkbox"/> High Blood Pressure                                                                      | <input type="checkbox"/> High Cholesterol |
| <input type="checkbox"/> Diabetes                                                                                                                                                   | <input type="checkbox"/> Osteoporosis                                 | <input type="checkbox"/> Overweight/Obesity                                                                       | <input type="checkbox"/> Cancer           |
| <input type="checkbox"/> Angina/Heart Disease                                                                                                                                       | <input type="checkbox"/> Other_____                                   | <input type="checkbox"/> None                                                                                     |                                           |
| <b>7. Where do <u>you and your family</u> get most of your health information? (Check all that apply)</b>                                                                           |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> Health Fairs/Events                                                                                                                                        | <input type="checkbox"/> Family or Friends                            | <input type="checkbox"/> Internet                                                                                 | <input type="checkbox"/> Television       |
| <input type="checkbox"/> Doctor/Health Professional                                                                                                                                 | <input type="checkbox"/> Newspaper/Magazines                          | <input type="checkbox"/> Hospital Newsletter                                                                      | <input type="checkbox"/> Radio            |
| <input type="checkbox"/> Health Department                                                                                                                                          | <input type="checkbox"/> Library                                      | <input type="checkbox"/> Support Group                                                                            | <input type="checkbox"/> Other_____       |
| <b>8. In your opinion, what is the biggest <u>health issue</u> in your <u>community</u>? (Check only one)</b>                                                                       |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> Asthma/Lung Disease                                                                                                                                        | <input type="checkbox"/> Drug/Alcohol Abuse                           | <input type="checkbox"/> Gangs/Violence                                                                           | <input type="checkbox"/> Teen Pregnancy   |
| <input type="checkbox"/> Dental Health                                                                                                                                              | <input type="checkbox"/> Adult/Child Abuse                            | <input type="checkbox"/> Vehicle Crashes                                                                          | <input type="checkbox"/> Obesity          |
| <input type="checkbox"/> Chronic Diseases (i.e. Cancer, Diabetes, Heart Disease)                                                                                                    | <input type="checkbox"/> Tobacco Use                                  | <input type="checkbox"/> Mental Health                                                                            | <input type="checkbox"/> Other_____       |
| <b>9. In your opinion, what do most people die from in your <u>community</u>? (Check only one)</b>                                                                                  |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> Asthma/ Lung Disease                                                                                                                                       | <input type="checkbox"/> Cancer                                       | <input type="checkbox"/> Diabetes                                                                                 | <input type="checkbox"/> HIV/AIDS         |
| <input type="checkbox"/> Heart Disease                                                                                                                                              | <input type="checkbox"/> Stroke/Cerebrovascular Disease               | <input type="checkbox"/> Homicide/Violence                                                                        | <input type="checkbox"/> Suicide          |
| <input type="checkbox"/> Motor Vehicle Deaths                                                                                                                                       | <input type="checkbox"/> Other_____                                   |                                                                                                                   |                                           |
| <b>10. In your opinion, what do you think is the main reason that keeps people in your <u>community</u> from seeking medical treatment? (Check only one)</b>                        |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> Cultural/Health Beliefs                                                                                                                                    | <input type="checkbox"/> Fear (not ready to face health problem)      | <input type="checkbox"/> Health services too far away                                                             |                                           |
| <input type="checkbox"/> Lack of insurance/Unable to pay for doctor's visit                                                                                                         | <input type="checkbox"/> Lack of knowledge/ understanding of the need | <input type="checkbox"/> No appointments available at doctor when needed/Have to wait too long at doctor's office |                                           |
| <input type="checkbox"/> Transportation                                                                                                                                             | <input type="checkbox"/> Other_____                                   | <input type="checkbox"/> None/No Barriers                                                                         |                                           |
| <input type="checkbox"/> Not Important                                                                                                                                              |                                                                       |                                                                                                                   |                                           |
| <b>11. Which factor do you feel most affects the <u>quality of life</u> for people in your <u>community</u>?(Check only one)</b>                                                    |                                                                       |                                                                                                                   |                                           |
| <input type="checkbox"/> Ability to read & write/Education                                                                                                                          | <input type="checkbox"/> Language Barrier/ Interpreter/Translator     | <input type="checkbox"/> Age                                                                                      | <input type="checkbox"/> Crime            |
| <input type="checkbox"/> Economic (Low Income, No Insurance, etc.)                                                                                                                  | <input type="checkbox"/> Other (please specify)_____                  | <input type="checkbox"/> Lack of Transportation                                                                   |                                           |

|                                                                                                                                                |                                          |                          |                                         |                          |                        |
|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------|-----------------------------------------|--------------------------|------------------------|
| <b>12.</b> In your opinion, do you feel people in your <b>community</b> lack the funds for any of the following: <i>(Check all that apply)</i> |                                          |                          |                                         |                          |                        |
| <input type="checkbox"/>                                                                                                                       | Food                                     | <input type="checkbox"/> | Health Insurance                        | <input type="checkbox"/> | Home/Shelter           |
| <input type="checkbox"/>                                                                                                                       | Utilities (i.e. Electricity, Water, Gas) | <input type="checkbox"/> | Transportation/Fuel                     | <input type="checkbox"/> | Medicine               |
| <input type="checkbox"/> Other _____                                                                                                           |                                          |                          |                                         |                          |                        |
| <b>13.</b> What does your <b>community</b> need to improve the health of your family, friends, and neighbors? <i>(Check all that apply)</i>    |                                          |                          |                                         |                          |                        |
| <input type="checkbox"/>                                                                                                                       | Additional Health Services               | <input type="checkbox"/> | After-School Programs                   | <input type="checkbox"/> | Transportation         |
| <input type="checkbox"/>                                                                                                                       | Mental Health Services                   | <input type="checkbox"/> | Recreation Facilities                   | <input type="checkbox"/> | Job Opportunities      |
| <input type="checkbox"/>                                                                                                                       | Specialty Physicians<br>(Type? _____)    | <input type="checkbox"/> | Substance Abuse Rehabilitation Services | <input type="checkbox"/> | Healthier Food Choices |
| <input type="checkbox"/> Wellness Services                                                                                                     |                                          |                          |                                         |                          |                        |
| <input type="checkbox"/> Safe places to walk/play                                                                                              |                                          |                          |                                         |                          |                        |
| <input type="checkbox"/> Other _____                                                                                                           |                                          |                          |                                         |                          |                        |

|                                                                                                                                         |                                              |                                      |                                         |                          |                   |
|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|--------------------------------------|-----------------------------------------|--------------------------|-------------------|
| <b>14.</b> What health screenings or education/information services are needed in your <b>community</b> ? <i>(Check all that apply)</i> |                                              |                                      |                                         |                          |                   |
| <input type="checkbox"/>                                                                                                                | Cancer                                       | <input type="checkbox"/>             | Cholesterol/Blood Pressure/<br>Diabetes | <input type="checkbox"/> | Dental Screenings |
| <input type="checkbox"/>                                                                                                                | Mental Health (including depression/anxiety) | <input type="checkbox"/>             | Vaccinations/Immunizations              | <input type="checkbox"/> | Eating Disorders  |
| <input type="checkbox"/>                                                                                                                | Reckless Driving/Seatbelts                   | <input type="checkbox"/>             | Pregnancy Prevention                    | <input type="checkbox"/> | Smoking Cessation |
| <input type="checkbox"/>                                                                                                                | Child Car Seats                              | <input type="checkbox"/>             | Disease Outbreak                        | <input type="checkbox"/> | Substance Abuse   |
| <input type="checkbox"/>                                                                                                                | Emergency Preparedness                       | <input type="checkbox"/> Other _____ |                                         | <input type="checkbox"/> | STD/HIV/AIDS      |
| <input type="checkbox"/> Nutrition                                                                                                      |                                              |                                      |                                         |                          |                   |
| <input type="checkbox"/> Literacy                                                                                                       |                                              |                                      |                                         |                          |                   |
| <input type="checkbox"/> Physical Activity                                                                                              |                                              |                                      |                                         |                          |                   |

|                                                                                                                                                        |                             |                                              |                                          |                          |                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|----------------------------------------------|------------------------------------------|--------------------------|------------------------|
| <b>15.</b> What would be your main way of getting information from authorities in a <b>large-scale disaster or emergency</b> ? <i>(Check only one)</i> |                             |                                              |                                          |                          |                        |
| <input type="checkbox"/>                                                                                                                               | Television                  | <input type="checkbox"/>                     | Radio                                    | <input type="checkbox"/> | Internet               |
| <input type="checkbox"/>                                                                                                                               | Print Media (ex: newspaper) | <input type="checkbox"/>                     | Text Message<br>(Emergency Alert System) | <input type="checkbox"/> | Social Networking site |
| <input type="checkbox"/>                                                                                                                               | Other (describe) _____      | <input type="checkbox"/> Don't Know/Not Sure |                                          | <input type="checkbox"/> | Neighbors              |
| <input type="checkbox"/> Don't Know/Not Sure                                                                                                           |                             |                                              |                                          |                          |                        |

|                                                                                                                                                                                                                                           |     |                          |    |                                              |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|--------------------------|----|----------------------------------------------|--|
| <b>16.</b> Does <b>your family</b> have a basic emergency supply kit? (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlights and batteries, non-electric can opener, blanket, etc.) |     |                          |    |                                              |  |
| <input type="checkbox"/>                                                                                                                                                                                                                  | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> Don't Know/Not Sure |  |

|                                                                                                                                                                                               |     |                          |    |                                              |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|--------------------------|----|----------------------------------------------|--|
| <b>17.</b> If public authorities announced a mandatory evacuation from your neighborhood or community due to a large-scale disaster or emergency, would you evacuate? <i>(Check only one)</i> |     |                          |    |                                              |  |
| <input type="checkbox"/>                                                                                                                                                                      | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> Don't Know/Not Sure |  |

|                                                                                                                   |                                      |                          |                                      |                          |                                       |
|-------------------------------------------------------------------------------------------------------------------|--------------------------------------|--------------------------|--------------------------------------|--------------------------|---------------------------------------|
| <b>18.</b> What would be the main reason you might <b>not</b> evacuate if asked to do so? <i>(Check only one)</i> |                                      |                          |                                      |                          |                                       |
| <input type="checkbox"/>                                                                                          | Not applicable, I would evacuate     | <input type="checkbox"/> | Lack of trust in public officials    | <input type="checkbox"/> | Concern about leaving property behind |
| <input type="checkbox"/>                                                                                          | Concern about personal/family safety | <input type="checkbox"/> | Health problems (could not be moved) | <input type="checkbox"/> | Lack of Transportation                |
| <input type="checkbox"/>                                                                                          | Inability to get out of home or area | <input type="checkbox"/> | Other (describe) _____               | <input type="checkbox"/> | Concern about leaving pets            |
| <input type="checkbox"/> Don't Know/Not Sure                                                                      |                                      |                          |                                      |                          |                                       |

**For Statistical Purposes Only, Please Complete the Following:**

|                                           |                                                           |                                                 |                                                         |                                            |                                            |                                               |                                            |
|-------------------------------------------|-----------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------|--------------------------------------------|--------------------------------------------|-----------------------------------------------|--------------------------------------------|
| <b>I am:</b>                              | <input type="checkbox"/> Male                             | <input type="checkbox"/> Female                 | <b>What is your zip code?</b> _____                     |                                            |                                            |                                               |                                            |
| <b>My age is:</b>                         | <input type="checkbox"/> under 25                         | <input type="checkbox"/> 25-34                  | <input type="checkbox"/> 35-44                          | <input type="checkbox"/> 45-54             | <input type="checkbox"/> 55-64             | <input type="checkbox"/> 65-74                | <input type="checkbox"/> 75+               |
| <b>I am:</b>                              | <input type="checkbox"/> Employed                         | <input type="checkbox"/> Unemployed             | <input type="checkbox"/> Retired                        | <input type="checkbox"/> Disabled          | <input type="checkbox"/> Other             |                                               |                                            |
| <b>My race is:</b>                        | <input type="checkbox"/> White/Caucasian                  | <input type="checkbox"/> Black/African American | <input type="checkbox"/> Native American/Alaskan Native | <input type="checkbox"/> Asian             | <input type="checkbox"/> Pacific Islander  | <input type="checkbox"/> Other                |                                            |
| <b>Ethnicity:</b>                         | <input type="checkbox"/> Hispanic                         | <input type="checkbox"/> Not Hispanic           |                                                         |                                            | <input type="checkbox"/> Unknown/Not Sure  |                                               |                                            |
| <b>What is your marital status?</b>       | <input type="checkbox"/> Never Married/Single             | <input type="checkbox"/> Married                | <input type="checkbox"/> Separated                      | <input type="checkbox"/> Divorced          | <input type="checkbox"/> Widowed           | <input type="checkbox"/> Other                |                                            |
| <b>My highest level of education is:</b>  | <input type="checkbox"/> Less than 12 <sup>th</sup> grade | <input type="checkbox"/> High School Graduate   | <input type="checkbox"/> Some college but no degree     | <input type="checkbox"/> 2-year Degree     | <input type="checkbox"/> 4-year Degree     | <input type="checkbox"/> Post-graduate Degree |                                            |
| <b>My household income last year was:</b> | <input type="checkbox"/> less than \$10,000               | <input type="checkbox"/> \$30,000-\$49,999      | <input type="checkbox"/> \$100,000 +                    | <input type="checkbox"/> \$10,000-\$19,999 | <input type="checkbox"/> \$50,000-\$74,999 | <input type="checkbox"/> \$20,000-\$29,999    | <input type="checkbox"/> \$75,000-\$99,999 |
| <b>My job field is best described as:</b> | <input type="checkbox"/> Agriculture                      | <input type="checkbox"/> Business/Industry      | <input type="checkbox"/> Retail                         | <input type="checkbox"/> Homemaker         | <input type="checkbox"/> Government        | <input type="checkbox"/> Healthcare           | <input type="checkbox"/> Student           |
|                                           |                                                           |                                                 |                                                         | <input type="checkbox"/> Other             | <input type="checkbox"/> Education         | <input type="checkbox"/> Food Service         | <input type="checkbox"/> Migrant Worker    |

|                                                |                                   |                                   |
|------------------------------------------------|-----------------------------------|-----------------------------------|
| <b>Do you currently have Health Insurance?</b> | <input type="checkbox"/> Yes      | <input type="checkbox"/> No       |
| <b>If yes what type?</b>                       | <input type="checkbox"/> Medicare | <input type="checkbox"/> Medicaid |
|                                                |                                   | <input type="checkbox"/> Private  |

**When seeking medical care, where do you go first?** *(Check only one)*

|                                                             |                                                               |                                                                   |
|-------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> ER/Scotland Memorial Hospital      | <input type="checkbox"/> Urgent Care                          | <input type="checkbox"/> Cape Fear Valley Regional Medical Center |
| <input type="checkbox"/> Primary Provider/Family Physician  | <input type="checkbox"/> Health Department                    | <input type="checkbox"/> Scotland Community Health (free) Clinic  |
| <input type="checkbox"/> Moore Regional Hospital            | <input type="checkbox"/> Southeastern Regional Medical Center | <input type="checkbox"/> Sandhills Medical Center (Hamlet)        |
| <input type="checkbox"/> First Health Richmond/Moore County | <input type="checkbox"/> Other_____                           |                                                                   |

**In the past year have you seen a medical provider for any of the following?** *(check all that apply)*

|                                           |                                           |                                             |                                    |                                   |
|-------------------------------------------|-------------------------------------------|---------------------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Routine Check-up | <input type="checkbox"/> Health Screening | <input type="checkbox"/> Sick visit/Illness | <input type="checkbox"/> Emergency | <input type="checkbox"/> Not seen |
|-------------------------------------------|-------------------------------------------|---------------------------------------------|------------------------------------|-----------------------------------|

|                                                 |                                |                                   |                               |                             |
|-------------------------------------------------|--------------------------------|-----------------------------------|-------------------------------|-----------------------------|
| <b>Do you use any kind of tobacco products?</b> | <input type="checkbox"/> Smoke | <input type="checkbox"/> Chew/Dip | <input type="checkbox"/> Both | <input type="checkbox"/> No |
|-------------------------------------------------|--------------------------------|-----------------------------------|-------------------------------|-----------------------------|

|                                                                                |                              |                             |
|--------------------------------------------------------------------------------|------------------------------|-----------------------------|
| <b>Do you support tobacco-free public places/buildings in Scotland County?</b> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|--------------------------------------------------------------------------------|------------------------------|-----------------------------|

~~~~~**THANK YOU FOR YOUR PARTICIPATION**~~~~~

Scotland County Community Health Assessment A  **SurveyMonkey**
 survey conducted by Scotland County Department
 of Public Health and Scotland Health Care System

1. How do you rate your own health? (Check only one)

| | | Response
Percent | Response
Count |
|--------------------------|---|---------------------|-------------------|
| Excellent |  | 13.3% | 71 |
| Very Good |  | 31.6% | 169 |
| Good |  | 36.3% | 194 |
| Fair |  | 13.5% | 72 |
| Poor |  | 2.1% | 11 |
| Don't Know/Not Sure |  | 3.2% | 17 |
| answered question | | | 534 |
| skipped question | | | 0 |

2. What is the biggest health issue in your family? (Check only one)

| | | Response
Percent | Response
Count |
|--------------------------------|---|--------------------------|-------------------|
| Asthma/Lung Disease |  | 8.1% | 43 |
| Heart Disease |  | 10.9% | 58 |
| Obesity |  | 11.2% | 60 |
| Cancer |  | 9.2% | 49 |
| Stroke/Cerebrovascular Disease |  | 0.9% | 5 |
| High Blood Pressure |  | 26.6% | 142 |
| Diabetes |  | 18.4% | 98 |
| STD/HIV/AIDS | | 0.0% | 0 |
| Mental Health |  | 1.9% | 10 |
| Teen Pregnancy |  | 0.6% | 3 |
| Dental Health |  | 2.1% | 11 |
| Other (please specify) |  | 10.3% | 55 |
| | | answered question | 534 |
| | | skipped question | 0 |

3. What is the biggest behavior risk factor that impacts your family? (check only one)

| | | Response
Percent | Response
Count |
|----------------------------------|---|--------------------------|-------------------|
| Alcohol/Drug Abuse |  | 6.4% | 34 |
| Environmental Factors |  | 11.8% | 63 |
| Use of Tobacco Products |  | 17.0% | 91 |
| Child/Spouse/Parent abuse |  | 0.7% | 4 |
| Child Safety Seat use |  | 0.6% | 3 |
| Lack of Physical Activity |  | 37.5% | 200 |
| Crime |  | 1.9% | 10 |
| Seatbelt use |  | 1.9% | 10 |
| Poor Nutrition |  | 9.7% | 52 |
| Unprotected Sex |  | 1.1% | 6 |
| Other (please specify) |  | 11.4% | 61 |
| | | answered question | 534 |
| | | skipped question | 0 |

4. On average, how often do you eat fruits or vegetables? (check only one)

| | | Response Percent | Response Count |
|-----------------------------|--|------------------|----------------|
| Never | | 1.1% | 6 |
| Once a day | | 27.3% | 146 |
| Several times a day | | 28.5% | 152 |
| Once a week | | 7.1% | 38 |
| Several times a week | | 28.5% | 152 |
| Once a month | | 2.8% | 15 |
| Several times a month | | 4.7% | 25 |
| answered question | | | 534 |
| skipped question | | | 0 |

5. On average, how often do you participate in any physical activities/exercises such as running, golf, gardening, or walking for exercise per week? (check only one)

| | | Response Percent | Response Count |
|--------------------------|--|------------------|----------------|
| None | | 21.2% | 113 |
| 1-2 days | | 34.8% | 186 |
| 3-5 days | | 33.7% | 180 |
| 6-7 days | | 10.3% | 55 |
| answered question | | | 534 |
| skipped question | | | 0 |

6. Have you ever been told by a doctor, nurse, or health professional that you have any of the following? (check all that apply)

| | | Response Percent | Response Count |
|----------------------------|---|--------------------------|----------------|
| Asthma/ Lung Disease |  | 13.7% | 73 |
| Diabetes |  | 12.2% | 65 |
| Angina/Heart Disease |  | 4.1% | 22 |
| Depression |  | 9.9% | 53 |
| Osteoporosis |  | 4.7% | 25 |
| High Blood Pressure |  | 32.6% | 174 |
| Overweight/Obesity |  | 26.8% | 143 |
| High Cholesterol |  | 23.2% | 124 |
| Cancer |  | 3.6% | 19 |
| None |  | 29.4% | 157 |
| Other (please specify) |  | 6.6% | 35 |
| | | answered question | 534 |
| | | skipped question | 0 |

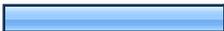
7. Where do you and your family get most of your health information? (Check all that apply)

| | | Response
Percent | Response
Count |
|-----------------------------------|---|--------------------------|-------------------|
| Health Fairs/Events |  | 13.2% | 68 |
| Doctor/Health Professional |  | 80.4% | 414 |
| Health Department |  | 11.1% | 57 |
| Family or Friends |  | 21.0% | 108 |
| Newspaper/Magazines |  | 22.9% | 118 |
| Library |  | 2.1% | 11 |
| Internet |  | 34.2% | 176 |
| Hospital Newsletter |  | 8.3% | 43 |
| Support Group |  | 0.8% | 4 |
| Television |  | 23.9% | 123 |
| Radio |  | 4.7% | 24 |
| Other (please specify) |  | 2.7% | 14 |
| | | answered question | 515 |
| | | skipped question | 19 |

8. In your opinion, what is the biggest health issue in your community? (Check only one)

| | | Response Percent | Response Count |
|--|---|------------------|----------------|
| Asthma/Lung Disease |  | 1.6% | 8 |
| Dental Health |  | 1.6% | 8 |
| Chronic Diseases (i.e. Cancer, Diabetes, Heart Disease) |  | 30.7% | 158 |
| Drug/Alcohol Abuse |  | 21.2% | 109 |
| Adult/Child Abuse |  | 0.2% | 1 |
| Tobacco Use |  | 6.2% | 32 |
| Gangs/Violence |  | 7.4% | 38 |
| Vehicle Crashes |  | 0.6% | 3 |
| Mental Health |  | 2.3% | 12 |
| Teen Pregnancy |  | 8.2% | 42 |
| Obesity |  | 12.6% | 65 |
| Other (please specify) |  | 7.6% | 39 |
| answered question | | | 515 |
| skipped question | | | 19 |

9. In your opinion, what do most people die from in your community? (Check only one)

| | | Response Percent | Response Count |
|--------------------------------|--|------------------|----------------|
| Asthma/ Lung Disease |  | 1.7% | 9 |
| Heart Disease |  | 33.2% | 171 |
| Motor Vehicle Deaths |  | 2.9% | 15 |
| Cancer |  | 26.0% | 134 |
| Stroke/Cerebrovascular Disease |  | 5.2% | 27 |
| Diabetes |  | 5.0% | 26 |
| Homicide/Violence |  | 11.8% | 61 |
| HIV/AIDS |  | 1.2% | 6 |
| Suicide |  | 0.4% | 2 |
| Other (please specify) |  | 12.4% | 64 |
| answered question | | | 515 |
| skipped question | | | 19 |

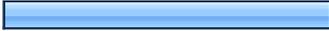
10. In your opinion, what do you think is the main reason that keeps people in your community from seeking medical treatment? (Check only one)

| | | Response
Percent | Response
Count |
|--|---|-----------------------------|---------------------------|
| Cultural/Health Beliefs |  | 3.3% | 17 |
| Lack of insurance/Unable to pay
for doctor's visit |  | 59.4% | 306 |
| Transportation |  | 2.9% | 15 |
| Fear (not ready to face health
problem) |  | 5.8% | 30 |
| Lack of knowledge/understanding
of the need |  | 14.0% | 72 |
| Health services too far away |  | 0.4% | 2 |
| No appointments available at
doctor when needed/Have to wait
too long at doctor's office |  | 2.1% | 11 |
| Not Important |  | 2.7% | 14 |
| None/No Barriers |  | 4.9% | 25 |
| Other (please specify) |  | 4.5% | 23 |
| | | answered question | 515 |
| | | skipped question | 19 |

**11. Which factor do you feel most affects the quality of life for people in your community?
(Check only one)**

| | | Response
Percent | Response
Count |
|--|-------------------------------------|---------------------|-------------------|
| Ability to read & write/Education | <input type="checkbox"/> | 8.5% | 44 |
| Economic (Low Income, No Insurance, etc.) | <input checked="" type="checkbox"/> | 72.2% | 372 |
| Language Barrier/Interpreter/Translator | <input type="checkbox"/> | 0.8% | 4 |
| Age | <input type="checkbox"/> | 5.0% | 26 |
| Lack of Transportation | <input type="checkbox"/> | 3.5% | 18 |
| Crime | <input type="checkbox"/> | 4.3% | 22 |
| Other (please specify) | <input type="checkbox"/> | 5.6% | 29 |
| answered question | | | 515 |
| skipped question | | | 19 |

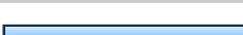
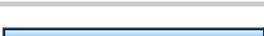
12. In your opinion, do you feel people in your community lack the funds for any of the following: (Check all that apply)

| | | Response Percent | Response Count |
|--|--|--------------------------|----------------|
| Food |  | 42.3% | 218 |
| Utilities (i.e. Electricity, Water, Gas) |  | 52.6% | 271 |
| Health Insurance |  | 73.6% | 379 |
| Transportation/Fuel |  | 49.1% | 253 |
| Home/Shelter |  | 28.3% | 146 |
| Medicine |  | 55.0% | 283 |
| Other (please specify) |  | 9.3% | 48 |
| | | answered question | 515 |
| | | skipped question | 19 |

13. What does your community need to improve the health of your family, friends, and neighbors? (Check all that apply)

| | | Response Percent | Response Count |
|---|---|--------------------------|-----------------------|
| Additional Health Services |  | 33.5% | 168 |
| Mental Health Services |  | 25.9% | 130 |
| Speciality Physicians |  | 11.2% | 56 |
| After-School Programs |  | 29.5% | 148 |
| Recreation Facilities |  | 35.7% | 179 |
| Substance Abuse Rehabilitation Services |  | 25.3% | 127 |
| Transportation |  | 25.3% | 127 |
| Job Opportunities |  | 70.1% | 351 |
| Healthier Food Choices |  | 34.5% | 173 |
| Wellness Services |  | 28.5% | 143 |
| Safe places to walk/play |  | 39.3% | 197 |
| Other (please specify) |  | 5.2% | 26 |
| | | answered question | 501 |
| | | skipped question | 33 |

14. What health screenings or education/information services are needed in your community? (Check all that apply)

| | | Response Percent | Response Count |
|--|---|------------------|----------------|
| Cancer |  | 40.7% | 204 |
| Mental Health (including depression/anxiety) |  | 38.7% | 194 |
| Reckless Driving/Seatbelts |  | 14.4% | 72 |
| Child Car Seats |  | 15.4% | 77 |
| Emergency Preparedness |  | 22.4% | 112 |
| Cholesterol/Blood Pressure/Diabetes |  | 53.3% | 267 |
| Vaccinations/Immunizations |  | 22.6% | 113 |
| Pregnancy Prevention |  | 44.5% | 223 |
| Disease Outbreak |  | 14.6% | 73 |
| Dental Screenings |  | 39.5% | 198 |
| Eating Disorders |  | 21.0% | 105 |
| Smoking Cessation |  | 36.1% | 181 |
| Substance Abuse |  | 38.9% | 195 |
| STD/HIV/AIDS |  | 22.2% | 111 |
| Nutrition |  | 34.7% | 174 |
| Literacy |  | 25.9% | 130 |
| Physical Activity |  | 38.9% | 195 |
| Other (please specify) |  | 5.4% | 27 |
| answered question | | | 501 |
| skipped question | | | 33 |

15. What would be your main way of getting information from authorities in a large-scale disaster or emergency?(Check only one)

| | | Response Percent | Response Count |
|---------------------------------------|---|------------------|----------------|
| Television |  | 34.7% | 174 |
| Print Media (ex: newspaper) |  | 3.4% | 17 |
| Radio |  | 15.6% | 78 |
| Text Message (Emergency Alert System) |  | 13.6% | 68 |
| Internet |  | 9.6% | 48 |
| Social Networking site |  | 6.4% | 32 |
| Neighbors |  | 2.2% | 11 |
| Don't Know/Not Sure |  | 6.8% | 34 |
| Other (please specify) |  | 7.8% | 39 |
| answered question | | | 501 |
| skipped question | | | 33 |

16. Does your family have a basic emergency supply kit? (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlights and batteries, non-electric can opener, blanket, etc.)

| | | Response Percent | Response Count |
|--------------------------|---|------------------|----------------|
| Yes |  | 34.9% | 175 |
| No |  | 53.5% | 268 |
| Don't Know/Not Sure |  | 11.6% | 58 |
| answered question | | | 501 |
| skipped question | | | 33 |

17. If public authorities announced a mandatory evacuation from your neighborhood or community due to a large-scale disaster or emergency, would you evacuate?(Check only one)

| | | Response
Percent | Response
Count |
|---------------------|--|--------------------------|-------------------|
| Yes |  | 71.9% | 360 |
| No |  | 8.2% | 41 |
| Don't Know/Not Sure |  | 20.0% | 100 |
| | | answered question | 501 |
| | | skipped question | 33 |

18. What would be the main reason you might not evacuate if asked to do so?(Check only one)

| | | Response Percent | Response Count |
|---------------------------------------|--|------------------|----------------|
| Not applicable, I would evacuate | | 40.9% | 205 |
| Concern about personal/family safety | | 10.8% | 54 |
| Inability to get out of home or area | | 4.8% | 24 |
| Lack of trust in public officials | | 5.6% | 28 |
| Health problems (could not be moved) | | 1.8% | 9 |
| Concern about leaving property behind | | 12.6% | 63 |
| Lack of Transportation | | 2.0% | 10 |
| Concern about leaving pets | | 7.2% | 36 |
| Don't Know/Not Sure | | 7.4% | 37 |
| Other (please specify) | | 7.0% | 35 |
| answered question | | | 501 |
| skipped question | | | 33 |

19. I am:

| | | Response Percent | Response Count |
|--------------------------|--|------------------|----------------|
| Male | | 21.4% | 103 |
| Female | | 78.6% | 378 |
| answered question | | | 481 |
| skipped question | | | 53 |

20. What is your zip code?

| | Response Count |
|--------------------------|----------------|
| | 425 |
| answered question | 425 |
| skipped question | 109 |

21. My age is:

| | | Response Percent | Response Count |
|-----------------|---|--------------------------|----------------|
| under 25 |  | 24.3% | 117 |
| 25-34 |  | 12.1% | 58 |
| 35-44 |  | 16.0% | 77 |
| 45-54 |  | 15.8% | 76 |
| 55-64 |  | 19.3% | 93 |
| 65-74 |  | 7.3% | 35 |
| 75+ |  | 5.2% | 25 |
| | | answered question | 481 |
| | | skipped question | 53 |

22. I am:

| | | Response Percent | Response Count |
|--------------------------|---|------------------|----------------|
| Employed |  | 58.4% | 276 |
| Unemployed |  | 20.1% | 95 |
| Retired |  | 13.1% | 62 |
| Disabled |  | 3.2% | 15 |
| Other (please specify) |  | 5.3% | 25 |
| answered question | | | 473 |
| skipped question | | | 61 |

23. My race is:

| | | Response Percent | Response Count |
|--------------------------------|---|------------------|----------------|
| White/Caucasian |  | 60.2% | 291 |
| Black/African American |  | 26.9% | 130 |
| Native American/Alaskan Native |  | 8.5% | 41 |
| Asian |  | 0.8% | 4 |
| Pacific Islander |  | 0.6% | 3 |
| Other (please specify) |  | 2.9% | 14 |
| answered question | | | 483 |
| skipped question | | | 51 |

24. Ethnicity:

| | | Response Percent | Response Count |
|--------------------------|--|------------------|----------------|
| Hispanic |  | 2.5% | 11 |
| Not Hispanic |  | 94.3% | 411 |
| Unknown/Not Sure |  | 3.2% | 14 |
| answered question | | | 436 |
| skipped question | | | 98 |

25. What is your marital status?

| | | Response Percent | Response Count |
|--------------------------|---|------------------|----------------|
| Never Married/Single |  | 32.4% | 154 |
| Married |  | 43.1% | 205 |
| Separated |  | 3.8% | 18 |
| Divorced |  | 10.5% | 50 |
| Widowed |  | 8.0% | 38 |
| Other (please specify) |  | 2.3% | 11 |
| answered question | | | 476 |
| skipped question | | | 58 |

26. My highest level of education is:

| | | Response Percent | Response Count |
|----------------------------|--|------------------|----------------|
| Less than 12th grade | | 22.1% | 105 |
| High School Graduate | | 19.3% | 92 |
| Some college but no degree | | 14.1% | 67 |
| 2-year Degree | | 14.9% | 71 |
| 4-year Degree | | 19.1% | 91 |
| Post-graduate Degree | | 10.5% | 50 |
| answered question | | | 476 |
| skipped question | | | 58 |

27. My household income last year was:

| | | Response Percent | Response Count |
|--------------------------|--|------------------|----------------|
| less than \$10,000 | | 8.5% | 39 |
| \$10,000-\$19,999 | | 7.9% | 36 |
| \$20,000-\$29,999 | | 11.8% | 54 |
| \$30,000-\$49,999 | | 15.8% | 72 |
| \$50,000-\$74,999 | | 16.0% | 73 |
| \$75,000-\$99,999 | | 9.0% | 41 |
| \$100,000 + | | 9.4% | 43 |
| Do not know | | 21.7% | 99 |
| answered question | | | 457 |
| skipped question | | | 77 |

28. My job field is best described as:

| | | Response Percent | Response Count |
|------------------------|---|--------------------------|----------------|
| Agriculture |  | 1.1% | 5 |
| Business/Industry |  | 11.7% | 54 |
| Retail |  | 1.7% | 8 |
| Homemaker |  | 5.8% | 27 |
| Government |  | 8.4% | 39 |
| Healthcare |  | 26.2% | 121 |
| Student |  | 12.3% | 57 |
| Education |  | 11.3% | 52 |
| Food Service |  | 7.6% | 35 |
| Migrant Worker | | 0.0% | 0 |
| Other (please specify) |  | 13.9% | 64 |
| | | answered question | 462 |
| | | skipped question | 72 |

29. Do you currently have Health Insurance?

| | | Response Percent | Response Count |
|-----|--|--------------------------|----------------|
| Yes |  | 88.2% | 387 |
| No |  | 11.8% | 52 |
| | | answered question | 439 |
| | | skipped question | 95 |

30. If yes what type?

| | | Response
Percent | Response
Count |
|-------------------|--|---------------------|-------------------|
| Medicare | | 16.7% | 64 |
| Medicaid | | 17.5% | 67 |
| Private | | 70.5% | 270 |
| answered question | | | 383 |
| skipped question | | | 151 |

31. When seeking medical care, where do you go first? (Check only one)

| | | Response Percent | Response Count |
|--|---|--------------------------|----------------|
| ER/Scotland Memorial Hospital |  | 14.1% | 66 |
| Primary Provider/Family Physician |  | 60.1% | 282 |
| Moore Regional Hospital |  | 3.8% | 18 |
| First Health Richmond/Moore County |  | 0.4% | 2 |
| Urgent Care |  | 11.9% | 56 |
| Health Department |  | 1.7% | 8 |
| Southeastern Regional Medical Center |  | 0.9% | 4 |
| Cape Fear Valley Regional Medical Center | | 0.0% | 0 |
| Scotland Community Health (free) Clinic |  | 1.5% | 7 |
| Sandhills Medical Center (Hamlet) |  | 0.6% | 3 |
| Other (please specify) |  | 4.9% | 23 |
| | | answered question | 469 |
| | | skipped question | 65 |

32. In the past year have you seen a medical provider for any of the following? (check all that apply)

| | | Response Percent | Response Count |
|--------------------------|---|------------------|----------------|
| Routine Check-up |  | 65.6% | 309 |
| Health Screening |  | 26.5% | 125 |
| Sick visit/Illness |  | 46.7% | 220 |
| Emergency |  | 13.8% | 65 |
| Not seen |  | 10.8% | 51 |
| answered question | | | 471 |
| skipped question | | | 63 |

33. Do you use any kind of tobacco products?

| | | Response Percent | Response Count |
|--------------------------|--|------------------|----------------|
| Smoke |  | 8.8% | 41 |
| Chew/Dip |  | 0.6% | 3 |
| Both |  | 0.6% | 3 |
| No |  | 89.9% | 418 |
| answered question | | | 465 |
| skipped question | | | 69 |

34. Do you support tobacco-free public places/buildings in Scotland County?

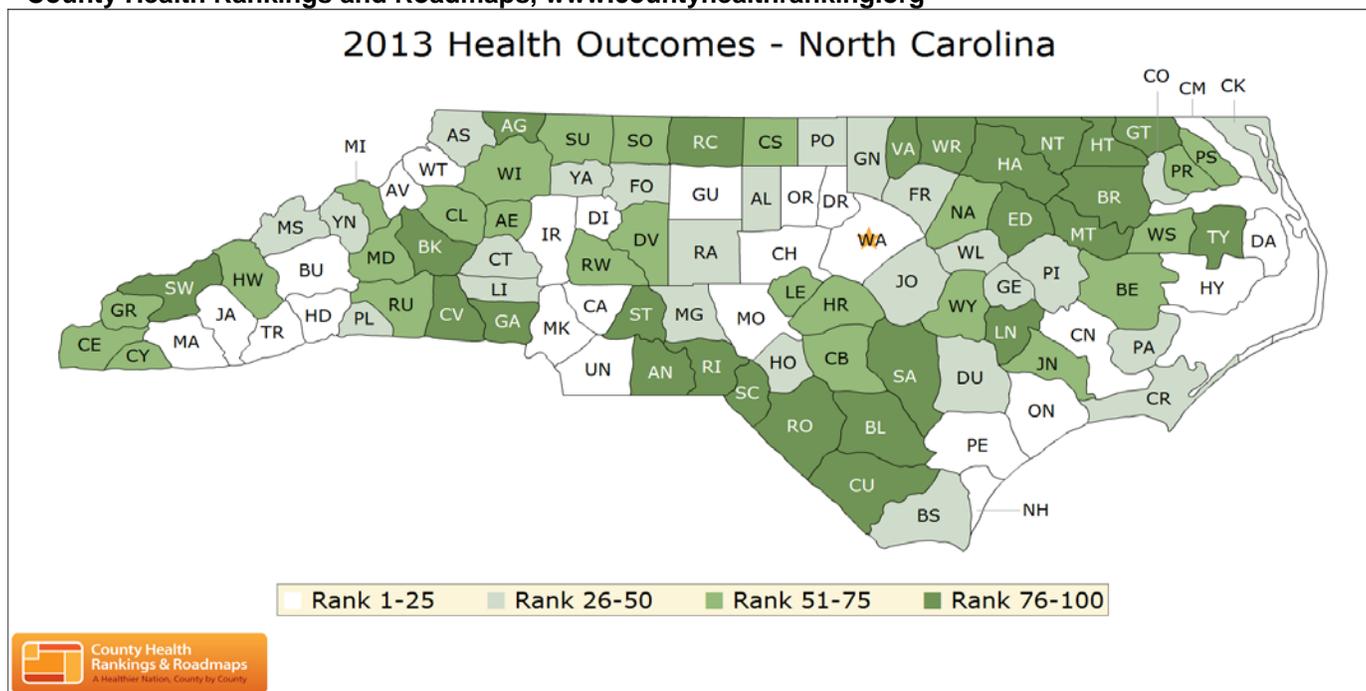
| | | Response
Percent | Response
Count |
|-------------------|--|---------------------|-------------------|
| Yes |  | 90.6% | 424 |
| No |  | 9.4% | 44 |
| answered question | | | 468 |
| skipped question | | | 66 |

County Health Rankings

Appendix C

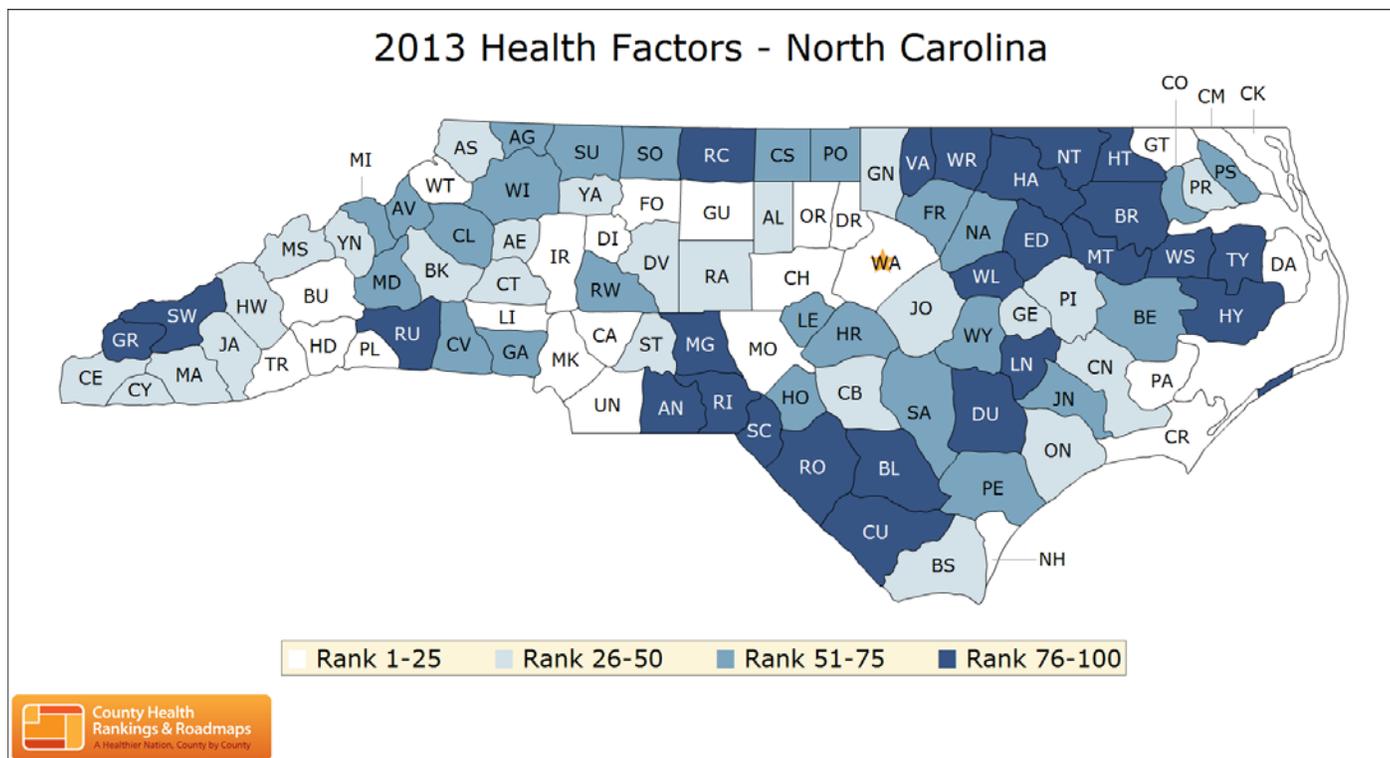
The *County Health Rankings* rank the health of nearly every county in the nation and show that much of what affects health occurs outside of the doctor's office. Published by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation, the *Rankings* help counties understand what influences how healthy residents are and how long they will live. The *Rankings* confirm the critical role that factors such as education, jobs, income, and environment play in influencing health. The *Rankings* look at a variety of measures that affect health such as the rate of people dying before age 75, high school graduation rates, access to healthier foods, air pollution levels, income, and rates of smoking, obesity and teen births. The *Rankings*, based on the latest data publically available for each county, are unique in their ability to measure the overall health of each county in all 50 states on the multiple factors that influence health.

- County Health Rankings and Roadmaps, www.countyhealthranking.org

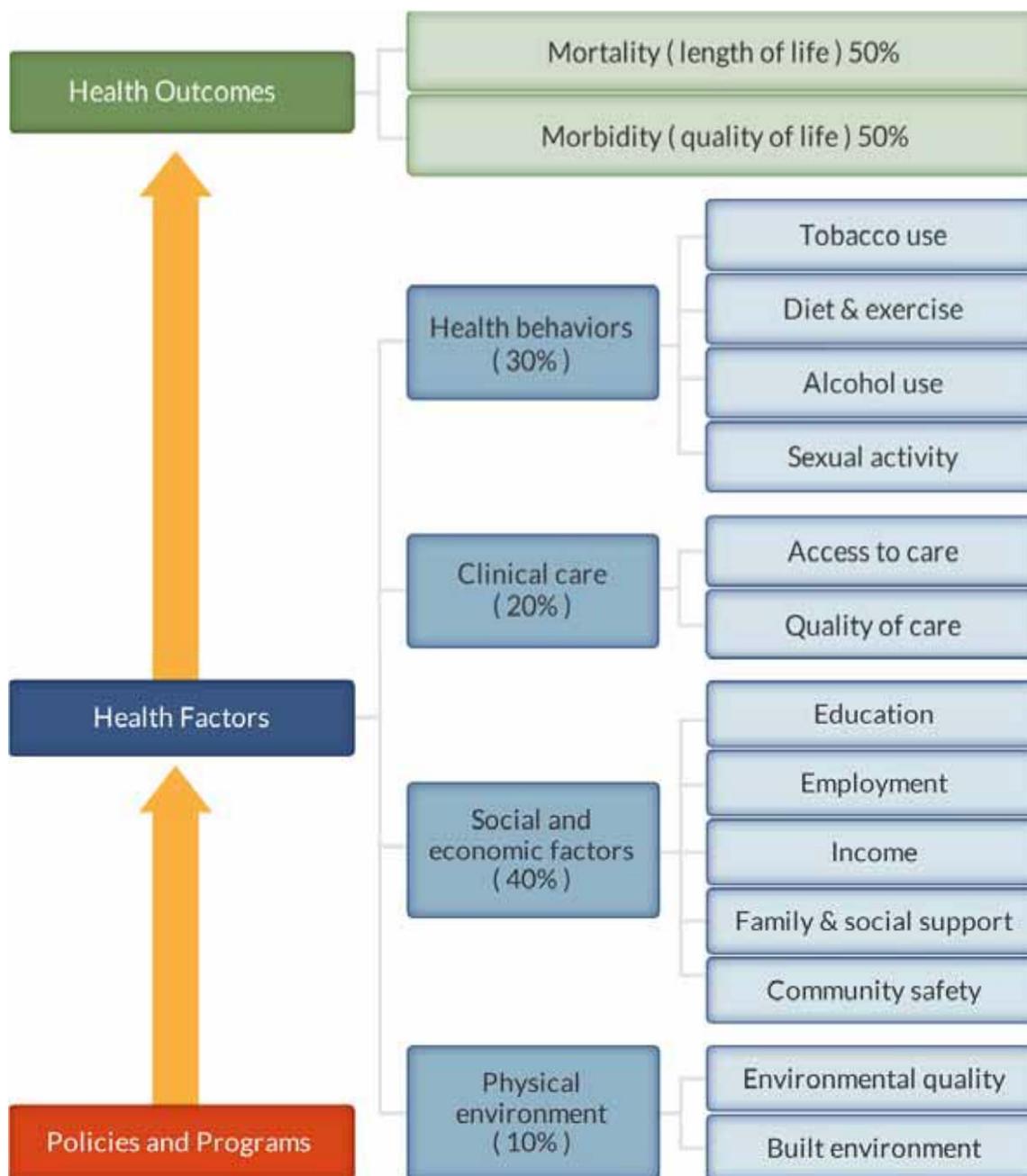


Scotland County (SC) ranked 93rd with rankings 1-25 having the highest, favorable outcomes and rankings of 76-100 having the least favorable outcomes. (**County Health Rankings and Roadmaps, www.countyhealthranking.org**)

Based on the County Health Rankings, Scotland County ranks high among unhealthy outcomes for the county when compared to most counties in other parts of the state of North Carolina. It ranks 93rd out of 100 counties among the health outcomes ratings and 99th among the health factors ratings. Scotland County has slightly worsened over the past 2 years in its “health outcomes ranking” and “health factors” with previous ratings of 91% and 96%.



Scotland County ranked 99th with rankings of 1-25 having the most favorable health factors and rankings of 76-100 having the least favorable health factors. (**County Health Rankings and Roadmaps, www.countyhealthranking.org**)



County Health Rankings model ©2012 UWPHI

The summary health factor rankings are based on weighted scores of four types of factors: behavioral, clinical, social and economic, and environmental. The weights for the factors (shown in parentheses in the figure) are based upon a review of the literature and expert input, but represent just one way of combining these factors. (County Health Rankings, 2013).

Community Resources

Appendix D

Scotland County is rich in community resources. Diverse groups, various agencies, civic groups, faith organizations, the health care system, providers, schools and community volunteers collaborate to work together for the well-being of all citizens. Listed below are many resources available to the community:

- Adolescent Wellness Council
- Adult Care Homes
- Adult Day Care Services
- Adult Education
- After School Care
- Aging Advisory Council
- Alcoholics Anonymous
- Alzheimer's Support Group
- American Red Cross
- Amputee Support Group
- Arc of Scotland County
- Assisted Living for Adults
- Autism Society of NC-Parent Advocacy Group
- Baby Think It Over Program
- Better Breathers Support Group
- Border Belt AIDS Resources Team
- Boy Scouts of America
- Cancer Support Group
- Caregivers Support Group
- Child Care Directions
- Child Care Immunization Program
- Church Community Services
- Civic Organizations
- Community Diabetes Support Group
- Community Innovations
- Community Transformation Grant Project
- Concerned Citizens for the Homeless, Scotland County
- Department of Social Services
- Diabetes Support Group
- Domestic Violence & Rape Crisis Center
- EastPointe Managing Behavioral Healthcare
- Eckerd Behavioral Health
- Emergency Medical Services
- Environmental Health and Animal Control
- Family Alternatives, Inc.
- Family Care Homes
- Family Self-Sufficiency Program
- Family Fitness Center
- Food Bank-Star of Bethlehem Missionary Baptist Church
- Four County Community Services
- Guardian ad Litem Program
- Girl Scouts of America
- Grief Support Group
- Habitat for Humanity
- Head Start
- Health Check/Health Choice
- Healthy Start Corps., UNC Pembroke
- H.E.A.R.T. (Health Education and Resource Team, Scotland County)
- Home Delivered Meals Program
- Home Health Agencies
- Hospice of Scotland County
- Indian Museum of the Carolinas
- Juvenile Crime Prevention Council
- Laurinburg, Scotland County Area Chamber of Commerce
- Laurinburg Downtown Revitalization Corporation
- Laurinburg Fire Department
- Laurinburg Housing Authority
- Laurinburg Police Department
- Literacy Council
- Local Media
 - Adelphia Cable Local Information and Announcements
 - The Laurinburg Exchange
 - WEWO Radio
 - WLNC Radio
- Lumber River Council of Government (Senior Nutrition)
- March of Dimes
- Ministerial Alliance
- Ministerial Association
- Multiple Sclerosis Support Group
- Narcotics Anonymous
- New Beginningz, Inc.
- North Carolina Cooperative Extension Service, Scotland County
- Northview Harvest Outreach Ministries
- Number, Please! Resource Guide
- Nursing Homes, Skilled
- Parkinson's Support Group

Community Resources Con't

- Preparedness and Response
- Prescription Assistance Program
- Richmond Community College, Scotland Center and Diane F. Honeycutt Center
- SAFE Kids Program
- Safety Town
- Scotia Village Retirement Community
- Scotland Cancer Treatment Center
- Scotland Family Counseling Center
- Scotland County Aging Advocacy Council
- Scotland County Area Transit System (SCATS)
- Scotland County Cooperative Extension
- Scotland County 4-H Club
- Scotland County Department of Public Health
- Scotland County Emergency Management
- Scotland County Healthy Carolinians
- Scotland County Humane Society
- Scotland County Memorial Library
- Scotland County NAACP Youth Council (NAACPACT-SO)
- Scotland County Partnership for Children and Families
- Scotland County School System
- Scotland County Senior Games
- Scotland County Sheriff's Department
- Scotland County Special Olympics
- Scotland Summer Feeding Program
- Scotland Health Care System
- Scotland Place Civic Center (Senior Center)
- Scots for Youth Program
- Senior Living, Independent
- Smart Start
- SMILE NC on-site Dental Health Program
- Soil Conservation Service
- Southeastern SELF Recovery
- Speech Solutions, Inc.
- St. Andrew's Presbyterian College
- Stroke Support Group
- United Way of Scotland County
- Veteran's Service
- Wagram Recreation Center

Note: Many of the community resources can be accessed through the following websites:

- City of Laurinburg:
 - www.laurinburg.org
- Laurinburg, Scotland County Area Chamber of Commerce:
 - www.laurinburgchamber.org
- Scotland County:
 - www.scotlandcounty.org
- Scotland County Department of Public Health:
 - www.scotlandcountyhealth.org
- Scotland Health Care System
 - www.scotlandhealth.org
- Scotland County Parks and Recreation
 - www.scotlandcountyparksandrecreation.org

- Scotland County Parks and Recreation

References and Resources

Appendix E

- American Cancer Society
- American Heart Association - "Heart Disease and Stroke Statistics 2013 Update"
- American Lung Association/American Lung Association of North Carolina
- Centers for Disease Control and Prevention
- Centers for Disease Control and Prevention/National Institutes of Alcohol Abuse and Alcoholism
- Centers for Disease Control and Prevention/Youth Risk Behavior Surveillance System
- Child Health Report Card 2012
- City of Laurinburg, North Carolina
- Community Innovations, Inc.
- County Health Rankings and Roadmaps 2013
- Department of Health and Human Services/Substance Abuse and Mental Health Services Administration
- Department of Health and Human Services/Health Resources and Services Administration's (HRSA) Office of Women's Health
- EastPointe – Managing Behavioral Healthcare Services
- Evergreen Behavioral Management, Inc.
- Four County Community Services, Inc.
- Generations Health Services, LLC
- Health Resources and Services Administration/Office of Women's Health
- Healthy People 2020 – Leading Health Indicators
- Immunize NC
- Lumber River Area Agency on Aging
- Lumber River Council of Government
- National Cancer Institute
- National Highway Traffic Safety Administration
- National Institutes of Health/National Institute of Allergy and Infectious Diseases
- National Institutes of Health/National Institute on Drug Abuse
- National Institute of Health – Medline Plus
- National Institutes of Health/National Institute of Mental Health
- NC Behavior Risk Factor Surveillance System
- NC Central Cancer Registry, "Scotland County Cancer Profiles", August 2012
- NC Child Advocacy Institute
- NC Cooperative Extension Service – Scotland County
- NC Council for the Hearing Impaired
- NC Department of Commerce – County Profiles 2012 – Scotland County
- NC Department of Crime Control and Public Safety
- NC Department of Environment and Natural Resources
- NC Department of Health and Human Services/Centers for Disease Control and Prevention
- NC Department of Health and Human Services/Division of Services for the Blind
- NC Department of Health and Human Services/Division of Services for the Deaf / Hard of Hearing
- NC Department of Health and Human Services/Injury and Violence Prevention Branch
- NC Department of Health and Human Services/Oral Health Section/Department of Public Health
- NC Department of Insurance/Office of State Fire Marshall
- NC Department of Justice Statistics
- NC Early Hearing Detection and Intervention Program
- NC Early Intervention Services – "Together We Grow"
- NC Department of Social Services
- NC Highway Safety Resource Center
- NC Lead Contacts
- NC Quick Facts from US Census Bureau

References and Resources - Continued:

- NC School Asthma Survey
- NC State Bureau of Investigation Crime Index 2011, 2012
- NC CATCH
- NC State Center for Health Statistics, 2009, 2010, 2011, 2012
- NC State Center for Health Statistics/Behavior Risk Factor Surveillance System
- NC State Center for Health Statistics/Department of Public Health
- NC State Center for Health Statistics Pocket Guide 2012
- NC State Center for Health Statistics/Pregnancy Risk Assessment Monitoring System
- NC State Demographics – Population estimates
- NC Youth Tobacco Survey 2012/Tobacco Prevention and Control Branch/NCDHHS
- New Beginningz, Inc
- Scotland Cancer Treatment Center
- Scotland Community Health Clinic
- Scotland County Chamber of Commerce – Laurinburg, NC
- Scotland County - Child Care Directions
- Scotland County Church Community Services
- Scotland County – City of Laurinburg
- Scotland County Community Health Assessment Survey 2013
- Scotland County – Concerned Citizens for the Homeless Agency
- Scotland County Department of Social Services
- Scotland County – Domestic Violence and Rape Crisis Center
- Scotland County Emergency Medical Service
- Scotland County (Food Bank) – Star of Bethlehem Baptist Church
- Scotland County - Four County Community Services, Inc.
- Scotland County – Habitat for Humanity
- Scotland County Health Department
- Scotland County Healthy Carolinians
- Scotland County – Juvenile Crime Prevention Council
- Scotland County – Laurinburg Exchange
- Scotland County – Laurinburg Housing Authority
- Scotland County – Laurinburg Police Department
- Scotland County – Literacy Council
- Scotland County – March of Dimes
- Scotland County – Northview Harvest Outreach Ministries
- Scotland County Parks and Recreation
- Scotland County School System
- Scotland County Sheriff's Department
- Scotland Family Counseling Center
- Scotland Health Care System
- Scotland County Partnership for Children and Families
- Scotland County - The Purcell Clinic
- Scotland County United Way – 2013 Campaign



Public Health
Prevent. Promote. Protect.



Scotland County Mission Statement: “To protect the Health, Safety, and Welfare of our Citizens and ensure Peace and Dignity within the County.”

Scotland County Health Department Mission Statement: “To promote quality health through education, disease prevention and control, preparedness and environmental protection.”



Public Health
Prevent. Promote. Protect.

Scotland County Healthy Carolinians Mission Statement: “To empower the citizens through education and promotion of healthy lifestyles and safe communities.”

Scotland Health Care System Mission Statement: “To provide high quality, compassionate healthcare, and to be the community’s health care provider of choice.”

