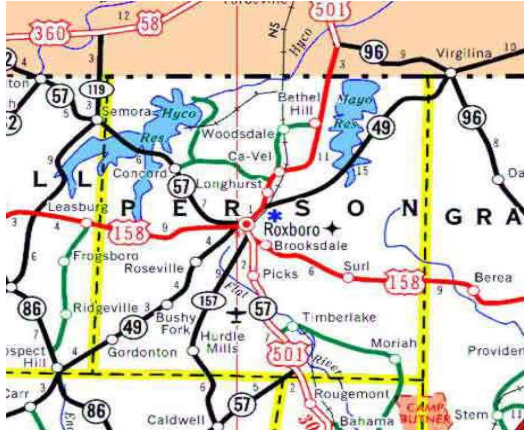


2019 Person County State of the County Health Report



Prepared by:
Person County Health Department
355 A South Madison Boulevard
Roxboro, North Carolina 27573
(336) 597-2204

www.personcountync.gov

(find us under Departments and Services)

Like us on: www.facebook.com/PCHealthDept

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Population Data

Person County’s population data has not varied much since that which was last reported in the 2018 Community Health Assessment. The county’s data is comparable to state data with the exception of the percentage of the population that is categorized as “other” and the population that is Hispanic/Latino of any race. The following table compares population data presented in the 2018 CHA and the most recent estimates from the 2018 American Community Survey:

	Location	Total Population	% Male	% Female	% White	% African-American	% Other	% Hispanic/ Latino (of any race)
2012-2016	PC	39,196	48.5	51.5	68.7	26.9	4.4	4.1
	NC	9,940,828	48.6	51.4	69.2	21.5	9.3	8.9
2014-2018	PC	39,305	48.3	51.7	68.2	26.7	5.1	4.2
	NC	10,155,624	48.7	51.3	68.9	21.5	9.6	9.2

Source: U.S. Census Bureau, 2016 and 2018 American Community Survey (5-Year Estimates)

Person County health priorities identified through the 2018 Community Health Assessment (CHA):

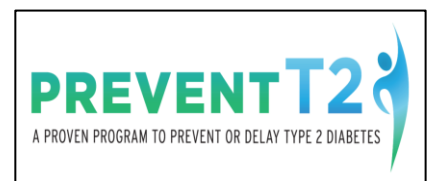
Chronic Disease (Diabetes, Heart Disease, Cancer)

Overweight/Obesity

2019 Was a Busy Year

In 2019, Person County Health Department and its partners addressed the county’s health priorities through the following activities and initiatives.

Diabetes Prevention Program – Several years ago, Person County Health Department implemented a Diabetes Prevention Program (DPP) taking a different approach to addressing type 2 diabetes. This program focuses on reaching people identified as prediabetic or at-risk for diabetes as determined by a blood test and/or risk assessment. DPP is an evidence-based program recognized by the Centers for Disease Control. It is a year-long program, offered in a small group setting, that has two overall goals for each participant. Those goals are a 5-7% weight loss and 150 minutes of physical activity per week. The Prevent T2 curriculum, used for DPP, is facilitated by two trained lifestyle coaches (from the Health Department and Cooperative Extension). In the spring of 2019, the third DPP cohort concluded while shortly thereafter a fourth cohort started. Ten participants completed the third cohort, losing a total of 133.5 pounds, which calculated to a 6.5% weight loss for the group. Five of the 10 participants met and/or exceeded their individual weight loss goals. The remaining participants also reported weight loss during the program. Seven of the 10 participants reached their physical activity goal. Nine participants enrolled in the fourth cohort, that started in June 2019. Data for this group will be provided in the 2020 State of the County Health Report, as the program concluded in the spring of 2020.





Living Healthy with Diabetes Self-Management Program – Living Healthy with Diabetes is an evidence-based, six-week program that targets people with type 2 diabetes or prediabetes. It addresses various strategies for diabetes self-management such as healthy eating, physical activity, glucose monitoring, action planning, stress management, communication with health care providers, and much more. Person County Health Department collaborated with Cooperative Extension and the Kerr-Tar

Regional Council of Governments (Area Agency on Aging) to offer this program in the fall of 2019. There were 12 participants who completed the program. Upon program completion, an evaluation showed that all participants felt more confident in their ability to manage their chronic condition(s).

Community Education and Outreach – Throughout 2019, the Health Department and its partners took advantage of opportunities to participate in various community education and outreach events. Information was provided for the general public as well as select audiences (i.e. senior adults, employees at various worksites, families, etc.) on prediabetes, diabetes, overweight/obesity, healthy eating, physical activity, tobacco use and cessation resources, overall wellness, heart health, etc.



Hope with the Scope – This colon health community awareness event was a collaborative effort of Healthy Personians, Person Memorial Hospital, and Piedmont Community College. Various agencies provided information about colon cancer screenings, healthy eating, local health services, etc. Personians, who had been affected by colon cancer, shared their stories. Local surgeons and Gastroenterologists participated in a panel discussion followed by a time of Q&A from the audience. Thirty-six people were in attendance. Of those attendees completing an evaluation, 72% indicated that as a result of this event they had an increase in knowledge about colon health and screenings.

Med Instead of Meds – The Med Instead of Meds program was offered to 14 individuals during the winter of 2019. This six-week program provided information about making lifestyle changes, following guidelines from the Mediterranean Diet. Each one-hour session involved a basic cooking demonstration and sample of a healthy meal, utilizing curriculum recipes. Participants established program goals to help them improve their dietary habits. They were provided handouts along with incentives to help them reach their goals. All of the program participants improved their score by an average of three points, when comparing pre and post scores on the Med Adherence Tool. This tool helped to measure how well participants adhered to the Mediterranean Diet guidelines before and after program participation.

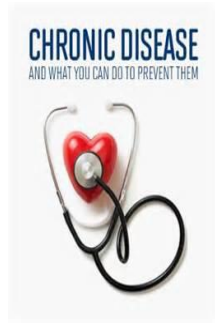


Eat Smart Live Strong – In May 2019, the Eat Smart Live Strong program was offered to 17 Roxboro Housing Authority residents. This four-week intervention is designed to improve fruit and vegetable consumption and physical activity among adults ages 60-74 years old, who participate in or are eligible for food nutrition service assistance programs. This program promotes the following two key behaviors: consumption of 3.5 cups of fruit and vegetables per day and participation in at least 30 minutes of physical activity most days of the week.



Ninety-eight percent of participants indicated through an evaluation that they planned to eat more fruits and vegetables in the future, and 96% of them planned to increase their physical activity, working their way up to 150 minutes of activity a week.

Dining with Diabetes – The Dining with Diabetes program was offered to 10 Roxboro Housing Authority residents during the summer of 2019. This 4-week chronic disease program is for adults with type 2 diabetes or prediabetes. The classes offered healthy meal planning, food demonstrations, class discussions and new physical activity choices. Each class included food demonstrations and tasting, physical activity, and discussions around managing diabetes. All of the participants completed the program and indicated, through an evaluation, that they were more confident about managing their diabetes; or if they were prediabetic that they were more confident about how to prevent or delay the onset of diabetes.



Take Charge of Your Diabetes – This workshop, offered in the fall of 2019, focused on carbohydrate counting and meal planning. A curriculum from Ohio State University was utilized. The target audience for the workshop was people with type 2 diabetes or pre-diabetes or caregivers of such. However, it was open to anyone who wanted to attend. Participants were made aware of sources of carbohydrates, recommended amounts of carbohydrates, proteins, and fats per meal and snack, and how to put together meals within those recommendations. Seventeen people attended the workshop. Over 95% of the 17 participants indicated that they felt like the information presented would help increase their ability to count carbohydrates and plan healthier meals.

Eat Smart Move More Take Control - The Eat Smart Move More Take Control program was offered to eight individuals at the Person County Senior Center during November – December 2019. This eight-week chronic disease program provided strategies to help adults manage their health as well as track their goals and progress towards healthy eating and physical activity behaviors. Each one-hour session contained a basic cooking demonstration and sample of a healthy recipe. Program results are based on the eight participants that completed the entire program and the pre and post evaluation forms. Seventy-three percent of participants reported that they had made a positive behavior change; 52% read the Nutrition Facts label more often; 44% select foods with no added sugar more often; and 41% were strength training more often.



Lunch N’ Learn Workshops – Ten Lunch N’ Learn workshops were offered by the NC Cooperative Extension in 2019. Topics ranged from heart disease, nutrition, colon health, physical activity, skin cancer, food safety, food assistance programs, food budgeting and meal planning, portion sizes, and healthy holiday treats. The workshops were open to anyone who wanted to attend. Participants were made aware of resources within the community to live help them healthier lives, get more physical activity, control their portion sizes, stretch a food budget, and how to put together healthier meals within recommendations for diabetes, heart disease, obesity or other chronic illnesses. A total of 178 people attended the workshops.

Sources: Person County Health Department; NC Cooperative Extension

Definitions that may be helpful in better understanding this report:

- *Chronic Lower Respiratory Disease* – chronic diseases of the airways and other structures of the lung; some of the most common are asthma, chronic obstructive pulmonary disease, occupational lung diseases, and pulmonary hypertension.
- *All Other Unintentional Injury* – includes death without purposeful intent due to poisoning, falls, burns, choking, animal bites, drowning, and occupational or recreational injuries.
- *Cerebrovascular Disease* – physiological conditions that lead to stroke.
- *Kidney Disease* – includes a composite set of kidney disorders like nephritis, nephrotic syndrome, and nephrosis.
- *Mortality Rate* – also known as a death rate; described as number of deaths per 100,000 persons.
- *Age-Adjustment* – many factors affect the risk of death, including race, gender, occupation, etc. The most significant factor is age, because as a population ages, its collective risk of death increases. Any one time some communities have higher proportions of “younger” people, and others have a higher proportion of “older” people. In order to compare mortality data from one community with the same kind of data to another, it is necessary first to control for differences in the age composition of the communities being compared. This is done by age-adjusting the data, a statistical manipulation usually performed by professionals responsible for collecting and cataloging health data.
- *Morbidity* – used in this report refers generally to the presence of injury, sickness, or disease.
- *Prevalence* – refers to the number of existing cases of a disease or health condition in a population at a defined point in time or during a defined period. Prevalence is usually expressed as a proportion vs. a rate.
- *Incidence* – population-based rate at which new cases of a disease occur and are diagnosed.

Leading Causes of Death in Person County

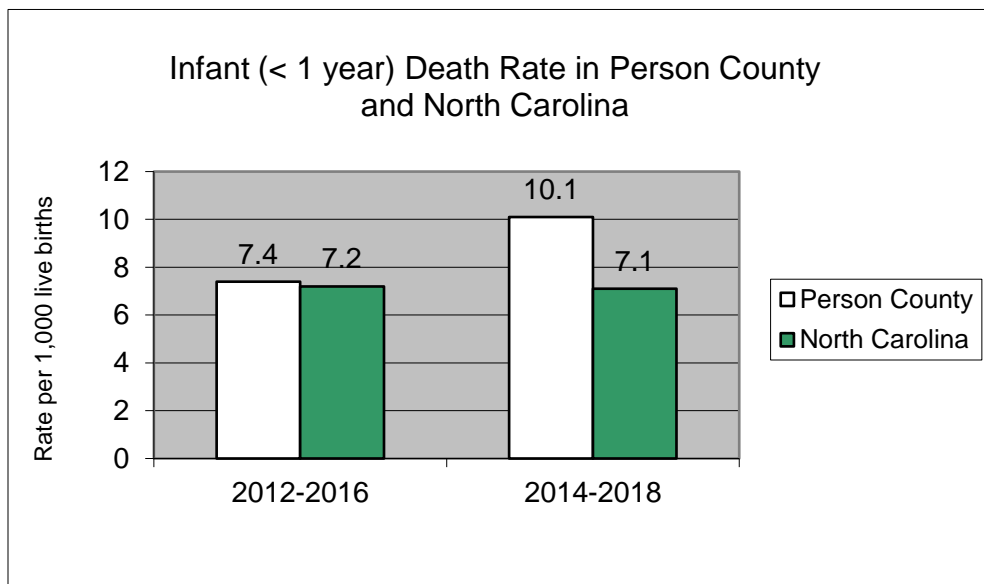
Cause of Death	2014-2018			2012-2016		
	PC Rank	PC Rate	NC Rate	PC Rank	PC Rate	NC Rate
Cancer	1	185.5	161.3	1	195.8	166.5
Diseases of the Heart	2	167.7	158.0	2	166.9	161.3
Chronic Lower Respiratory Disease	3	45.4	44.7	4	40.6	45.6
All Other Unintentional Injury	4	40.2	37.0	6	25.8	31.9
Cerebrovascular Disease	5	38.5	43.0	3	48.0	43.1
Diabetes	6	33.2	23.7	5	31.9	23.0
Alzheimer’s Disease	7	23.3	35.7	7	23.1	31.9
Unintentional Motor Vehicle Injury	8	18.9	14.5	8	21.9	14.1
Kidney Disease	9	18.2	16.4	12	14.4	16.4
Pneumonia/Influenza	10	17.2	17.4	9	21.2	17.8

Source: NC Department of Health and Human Services, NC State Center for Health Statistics, 2018 & 2020 County Health Data Books (Notes: Rate = Number of events per 100,000 population; Standard = Year 2000 U.S. Population; Leading causes of death are ranked according to rate, which are age-adjusted. Figures in red indicate the higher rate.)

At the time this report was prepared, the most current aggregate data for leading causes of death for Person County was for 2014-2018. It has been compared to the latest data cited in the 2018 CHA, which was aggregate data from 2012-2016. Key findings from the comparison are as follows:

- Deaths from cancer, diseases of the heart, Alzheimer’s disease, and unintentional motor vehicle injury remained the same in ranking for both periods of time. However, deaths from chronic lower respiratory disease, all other unintentional injury, and kidney disease increased in the ranking while deaths from cerebrovascular disease, diabetes, and pneumonia/influenza decreased. The most noteworthy change in these rankings is kidney disease moving from the twelfth to ninth leading cause of death in the latter time period.
- For 2014-2018, the county’s mortality rates for cerebrovascular disease, Alzheimer’s disease, and pneumonia/influenza were below the state’s comparable rates. County mortality rates for cancer, diseases of the heart, chronic lower respiratory disease, all other unintentional injury, diabetes, unintentional motor vehicle injury, and kidney disease were above the state’s rates.
- Person County’s mortality rates for cancer, cerebrovascular disease, unintentional motor vehicle injury, and pneumonia/influenza decreased in 2014-2018 when compared to comparable county rates for 2012-2016. However, county rates for heart disease, chronic lower respiratory disease, all other unintentional injury, diabetes, Alzheimer’s disease, and kidney disease had increased.

Infant Mortality Data



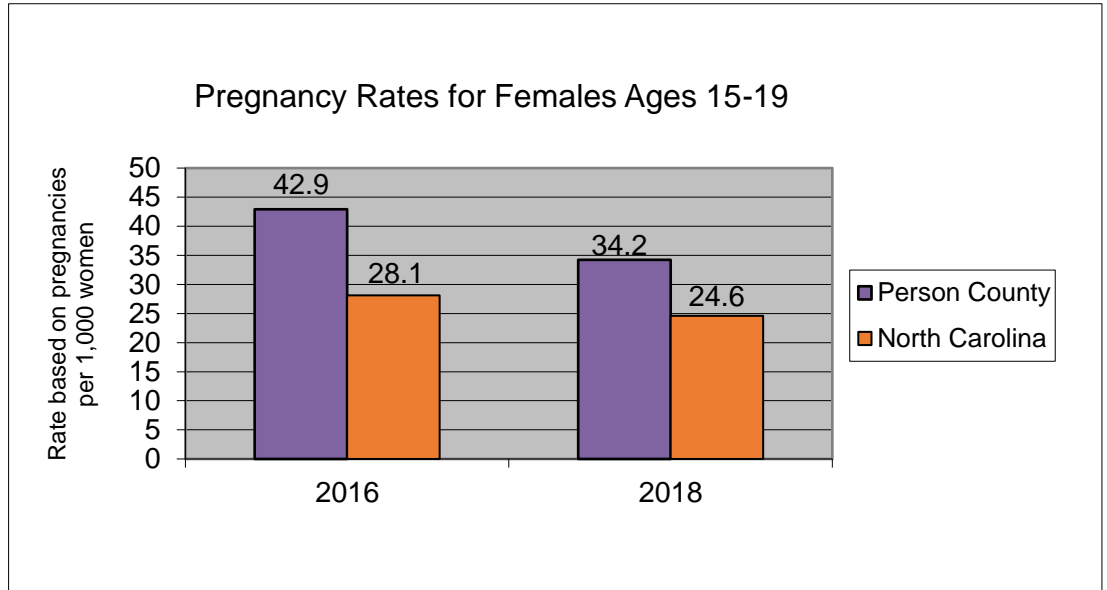
As evidenced in this graph, Person County’s infant mortality rate increased from 2012-2016 to 2014-2018. It remained above the state’s comparable rate for both time periods.

Source: NC Department of Health and Human Services, NC State Center for Health Statistics, 2016 and 2018 NC Infant Mortality Report

Morbidity Data

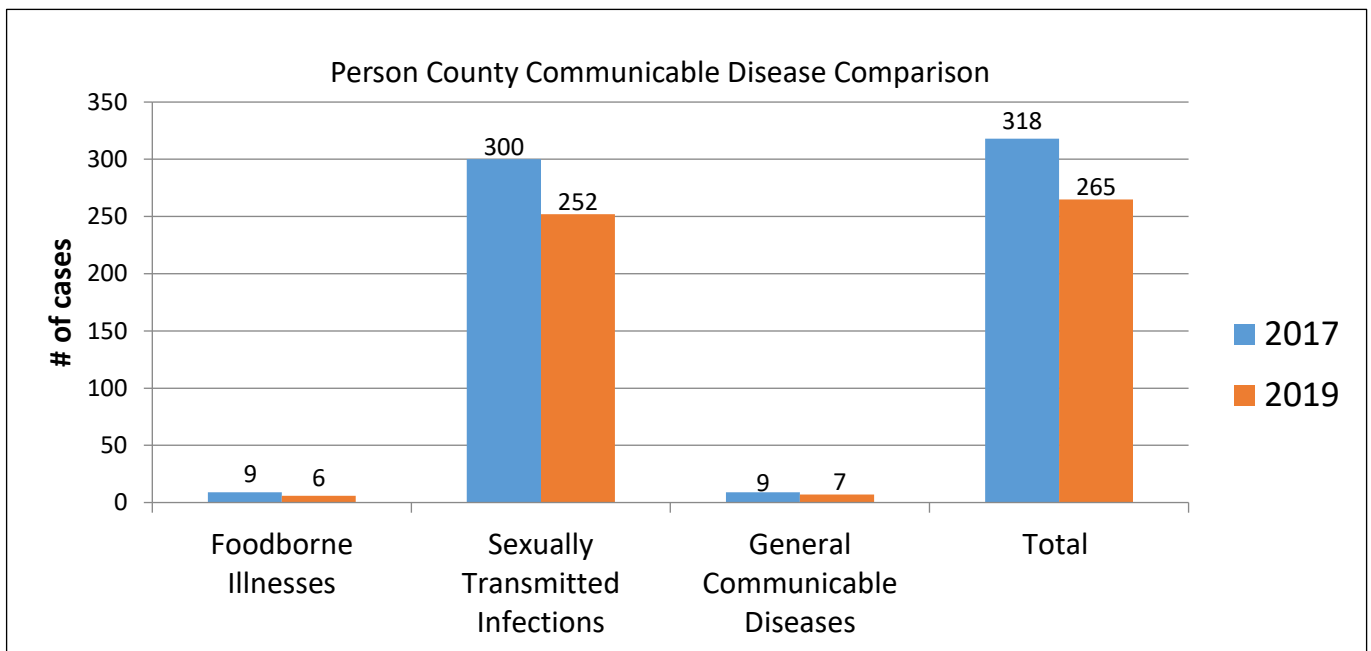
Teen Pregnancy Data

The pregnancy rate for females ages 15-19 decreased from 2016 to 2018 in Person County. The county rate was above the state's rate for both years. There were no reported pregnancies in females ages 14 or younger for either year.

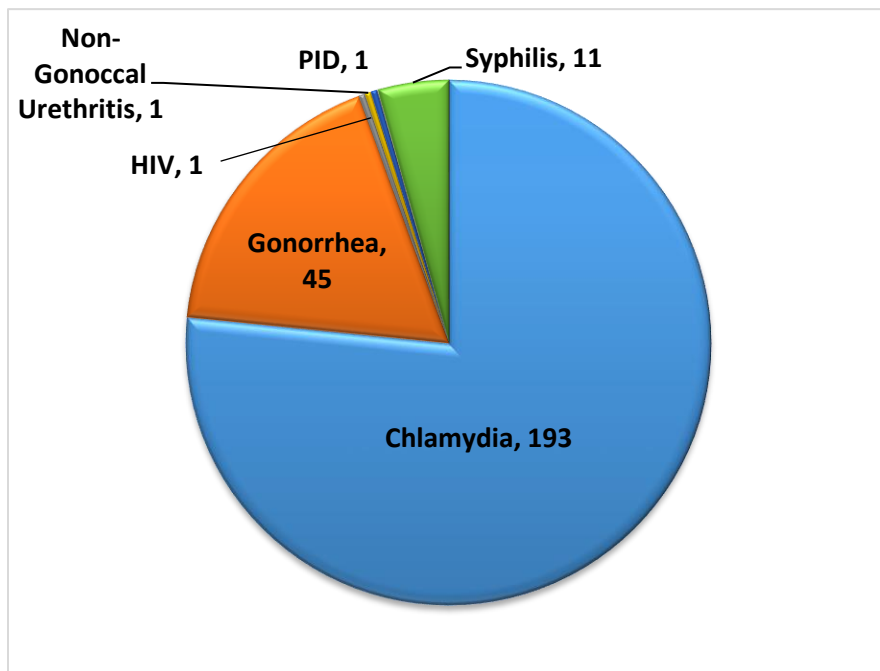


Source: NC Department of Health and Human Services, NC State Center for Health Statistics, 2016 and 2018 NC Resident Pregnancy Rates: Females Ages 15-19 By Race/Ethnicity, Perinatal Care Regions, and County of Residence

Communicable Disease Data



Person County experienced a decrease in overall cases of communicable diseases from 2017 to 2019 as well as a decrease in each of the three categories (i.e. foodborne illnesses, sexually transmitted infections, and general communicable diseases). In 2019, 95% of the county’s communicable diseases were sexually transmitted infections; 3% were general communicable disease; and 2% were foodborne illnesses. Of the 252 cases of sexually transmitted infections, most cases were attributed to chlamydia (193 cases), followed by gonorrhea (45 cases).

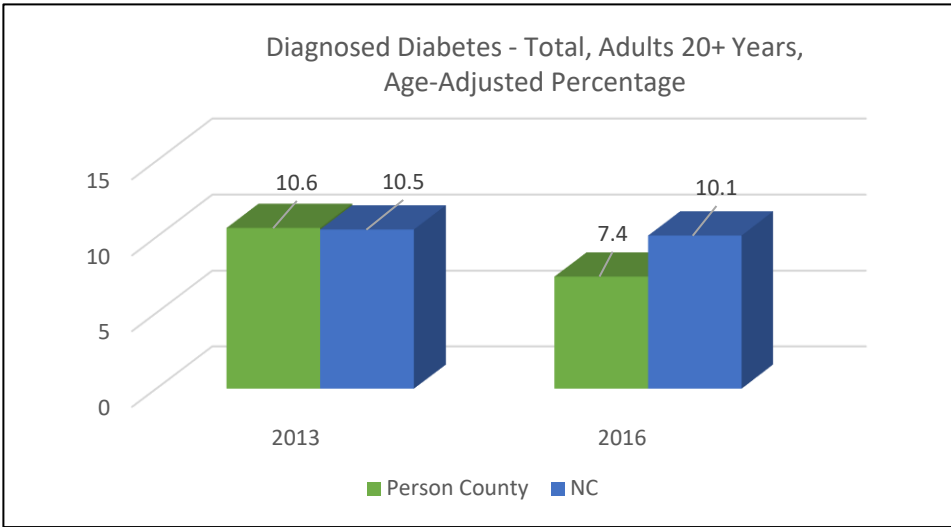


The 2018 CHA cited that the total chlamydia incidence rate (new cases per 100,000 population) in Person County was 532.0 (2016) and the total gonorrhea incidence rate (new cases per 100,000 population) was 201.1 (2016). More recent data shows that there has been a decrease in incidence rates for both as the total chlamydia incidence rate in 2018 was 448.0 (NC rate – 643.0) and that for gonorrhea was 124.0 (NC rate-227.2).

Sources: NC Electronic Disease Surveillance System; NC Department of Health and Human Services, 2016 NC HIV/ STD/ Hepatitis Surveillance Report and 2018 NC STD Surveillance Report

Diabetes and Overweight/Obesity Data

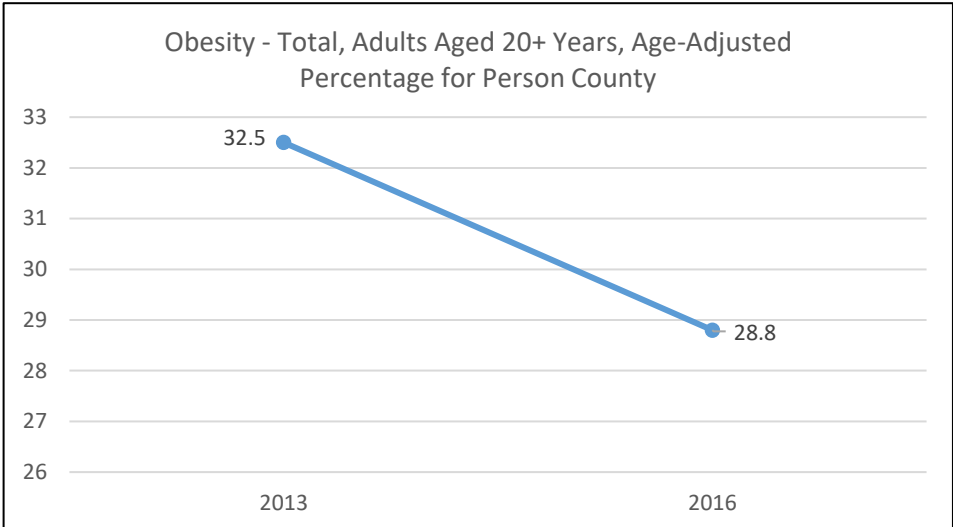
Person County Health Department continues to track diabetes mortality and morbidity data as well as overweight/obesity data as these have been county health priorities over the span of several Community Health Assessments. The table on page 4 shows that diabetes was Person County’s 6th leading cause of death for 2014-2018. In the previous time period (2012-2016), diabetes was the 5th leading cause of death. For both periods of time, Person County’s diabetes mortality rate exceeded the comparable state rate.



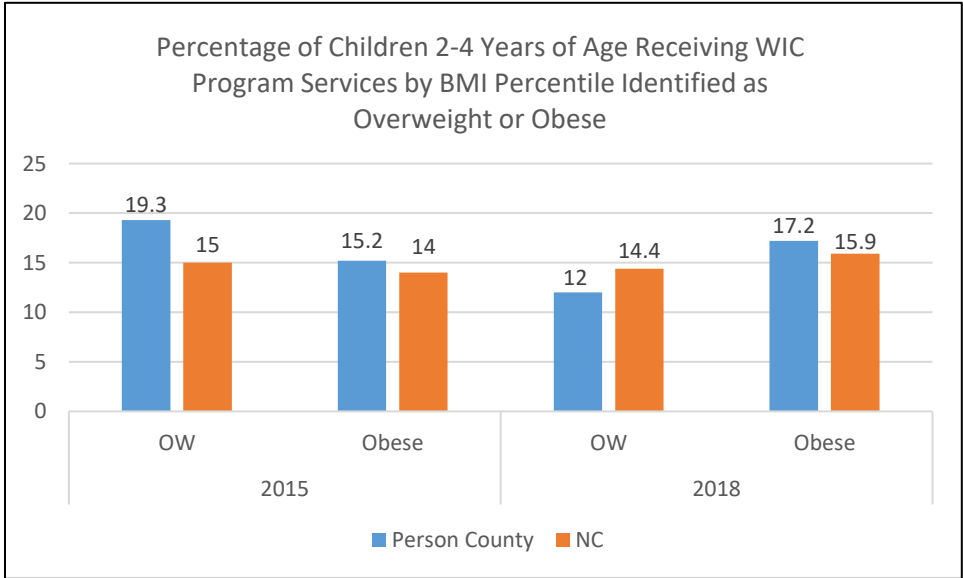
This bar graph compares data, however outdated, presented in the 2018 CHA for the prevalence of diagnosed diabetes in adults (2013) to the most recent data found for this report (2016). It shows that the prevalence of diagnosed diabetes in adults decreased in the County from 10.6% to 7.4%, putting it less than the state’s percentage in 2016.

Source: Centers for Disease Control and Prevention via the Behavioral Risk Factor Surveillance System

Person County’s prevalence of diagnosed obesity in adults decreased from 2013 (data cited in the 2018 CHA) to 2016 (most recent data found for this report). This is data obtained from the Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System.



Overweight and obesity data is limited, not just for adults but also for children. The 2018 CHA cited data from 2015 as the most current for children in several age categories. However, the only data that could be retrieved for this report to make a valid comparison was that for children ages 2-4, which is depicted in the bar graph to the right. The Eat Smart Move More Initiative, using



the NC Pediatric Nutrition Surveillance System (NCPedNSS), collects height and weight measurements from children seen in NC Division of Public Health sponsored WIC and Child Health Clinics, as well as some school-based Health Centers. It is important to note that this data is not necessarily representative of the county-wide population of children, as it is based on small numbers.

Source: NC Pediatric Nutrition Surveillance System

Site-Specific Cancer Mortality and Incidence Data

In Person County, lung cancer was the site-specific cancer with the highest mortality rate. Colon cancer caused the next highest mortality rate, followed in order by female breast cancer and prostate cancer. This held true for both the 2012-2016 and 2014-2018 aggregate time periods. In both time periods in NC, lung cancer presented the highest mortality rate, followed by female breast cancer, prostate cancer and colon cancer.

In Person County in 2012-2016 and again in 2014-2018, female breast cancer was the site-specific cancer with the highest incidence rate, followed by prostate cancer, lung cancer, and colon cancer. In NC, female breast cancer had the highest incidence rate, followed by prostate cancer, lung cancer, and colon cancer.

Sources: NC Department of Health and Human Services, NC State Center for Health Statistics, County-Level Data, NC Central Cancer Registry

Emerging Public Health Issues

This section of the report provides an overview of public health issues that have emerged since the last CHA. It also briefly details changes within the Health Department that impacted services, programs and potentially the health of our community.

In 2019, Person County Health Department experienced budget reductions resulting in the elimination of several clinic positions. Staff turnover also presented challenges for the department. In order to be in adherence with North Carolina General Statutes and North Carolina's Division of Public Health, the department contracted with local and out-of-county partners to assure services for family planning, sexually transmitted infections, and maternal health. The temporary discontinuation of the Maternal Health Program resulted in maternal health clients having to travel to the Durham County Health Department for prenatal care. This created transportation challenges and barriers to care for some clients. It is anticipated that the Health Department will resume the aforementioned services in 2020.

Even though Person County is a small, rural county, it has not been exempt from vaping related incidents among youth. Electronic cigarettes (e-cigarettes) are battery-powered devices that contain an aerosol that is inhaled. The aerosol usually contains nicotine, artificial flavorings or other chemicals, and they resemble cigarettes, cigars, pipes, pens or long USB flash drives. Vaping is the act of inhaling a vaporized liquid that is produced by an electronic device such as an e-cigarette. In 2019, the Health Department was notified about several vaping related incidents among youth.

2019 Brings New Opportunities for Public Health



WIC Program – In efforts to improve efficiency and to become more of a “one-stop shopping” experience for clients, Person County Health Department’s WIC Program began conducting hemoglobin tests within their section. Previously, WIC clients were sent to the clinic lab for testing. Benefits of this change included reducing wait and visit time for WIC clients as well as reducing client travel in the building. Clients were able to obtain all of the services needed in one area. WIC staff received training to be able to administer hemoglobin tests. WIC clients, ages 1 and older, are eligible for testing. Testing helps WIC staff determine if clients are getting adequate nutrition and health care so they can intervene to mitigate potential health problems.

In July 2019, the WIC Program was awarded a grant from the NC Department of Health and Human Services Nutrition Services Branch. The grant funded a lockable storage cabinet to house supplies for hemoglobin testing; billboard advertisements; 2020 WIC educational calendars; and professional development for WIC staff. Additionally, these funds supported the purchase of supplies (portable equipment, technology, etc.) to establish satellite sites to enroll preK and Head Start children at Earl Bradsher Preschool in the WIC Program as well as to enroll families from Roxboro Housing Authority. Implementation of the WIC satellite sites has been postponed, as it was scheduled to start Spring 2020. Desired outcomes of the grant include increased participation in the WIC program, retention of existing clients, and increased client satisfaction.

Access and Functional Needs Room – The Health Department increased its capacity to serve Personians through the establishment of a clinic room, specially equipped, to accommodate individuals with access and functional needs. Individuals with access and functional needs are individuals with or without disabilities who have physical, programmatic, and effective communication accessibility requirements. This room includes a bariatric adjustable exam chair/bed as well as mobile equipment.

Mental Health Funding – Mental health funding, managed by Person County Government, was allocated to the Sheriff’s Department to support a Correctional Behavioral Health Program. This program offered mental health clinic services and suicide watch evaluations for inmates. Some of these funds were also provided to Freedom House Recovery Center to employ a Peer Support Specialist. The role of the Peer Support Specialist was to provide cognitive behavioral interventions to inmates that are serving more than 60 days in jail. Services were designed for treatment resistant clients. The goal of the interventions was to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning.

Economic News

Person County Health Department also tracks economic changes in the county from year-to-year as it can have a significant impact on the health and well-being of the community. The following information was provided by Person County’s Economic Development Director for calendar year 2019.

Person County has not been immune to the effects of the national trend towards urban areas. As population and job growth have taken place in the Durham-Chapel Hill Metropolitan Statistical Area and NC as a whole, the population has increased only slightly in Person County in the same period, while total jobs dipped by 1.2% in the four quarters ending with Quarter 3 of 2019. As of December 2019, Person County's adjusted unemployment rate was 3.6%, a decrease of .3% from the previous year's rate of 3.9%. However, areas of job growth have been in construction and computer and mathematical occupations, and average annual wages for Person County rose from \$40,698 in 2018 to \$42,249 in 2019, a 3.8% increase. Person County's cost of living is 13.3%, lower than the U.S. average.



FY 2019 Economic Development efforts in Person County focused on the following:

- **Product Development** – The Person County Business and Industrial Center, Inc. (PCBIC) and Person County Economic Development Commission (EDC) continued development plans on the 1,350-acre Person County Mega Park through infrastructure installation as the pursuit of USACE permits. The goals for this industrial park development effort are to attract advanced manufacturing projects to grow the industrial capital investment base in Person County, to create jobs for Person County and the surrounding region, and to stimulate additional investment.
- **Strategic Planning** – The EDC adopted a 3-year Economic Development Strategic Plan focused on Education and Workforce Development, Marketing and Recruitment, Product Development and Business Support.
- **Existing Industry Support** – Economic Development staff met consistently with top employers to gauge their success and offer support; ongoing incentivized expansions were monitored and supported administratively.
- **Recruitment** – ED staff worked successfully with the Economic Development Partnership of NC to secure an announcement of \$35M in investment and 385 jobs, pledged over 5 years, from Polywood, LLC, a maker of outdoor furniture. Additionally, staff responded to many requests for information about local sites and buildings and actively sought new jobs and investment through regional collaboration and travel.
- **Workforce Development** – The EDC partnered with Piedmont Community College and Person County Schools to develop a 6-14 Workforce Pipeline Plan and secured \$200,000 in grant funds to jumpstart this initiative, which is expected to be self-sustaining after the first two years.

Person County EDC, the County's industrial recruitment arm and liaison with local industry, is an active member of the Regional Triangle Regional Partnership (RTRP). The Commission is made up of business, professional and elected leaders and citizens. ED staff works closely with this board and other affiliate partners to enhance opportunities for positive economic outcomes for Person County and its citizens.



There are several opportunities for Personians to get involved and help address the county's health priorities as well as other concerns. Whether it is through service on the Healthy Personians Advisory Board, the Chronic Disease Action Team, or the Substance Use Disorder Subcommittee (SUDS), everyone can make a difference. To find out more about how you can get involved, call (336) 597-2204 extension 2277. To learn about public health services and programs in Person County visit: www.personcountync.gov (find us under Departments and Services) or like us on Facebook at www.facebook.com/PCHealthDept