

STATE OF THE COUNTY HEALTH REPORT

2016



ALAMANCE COUNTY DEMOGRAPHICS

Below you will find the demographics for Alamance County and the state of North Carolina according to the US Census¹, The Annie E. Casey Foundation-Kids Count Data Center², Alamance County Department of Social Services³ and the Employment Security Commission of North Carolina⁴. Alamance County consists of nine municipalities. Burlington is the most populated city in the County and Graham is the County's second most populated.

Demographics	Alamance County	North Carolina
Population (2015 est.) ¹	158,276	10,042,802
White ¹	75.1%	71.2%
African American ¹	19.7%	22.1%
Hispanic Latino ¹	9.1%	12.4%
Asian ¹	1.7%	2.8%
American Indian and Alaska Native ¹	1.4%	1.6%
Native Hawaiian and Other Pacific Islander ¹	0.1%	0.1%
Median Household Income (2011-2015) ¹	\$41,814	\$46,334
Per Capita Income (2011-2015) ¹	\$23,324	\$25,284
Persons Below Poverty Level (2011-2015) ¹	17.9%	16.4%
Persons without Health Insurance (2015) ¹	16.5%	13.1%
Children Living in Poverty (under 18yrs old) (2013) ²	27.1%	25.1%
Households that Received Food Stamps ³ (September 2013) ³	9516	773,720
Unemployed (April 2016) ⁴	4.8%	5.0%
Student Eligible for Free & Reduced School Lunch (2011-2012) ²	55.6%	56.0%

MORBIDITY AND MORTALITY

LEADING CAUSES OF DEATH RATES PER 100,000		
2011-2015		
Cause of Death	Alamance County	North Carolina
Cancer	216.7	190.6
Heart Disease	206.2	178.9
Chronic Lower Respiratory Diseases	64.8	50.3
Cerebrovascular Disease (Stroke)	53.6	46.4
Alzheimer's Disease	49	31.7
Unintentional Injuries	34.4	31.5
Kidney Disease	29.9	17.8
Diabetes	28.5	25.4
Pneumonia & Influenza	19.5	19.2
Septicemia	15.5	14.3
Total Deaths All Causes	1010.3	851.4

Source: NC State Center for Health Statistics <http://www.schs.state.nc.us/data/databook/>

ACCESS TO CARE

HEALTH INSURANCE ENROLLMENT THROUGH THE AFFORDABLE CARE ACT

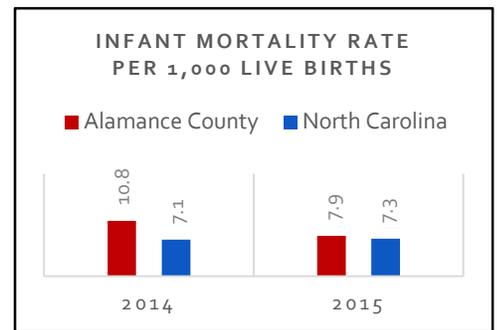
In 2016, the Alamance County Health Department convened the Alamance County Affordable Care Act (ACA) workgroup for the third year, which aims to decrease the rate of uninsured residents by increasing enrollment on the ACA Health Insurance Marketplace. The uninsured rate for residents younger than 65 years in Alamance County decreased from 19.5% in 2013 to 16.5% in 2014 (Small Area Health Insurance Estimates). The workgroup continued to provide uninsured residents with assistance in accessing the ACA Health Insurance

Marketplace during the 2017 Open Enrollment period. Elon-Alamance Health Partners (EAHPs), who have been trained as Certified Application Counselors, offered free appointments at the Health Department and Alamance County public libraries. The EAHPs are recent Elon University graduates completing a year of service in community health in health-service agencies across the county. Alamance County residents were able to sign up for these appointments at the Health Department, Department of Social Services, Alamance County Public Libraries, and several locations within Alamance Regional Medical Center such as the Emergency Department, Patient Financial Services and the Medication Management Clinic. Following the completion of Open Enrollment, EAHPs will offer educational classes about health insurance at the libraries and newly insured consumers will be connected to the Volunteer Income Tax Assistance program at United Way to resolve their premium tax credits.

EFFORTS TO REDUCE INFANT MORTALITY

The Health Department received funding from Division of Public Health designated for reducing infant mortality in Alamance County. This funding has been distributed into three evidence based strategies to help improve outcomes in the first year of life. With comprehensive support in mind, these strategies follow women chronologically before their pregnancies, through their pregnancies and beyond. In the preconception period, the Health Department has focused on reproductive life planning and long acting reversible contraceptives, or LARCs, including both the intrauterine devices and the birth control implants. These methods are highly effective, and prevent 99.9% of unintended pregnancies, meaning that they are 20 times more effective at preventing pregnancy than other types of birth control including the pill, patch, and ring. Methods can last from 3-10 years based on the patient's reproductive life plan and desire to become pregnant, and provide women with the most control and flexibility in regards to when, where, and with whom they conceive a child.

Community awareness campaigns, including billboards, have spread the word about the use of intrauterine devices and implants for preventing pregnancy. In addition, the Health Department Family Planning clinic offers a patient assistance program for devices, and in partnership with Piedmont Health Services, offers alternate sites for free LARC utilization at Charles Drew Community Health Center and Burlington Community Health Center. An evidence based training, Beyond the Pill, for providers and other staff will deepen understanding and promote further utilization of LARC's. This training occurred in February 2017.



The second strategy focuses on women's health during pregnancy. Funding will support the Health Department's Centering Pregnancy program and a new community based volunteer doula effort to complement the social support offered in maternity care. Doulas provide emotional, physical, and informational support to women during their pregnancy and births, and have been proven to reduce the time spent in labor, the rate of Cesarean section births, and the need for medical interventions during birth. Twelve community women were trained as certified doulas in December 2016. Doulas also provide postpartum support and home visits to new families. Funds will be used for radio and print advertising in the community in both Spanish and English.



Finally, postpartum support for women comes in the form of Safe Sleep education and home visits to provide Pack'n'Plays to infants in need. Funding was also used to expand Cribs for Kids to create the Cops'n'Cribs and Operation Sleep Safe programs. First responders who observe a need for safe sleep environment when on a call can refer families in need. Partners involved include Burlington Police Department,

Graham Police Department, Burlington Fire Department, and Alamance Burlington Schools.

EDUCATION

REACH OUT and READ



Recent studies show a 30 million word gap between wealthy families and families living in poverty. This vocabulary disparity can make a difference in a child's readiness for school. Thankfully in Alamance County there are two programs available to families of children from birth to five years of age aimed at getting more books, and therefore more words, into the hands of children.

Reach Out and Read is an evidenced based program that combines early literacy with pediatric care. Through the program, children begin receiving a free book at their six month well child visit and are also given information about pre-literacy skills along with tips on sharing books as a family. Nationwide, families participating in the Reach Out and Read program are more likely to read together and the children receiving books start Kindergarten with larger vocabularies and stronger language skills. The American Academy of Pediatrics has stated that literacy promotion is an "essential component of pediatric care," recognizing that a child's health includes their cognitive development and ensuring that they meet their potential in school.

Locally, Reach Out and Read has been serving Alamance County families since 2006 and can be found at many local pediatric practices, including Burlington Pediatrics Webb Avenue, Mebane Pediatrics and Kernodle Clinic of Elon. Alamance Partnership for Children distributed 1,244 books to these clinics in 2015-2016. Through the efforts of Reach Out and Read Alamance and funding through Impact Alamance, the program has expanded since late 2015 to include Burlington Pediatrics West, Kidzcare Pediatrics, Charles Drew Clinic, Burlington Community Health Clinic, Alamance County Health Department, and Scott Community Clinic. Alamance County is second only to Mecklenburg County in the number of Reach Out and Read sites and one of the top ten counties in North Carolina for books distributed and children served.

Dolly Parton Imagination Library is available to all children under five in Alamance County. Through this program, children are eligible to receive one developmentally appropriate book per month until their fifth birthday. As of February 2017, 3,356 Alamance County children are enrolled in the program and discovering the magic of reading. All children receiving well child visits at the Alamance County Health Department receive a referral to the program. Visit www.alamancechildren.org to register your young child.

For more information, please visit: www.reachoutandread.org
www.alamancechildren.org



ALAMANCE ACHIEVES

In 2015, a group of community leaders came together to develop a cradle to career approach to improve the health outcomes of children in Alamance County and thereby improve the health and prosperity of the entire county for generations to come. This group formed Alamance Achieves. Alamance Achieves is a part of the national StriveTogether Network, a framework that was first implemented in the Cincinnati area and has since been replicated in numerous communities across the nation. Alamance Achieves aims to align partners, opportunities and resources to fulfill true collective impact for children's outcomes because it takes the entire community to move the needle. Right now, about one in three children in Alamance County live in poverty. Children whose environment limits their access to healthy foods, safe places to play and high quality schools

are less likely to be ready for kindergarten; less likely to graduate from high school and less likely to get jobs that can support their families. Research shows that better education and higher educational attainment leads to better health outcomes. Better health outcomes allow those children to further succeed as they grow into adulthood. Therefore, focusing on the educational success of children is a health issue.

By giving all children access to the grid of community resources — libraries, museums, schools, community centers, early learning programs, health care providers and more — a community can help them become more resilient. A community can give every child a real opportunity for success. Decades of research have shown there are sensitive periods during a child’s development that shape economic and health outcomes. Alamance Achieves is focusing on four key goals to put children on track for success including:

- Every child is well, healthy and ready for school
- Every child succeeds in school
- Every child graduates, prepared for post-secondary learning
- Every child is on track to achieve their career goals

ECONOMY

PUBLIC TRANSPORTATION IN ALAMANCE COUNTY

Link Transit is a new public bus system in Alamance County that started in June 2016 with funding from the City of Burlington, City of Gibsonville, United Way, Alamance County Government, Hayden-Harman Foundation, and Alamance Community College. Since beginning in June the system has provided transportation to over 35,000 residents. The system provides 5 routes throughout the county including routes to Gibsonville, Alamance Community College, downtown Burlington, and East Burlington.



The number one goal—to improve the quality of life for residents and visitors by providing a safe, reliable and cost effective mobility solution.

For more information go to <http://linktransit.org>

Fares

Regular Fares	\$1.00 per Ride
Reduced Fares with ID for: Senior Citizens (60+) Students Disabled Medicare Card Holders	\$.50 per Ride
Children (Shorter than the fare box)	FREE
Transfer	FREE

ALAMANCE FOOD COLLABORATIVE

A healthy population is vital for the county to succeed, grow sustainably, and allow all residents to enjoy a good quality of life. Situated between the Triad and Triangle regions, Alamance County residents often commute outside the county for work, entertainment, recreation, and healthy food options. Not only is this lost revenue for the county but also a loss of talents and skills. Therefore, addressing the county’s health is broader than simply looking at what happens within healthcare systems. In April 2015, Healthy Alamance and Impact Alamance invited approximately 25 organizations and individuals to participate in the first meeting of what would later be named the Alamance Food Collaborative. Regular meetings are attended by 20–30 participants,



representing entrepreneurs from the local restaurant industry and private sector, academics from Elon University, public health and healthcare sectors, non-profit leaders, farmers, and local government. This group is focused on creating infrastructure to Alamance County's food system that will have a lasting impact and influence the health of the community and economic viability.

NEW INITIATIVES

ALAMANCE COUNTY STEPPING UP TASK FORCE

The Stepping Up Task Force was formed in May 2016 with the goal of reducing the number of people with mental illness and co-occurring substance abuse disorders in the Alamance County Detention Center. This goal addresses the Access to Care priority by connecting people to mental health treatment. The Task Force includes representatives from Alamance County Government, Alamance County Sheriff's Office, municipality law enforcement agencies, Cardinal Innovations, District Attorney's Office, RHA Health Services, Alamance Regional Medical Center, Residential Treatment Services, Department of Social Services, Health Department, United Way and Allied Churches of Alamance County. Four committees were formed to address various facets of this issue, and specific strategies were identified during the Stepping Up Community Dialogue in September 2016. The committees and corresponding strategies are:



Stakeholders at the Stepping Up Community Dialogue complete a case study activity to identify gaps in the system of services for Alamance County residents with mental health needs

- First Responder Training and Community Education: Utilize and expand Crisis Intervention Team and Mental Health First Aid training; increase community education
- Screening, Assessment and Treatment: Identify inmates with mental health needs at intake in order to coordinate treatment
- Recovery and Re-entry Strategies: Coordinate treatment services prior to release
- Community Service Capacity and Sustainability: Create a diversion center with access to assessment services; Implement a reclaimed pharmacy program

POSITIVE PARENTING PROGRAM (TRIPLE P)



Triple P is an evidence based parenting program that offers parents tools to be able to deal with social and behavioral concerns. It does not tell the parent what to do, instead it offers them strategies to implement in their everyday interactions with their children. This program meets all parents where they are, depending on the need. Triple P ranges from individual consultation, group courses or private lessons. Parents are able to utilize the program by visiting Triple P online, face-to-face or telephone call.

Alamance County has partnered with Durham County Health Department to create a "cluster county". There are 8 individuals total that make up the "County-Cluster Implementation Team". The vision is to provide positive processes for communicating/engaging children in a way that is encouraging, enhancing and promotes a safe, healthy and positive environment for children to flourish now and during their entire growth and development. The target populations are for all children birth to 17 years of age. A new Triple P Coordinator for Alamance County has recently been hired. One of the first focuses the coordinator will provide is reengagement of community providers that are currently providing Triple P services. Another focus

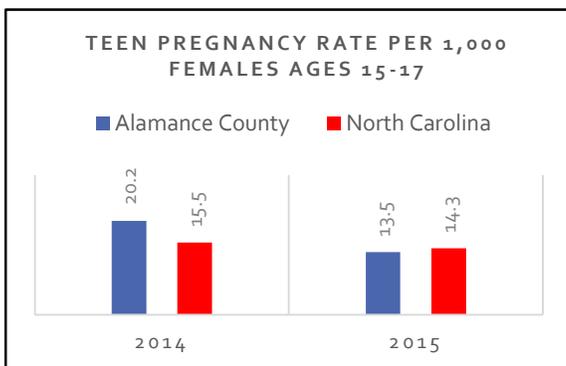
will be on agencies within the community that may need new or additional staff trained to provide Triple P for families that are served at a particular location. Triple P has expanded to serve the teen population. There will be providers throughout the community to receive this new training to help families with normal teen challenges. Another expansion of the program includes being available online. Parents are able to access resources online using the website. Child care providers will be a focus for training opportunities through seminar series. The Selected Seminar Series consists of three two-hour seminars covering the following topics: The Power of Positive Parenting, Raising Confident and Competent Children, and Raising Resilient Children, Triple P providers continue to meet all families where they are and provide resources to all families in need.

HEALTHY BEGINNINGS

As an effort to reduce infant mortality, the Alamance County Health Department was awarded grant funding through the North Carolina Department of Health and Human Services for three years, beginning June 2016, for the implementation of the Healthy Beginnings program. The goal of the program is to address the disparity between white and minority infant mortality in the state of North Carolina. In 2014, the overall infant mortality rate in North Carolina was 7.1 infant deaths per 1,000 live births, while the minority infant mortality rate was 11.3. The infant mortality rate for Alamance County was higher than the state rate at 10.8 with the white infant mortality rate at 10.2 and the minority rate at 13.9.

Locally, the Healthy Beginnings program seeks to reduce the infant mortality rate by improving the overall health of minority women. The program reaches minority pregnant women living in Alamance County who are uninsured. The Healthy Beginnings Case Manager will carry a caseload of 40 women and can continue working with the family until the child turns two years of age. The Case Manager will provide home visits and care coordination visits emphasizing the following health topics: prenatal care, tobacco cessation, healthy weight, nutrition, daily folic acid consumption, breastfeeding, postpartum care, reproductive life planning, safe sleep practices and well child visits. Additionally, six educational sessions will be provided per year and partners and family members are encouraged to attend. The program is able to utilize the Alamance County Baby Closet, the Cribs for Kids program and other programs to encourage pregnant women to attend prenatal appointments, enroll in WIC services, get recommended vaccines for themselves and their child and participate in the program's educational sessions.

SMART GIRLS



ACHD has implemented the Smart Girls® Life Skills Training program, which is designed to prevent adolescent pregnancy. The goal of the curriculum is to help young women between the ages of 12 and 14 develop the skills necessary to make positive reproductive health and life decisions. The program emphasizes self-responsibility, especially in the area of sexual development. Classes from four middle schools in Alamance County are receiving the program during the 2016-2017 school years. The curriculum has also been implemented in community sites such as the Burlington Housing Authority and the Salvation Army Boys and Girls Club since the summer of 2016. Smart Girls® works collaboratively with the coordinator of the Wise Guys program, the male compliment to the Smart Girls® program, to provide education regarding contraception and making positive life decisions.

EMERGING ISSUES

RISE of STDs

Communicable Diseases (rate per 100,000 population)						
Disease	Alamance County 2013	North Carolina 2013	Alamance County 2014	North Carolina 2014	Alamance County 2015	North Carolina 2015
Gonorrhea	133.6	143.4	191.2	150.6	201.5	169.7
Primary & Secondary Syphilis	3.2	4.3	3.8	7.1	9.5	11.3
Chlamydia	417.1	499.9	465.0	502.6	503.6	541.5
Newly Diagnosed HIV	12.9	13.4	10.9	13.3	8.8	13.4

Source: North Carolina 2015 HIV/STD Surveillance Report
<http://epi.publichealth.nc.gov/cd/stds/figures/std13rpt.pdf>

Nationally, sexually transmitted infections (STIs or STDs) have been rising. According to the Centers for Disease Control and Prevention (CDC) (2016), most STD cases continue to go undiagnosed and untreated. This puts individuals at risk for severe and often irreversible health consequences, including infertility, chronic pain and increased risk for HIV (Reported STDs at Unprecedented High in the U.S.).

In Alamance County, chlamydia continues to be the most commonly reported STD. Most people do not have signs and/or symptoms, and may not seek treatment. Sex with multiple partners not only increases the spread of infection, but also decreases the effectiveness of public health control measures. Some of the measured increases may be due to the higher rate of reporting of communicable diseases. According to the North Carolina Electronic Disease surveillance system (NCEDSS), in Alamance County in 2015 20–24 year olds were most commonly diagnosed with having at least one of the following STDs: chlamydia, gonorrhea, and syphilis. Seventy-nine percent of females were more likely to be diagnosed with having an STD. This is likely due to more testing types available for females. Male to female transmission rates are higher due to female biological differences. Females are more likely to see a health care provider over men due to medical needs such as birth control methods, pap smears, pregnancy and prenatal care. There are more avenues for access to care for low income or uninsured women compared to men. According to the CDC (2014), social and economic conditions, such as high rates of poverty, income inequality, unemployment, low educational attainment and geographic isolation can make it more difficult for individuals to protect their sexual health (Public Health impact). Those who cannot afford basic necessities may have trouble accessing and affording quality sexual health services. In order to address STD rates, the Health Department added an Enhanced Role Nurse (ERRN). The ERRN is specially trained to perform STD exams and treatments that allows for more testing and treatments of clients to be available in the STD clinic. In 2015, in an effort to reduce the rapid spread of certain STDs, a Health Department STD nursing staff partnered with Alamance Cares and The State Department of Public Health Disease Investigation Specialist to offer free and confidential testing of HIV and Syphilis in the privacy of the homes of the residents living in high-risk target areas.

Reference: Centers for Disease Control and Prevention. (2016). 2015 STD Surveillance Report Press Release. Retrieved from <http://www.cdc.gov/nchstp/newsroom/2016/std-surveillance-report-2015-press-release.html>

ZIKA RESPONSE

The beginning of 2016 brought public health yet another new communicable disease and public health threat in which to prepare for. As warm weather approached, a mosquito-borne virus known as Zika became the newest public health emergency globally. One unique aspect to Zika was the correlation between microcephaly and pregnant women. The health department began its response around educating expectant mothers and their partners and worked closely with the Division of Public Health, local OBs, area hospitals and laboratories to increase awareness among providers and implement testing for women as needed. Additionally the health department began an educational campaign targeted towards children. The campaign included a coloring book for all students in grades K-5 that explained the life cycle and breeding habits of mosquitoes along with a “fight the bite” wristband. The particular mosquito of concern is known to breed in containers and so the coloring book included a “Tip and Toss” check list for kids. The “Tip and Toss” checklist gave examples of items in their yards that were likely to breed mosquitoes and encouraged them to tip any water these items might be collecting out and keep the items turned over when possible to prevent mosquito breeding sites. These coloring books and wristbands have also been distributed to children at local markets and community events. Educational flyers were mailed out with county tax statements to increase the population reached by the awareness campaign. These flyers reinforced the principles of the “Tip and Toss” campaign. The health department continues to distribute the coloring books and wristbands at local events and encourages “Tip and Toss” all year round to prevent mosquito breeding.

COMBATING OPIOID ABUSE

Alamance County has seen increased effects of opioid abuse in recent years. From 2012 to 2014, the rates of emergency department visits, hospitalizations and deaths from opioid poisoning all increased. The rate of opioid poisoning deaths in Alamance County decreased from 9.59 per 100,000 residents in 2014 to 6.95 per 100,000 residents in 2015 (NC Injury and Violence Prevention Branch).

Several organizations have taken steps to prevent deaths by opioid overdose. The Overdose Prevention Project by the NC Harm Reduction Coalition distributes naloxone, an emergency medication to reverse opioid overdoses, throughout the state. The NCHRC has recorded 72 reports of opioid overdose reversal in Burlington since August 2013. In June 2016, Governor Pat McCrory authorized a

state-wide standing order that allows pharmacies across North Carolina to distribute naloxone to members of the public without a prescription. As of December 2016, the NC Injury and Violence Prevention Branch lists 16 pharmacies in Alamance County that provide naloxone under the standing order. Locally, the police departments of Burlington, Elon University, Town of Elon, Gibsonville and Graham also began carrying naloxone in 2016, expanding the capacity of first responders to prevent overdose deaths.

In addition, the Prescription Drug Abuse Prevention Task Force has worked to expand the number of medicine drop boxes available in Alamance County. These are now available at the Alamance County Sheriff’s Office and the Elon University Police Department, in addition to the previous locations at the Burlington and Mebane Police Departments. The drop boxes allow residents to drop off unused prescription medications, preventing them from being abused or contaminating the water supply.



ANNUAL PERFORMANCE NUMBERS 2016

Reported Services	2015	2016
Total Immunization	4,716	4,483
WIC Counseling Sessions	13,115	12,634
Family Planning Visits	3,350	3,470
Maternity Clinic Visits	3,955	3,225
Child Health Visits	158	229
Dental Clinic Visits	7,523	7,495
HIV Tests	2,689	2,803
STD Clinic	2,233	2,515
Care Coordination Contacts	13,210	24,841
Total Flu Administered	1,696	1,578
Environmental Health Inspections	2,027	2,174
Health Hazard Inspections	173	382
Well Inspections	124	194
Rabies Vaccinations	476	93
Soil/Site Evaluations	318	451
Collected Water Samples	590	718
Specimen for Rabies Collected	46	36
Environmental Health Community Trainings	21	19
Health Education Encounters	1,777	7,069
Health Education Grants Received	\$15,310	\$199,385
State Lab Tests	-	7229
In-House Lab Tests	-	6036
Lab Corp Tests	-	5706



ALAMANCE COUNTY
HEALTH
DEPARTMENT



This SOTCH Report will be disseminated directly to the Alamance County Board of Health, Alamance County Board of Commissioners, Healthy Alamance Board of Directors, Alamance County United Way, Alamance County Community Council Members, Alamance County Libraries, Alamance-Burlington Schools, and Alamance Regional Medical Center. The information compiled in this report will be posted on the Alamance County website, www.alamance-nc.com, and the Healthy Alamance website, www.healthyalamance.com. A press release will be issued to all local media summarizing the contents of this report. To obtain more information about this SOTCH please contact Alamance County Health Department (336) 227-0101. To become more involved with the local initiatives, please contact Healthy Alamance (336) 513-5590 or Health Education at (336) 229-3665. Your time in reading this report is appreciated.