



# State of the County Health Report 2013

## Alamance County Demographics At A Glance

*Below you will find the demographics for Alamance County and the state of North Carolina according to the US Census<sup>1</sup>, NC Behavioral Risk Factor Surveillance Survey<sup>2</sup>, The Annie E. Casey Foundation-Kids Count Data Center<sup>3</sup>, Alamance County Department of Social Services<sup>4</sup> and the Employment Security Commission of North Carolina<sup>5</sup>. 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 (2012 est.) <sup>1</sup>	153,920	9,752,073
White <sup>1</sup>	76.1%	71.9%
African American <sup>1</sup>	19.2%	22.0%
Hispanic/Latino <sup>1</sup>	11.6%	8.7%
Asian <sup>1</sup>	1.4%	2.5%
American Indian and Alaska Native <sup>1</sup>	1.4%	1.5%
Native Hawaiian and Other Pacific Islander alone <sup>1</sup>	0.1%	0.1%
Median Household Income (2007-2011) <sup>1</sup>	\$44,430	\$46,291
Per Capita Income (2007-2011) <sup>1</sup>	\$23,477	\$25,256
Population Below Poverty Level (2007-2011) <sup>1</sup>	16.1%	16.1%
Persons without Health Insurance (2011) <sup>2</sup>	18.8%	24.9%
Children Living in Poverty (under 18yrs old) (2011) <sup>3</sup>	26.3%	26.0%
Households that Received Food Stamps (2012) <sup>4</sup>	12,053	783,926
Unemployed (June 2013) <sup>5</sup>	9.5%	9.3%
Students Eligible for Free & Reduced School Lunch (2011) <sup>3</sup>	55.6%	56.0%

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](http://www.alamance-nc.com), and the Healthy Alamance website, [www.healthyalamance.com](http://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. Your time in reading this report is appreciated.

# STATE OF THE COUNTY HEALTH REPORT

## STATISTICAL UPDATE

### Alamance County - Review of Morbidity and Mortality Data

Maternal and Child Health <sup>1,2</sup>		2011	2012	Alamance Compared to NC 2012 <sup>^</sup>
	Infant Mortality (Rate per 1,000 Live Births)	6.6	8.5	Worse (NC 7.4)
Teen Pregnancy (Rate per 1,000 Females ages 15-19)	38.6	37.1	Equal (NC 39.6)	
Leading Causes of Death (Age-Adjusted Rates per 100,000 Population) <sup>1</sup>		2002-2006	2007-2011	Alamance Compared to NC 2007-11 <sup>^</sup>
	Cancer	200.9	182.6	Equal (NC 179.7)
	Diseases of the Heart	205.4	178.3	Equal (NC 179.3)
	Chronic Lower Respiratory diseases	49.3	51.7	Worse (NC 46.6)
	Cerebrovascular Diseases (stroke)	68.0	49.9	Equal (NC 46.0)
	Alzheimer's disease	28.1	31.8	Equal (NC 29.0)
	All other unintentional injuries	27.2	30.6	Equal (NC 29.2)
	Communicable Diseases (rate per 100,000 Population) <sup>3</sup>		2011	2012
Gonorrhea		212.0	167.0	Worse (NC 148.3)
Primary & Secondary Syphilis		5.9	2.0	Better (NC 3.6)

<sup>1</sup>NC State Center for Health Statistics

<sup>2</sup>Adolescent Pregnancy Prevention Campaign of NC

<sup>3</sup>NC HIV/STD Surveillance Report

<sup>^</sup>Note: If within +/- 10% then Alamance County rate equal to NC. If more than 10% improvement, then Alamance County "better" than NC. If more than 10% decrease, then Alamance County "worse" than NC.

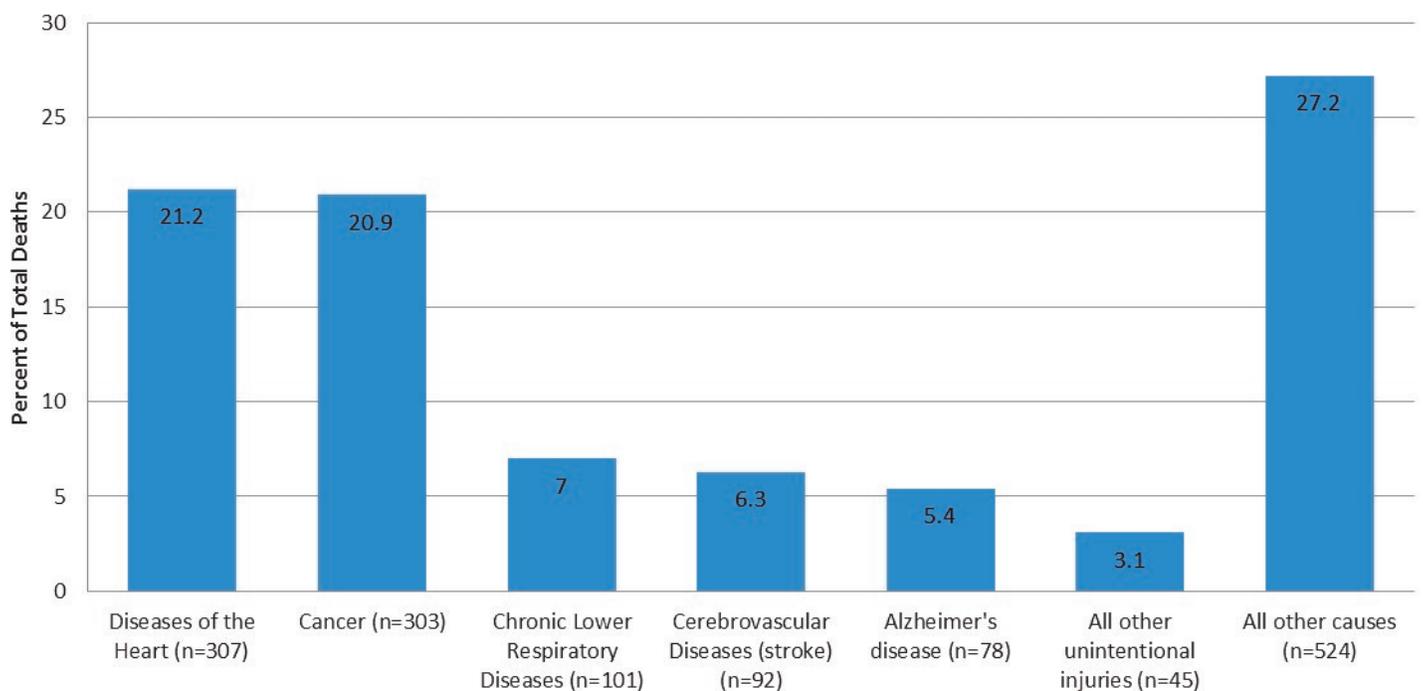
# STATE OF THE COUNTY HEALTH REPORT

## STATISTICAL UPDATE

Leading Causes of Death in 2011, Source: State Center for Health Statistics, North Carolina

Rank	Cause	Number	%
1	Diseases of heart	307	21.2
2	Cancer	303	20.9
3	Chronic lower respiratory diseases	101	7.0
4	Cerebrovascular diseases (stroke)	92	6.3
5	Alzheimer's disease	78	5.4
6	All other unintentional injuries	45	3.1
	Diabetes mellitus	45	3.1
8	Influenza and pneumonia	29	2.0
9	Nephritis, nephrotic syndrome, & nephrosis	27	1.9
	Pneumonitis due to solids and liquids	27	1.9
	All other causes (Residual)	396	27.2
	<b>Total Deaths---All Causes</b>	<b>1450</b>	<b>100.0</b>

Leading Causes of Death Alamance County, 2011



# STATE OF THE COUNTY HEALTH REPORT

## ONGOING PUBLIC HEALTH WORK

The following sections describe programs and projects taking place in Alamance County that highlight the ongoing and continuous work occurring in public health.

### Maternal Infant Health

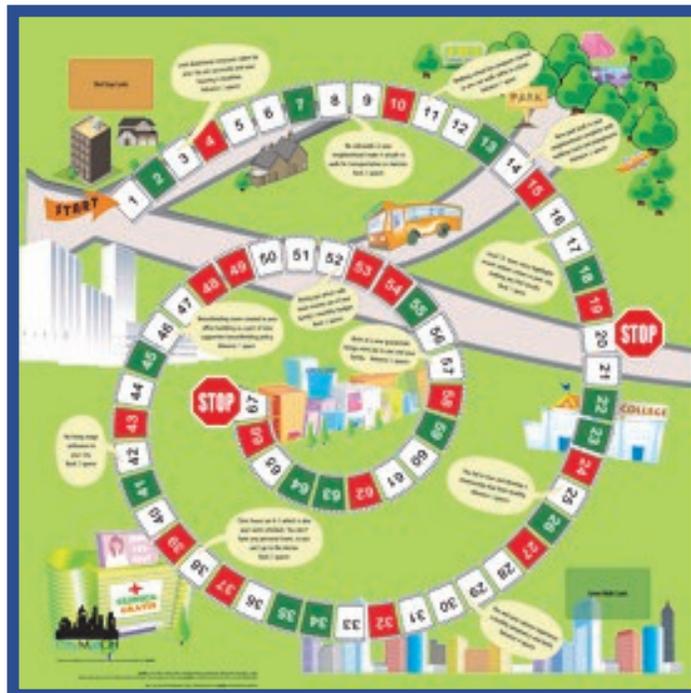
#### *Preconception & Interconception Health Education*

The Alamance Partnership for Children (APC), with guidance from the Alamance County Health Department, continues to implement interconception health messages into their successful Parents As Teachers (PAT) program. Interconception health is defined as the time between the birth of one child and the conception of next child. Since the inception of this partnership, PAT has served 30 families with the enhanced curriculum.

In addition, the health department's partnership with APC continues to flourish. In 2013, a health department health educator and the lead PAT educator attended training on the Life Course Perspective. As a result of this training, the reproductive life planning game was incorporated into an existing PAT monthly connection meeting. The game was well received by participants and helped to further engage the participants in conversations about developing a reproductive life plan. With this collaboration, APC has not only embraced the Life Course perspective and have begun incorporating it into the daily work with consumers; they have also begun to share this perspective with other community agencies.

For more information about the preconception health initiative, contact Amanda Marvin at [amanda.marvin@alamance-nc.com](mailto:amanda.marvin@alamance-nc.com).

#### Life Course Game



# STATE OF THE COUNTY HEALTH REPORT

## ONGOING PUBLIC HEALTH WORK

### Maternal Infant Health (Cont.)

#### *Cribs for Kids – Safe Sleep*

In September 2013, the Healthy Mothers, Healthy Babies Coalition (HMHB) was awarded the Joseph A. Hardy mini-grant to pilot the *Cribs for Kids* program in Alamance County. In addition, the Alamance Partnership for Children matched the award as support of the program. This program will provide education, training, and a safe sleep environment for families in need. The *Cribs for Kids* organization was started in 1998 in Allegheny County, Pennsylvania. During its first years, the organization embarked on saving infants lives by implementing safe sleep education and providing cribs. Through this effort, the program reduced SIDS and sleep-related deaths by more than 50% in Pittsburgh Pennsylvania. In 2006, the National Cribs for Kids Infant Safe Sleep Initiative was created.

HMHB is excited to be initiating this project in Alamance County to help decrease the infant mortality rate and will be targeting underserved communities through a communication and educational campaign that not only promotes healthy sleep conditions for infants, but will also provide the tools by which a family can implement a safe sleep environment at home. HMHB has worked with the local home visiting consortium to design a referral system to assess eligibility and facilitate distribution of the program.

For more information about Cribs for Kids and Healthy Mothers, Healthy Babies, contact Kelley Kimrey at [kelley.kimrey@alamance-nc.com](mailto:kelley.kimrey@alamance-nc.com).

#### *Centering Pregnancy*

The Alamance County Health Department has provided the evidence-based group prenatal care model, CenteringPregnancy® since 2009. Centering brings women out of the exam room and in a group of 10-12 other women with a similar due date. In addition to receiving quality prenatal care, the women are taught to take charge of their health and begin to learn from one another, as well as their facilitator.

As of March 2013, 85 women had completed Centering (Note: Completion was indicated by attending four or more Centering sessions). Centering has experienced a similar trend in positive birth outcomes as seen at a national level.

	Centering
Number Completed	85
Percent White	13%
Percent African American	26%
Percent Hispanic	60%
Breastfeeding Initiation	77.6%
Breastfeeding at 6wks	61.2%
Preterm Birth (< 37 weeks)	11.7%
Low Birth Weight (< 5lbs, 5 oz)	2.4%
Received Postpartum Visit	75.3%
Patient Satisfaction (10 pt scale)	8.6

Table 1. Centering Evaluation Data

For more information about Centering, contact the Alamance County Health Department at 227-0101.

# STATE OF THE COUNTY HEALTH REPORT

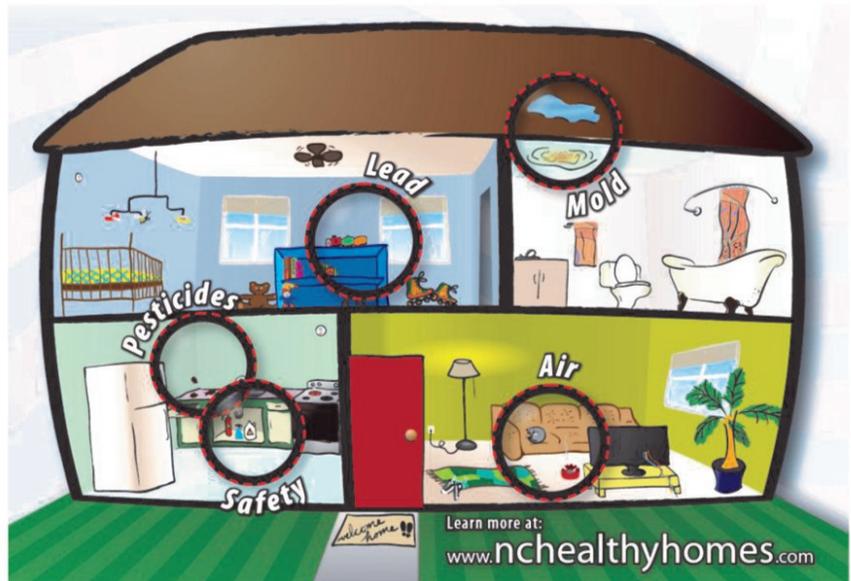
## ONGOING PUBLIC HEALTH WORK

### Air Quality

#### *Healthy Alamance Child Asthma Coalition*

Since 2001, the Healthy Alamance Child Asthma Coalition has worked to help citizens of Alamance County breathe easier. The coalition is continuing to provide parents, families, and the community with asthma information as an effort to decrease school absenteeism, emergency room visits, and increase work productivity. With the help of Enhancing Local Asthma Efforts grant funds awarded in 2006 and key community partners, the coalition has been successful in implementing several projects. Those projects include:

**The Healthy Homes Program:** is a coordinated response to preventing serious illness among children with asthma. It is based on the knowledge that good child health begins at home. When requested, a Registered Environmental Health Specialist will visit the home, assess conditions that may trigger an asthma attack in a child, and provide detailed written action steps that can be taken to lower the risk of an attack. Learning what may trigger a child's asthma and taking action in reducing those triggers are an important part of an effective Asthma Action Plan. Asthma cannot be cured, but it can be controlled. An Asthma Action Plan includes taking medication as directed by the doctor, avoiding triggers, and knowing a child's warning signs.



**Air Quality Flags:** These flags are placed throughout Alamance County at all public elementary, middle, and high schools to create awareness about air quality and flown below the American flag and the State flag on the same pole. The flags come in four colors and the color flown for each day is based on the Air Quality Index from the North Carolina Division of Air Quality. Each day a flag is flown by a designated staff member or student appointed by the Principal. The flags indicate how clean or polluted the air is and serve as a reminder of what precautionary measures should be taken to avoid health effects that may be a concern for residents, especially children.

**World Asthma Day Flag Display:** The Healthy Alamance Child Asthma Coalition observes World Asthma Day by displaying small flags in front of all elementary and middle schools in the Alamance-Burlington School System. Each flag displayed outside of the school represents the number of children at that school living with asthma. This year, 1,200 flags were displayed near the main entrance in front of each school.

To learn more about the other projects the Healthy Alamance Child Asthma Coalition has worked on, please contact Kelley Kimrey at [kelley.kimrey@alamance-nc.com](mailto:kelley.kimrey@alamance-nc.com).

# STATE OF THE COUNTY HEALTH REPORT

## ONGOING PUBLIC HEALTH WORK

### Environmental Health

#### *NC Food Code Changes*

The Centers for Disease Control and Prevention (CDC) estimates that each year 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths in this country can be traced to foodborne pathogens. The cost of foodborne illness is in the billions of dollars and continues to be a challenge for everyone from consumers to industry. Not only can these pathogens in food harm individuals who consume them today, but they can cause illnesses that lead to serious secondary long-term illnesses.

Half of all foodborne illness outbreaks in the United States are associated with restaurants (CDC Environmental Health Specialist Network, February 2013). Surprisingly, most (92%) people sampled by the CDC Environmental Health Specialist Network did not tell restaurants or health departments about sicknesses they think might be from food eaten in a restaurant (CDC, EHS Net, March 2012)

The top five risk factors in food safety are unapproved source, inadequate cooking, improper time/temperature, poor personal hygiene, and cross contamination. Each of these factors is critical and, if not corrected, can result in serious maladies for individuals that eat food that has not been safely prepared.

Some form of food standards have been in place in the U.S. since 1906 to ensure the safety and protection of individuals who patron food service facilities. Effective September 1, 2012, the most comprehensive change in North Carolina's food protection standards in more than 30 years took place when North Carolina rules incorporated most of the 2009 FDA Food Code, which specifically address the five risk factors mentioned above.

In anticipation of the new standards, the Alamance County Environmental Health Office (ACEH), enrolled in the FDA Voluntary National Retail Food Regulatory Program Standards (VNRFRPS) in 2010. Subsequently, the ACEH conducted a program assessment using Standard 9 from VNRFRPS. Results of the assessment found that improper temperature holding of food, by far, was the poorest compliance area in Alamance County food establishments. Only 39% of Full Service Restaurants and 52% of Fast Food Restaurants were found to be in compliance with proper temperature holding of food.

According to a CDC focus group study conducted in 2005, food service workers stated that they were more likely to handle food safely when managers and coworkers stressed the issue, they were also more likely to handle food safely when they understood that not doing so would lead to negative consequences, and food workers expressed the importance of teaching workers why they should engage in safe food practices versus just instructing them to do so.

ACEH's challenge is to use the focus of the newly adopted Food Code on the five risk factors and the results of the program assessment to target educational efforts to further reduce the risk of foodborne illness in Alamance County.

For more information about the work of Environmental Health, please contact Carl Carroll at [carl.carroll@alamance-nc.com](mailto:carl.carroll@alamance-nc.com).

# STATE OF THE COUNTY HEALTH REPORT

## PRIORITY AREA PROGRESS

In 2011, Alamance County conducted a community-wide assessment looking at the health and social status of residents in the community. In addition, the community was asked about what their top health concerns were. The leading four health concerns identified through the 2011 Community Assessment were Substance Abuse, Mental Health, Obesity and Access to Healthcare. The following sections update the progress made in those four priority areas in the last year.

### Obesity

#### *Healthy Alamance Wellness and Prevention Coalition*

Obesity is often the result of physical inactivity and a poor diet. According to the 2013 County Health Rankings, the rate of adult obesity is 34%. Healthy Alamance Wellness & Prevention Coalition (formerly known as Chronic Disease Coalition) has remained active working to reduce obesity rates in Alamance County through collaboration with local partners.

Recent projects & accomplishments include:

- **PARC Passport:** United Way of Alamance County funding was secured to expand the PARC (Physical Activity & Recreation Challenge) Passport Program. The PARC Passport encourages residents to visit local parks and recreation sites to engage in physical activity in their community. The funding from United Way will enhance the existing program by utilizing social media and smartphone technology, such as Foursquare.
- **North Park in Motion:** North Park in Motion secured funds through the NC Recreation & Parks Association to expand the Community Garden project. With funding, 20 plots are available for community members in North East Burlington to cultivate and harvest their own fruits and vegetables.
- **Be Healthy Now:** Alamance Regional Medical Center sponsored the second year of Be Healthy Now in the spring of 2013. Be Healthy Now is a 10-week program that challenges participants to live healthier lives through team-centered fitness goals. The program is open to anyone who lives, works, plays or prays in Alamance County. Be Healthy Now reached 685 people and 93% of participants increased their level of physical activity and 49% lost weight as a result of participating.



Be Healthy Now participants

- **Obesity in Schools:** The coalition continues to partner with the Alamance Burlington School Health Advisory Council (SHAC) in order to reduce obesity rates among students and teachers through the NC Healthy Schools Program.
- **Mebane on the Move:** Mebane on the Move is a community based initiative in one of Alamance County's municipalities. The initiative continues to promote health and wellness through programming and evaluation.

For more information or to become involved in the Wellness and Prevention Coalition, contact Annie Martinie at [annie.martinie@alamance-nc.com](mailto:annie.martinie@alamance-nc.com) or April Durr at [adurr@arnc.com](mailto:adurr@arnc.com).

# STATE OF THE COUNTY HEALTH REPORT

## PRIORITY AREA PROGRESS

### Obesity (Cont.)

#### *Community Transformation Grant*

The health department and Healthy Alamance continue to work with the regional Community Transformation Project. The project has several strategic directions, two of which are directly related to obesity prevention efforts including active living and healthy eating. Local activities associated with the Community Transformation Grant include:

- Local Farmers Markets: Community Transformation funding has resulted in the enhancement of several locally maintained farmers markets in Alamance County. Through the project, many markets have received advertising, supplies, and structural improvements.
- Comprehensive Land Use Planning: Several Alamance County municipalities, including Burlington, Graham, and Mebane, as well as the county itself, have begun work on comprehensive land use plans that look at trails, sidewalks and other infrastructure to support health and wellness within communities.
- Farmer Foodshare: A new partnership with Farmer Foodshare was formed and as a result a Food Ambassador initiative is now underway in order to connect more people with fresh produce.
- Local Food Council: The establishment of a Local Food Council is currently being explored.

To get involved with this work please contact Annie Martinie at [annie.martinie@alamance-nc.com](mailto:annie.martinie@alamance-nc.com) or April Durr at [adurr@armc.com](mailto:adurr@armc.com).

Local Farmer's Market Billboard



Mayor Wall at North Park Farmer's Market

# STATE OF THE COUNTY HEALTH REPORT

## PRIORITY AREA PROGRESS

### Access to Healthcare

#### *Transportation*

For more than seven years, Alamance County has been discussing public transportation. The lack of public transportation continues to be an obstacle for many residents in Alamance County, especially in Burlington, the largest city in the county, which happens to be the largest city in the state without public transportation.

The Elon Bio bus, supported by Elon University, serves both students & community members on board, with community members filling 48% of the seats. The Downtown East Burlington route of the Elon Bio bus was established to help student complete service learning hours at local nonprofits, but it is also open to the public, it does stop at the Health Department & Department of Social Services. This service operates when school is in session, during the week, in the late afternoon for a few hours. The Elon Bio Bus increased 67% from 2,546 riders in 2010/2011 to 4,248 riders in 2011/2012. Overall, public ridership has increased by 107%. Residents use the Elon Bio bus for grocery shopping, medical appointments, or to visit the library. In August 2013, the bus extended their East Burlington route to include Fridays.

On March 19 Friends & Advocates for Sustainable Transportation, also known as FAST, held a public event to raise awareness about the need for public transportation. The event included a few presentations followed by a demonstration walk throughout downtown Burlington ending with a group of attendees at the Burlington City Council meeting giving public comments.

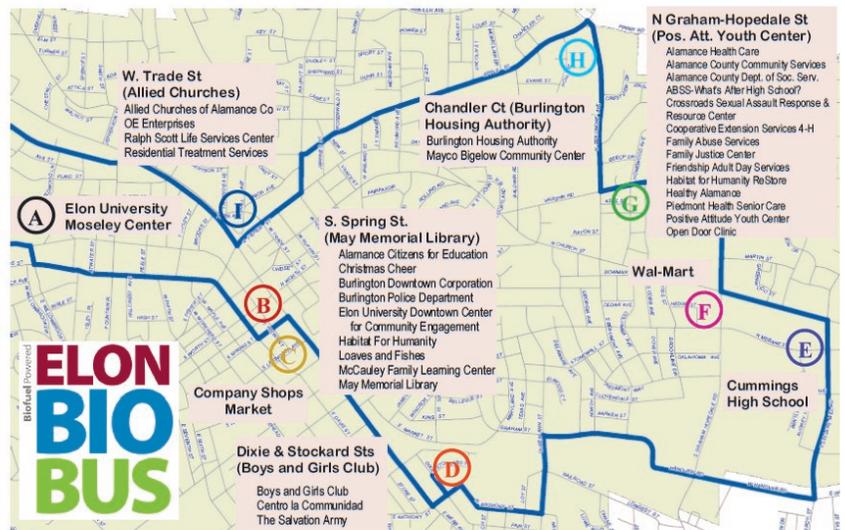
The City of Burlington held a work session on July 15 where transportation was discussed, other municipalities, partners, community members and Healthy Alamance attended. There is interest to determine if a fixed route system should be started and if other municipalities should join the effort. The Times News article can be found here:

<http://m.thetimesnews.com/news/top-news/burlington-council-meets-about-bus-system-1.172641>

Public transportation has become one of the focus areas for the upcoming Burlington City Council elections. A candidate forum was held October 22 in order for those running for office to discuss ideas and plans for the city, including the potential for a fixed route transit system.

For more information about public transportation contact April Durr at [adurr@armc.com](mailto:adurr@armc.com) or Patrick Harmon at [patrickatserve@aol.com](mailto:patrickatserve@aol.com).

Visit FAST Facebook page at <https://www.facebook.com/pages/FAST/172341839541188>.



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# STATE OF THE COUNTY HEALTH REPORT

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## PRIORITY AREA PROGRESS

### **Access to Healthcare (Cont.)**

#### *Sylvan Health Center*

Piedmont Health Services has recently partnered with the Alamance-Burlington School System to develop School Health programs, including a school-based community health center. Sylvan Community Health Center is the on-campus health center, located beside Sylvan Elementary School at 7718 Sylvan Road in Snow Camp, a rural community in Alamance County. It will serve students and staff, as well as community members during the school day with some evening hours. The Health Center can be reached by calling (336) 506-0631.

#### *Affordable Care Act*

The county has an estimated 27,000 uninsured individuals, of which 11,000 are eligible for the newly created insurance marketplace. The remaining uninsured are likely to be eligible for Medicaid/HealthChoice but are not currently enrolled.

Community stakeholders, coordinated by Healthy Alamance, convened in August 2013 to create an implementation plan for the Affordable Care Act in Alamance County. From August through September, the stakeholders met to develop an action plan and resource guide for the human service agencies. In addition, the group held a Community Forum on October 1 to inform providers and agencies serving the uninsured about available resources.

Currently, Legal Aid is the only agency serving Alamance County with federally funded navigators. Navigators inform and assist in enrollment. The Alamance County Government has filed an application to become a Certified Application Counselor Organization. If approved, staff may provide information and over-the-shoulder assistance with enrollment applications.

Open enrollment for the insurance marketplace will continue until March 2014.

# STATE OF THE COUNTY HEALTH REPORT

## PRIORITY AREA PROGRESS

### Substance Abuse

#### *Underage Drinking*

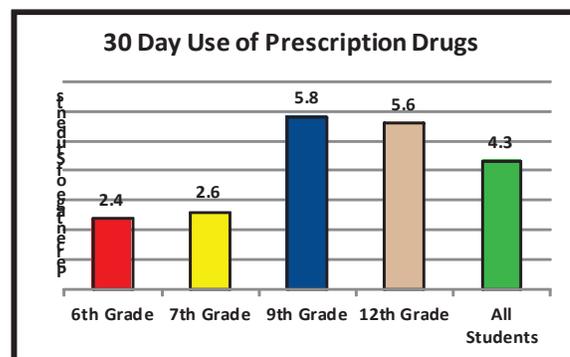
Alamance Citizens for a Drug Free Community, the local organization working to prevent underage drinking through the Community Coalition to Prevent Underage Drinking and address community issues related to prescription and over-the-counter drug use, has continued their work in the community. The organization had led the administration of the PRIDE survey in local schools for the last three years. In 2013, The PRIDE survey sampled 1747 (out of 1913) 6<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup>, and 12<sup>th</sup> graders, in the Alamance-Burlington school district.

Thirty day use as well as other factors related to tobacco is lower in 2013 as compared to the two previous years of data. Alcohol still remains the number one drug of choice among youth. The perceived risk of alcohol is also lower in 2013 than in the previous two years suggesting that more teens believe that using alcohol has fewer risks and 74.9 % of 12th graders reported that getting alcohol is very easy or fairly easy to get. Marijuana is typically the most commonly used illicit drug. Like alcohol and tobacco, marijuana use is most frequently used at a friend's house followed by at home. Weekends also tend to be the most popular time of use of these substances. This data strongly supports the value of parent and community involvement in reducing alcohol; tobacco and marijuana use by middle and high school students our community.

	TOBACCO	ALCOHOL	MARIJUANA
30 Day Use	10.5%	79.9%	13.1%
Perceived Risk	79.3%	17.9%	57.1%
Parental Disapproval	88.3%	68%	90.9%
Friends Disapproval	61.1%	87.4%	62.7%
Avg Age of First Use	12.7	12.6	13.3

#### *Prescription Drug Abuse: Alamance County*

Utilizing trend data from the North Carolina Injury and Violence Prevention Branch, it was determined that from 2002-2011, unintentional poisonings accounted for 123 deaths (8.6 deaths per 100,000 residents) in Alamance County. This rate was higher than the regional death rate (8.1 deaths per 100,000 residents), but lower than state rate in North Carolina (9.8 deaths per 100,000 residents). The number of unintentional deaths increased during this 10 year span from 6 deaths in 2002 to 17 in 2011, peaking in 2009 with 22 deaths. Of the 123 unintentional poisoning deaths in that 10 year span, methadone was the leading cause, contributing to 34 deaths in the county. Other opioids (oxycodone, morphine, and hydrocodone) contributed to 22 deaths. Nearly 76% of unintentional poisoning deaths occurred in people aged 25-54, with the highest numbers occurring in the 35-44 year old age group (35). Seventy-three of the total 123 unintentional poisoning deaths were males (59%).



The 2013 PRIDE data showed that 30 day use of prescription drugs not prescribed to students is at 4.3% among all students, with increasingly higher rates among high school students. Annual usage is reported at 5.1%. Due to a change in the PRIDE questionnaire, prescription drug usage patterns cannot be accurately compared to previous year's usage rates.

# STATE OF THE COUNTY HEALTH REPORT

## PRIORITY AREA PROGRESS

### Substance Abuse (Cont.)

#### *Tobacco Prevention & Policy Development*

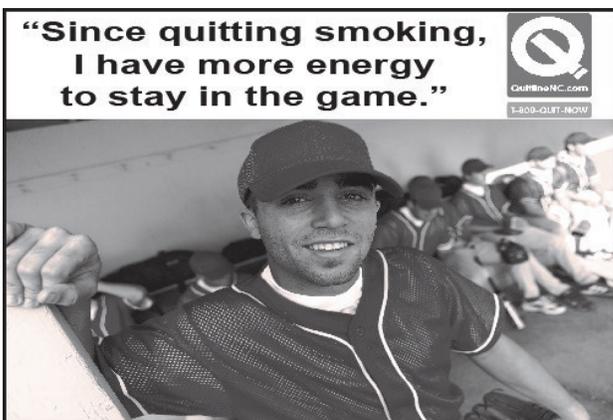
The Healthy Alamance Substance Abuse Task Force continues to actively educate about dangers of tobacco use and exposure to secondhand smoke and advocate for policy changes regarding tobacco exposure. Research shows that tobacco free and smoke free policies protect the public's health. The scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke. Since January 2010, when the Smoke Free Restaurant and Bar Law went in to effect, a 21% decline in emergency room visits due to heart attacks has been seen across the state.

In March 2013, 112 parents completed a survey while attending the Summer Camp Expo, through the NC Youth Tobacco Grant: 106 supported tobacco free policies at local parks, 110 did not want their children exposed to second hand smoke while playing, 101 consider cigarette waste on the ground at local parks an issue of safety and cleanliness, and 95 believe children draw the conclusion that tobacco use is acceptable when they see it being used while playing.

Following this survey, a group of teen volunteers representing the Dream Team from Alamance-Burlington School System volunteered to do several park clean ups and they gathered approximately 1,500 cigarette butts from local park grounds.

In addition, the Youth Tobacco Grant supported a spit tobacco clinic for more than 120 youth and their families at the Burlington Royals Baseball stadium. Tobacco-free public service announcements and advertising were also sponsored by the grant.

Youth Tobacco Grant supported the Alamance Citizens for a Drug Free Community's Teen Summit in April 2013. The summit included more than 50 student and adult leaders examining underage drinking, tobacco-free policy and prescription drug use in the community.



On July 16, 2013, the City of Burlington passed an amendment to the existing city code to restrict smoking in outdoor public places where children play such as park grounds. Funding to assist with signage has been set aside through the Community Transformation Grant.

For more information about the Substance Abuse Task Force and other activities, contact April Durr [adurr@armc.com](mailto:adurr@armc.com).



# STATE OF THE COUNTY HEALTH REPORT

## PRIORITY AREA PROGRESS

### **Mental Health**

#### *Community Advisory Council for Mental Health*

Alamance County continues to deal with a transitioning mental health delivery system. Cardinal Innovations Healthcare Solutions, the local behavioral health managed care agency, is working in collaboration with Healthy Alamance and Alamance Regional Medical Center, as well as local providers and law enforcement in order to reduce inappropriate law enforcement calls to group homes, reduce inappropriate use of the Emergency Department at the local hospital, increase the use of mental health-related crisis services, and improve access to mental health services.

These efforts continue to be spearheaded by a variety of community leaders and providers through the Community Advisory Council for Mental Health Services. The council was formed after the 2011 Community Assessment and includes mental health providers, consumers, schools, law enforcement, health department, local hospital, and health & human service agencies. Cardinal Health Innovations and Healthy Alamance lead the council.

As a result of these efforts the following accomplishments have been achieved:

- Training opportunities related to mental health have increased for local law enforcement officers, community agencies, and business on topics such as Mental Health First Aid.
- There has been an increase in the amount of trained sex offender treatment providers and a provider network council has been formed.
- A Community Guide brochure has been developed to help with referral which has been distributed in bulk throughout the county to local nonprofits and businesses and posted online on the United Way of Alamance County website.
- The Parenting Under Two Roofs program has been introduced to reduce childhood trauma related to divorce and is being supported by the local court system.
- An Adult Mental Health Screening form for Non-Profits was implemented in May 2013. An adolescent version is in development at this time for implementation in community agencies and schools.

For more information about the Community Advisory Council for Mental Health contact April Durr at [adurr@armc.com](mailto:adurr@armc.com) or Lynn Inman at [lynn.inman@cardinalinnovations.org](mailto:lynn.inman@cardinalinnovations.org).

# STATE OF THE COUNTY HEALTH REPORT

## PRIORITY AREA PROGRESS

### Mental Health (Cont.)

#### *Project LAUNCH*

In October 2011, Alamance County Health Department was designated as the local implementation site for Project LAUNCH. The mission of Project LAUNCH is to advance the overall wellness of children in the community. The project will promote practices and environments that support the social, emotional, physical, and cognitive health of children ages zero to eight and their families. Project LAUNCH partners with families and those that assist them (primary care practitioners, and public and private child/family-serving organizations), by making creative best use of all resources, promoting adoption of evidence-based and other effective practices that reflect the culture and preferences of our families, and collaboratively promoting a shared vision across our community about what it means to be healthy and pathways to achieve wellness. Project LAUNCH is a collaborative effort between the NC Division of Public Health and the Alamance County Health Department. In October 2013, Project LAUNCH was recognized as a GSK Child Health Award recipient.

Project LAUNCH addresses five domains of early childhood prevention and promotion, one being family strengthening. In April 2012, as part of the family strengthening activities of Project LAUNCH, the Alamance County Health Department began implementing the evidence-based Positive Parenting Program, also known as Triple P. Understanding that children do not come packaged with instructions, Triple P has helped numerous families around the world cope with behavior issues including tantrums, bullying, rebellion, and disobedience. As of August 2013, more than 100 Alamance County child-serving providers have been trained in Triple P. By saturating the child-serving population with the same training opportunity, an excitement for serving families in a different sort of way has been generated. At the same time, physicians, DSS case workers, early interventionist, and community policing officers are thinking differently about how they interact with families and understand early childhood development. By creating this movement in a community, a project can capitalize off the energy to make significant change.



To address sustainability of family strengthening activities such as Triple P, Peer to Peer Support groups will be utilized to keep the momentum of training and accreditation alive. Each agency will create, with the assistance of Project LAUNCH, a support group comprised of accredited staff to meet monthly. Project LAUNCH will develop protocols with staff and directors, initiate group meetings by providing staff with a supply of Triple P Tip Sheets free of charge to the agency, and provide technical assistance for the duration of the grant. In turn, agencies will sign Memorandums of Agreement to receive these tools in order to begin offering Triple P to their clients.

For more information about how Triple P is being used in Alamance County contact Martha Kaufman, Project Director, [martha.kaufman@alamance-nc.com](mailto:martha.kaufman@alamance-nc.com) or Ann Meletzke, Project Manager, [ann.meletzke@alamance-nc.com](mailto:ann.meletzke@alamance-nc.com).

Pictured: Dr. Pringle, Kernodle Clinic, one of Alamance's Project LAUNCH site



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# STATE OF THE COUNTY HEALTH REPORT

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## EMERGING ISSUE

### **Food Security**

#### *Closing of Loaves and Fishes*

In late August, the local food pantry, Loaves and Fishes, closed its remaining facilities in Alamance County. The organization provided groceries to food-insecure families in Alamance and the surrounding area. Loaves and Fishes was one of the largest food pantries in the area and routinely served more than 7,000 people each month.

The loss of the food pantry meant quick action was required by other community agencies to help fill food insecurity gaps. In September, the United Way of Alamance convened a meeting with local agencies, businesses, faith-based organizations, and other community members working to help feed the hungry. Concerns voiced at the meeting regarded where to find food and also where to donate food.

The quick coordination of the United Way and the speedy response by local agencies, such as Allied Churches and the Salvation Army, resulted in a community led effort. Agencies, organizations, and churches across the community worked together to increase their capacity to feed the hungry.

Currently, Allied Churches provides a midday meal Monday through Friday from 11:30 – 1:00 p.m. In addition, on September 9, Allied Churches began providing an evening meal Monday through Friday from 6:30 to 7:30 p.m.

In October 2013, a generous donation of space by Holly Hill Mall administration allowed for a distribution center for local efforts. Allied Churches will be operating the distribution center. The Holly Hill Mall space will accept food donation and will act as the center point for food distribution to food pantries in the area. Individuals will continue to receive food from food pantry sites, not the distribution site at Holly Hill Mall.

Currently, individuals needing food assistance may contact the Salvation Army (336-227-5529), Alamance County Community Services Agency (336-229-7031) or Allied Churches (336-229-0881). Donors who would like to contribute food to help those in need may drop off food at the Salvation Army, Alamance County Community Services Agency, and Allied Churches.

In addition, the United Way has set up a special fund to help during this transitional time. Financial contributions may be made to United Way of Alamance County (P.O. Box 1268, Burlington, NC 27216) and should be marked “Feeding the Hungry”.

The United Way plans to continue coordinating meetings with local food insecurity groups to find short-term and long-term solutions to the food pantry closing.

**Alamance County Health Department**  
**Annual Performance Statistics**

	2011	2012
Total Immunizations	1,347	1,345
WIC Counseling Sessions	13,728	13,427
Family Planning Visits	5,696	5,551
Maternity Clinic Visits	4,979	4,780
Child Health Visits	117	274
Dental Clinic Visits	6,646	7,320
HIV Tests	3,785	4,013
STD Clinic Visits	3,393	3,481
Care Coordination Contacts	NA	12,381
Total Flu Vaccine Administered	1,747	1,417

	2011	2012
Environmental Health Inspections	2,159	2,310
Health Hazard Inspections	596	238
Well Inspections	147	136
Rabies Vaccinations	511	498
Soil/Site Evaluations	192	258
Collected Water Samples	876	722
Specimen for Rabies Collected	72	48
Environmental Health Community Trainings	56	42
Health Education Encounters	5,291	4,690
Health Education Grants Received	\$511,406	\$122,463
Lab Test Performed	30,762	27,959
State Lab	8,175	5,175
In House	10,136	10,510
Lab Corp	12,451	12,274
Healthy Alamance	2,937	8,626

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