

2020 SOTCH REPORT

Beaufort County Health Department



The State of the County Health (SOTCH) Report is up to date information relevant to Beaufort County. This annual report educates and informs community members, community leaders, agencies, and organizations, about the past year's progress on priority health issues.

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An electronic copy of this report and the 2018 Community Health Assessment can be accessed at www.bchd.net.



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BEAUFORT COUNTY AT A GLANCE



Demographics	Beaufort County	North Carolina
Population, 2019, estimate	46,994	10,488,084
Race, 2019, estimate		
White	72%	71%
Black	25%	22%
American Indian/Alaska Native	1%	2%
Asian	1%	3%
Ethnicity, 2019, estimate		
Hispanic or Latino	8%	9.8%
Median Household Income, 2015-2019	\$45,212	\$54,602
Per Capita Income, 2019	\$27,504	\$30,783

LEADING CAUSES OF DEATH



Cause	Number of Deaths (2014-2015)	Percent of Deaths (2014-2015)	Percent of Deaths NC (2014-2015)
Cancer	415	18.5%	16.5%
Heart Disease	403	18.4%	16.0%
Lower Respiratory	109	4.9%	4.5%
Accidental Injuries	105	6.7%	4.8%
Cerebrovascular Disease	98	4.4%	4.4%
Alzheimer's Disease	66	3.1%	3.4%
Diabetes	64	3.0%	2.4%
Kidney Disease	34	1.6%	1.7%
Hypertension	32	1.7%	3.5%
Suicide	29	2.0%	6.3%
Total Deaths:	1,355		

2018 COMMUNITY HEALTH ASSESSMENT (CHA) SUMMARY

The Community Health Assessment (CHA) used twenty-five indicators to identify target areas in Beaufort County. The twenty-five indicators were narrowed down to four focus areas by using the ranking method.

Since social and health indicators influence community health, the CHA assess both. However, in developing an action plan from the CHA findings, social and health indicators were merged to prioritize the four focus areas.

Top 4 Priority Issues from the 2018 CHA

1. Access to Care (Including Mental Health)
2. Exercise, Nutrition, & Weight
3. Education
4. Substance Abuse

PRIORITY ISSUE #1: ACCESS TO CARE (INCLUDING MENTAL HEALTH)

The primary care provider rate for Beaufort County is 48 providers per 100,000 population. The mental health provider rate for Beaufort County is 107 providers per 100,000 population. There has been no significant changes over time in both the number of primary care providers and mental health providers in Beaufort County. The patient to non-physician primary care provider for Beaufort County is 65 providers per 100,000 population. There has been a significant increase over time in the non-physician primary care providers. (Community Health Assessment, 2018)

Indicator (Year)(Units)	Beaufort County	NC	U.S.	Beaufort Compared to NC Counties	Beaufort Compared to U.S. Counties	Beaufort County Trend
Persons with Health Insurance (2016)	87.0%	87.8%	---			
Primary Care Provider Rate (2015) (Providers per/100,000 population)	48	71	75			
Mental Health Provider Rate (2017) (Providers per/100,000 population)	107	216	214			
Non-Physician Primary Care Provider Rate(2017) (Providers per/100,000 population)	65	103	81			
Households Without a Vehicle	7.4%	6.3%	9.0%			

- BCHD’s Healthy Living Clinic previously operated 4 hours per week. Due to the evident need, Healthy Living Clinic was expanded and is now offered 1 1/2 days a week.
- BCHD services are offered on a sliding fee scale based on income.
- BCHD extended WIC (Women, Infants, and Children) hours on Tuesdays until 6:00 pm.
- BCHD added Behavioral Health Services.

PRIORITY ISSUE #2: EXERCISE, NUTRITION, AND WEIGHT

According to the 2018 Community Health Assessment, 1 out of 3 Beaufort County residents are obese. In addition, 48.3% of Beaufort County residents stated that they have been informed they were overweight by a health care professional. Being overweight is a risk factor for numerous chronic diseases, such as: diabetes, stroke, cancer,

cardiovascular disease, and more. To prevent obesity, individuals are encouraged to eat well balanced and nutritious meals, exercise at least 150 minutes a week, drink water, and manage their stress.

Indicator (Year)(Units)	Beaufort County	NC	U.S.	Beaufort Compared to NC Counties	Beaufort Compared to U.S. Counties	Beaufort County Trend
Adults 20+ who are Obese (2014)	34.7%	29.6%	28.0%			
Adults 20+ who are Sedentary (2014)	26.7%	24.3%	23.0%			
Food Insecurity Rate (2016)	16.2%	15.4%	12.9%			
Access to Exercise Opportunities (2018)	60.5%	76.1%	83.1%			

- BCHD's Diabetes Prevention Program (DPP) is an evidence-based, year long program that focuses on weight loss through dietary changes and increased physical activity. The program aims to help clients lose 5-7% of their body mass index.
 - In 2020, there were three DPP groups conducted with a total of 36 participants. Participants lost a combined total of 153 pounds and had an average of 122 minutes of physical activity each week.
- BCHD offers Diabetes Self Management Education (DSME). DSME serves individuals diagnosed with type 2 diabetes. The program utilizes the American Association of Diabetes Educator's 7 self-care behaviors, which include eating smart, physical activity, monitoring blood sugar levels, medication management, reducing risk of chronic complications, and problem solving. Weight loss and lower A1c's are a common outcome of clients that make the recommended behavior changes.
 - Prior to 2020, DSME was a program offered to patients with type 2 diabetes. In 2020, BCHD had an increase in DSME referrals for patients with type 1 diabetes. Seeing growing need for this specific service, BCHD decided to expand our program to offer DSME to patients with type 1 diabetes, which began in 2021.
- Medical Nutrition Therapy is offered to those looking for alternative ways to better manage chronic disease, such as obesity, diabetes, and more. Individuals receive counseling with a Registered Dietitian. Clients work with the Registered Dietitian to create a specific tailored plan that works best with their individual lifestyle.
 - In 2020, there were 15 Medical Nutrition Therapy sessions provided.
- BCHD has a community walking trail that is open for anyone, from sunrise to sunset. The walking trail serves as a way to increase community resident's access to exercise opportunities.



Make a
CHANGE
for **LIFE**



PRIORITY ISSUE #3: EDUCATION

Countywide, the percent of residents 25 or older with a high school degree or higher (84.6%) is slightly lower than the state value (86.3%) and the Health Eastern North Carolina (ENC) region (84.7%). In Beaufort County, only 18.6% of residents 25 and older have a bachelor's degree or higher, which is lower than the state value of 29.0% and the regional value of 19.9%.

Indicator (Year)(Units)	Beaufort County	NC	U.S.	Beaufort Compared to NC Counties	Beaufort Compared to U.S. Counties	Beaufort County Trend
High School Graduation (2016-2017)	80.6%	86.5%	84.1%		--	
People 25+ with a High School Degree (2012-2016)	84.6%	86.3%	87.0%			
People 25+ with a Bachelor's Degree or Higher (2012-2016)	18.6%	29.0%	30.3%			

Graduating from high school is an important personal achievement and is essential for an individual's social and economic advancement. Graduation rates can also be an important indicator of the performance of an educational system. According to the Office of Disease Prevention and Health Promotion, high school graduation leads to lower rates of health problems as well as a reduced risk for incarceration. Receiving a bachelor's degree opens up career opportunities in a variety of fields and is often a prerequisite for higher-paying jobs.

COVID-19 halted in person education. BCHD worked with schools to implement safe practices and virtual learning.

SEXUAL HEALTH EDUCATION

BCHD provides comprehensive sexual health education in the Beaufort County Public School system. A Public Health Education Specialist teaches sexual health to ninth grade students at the following high schools: Southside, Northside, and Washington. This program helps students gain knowledge and understanding for safer sexual practices by promoting abstinence and contraception methods.

In fiscal year 2019-2020, 308 high school students completed the sexual health education course. These students completed a survey to provide feedback to the health department to gauge the program's successes. Survey results included:

- After completing the sexual health education course, 36% of students said that they would be more likely to use condoms if they do not want to remain abstinent than before completing the program.
- After completing the sexual health education course, 42% of students said they would be more likely to use methods of contraceptives if they do not want to remain abstinent than before completing the program.
- 68% of students said that they felt somewhat or very comfortable when discussing sexual health in the classroom.
- 79% of students said that they would recommend this program to a friend.
- 96% of students reported they felt respected within the program.

Preparing Teens for their



Reducing the Risk

PRIORITY ISSUE #4: SUBSTANCE MISUSE

According to Injury Free NC and the Department of Health and Human Services, Beaufort County has one of the highest opioid prescription rates in North Carolina. The equivalent of every man, woman, and child in Beaufort County could receive over 69 opioid pills each,

Indicator (Year)(Units)	Beaufort County	NC	U.S.	Beaufort Compared to NC Counties	Beaufort Compared to U.S. Counties	Beaufort County Trend
Adults Who Drink Excessively (2016)	15.6%	16.7%	18.0%			
Adults Who Smoke (2016)	18.0%	17.9%	17.1%			
Death Rate Due to Drug Poisoning (2014-2016) (deaths/100,000)	18.2	16.2	16.9			

while the state average is around 43 pills per resident. According to the NC Injury and Violence Prevention Branch, Beaufort County had 9 unintentional opioid overdose deaths in 2019. The county's unintentional medication and drug death rate per 100,000 is 21.5, which is greater than the NC rate of 16.7. In 2019, the most common opioids resulting in emergency department visits included heroin, prescription opioids, and synthetic narcotics (fentanyl).

- In July 2019, BCHD started a county syringe exchange program. The Beaufort County Syringe Exchange Program operates at DREAM Provider Care Services the first Thursday of the month (10 am-1 pm) and the third Saturday of the month (12:30pm -3:30 pm). The additional syringe exchange location is Fresh Anointing Worship Center, in Aurora and operates the second Saturday of every month (12 pm-3 pm).
- Since 2019, 602 syringes were collected, 41 syringe exchange participants were enrolled, and 128 doses of Naloxone/Narcan were distributed, and 170 syringe exchange program kits were distributed.
- In 2020, Beaufort County was part of the District 2 Recovery Court, designed to assist chemically dependent offenders with their court ordered treatment plans. There were 24 Beaufort County referrals & 2 were accepted and active in the program.

- BCHD Testing is Power (TIP) has tested 310 individuals for HIV and 224 for Hepatitis C. Of those individuals tested, none were positive for HIV and 30 tested positive for Hepatitis C (13.4% positive rate).
- Since 2019, the TIP program started being able to perform rapid testing for program participants.

Testing Is Power

WHAT IS TIP?

TIP offers FREE testing to anyone in the community of Beaufort, Martin, and Washington Counties for:

- HIV
- Syphilis
- Hepatitis C*

*Please ask about criteria for Hep C testing

RAPID TESTING IS AVAILABLE. INITIAL RESULTS COME BACK IN 20 MINUTES.

SHOULD YOU GET TESTED?

Yes, you should get tested! Many people are living with STDs and HIV without knowing because not all symptoms are noticeable. TIP offers FREE testing and if results are positive we will help you with referrals for treatment.



The risk is not knowing...
GET TESTED!!

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CORONAVIRUS TIMELINE

December 31, 2019

Wuhan Municipal Health Commission reported a cluster of cases of pneumonia in the Wuhan Hubei Province of China. The cases of pneumonia were later identified as a novel coronavirus. After the coronavirus was identified it became known to the world as COVID-19.

January 31, 2020

The World Health Organization declared COVID-19 as a global public health emergency after a death toll of more than 200 in the world and a jump to more than 9800 cases on January 31, 2020. COVID-19 human-to-human transmission is rapidly spreading, and is now found in the United States, Germany, Japan, Vietnam, and Taiwan.

March 3, 2020

North Carolina had their first positive COVID-19 case. The North Carolina resident had traveled to Washington State and was exposed at a long-term care facility. The North Carolina resident was isolated for two weeks.

March 13, 2020

President Trump declared a national emergency. A travel ban was put into effect on this day for all travel coming from Europe.

March 24, 2020

First positive case of COVID-19 in Beaufort County.

December 18, 2020

The FDA issues the second EUA allowing shipments of the Moderna COVID-19 vaccine to begin.

December 22, 2020-January 1, 2021

BCHD staff vaccinations begin.

January 21, 2020

A Washington State resident is the first person in the US to have a confirmed case of COVID-19 on January 21, 2020, according to the Center for Disease Control and Prevention. The resident returned to Washington State after being in Wuhan China on January 15th. The case was confirmed using an overnight polymerase chain reaction test. The CDC then sends out a team to help investigate, this potentially included contact tracing.

February 3, 2020

President Trump's administration declares a public health emergency due to the outbreak of the coronavirus.

March 11, 2020

The World Health Organization officially categorized COVID-19 a pandemic. The director general of the World Health Organization was deeply concerned on the alarming levels of spread and severity.

March 17, 2020

COVID-19 Testing became available to the public in Beaufort County.

December 11, 2020

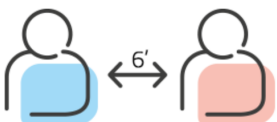
The FDA agrees to an EUA (Emergency Use Authorization) for the Pfizer, BioNTech vaccine, allowing shipments to begin; vaccinations of health care workers begin within days.

December 21, 2020

BCHD began receiving shipments of Moderna COVID-19 vaccine.

January 1-8, 2021

The Beaufort County incident command staff activate the Emergency Operations Center (ECO) to discuss the dissemination of the COVID-19 Moderna vaccine to the public utilizing vaccination clinics, also referred to as POD (Point of Dispensing). The BCHD followed the phases set by Governor Cooper and the State of North Carolina.



WAIT

6 feet apart and avoid close contact.



WEAR

a cloth face covering.



WASH

your hands often or use hand sanitizer

2020 - YEAR IN REVIEW

COVID-19 Testing

BCHD began performing COVID-19 testing for the public March 17th, 2020.
(at the beginning there was a strict criteria for testing as well as limited supplies)



Mass COVID-19 Testing Event

July 7th & 8th, BCHD partnered with MAKO Diagnostics to host a mass COVID-19 testing event at Beaufort County Community College & Southside High School.

As of December 31, 2020:

	Population	Total Confirmed Cases	Current Active Cases	Deaths	Recovered
Worldwide	7.6 Billion	83,146,810 (+667,892)	34,404,665 (+338,516)	1,813,087 (+13,435)	46,929,058 (+315,941)
USA	330 Million	20,351,015 (+195,876)	7,946,847 (+171,563)	352,716 (+3,010)	12,051,452 (+105,499)
NC	10.4 Million	539,545 (+6,715)	129,309 (+6,696)	6,748 (+19)	403,488
Beaufort Co.	47,000	2,621 (+98)	482 (+44)	62	2,077 (+54)

BCHD partnered with the following to provide testing events throughout the county:

- AME Zion Church
- Beaufort County Summer Feeding Program
- Mother of Mercy
- Fresh Anointing
- Spring Garden Missionary Baptist Church
- Beaufort County Schools
- Washington Boys & Girls Club
- Mt. Olive Church
- Pantego Event Hall
- Cornerstone Worship Center
- Temple of Jesus Christ
- BCHS Alumni Association
- Beebe Chapel
- Chocowinity Fire Station
- Bath Christian Church
- Wilkinson Center
- Whiteplains Church

Those highlighted in yellow became a weekly site for testing throughout the county in partnership with Optum testing services.

2020 - YEAR IN REVIEW

Changes Due to COVID:

- Respiratory fit testing was conducted for county partners to help assess their N-95 needs and ensure adequate protection.
- Teleworking schedules were enacted to reduce the spread and risk amongst staff.
- Diabetes Prevention Classes were temporarily suspended. Classes transitioned to virtual, however many barriers were identified in doing so.
- Syringe Exchange sites were shut down and BCHD began providing supplies as needed to clients.
- Testing is Power services were temporarily suspended.
- Women, Infant and Children services implemented a waiver that exempted physical presence, so visits were completed via telephone.
- Post partum and newborn home visits were temporarily suspended.
- Behavioral Health telehealth services were implemented.
- Workforce increased with temporary staffing to assist with COVID testing and contact tracing.
- Masks and cleaning policies were implemented to help decrease the transmission and spread.
- Health Department staff maintained their day to day operations and job duties, as well as take on additional tasks and job responsibilities to assist with COVID-19 response.



“
*It ain't about how hard
 you hit, it's about how
 hard you can get hit and
 keep moving forward.*
 -ROCKY



Our Mission

To promote, protect, and enhance the quality of life of our population by providing accessible quality public health services and education in order to improve the wellness of the community within a healthy environment.

Vision

Providing compassionate care for all! Healthy people, healthy environment, healthy community.

Value Statements

TEAMWORK – *Working together to build a better community*

EMPATHY – *We are united by one single desire to be valued by another*

INTEGRITY – *Doing what's right even when it's difficult or won't be acknowledged by others*

COMPASSION – *Walk in the shoes of people we serve and those with whom we work*



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