



State of the County Health Report 2015

At a Glance

The 2015 State of the County's Health (SOTCH) Report is a summary of the current health status of Burke County. The report is a supplement to the Community Health Needs Assessment (CHNA), which provides a more comprehensive analysis of the county's health. The most recent Burke County Community Health Assessment was published in 2011. The next Community Health Needs Assessment will be published in 2016. The Burke County Health Department is partnering with Carolinas HealthCare System Blue Ridge and other community agencies to publish a Community Health Needs Assessment every three years.



In addition to presenting current local health data and analyzing significant changes in health related issues, the SOTCH report highlights the combined efforts of the Burke County Health Department, our agency partners and residents to address the community's health. Three health priorities were identified in the 2011 Community Health Assessment: physical inactivity, substance use/abuse among adolescents and access to homebound meals.

The 2011 Community Health Assessment and additional SOTCH reports can be viewed online at <http://www.burkenc.org/departments/health-department>. Copies of the 2011 Community Health Assessment can also be found at the Burke County Public Libraries and by contacting Lisa Moore, Health Education Supervisor/Health Promotion Coordinator at lisa.moore@burkenc.org or 828-764-9218.

Burke County By The Numbers

- ✓ Burke County consists of 13 townships and 7 municipalities
 - ✓ Morganton is the largest of these and the county seat
 - ✓ 2010 total population census was 90,912 with the 2014 population estimate showing a decrease to 89,486 and a median age of 42
 - ✓ Burke County continues to be higher in the population of 65 and older residents
- ✓ The NC Department of commerce annually ranks the 100 counties based on their economic status (per capita income, unemployment rate and population growth) and give a Tier designation. In 2015, Burke County moved to a Tier 2 ranking due to a slight improvement in the unemployment rate.
 - ✓ Burke County is home to a higher proportion of residents who are unemployed, living below poverty, and uninsured than NC.
 - Unemployment rate is 6.2%
 - % Residents Below Poverty is 20.7%
 - % of Uninsured (persons 18-64) is 21%
 - Median Household Income in Burke County was estimated at \$37,735 in the 2014 American Community Survey compared to \$37,440 in 2011.

Pregnancy

- In 2014, there were 19 total pregnancies recorded among the 15 to 17 age group in Burke County. The pregnancy rate among the 15 to 19 age group was 46.9 which remains higher than the state rate of 44.9.
- In Burke County for 2014, there were no reported pregnancies or abortions recorded among the 10 to 14 age group.
- From 2009-2013, Burke County's repeat pregnancies among those aged 15 to 19 has fallen slightly below the state rate which are 26.2 and 26.3 respectively.
- From 2009 – 2013, the percentage of residents with low birth weight live births continues to fall below the state rate to 7.3% compared to 8.5% in 2004-2008. While the state rate is steady at 9.0%.
- The percentage of live births that were premature (less than 37 weeks gestation) continues to decline in Burke County. In 2004-2008 Burke County was higher than the state rate at 11.5% with the state rate being 10.9% and has fallen to 9.0% while the state rate is 9.5%.

Unintentional Motor Vehicle Incidents (Per 100,000 Residents)

Years	Burke	North Carolina
1999-2003	23.0	19.6
2004-2008	19.9	18.6
2009-2013	13.7	13.7

Unintentional motor vehicle incidents have recently fallen and equal the state rate for number of incidents.

Unintentional Injury Deaths (Per 100,000 residents)

Burke County	Burke	North Carolina
1999 to 2003	28.5	23.9
2004 to 2008	42.9	28.3
2009 to 2013	42.4	29.3

Burke County's death rates due to unintentional injury have continued to be higher than the state rate. Unintentional injuries excluding motor vehicle injuries is among the leading causes of death in North Carolina and the United States. Unintentional injuries were the 6th leading cause of death in Burke County in 2014.

Morbidity & Mortality

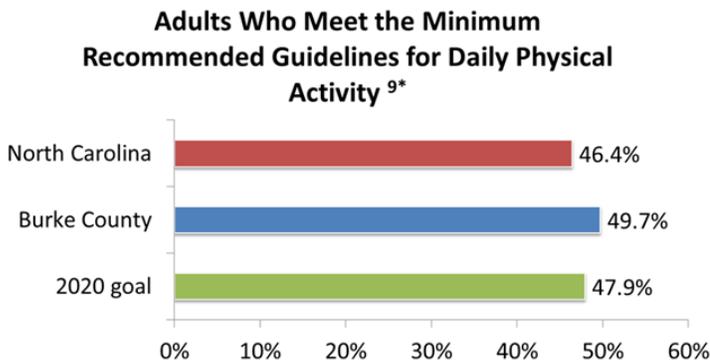
Leading Causes of Death	2009-2013	2010-2014
1. Heart Disease	1076	1131
2. Total Cancer	1106	1107
3. Chronic Lower Respiratory Disease	346	378
4. Cerebrovascular Disease	280	285
5. Alzheimer's	218	218

Since before 2009, Burke County's leading causes of death has changed only slightly. The trend continues to stay the same with the top five leading causes of death increasing or staying the same.

Burke County's rates for chronic conditions such as Cardiovascular disease, heart disease, stroke, diabetes and some cancers continue to be higher than the state rate. More community work will need to be focused in these areas to make positive improvement.

Health Priorities Update from 2011 Community Health Assessment:

Physical Inactivity



Burke County residents are exceeding the recommended guidelines for physical activity and outperforming NC as a whole. And only 30% of high school youth are watching TV more than three hours per day, compared to 38% across NC.

This information was derived from the WorkHealthy America assessments of twelve work environments within Burke County.

A lower proportion of Burke County organizations in WorkHealthy America are meeting standards related to physical activity wellness policies compared to NC as a whole.

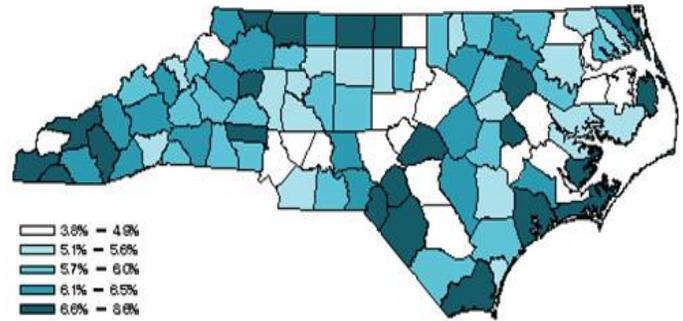
- However, in the 2014 BRFSS, results found that out of 1,264 total respondents, 1009 (76.6%) have participated in some physical activities or exercises within Western North Carolina. This information does not isolate Burke County residents surveyed.

Substance Use/Abuse Among Adolescents

- In 2015, the Burke Council on Alcoholism and Chemical Dependency saw 21 students in their SciP (School Intervention Program) program. This program provides education and interventions for students who are experimenting with substances including tobacco and /or do not meet criteria for treatment. This program helps to deter continued use of illegal and/or legal substances among youth in school.
- The Burke Council on Alcoholism and Chemical Dependency (dba Burke Recovery) also works under a Federal Block Grant managed through Partners Behavioral Health Management LME that provides early intervention, education and assessment in the local schools. This program works to prevent initiation of substance use among youth along with interventions to assist those with continued use issues.
- The Council has maintained a vital presence in Burke County for the past 50 years by providing prevention/education, outpatient treatment, men's residential treatment program and recovery support services to those individuals and families with substance use/abuse issues regardless of their ability to pay.

• **Crashes that Involved Alcohol, 2009-2013**

	Total Crashes	Alcohol Involved Crashes	Percent Alcohol Involved
Burke Co.	8,479	474	5.6%
Statewide	1,065,727	54,864	5.1%



This graphic depicts the percent of alcohol related crashes by counties within NC. (This data has not been updated since 2013)

Access to Homebound Meals

- In 2015, Burke County offered 12 Meals on Wheels routes serving an average of 100 meals with approximately 69 residents on a waiting list, compared to 2014 with 12 routes, serving 109 individuals and a waiting list of 50 to 60.

Community Task Force & Priority Updates

Lifestyle Choices Task Force

Within 2014, the Lifestyle Choices Task Force disbanded as not to duplicate efforts within the county. The majority of the member agencies are participating in the Burke Wellness Initiative.

Burke Wellness Initiative



The Burke Wellness Initiative is the steering committee for the 2016 Community Health Needs Assessment. The lead agencies are the Burke County Health Department and Carolinas HealthCare System Blue Ridge. The committee was formed in October 2014 and is comprised of community leaders, agencies and community members. The vision for the Burke Wellness Initiative is that Burke County embraces, educates and provides the opportunity to empower persons of all ages to make informed choices to live healthier lives. The Burke Wellness Initiative understands that

wellness encompasses physical, emotional, mental and spiritual health. The committee is utilizing the Mobilizing for Action through Planning and Partnerships (MAPP) model of community engagement. As part of the MAPP and community health needs assessment process the Burke Wellness Initiative will be assessing, formulating goals, strategies and action plans and evaluating processes and programs to better utilize community resources. For additional information visit <http://www.burkenc.org/departments/health-department/burke-wellness-initiative>

Healthy Burke Youth Task Force

The Healthy Burke Youth Task Force has disbanded over the past year due to reallocation of resources. All members of the task force continue to work on current and new initiatives related to substance use and abuse among adolescents. Former members continue to address Family Day and Keys to Life, which were identified in the action plan developed from the 2011 Community Health Assessment. Former members are part of the Family Day Planning Committee, Keys to Life Planning Committee, Burke Integrated Health and will partner with the new North Carolina Coalitions Initiative (NCCI) grant to address underage drinking (refer to new initiatives section). All substance use and abuse initiatives include collaboration among all agencies formerly represented on the Healthy Burke Youth Task Force.

Family Day:

Burke County's 8th annual CASAColumbia® Family Day – Be Involved. Stay Involved® was celebrated on Monday, October 5, 2015 at Catawba Meadows Park in Morganton*. Family Day is a national initiative created by CASAColumbia to promote simple acts of parental engagement as key ways to help prevent risky substance use in children and teens. A total of 88 families (158 adults and 177 children) were in attendance. 37 community agencies hosted booths with activities, crafts and games for families to do together. Agencies present also provided families with information about the services they offer. Families were asked to complete a meal ticket form to receive their meal tickets for their families by visiting 20 agency booths. 85% of families reported eating together 5 or more days a week. Over 85% of families reported doing at least one activity as a family. The Family Day Planning Committee consisted of A Caring Alternative, AccessCare, Alexander Youth Network, Burke County Schools- FUTuRES Program, Burke County Health Department, Catawba Valley Healthy Families, The Enola Group, Early Head Start, Family, Infant and Preschool Program (FIPP) and Partners Behavioral Health Management. For a copy of the Family Day overview contact Ashley S. Rink at 828-764-9219 or ashley.rink@burkenc.org. (Family Day was originally scheduled for Monday, September 28, 2015, however, due to weather the event was rescheduled. The attendance numbers may be lower than previous years due to the change in date. Eleven agencies were unable to have booths due to the change in date.)



Keys to Life:

As of 2015, Burke County Public Schools is the lead agency for Keys to Life. The next Keys to Life event will be held in April 2016 at Draughn High School. The program's objective is to heighten awareness and illustrate the consequences of underage alcohol use; with an emphasis on and around special occasions and events such as spring formals and proms. Keys to Life occurs the day before prom and encourages students to refrain from driving while under the influence of alcohol and other substances. During the school day students will be called out of class by a student dressed as the "Grim Reaper" who will read their mock obituary to the class, stating that each student's life had ended abruptly due to drunk driver. The school day will end with the entire high school student body assembled to view a simulation of a motor vehicle accident caused by a drunk driver with student actors. Students will hear an actual 911 call over the school's sound system and watch as EMS first responders and law enforcement work the scene as an actual event. For additional information contact Jamie Reinhardt, Community Liaison for Burke County Public Schools at 828-438-2992 or jreinhardt@burke.k12.nc.us.



Safe Kids Burke County:



The mission of Safe Kids Burke County is to promote a collaborative effort to reduce and prevent unintentional injuries in children ages 0 to 18 through education and awareness in Burke County. Safe Kids Burke County's vision is to be a highly visible organization dedicated to providing childhood injury prevention to Burke County through a collaborative, informative and progressive manner. Safe Kids Burke County targets the risk areas of child passenger safety, fire safety, bike/ helmet safety and medication safety/ poison control.

Safe Kids Burke County was founded in 1997 and is led by the Burke County Health Department. Coalition members include Burke County Health Department, Valdese Fire Department, George Hildebran Fire and Rescue, Burke County Fire Marshal's Office, the Burke County Sheriff's Office, Morganton Department of Public Safety, Early Head Start and community advocates.

In 2015, Safe Kids Burke County: checked 184 car seats and distributed 123 car seats; provided education to approximately 400 families on fire safety and prevention; provided bicycle helmets to 73 children and 23 adults and provided bicycle safety education to approximately 100 families; and provide education on poison prevention and medication safety, including information on Burke County's 2 permanent checking stations to approximately 268 families. For a copy of Safe Kids Burke County's annual report or for additional information, please contact Ashley S. Rink at 828-764-9219 or ashley.rink@burkenc.org.



Also, for additional information and upcoming events visit the Safe Kids Burke County webpage at <http://tinyurl.com/safekidsbc> or Facebook page at <http://tinyurl.com/safekidsbcfb>.

Healthy Aging Task Force

The Healthy Aging Task Force abandoned working forward on its action plan due to allocating resources elsewhere and turnover within the Executive Director position at local Senior Center. The Meals on Wheels program continues to work to provide nutritious meals to those homebound citizens.

Diabetes Collaborative

The Diabetes Collaborate is working to develop a comprehensive approach to diabetes, early detection and chronic disease management. The vision is to open a comprehensive resource center that serves as a destination for diabetes prevention and management and to later move this resource mobility to local areas of Burke County. A comprehensive diabetes resource center will offer healthcare providers, employers and other community agencies, a referral source for consistent evidence based strategies for self-management of pre-diabetes and diabetes.

The centrally located resource center will house a team of committed dieticians, exercise physiologists, health educators, diabetic nurse educators and an office manager, along with providing web-based and community outreach opportunities. This streamlined effort will benefit our rural, medically underserved population by providing opportunities for better patient outcomes, reduction of emergency room visits and decrease outmigration for diabetic services at an affordable cost.

To date we have secured the location of the resource center to be housed on the second floor of the Valdese Hospital campus. The collaborative has submitted several grants but as of yet haven't received any monies. The Burke County Commissioners approved monies to be used to hire two personnel (a health educator and Registered Dietician) to be housed at the resource center. Educational resources are being gathered and developed for use with individuals and families seeking services.

Community Initiatives

Burke Substance Abuse Network (BSAN)

The Burke Substance Abuse Network (BSAN) is a coalition of providers, support groups, stakeholders and community agencies working together to 1) network, 2) identify gaps in substance use/abuse services and 3) strategically plan responses to community needs within the goal of establishing a vibrant, recovery-oriented community of care. BSAN continues to grow in size and influence in the community. Between 50-60 people gather monthly, representing nineteen different interest groups/sectors of the community. BSAN partners are active in addressing underage substance abuse issues (alcohol and prescription meds), providing education and seeking collaborative and strategic framework solutions to meet community needs.

BSAN collaborative is working together in hopes of securing a federal Drug Free Community Grant to continue all the positive work evolving within the community around substance use/misuse needs. The community is working to provide a unified team to reduce the numbers of individuals initiating and continuing the use/misuse of illegal and legal substances within Burke County.

Burke Integrated Health

Another exciting venture within Burke County is Burke Integrated Health. This collaboration includes representatives from areas of service including, primary care, mental health, behavioral health and substance use/abuse. It is being formed by partners: A Caring Alternative, Cognitive Connections, Catawba Valley Behavioral Health, Burke Primary Care and AccessCare. Burke Integrated Health will be a safe place for adults or children presenting for behavioral, mental and/or medical care in one location. At this location, clients will receive an array of medical, behavioral and substance use/abuse services that are tailored to their specific needs and allow walk-in access during designated times, same day assessments and services. Crisis services will also be available and a plan to partner with law enforcement to escort those in need of urgent behavioral health services to this location. The beauty of this ground-breaking partnership is all agencies will be working as one team to ensure that Burke County residents receive the best quality care.

North Carolina Coalitions Initiative (NCCI)

Our local Burke Substance Abuse Network (BSAN) has been awarded a community grant for support to build the capacity to reduce and prevent substance abuse with funding and leadership from the North Carolina Coalition Initiative (NCCI). This year long, nationally renowned training program will strengthen local coalition's ability to tackle substance abuse within their communities. The NCCI is funded by a NC General Assembly appropriation through the NC Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services to support local substance abuse coalitions. This coalition will be engaging the community to address local conditions, measure the problem and implement evidence based, sustainable changes such as availability of alcohol to

minors, illegal use of prescription drugs, as well as attitudes and norms within the community. This is the last year of this grant and the Coalition has been working through the following avenues: 1) retail establishments to enhance the employee's skills through offering the BARS training course, 2) using more voluntary legal age warning signage in stores, 3) working with parents (Parents Inspire) to help provide support, enhance skills and change policies around youth substance use/abuse and 4) targeting youth with prevention education and skills.

North Carolina Strategic Prevention Framework Partnership for Success Initiative

This SAMHSA (Substance Abuse and Mental Health Services Administration) grant was just awarded to the Burke Council on Alcoholism and Chemical Dependency for support of a community based substance abuse prevention initiative focusing on reducing nonmedical use of prescription drugs among individuals aged 12 to 25. A community coalition of providers, law enforcement, stakeholders, and community advocates will convene to develop the initial framework for this new initiative.

This task force is working within the community to assist with distributing small individual lock boxes, disseminate prevention education materials and work with the medical community within the area of decreasing prescriptions to reduce the misuse of prescription medications.

Burke Health Network

Burke Health Network is a newly formed group born out of the Burke Health Solutions initiative to continue to serve as a liaison between the underserved population and primary care practices and community agencies for resources and services. This network includes representation from the Burke County Health Department, Carolinas Health Care System Blue Ridge, Good Samaritan Clinic, Care Share Health Alliance, Burke County Community Foundation, Department of Social Services, Blue Ridge Health Care Foundation, Burke Integrated Health, Burke Recovery and Partners Behavioral Health Management. This network desires to create a system of providing care for the uninsured/underinsured population to effectively utilize and maximize community resources and improve the health and well-being of this segment of the population.

Emerging Issues

A gap in primary care services exists in Burke County. To fill this gap, the Burke County Health Department and Carolinas Health Care System Blue Ridge have leveraged resources and services to develop a TeleHealth primary care clinic within the health department. This primary care clinic will provide access to care for those clients that are not established with a medical home and meet the new federal Title X guidelines of providing or assuring primary care services; thereby, reducing emergency room visits and health care costs associated with primary care visits. TeleHealth primary care services will be provided through existing health department staff and contractual virtual visits with Carolinas Health Care System Blue Ridge.

The primary care clinic served its first client on July 28, 2015. From July 28, 2015 to February 19, 2016, the clinic has served 54 clients for primary care issues.

Transportation

During the Burke Wellness Initiative meetings, members expressed growing concern over the lack of accessible transportation for the underserved within Burke County. A proposal was made to the project director of Healthy Places in Burke County for a pilot bus route in Morganton. Those involved in identifying the population areas of projected clients and destinations were: Wendy Cato, Director of Burke County United Way (retired), Louis Pugh, Director of The Enola Group, Western Piedmont Council of Governments, Greenway Transportation, City of Morganton Development and Design, and Burke County School System.

The directive for the route was based on availability to healthcare destinations. The route included stops at The Good Samaritan Clinic, Health Department, Hospital, and Walmart (with other healthcare facilities also included in the route such as general practice, optometrist, orthopedics, specialist, etc.). The route was designed to run on an hourly schedule at a nominal fee. The pickup locations were determined by income and age and were identified by the city's development and design staff as well as the transportation staff of the Public School system.

Funding was projected to come from Healthy Places, Burke County and the City of Morganton. Further progress will continue.

Homelessness

During the Burke Wellness Initiative meetings, the issue of homelessness within Burke County continues to be an issue that the committee is beginning to prioritize as a need. Further discussions are needed and may be identified as an area of prioritization for the 2016 Community Health Needs Assessment Action Plan.

Data Sources for this Report:

Census Bureau

<http://quickfacts.census.gov/qfd/states/37/37023.html>; 2009-2013

County Health Rankings

<http://www.countyhealthrankings.org/app/north-carolina/2015/rankings/burke/county/outcomes/overall/snapshot;2015>

State Center for Health Statistics

<http://www.schs.state.nc.us/interactive/query/lcd/getleadcauses.cfm>

<http://healthstats/publichealth.nc.gov/indicator/view/UnintInjDth.County.html>