INTRODUCTION:

Scotland County’s ninth annual State of the County’s Health Report to the North Carolina Department of Health and Human Services and to our community includes:

- a review of major morbidity and mortality data;
- a review of health concerns selected as priorities;
- progress made in the last year on priorities;
- a review of state data and any updates on the data;
- changes in the county that affect health concerns;
- new and emerging issues that affect health status; and
- ways community members can get involved with ongoing efforts;

Scotland County Demographics: According to the North Carolina State Census Quick Facts, Scotland County’s population was estimated at 36,861 people in July 2011. This reflects a change of -0.8% since April 1, 2010. Population density is 113.4 per square mile. Designated as “rural” in the United States Census, Scotland County, made up of Laurinburg, East Laurinburg, Laurel Hill, Gibson and Wagram, is ranked 64th largest in North Carolina.

Scotland County ranks first in the state unemployment rate (2011), is considered a Tier I county, which means it’s economically depressed by the State Department of Commerce, and ranks 86th out of 100 for health outcomes in North Carolina (County Health Rankings, March 2012).

Racial makeup is almost exclusively white and African American with other minorities accounting for 14.2% of the total population 2011 population breakdown is:

<table>
<thead>
<tr>
<th>Race</th>
<th>Scotland County</th>
<th>Peer County</th>
<th>North Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>46.0%</td>
<td>54.5%</td>
<td>65.0%</td>
</tr>
<tr>
<td>Black</td>
<td>38.8%</td>
<td>35.4%</td>
<td>22.0%</td>
</tr>
<tr>
<td>American Indian</td>
<td>11.0%</td>
<td>2.6%</td>
<td>1.5%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>2.4%</td>
<td>7.2%</td>
<td>8.6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scotland County</td>
<td>48.4%</td>
<td>51.6%</td>
</tr>
<tr>
<td>North Carolina</td>
<td>48.7%</td>
<td>51.3%</td>
</tr>
</tbody>
</table>

(Scotland County Quick Facts from US Census Bureau 2011 estimate)
According to the NC Employment Security Commission (ESC) Workforce Website:

<table>
<thead>
<tr>
<th></th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unemployment rate in Scotland County in:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>14.8%</td>
<td>17.3%</td>
<td>17.2%</td>
</tr>
<tr>
<td>Unemployment rate in North Carolina</td>
<td>9.1%</td>
<td>10.0%</td>
<td>8.9%</td>
</tr>
</tbody>
</table>

Scotland County’s Labor Force: (NC Dept. of Commerce-Labor Market 2012)

- December 2010: 13,625 (2,137 unemployed)
- December 2011: 13,336 (2,310 unemployed)
- September 2012: 12,862 (2,203 unemployed)

Scotland County Poverty Rate: (2006-2010) 29.5%   North Carolina: 15.5%

Scotland County's F/Y 2011-2012 adopted tax rate is $1.03 (within city limits); $1.01 for the county.

The current city tax rate is: .40 per $100 valuation.

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**Morbidity and Mortality Data:** F/Y 2011-2012 Scotland County shows an increase since 2009 in the following *morbidity* data:

- AIDS 2  HIV 7  STD’s 364  TB 1  Other 11
- Asthma (0-14 year olds) 32 hospitalizations (all ages) 82 hospitalizations

Scotland County continues to struggle with high *mortality* rates of heart disease, cancer and diabetes. In 2010, these diseases accounted for 191 of the 367 total deaths in the county, thereby making them the leading causes of death. These numbers have slightly decreased since the 2009 data. Mortality statistics in Scotland County can be broken down as follows: (NCSCHS 2010)

<table>
<thead>
<tr>
<th>All causes: 367</th>
<th>(2010 North Carolina State Center for Health Statistics)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardio: 91</td>
<td>Diabetes: 20</td>
</tr>
<tr>
<td>Motor Vehicle Deaths: 9</td>
<td>Unintentional: 9</td>
</tr>
<tr>
<td>Pneumonia/Influenza: 1</td>
<td>Asthma: 1</td>
</tr>
<tr>
<td>Falls: 1</td>
<td>Suicide: 1</td>
</tr>
<tr>
<td>Stroke: 14</td>
<td>Alzheimer’s: 6</td>
</tr>
<tr>
<td>Cancer: 80</td>
<td>Homicide: 5</td>
</tr>
<tr>
<td>HIV: 2</td>
<td></td>
</tr>
</tbody>
</table>

**Infant Mortality:**

An additional mortality issue affecting the county last year but improving this year was infant mortality. In Scotland County the infant death rate for the period 2006-2010 was 8.8 (per 1000 population) compared to the state rate of 8.3 (per 1,000 population). In 2011, seven infant deaths were reported in Scotland County, a rate of 15.3 (per 1,000 population), compared to North Carolina’s Infant death rate of 7.2 (per 1,000 population), an increase for Scotland County’s infant death rate in 2009 of four deaths.
## Infant Mortality

<table>
<thead>
<tr>
<th>Year</th>
<th>White Rate</th>
<th>Minority Rate</th>
<th>Total Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scotland County</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>10.5</td>
<td>3.1</td>
<td>6.1</td>
</tr>
<tr>
<td>2010</td>
<td>18.5</td>
<td>19.0</td>
<td>15.3</td>
</tr>
<tr>
<td>2011</td>
<td>##</td>
<td>##</td>
<td>##</td>
</tr>
<tr>
<td>North Carolina</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>5.4</td>
<td>14.1</td>
<td>7.9</td>
</tr>
<tr>
<td>2010</td>
<td>5.5</td>
<td>12.9</td>
<td>7.2</td>
</tr>
<tr>
<td>2011</td>
<td>##</td>
<td>##</td>
<td>##</td>
</tr>
</tbody>
</table>

(North Carolina State Center Health Statistics, 2011)

### 2012 Priority Health Concerns

In 2009, the following areas were identified through the Scotland County Community Health Assessment and state data as priority health concerns: cancer, high blood pressure, heart disease, teen pregnancy, diabetes and obesity. In 2010 and 2011, the same concerns were evident.

#### Cancer:

The N.C. Division of Public Health reports that cancer is now the leading cause of death in North Carolina surpassing heart disease. According to newly released 2010 statistics, cancer claimed the lives of 18,013 North Carolinians and 80 in Scotland County. The majority of cancer deaths occur at five sites: lung, colon, female breast, prostate and pancreas. In 2010, Scotland County’s cancer deaths by site were: lung - 21, female breast - 6, colon - 10, and prostate – 6 (NCSCHS 2010). Smoking by far is the leading risk factor for developing lung cancer. Other risk factors include poor nutrition and lack of physical activity. Eating a healthy diet and being active can reduce the risk of developing cancer.

Scotland County is home to a state of the art Cancer Treatment Center located at Scotland Memorial Hospital, where clinical trials, genetic counseling, chemotherapy and radiation are provided. Scotland County Department of Public Health provides cervical cancer screenings through Adult Health, Family Planning and Maternal Health programs, providing services to over 522 clients FY 2011-2012. In September 2012, Scotland County’s Award Winning Relay for Life event, sponsored by the American Cancer Society, raised over $272,000 for research and programming.

#### Hypertension:

High blood pressure affects about 65 million or one in three American adults. Hypertension can lead to stroke, heart failure, or kidney damage. According to the North Carolina State Center for Health Statistics 2010, the number of deaths in Scotland County for heart disease was 91 and 14 deaths for cerebrovascular disease. Hypertension should be monitored through a physician with regular blood pressure screenings. Increased physical activity and healthy eating are also important steps to preventing high blood pressure as well as maintaining a healthy weight. Blood pressure screenings and/or education are often provided through community health fairs, business and industry health screenings, the health department, Emergency Medical Service (EMS), local pharmacies, at the hospital, and through Healthy Carolinians. (NCSCHS, 2010)
**Heart Disease:**

Heart disease and stroke – the principal components of cardiovascular disease – are the second and third leading causes of death for men and leading cause of death among women. Heart disease attributed to 17,090 deaths in North Carolina in 2010, and 91 deaths in Scotland County (NCSCHS, 2010). While high blood cholesterol, high blood pressure, smoking and physical inactivity are considered four major risk factors, several other factors such as obesity and diabetes are also considered risk factors.

Scotland Health Care System opened their new Scotland Cardiovascular Center, a joint venture with First Health of the Carolinas in 2011. The center offers cardiac catheterizations and vascular procedures in a state-of-the-art facility and also offers inpatient and outpatient cardiology services, a cardiac/pulmonary rehabilitation center where supervised exercise, nutrition, stress management, vocational assessment and cardiovascular education are provided, and screenings for high blood pressure and cholesterol. Scotland County Department of Public Health and EMS provide blood pressure screenings on site for the community. Scotland County Healthy Carolinians continues to provide education, programs and supports efforts on heart disease initiatives.

**Teen Pregnancy:**

In Scotland County, the number of teen pregnancies in 2010 for 15 to 19 year olds was 100 and decreased in 2011 to 93 pregnancies for this age group. The county rate is 81.3 compared to the NC state rate of 56.0 (per 1000 population). Scotland County continues to have one of the highest teen pregnancy rates in NC and ranks 2nd highest in the State tied with Montgomery County. The breakdown of teen pregnancies from 2009 to 2011 follows:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-19</td>
<td>115</td>
<td>100</td>
<td>93</td>
</tr>
<tr>
<td>NC State</td>
<td>18,142</td>
<td>12,303</td>
<td>11,061</td>
</tr>
<tr>
<td>10-14</td>
<td>0</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>NC State</td>
<td>324</td>
<td>163</td>
<td>146</td>
</tr>
</tbody>
</table>

(NC State Center for Health Statistics 2011)

**Diabetes:**

Diabetes is a major cause of death and disability in North Carolina and the nation. With a greater prevalence of obesity and an increasing elderly population, diabetes is approaching epidemic proportions in North Carolina. According to the BRFSS survey, the prevalence of diagnosed diabetes in North Carolina increased from 6.4 percent of the adult population in 1998 to 9.6 percent in 2009, an increase of 50% in the last decade.

In Scotland County, diabetes was listed as the fourth leading cause of death in 2009 and in North Carolina the seventh leading cause of death. Diabetes, diagnosed
as the primary cause of mortality, from 2006-2010, 70 deaths ranked Scotland County twenty-first highest in North Carolina with a rate of 38.5 (per 100,000 population) compared to the rate of 23.2 (per 100,000 population) for the State of North Carolina. (NC SCHS, 2010). Diabetes is also a significant contributing factor to other causes of death, such as heart disease, stroke, high blood pressure and cholesterol, visual impairment and kidney failure with risk factors of obesity, physical inactivity, unhealthy diets and smoking. On average persons with diabetes have approximately 2.3 times higher medical costs than those without diabetes.

Scotland County Health Department received a grant in 2010 in collaboration with Scotland Community Health Clinic for a Community-Focused Eliminating Health Disparities Initiative. The program follows monitoring and evaluation guidelines established by the American Diabetes Association providing a nine month diabetes education programs for participants.

Scotland County Healthy Carolinians collaborates with Scotland Health Care System to provide a monthly Community Diabetes Support Group Program, which includes education, presentations and often screenings. In addition, a Community-wide Diabetes Health Fair was held November 29, 2012 with approx. 120 participants, eleven exhibitors and a panel of four experts on diabetes and oral, eye, and vascular health and heart disease.

Scotland Community Health Clinic obtained a collaborative grant through the North Carolina Department of Health & Human Services, Office of Minority Health in July 2012, to provide an interactive diabetic education program for 50 local diabetic residents in the first year. Local specialty providers offer informational sessions on various topics and participants learn about their disease, diet and lifestyle changes and how to be more productive while living with diabetes.

The Medicine Shoppe offers individual consultations, education programs and/or screenings for diabetics through their Diabetes Care Center and participates in the Healthy Carolinians partnership.

**Obesity/Overweight (Adult and Child)**

During the past twenty years, there has been a dramatic increase in obesity in the United States and rates remain high. More than one-third of US adults (35.7%) and approximately 17% (or 12.5 million) of children and adolescents ages 2-19 yrs. are obese. (CDC/Centers for Disease Control, 2011). In 2008, North Carolina ranked 14th in the nation in childhood overweight and obesity for youth ages 10 to 17 yrs. Today, almost one in three children ages 2-19 yrs in the United States are overweight compared to one in five in 2002. At its current rate, it will soon become the costliest disease, surpassing cardiovascular diseases. Despite the medical advances of the past 100 years, our children’s life expectancy will likely decrease due to overweight and associated diseases.

Obesity is a condition affecting many residents in Scotland County and is the number one health problem in children. In Scotland County, 14.1% of children 2-4 years of age are overweight and 13.6% are obese, ranking us 25th in the State. (NC-NPASS 2010). The 2011 North Carolina Child Health Report Card (NC Institute of Medicine) states in
2010, **30.1%** of children ages 10-17 yrs. were overweight or obese compared to 32.0% in 2005.

Lack of physical activity and poor nutritional habits are major factors in overweight and obesity. The North Carolina Child Health Report Card 2011 reported only 31.2% of students ages 10-17 years, were physically active a total of 60 minutes or more per day on five days or more.

Despite this alarming news, the county is fortunate to have existing and newly developed resources. Programs such as the Cooperative Extension’s Expanded Food and Nutrition Education Program (EFNEP) for youth and adults; Parks and Recreation Youth Sports, the “Lunch & Learn Healthy Lifestyles” Program and the “WOW!”, (Workouts for Women) programs through Healthy Carolinians. In addition, WIC New Food Packages addresses public health nutrition concerns by offering foods that give participants a greater balance and variety.

Others such as Weight Watchers are available to address nutrition and obesity. Scotland County Parks and Recreation also has sixteen area parks conducive to physical activity such as walking trails, athletic and summer programs for youth age 5 to 15, senior games and exercise classes and a newly opened Recreation Center in Wagram conducive to physical activities, sports, and education.

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**Progress made in the last year on priorities:**

Various public and private agencies provide quality care aimed at improving the health and well being of Scotland County residents. The following agencies have partnered or collaborated to provide care relevant to priority issues in Scotland County.

**Scotland County Health Department** – Re-Accredited by the North Carolina Local Health Department Accreditation Board in 2011, signifying quality care and national standards of performance, implemented or continued various programs to address priority health issues for F/Y 2011-2012:

- Provided the **Child Health Program** which aids in the prevention of mortality and morbidity among children and youth through education and other preventive efforts to reduce the incidence of childhood diseases.
- Provided **405** Influenza vaccinations to general public.
- Provided **409** PPD Tuberculin skin tests including Scotland High School students.
- Offered free sexually transmitted disease screenings and treatment to anyone that requests the service. Provided **1,118** STD screenings and **1,544** HIV tests and **566** TB Nursing contacts were provided through the health department.
- **WIC** (Women, Infant and Children) also called the Special Supplemental Nutrition Program, is designed to provide food to low-income, pregnant, post-partum, and breastfeeding women, infants and children until the age of five. **1,774** families were served through WIC. The WIC Program also implemented a **Breastfeeding**
Peer Counselor Program which provided information, encouragement, and support to new mothers. This program is currently serving 67 women.

- Provided a Children's Special Needs Clinic for children, adolescents and young adults under age 21 years who have a chronic medical condition affecting their growth and development. The clinic is staffed by a Board Certified Pediatric Orthopedic Surgeon from Duke University Medical Center and other medical professionals. Thirty-four (34) children were served.
- Provided 1,381 immunizations to infants, children and adults.
- Provided Sickle Cell testing/counseling to children and adults at no charge; abnormal sickle cell result counseling offered to families monthly through SCHD at no charge by Regional Sickle Cell Counselor.
- Provided lead screening for children less than six years of age at no charge.
- Served as lead agency for the Child Fatality Prevention Team which reviews the incidence and causes of all child deaths in the county.
- Provided the Care Coordination Program for Children (CC4C) (formerly known as the Child Service Coordination Program) to enhance services to children with special needs and their families. In Scotland County, under this program, 1,070 client services were provided to children and families.
- The Pregnancy Care Management Program (PCM) (formerly known as the Maternity Care Coordination Program) provided 2,090 client services to help pregnant women maximize opportunities for healthy pregnancies resulting in healthy babies.
- Provided 244 Pregnancy Test Counseling services.
- Provided 51 Maternity Clinic visits to prenatal clients.
- Provided 95 Postpartum and 97 Newborn Home Visit Assessment to Scotland County Health Department prenatal clients and other prenatal clients enrolled in the WIC Program.
- Received State funding in the amount of $16,720, in 2010, for family planning outreach to help increase services.
- Family Planning Services have decreased. Program saw 206 initial visits, 316 annual visits, and 697 short term services. Total visits were 1,219.
- Provided child restraint systems/classes for 35 participants in 2011 and 34 participants in 2012 by certified technicians through the NC Safe Kids Buckle Up Program, along with participation in county-wide child restraint system checks.
- Collaborated with Scotland County Healthy Carolinians in both providing housing and meeting space along with various community health initiatives.
- Continued smoke-free policy for Health Department and grounds.
- NC Diabetes Education Recognition Program - Cohort IV Diabetes Initiative – grant funded in 2010 through the Division of Public Health, Diabetes Prevention & Control Branch, and Certified by the American Diabetes Association (ADA) in August 2011, allows the health department to provide diabetes self-management education through referrals from physicians or patients seen in the clinic.
- Family Planning Outreach Activities – reaching teenagers by placing ads in the high school yearbook, school newspaper and football programs with information on health issues. SCATS passes were purchased and provided to patients who
used the Scotland County Transportation System for transportation for visits. Hand fans, flavored lip balm and writing pens were purchased with health department information/logo to distribute at health fairs and outreach activities. Feminine hygiene products were purchased and distributed to middle and high schools in addition to health department contact information. Family Planning staff attended several events to promote Family Planning Services which included the Community Fair at St. Andrew’s University, Family Fun Day at DSS, and Sunday in the Park events.

- SCHD Laboratory was recertified by the Department of Health and Human Services Medicare and Medicaid Services Clinical Laboratory Improvement Amendments (C.L.I.A.) for policies, procedures, quality control and quality assurance and received Certificate of Compliance effective until August 2014.
- SCHD Laboratory performed 16,296 tests/procedures in FY 2011-2012.
- New agency brochures, magnets and clinical brochures were distributed to all ages and are being used for all outreach activities.

**Preparedness and Response/Bioterrorism**

Scotland County Health Department now divides the responsibilities of the Preparedness and Response Coordinator between several staff members. The NC Office of PHP&R has divided the state into four Public Health Regional Preparedness Offices. Each office provides support for citizens and public health officials in their designated geographical regions. The 100 North Carolina counties are divided into Central, Western, Eastern and City Readiness Initiative (CRI) regional offices. Each office includes the following staffing: a planning consultant, training and exercise facilitator, an industrial hygienist, a pharmacist, and a program support specialist, all employed by the state, to provide and coordinate that support.

This past fiscal year the P&R program focused on completing and submitting to the state for evaluation the Continuity of Operation (COOP) Plan and the updated Pandemic Influenza Plan. The program continues to coordinate educational activities for the health department staff.

Another major accomplishment for the P&R program was the review and grading of their SNS Plan. This has been changed to annual review and minimum scores were implemented by the State. The minimum score for Fiscal Year 2012 was a 69. Scotland County scored an 86 on this Plan.

The program participated in several regional exercises in the past year. Johnston County hosted a PHRST 3 Regional Tabletop Exercise that involved regional county Epidemiology Teams. This exercise involved teams working together to respond to an outbreak of a communicable disease. It tested the knowledge of EPI teams regarding public health state laws and statutes, coordination with community partners, state resources (NC CD Branch, State Lab), surveillance activities, risk communication tactics and the possible use of isolation and quarantine orders. Ten counties including Scotland participated to test the abilities of the teams to work together in an efficient and effective manner.
**Environmental Health**

A healthy environment is critical for healthy people. The Environmental Health Section of the Scotland County Health Department protects and improves the public’s health by controlling the environmental factors which can adversely affect human health. Lead poisoning, air, soil, water quality, and exposure to hazardous agents contribute to illness and development of disabilities and, therefore, must be monitored.

Environmental Health provides preventive health through inspections, education, and enforcement of state and local rules in programs for food and lodging, on-site wastewater disposal, pools, tattoo establishments and institutions, poisoning and animal control. Scotland County Health Department has three Environmental Health Specialists and two Animal Control Officers to provide services for the county.

In F/Y 2011-2012, the Environmental Health Department provided 35 new well permits; 120 on-site wastewater improvement permits; 465 food and lodging establishment inspections, 30 swimming pool inspections, 56 day care inspections with one child lead exposure and responded to 15 sewage complaints.

**Animal Control**

The Animal Control Program of the Scotland County Health Department is charged with the responsibility of enforcing state and county laws, ordinances, and resolutions pertaining to the care, custody and control of county animals.

Due to economic conditions there was an increase in the number of animals released from owners. With the addition of a second animal control officer, the backlog of rabies vaccination violations investigations were completed and are up to date.

In F/Y 2011-2012, the North Carolina State Laboratory confirmed no positive cases of rabies. Rabies is transmitted from one animal to another and from animals to people. Officials asked citizens to stay aware and have their animals vaccinated by a licensed veterinarian. Scotland County Animal Control (F/Y 2011-2012), had 5,282 animal control calls; 708 animal control ordinance violations (loose or tethering); 646 (other than loose or tethering); 20 animal bite investigations and 620 animals impounded.

**Scotland County Healthy Carolinians**

Scotland County Healthy Carolinians is a county-wide coalition whose mission is “to empower its citizens through education and promotion of healthy lifestyles and safe communities”. Scotland County Healthy Carolinians implemented and/or continued programs relevant to Scotland County’s priority health issues established through the 2009 Community Health Assessment for F/Y 2011-2012:

- Scotland County Healthy Carolinians awarded Re-Certification status through the North Carolina Governor’s Task Force for Healthy Carolinians 2011-2015.
- Scotland County Healthy Carolinians Partnership, due to lack of funding, has transitioned to a “Healthy Carolinians Steering Committee” who continue to oversee the action plans developed from the 2009 Community Health Assessment and will be instrumental in developing plans for the 2013 objectives.
• Continue to initiate health education and promotion programs to educate the public about risk factors that promote chronic disease especially focusing on heart disease, hypertension, and diabetes and implementing physical activity and nutrition programs throughout the community collaborating with various agencies.
• Provided Public Service Announcements on health issues, chronic disease, physical activity and nutrition to local radio stations and newspaper articles monthly.
• Sustained a “Healthy Snack Bar” offering fruits and 100 calorie snacks for employees now in its fourth year.
• Continued to collaborate with Scotland Memorial Hospital in facilitating the Community Diabetes Support Group education programs with an average of 24 participants and continues to grow.
• Collaborated with Scotland Memorial Foundation, Scotland Health Care System and Scotland County Health Department to provide a Community-wide Diabetes Health Fair with approx. 120 participants which is now an annual event.
• Collaborated with Scotland Community Health Clinic in diabetes education initiatives.
• Sustained a collaborative relationship with a local pharmacy in providing additional diabetes education and screenings to serve our indigent population.
• Collaborated with Scotland County Parks and Recreation to continue the physical activity and nutrition program “WOW!” (Workouts for Women) with an average of 17 - 20 participants each session with positive results through evaluations.
• Continued a collaborative relationship with WLNC Hometown Radio Station to provide monthly health related outreach sessions – “Our Health Matters!” for their daily “Live on Main Street” program.
• Partnered with Parks and Recreation, Health Department, Department of Social Services, Scotland County Cooperative Extension, Juvenile Justice, Red Cross, 4-H, churches, and others to form additional summer programs for youth to enhance physical activity and healthy nutrition.
• Collaborated with University of North Carolina at Pembroke hosting student interns in the Health Education/Promotion program.
• Coordinator serves on the NC Public Health Association’s Health and Wellness Section as Vice-Chair.

Scotland Health Care System
• Earned full reaccreditation from The Joint Commission in 2012 signifying quality care and adherence to national standards of performance.
• Provides five Family Practice Clinics offsite: (Laurinburg, Wagram, Bennettsville, Maxton and Pembroke); Two ob/gyn practices in Laurinburg and Bennettsville; One gastro practice in Laurinburg; one surgical practice in Laurinburg, one ob/gyn practice in Laurinburg and the Urgent Care Practice on hospital campus.
• Added thirteen new physicians to the active medical staff in the specialties of Gastroenterology, Internal Medicine, OB/GYN, General Surgery, Hospitalist,
Podiatry, Anesthesiology/Pain Management, Medical Oncology, Radiology, and Physiatry/Pain Management.

- Completed an expansion project at Marlboro Ob/Gyn, increasing the added dedicated office space for the providers, and a new waiting room and reception area.
- Opened the new Scotland Cardiovascular Center, a joint venture with FirstHealth of the Carolinas. The center offers cardiac catheterizations and vascular procedures in a state-of-the-art facility equal to any in the state.
- Provided free community health screenings: bone density- 106, cholesterol- 211, blood pressure checks – 392, PSA’s - 96 on the health care system's mobile health care unit.
- Provided genetic counseling in collaboration with Duke Hereditary Cancer Clinic and the Duke Oncology Network.
- Provided space and/or financial support through Scotland Memorial Foundation for nine support groups such as Alzheimer’s, Amputee, Pain Management, Cancer, Stroke, MS, Diabetes, etc.
- Hosted quarterly Look Good, Feel Better Programs sponsored by the American Cancer Society, for women undergoing treatment for cancer.
- Provided education and self-management for persons with diabetes.
- Collaborated with Scotland County Healthy Carolinians in providing the Community Diabetes Support Group programs and participate on the Healthy Carolinians Steering Committee.
- Provided free Childbirth Choices classes at The Women’s Center to expectant parents, which provides information to make informed decisions about pregnancy and birth.
- Provided 25 free physicals to participants in Special Olympics in March 2012.
- Collaborated with the Scotland County School System in April 2012 to provide 330 annual Sports Physicals for middle and high school students involved in team sports.
- Hosted a Women’s Health Event, February 2012, which included 83 cholesterol screenings, 37 bone density screenings, and 87 height/weight and body fat screenings, 89 blood pressure assessments, as well as a full day of educational sessions on various health topics for over 200 women.
- Hosted a Men’s Health Event in June, 2012, which included 84 PSA tests, 82 cholesterol screenings, 84 blood pressure screenings and 84 rectal exams by a local urologist. The event included several informative speakers related to men’s health issues.
- Hosted 6 Red Cross Blood Mobiles that provided close to 191 productive units of blood for a 90% goal reached.
- Hosted a Community Diabetes Education Health Fair serving nearly 125 participants in collaboration with The Scotland County Department of Public Health/Healthy Carolinians and funded by Scotland Memorial Foundation, which has become an annual event.
Scotland Community Health Clinic

Scotland Community Health Clinic (SCHC), a 501(c)(3) non-profit organization, opened July 2007 as a free clinic and medical safety net facility for uninsured Scotland County residents, aged 18 – 64, who are at or below 150% FPL. A member of the NC Association of Free Clinics (NCAFC) and the National Association of Free and Charitable Clinics (NAFC), SCHC’s mission is to deliver compassionate, high quality evidence-based, primary care and prescription assistance to the uninsured and most needy residents of the county. Scotland Community Health Clinic is not connected with any local, state or federal agencies and must rely primarily on local donations, and assistance from grants and foundations.

Patients are currently seen by appointment in the clinic by volunteer physicians and mid-level providers as their schedules permit. Eligibility appointments are scheduled on Wednesdays. The clinic is dependent on the 20+ providers (including physicians, mid-level providers, nurses, CNA’s and phlebotomists) to provide the needed services. Office hours are Monday through Friday 8:00-5:00. Dr. Jonathan Rowson currently serves as Medical Director for the clinic, and Lynn Sanford, Nurse Practitioner, is our regular provider. The Executive Director is Andy Kurtzman who serves at the pleasure of the Board of Directors.

Since opening, the clinic has had over 3000 patient visits and currently has 1400 active patients. Thousands of dollars of services have been donated by Scotland County Imaging and Scotland Memorial Hospital. Free mammograms are provided by the Scotland Memorial Foundation through the hospital’s mobile unit “Scotty”. Approximately 80 free mammograms have been provided through the community clinic in 2012. Several specialty clinics have made services available to patients including Scotland Cardiology, Ortho Carolina, Scotland Surgical, Bowling Eye Clinic, Dr. Kurt Jute, and Dr. Mark LaVigne at Laurinburg Ear, Nose, and Throat.

Prescription Assistance is also available through SCHC. Our advocate works with North Carolina Med Assist to assist our patients with getting their medicine for free or at low cost. In 2011, SCHC helped 279 patients receive over $380,000 of prescriptions. As of November 2012, SCHC has assisted 312 patients with over $824,000 worth of prescriptions.

Currently the clinic is providing a Diabetes Care Program to help patients manage their diabetes more effectively. In addition to closer following, participants have access to various classes to help manage their diabetes.

SCHC will be expanding its office space to provide more front office area and an office for our Prescription Assistance Advocate. This should be complete by Spring 2013.

Scotland County Department of Social Services

Scotland County Department of Social Services (DSS) strives to serve families and individuals who require assistance in achieving or maintaining their full potential for self direction, self-reliance, and economic independence. The vision of the Scotland County Social Services Board is “to foster individual responsibility and to create a strong cooperative community that is responsive to the needs of its citizens”.
Once again, Medicaid was the largest expenditure in the DSS budget. As with any medical insurance expenditure, Medicaid has seen significant budget increases, much of which can be tracked to the cost of prescription drugs and Long Term Care. Plant closures is another area that caused an increase in Medicaid as citizens who lost their jobs also lost their health insurance. In FY 2011-2012, we continued to see many individuals seeking assistance from DSS. Some of the highlights from the Annual Report are as follows:

- Provided child care subsidies for 667 children at a cost of $1,498,211.90 to enable parents to be trained for work or go to work. Eighty-four percent (84%) of families receiving subsidy earn less than $25,000 per year.
- Issued $17,193,695 in Food Assistance to 5,490 families, including children, elderly and disabled adults. Eighty-eight percent (88%) of the population were potentially eligible for Food Assistance.
- Investigated 37 reports of abuse, neglect and exploitation of disabled adults. Fifteen (15) cases were substantiated.
- Investigated 375 reports of Child Abuse/Neglect and substantiated 471 of those reports.
- The number of children in care decreased from 75 to 45.
- Collected $5,475,052 in child support payments and established paternity for 423 children.
- Located 647 absent parents. Established and enforced 4,325 support order/obligations.
- Maintained 4,204 Family and Children Medicaid and Health Choice cases.
- Providers received $43,721,377.17 in payments from Medicaid and Health Choice.
- Assisted 43 Work First recipients in going to work.
- Assisted 595 Adults and Families through Service Intake.
- Provided guardianship services to 22 wards.
- Provided payee services to 17 payees.
- Completed 14 adoptions.
- Approved 2,532 applications to receive $549,584 in Crisis Intervention funding toward heating or cooling costs.
- Assisted 537 households with Low Income Energy Assistance totaling $125,800.

The Health Check (Medicaid) or NC Health Choice Program

Health Check is Medicaid for children. Health Check covers complete medical and dental check-ups, and provides vision and hearing screenings and referrals for treatment. Early Periodic Screening, Diagnostic and Treatment (EPSDT) is the federal law that requires Medicaid to provide medically necessary health care services to Medicaid eligible children through the age of 20 even if the services are not normally covered by Medicaid or the services are normally only covered for recipients 21 years of age and older.
Health Choice for Children Since October 1998, is a comprehensive health care program for families who make too much money to qualify for Medicaid but too little to afford rising health insurance premiums. Families are able to get free or reduced price comprehensive health care for their children. The new plan, “NC Health Choice for Children”, is the same as coverage provided for the children of state employees and teachers, plus vision, hearing and dental benefits.

Note: The Health Check/Health Choice Programs have been regionalized. Services for Scotland County are now offered through the Sandhills Community Care Network located at Richmond County Health Department, Rockingham, N.C.

Scotland County School System
Scotland County Schools are committed to addressing the needs of the “whole child” by having healthy, safe and orderly schools. Many programs and services are available for children at risk of academic failure. Scotland County School system is one of twenty-one school systems in North Carolina selected for the school based Child and Family Support Team initiative. This initiative is now in its seventh (2012-2013) year of implementation. Teams of nurses and social workers have been placed in six schools within the district to assist children and families in securing resources and services to help the child be successful in school. This initiative is voluntary and family centered. Action plans are developed in collaboration with other community programs and services that address the needs of the family. All schools have a Responsiveness to Instruction Team (RtI) which assists children who may be having any variety of difficulties. Homebound services are also offered to address the academic needs of students who have to be out of school for an extended period due to health concerns.

Students in our county have access to 9 social workers, 11 nurses, 18 school counselors, 4 psychologists, one drop-out prevention coordinator and 4 attendance liaisons. These individuals can work with students on an individual basis to address barriers that prohibit them from being successful in school. Scotland County school nurses are very busy with a variety of duties including screening children for health risks: vision, hearing, blood pressure, height, weight, etc. The System also has a protocol in place for mental health emergencies to assist students with remaining safe and obtaining the help that they need.

In 2009, the North Carolina General Assembly changed North Carolina’s sexuality education law. The Healthy Youth Act will give public school students the critical fact-based education they need to make safe decisions about their bodies, sex, and relationships as they age into adulthood. Scotland County Schools continue to work toward the important goals of the Healthy Youth Act as well as teaching the Healthful Living standards.

Hospice of Scotland County:
Hospice of Scotland County is a non-profit agency established in 1986. The agency is Medicare and Medicaid certified and is licensed in North and South Carolina. Hospice of Scotland County is accredited by the Accreditation Commission for Health Care. The mission of the organization is to provide care for persons at the end of life so they may live as fully and comfortably as possible. Services are provided by a
team of professional and volunteers, who give patients and families the “special kind of caring” they deserve. Patients can be served at home or in a nursing or rest home.

The agency also owns and operates The Morrison Manor, a twelve bed hospice facility. The facility is for patients that need more intensive skilled nursing care and symptom management. Hospice of Scotland County cared for 319 patients in fiscal year 2011-2012.

The organization’s North Carolina office serves residents of Scotland, Richmond, Robeson and Hoke counties. Marlboro, Dillon and Chesterfield counties in South Carolina are served by the office in Bennettsville, South Carolina.

Hospice also offers a grant funded program through the Lumber River Council of Government that provides personal care to Scotland County residents age 60 and over. There were 39 patients served by this program in the past fiscal year.

A new program for the organization Scotland Regional Palliative Care was started in January of 2011. The palliative care program treats patients with complex pain and other symptoms at any stage of illness, while hospice care is appropriate for people with a terminal illness and a life-expectancy of six months or less. Palliative care patients continue to receive therapies that are aimed at curing the condition or prolonging life. A Nurse Practitioner provides palliative care consults at Scotland Memorial Hospital and in several contracted nursing homes in the area.

For more information about hospice services, palliative care services or volunteer opportunities, contact Hospice of Scotland County at (910)276-7176 or toll-free at (877)276-7176 or visit their website at www.scotlandhospice.org.

**Emergency Medical Services**

Scotland County EMS has not seen much change in 2012. Two EMT-Paramedics were hired in 2011 to fill 2 of our 5 open paramedic positions. One of these paramedics has already left our service for a different position as a road paramedic in a neighboring county. The other services offer better working hours, which has a great deal of appeal to medics with a family. Paramedics continue to leave the field to return to school and become nurses as the financial rewards, working conditions, and hours are much more desirable. EMS systems across the nation continue to experience the same issue of staffing shortages. Many EMS systems are considering addressing the issue with a sign-on bonus, higher more competitive wages, shorter shift hours (12 hours instead of 24 hour shifts), retirement tenure shortened to 25 years, and higher annual 401 contributions by employers. Scotland County EMS has been unable to address many of these issues due to budget restraints. In fact, some of the employment benefits that employee once received have been decreased and medical equipment scheduled for replacement has been postponed due to capital budget cuts. In 2012, EMS was allowed to purchase two Physio-Control Life-Pac 15 defibrillators with 911 Public Safety funding. The 2012-2013 FY Budget also allowed for the replacement of two more Life-Pac 15 defibrillators. These will replace Life-Pac 12 units that were 8 years old and no longer in production. As our other equipment and vehicles continue to age, we will continue to repair and patch equipment until the current funding we have is exhausted.
Emergency Management

Scotland County Emergency Management has seen some changes in 2012, but in general has continued to support the process of planning for, responding to, recovering from and mitigating any form of disaster situation that affects Scotland County. The County Emergency Operation Plan (EOP) was upgraded to reflect any changes in the county’s ability to respond to disaster situations. This has become an annual requirement from NCEM for Scotland County EM to receive EMPG funding. The NCEM developed a new formula for the distribution of EMPG funding in 2010 that cut Scotland County funding back from $38,000 annually to approximately $20,800. NCEM now requires local EM agencies to participate in three multi-jurisdictional exercises, receive a minimum of 24 hours training, attend one 3-day State EM conference, be NIMS compliant will staff training, complete a NIMSCAST rollup exercise annually, complete a resource management and availability report on WEB EOC to be eligible for the reduced EMPG funding. Additional funding is available if the local EM program can accomplish other optional EMPG activities. Scotland EM continues to utilize the two new equipment trailers funded from H1N1 funding through Scotland County Public Health. Both of these trailers could be easily moved to the site of a Public Health Emergency Clinic location and be used to support a 24-hour a day operation, if that need should ever arise. Both are good pieces of equipment and are being used in exercise situations.

Scotland County, though not affected by the 2012 Hurricane season, participated in a partial activation of the County’s EOC for 2011 Hurricane exercise in June. WEB EOC continues to grow as the new means of tracking disaster operations electronically. Scotland County has previously been awarded a $650,000.00 non-competitive Department of Homeland Security (DHS) Grant to construct a new Emergency Operation Center (EOC). Rep. Larry Kissell was instrumental in obtaining the grant for the county. Scotland County is currently waiting for approval of a second environmental impact study by the DHS to move forward with the project.

The new Emergency Operations Center will be a multi-purpose facility used as an EOC, a county meeting facility, a training facility, and with the use of additional 911 funds, house a new 911 center. Scotland County has applied for and been awarded an additional grant from the NC 911 Board to construct the new 911 Center. The grant was for 2.1 million dollars and will be a big help in constructing the new 911 communication center / EOC. An architectural firm, Becker Morgan Group has been contracted by the county, and is currently looking at design and cost aspects of the project. It is hoped that the new facility will be operational by late 2013 or early 2014.

Scotland County Cooperative Extension Service/4-H, Family and Consumer Science and Community Development

North Carolina Cooperative Extension’s Scotland County Center provides many environmental, community and agricultural services. Their mission is “Helping individuals, families, and communities put research-based knowledge to work to improve their lives”. Highlighted are some of the programs Cooperative Extension sponsored or implemented in 2011-2012 to help strengthen the economy and empower youth and families:
The Scotland County 4-H Expanded Food and Nutrition Education Program (EFNEP) provided nutrition education classes to over 1,900 youth in 2012. Youth received lessons on the importance of making healthier food choices and increasing their level of physical activity. The collaborative partners included: Scotland County Schools, Oxendine Elementary Scotland, Parks and Recreation, Scots for Youth, Four County, local daycares and churches.

Parenting classes were offered utilizing “Parenting Matters” curriculum developed by NC A&T University. Through the eight sessions, participants learned how to:

- identify ways to be a positive influence in their children’s lives
- take better care of themselves
- communicate effectively
- improve parent/child relationships
- use discipline appropriately
- manage stress effectively
- build a stronger support system

The 4th annual community Shred Day event was held in 2012. This program provides citizens the opportunity to safely shred their confidential information. A total of 7,900 pounds of paper, equivalent to 40 trees, was shredded and recycled in a secure bailing facility. For the second consecutive year, Shred Day joined forces with Operation Medicine Drop to offer citizens an opportunity to dispose of unused medications in their home to prevent accidental poisoning. A total of 20,401 doses were collected with the following breakdown: controlled substances: 1,550; prescription drugs: 10,976.75; over the counter: 6,990.75 and unknown: 883.50.

ServSafe, a 16-hour food safety course, was provided to 14 food service employees. Participants received training in areas such as: preventing food borne illness, food safety, types of contamination, food allergens, personal hygiene, time and temperature control, food storage, sanitation and pest management.

Family Financial Management training classes were offered in 2012. Topics included: Tracking Expenditures, Developing and Managing a Budget, Making Wise Credit Choices, Avoiding Frauds/Scams, and Predatory Loans.

A Cooking For One or Two Workshop was held in 2012. This workshop provided tips on planning, shopping, preparing, and eating healthy meals on a budget.

A six-week SNAP-ED (Supplemental Nutrition Assistance Program-Education) Eat Smart Move More-Take Control workshop was held in 2012. Participants were encouraged to take control of their health by moving more, and controlling their intake of fat, sodium, sugar, and dairy.

Scotland County Cooperative Extension participated in the tri-county Career Cluster Expo 2012 with Hoke and Robeson County. Over 1,000 high school students visited booths for career information in areas such as Agriculture, Food & Natural Resources, Education and Training, and Science, Technology, Engineering & Mathematics.
- A Cleaning 101 class was offered to residents of a local housing authority. This class provided residents with information and tips in preparing for and passing quarterly inspections.
- An Innovative Grant was received from NC A&T State University to work with youth in the areas of entrepreneurship, agricultural education and training, leadership, communication and workforce development.

**Scotland County Partnership for Children and Families (Smart Start)**
This program prepares children for success by providing resources to families and the community by bringing together families, nonprofit organizations, churches, educators, local government agencies and businesses to build community capacity and enhance existing service networks. This program has seen great increases in parent education, quality of care, increases in teacher education, while staff turnover has decreased, ensuring more stable care in our community. The following programs and accomplishments for the FY 2011-2012 are as follows:

- Scotland County Motheread/Fatheread Program goals are to teach adult literacy skills in child and family development context; increase the frequency of parents reading to their children; and increase their ability to help their children read. Story Extenders are awarded to use at home with their children as part of their ongoing participation.
- 100% of parents participating in Family Support Programs demonstrated an increased in engaging in literacy activities with children to 4 or more times a week.
- Worked with more than 20 public and private agencies to implement programs to improve the lives of Scotland County’s children and families.
- During fiscal year 2011-2012, 38 pre-teen and teen mothers received child care to assist them in remaining in school so they may receive a high school diploma or college degree.
- Nationally Accredited Child Care Facilities has increased from 0 to 5 since 2002 with 5 licensed centers being Nationally Accredited.

**Scotland County Adolescent Wellness-Council**
The Scotland County Adolescent Wellness Council continues their mission: “To empower Scotland County youths and their families to make informed decisions that enhance their well-being.” The council’s goals are to eliminate teen pregnancy, prevent sexually transmitted infections and promote healthy lifestyles. The council’s major role is to provide resources and technical support. The following activities were accomplished by the Council this past year:

- Continued support for the Scotland County Gang Task Force through technical assistance to support the work of the Task Force to reduce negative gang related activities in our county.
- Implemented a “Post Card Push” through teens to educate peers about the expenses and lifestyle changes that an unplanned pregnancy can bring to teen
parents on June 6, 2012 at the Scotland Youth Center. The Postcard Push was co-sponsored by the Scotland County Health Department, Department of Juvenile Justice and Delinquency Prevention, the Scotland Youth Center and a grant provided by the North Carolina Healthy Start Foundation.

- Implemented a Teen Summit held at Carver Middle School students in 2010 and held May 7, 2011 co-sponsored by the Scotland County Sheriff’s Department and Department of Juvenile Justice and Delinquency Prevention. The program provided empowerment and decision making skills for adolescents.
- Co-sponsored the Sheriff Department’s GREAT Summer Camp held July 18-22, 2011, by donating financial assistance.
- Facilitated an annual Parent’s Night Out on October 20, 2011, to make parents aware of risk factors faced by adolescents and to encourage open communication between parents and their children. On October 30, 2012 the Council facilitated an Annual Parent’s Night Out which was held at the Community Center (formerly East Laurinburg School) in recognition of October as Let’s Talk Month where attendees participated in the game “Smarter Than Your Teenager” in order to encourage open communication and awareness about risk factors currently faced by adolescents. The Postcard Push was co-sponsored by the Scotland County Health Department, Dept. of Juvenile Justice and Delinquency Prevention.
- For FY 2012-2013 The Adolescent Wellness Council will partner with the Scotland County Health Department Child Health program by providing community education and awareness activities supporting efforts to reduce teen pregnancy.

Activities sponsored by Scotland County Adolescent Wellness Council stress the importance of partnerships, which educate and promote community awareness.

**Scotland County Parks and Recreation**

Scotland Place Senior Center strives to enrich the lives of Scotland County adults age 55 and older through programs and services that will improve their health and wellness, decrease their loneliness and isolation, as well as provide social, economic and educational opportunities that enhance their quality of life. Increased emphasis on health of our adults 55 and older has been a major component of programs. Fitness programs are the integral component of Scotland Place’s efforts to maintain and improve the health of our customers.

The evidence based American Arthritis Foundation Exercise class has been added this year. We are finding this reaches a niche of the community that has not received services and is a valuable component of our program offerings. Grandparent Support Group meets monthly and provides Grandparents with support in a variety of areas. In the upcoming year, Cooperative Extension will provide a 9-week program to the Grandparents. Adults prefer large offering of activities and events to choose from. Social and educational programs are offered to meet these needs. Over 7,200 persons received services in 2011-2012 at Scotland Place.
Scotland County Parks and Recreation’s mission is “to provide leisure opportunities to the citizens of Scotland County for enrichment of mind, body and quality of life.” Quality of life is addressed by the park system and summer programs offered. Adult and youth sports have always been a strong component of the Parks and Recreation offerings.

- A guide to summer programs was made available in May to our citizens. All agencies serving youth provided information for the brochure that was posted on the County Webpage and sent to all schools for distribution.
- In November 2009, the Wagram Recreation Center opened providing a variety of services to all generations.
- The Morgan Recreation Complex features a variety of outdoor recreational opportunities such as baseball, softball and soccer.
- More information on Scotland County Parks and Recreation can be found at www.scotlandcounty.org

Other County Priorities and Programs/Activities Implemented:

Transportation
Transportation continues to play a vital role in the health and well being of Scotland County residents since “transportation” enables or diminishes access to services such as health care, as well as access to employment, school, day care, and more. Scotland County Area Transit System (SCATS) has ten public transportation vehicles. These can be used by eligible Medicaid clients and the general public to go to pharmacies and medical appointments within the city of Laurinburg and Scotland County. Scotland County Area Transit System (SCATS) continued to respond and serve the transportation needs for programs such as Work First, the Division of the Blind, Council of Government Council on Aging clients over age 60, Medicaid recipients, and the elderly and disabled population. The system also continues to transport clients to Moore Regional Hospital, UNC Medical Center, and Duke Medical Center for medical appointments, and to clinics, pharmacies, and medical services not available in Scotland County.

In 2010, a new transit van was acquired but no new transit vehicles were purchased in 2011. NC DOT Pubic Transportation Division approved the need and purchase of two new vans for SCATS, but the local 10% match was not approved for but one vehicle. That funding was later used to pay higher than expected fuel cost, so no older vehicles were replaced in the fleet in 2011. In the FY 2012-2013 Budget, NC DOT Public Transportation Division again approved the need and purchase of two replacement vehicles for SCATS. This year, the local 10% matching funding was approved. These two vehicles will be ordered as soon as state contracts for purchase are issued by NC DOT.

In November 2012, the new Transportation Office Building celebrated its sixth year of operation. The facility was built to house a Transportation Coordinator and Administrative Assistant/Safety Coordinator, plus provide a meeting, training and break room for van drivers. The SCATS system has two fixed routes. The Red Line Route serves East Laurinburg and the north side of Laurinburg. The Blue Line Route serves the north and east side of Laurinburg with several stops on the southern end of town.
The two routes (the Blue Line and the Red Line) have several common stops that allow riders to transfer from one line to the other to reach different areas of the community. Scotland County Area Transit System (SCATS) runs Monday through Friday from 8:00 am to 5:00 pm and costs $1.00 per person per day. SCATS fixed routes serve approximately 1,800 to 2,000 passengers monthly.

EPI Response Team Exercise

In August 2012 Scotland County Department of Public Health’s Preparedness Program and the EPI Response Team participated in a regional exercise that also included Columbus and Robeson Counties. The planning for this exercise began several months earlier when a few staff met with representatives from the other two Counties to design the exercise. The goal was to test the county’s abilities to respond rapidly in setting up a mass dispensing site where medications are dispensed to the entire population within these counties.

The exercise scenario was based on Plague Outbreak that spread throughout the three counties. With the added knowledge and expertise the community partners would bring to the table we chose to focus on three areas:

1. Request of additional resources such as the Strategic National Stockpile,
2. Command and management of a mass dispensing operation, and
3. Receipt of resources after request.

The event was a huge success on several levels. Scotland County Department of Public Health, Scotland Memorial Hospital, Scotland County Emergency Services, and Scotland County EMS participated in the tri-county event. The design of the EPI response exercise enabled all participants to gain valuable knowledge by observing and listening to all responses to questions and scenarios posed during the event.

As a result of this particular exercise, positive changes were made to the Health Department’s response plans to ensure better efficiency in response. Additional trainings and exercises forthcoming will be to build upon these lessons learned.

Smoking and Tobacco

In May of 2009, Governor Beverly Perdue signed an indoor smoking ban (House Bill 2) into law. Scotland County’s Senator William Purcell, one of the Bill sponsors, was instrumental in getting the new law passed which became effective on January 2, 2010. Nearly all restaurants and bars in North Carolina and many lodging establishments that prepare and serve food and drink became smoke-free, thanks to S.L. 2009-27 (G.S.130A-496), otherwise known as North Carolina’s Smoke-Free Restaurants and Bars Law.

A news release from November 9, 2011, from the North Carolina Department of Health and Human Services/Office of Public Affairs reported that emergency room visits by North Carolinians experiencing heart attacks have declined by 21% since the January 2010 start of the state’s Smoke-Free Restaurants and Bars Law.
Since 2006, Scotland County Department of Public Health along with all Government Buildings in Scotland County adopted a smoking ordinance preventing smoking or using tobacco products within 50 feet of the buildings.

Free, confidential quit coaching for any tobacco user who wishes to quit is available through QuitlineNC at 1-800-QUIT-NOW (784-8669). QuitlineNC is available daily 7 a.m. until 3:00 a.m. Translation service is also available.

### Asthma

While asthma does not cause many deaths among children in North Carolina, it is one of the most prevalent chronic diseases in our state among children. In 2010, the number of hospitalizations for asthma diagnosis in Scotland County were: 82 for all ages and 32 for children ages 0-14 years. (NCSCHS 2011)

(Note): The Purcell Pediatric Clinic diagnosed or screened over 700 patients with asthma in 2011-2012. The Purcell Clinic's goal is to empower and educate parents so they can manage their child’s asthma, understand the goals of treatment and make the right choices for preventing asthmatic episodes, emergency services or hospitalization.

### Dental Health

In Scotland County, a state public health dental hygienist develops and implements a county oral health program. Services vary by county due to local needs and requests. In 2009-2010, the percent of children in Scotland County with untreated tooth decay for kindergarteners was 28% compared to the State with 15% and 4% for 5th graders compared to 3% for the State.

Provided services, with an emphasis on children, may include: screening/referral/follow-up; dental sealant promotion; dental health education; promoting the appropriate use of fluorides, including a school-based fluoride mouth-rinse program and community water fluoridation; consultation on oral health issues with health care providers, consumers and community organizations; and service on various community boards and organizations.

Services the Oral Health Section (OHS) staff provided in Scotland County are as follows:

- Annual screenings for Kindergarten and Fifth grades and referral for dental care as needed.
- Dental Education provided for all school grade levels as requested throughout the county.
- Resource for the Health Department, Schools, DDS, and various community groups.
- Provide and support dental sealant promotion projects at high risk schools grades K through 3.
- Key presenter for Community Diabetes Health Fair and Support Group Program.

### Domestic Violence & Rape Crisis Center

The Domestic Violence and Rape Crisis Center (DVRCC) provides services for survivors of sexual assault and domestic violence, a 24-hour hot-line, a 24-hour shelter, support groups, community education and prevention, court advocacy and other
ancillary services. Their mission is “to educate our community about domestic violence and sexual assault, prevent future occurrences and empower survivors and their families to rebuild their lives”. The Center moved into a new shelter facility in December 2008 to better serve the citizens of Scotland County, which provide six bedrooms, three bathrooms, handicapped accessibility, and a separate on-site office.

In early 2011, new staff including an Executive Director and Victim Advocate along with trained volunteers underwent a tremendous transition period along with significant training in Domestic Violence and Sexual Assault. In December 2011, DVRCC hired a new shelter manager, who in turn restructured staff and policies within the 24 hour emergency shelter to ensure a more streamlined program for shelter residents. Today, DVRCC is partnered with UNC-P and RCC and have interns each semester majoring in Human Services or Social Work studies from each school gaining knowledge/experience in working with survivors of domestic violence and sexual assault. The Domestic Violence and Rape Crisis Center will have a new Executive Director as of January 2013.

In F/Y 2011-2012, the Center fielded 187 crisis calls for domestic violence, 5 crisis calls for sexual assault and 7 crisis calls for domestic violence/sexual assault and 12 other (bullying, threats, child physical abuse). While it appears the number of crisis calls for sexual assault may appear low, it does not mean that this crime is not occurring in our community. Sexual assault is vastly under reported for many reasons. If someone feels that they may have been sexually violated in any way, they are urged to call DVRCC 24 hour crisis hotline at 910/276-6268.

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Other Changes Affecting Health Concerns

Scotland County like many other counties throughout the state of North Carolina has been faced with extreme economic challenges with several industries closing and job loss and highest unemployment rate in the State. Increasing numbers of uninsured patients, coupled with limited financial resources and declining rates of Medicaid coverage among low-income patients have affected health care.

Scotland County is a small, rural county with some excellent natural resources, but limited financial resources. By focusing on areas where we can make the biggest impact to improve the health and lifestyles for the families in our county, we can impact issues that are of concern to the county. Targeting priority areas of obesity, tobacco prevention, encouraging physical activity and good nutrition, and making our parks and roadways safer can help make a positive impact on Scotland County.

Economy/Economics

Scotland County has seen a slight decline in the unemployment rate over the past year. The current rate is 16.1% which is down from 17.4% one year ago. The rate does however continue to be the highest in the State of North Carolina.

In this year, we announced an expansion of a current industry that will add 66 jobs along with over $57.6 million in new investment once all construction is completed.
In addition, there are several pending projects that could see several hundred jobs announced with many more millions in new investment that would allow for increased job opportunities for the citizens of the county.

The newly created Small Business Innovation Center construction is almost completed and this will allow for many small business and entrepreneurship courses to be taught so as to create an environment for business success in the county and region. This SBIC will be located in the newly created Southeast Regional Innovative Business Campus which is a new industrial park that will allow for the recruitment of many new companies to the area.

Activity for industrial recruitment has remained steady and there have been many companies visit but most are reluctant to make final decisions as they continue to watch the national economy. There is great potential though in the companies that have visited and once they begin to make final decisions we should have some make decisions that impact our region positively

**Mental Health**

Scotland continues to be served by Southeastern Regional Mental Health, Developmental Disabilities, and Substance Abuse Services Local Management Entity (LME). As of October 2010, there are 18 private providers (for-profit and non-profit) endorsed by them to provide at least one service related to mental health, developmental disabilities, and substance abuse. There are also at least three additional providers with licensed staff providing professional mental health services in Scotland County. Several services remain in short supply – psychiatric services, outpatient substance abuse services, intensive in home services, and day treatment programs. Often, clients need to go to more than one provider to receive services determined to be medically necessary and appropriate.

Due to the Governor's 100 Schools Initiative, school-Based “Child and Family Support Teams” have been located in 7 of our 22 schools. These 7 teams consist of a full-time school nurse and a full time school social worker who screen, refer and provide services to child at high-risk for academic failure or out-of –home placement. In July of 2007, Southeastern Regional LME hired a full-time mental health professional to work as a liaison between the schools and the LME to provide more timely and appropriate care for mental health and related services.

To access mental health in Scotland County, individuals now have to refer the Southeastern Regional Mental Health, Developmental Disabilities and Substance Abuse Services Crisis Hotline (1-800-672-8255), or their health care providers.

**Ways Community Members Can Get Involved**

Increased collaborative efforts must occur between agency representatives, community organizations, and community members to encourage wellness and improve the overall health status of our community. Examples include:

- Churches, schools, small businesses, youth and other community members should take ownership and work together to promote healthier habits.
- Citizens can participate or volunteer to help with health and wellness organizations such as Scotland County Healthy Carolinians, Scotland County
Cooperative Extension, Adolescent Wellness Council, Scotland Health Care System, Adult Day Care Centers, Senior Centers, Nutrition Sites or the Crime Stoppers Task Force.

- Citizens and key members of the community can attend or participate in Community Health Forums to express their opinions, ideas, and/or solutions to health issues that affect our community.
- Business and Industries can initiate personal wellness programs to enhance their employee’s nutrition and well-being.
- Finally, community leaders and other influential community members should consider priority health issues when discussing funding options and be more willing to serve as advocates for these issues in the community.

**Churches and faith-based organizations**

Churches are increasing their role and efforts targeting healthy lifestyles by offering programs that address chronic disease, physical activity and nutrition for youth and adults. The South Central North Carolina Partnership for Public Health ended Project Sparrow, a three-year, 13 county faith-based collaborative effort targeting heart disease and stroke prevention among African American adults age 18 to 64 years completed in 2011. Data from that effort showed positive results and is housed at Robeson County Health Department.

Rockingham District Partners in Ministry, a non-profit organization and resource and referral center opened August 2010, serves the people of Richmond, Scotland and Robeson counties through empowerment and enrichment. The organization provides programs such as: GED classes, Youth Empowered to Succeed, hosts a food pantry, teen closet, Summer Food and Fun Programs with healthy eating and physical activities, community garden located behind center and a Benefit Bank to help citizens fill out forms necessary to apply for food stamps, Medicaid Rx Extra Help, tax returns and Federal Application for Student Aid (FAFSA). Volunteers and donations are needed for all programs at the center.

**Conclusion:**

Scotland County is faced with great challenges yet is rich in community resources and people willing to put forth a greater effort. Public agencies and their staff have been trained to work with high risk populations that often have more physical, emotional and financial needs than the population served by the private sector. However, budgetary constraints and various other factors force public and private agencies to streamline and prioritize services. Nevertheless, Scotland County continues to provide programs and activities, education and information, more comprehensive medical care, and challenges its citizens to empower themselves toward better health and quality of life.
The 2012 **State of the County Health Report** for Scotland County was compiled by the Health Education Department of Scotland County Health Department and will be available on the health department’s website. Current primary and secondary data were used to complete this document along with data collected from the 2009 Community Health Assessment Report and 2011 State of the County Health Report.

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