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Community Input

The voice from the community is very important to public health. If you are interested in providing your input, please contact us at 919-496-2533.

Where can you find this report?

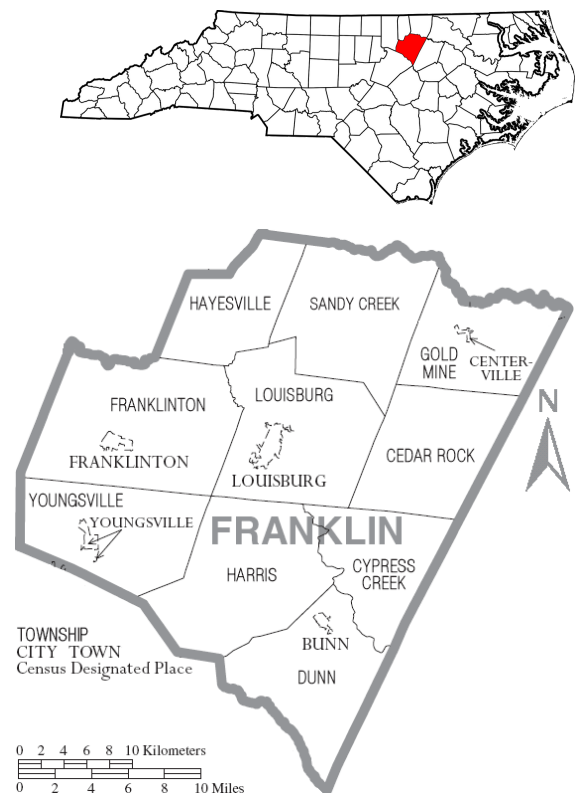
You can find a copy of this report and other community health data at <http://www.franklincohealth.org> or at any Franklin County library. You may also request a copy of the report by contacting Health Education at Franklin County Health Department. 919.496.2533 ext.2386.

Purpose

In North Carolina, each local health department is required to conduct a Community Health Needs Assessment (CHNA) at least once every four years. During the years between community health assessments, health departments must submit an annual abbreviated State of the County's Health (SOTCH) report. The SOTCH Report provides an update on health concerns and actions being taken to address them. It uses the most recent data to highlight county demographics, the leading causes of morbidity and mortality, and progress made towards addressing the leading health concerns identified in the 2018 Franklin County Community Health Needs Assessment. The four top health priority areas identified in the 2018 Community Health Needs Assessment include the following:

- 1 Access to Health Services**
- 2 Exercise, Nutrition, & Weight**
- 3 Mental Health & Mental Disorders**
- 4 Substance Abuse**

This report reviews local demographics, changes in selected health priority data, health indicators including morbidity and mortality data, and updates on the progress made towards priority health issues affecting our community. Significant and emerging issues are highlighted along with new initiatives that address important public health concerns. Any ideas or suggestions that might help us improve health outcomes in the community are welcome and can be made using the contact information provided on page 2 of this report. Any other comments or questions about the report are also welcome. Franklin County is located in central North Carolina and borders Wake, Nash, Warren, Granville and Vance counties. It is a growing county, but still considered predominately rural.



Demographics

Population Breakdown

Source: NCIOM, 2017

2017 POPULATION

Total number of people living in Franklin County:

66,168

Total number of people living in North Carolina:

10,273,419



CHILD POPULATION

The percentage of children in Franklin County is similar to the percentage of children in North Carolina.

Franklin 22.3%

NC 22.4%

ELDERLY POPULATION

The percentage of elderly in Franklin County is slightly higher than the percentage of elderly in North Carolina.

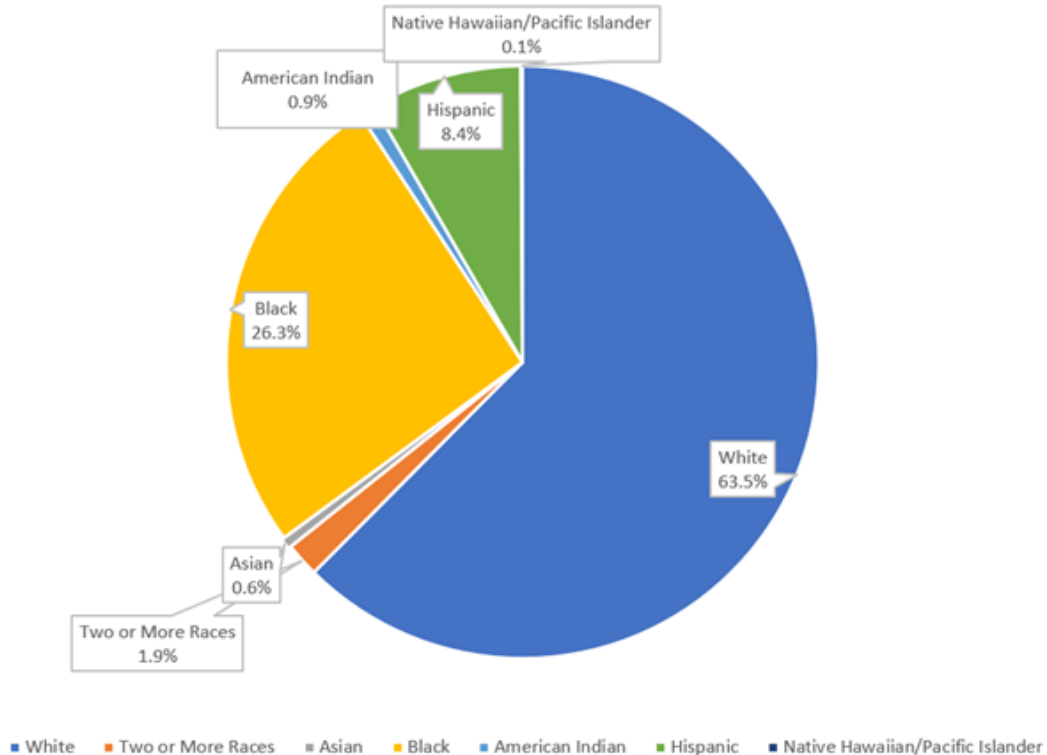
Franklin 16.4%

NC 15.9%

Vulnerable Populations include groups who are disadvantaged in a way that puts them at a higher risk for adverse health-related outcomes. The table includes examples of vulnerable populations in Franklin County.

Vulnerable Population	Estimated Number	% of Population
Persons 65 years and older	10,852	16.4%
Persons less than 18 years old	14,755	22.3%
Persons with Disabilities	2,102	3.1%
Living in Poverty (Less than 100% of the Poverty Level)		
Persons Living in Poverty	10,124	15.3%

2017 Franklin County Race/Ethnicity Distribution



Socioeconomic Indicators

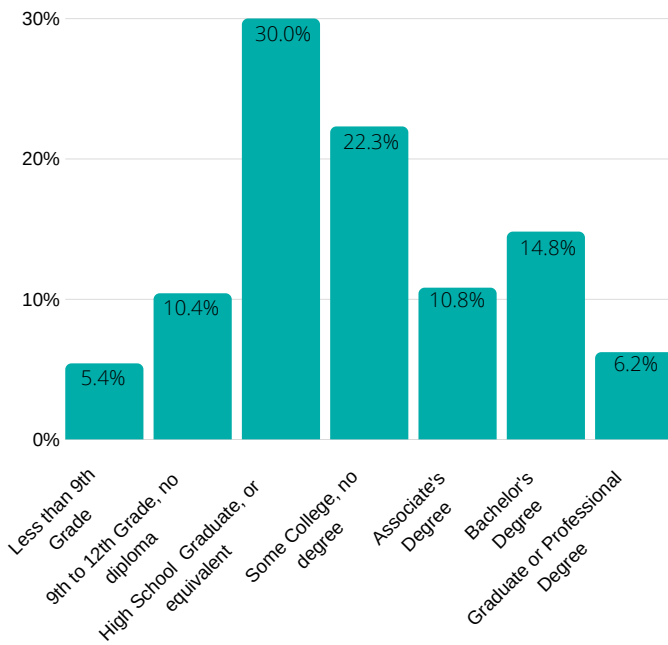
While health is largely influenced by lifestyle choices, our ability to make healthy choices is greatly impacted by the conditions or communities where we live, learn, work and play. The median family income for the county is just slightly below the state rate. The unemployment rate, number of people living below the poverty level, and uninsured rate are indicators of the economic status for county residents. These factors are most likely linked to the number of residents without access to health care, lower academic achievement, have chronic disease, overweight/obese and have poor socioeconomic indicators. In general, adults with less education have more chronic health problems and shorter life expectancies.

Disparities in Risk Factors for Chronic Illness by Education & Income, Region 7 (includes Franklin County), Source: BRFSS, 2018

	Persons Making Less than \$50,000 a year	Persons Making \$50,000 or more a year	High School Diploma or Less	Persons with College Education
Obese (BMI 30.0 or greater)	37.2%	27.1%	35.8%	21.5%
Currently Smokes Everyday	19.4%	10.7%	18.9%	6.4%
No Physical Activity in Past Month	36.2%	13.8%	33.0%	10.3%

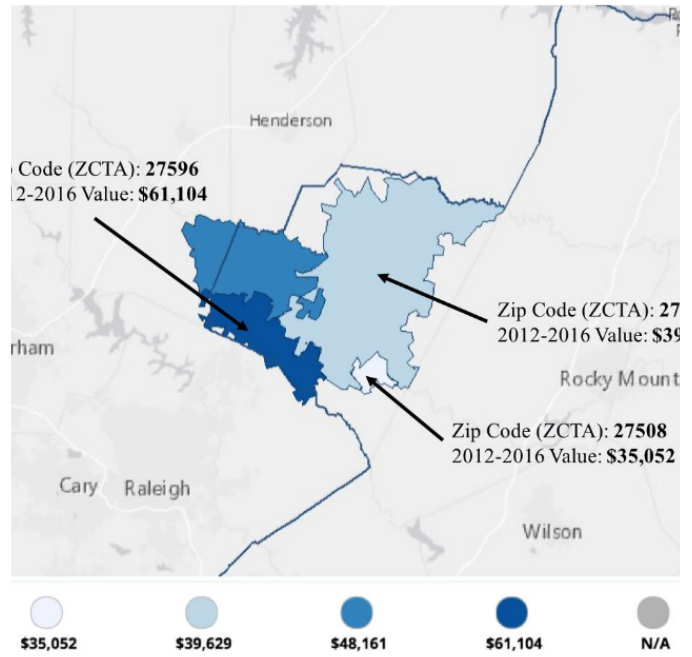
Educational Attainment in Franklin County

(Persons 25 years and older)

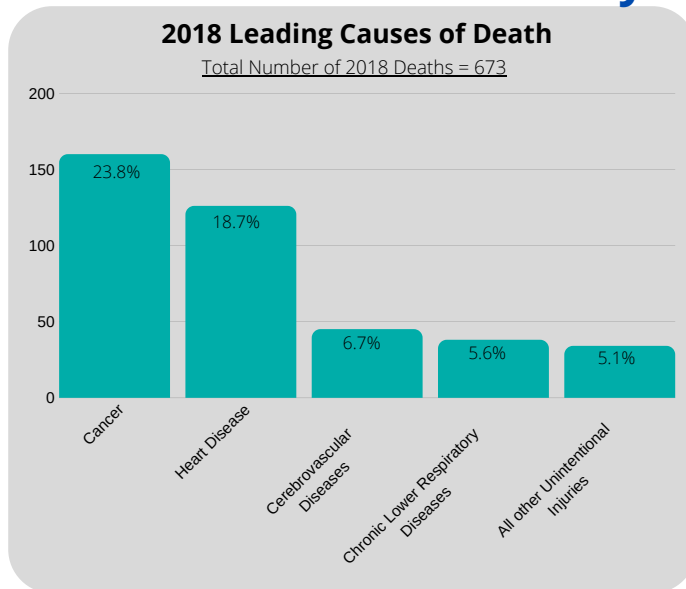


Median Household by Zip Code in Franklin County

(American Community Survey, 2012-2016)



Morbidity & Mortality Data



2018 Leading Causes of Death: Franklin County & North Carolina		
Ranking by Geographic Area		
10 Leading Causes of Death	FRANKLIN	NORTH CAROLINA
Cancer	1	1
Heart Disease	2	2
Cerebrovascular Diseases	3	4
Chronic Lower Respiratory Diseases	4	3
All Other Unintentional Injuries	5	6
Alzheimer's Disease	6	5
Diabetes	7	7
Motor Vehicle Injuries	8	10
Nephritis, Nephrotic Syndrome and Nephrosis	9	9
Influenza and Pneumonia	10	8

Source: NC DHHS, State Center for Health Statistics

In 2018, the leading causes of death in Franklin County were cancer, heart disease, cerebrovascular diseases, chronic lower respiratory diseases and other unintentional injuries. Together they account for 60.1% of all deaths. For 2019, the North Carolina Central Cancer Registry projected the number of cases in Franklin County for the following types of cancer: 65 lung/bronchus cancer, 75 breast cancer, 53 prostate cancer, and 33 colon/rectum cancer. (Source: "Projected New Cancer Cases and Deaths by County, 2019" link at <http://schs.dph.ncdhhs.gov/data/databook/>) According to the 2018 Behavioral Risk Factor Surveillance System (BRFSS) Survey, 9.2% of respondents in the Piedmont Area reported a history of any cardiovascular diseases (heart attack, coronary heart disease or stroke). 11.6% of the Piedmont Area respondents were told by a doctor or another health professional that they had pre-diabetes or borderline diabetes.

Access to Health Services

Having access to timely, affordable and quality healthcare is an important part of an individual's health status and community health. Access to health services has an impact on one's overall physical, mental, and social health status and quality of life. Health insurance coverage is also a vital component to accessing health services, however, many may still have difficulties finding health services due to various barriers. These barriers include out of pocket costs, language barriers, hours of operation, and transportation.

Community Objective: All individuals will be able to receive appropriate health care services regardless of ability to pay.

Baseline Measurements

- 15.2% of adults in Region 7 (includes Franklin County) reported being unable to see a doctor due to cost of health services.

Relevant Data	FRANKLIN	NC	Trend Over Time
Uninsured Population >65 Years Old (US Census, SAHIE, 2016)	13%	12%	
Primary Care Physicians Per 10,000 Population (NCIOM, 2017)	0.8	7	
Dentist Per 10,000 Population (NCIOM, 2017)	1.5	5	

Access to Health Services Continued

Progress for Access to Health Services

- **New Initiative** - Adult Primary Care at Franklin County Health Department: The FCHD has worked to create set fees for Adult Health patients with no insurance for physicals, sick visits, and follow-ups. Setting the set fee at an affordable price allows for an increase in access to services for adults where cost may have previously been a barrier.
- **New Initiative** - FCHD staff have partnered with the faith-based community in order to bring the Medical/Dental Bus to communities in need in Franklin County in the upcoming years. The partnership through NC Baptists on Mission allows for mobile medical units to come to various faith-based communities and meet the needs of individuals who may be without insurance or financially challenged with low cost to the sponsor of the event at \$8.00 per patient. The mobile bus units can be used for health screenings for programs offered by the health department as well.



Exercise, Nutrition & Weight

Obesity poses significant health concerns for both children and adults. Excess weight increases the risk of developing type 2 diabetes, heart disease, certain cancers and various other chronic issues. Healthy eating habits and regular physical activity are two key factors that can help individuals reach and maintain a healthy weight.

Community Objective: All Franklin County residents will have opportunities to make healthy choices regarding nutrition and physical activity.			
Baseline Measurements			
➤ 32.6% of adults (20+ years) reported to being physically inactive. (CDC, 2016)			
Relevant Data	FRANKLIN	NC	Trend Over Time
Adult Obesity (20+ Years) (CDC, 2016)	35.8%	30%	
Percentage of Population with Adequate Access to Location for Physical Activity (County Health Rankings, 2019)	61%	73%	N/A
Adults Consuming Fruits, Vegetables, or Beans Five or More Times Per Day (NCIOM, 2017)	19.7% (Region 7)	17.9%	N/A
Children in Households That Are Food Insecure, (NC Child, 2019)	20%	20.9%	N/A

Progress for Exercise, Nutrition & Weight

- Franklin County Senior Centers: There are several programs held on a weekly basis at the Louisburg & Franklinton Senior Centers. Programs include Tai Chi for Seniors, Chair Exercises, and Aerobics with some programs having approximately 40 participants weekly. The Franklinton Senior Center holds an annual Wellness Fair that provides educational information to participants regarding the importance of maintaining a healthy weight through good nutrition and regular physical activity.
- Franklin County Cooperative Extension: Through partnerships with various organizations throughout the county, Cooperative Extension has assisted with numerous educational programs for both youth and adults in Franklin County. The organization hosted the year-long Minority Diabetes Prevention Program with a total of 10 participants. The program seeks to educate adult participants on how they can lower their risk factors through diet and exercise to prevent a diagnosis of Type 2

Exercise, Nutrition & Weight Continued

Diabetes. Cooperative Extension also extends programming to the school system with programs like Color Me Healthy. Color Me Healthy serves preschoolers and kindergartners and focuses on educating children on how healthy eating and physical activity can be fun and incorporated into their everyday life. The program served a total of 46 participants. The Expanded Food and Nutrition Education Program (EFNEP) was also offered and served a total of 692 youth and 105 adults that were enrolled in the program.

- New V.E. and Lydia H. Owens Recreational Park at Bull Creek opened to the public in the summer of 2019. The park offers diverse and inclusive recreational activities and educational opportunities to Franklin county residents.



Mental Health & Mental Disorders

It is currently estimated that 50% of all Americans will be diagnosed with a mental health condition at some point in their lifetime. Some mental illnesses have the potential to put individuals at risk for other health issues such as heart disease. The social determinants of health also have an impact on one's mental health.

Community Objective: Improve the overall mental health status of residents in Franklin County.			
Baseline Measurements			
<ul style="list-style-type: none"> ➤ 11.8% of adults in Franklin County report their mental health was “not good” at least 8 days in the past 30 days. (BRFSS, 2018) ➤ 29.4% of NC high school students felt so sad or hopeless that it interrupted their usual activities for at least 2 weeks in the past 12 months. (YRBS, 2017) 			
Relevant Data	FRANKLIN	NC	Trend Over Time
Mental Health Emergency Visits per 100,000 Population (Multi-County Data) (NCIOM, 2017)	1848	1902.3	N/A
Psychiatrists & Psychologists per 10,000 (NCIOM, 2017)	0	3.5	N/A

Progress for Mental Health & Mental Disorders

- FCHD hosted a Mental Health First Aid training for staff and community partners. The training aims to teach the skills that are needed to effectively respond to the signs of mental illness and substance abuse since they are closely related. The training will continue to be ongoing in order to train new staff and renew employees who have already obtained certification.
- Maria Parham Franklin opened a 20-bed behavioral health unit that will serve adult patients with mental and behavioral health issues. It is the latest addition to the health care services available at the Louisburg campus. Previously, the campus had a geriatric behavioral health unit but will now be able to see patients 18 and older for behavioral health needs. Services include prevention programs, individual therapy, group therapy, inpatient therapy, crisis intervention, and 24/7 nursing care.

Substance Abuse

Substance abuse is closely related to the mental health priority as progress towards these priorities are often addressed simultaneously. The effects of substance abuse contribute significantly to physical and mental health problems.

Baseline Measurements			
<ul style="list-style-type: none"> ➤ 13.1% of Region 7 (includes Franklin County) adults are current smokers (BRFSS, 2018) ➤ 22.1% of NC youth currently (at least once in the past 30 days) use an electronic vapor product (YRBS, 2017) 			
Relevant Data	FRANKLIN	NC	Trend Over Time
Rate of Unintentional Drug Overdose Deaths per 100,000, 2014-2018 (NCDHHS, 2019)	16.6	16.7	N/A
Rate of Unintentional Opioid Overdose Deaths per 100,000, 2014-2018 (NCDHSS, 2019)	14.2	13.6	N/A

Progress for Substance Abuse

- **New Initiative** - Through partnering with the Franklin County School System, FCHD staff has been able to implement educational programming to middle and high school youth that addresses the health concerns with using tobacco products. Since the recent increase in e-cigarette usage among youth, a media campaign has been implemented in the county to bring awareness to youth and youth influencers.
- FCHD staff has implemented an opioid media campaign to address the signs and symptoms of an overdose. The campaign also addresses what to do in the event of an overdose and emphasizes the Good Samaritan Law.
- Through a partnership with the Rural Clinical Opioid Treatment Network, there has been an aim to expand access to Medication-Assisted Treatment (MAT) through a telehealth program.

Emerging Issues

E-Cigarette Usage: With the surge in use of vaping/e-cigarettes, especially among our youth, we are expanding our understanding of the damage these products can also exert on our health. Tobacco use is the single largest preventable cause of disease and premature death in the United States. About half of all Americans who keep smoking will die because of the habit. Each year more than 480,000 people in the United States die from illnesses related to tobacco use. This means smoking causes about 1 out of 5 deaths in the U.S. annually. There was approximately 2,667 cases of hospitalized e-cigarette, or vaping, product use-associated lung injury (EVALI) cases or deaths have been reported to CDC from 50 states, the District of Columbia, and two U.S. territories (Puerto Rico and U.S. Virgin Islands). Source: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html#latest-outbreak-information

Hepatitis Rates: With the release of the 2018 North Carolina Hepatitis B/C Surveillance Report, there was a statewide increase in rates of hepatitis in many counties, including Franklin. Although there is a vaccine for Hepatitis B, there is not one currently available for Hepatitis C. Hepatitis C is a serious liver disease that could potentially lead to more serious health issues later in life such as liver damage, liver failure, or liver cancer. The increase in use of injected drugs could be leading to these increase as individuals who use these drugs are at a higher risk for contracting the disease.