

State of the County's Health Report Davie County, NC | 2019

Davie County Health and Human Services,
Division of Public Health



Table of Contents

Overview and Demographics.....	2
Public Health Priorities	2
Health Priority: Chronic Disease Management and Prevention.....	3
Health Priority 2: Drug Misuse and Prevention Education.....	9
Health Priority 3: Access to Affordable Care.....	14
Emerging Issues.....	18
Morbidity and Mortality	19



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This report describes the background and progress Davie County Health and Human Services, Division of Public Health has made on these priorities. If you have questions or suggestions for addressing these priorities, please call Karina Gonzalez, Human Services Planner Evaluator, at 336-753-6750.

Overview and Demographics

Davie County Health and Human Services (DCHHS) conducts a Community Health Assessment (CHA) every three years. During the years between the CHAs, Davie County submits a State of the County's Health (SOTCH) report. The report details demographics, health indicators, public health priorities and progress made, new initiatives, emerging trends, and the main causes of deaths in the County.

In the time since the previous Community Health Assessment (2017) there have not been significant changes in the demographics of Davie County.¹

Public Health Priorities:

Davie County conducted a Community Health Assessment in 2017. The Community Health Assessment committee reviewed primary and secondary data and identified recurring themes to develop three priority areas. The chosen priorities are: chronic disease management, drug misuse and prevention education, and access to affordable care. Since the selection of these priorities, Davie County has worked to address them through various programs and initiatives. Through these efforts Davie County aims to enact the following goals:

Chronic Disease Management	Drug Use and Drug Use Prevention Education	Access to Affordable Care
•Goal: Davie County aims to reduce the overweight and obesity rates among elementary and middle school students by 5%.	•Goal: Davie County aims to reduce the number of unintentional opioid-related overdose deaths in Davie County (goal: decrease from previous year).	•Goal: Davie County aims to increase access to affordable care by 5% as measured by an increase in the number of providers that accept Medicaid.

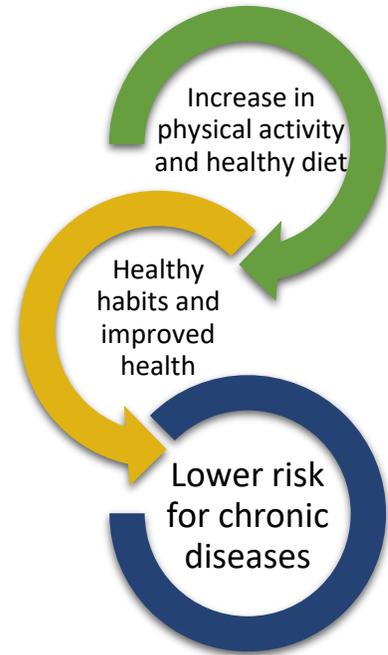
This report describes the background and progress that Davie County has made on these priorities. If you have questions or suggestions for addressing these priorities, please call Karina Gonzalez, Human Services Planner Evaluator, at 336-753-6750.

¹ Davie County, 2017, Community Health Assessment

Health Priority: Chronic Disease Management and Prevention

Within North Carolina chronic diseases and injuries account for approximately two-thirds of all deaths (50,000) annually.² Many deaths resulting from chronic disease can be prevented through healthy behaviors and lifestyles. The most common causes of death that are preventable result from tobacco use, unhealthy diet/physical inactivity, alcohol and drug abuse and misuse, and motor vehicle crashes. To address these issues and promote a healthy community, Davie County affects policies and systematic changes in addition to promoting investment in health, education, health services and screenings, and community involvement.

Davie County's top three leading causes of death as identified in 2017 are cancer, diseases of the heart, and cerebrovascular disease.³ Cerebrovascular disease includes stroke, carotid stenosis, vertebral stenosis and intracranial stenosis, aneurysms and vascular malformations. Two of the most integral factors of prevention for these diseases are physical activity and nutrition. Davie County promotes physical activity and nutrition for residents of all ages, and works to foster healthy habits starting with youth.



Program Goal: Davie County aims to reduce the overweight and obesity rates among elementary and middle school students by 5%.

Update on Chronic Disease Management Local Initiatives:

Active Routes to School

Active Routes to School worked to increase the physical activity levels for elementary and middle school students by promoting students walking and biking to school, and walking and biking while at school. The state-led program concluded in 2019, but the initiatives promoted have continued within Davie County. All Davie County middle schools implemented programs where students and teachers walk in the morning in the gym before class starts. This program helps to get kids moving when they would alternatively be sitting, waiting for the bell to ring.

² North Carolina Department of Health and Human Services, Chronic Disease and Injury Section
<https://publichealth.nc.gov/chronicdiseaseandinjury/>

³ Davie County, 2017, Community Health Assessment

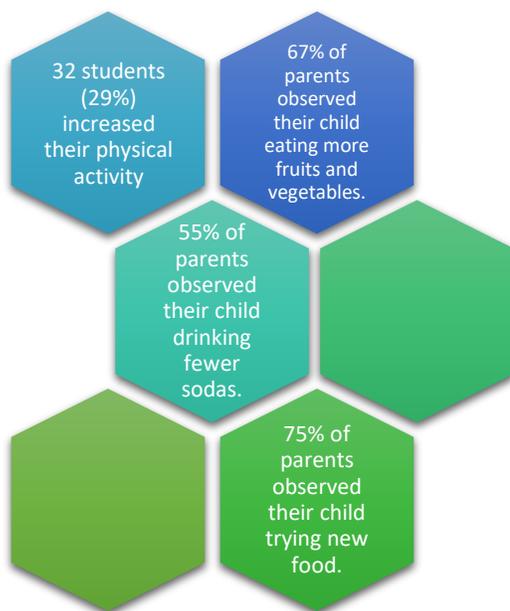
Through Active Routes to School, William R. Davie Elementary celebrated February 2019 for Heart Health Month with walking and extra physical exercise for healthy hearts. Active Routes to School provided a free water bottle to all students and staff at William R. Davie Elementary.

Go Far

Elementary schools within the County have running programs called Go Far, or an alternative running club. Go Far is an after-school club offered in the fall and spring where students train for 8 weeks. At the end of the program they all participate together in a 5 kilometer (5K) run. Go Far had previously been offered at middle schools, but at the beginning of the 2019-20 school year the middle schools added a cross country team in the fall and a track team in the spring which have replaced the program.

Steps to Health

Steps to Health is a nutrition and physical activity-based program for students in 3rd grade, provided



through Davie County's NC Cooperative Extension. It consists of nine sessions that educate and inspire young children to eat smart. Each lesson includes hands-on activities, games, and physical activity, and includes a taste test of either a snack that the student can make after school or a healthy meal that parents can make for dinner. Davie County's Steps to Health had 142 participants in the 2018-19 school year from Cooleemee and William R. Davie Elementary Schools, with 793 educational contacts. Steps to Health motivated an array of behavioral changes based on

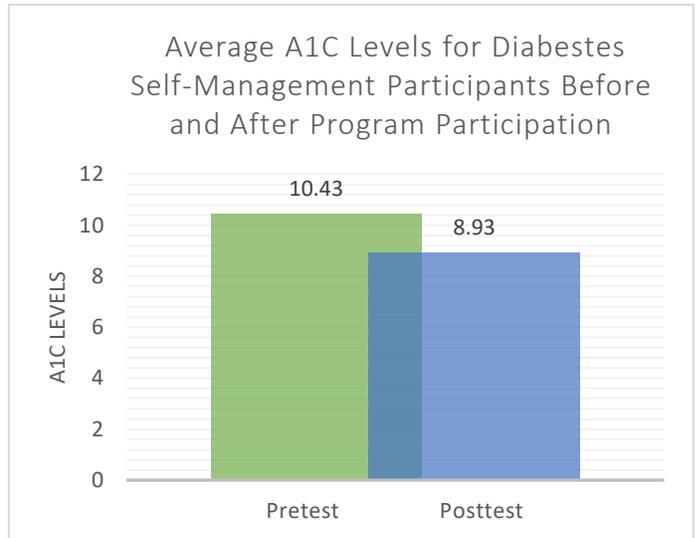
111 matched pre-surveys and post-surveys (see above).

Diabetes Self-Management Education

Diabetes Self-Management, provided through Davie County Health and Human Services (DCHHS), Division of Public Health (DPH) is a program that aims to improve diabetes outcomes for patients. People who have already been diagnosed with diabetes receive education that helps improve longevity and life outcomes in various different topic areas. Diabetes education covers the disease's process, nutritional management, physical activity, taking medications, monitoring, acute complications and problem solving (how to manage a short-term health irregularity), chronic complications and reducing risk, psychosocial adjustment/ healthy coping, and promoting health and changing behavior.

The Diabetes Self-Management program reached many people through 50 sessions in 2019, the majority of which were through the Storehouse for Jesus, a community medical ministry. Of the people reached (n= 19), there was an average of a 48.7% increase in participants’ nutritional management skills and knowledge.

A1C is one of the biggest indicators of health outcomes for individuals with diabetes as it measures blood sugar over a period of three months. High levels of A1C indicate that diabetes is not under control, which can lead to poor health outcomes. Of the participants who followed up with labs (n=15) there was an average decrease of 14.4% for A1C levels following participation in the program. This decrease illustrates that on average, participants experience health benefits through participation in the program.



Medical Nutrition Therapy

Medical Nutrition Therapy (MNT) provided through DCHHS, Division of Public Health, is a service that offers nutrition education to anyone referred by a medical provider or through self-referral. The program works to reduce long-term health risks and prevent or reduce risk of chronic diseases. Through the MNT program, people can improve their health outcomes through managing weight and nutrition. A registered dietitian provides patient-centered counseling and goal setting to best serve participants. In 2019, Davie County MNT services reached seven people.

Special Supplemental Program for Women, Infants and Children (WIC)

WIC is a nutrition program provided through DCHHS, Division of Public Health that helps families stay healthy free of charge. WIC serves those who are pregnant, have recently had a baby, are breastfeeding, or have a child under age five, and who meet the eligibility requirements. The WIC program provides nutrition advice, breastfeeding support, referrals for health services, and benefits with which to buy healthy food. WIC promotes healthy nutrition and lifestyles through reducing various nutritional risks. Pregnant women, young children and infants who participate in WIC have been shown to experience increased health benefits through participation.⁴

Breastfeeding Peer Counselor Program

Davie County WIC has a Breastfeeding Peer Counselor Program that provides one-on-one counseling from a mother in the community with breastfeeding experience. WIC Breastfeeding Peer Counselor Program services include breastfeeding support from a fellow mom with personal breastfeeding experience, manual and electric breast pumps, advice, coaching, and answers to any questions from

⁴ North Carolina Nutrition Services Branch 2019, WIC Makes a Difference. Data Source: USDA, 2012.

mothers trained to give information and support, and assistance in making informed decisions around infant feeding options. All women enrolled in WIC who express a desire to breastfeed are eligible for the Breastfeeding Peer Counselor Program. Breastfeeding provides numerous health benefits to mothers and infants and lowers the risk of children being overweight or obese, even as adults. Breast milk protects infants by lowering the risk of many illnesses like ear infections, gastrointestinal diseases, infections, allergies, and diarrhea. Mothers who breastfeed are less likely to develop chronic conditions such as osteoporosis, breast cancer, and ovarian cancer. In 2019, 49.52% of participating postpartum WIC mothers in Davie County were fully or partially breastfeeding their infant.

Cardinal Innovations Davie Wellness Center

In 2019, 3,907 people attended the Davie Wellness Center. Davie Wellness Center offers programs and educational opportunities of all varieties and have an average of above 50 activities per month ranging from physical, educational, social, supportive, vocational/financial, and beyond. Many of the Davie Wellness Center programs focus on health and physical exercise. The Wellness Center provides zumba, yoga, tai chi and other exercise opportunities free of charge, providing accessible exercise opportunities for all.

Kids Fest

Kids Fest is an annual event run through SmartStart of Davie County and the Davie County Recreation & Parks Department. Kids Fest promotes physical activities and connection to resources, while captivating children's attention with outdoor games, bunnies, balloons, and early childhood learning activities. Kids Fest provides a fun day of learning and physical activity for children and raises awareness for the services and activities available to families of young children in Davie County, a variety of which are centered on physical activity and nutrition.

Davie County Special Olympics

Davie County Special Olympics provides year-round sports training and athletic competition in a variety of sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes and the community. At the school level in Davie County, these opportunities are provided through bowling, basketball, track and field competitions, and more.

New Initiatives:

Middle School Track and Cross Country

Beginning this 2019-2020 school year the three Davie County middle schools now have a cross country team in the fall and a track team in the spring, which increase the opportunity for physical exercise for youth in Davie County.

Living Healthy with Chronic Conditions

Starting late February 2020, Cardinal Innovations and Piedmont Triad Area Agency on Aging will be offering Living Healthy with Chronic Conditions. The 6 week curriculum is evidenced-based and discusses pain management, nutrition, exercise, medication, dealing with emotions, and communicating with doctors.

Grab n' Go Breakfast

Davie County elementary schools provide universal free breakfast to students. The implementation of Grab n' Go (eating in classrooms) at various Davie County elementary schools has seen growth of the number of students who eat breakfast. Students now enter participating schools directly through the Grab n' Go breakfast line, which has increased the number of students who take breakfast food. As a result, many teachers and nurses have provided testimonials of increased student performance for those who may not have previously been comfortable retrieving school breakfast.

Davie County Recreation & Parks

Davie County Recreation & Parks offers an array of accessible programs, events, camps, and teams based in physical activity. Scholarships through Recreation & Parks make programs accessible to youth, as those who receive free lunch through the Davie County Schools receive a 50% discount, and those with reduced lunch receive a 25% discount. Youth programs include but are not limited to volleyball, basketball, and lacrosse leagues, golf, martial arts, dance and tumbling, and an array of summer camps. Programs for adults include but are not limited to basketball, softball, golf, pickle ball, and martial arts. In 2019 there was an increase in the number of programs offered to include a Sports Tots program, golf for youth and adults, and Mobile Rec Days. Mobile Rec Days are outreach events in different communities across the County to increase access to exercise, especially for those with limited access to transportation. In 2019 Mobile Rec Days reached four different communities, and will continue for years to come. Opportunities will continue to grow through Rec & Parks with the introduction of a new park opening in 2020.

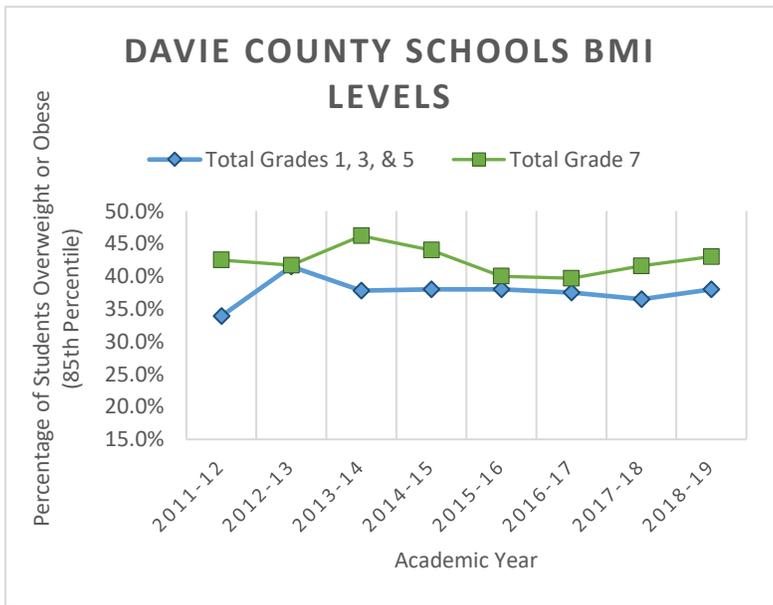
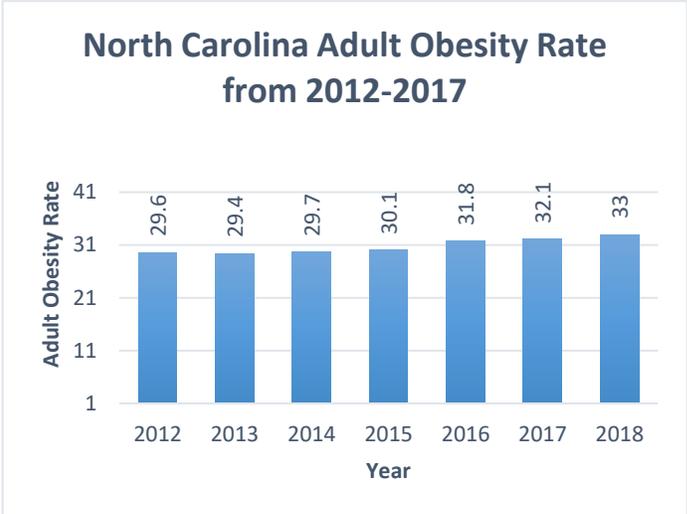
Changes in the Data:

The success of various initiatives can be measured through evaluation of each program's reach, results, and health over time. While some programs measure these aspects, not all programs have the capacity to do so, which provides limitations in measuring the success of programs at accomplishing their outlined goals.

In evaluating the effect of various initiatives on affecting change to an entire community's health, it is important to analyze the impact on those who were reached by initiatives in addition to analyzing the community's health as a whole. This is possible only to the extent to which data exist.

The DCHHS Diabetes Self-Management has seen improved performance through the positive health outcomes of the patients reached with decreased levels of A1C. Other programs such as the Grab n’ Go breakfast program have received statements on the increased performance of students who previously may have not been comfortable receiving breakfast. Steps for Health received positive feedback that illustrated increases in students’ physical activity, and fruits and vegetable consumption, and a decrease in the amount of soda children drink.

In looking at the cumulative effects of the initiatives to lower rates of children and adults who are overweight or obese, there have been no significant results. Within North Carolina as a whole, the rate of obesity remains relatively similar to previous years (see figure above), with the obesity prevalence rate in 2018 33.0 (95% confidence level of 31.2, 34.8).⁵ Adult obesity data is not available specifically for Davie County.



In 2008, the Davie County School System started a Body Mass Index (BMI) Project testing BMI’s for all 1st, 3rd, 5th, and 7th graders. Parents are notified if their student’s BMI is within the 90th percentile or greater, or below the 5th percentile. In analyzing the Body Mass Index levels for children within the school district, the most recent report states that 38% of 1st, 3rd, and 5th graders are overweight or obese, and 43% of 7th graders are overweight or obese (see left).

BMI levels for children within the school district have experienced a slight increase from the 2017-18 academic year to the 2018-19 academic year. The average percentage of overweight and obese 1st, 3rd, and 5th graders based on BMI from 2011-2019 is 37.6%, and 42.3% for 7th graders. The 2018-19 percentages of students overweight or obese do not reflect significant variation from the 2011-19 average. The Davie County School Health Advisory Council (SHAC) had designated childhood obesity as the priority area with a large focus on physical activity and nutrition. SHAC’s priority transitioned to

⁵ “Prevalence of Self-Reported Obesity by State and Territory, BRFSS, 2018.” *Center for Disease Control and Prevention*
 Accessed: <https://www.cdc.gov/obesity/data/prevalence-maps.html#states>

mental health at the beginning of the 2019-2020 school year, and school nurses will no longer track students' BMI.

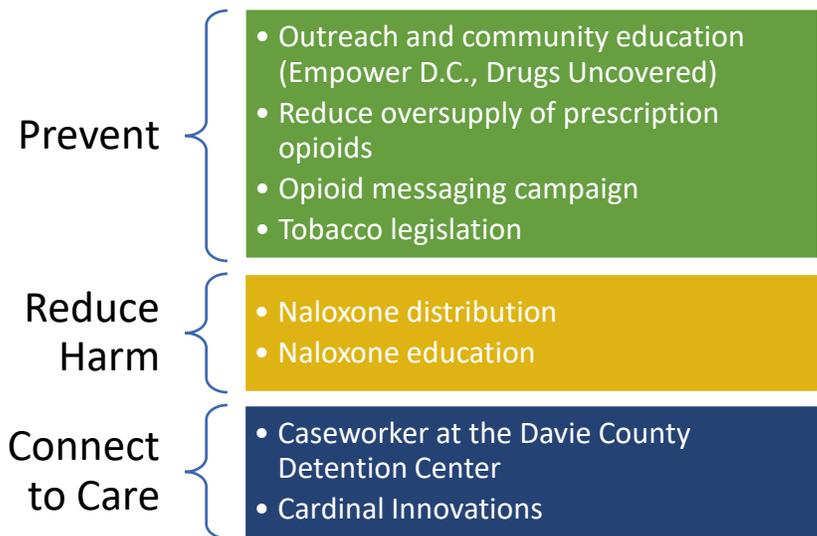
Overweight or Obese 85% or Greater Percentile	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19
Total Grades 1, 3, & 5	33.90%	41.50%	37.80%	38.00%	38.00%	37.50%	36.50%	38%
Total Grade 7	42.50%	41.70%	46.20%	44.00%	40.00%	39.70%	41.60%	43%

Health Priority 2: Drug Misuse and Prevention Education

Substance use is a top priority within Davie County ranging from opioid use to the emerging issue of youth tobacco and vaping use. Davie County is committed to the continuation and expansion of efforts to reverse the opioid crisis within and beyond our County lines, and is committed to educate and prevent tobacco and drug use within the community. Opioid overdose death rates and emergency department visits have indicated the need for work to combat the issues. There were 23 emergency department visits that received an opioid overdose diagnosis (all intents) in Davie County in 2019 through Quarter (Q) 3, whereas in 2018 in the same time period there

were 35 emergency department visits that received an opioid overdose diagnosis.⁶ In 2018 there was an annual rate of 16.4 unintentional opioid deaths per 100,000, which is an increase in rates from 2017.⁷ The need is blatant and has led to action. Through various programs that align with the North Carolina Opioid Action Plan 2.0, Davie County is working to comprehensively address opioid use within the County.

The need has led to initiatives to holistically address substance use within Davie County through preventing use, reducing harm, and connecting to care.



⁶ North Carolina Opioid Data Dashboard (2020), Data Source: NC DETECT: Data Source: ED; Custom Event: Overdose: Opioid Overdose V.2

⁷ North Carolina Opioid Data Dashboard (2020); Data Source: North Carolina State Center for Health Statistics, Vital Statistics, Death Certificate Data, 1999-present.

Program Goal: Davie County aims to reduce the number of unintentional opioid-related overdose deaths in Davie County (goal: decrease from previous year).

Update on Substance Use Misuse and Prevention Education Local Initiatives:

Empower D.C.

In the 2018-19 school year, the Davie County Sheriff’s Office and the Davie County School System partnered to implement Empower D.C., an improved drug awareness and resistance program in our schools. This new program now begins in the sixth grade and has been a transition from Drug Abuse Resistance Education (D.A.R.E.), which had previously been for fifth graders. Students learn about vaping, alcohol, marijuana, opioids, and prescription drugs. The program consists of twelve lessons taught over an eight-week period. Information is also sent home to parents to help reinforce the message about drugs. In addition, each elementary school now has access to a school resource officer, as officers rotate between the 6 elementary schools. Each of the three middle schools and the high school have a full-time school resource officer.

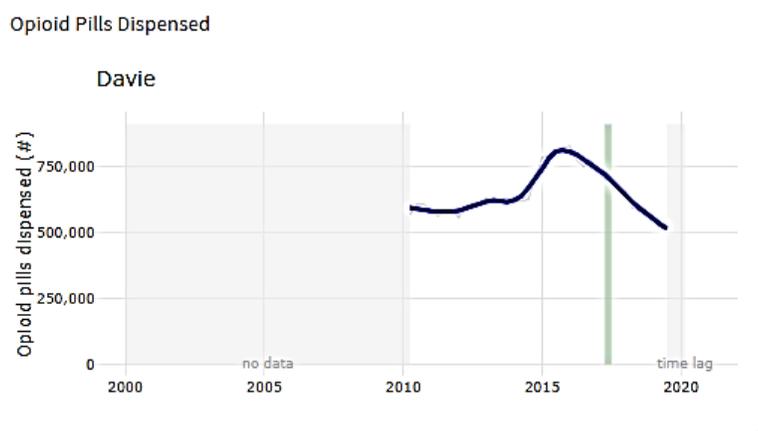
Drugs Uncovered

Drugs Uncovered: What Parents Need to Know was held in Davie County on April 29th, 2019 to educate parents on drug trends. The exhibit was provided by the Poe Center for Health Education.

Seventy one participants completed the post evaluation, and there was a 27% increase in knowledge for those who attended. Ninety nine percent of attendees reported that their knowledge of alcohol, tobacco and other drug information and trends increased. Seventy four percent of attendees reported that they had underestimated the problem drug use and underage drinking is a costly, community issue. Seventy eight percent of attendees reported feeling more comfortable speaking with adolescents about alcohol, tobacco and other drugs.

Project Lazarus

Project Lazarus is a program that addresses the opioid epidemic, founded on the premise that opioid overdose deaths are preventable. Through Project Lazarus, DCHHS, DPH installed three medication drop boxes through which hundreds of pounds of medication have been safely disposed of in 2019. Oversupply of opioids can lead to misuse.⁸ One of the main goals of Project Lazarus is to reduce oversupply of opioids through getting unused



⁸ North Carolina Opioid Data Dashboard “Reduce Oversupply of Prescription Opioids:” Data Source: North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services, Controlled Substance Reporting System (CSRS), 2011-present.

medications out of homes and out of the wrong hands, and through decreasing the prescription rate of opioid pills.

The figure (above)⁹ illustrates the opioid pills dispensed over time in Davie County from 2010 through the second quarter of 2019. The vertical green line indicates the launch of the North Carolina Opioid Action Plan in 2017. The combination of various factors increased awareness and have led to a decrease in the oversupply of opioids.

Opioid Education for Davie County Law Enforcement and Davie County Health and Human Services Staff

Margaret Bordeaux, expert at working with justice-involved persons from the Injury and Violence Prevention Branch of NCDHHS, provided training on strategies and best practices when working with those with substance use disorder. Twenty seven participants from agencies including Davie County Sheriff's Office, EMS, Health & Human Services' Division of Social Services, Division of Public Health, and Davie County Violence Prevention attended the training. Margaret detailed causes of substance misuse, including adverse childhood experiences (ACEs), and the financial and social impact of substance misuse. To properly respond to the opioid epidemic, Margaret discussed innovative and best practices for harm reduction, including tactics for providing education, increasing access to basic resources, and linkages to effective treatment. She highlighted the unique obstacles facing those involved with the justice system, including a higher risk of overdose, and difficulty in securing employment, housing, and healthcare. Throughout the training, Margaret frequently emphasized the dignity that should be offered to each and every person, including those who uses drugs.

Vape Detectors

Through North Carolina Tobacco Control and Prevention Branch funding, Davie County Division of Public Health provided three vape detectors to Davie County Schools, and the school district received an additional grant and ordered five more. There are various detectors installed at the high school and middle schools, which became fully operational September 27th, 2019. In the short period of time that they have been in use they have identified over 25 vaping incidences. The schools provide the evidence-based tobacco cessation program, ASPIRE, to assist students in quitting using tobacco. Davie County is the first in the state to implement vape detectors through North Carolina Tobacco Control and Prevention Branch funding.

Cardinal Innovations Davie Wellness Center

Cardinal Innovations provides community education on a variety of topics, many of which are related to substance use. In fiscal year 2018 and fiscal year 2019, Cardinal Innovations trained over 1,200 people. The trainings ranged from Cardinal Innovations Overview, Secondary Trauma, Guardianship, ABLE Act, Wellness Recovery Action Plan (WRAP), Whole Health Action Management (WHAM), Upward to Financial Stability, Integrated Care Management, Conflict Resolution, Adverse Childhood Experiences (ACEs) and Opioid 101.

⁹ North Carolina Opioid Data Dashboard "Reduce Oversupply of Prescription Opioids:" Data Source: North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services, Controlled Substance Reporting System (CSRS), 2011-present.

Tobacco Cessation

In November of 2019, DCHHS offered a tobacco cessation presentation at Mock Place Apartments, and subsequent tobacco cessation counseling through a Tobacco Treatment Specialist and Community Health Educator at the Office of Cancer Health Equity at Wake Forest Baptist Hospital.

New Initiatives

Opioid Messaging Campaign

DCHHS, Division of Public Health created an opioid messaging campaign in 2019 that focuses on how to recognize an overdose, what to do in the event of an overdose, how to administer naloxone, and the Good Samaritan law. The creation of a pamphlet and informational wallet card were identified through the priority population. The video created as a component of the messaging campaign will be shown in the Detention Center prior to movie night beginning in 2020 and highlights recognizing an overdose, responding to an overdose, administering naloxone, and the Good Samaritan law. The video will provide naloxone education to everyone within the Detention Center, in addition to the naloxone education that the Detention Center caseworker provides to those with an identified need.

Jail Counseling Program (Opioid Response Grant)

While the opioid epidemic has far-reaching impact, the justice-involved population within Davie County seems least immune. At the national level, approximately three out of five individuals in jail or state prison struggle with drug use or are drug dependent, compared to the approximately one in twenty of the general population.¹⁰ The Davie County Sheriff's Office reported that 28 of 62 inmates on October 23rd, 2019 (45.2%) had self-reported substance use issues, with the actual number probably higher.¹¹ Through funding from the North Carolina Injury and Violence Prevention Branch (NCIVPB), a caseworker position was created for the Davie County Detention Center, beginning in February of 2019. The caseworker connects those incarcerated to housing, employment, transportation, education and any other needs upon release that her participants self-identify. Between February and August 2019, the caseworker conducted 162 scheduled meetings with people in the Detention Center, and more that were unscheduled. The caseworker successfully connected 5 individuals to employment, assisting each individual in overcoming tremendous barriers. Each of those 5 have maintained steady employment since their release. The caseworker directly connected 19 individuals to resources (between February and August 2019), including addiction treatment, Medication-Assisted Recovery, housing programs in individuals' communities, resources for obtaining identification cards, educational opportunities, or employment. She connected many additional individuals with food, clothes, and transportation resources. Linkages to care through the current caseworker within the detention center has been monumental in addressing opioid use within Davie County.



¹⁰ Bronson, J. et al. (2017) Drug Use, Dependence, and Abuse Among State Prisoners and Jail Inmates, 2007-2009, *U.S. Department of Justice*

¹¹ Cooper, C. "Substance Abuse Numbers." E-mail message to author. October 23rd, 2019.

Community Linkages to Care

Through the North Carolina Injury and Violence Prevention Branch (NCIVPB), DCHHS, Division of Public Health received next-phase funding to expand the County's capacity to address the opioid crisis locally.

Those who survive overdoses but are not incarcerated currently receive no follow-up resources nor linkages to care, beyond what is provided at the isolated overdose incident. Considering that after a person has experienced an opioid overdose, their risk of overdosing again increases and there is a greater likelihood the next overdose will be fatal, there was a glaring need for a Community Response Teams (CRT).¹² Through the funding a CRT will be launching in Davie County in 2020. The lack of resources that fulfill the needs of people who use drugs in Davie County amplify the need for linkages to care, which the CRT will provide.

Through the next-phase funding for Davie County, an Opioid Task Force will additionally begin in 2020 to address the lack of community resources, building capacity to respond to the opioid crisis by way of policy and systemic change. A council consisting of local stakeholders will collaborate on how each organization can locally address these issues and expand capacity.

The funding has also provided a social worker position who will link individuals to care following release from the Detention Center through receiving a warm handoff from the Detention Center caseworker. The social worker will work with clients and provide resources to assist clients in accomplishing their self-determined goals. Additionally, the social worker will provide preventative services for families coming into contact with Child Protective Services, providing resources and connecting to care to help families address stress factors in their lives.

Tobacco legislation

On December 20, 2019, the Federal Government changed the nationwide minimum age to purchase tobacco and vaping products to 21. It is now illegal in the United States to sell tobacco products, including e-cigarettes, to anyone under the age of 21.

Changes in the data

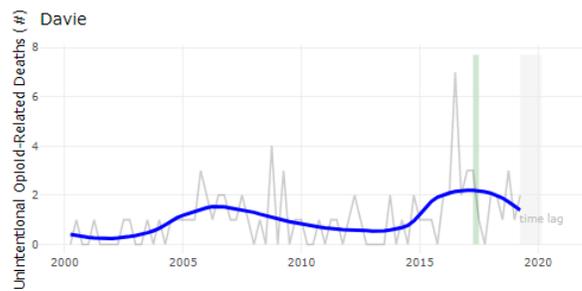
The success of various initiatives can be measured through evaluation of each program's reach, results, and health over time. Although some programs measure such aspects not all programs have the capacity to do so. Measures of the community's health are important in steering programs and determining if programs are improving a community's health, despite the limitations of not always being able to connect the results of initiatives directly to changes in community health data.

¹² Denney, A., Tewksbury, R., Jones, R. (2014). Beyond Basic Needs: Social Support and Structure for Successful Offender Reentry, *Journal of Qualitative Criminal Justice & Criminology* 2(1)

Opioid overdose death rates and emergency department visits remain high within Davie County. There were 23 emergency department visits that received an opioid overdose diagnosis (all intents) in Davie County in 2019 through Quarter (Q) 3, whereas in 2018 in the same time period there were 35 emergency department visits that received an opioid overdose diagnosis (see bottom right). In reference to unintentional overdose deaths within the County, in 2018 there were 7 deaths. There has been an increase from 2017 where 6 people died, but a decrease in the number of unintentional opioid overdose deaths from 2016 where 14 people died (see top right). The respective unintentional opioid overdose rates are 16.4 per 100,000 in 2018, 14.1 per 100,000 in 2017, and 33.4 per 100,000 in 2016. Davie County did not reach the goal of lowering overdose deaths from the previous year.¹³

There remains a need for continued work to address opioid overdose deaths within Davie County, in addition to a need to holistically address the impact of opioids on the Davie County community. There also remains a need to address tobacco and vaping use within Davie County, as identified as an emerging issue.

Unintentional Opioid-Related Deaths



Davie County Opioid Overdose Emergency Department Visits



Health Priority 3: Access to Affordable Care

Davie County CHA survey respondents indicated that access to care was the biggest challenge faced. Davie County ranks 24th in the state (out of 100 counties) for access to care – the ratio of patients to provider for primary care physicians, dentists and mental health providers as compared to the state ratio is significant.¹⁴ Fourteen percent or nearly 6000 Davie County residents are uninsured, 18% - or nearly 8,000 (7,789) are on Medicaid or other assistance, leaving 28,000 (assumed) with private insurance.¹⁵

¹³ North Carolina Opioid Data Dashboard (2020); Data Source: North Carolina State Center for Health Statistics, Vital Statistics, Death Certificate Data, 1999-present.

¹⁴ Davie County, 2017, Community Health Assessment

¹⁵ Davie County, 2017, Community Health Assessment

Getting access to sites of care where patients can receive needed services is of paramount importance in providing access to care, which means finding providers that will accept the type of insurance each person has. In Davie County 54.2% of health and dental providers accept Medicaid, and 87.5% of providers accept self-pay patients. There is a need for increased services that accept Medicaid, especially in the realm of dental care where only 16.7% accepted Medicaid prior to 2019. Through the opening of a new dental facility that accepts Medicaid, the number of dental facilities that accept Medicaid in Davie County increased by 50%. Now, 23% of dental facilities accept Medicaid in Davie County.



Program goal: Davie County aims to increase access to affordable care by 5% as measured by an increase in the number of providers that accept Medicaid.

Update on Access to Affordable Care Local Initiatives:

Gaston Family Health Services (GFHS) Family Dentistry

Through a partnership between Davie County Health and Human Services and Gaston Family Health Services (GFHS), a Federally Qualified Health Center (FQHC), GFHS Family Dentistry of Mocksville opened August 1st, 2019 to provide affordable access to dental care in Davie County. The dental team works to make sure dental care is available to everyone through accepting Medicaid, HealthChoice, private insurance, uninsured and self-pay for children, adolescents and pregnant women (14-34 weeks). GFHS Family Dentistry has also begun serving adults with Medicaid. GFHS Family Dentistry provides dental exams, cleanings, simple extractions, fillings, infant and toddler screenings, sealants, and fluoride, and works to provide a dental home to clients, rather than one-time appointments.

The practice also operates the GFHS Dental Van which visited 29 kids this summer at school bus stops and provides screening, cleaning, x-rays, and schedules treatment as needed. The Dental Van increases access to affordable dental care, and will continue to visit Davie County Schools. Beyond their dental services, GFHS Family Dentistry conducts outreach to schools where children practice brushing and flossing teeth, and coloring pictures of teeth.

Through collaboration with Davie County Division of Public Health (DPH), a GFHS Dental Liaison is situated at the Division of Public Health to connect with patients, and discuss and schedule accessible dental services. DPH staff additionally refer maternal health patients to the Dental Liaison to connect to affordable care and treatment.

Gaston Family Health Services is changing its name and transitioning to the name Kintegra in the beginning of 2020.

Friendly Dental Van Dental Sealant Program

The Friendly Dental Van runs twice per academic year, once per fall and spring.

A Storehouse for Jesus

A Storehouse for Jesus is a faith-based nonprofit that serves the Davie County community through their medical ministry clinic, that offers chronic and acute care, psychological, chiropractic, ophthalmology services, diabetes education, and flu shots at no cost to patients. The medical ministry clinic serves approximately 60 patients per week. The Storehouse reaches approximately 600 patients annually, and conducted 1,968 clinic visits in 2018. The Storehouse serves adults 18 and over who are uninsured and residents of Davie County.

Cardinal Innovations Behavioral Health

Cardinal Innovations assists individuals in accessing the mental and behavioral services they need. Cardinal helps people with intellectual or developmental disabilities, mental health, or substance use disorders who receive Medicaid, or who lack insurance to access necessary services in Davie County. Cardinal is a pathway to care, which makes services accessible when they otherwise would not be. Additionally, through Cardinal's emergency line, individuals can be connected to mental health or substance use services that fit their needs.

GFHS Counseling Center Mocksville (The Nest Family Counseling Center)

The Nest Family Counseling Center is an evidence-based counseling center that provides services to all from young children to adults for a broad range of behavioral concerns. Additionally, The Nest offers Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). The Nest is part of Gaston Family Health Services (FQHC), a community-sponsored, family-centered provider of healthcare, health education and preventive care services without regard for the ability to pay.

Breastfeeding Peer Counselor Program

The Davie County Division of Public Health Breastfeeding Peer Counselor Program makes breastfeeding education accessible to mothers and pregnant women who cannot afford to travel to or pay for breastfeeding classes in neighboring counties. Through the program women who may not have the means otherwise can receive manual and electric breast pumps, which improve long-term breastfeeding outcomes for the mother and baby. The Breastfeeding Peer Counselor Program also provides education, services and coaching over the phone, which makes the program more accessible for those with limited access to transportation.

Diabetes Self-Management Education

The Diabetes Self-Management Education program increases access to care through the provision of services for patients at the Storehouse for Jesus, free of charge. The program is unique to Davie County as it provides free diabetes education to those who otherwise may not have the financial means to receive these services through the Storehouse for Jesus. People who have already been diagnosed with

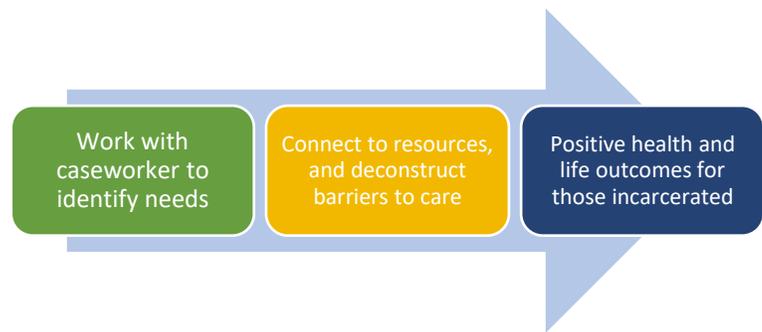
diabetes receive education that helps improve longevity and life outcome in various different topic areas. Additionally, through the program individuals can receive referrals to therapists at the Storehouse for Jesus which is a service free of cost if the individual does not have health insurance. The program also allows for free education for women with gestational diabetes who are enrolled in the WIC program.

Special Supplemental Program for Women, Infants and Children (WIC)

WIC makes nutrition services and education affordable to low-income families below the 185% of the Federal Poverty Guidelines. The program provides benefits that encourage healthy eating and positive lifestyle changes by increasing access to healthy foods and nutrition education. The WIC program also provides referrals to additional medical services to further meet the healthcare needs of participants. The culmination of these services increase access to care within Davie County.

Davie County Detention Center Linkages to Care

People newly released from jail frequently have unmet transportation, employment, food, and housing needs that jeopardize a successful reentry.¹⁶ Around 40% of those who became incarcerated without the minimum of a GED or high school diploma lack employment when entering jail or prison,¹⁷ and a substantial majority of those released from incarceration lack a plan for, or access to housing following release.¹⁸ Without basic needs met, the odds of recidivism are high. The caseworker instated at the Davie County Detention Center in February of 2019 works to meet the needs of those incarcerated, addressing the social determinants of health and increasing access to care.



Davie County Schools Vision and Hearing Screenings

Davie County Schools provide vision and hearing screenings to students, which make those services accessible to those who may not otherwise have access.

Wake Forest Baptist Health, Davie Medical Center

The Davie Medical Center opened in 2013 and provides access to world class physician specialists in Advance, North Carolina.

¹⁶ Denney, A., Tewksbury, R., Jones, R. (2014). Beyond Basic Needs: Social Support and Structure for Successful Offender Reentry, *Journal of Qualitative Criminal Justice & Criminology* 2(1), 39.

¹⁷ Harlow, C. W. (2003). Education and correctional populations. Washington, DC: US Department of Justice, Office of Justice Programs.

¹⁸ Raphael, S. (2011). Incarceration and prisoner reentry in the United States. *The ANNALS of the American Academy of Political and Social Science*, 635, 192-215.

Changes in the data:

The success of various initiatives can be measured through evaluation of each program’s reach, results, and health over time. Although some programs measure such aspects, not all programs have the capacity to do so. Measures of the community’s health are important in steering programs and determining if programs are improving a community’s health, despite the limitations of not being able to connect the results of initiatives directly to changes in community health data.

There are eleven medical providers in Davie County, and of those providers eight accept Medicaid, ten accept both Medicaid and self-pay patients, and one is a free clinic for those who do not have insurance. There are thirteen dental providers in Davie County, and of those dental providers three accept Medicaid and uninsured patients. In dental providers this is a 50% increase from 2018, when there were only two dental providers that accepted Medicaid. In looking at the total number of providers, there has been an 8.3% increase in providers that accept Medicaid in 2019.

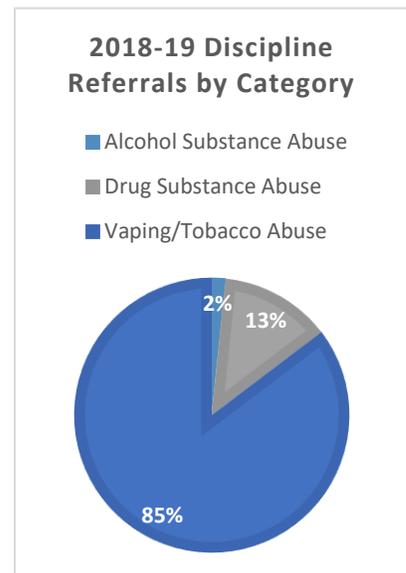
Davie County met the goal of increasing access to affordable care by 5% as measured by an increase in the number of providers that accept Medicaid. The goal was met through increasing the percentage of providers that accept Medicaid by 8.3%.

Emerging Issues

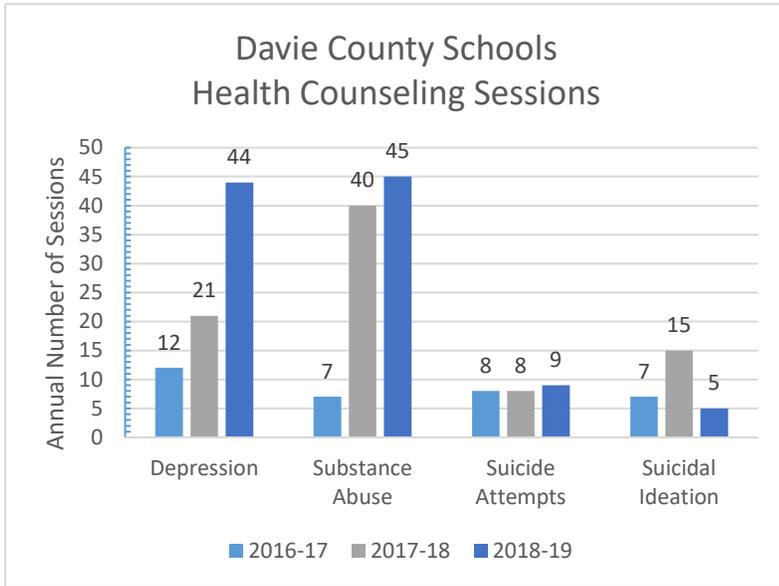
Tobacco and vaping use have been identified as issues within Davie County, especially with youth and the increase of flavors and products targeting youth. Davie County Schools nurses track vaping and tobacco-specific referrals, and all discipline referrals. Of substance use issues which received disciplinary referrals in 2018-19, 85% were related to vaping and tobacco use.¹⁹ The reporting system has changed over the past years, but data gathered from various sources suggest a growth in tobacco and vaping instances, as there were 13 tobacco disciplinary incidents in 2016-17, 82 tobacco disciplinary incidents in 2017-18, and 157 tobacco disciplinary incidents in 2018-19 (see right).

Mental health has also been identified as an emerging issue within Davie County Schools. Of the health counseling sessions conducted each year, depression and substance use occur most frequently.

Health counseling sessions for depression increased by 67.7% from 2017-18 to 2018-19. There was also a large increase (85.1%) in substance use health counseling sessions from 2016-17 to 2017-18. These numbers do not always reflect the full degree of the situation and what school counselors address each school year.



¹⁹ Dingler, L. (2016-2019) *Davie County Schools Educator’s Handbook*



As a result of increased rates of mental health needs within Davie County Schools, the School Health Advisory Council has altered the council’s priority from physical activity and nutrition to mental health. Davie County Schools has additionally added school counseling staff to increase their capacity to provide quality mental health services to students.

Morbidity and Mortality

Morbidity and Mortality are five year averages. There have been no significant differences in data since the 2017 Community Health Assessment.