

2010

Franklin County

State of the County Health Report

Franklin County
Health Department
107 Industrial Drive
Suite C
Louisburg, NC 27549

(919) 496-2533

Electronic copies of
this report available at
www.franklincohealth.org



The state of North Carolina requires that local health departments conduct a community health assessment (CHA) every four years. In December 2007, the Franklin County Health Department produced a CHA, which can be found by going to www.franklincohealth.org and clicking on the Health Education link. This document presents primary data from a community health survey completed by citizens of Franklin County as well as secondary data from the NC Center for Health Statistics.

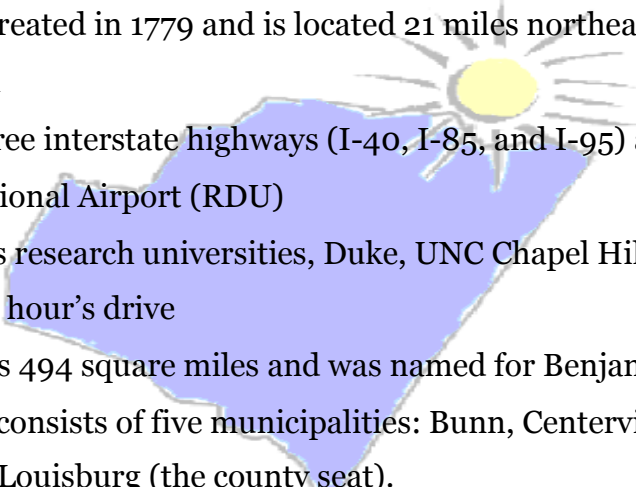
In the three years between each CHA, health departments are expected to submit a State of the County Health Report (SOTCH report). The purpose of the SOTCH report is to track priority issues identified in the CHA, identify emerging issues, and highlight new initiatives in the county.

Based on findings from the CHA, the following health priorities have been identified in Franklin County for 2008 through 2012:

- **Overweight and obesity** (physical activity and nutrition)
- **Chronic diseases** (Diabetes, Cancer, Arthritis)
- **Youth health** (physical activity, nutrition, asthma)
- **Access to care** (underinsured, uninsured, and indigent populations)

Franklin County will conduct its next community health assessment in 2011.

Franklin County Facts

- The county was created in 1779 and is located 21 miles northeast of the state capital of Raleigh
 - Easy access to three interstate highways (I-40, I-85, and I-95) and Raleigh Durham International Airport (RDU)
 - Three world-class research universities, Duke, UNC Chapel Hill, and NC State, are located within an hour's drive
 - The county covers 494 square miles and was named for Benjamin Franklin
 - Franklin County consists of five municipalities: Bunn, Centerville, Franklinton, Youngsville, and Louisburg (the county seat).
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Franklin County Demographics

- 2010 Estimated population: 59,794¹
- 2008 Demographics:²

Sex

Male	29,069
Female	29,858

Race

White	42,170
Black/African American	15,694
American Indian	243
Asian	300
Other race/multi-racial	520

Ethnicity

Hispanic or Latino	4,412
Not Hispanic	54,515

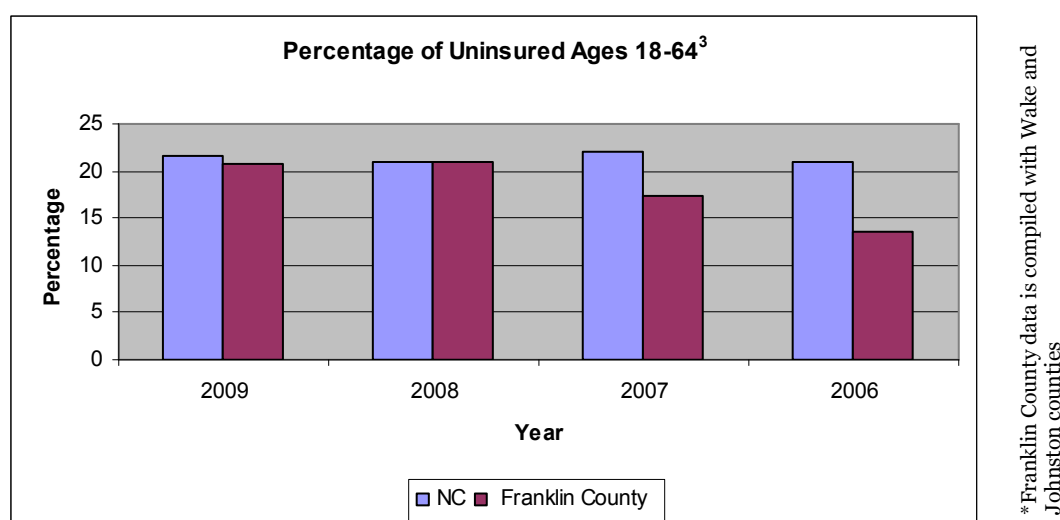
Health Department Services

In 2009, the Franklin County Health Department provided the following:

- 356 maternal health services
- 1,968 children served in the child health clinic
- 600 clients on average per month seen through WIC
- 637 restaurant inspections
- 96 Head Start dental screenings
- 301 patients seen through Volunteers in Medicine

Health Priorities: Access to Care

The percentage of uninsured individuals in Franklin County has risen significantly in the past few years which is to be expected given the current economic climate and unemployment rate in the state and nation. The good news is that Franklin County's* percentage of uninsured adults ages 18-64 has consistently been at or below the state rate. Additionally, Franklin County* actually saw a very slight decrease in the percentage of uninsured adults from 2008 to 2009 from 20.9% to 20.7% unlike the state who saw a slight increase³.



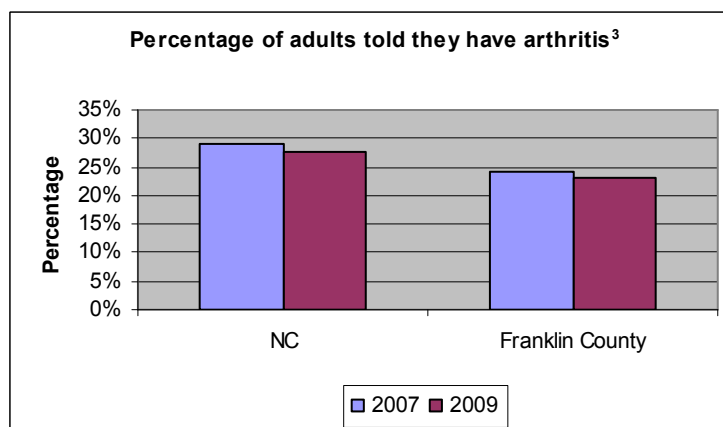
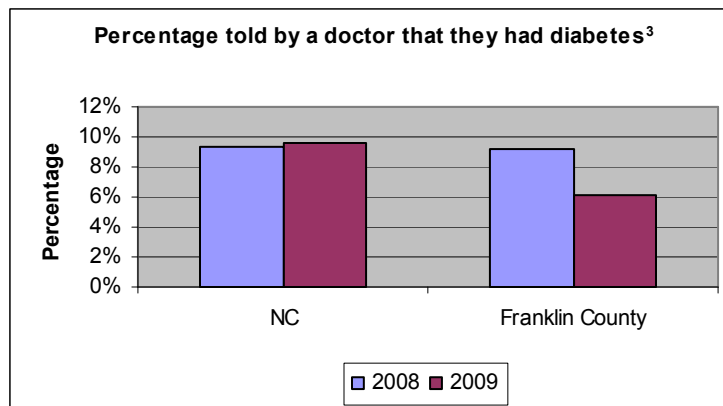
Progress and Next Steps:

The Franklin County Health Department is a partner collaborating with the Franklin County Health Care Collaborative to identify resources and provide medical care for the uninsured and underinsured population in Franklin County. This group also includes representatives from Volunteers in Medicine, Franklin Regional Medical Center, Franklin County Department of Social Services, 5 County Mental Health, Franklin Community Health Services, NC Office of Rural Health, Care Share, Rural Health Group, Inc., and Shepherd's Way. The group recently applied for and received a \$175,000 Community Health Center grant to increase access to primary care in the county through the use of a shared electronic health record and the addition of 1.5 primary care providers working out of the Franklin County Health Department clinic and the Volunteers in Medicine clinic in Louisburg. To date, 809 uninsured patients have been seen by a provider as a direct result of this grant.

Franklin Community Health Services also held focus groups in Youngsville, Bunn, Franklinton, and Centerville with an emphasis on obtaining feedback regarding health care needs and barriers experienced when attempting to access health care.

Health Priorities: Chronic Diseases (diabetes, arthritis, & cancer)

Diabetes and Arthritis: Diabetes, arthritis, and cancer are the three chronic diseases that Franklin County chose to work on when the last CHA was conducted in 2007. Improvements have been made in both diabetes and arthritis in the county, as shown in the graphs to the right. The percentage of citizens in Franklin County* told by a doctor that they had diabetes decreased from 9.2% in 2008 to 6.1% in 2009. Likewise, the percentage of adults in Franklin County* told they had arthritis decreased from 24.3% in 2007 to 23.1% in 2009. Additionally, the percentages for both diabetes and arthritis in Franklin County* in 2009 remain below the percentages in North Carolina.



*Franklin County data is compiled with Wake and Johnston counties

Cancer: The age adjusted cancer death rate increased from 195.6 per 100,000 in 2006 to 230.7 in 2007 in Franklin County⁴. Likewise, the age adjusted breast cancer death rate increased from 12.8 per 100,000 in 2006 to 31.9 in 2007 in the county⁵. While this is a big increase in the breast cancer death rate, the Franklin County rate remains below the average rate of our peer counties⁵.

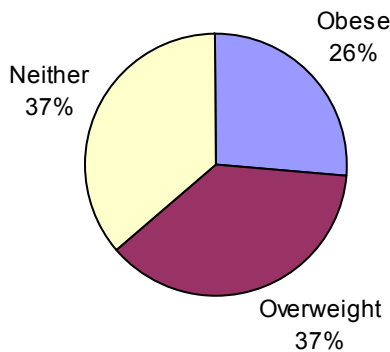
Progress and Next Steps:

- The annual Healthy Heart Expo was offered at the senior center in February for all county residents and saw a record turnout
- Ray of Hope newsletters continue to be distributed bi-monthly to local churches to encourage healthy lifestyle choices and give information about chronic disease
- Health department staff participated in National Wear Blue Day to promote awareness about colorectal cancer and National Wear Red Day to promote awareness about heart disease in women and also wore pink on Fridays in October to promote breast cancer awareness
- Franklin Regional Medical Center (FRMC) offers monthly diabetes education
- The Louisburg Senior Center offers an arthritis exercise class
- The Franklin Regional Cancer Treatment Center is now a Cancer Resource Center offering free computer access to all literature and services offered through the American Cancer Society—more information on page 8 under “New Initiatives”
- FRMC hosted “Ladies Night Out” in October promoting breast cancer awareness
- The entire campus and all properties of FRMC became 100% tobacco free effective July 4

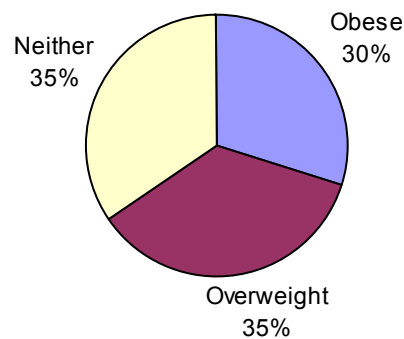
Health Priorities: Overweight and Obesity

Overweight and obesity continue to be a problem in Franklin County and in North Carolina, but there are some improvements to note. The percentage of obese persons in Franklin County* decreased from 32.9% in 2008 to 26.4% in 2009. However the percentage of people who are neither overweight nor obese increased from 33.5% in 2008 to 36.5% in 2009 in the county* meaning that while the percentage of obese persons decreased, the percentage of overweight persons increased. Franklin County's* percentage of obese persons remains below the state rate, and the percentage of people who are neither overweight nor obese is above the state rate (see graphs below).

Franklin County* 2009 BMI³



North Carolina 2009 BMI³



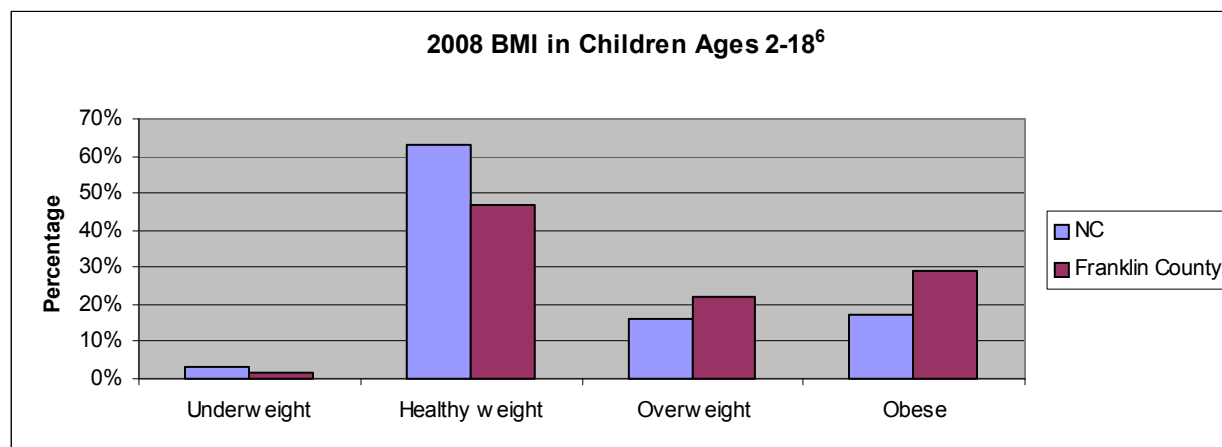
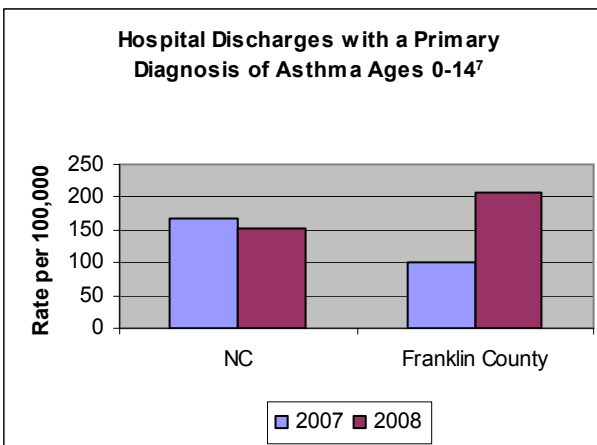
Progress and Next Steps:

- A series of presentations were given at the Louisburg and Franklinton Senior Centers focusing on nutrition and physical activity. Topics include safe exercise for seniors, the importance of fruits and vegetables, the benefits of a high fiber diet, and the link between high blood pressure and diet.
- Lunch and Learn offered by Franklin Regional Medical Center for all Franklin County employees on healthy eating habits
- Information on healthy eating and physical activity distributed at several health fairs and Senior Fun Day in the Park
- The Franklin County Employee Wellness Center reopened with additional equipment and square footage
- Multiple venues for exercise and weight loss are available in the county including Curves, Weight watchers, and Parks and Recreation complexes
- FCHD participated in Ladies Night Out at FRMC by offering information about healthy eating and physical activity

*Franklin County data is compiled with Wake and Johnston counties

Health Priorities: Youth Health (physical activity, nutrition, asthma)

Our youth health priority areas continue to be an area of concern in Franklin County. Hospital discharges with a primary diagnosis of asthma were up from 101.2 in 2007 to 207.5 in 2008 in the county and the 2008 county rate was much higher than the state rate of 151.97. Additionally, Franklin County is seeing much higher BMIs in children ages 2-16 than the state. The county saw 22% overweight and 29.3% obese in 2008 while the state's percentages were 16.4% and 17.5%



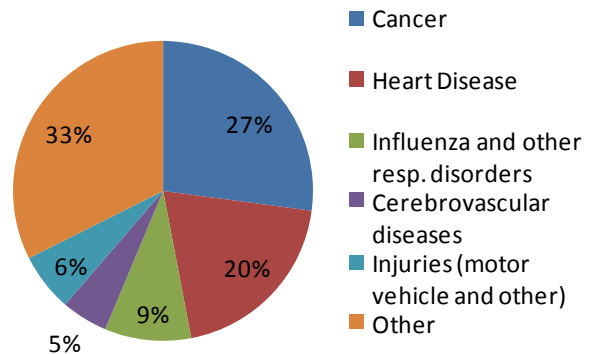
Progress and Next Steps:

- FCHD and FC Cooperative Extension formed a TRY team (Teens Reaching Youth) made up of students from Louisburg High School to address tobacco use in elementary, middle, and high school age kids. The team spoke to over 200 students.
- FCHD nurse spoke to Bunn and Nelson Headstart about asthma and children
- Heba, a contestant from *The Biggest Loser*, spoke to students about healthy eating at Bunn Elementary School
- Programs on healthy eating and physical activity were conducted at the Boys and Girls Club. Additionally, a 1/4 mile walking trail was marked off for use.
- The annual 2nd grade nutrition fair was held at Royal Elementary School
- Information on health department services and childhood obesity was given out to parents at Franklin County Schools Parent Information Fair
- Two elementary schools earned bronze status and one earned silver status for their physical activity and nutrition efforts through the Alliance for a Healthier Generation
- Two elementary schools received the Fresh Fruit and Veggies grant which will provide each student a fresh fruit or vegetable daily
- Two elementary schools implemented a morning exercise program
- FCHD staff promoted healthy living for kids at an event at Franklinton Elementary through a nutrition activity and educational materials

Leading Causes of Death⁸

The graph to the right shows the leading causes of death in Franklin County in 2008. As in 2007, cancer and heart disease are the two leading causes of death in the county. Franklin County has the same top 5 leading causes of death as the state of North Carolina. However, one notable difference is that in the state, cancer and heart disease are tied as the leading causes of death at 22.6% each whereas in Franklin County, cancer is the leading cause of death at 27.1% with heart disease coming in second at 19.9%.

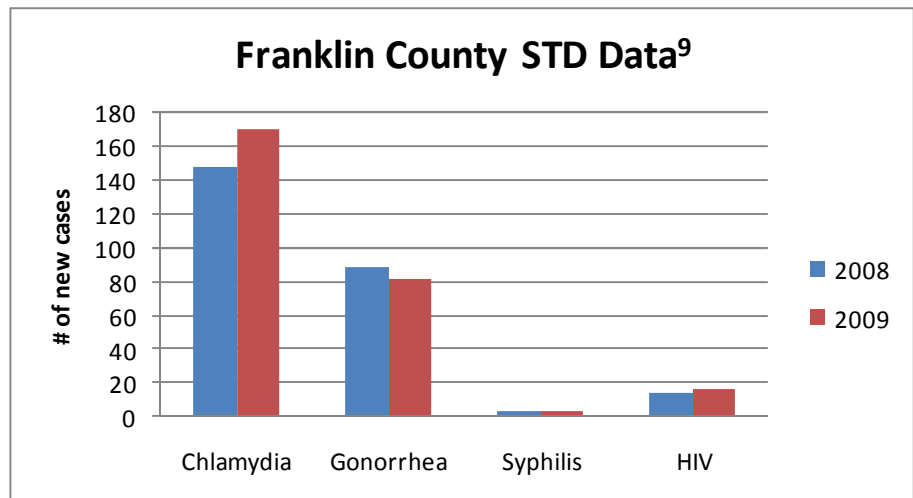
**2008 Franklin County
Leading Causes of Death**



Other Health Data

STDs/HIV⁹:

STD and HIV data for Franklin County is shown in the graph to the right. The number of new Chlamydia cases increased from 148 in 2008 to 170 in 2009. Likewise, the number of new HIV cases increased from 14 in 2008 to 16 in 2009. The number of new Gonorrhea cases decreased from 88 to 81, and the number of new Syphilis cases remained the same from year to year.



Infant Mortality¹⁰:

Infant mortality increased in Franklin County from a rate of 9.0 per 1,000 in 2008 (7 deaths) to 12.4 in 2009 (8 deaths). The 2009 infant mortality rate in the county remains above the state rate of 7.9; however the county data should be interpreted with caution as rates based on fewer than 10 deaths are unreliable.

Teen Pregnancy¹¹:

Teen pregnancy (ages 15-19) decreased in the county from a rate of 57.1 in 2008 to 48.9 in 2009. The teen pregnancy rate in Franklin County remains below the state rate of 56.0 in 2009.

Emerging Issues

Emergency Preparedness/At-risk Populations:

In the area of Emergency Preparedness, Franklin County Health Department works continually to improve its capacity to respond to public health emergencies by enhancing its agency response, as well as its ability to work with partner agencies and elected officials. Franklin County Health Director Dr. Chris Szwagiel illustrates this goal by stating: “we strive to support local Emergency Management and their expertise in the field of response in times of emergencies”.

FCHD also works to help promote the **Special Needs Registry** which is maintained by Emergency Management on the county website in an effort to help aid at-risk population groups during a public health emergency. This registry will assist partner agencies in communicating and providing valuable educational and informational messages to the identified public in a timely manner. The registry provides partner agencies with information to better serve the needs of the residents of Franklin County in a time of response.

Given the emergence of the H1N1 pandemic flu within the last year, FCHD has worked to build a stronger sense of community in the area of preparedness for Franklin County residents by partnering with local agencies, schools and communities. We all share in the responsibility for making our communities better prepared for and more resilient to all hazards. To become a partner or for more information on preparedness, please contact FCHD at 919 496-2533 or visit our website at franklincohealth.org

Electronic Medical Record/HIS:

FCHD has recently started using eClinicalWorks, an electronic medical record that allows the clinic to share data on shared patients with other medical providers on a regional basis. The health department is also implementing the new state information system (HIS) which will help process programmatic requirements from the state.

New Initiatives/Changes in Franklin County

- The Franklin Regional Cancer Treatment Center is now a Cancer Resource Center (CRC) offering free computer access to all literature and services offered through the American Cancer Society (ACS). CRCs are designated spaces within existing cancer treatment facilities where anyone can come to access ACS support services nationwide. The center in Franklin County is only the 3rd center of its kind in the entire state.
- Farm Bureau’s Healthy Living for a Lifetime Health Screening Event was held at FRMC in October. Over 100 people attended and had their blood pressure, cholesterol, and BMI measured.
- Per the Office of Economic Development, Franklin County continues to enjoy the growth seen by Research Triangle Region communities, experiencing about a 3% population growth rate this past year. With that growth, investment in infrastructure topped one of the county’s objectives with funds being awarded by the federal government for two large projects: a connecting road from the Triangle North Franklin Park to US Hwy 401 and funds to help extend fiber optic broadband. The county has seen a slow, steady return to full work schedules with most of our existing businesses as they remain cautiously optimistic about the upcoming year.

Become Involved

This document will be disseminated to libraries, Chambers of Commerce, Board of Health, County Commissioners, Franklin Regional Medical Center, schools, and other community venues. To find out how you can become involved in the initiatives you have read about here, for more information about this report, or to obtain a copy of the 2007 Community Health Assessment, contact FCHD at (919) 496-2533 or visit www.franklincohealth.org.

Sources of Data

¹ Log Into North Carolina. 2010 Franklin County Population (Census/Estimate/Projection). <http://linc.state.nc.us/>

² US Census Bureau. General Demographic Characteristics. Franklin County. <http://factfinder.census.gov>

³ CDC. Behavioral Risk Factor Surveillance System. North Carolina Raleigh-Cary Metropolitan Statistical Area. <http://www.cdc.gov/brfss/>

⁴ State Center for Health Statistics. North Carolina CATCH. Cancer deaths per 100,000 population. <http://ncpublichealthcatch.com>

⁵ State Center for Health Statistics. North Carolina CATCH. Breast cancer deaths per 100,000 population. <http://ncpublichealthcatch.com>

⁶ North Carolina Nutrition and Physical Activity Surveillance System. County Specific BMI for Ages 2-18. <http://www.eatsmartmovemorenc.com/DataChildAndYouthData.html>

⁷ State Center for Health Statistics. North Carolina Asthma Hospitalizations. <http://www.schs.state.nc.us/SCHS/>

⁸ State Center for Health Statistics. Leading Causes of Death in North Carolina. <http://www.schs.state.nc.us/SCHS/data/lcd/lcd.cfm>

⁹ NC DHHS Communicable Disease Branch. NC HIV/STD Quarterly Surveillance Report: Vol. 2009, No. 4. <http://www.epi.state.nc.us/epi/hiv/pdf/volo9no4.pdf>

¹⁰ State Center for Health Statistics. 2009 and 2008 Infant Mortality Statistics. <http://www.schs.state.nc.us/SCHS/deaths/ims/2009/2009rpt.html>, <http://www.schs.state.nc.us/SCHS/deaths/ims/2008/2008rpt.html>

¹¹ State Center for Health Statistics. 2009 and 2008 Reported Pregnancies. <http://www.schs.state.nc.us/SCHS/data/pregnancies/2009/>, <http://www.schs.state.nc.us/SCHS/data/pregnancies/2008/>