

State of the County Health Report

The purpose of this report is to communicate current Franklin County health information. The Frankly Healthy partnership produces this report each year for three years, and a Community Health Assessment (CHA) in the fourth year. The next CHA is to be completed in December 2007. For copies or for more information, contact:

Cynthia Gary, Frankly Healthy Coordinator
Franklin County Health Department
919-496-2533

A Note from the Health Director

Over the past decade, local partnerships like *Frankly Healthy* have emphasized to the citizens of our state the importance of healthy living through standards, set forth by the *North Carolina Governor's Taskforce on Healthy Carolinians*, such as decreasing obesity and diabetes related illnesses. It is our mission to foster relationships with our community to combat diseases that affect us all.

As Franklin County grows, it is imperative that we collaboratively use these standards to achieve the healthiest lifestyles afforded to us.

Frankly Healthy Partners

Franklin County Health Department
Franklin County Cooperative Extension
Franklin County Schools
Franklin County Volunteers in Medicine Clinic
Louisburg Senior Center
South Main Street Baptist Church
Gethsemane Missionary Baptist Church
Community Volunteers



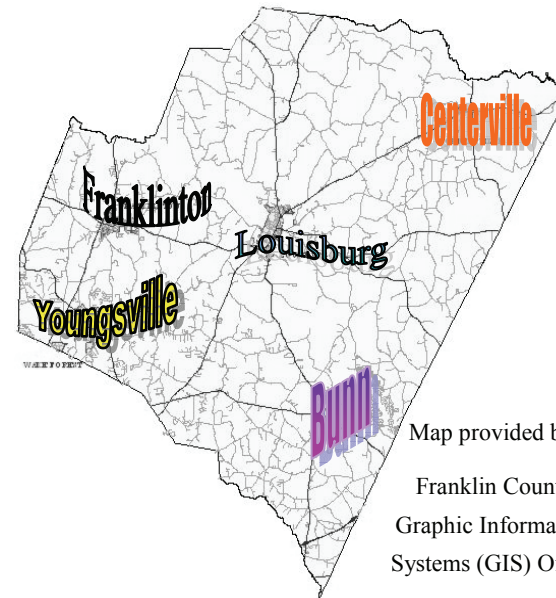
State of the County Health Report

Franklin County, NC

www.franklincohealth.org

About Franklin County

With an estimated population of 55,449, Franklin County has gained approximately 2500 residents since 2004. Franklin County is conveniently located 21 miles north-east of the state capital, Raleigh, with easy access to three interstate highways (I-40, I-85, I-95). The county encompasses 494 square miles, and Louisburg is the county seat.



Map provided by:
Franklin County
Graphic Information
Systems (GIS) Office

FRONT COVER: Franklin County Health and Human Services building

The Year in Review

Did you know...

□ **There were 702 births in Franklin County in 2005**

□ **In 2005, the Franklin County Health Department...**

- Child immunization rate was 94% versus the state's 76%!
- Provided Maternal Health Services to 392 local pregnant women.
- Provided 109 Head Start dental screenings.
- Served 1,769 children through the Child Health Clinic.
- Provided over 1,400 Franklin County residents with flu shots.
- Served an average of 368 women per month through WIC (Women, Infants, and Children).
- Completed 510 food inspections.

Leading Causes of Death

According to the State Center for Health Statistics, these diseases and ailments represent 85% of the 457 deaths in Franklin County in 2005.

| Cause | Percentage |
|--------------------------------------|------------|
| Heart and Circulatory Diseases | 27% |
| Cancer | 27% |
| Respiratory Ailments ¹ | 9% |
| External Causes ² | 8% |
| Nervous System ³ | 5% |
| Endocrine & Nutritional ⁴ | 5% |
| Digestive Ailments ⁵ | 4% |

1 Includes influenza and pneumonia

2 Includes accidents and suicide

3 Includes dementia and Alzheimer's disease

4 Includes diabetes

5 Includes liver diseases caused by alcohol

Note: In 2005, there were 8 child fatalities. Causes were perinatal conditions, SIDS (sudden infant death syndrome), illnesses, and motor vehicle crashes.

County Health Concerns¹



Overweight and Obesity!

- Franklin County and surrounding counties rank #1 in the state for percentage of overweight and obese individuals.²

Diet!

- Only 18% of residents in Franklin County and surrounding counties reported eating the recommended five or more servings of fruits and vegetables per day.
- Franklin and surrounding counties ranked 4th lowest in the state for fruit and vegetable consumption.

Physical Activity!

- Only 39% of residents in Franklin County and surrounding counties reported meeting the daily physical activity recommendations that include moderate exercise for 30 or more minutes per day, five or more days per week; or 20 or more minutes of vigorous activity on three or more days per week.

1 Data gathered from the 2005 Behavioral Risk Factor Surveillance System (BRFSS), a self reported survey. Franklin County data is compiled with Nash and Wilson counties.

2 Based on Body Mass Index (BMI).

Health Priorities



Based on findings in the 2003 Franklin County Community Health Assessment and 2005 health data collected for this report, the following health priorities have been set for health promotion activities.

Overweight and Obesity

- Physical Activity
- Nutrition

Chronic Disease

- Diabetes
- Cancer
- Arthritis

Youth Health

- Asthma
- Physical Activity and Nutrition
- Sexual Health

Access to Care

The Plan



Overweight and Obesity

- Expand *Ray of Hope* health education program to include **worksite wellness**.

Chronic Disease

- Main Street Diabetes Project* to educate the community
- Educate worksites and churches about **cancer** through the *Ray of Hope* program.
- Arthritis** Exercise program with Louisburg Senior Center

Youth Health

- Plan another *Girls 'R' Great* mother-daughter program, and design father-son program.
- Collaborate with county agencies and community partners to develop a coalition to educate the public on **asthma**.
- Continue to partner with schools to educate children about the importance of good **nutrition and physical activity**.

Access to Care

- Continue to provide quality care to all residents, and to partner with the Franklin County Volunteers in Medicine Clinic to reach the **underinsured and uninsured**.