

County Data: Reflections

2015 Community Listening Sessions
Healthy Carolinians of Orange County
Orange County, North Carolina



Community Health Assessment

➤ Data Collection

➤ Quantitative: Survey Collection – (1714 total responses)

- 1,545 online surveys
- 166 door-to-door

➤ Qualitative: Focus Groups - (5 FG's/57 voices)

➤ Secondary

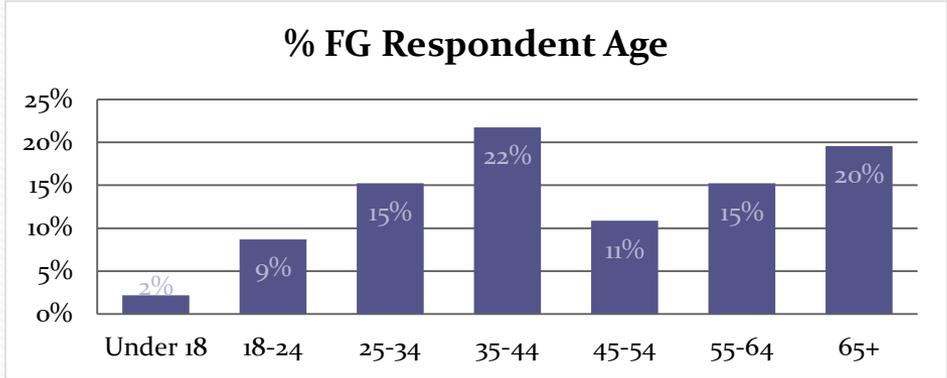
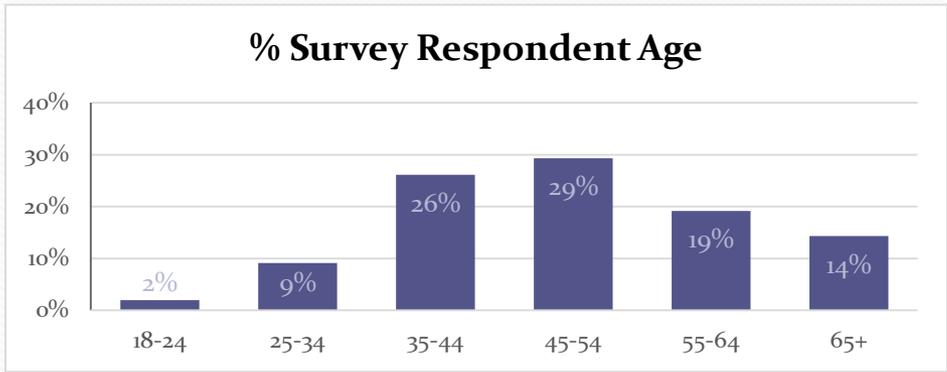
- 2015 dashboards will be posted on OCHD website and will be with your provider



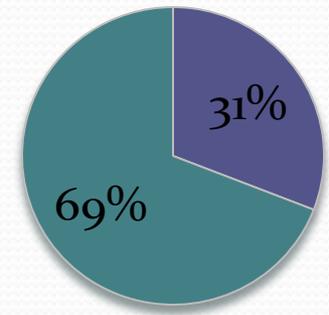
Federal Poverty Level (FPL)

- Federal poverty levels are used to **determine your eligibility for certain programs and benefits**
- For the purpose of this presentation, we use FPL to refer “**low-income respondents**” in some of our slides, this refers to those whose families are at or below 200% of the Federal Poverty level.
- For example, a **family of two** at this measure would have an income of **\$24,000**, and a family of four have an income of about **\$50,000**.

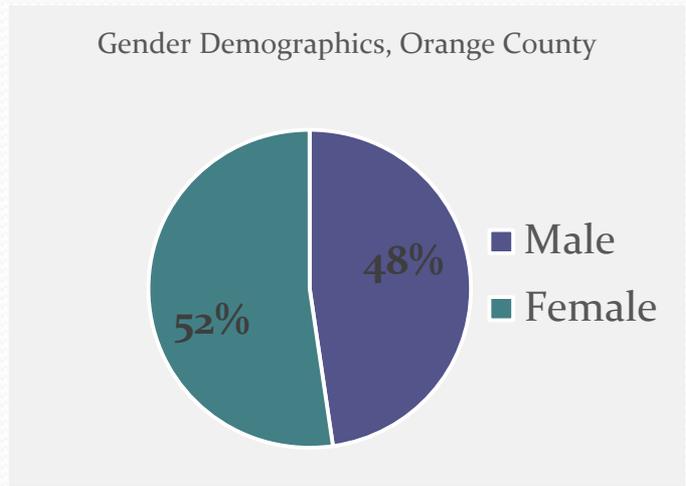
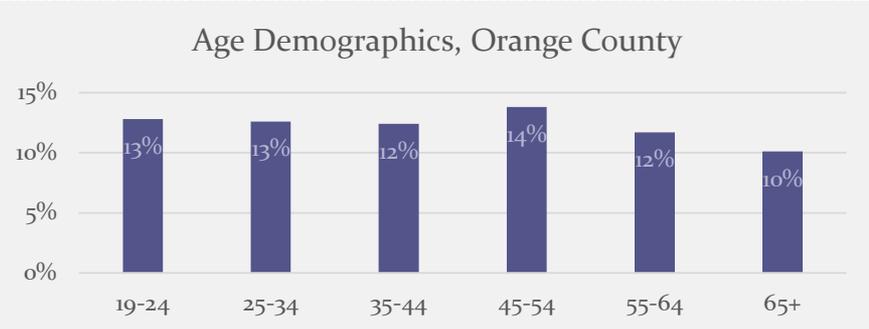
Survey (Age) Profile



Survey Respondents by Gender



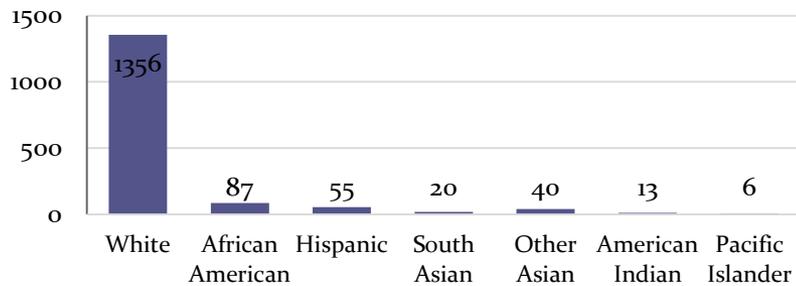
■ Male ■ Female



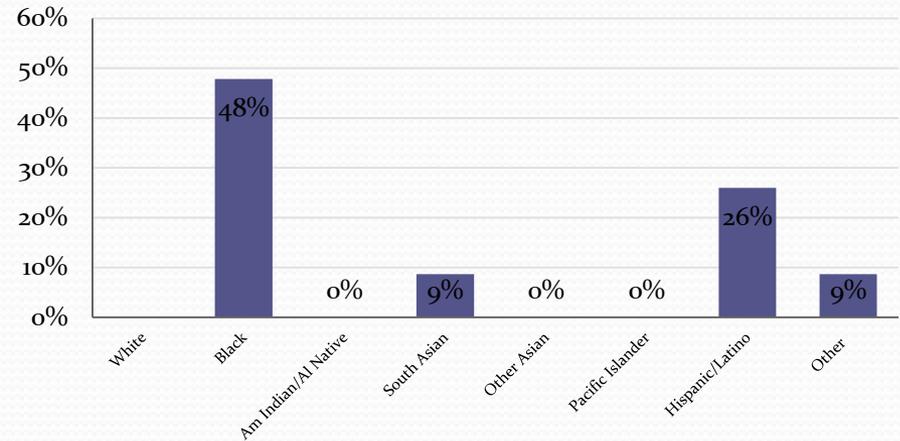
Survey (Race) Profile



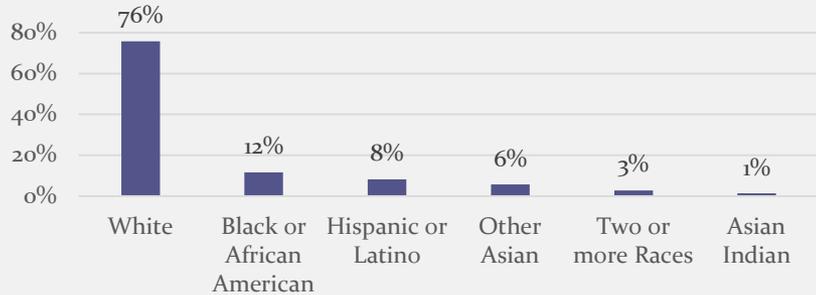
Respondent Survey Race



% FG Respondent Race



Race and Ethnicity, Orange County



- **1 in 6** respondents said they spoke a language other than English at home
- More than 1 in 3 of these respondents spoke Spanish

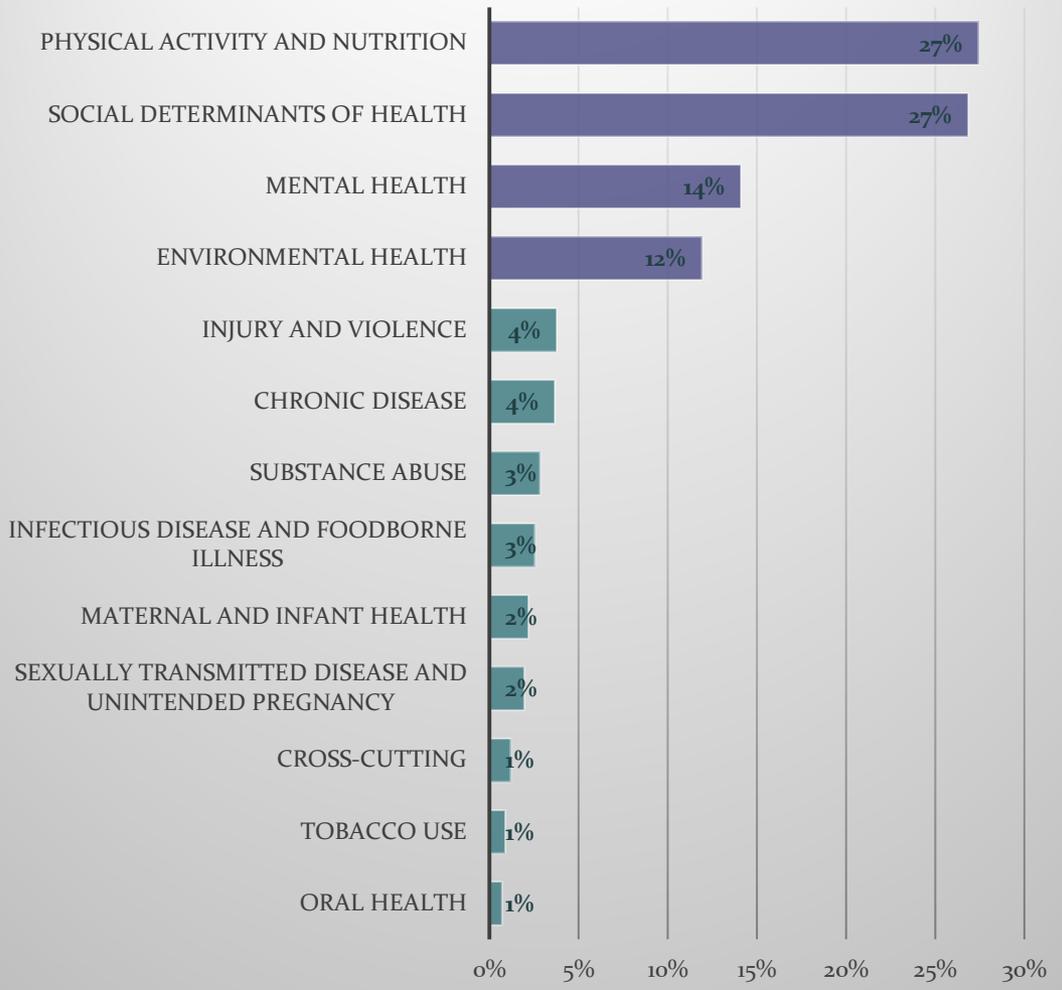
Healthy NC 2020 Issues

(in alphabetical order)

- Chronic Disease
- Environmental Health
- Infectious Disease & Foodborne Illness
- Injury & Violence
- Maternal & Infant Health
- Mental Health
- Oral Health
- Physical Activity & Nutrition
- Sexually Transmitted Infections & Unintended Pregnancy
- Social Determinants of Health
- Substance Abuse
- Tobacco Use

Survey Profile (Health Topics)

Priority Health Topics



➤ **8 out of 10** respondents selected one of the following top four topic areas

- **PHYSICAL ACTIVITY AND NUTRITION (27%)**
- **SOCIAL DETERMINANTS OF HEALTH (27%)**
- **MENTAL HEALTH (14%)**
- **ENVIRONMENTAL HEALTH (12%)**

Physical Activity & Nutrition



Physical Activity & Nutrition

Orange County Impact and Trend

Less than half of adults are getting the **recommended exercise**



Half of high schoolers are getting the **recommended exercise**



1 in 5 of adults are eating **5+ fruits or veggies/day**;



1 in 10 students are eating **5+ fruits or veggies/day**



1 in 2 of adults are a **healthy weight**;



4 of 5 high schoolers are a **healthy weight**



14% of low-income preschool children are **obese**

14% of the population is **food insecure**

21% of **kids** are in **food insecure households**



Physical Activity & Nutrition

Focus Group Stories

- It's a very active community
- A lot of kids walk to school
- Trails everywhere
- Not a lot of obese people
- It's relaxing to go to the park, go fishing and go to the gym
- Access to Weaver Street Market and Whole Foods
- We don't have a lot of fast food restaurants
- We have a lot of fast food places but not a lot of places to get healthy foods
- It's cheaper for me to go spend money to get junk or processed food than to get healthy food.
- Anathoth Garden brings boxes of home-grown fresh fruits and vegetables every Thursday.
- Not a lot of activities for younger kids.



Social Determinants of Health



Social Determinants of Health



Poverty

17% of children under 18 in Orange County live in **poverty**

12% of all residents are **uninsured**

32% of low income residents **are uninsured**

Survey:

- Respondents who were low income **were nearly 10 times** as likely to have **cut the size of meals or skipped meals in past 30 days** as those who were higher income.

Affordable Housing

Nearly half of households who rent (47%) spend **more than a third of their income on rent.**

Social Determinants of Health

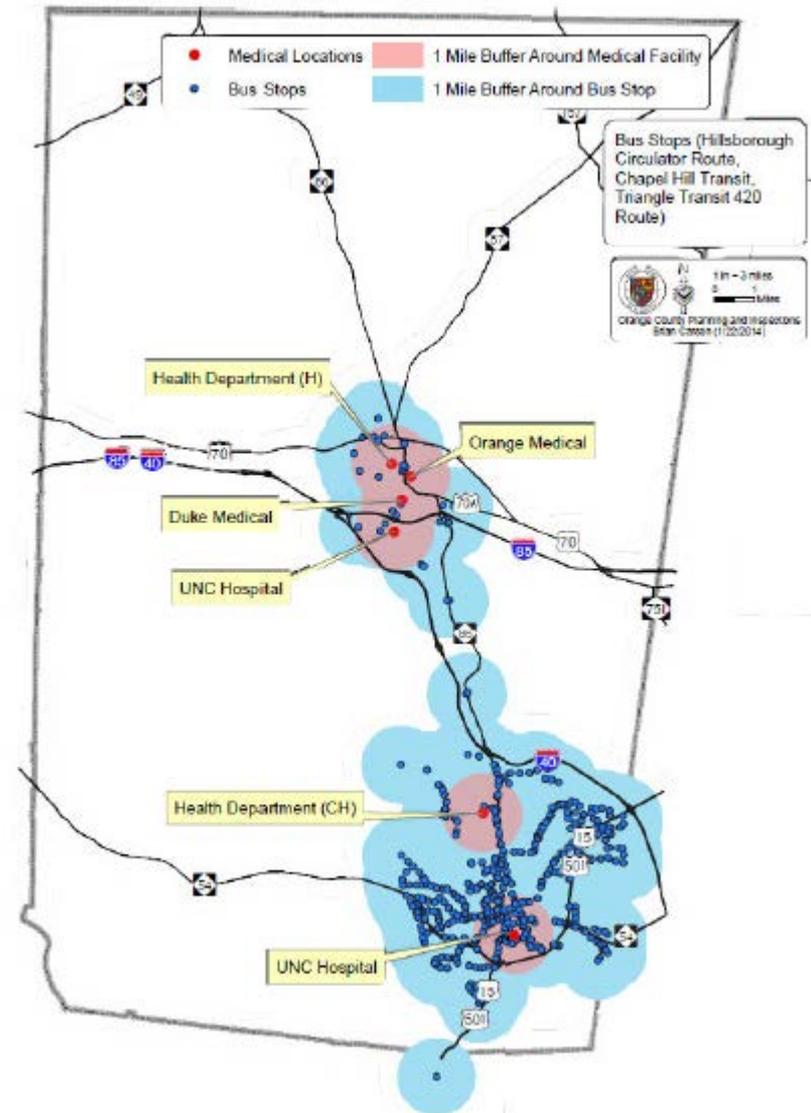
Transportation

While Orange County has one of the **highest Physician and Primary Care Physician Rates in the state**, **access to medical care is still challenging** for individuals without access to a vehicle.

3,000 individuals with no vehicle live outside of the walkable/ridable coverage area to medical clinics in Orange County.

Residents without a vehicle will also have trouble accessing food stores or locations for physical activity.

Recall: 1 in 7 residents is food insecure

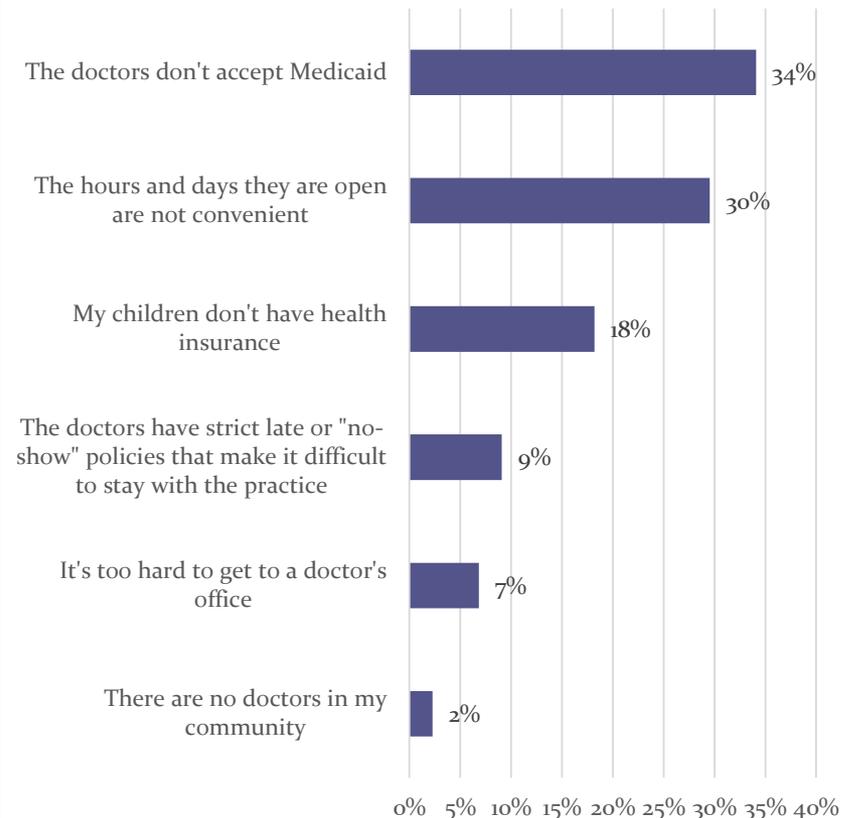


Social Determinants of Health

Access to Care (survey)

- **6%** of respondents, that have children, reported having **trouble getting medical care for their child(ren)**.
- **Doctors not accepting Medicaid and inconvenient hours** were the top two reasons listed for trouble getting care for children.

Reasons for Trouble Getting Medical Care for Child(ren)



Social Determinants of Health

Focus Group Stories

- We are Refugees with no insurance, and we are depressed about it.
- I have heard people say that they had problems with their apartments and the management would not help them because we are Hispanics. Since they don't speak English, they don't pay attention to them.
- It was difficult to go to the hospital. Not only getting there physically, but the time you have to stay there. It's like they say: You have to be dying, almost fainting, or sweating in order for anyone to help you.
- Doctors not being able to communicate with me.
- Well, I have a Hispanic doctor and I think he understands me well. I always try to ask things. I feel like I can ask what I want to because I have an interpreter.
- Not enough appointments. I have been trying to get an appointment for years and I haven't been able to.
- If you give me the appointment, you should keep it. It's not my fault if they didn't check the voicemail; I called the number they told me to.
- Having the new hospital that you can go to for emergencies is great.
- Chapel Hill and Carrboro has a lot of things and activities going on but they leave us out like we're our own separate county.
- Discrimination because of where we live.
- We only live a mile from city limits and there are no sidewalks, no street lights or nothing.



Mental Health

Orange County Impact:

1 in 6 older adults have depression, which is **higher** than our peers, but **lower** than NC and the US .

2.5 days is the average number of **poor mental health days per month**

There is a need for more data related to mental health conditions at the county level, but **chronic stress and its affects are prevalent in Orange County according to community feedback.**

Access to mental health care is one of the largest reported concerns; and the **top location where respondents reported having trouble getting health care for themselves or a family member (wordle)**



Mental Health



3 out of 10

respondents diagnosed with **depression or anxiety**

1 out of 8

respondents said there have been days in the past month when feeling sad or worried has kept them from going about their normal business

When asked where they would refer a friend or family member if they have a mental health or Substance abuse issue, **12%** said they did not know or were not sure

Private Counselor or therapist	52%
Doctor	23%
Don't Know/Not Sure	12%
Support group	9%
Minister/religious official	3%
School Counselor	1%

Mental Health

Focus Group stories:

- It's so much to deal with on a daily basis just living.
- There aren't many places in Hillsborough that have support groups. Probably in Chapel Hill and Carrboro but again, we're treated as if we're a totally different county. There's not stuff for us unless you have a vehicle.

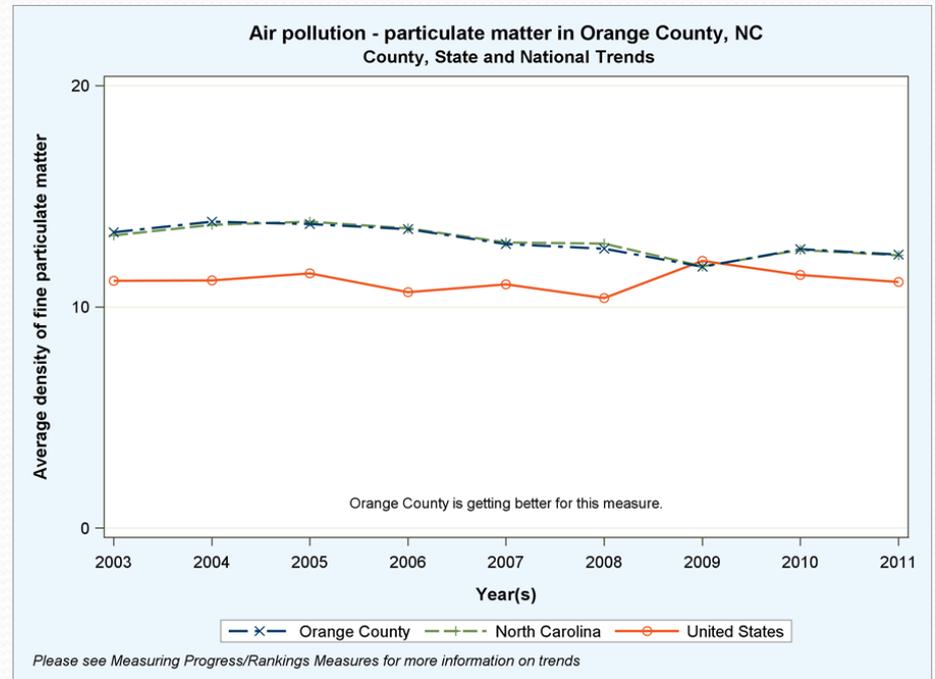


Environmental Health



Environmental Health

- One of top choices of community survey respondents, though specifics were not clear.
- Orange county generally ranks around the middle or better than peers for environmental concerns.
- No notable outbreaks in water sources in recent years.



- **1 in 5 households** have one of the following four housing problems:
 - Overcrowding
 - High housing costs
 - Lack of kitchen or plumbing facilities



Environmental Health

Focus Group Stories

- Kids wasting water
- People not picking up their dog's waste. Since there could be some contaminants in the waste, it could harm people who have weakened immune systems.
- The apartments where I live are poorly maintained. They don't pay attention, support us or take responsibility. I've had issues with worms, insects, bed bugs, a snake and a mouse.
- Feces and urine coming out of our bathtubs and sinks.
- Kids getting a bacterium, staph, and ringworm from the park (at an apt. complex)
- We have well water and I don't think that's the safest. I would like to have city water.
- We live about 10 miles outside of city limits and we don't have garbage pickups.



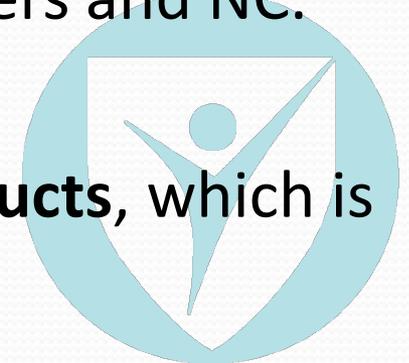
Substance Abuse



Substance Abuse

Orange County Impact

- Behaviors associated with substance use show a **decline** in **adolescent alcohol and tobacco use**, whereas, an **increase** appears for **adults** for these same behaviors, in particular, smokers.
- **6 out of 100 vehicle crashes are alcohol-related**, a **greater percentage of crashes** than our peers and NC.
- **1 in 3 high school students use alcohol products**, which is a **lower rate** than peers, NC, and the US.



Teen Substance Abuse

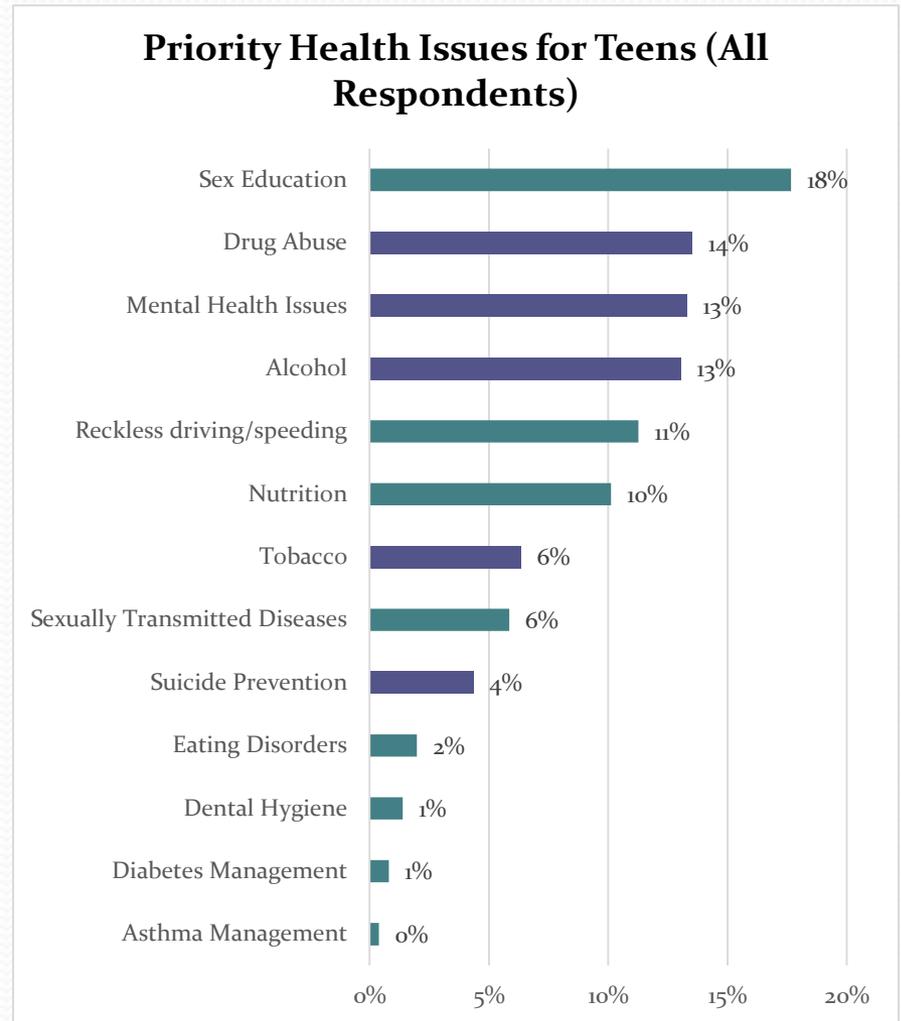
➤ **50%** of respondent priorities for teens were related to substance abuse or mental health

➤ **1 in 3** respondents named some kind of substance use, including

- DRUG ABUSE (14%)
- ALCOHOL (13%)
- TOBACCO (6%)

➤ **1 in 6** respondent named mental health, including

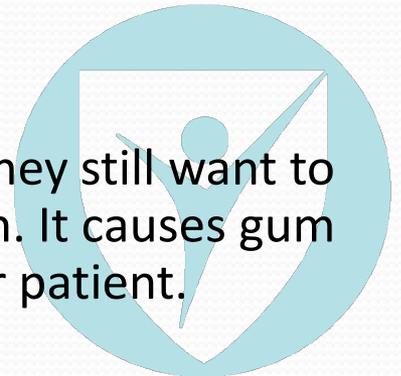
- MENTAL HEALTH ISSUES (13%)
- SUICIDE PREVENTION (4%)



Substance Abuse

Focus Group Stories

- With alcohol, it's a lot easier to get than other drugs.
- Parents think it's ok if it's under their supervision. That it's safe that way but it's not
- If you have friends who go to UNC or State, you can just go hang out with them
- A concern to me is drug users and children and the fact that parents don't know.
- People are addicted to Betel Nut. They're afraid of it but they still want to use it even though they know it's not good for their health. It causes gum disease and there's a chance of later on becoming a cancer patient.



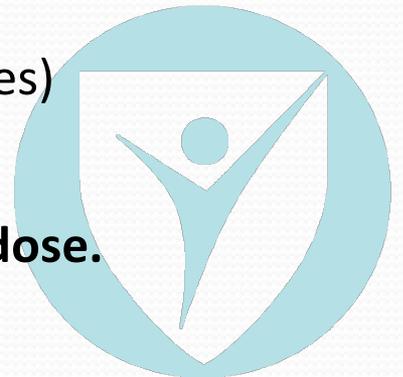
Injury & Violence



Injury & Violence

Injury Impact:

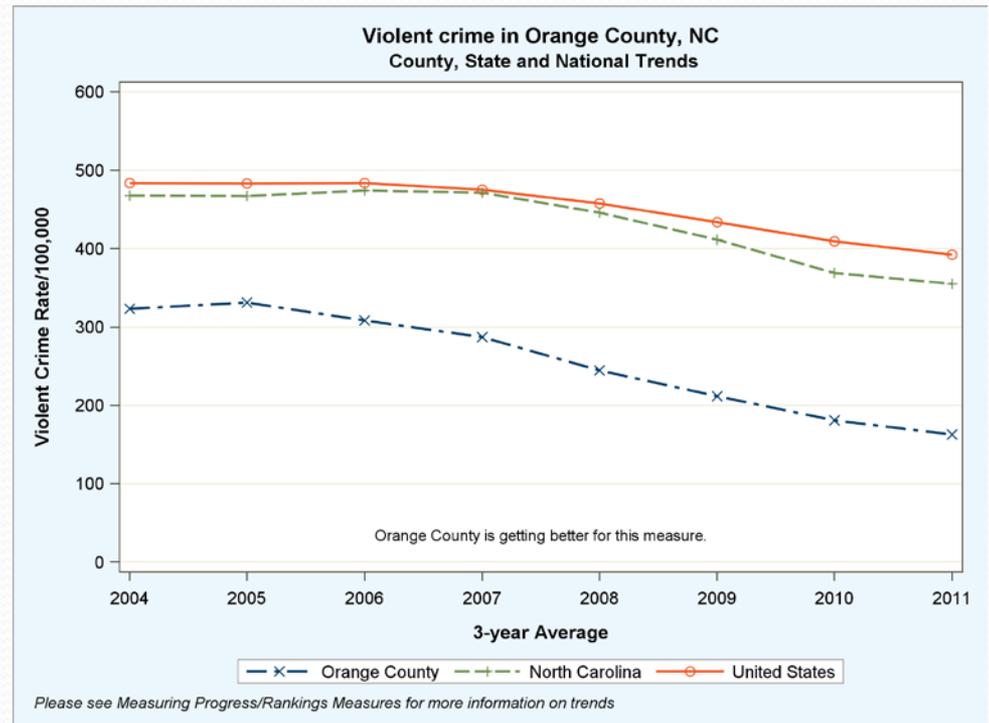
- **1 in 3 deaths** for residents **under the age of 19** is Injury or Violence related
- **1 in 5 deaths** for residents **under the age of 19** is due to a **motor vehicle injury**.
- About **17 people** die per year due to **poisoning** (of all ages)
- About **10 of these people** die from **narcotic drug overdose**.



Injury & Violence

Violence Impact:

- Violent crime **is decreasing** in Orange County.
- Orange County has a **lower suicide mortality rate of 12.2** compared to peers, NC and the US.
- However, feedback from the community hints at a **broader issue of suicide and self harm** when you examine emergency department visits and hospital costs



Source: County Health Rankings

Injury & Violence

Focus Group Stories:

- Safety. I've had kids break my window.
- Gangs fighting with each other. One guy would be in blue and one guy would be in red, and before you know it, they're shooting.
- We has the highest crime rate.
- I don't think anywhere you live is going to be 100% safe.
- We have sex offenders around the corner.
- A neighbor knocked on my door last night looking for my daughter's friend because she went missing
- We have noticed over the last couple of days that there's a sheriff that comes through Cedar's Grove Park. We're up there at like 5:30 or 5:45 in the morning and he comes through, he may sit there and wait and observe what's going on



Maternal & Infant Health



Maternal & Infant Health

The numbers (County level)

- **Infant mortality** rate **decreased** from 8.2 to **4.6** per 1,000 births from 2012-2013 (looking at 3-year rates)
 - There are **disparities in infant mortality rates by race**
- **Teen pregnancy** rate has **decreased** from 21.8 to **12.4** births per 1,000 females 15-19 over the past 10 years.

Many birth indicators remain relatively stable

- % of **low-birthweight babies** **decreased slightly**
- % of **very low-birthweight babies** **decreased slightly**
- % of **preterm births** remains **stable**
- % of **mothers smoking during pregnancy** has **increased slightly**



Infectious Disease & Foodborne Illness



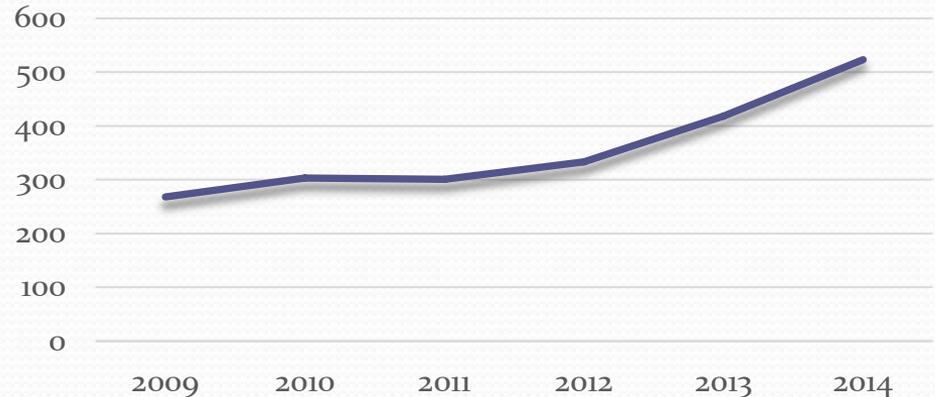
Infectious Disease & Foodborne Illness

3 out of 4 survey respondents had a seasonal flu shot in the last year, with most of them receiving a flu shot the rest either a flu spray

Orange county has regular food, restaurant, and lodging inspections, which are consistently done in a timely fashion.

Few outbreaks in disease or illness have occurred in past several years.

Rabies Contact Trend, Orange County



Rabies Contacts have **increased** over recent years



Chronic Disease

Impact:

- **More than half of all deaths in Orange County (52%)** are caused by either cancer, diseases of the heart, or chronic respiratory diseases
- **Nearly 50 million dollars** was spent on cardiovascular and circulatory disease inpatient visits in Orange County in 2013 (**16%** of all condition costs) .
- **Asthma rates (9.9%) in Orange County** are **lower** than peers, but **higher** than NC and the US.
- In 2013, there were **64 Hospitalization discharges due to Asthma**, 18 of which were children (0-14), this trend has been **decreasing slightly** since 2010.



Chronic Disease Prevention

Trends:

No change in Overall Cancer rate

↑ in Prostate Cancer

↑ in Colorectal Cancer

↑ in Female Breast Cancer

↑ **Cardiovascular Disease** from 5.1 to 7.6% in past 5 years

↑ **Diabetes** from 5.3 to 7.3% in past 5 years



Chronic Disease Prevention

8 in 10 women over 50 report having a **Mammogram**, which is **worse** than our peers, but **better** than NC and the US.

6 in 10 residents have had a **colorectal cancer screening**, which is **about the same** as peers, NC, and the US>



Chronic Disease

Focus Group Stories

- With all the stress going on, we have the highest count of depression, high blood pressure, diabetes, heart issues; especially in African Americans.
- Majority of people either have asthma issues, high blood pressure, diabetes and that can all come from stress.



Sexually Transmitted Infections

- Orange County **performs well on most sexually transmitted infection indicators** compared to NC, the US, and peer counties.
- The incidence of all common/reportable STIs **have increased compared to previous years.**

Sexually Transmitted Infection Trend and Comparisons:

- | | |
|-------------|---|
| ↑ Chlamydia | Better than peers, NC, the US |
| ↑ Syphilis | Worse compared to peers ; but better than NC and the US |
| ↑ Gonorrhea | Better than peers), NC and the US |
| ↑ AIDS | Better than compared to peers, NC , and the US |



Unintended Pregnancy



Teenage pregnancy rate decreased from 21.8 to **12.4** per 1,000 females in past 10 years.



Repeat teenage pregnancy rate decreased from 28% to 25% per 1,000 females.

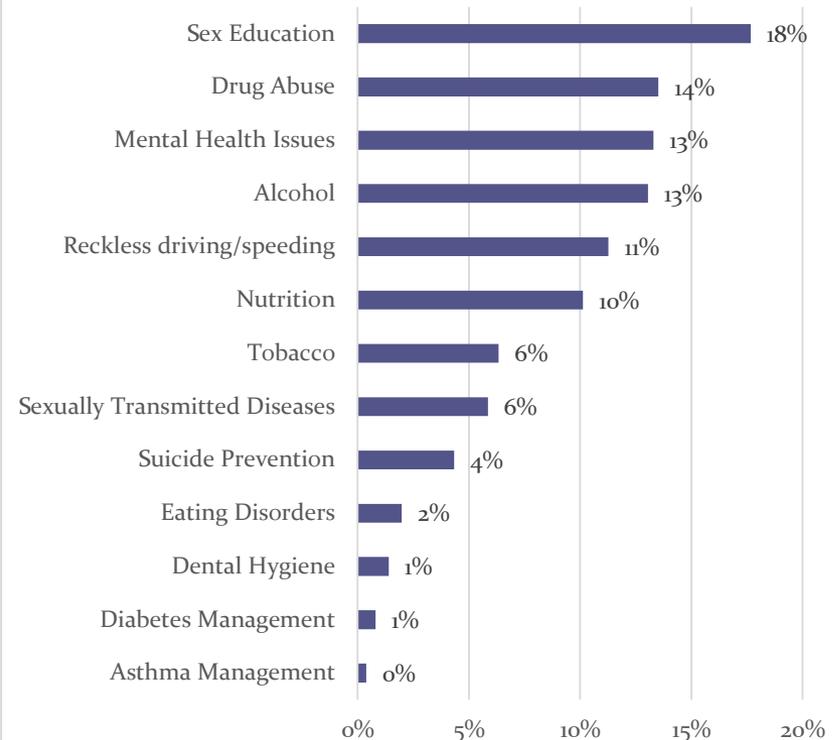


Teen Health: Sexually Transmitted Infections & Unintended Pregnancy

The numbers (SURVEY)

- **24%** of respondent priorities for teens were related to sexual health, including the top priority area of sex education
- **SEX EDUCATION (18%)**
- **SEXUALLY TRANSMITTED DISEASES (6%)**

Priority Health Issues for Teens (All Respondents)



Tobacco



Tobacco Use

The numbers (County level)

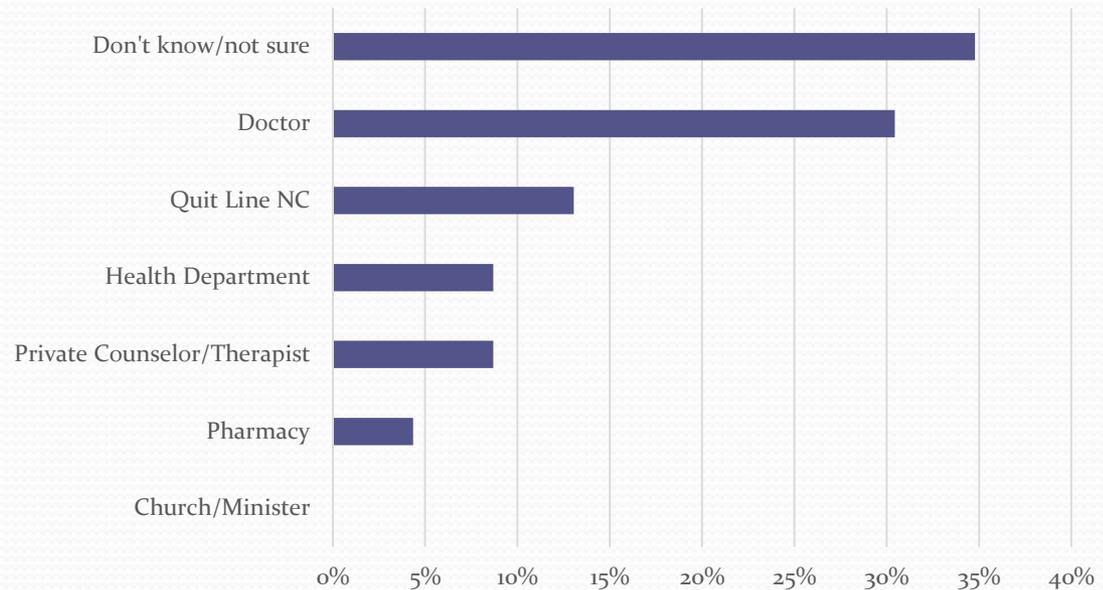
- % of adults smokers is **12.8%**
- About **1 in 10 high school students smoke cigarettes**, a **decrease** from previous years; however, this measure does not account for the **emerging e-cigarette use**
- Secondhand smoke at work has **decreased**
- The incidence of Lung Cancer has been **stable**.



Tobacco

Most survey respondents who smoked said they **did not know where they would go to quit smoking** or that they would go to the **doctor**.

Survey: Where would you go to quit smoking?



Tobacco

Focus Group Stories:

- Here they now prohibit smoking in public places, like parks, since we know that secondhand smoke is bad for us.



Oral Health



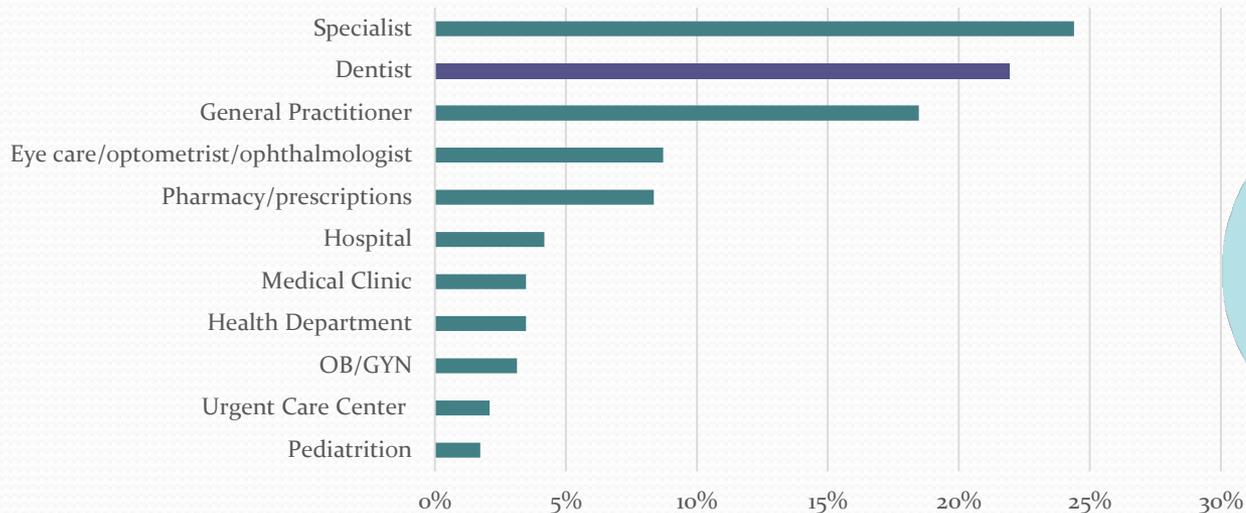
Oral Health

The Dentist Rate per 10,000 has **decreased** from 10.4 to 9.9 within last five years.

Dentists were the **second most commonly reported** provider where respondents had trouble getting medical care.

Low income respondents were more likely to have trouble accessing **Dental services** (35%) than the group of survey respondents overall (22%).

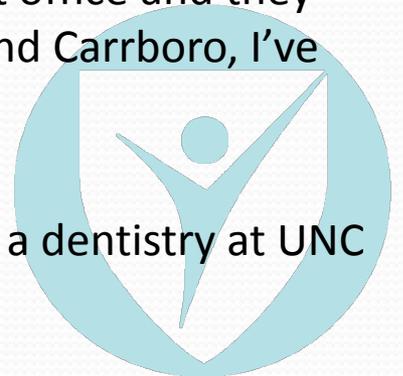
Providers for which Respondents had Trouble getting services



Oral Health

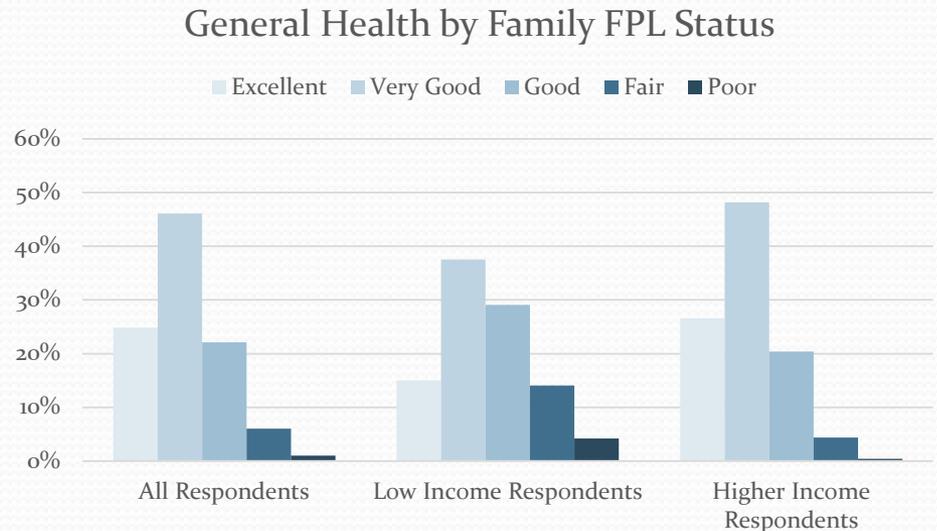
Focus Group Stories

- Dental care is a bit expensive here. Sometimes the work doesn't work well, and doesn't last more than a couple of years. With the work they did in Mexico, it's lasted 20 years. But I get here and they tell me I have to come back after 2 years and get it fixed.
- At the Dental Clinic ,I have had an appointment scheduled and we went and it turned out they had cancelled the appointment.
- In my old neighborhood we use to have dentistry screenings and they would give all the kids the floss and the kits that you would get at the dentist office and they would check the kid's teeth. That was something in Chapel Hill and Carrboro, I've never seen it done here (Hillsborough).
- Let's say you needed a tooth pulled and can't afford it; they have a dentistry at UNC that does stuff like that for free.



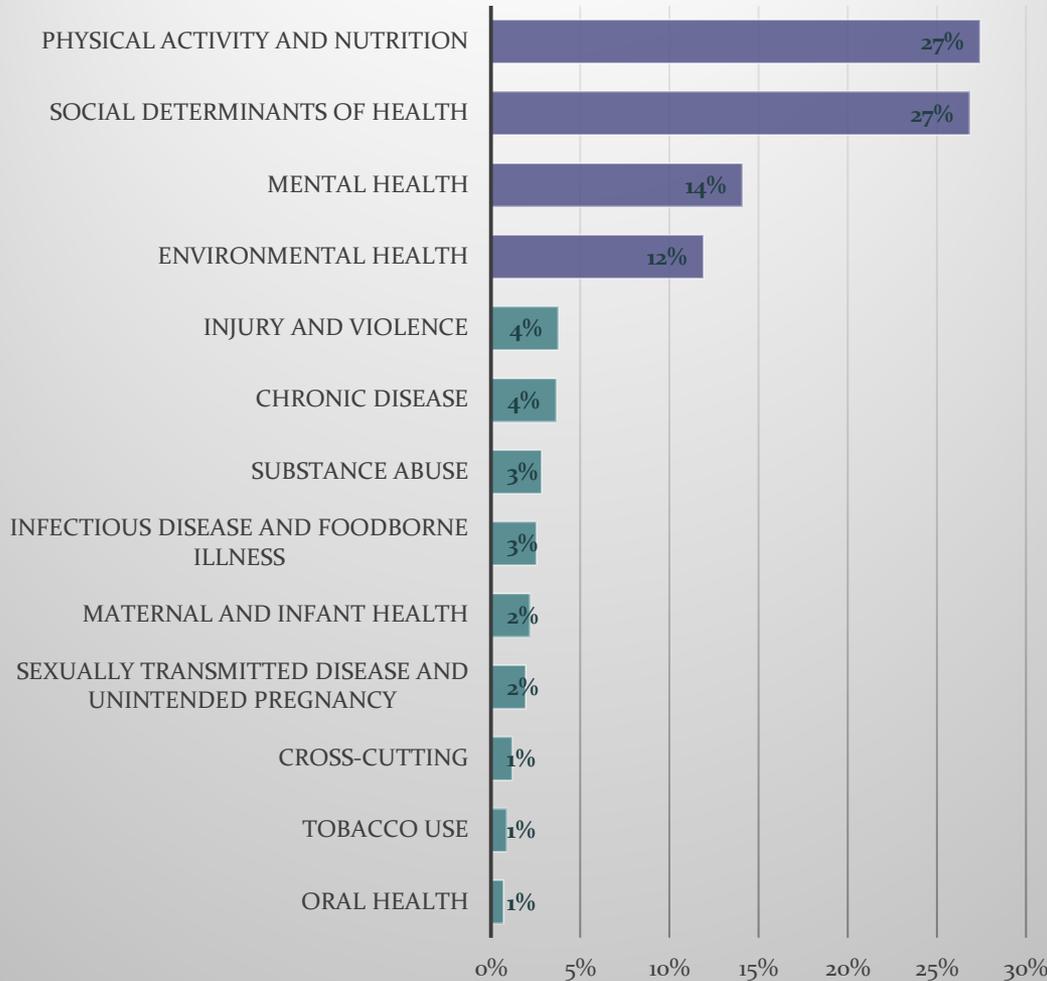
Survey Profile (Health Status)

- **More than 9 out of 10** respondents reported their general health as Excellent, Very Good, or Good
- **8 out of 10 of low income respondents** reported their general health in these top three categories.



Survey Profile (Health Topics)

Priority Health Topics



- Now we will be transitioning to talk about how **YOU** would prioritize the top health concerns for Orange County.
- Keep in mind your own experiences as well as county data and the priorities that came out of the survey (left).