

STATE OF THE COUNTY
2017
HEALTH REPORT

DARE COUNTY

An Update to the Dare County 2016 Community Health Assessment



Healthy Carolinians of the Outer Banks

Dare County Department of Health & Human Services • The Outer Banks Hospital

HYDE COUNTY



Atlantic Ocean

Atlantic Ocean



Atlantic Ocean

PEA ISLAND NATIONAL WILDLIFE REFUGE

Cape Hatteras Light House

Croatan Sound

Intercoastal Waterway

DARE COUNTY AIR FORCE RANGE

Pines Bay

Angels Point

Walden Cove Bay

Stumpy Point Bay

Stumpy Point

Sandy Point



National Park Service Quarters

Pamlico Sound

Boston

Pamlico Sound

Frisco

Pamlico Sound

Sandy Bay

Pamlico Sound

TOLL FERRY TO JACKSON ISLAND

Natural Cove

Hatteras

Natural Cove

Atlantic Ocean

Atlantic Ocean

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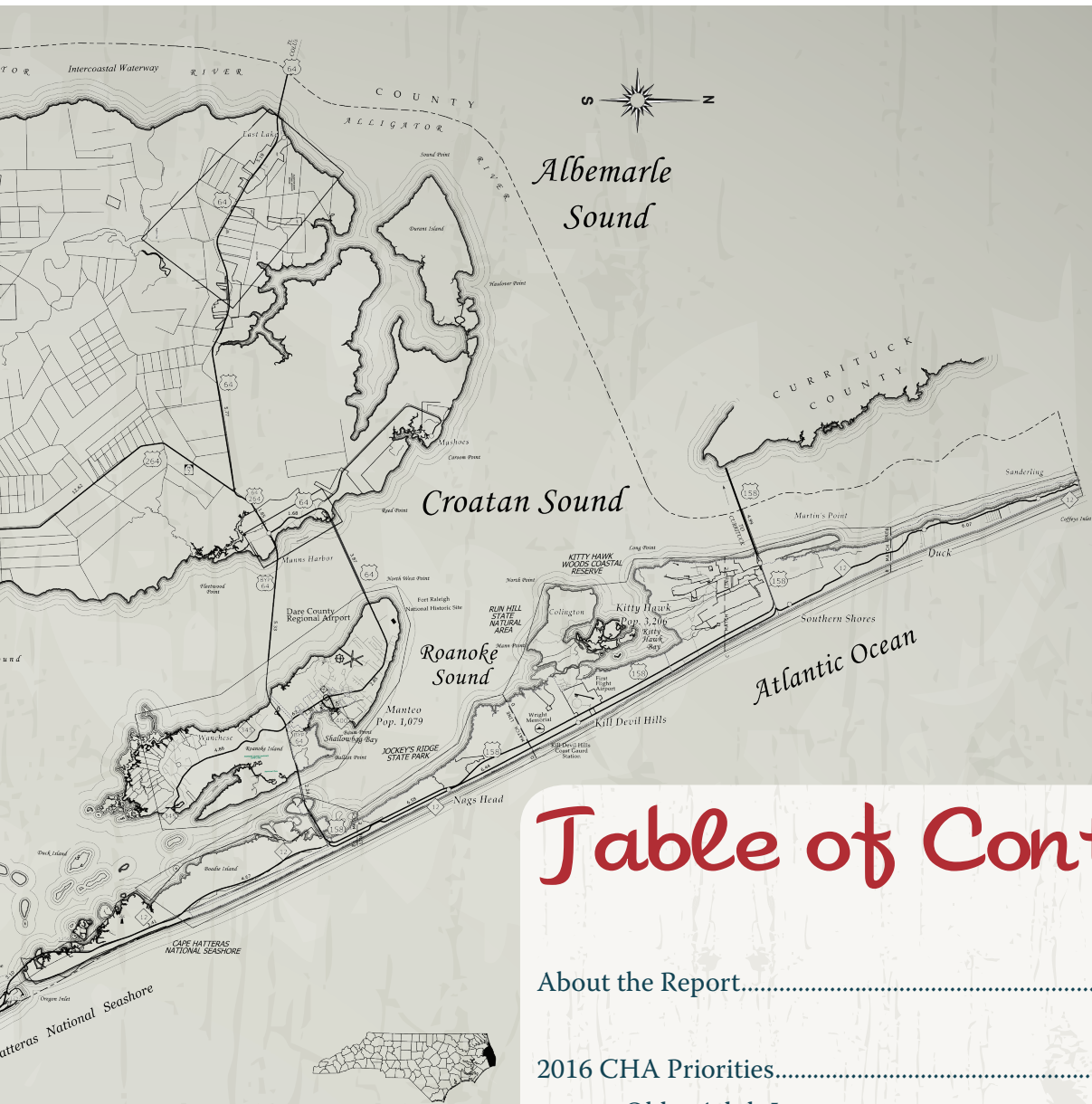


Table of Contents

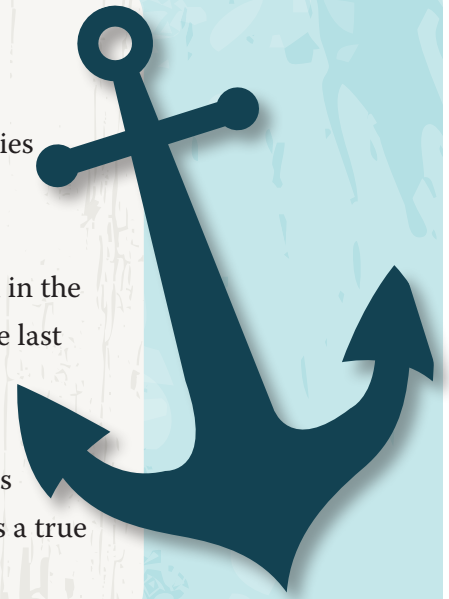
About the Report.....	3
2016 CHA Priorities.....	3
Older Adult Issues.....	4
Chronic Diseases.....	6
Substance Abuse.....	8
Mental Health.....	10
Updates on Data Indicators.....	12
Morbidity Data.....	13
Mortality Data.....	14
Emerging Issues.....	15
New & Upcoming Initiatives.....	16
Concluding Comments.....	17

About The Report

During the years between community health assessments (CHA), counties conduct and provide a State of the County Health report (SOTCH).

The SOTCH report is intended to be a quick update on work completed in the identified priority areas and updates on community health data since the last CHA was completed.

While the Dare County SOTCH is completed by the Healthy Carolinians of the Outer Banks, it is not limited to any specific group's activities; it is a true reflection of the community's accomplishments.



2016 CHA Priorities

The following Health Priorities were identified by the HCOB as areas of opportunity through our last community health assessment process.

1. Substance Abuse
2. Chronic Diseases
3. Older Adult Population Issues
4. Mental Health

As a result of the priorities and CHA process, HCOB refocused the Access to Healthcare Task Force to address needs and bring new resources specific to the aging community. An additional task force was formed to address stigma attached to seeking help for behavioral health concerns. Additionally, The Saving Lives Task Force (SLTF), a local group of professionals working toward the prevention of substance use disorders, and increasing access and the availability of effective treatment, was asked to participate on the HCOB Partnership Board, to ensure best communication on substance abuse concerns between HCOB and SLTF.

The section that follows explains how local health and human service agencies, community members, and task force specific accomplishments in 2017 regarding the identified health opportunities in the 2016 CHA.



Older Adult Issues

The Access to Healthcare Task Force was reformed to establish The Friendly Aging Task Force to address needs specific to the aging community. The Dementia & Alzheimer's Task Force, established from the 2013 Community Health Assessment continued its work.

Dementia Friendly Hospital

The Outer Banks Hospital, with the partnership of the Dementia & Alzheimer's Task Force, has become a Dementia Friendly Hospital in 2017. A Dementia Friendly Hospital takes the point of view of a person with dementia, then does everything it can to create an environment where patients can participate as independently and safely as possible. The Outer Banks Hospital does this by: 1) Recognizing the signs and symptoms of dementia upon a patient's admission; 2) Providing training for staff on how to care for a person with dementia; 3) Asking family members and caregivers to provide detailed information about the patient's preferences; 4) Making special clinical and nonclinical accommodations for patients with dementia; 5) Emphasizing the non-pharmacological management of the expression of the disease; 6) Providing specially trained companions to help patients with dementia feel comfortable and safe; 7) Involving family and caregivers in the discharge planning process; 8) Providing dementia education to patients and caregivers.



Caregiver Support & Education

Caregiver Support Programs and Educational opportunities were hosted by the Dementia & Alzheimer's Task Force in various locations throughout Dare County. A "Meet and Greet" event was hosted in January 2017 for families that have loved ones in a facility. Educational events were provided for caregivers covering a variety of topics in March 2017 and June 2017.

Professional Education

A total of 27 first responders were trained by a national trainer on how to best help with individuals with dementia when arriving to a scene. Trainees learned how to recognize dementia, effectively communicate, and address specific behaviors in individuals with dementia.



The purple seahorse has been selected as Dare County's local symbol for dementia. Seahorse is a noun translated from the Latin word hippocampus, which is a portion of the brain that plays a major role in memory. Within the hospital, the seahorse is placed on a patient's door to indicate the patient has memory or cognitive challenges. This puts staff on notice to use their dementia-friendly skills as they provide care.



Veteran's Day Dental Care

Atlantic Dentistry (AD) and A Reason To Smile (ARS) partnered to provide a total of 70 Veterans with free dental care on Veterans Day 2017. The services were performed by a combination of 5 dentists, 10 assistants and staff and 5 hygienists. A variety of procedures were offered including Oral Health Screenings, Dental Cleanings, Dental Extractions, Fillings and Fluoride application.



The Dare County Veterans Advisory Council (DCVAC) honored the individuals that hosted and organized the event. Pictured from Left to Right are: Gunther Hyder, with AD& ARS; Jack Leonard, with DCVAC; Markus Hyder, with AD; Russell Laney with DCVAC; and Carl Reiber with DCVAC.

Here With You!

The Dementia & Alzheimer's Task Force continued to successfully implemented Here With You!, a mentoring program for those who have a loved-one with dementia or Alzheimer's. In 2017, the program had 6 active mentors working with 8 participants.

OBx Alzheimer's Walk

This event was hosted in October 2017 and raised over \$13,000 to assist residents of Dare County. Services to be offered with these funds includes education for caregivers and respite care.



Chronic Diseases

The Healthy Living Task Force continued its work from the 2016 CHA and it is now a physician-led group, with active provider participation from Outer Banks Medical Group and other community providers.

Chronic Disease Committee

The committee is sponsored, coordinated and staffed by The Outer Banks Hospital and Medical Group, Healthy Carolinians of the Outer Banks and our partners at The Dare County Department of Health & Human Services. To date, the committee has established leadership, established their scope of work, reviewed relevant data, and hired a Chronic Disease Navigator.

The committee is currently establishing priorities for the first year of work. The group is planning to ensure that patients who obtain chronic disease care in our community receive quality and comprehensive chronic disease care which includes coordinated care using a multi-disciplinary approach that is linked to community resources. The Chronic Disease Committee will be working to establish a coordinated care system where evidence-based national treatment guidelines are met for all patients. Under this new system, patients will receive medical and psychosocial support to support symptom management, distress and financial burdens. The team plans to provide navigation services to patients that are identified with complex care needs. Access to chronic disease information and education along with other prevention and screening services will also be a priority of the group.

Diabetes Prevention Program

Prevent T2 is a CDC approved Diabetes Prevention Program that takes participants through a year long program that promotes and encourages lifestyle changes. Two groups began with 9 participants total. A total of 34 classes were held in 2017. Participants made many lifestyle changes such as drinking more water, limiting their sugar and carb intake and purchased fitness trackers to track their daily fitness. Participants have worked toward their weight loss goals and some participants have lowered their A1C.

Colon Cancer Screening

The Outer Banks Hospital Department of Community Outreach recently added free colon cancer screenings using the Fecal Immunochemical Test (FIT) to its list of free screenings offered to the community. The screenings are offered in a simple two-step process. First, the participant picks up the test kit and receives instructions at a pickup location. Then, just a few days later, participants return the kit with sample where results are given within 10 minutes. Participants with abnormal results are referred to a nurse navigator for help scheduling a screening colonoscopy.

Tobacco Treatment Program

The Outer Banks Hospital now offers an individualized treatment program to help patients confidently quit using tobacco products. The evidence-based program combines on-going assessment of readiness to quit, cognitive behavioral therapy and medication assistance. Care is delivered by Certified Tobacco Treatment Specialists.

Case Management of Diabetic Students

	#Participants	# Evaluation Measures	Success of Measures
2011-2012	7	5	85%
2012-2013	8	8	80%
2013-2014	9	6	100%
2014-2015	6	8	83%
2016-2017	11	8	87%

Data per Dare County Health & Human Services School Health Program Supervisor, 2018

Case Management of Diabetic Students

This program was established over eight years ago with grant funding from the North Carolina Department of Health & Human Services and East Carolina School of Nursing. The original goal of the project was to validate importance of school health, and school nurses in retaining education and most importantly, showcase the balance between health and education. While the funding was exhausted years ago, Dare County has continued to support the project and diabetic students continue to receive education, assistance, and case management services from the nurse located at their school. Goals and performance measures are selected each year and students are monitored to evaluate the success of the program.

School Health Program

Wellness & Education

The Dare County Department of Health & Human Services' School Health Program has worked with Dare County Schools to provide training for staff. A total of 79 educational opportunities were offered in the 2016-2017 school year, with 1405 staff members taking advantage of the opportunity.

School Nurses continued to partner with staff members to organize a weight loss competition, participation increased to include all 10 schools and Central Office in the 2016-2017 school year.

Dare County StoryWalk

Through the generosity of the Dare County Library Foundation and the support of Children & Youth Partnership for Dare County (CYP) a StoryWalk® for children and families has been developed on the Marshall and Gussie Collins Walkway beside the Dare County Center. This StoryWalk® places the pages of a popular story, chosen from the collection of stories mailed through one of CYP's early literacy programs (Dolly Parton's Imagination Library), along the Marshall and Gussie Collins Walkway. In addition to the mounted pages, children and families will find questions that can be asked to encourage conversation and enhance the story. A physical activity for the children to do while reading is also listed to encourage fun, active engagement. Not only does the StoryWalk® help to encourage book sharing among families, but CYP also hopes to promote outdoor play and physical activity by putting the pages on a well-known walkway, and including a fun, physical activity for the children to do that relates to the story.



Substance Abuse

HCOB does not have a specific Task Force dedicated to substance abuse. However, as a result of the 2016 CHA, the HCOB asked the Saving Lives Task Force to participate on the HCOB Partnership Board, to ensure best communication on substance use concerns between the two groups.

Saving Lives Task Force

The Saving Lives Task Force (SLTF) is a team of professionals and community members working toward the prevention of substance use disorders, increasing access and the availability of effective treatment for all Dare County residents in need of help.

Community Education

The Saving Lives Task Force continued to provide their Town Hall Series educational events for residents in 2017. A total of four town hall events were hosted - two were on the Northern Beaches and the other two were hosted on Hatteras Island. The Town Hall Series was made possible through a partnership with Dare CASA and The Yellow House Ministry.

Educational and outreach efforts were expanded in 2017, which included a Saving Lives Task Force webpage and Facebook page. The Task Force also began issuing a quarterly educational newsletter.

New Horizons - Clients Served				
Measure	FY 13	FY 14	FY 15	FY 16
Open Clients (Monthly Average)	350	553	690	621
Total New Clients	367	539	604	491
% Adults	92%	82%	85%	84%
% Adolescents	8%	18%	15%	16%

Data provided from Substance Abuse Monthly Activity Reports FY 13, FY 14, FY 15, FY 16 from New Horizons

New Horizons

Substance Abuse Treatment

Individuals with substance abuse and mental health concerns were noted as an at-risk and vulnerable population in 2016 CHA process. Fifty-one percent of clients relied on sliding scale fees to receive services in FY 2016. Dare County provides gap service funding to PORT Human Services/New Horizons to assure all residents are able to receive substance abuse treatment services, regardless of their ability to pay.

Helping Women Recover

An evidence-based program, Helping Women Recover, continues to be implemented by the Dare County Department of Health & Human Services in the community and criminal justice system in partnership with Dare County Detention Center. In 2017, an additional class location was established in partnership with Outer Banks Hotline Crisis Intervention & Prevention Center. The most recent data indicates that since its inception, the program has served 34 participants, with 67% of the participants being actively employed. Twenty-three percent of participants continued the program once released from the Dare County Detention Center.

Naloxone

The Saving Lives Task Force received support from the Charles W. Gaddy and Lucy Finch Gaddy Endowment Fund, a component fund of the North Carolina Community Foundation and All Saints Episcopal Church, to provide Naloxone kits for local Fire Departments.

Until this grant funding was provided, many fire departments lacked the revenue sources to purchase this life saving drug. In addition to providing the medication, training was provided to local EMS employees and firemen.



Pictured from left to right are Alex Batschelet, DCDHHS; John Towler, KDH PD; Dana Harris, KDH PD, Sheila Davies, DCDHHS & KDH Mayor; Gary Britt, KDH PD; Wally Overman, Dare County Commissioner & SLTF Co-chair; Mark Evans, KDH PD; Lora Gilreath, KDH PD

HighLife252

The Source Church began HighLife 252 in October 2016 to address substance use concerns in Dare County by implementing harm reduction interventions through a faith-based philosophy. HighLife 252 offers an assortment of services to include distribution of clean needles through the syringe exchange program. The program also hands out Naloxone, clean burners, and condoms and educational materials. Participants are educated on infection prevention, treatment, rehab, counseling options and HIV and Hep C testing.

HighLife 252 Program Metrics	
	FY '16
Unique Individuals Served	368
Needles/Syringes Dispensed	2890
Needles/Syringes Returned	2229
Naloxone Kits Distributed	254
Overdose Reversal Kits	13
Individuals Referred for Treatment	75
HIV Tests Given	36
Hep C Tests Given	42

North Carolina Syringed Exchange Annual Report Submitted in July 2017; provided by Source Church

Medication Take Back Events & Services

These events are hosted on a minimum of a quarterly basis through a collaboration between the Outer Banks Hospital, Dare County Sheriff's Office, and the Dare County Department of Health & Human Services. In 2017, a total of 9 events were hosted with 94,851 pills collected at these events hosted throughout the county.

An additional Medication Take Back Box was placed in the Kill Devil Hills Police Department through a partnership between Dare County Department of Health & Human Services, Kill Devil Hills Police Department, and Project Lazarus, endorsed by the Saving Lives Task Force. A ribbon cutting event was held with a total of 11,884 prescription pills collected.

Mental Health

A new group was formed as a result of the 2016 CHA to address stigma attached to seeking help for behavioral health concerns.

Breaking Through Task Force

The Breaking Through Task Force began recruiting members and meeting in 2017. A data collection process has begun and priorities will be decided upon after the completion of a parent survey in 2018.

Professional Surveys

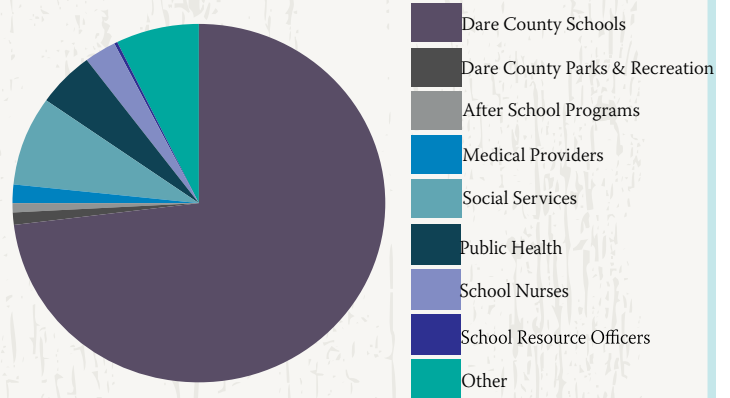
The Breaking Through Task Force began a data collection process to help aid in decision making for the group. A survey for professionals was sent out to employees that work in medical care facilities, Dare County Schools, Dare County Government, after school programs, and day care centers.

The survey asked what behaviors professionals see in children they work with during a typical week, where they go for help with behaviors of concern, what areas they would like to be better educated in, and if they were aware of the services in Dare County and how to obtain access.

Survey at a Glance

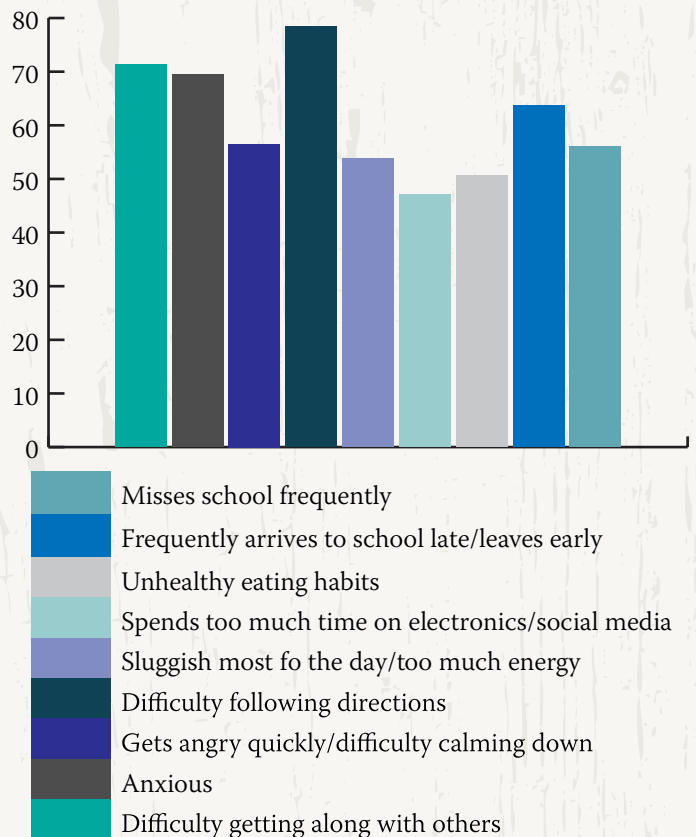
- 72% reported taking concerns to a school counselor, followed by school administrator (66%) and colleagues (65%)
- 60% reported wanting to understand more about effective interventions for youth
- 48% of respondents reported being aware of how to refer individuals to some community services
- The services that respondents were most aware of that are available for assistance were: School Health Program, Social Services, and New Horizons

Types of Professionals Surveyed



Behaviors Frequently Observed

Percent of Respondents that report seeing these behaviors during a typical work week



All data from surveys provided by Breaking Through Task Force Co-Chair

Grief Group

In 2016, the Dare Hospice program of Dare County Department of Health & Human Services applied for and received a grant from North Banks Rotary Club to establish a local Grief Group for community members that have lost a loved one. In 2017, the program was rolled out and a total of 24 classes averaging 15 participants per session, were provided in collaboration with licensed professional counselors Rosie Rankin, M.Ed. and Shirley Parker, Ed.S. The program has been able to be continued through the generous funding of Interfaith Community Outreach, Outer Banks Community Foundation, and Dare Hospice.

Lifestories

LifeStories for Kids is a comprehensive curriculum for K-5th grade specifically designed skill-based interventions that increase student confidence in dealing with everyday social challenges. This multimedia program has differentiated, cross-cultural activities that support each lesson with opportunities for students to practice the new skills they are learning through evidence-based and academically oriented exercises. The curriculum promotes healthy behavioral, social and emotional stability in youth and is currently being piloted in Manteo Elementary School through a partnership with Dare County Schools.

Social Determinants of Health

Dare County Department of Health & Human Services' began a pilot project using a screening survey to address the social determinants of health. Overall, health has many non-medical drivers that are important to address and screen for in order to provide the opportunity for optimal health outcomes in the future.

The survey assesses whether patients have a stable, safe home environment; enough food to eat; adequate transportation; necessary utility services; and access to mental health resources.

Patients have the opportunity to indicate whether he/she would like to be contacted about his/her responses. If the patient desires to be contacted, a representative will contact the patient by telephone and do a brief assessment on the needs and supply the patient with resources to help meet the needs.





Updates on Data Indicators

Data Comparators

Where possible, we compare Dare County data to the State of North Carolina and a Regional average.

When you see Regional Average, this includes the mean of Beaufort, Bertie, Chowan, Dare, Duplin, Edgecombe, Green, Hertford, Hyde, and Pitt counties. Comparators is a methodology we utilize through the CHA/SOTCH processes to see where our data falls when compared to our neighbors.

In the past we utilized a Peer County for comparison. During the 2016 CHA process we made this switch, as we felt comparing to our neighboring counties gave us better information.



2017 County Health Rankings

The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play.

The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights.

Dare County Rankings (out of 100) 2014-2017				
	2014	2015	2016	2017
Health Outcomes	8	15	7	6
Health Factors	30	24	17	9

Ranking Factors

Health outcomes represent how healthy a county is, while health factors represent what influences the health of a county. Simply put, health outcomes are today's health, and health factors are tomorrow's health.

Health Outcomes

Measure	County Rank
Length of Life	17
Quality of Life	3

Health Factors

Measure	County Rank
Health Behaviors	12
Clinical Care	29
Social & Economic Factors	13
Physical Environment	4

County Health Rankings, Dare County, 2014, 2015, 2016, 2017, www.countyhealthrankings.org/



Morbidity Data

Inpatient Hospital Utilization

Inpatient Hospital Utilization & Charges by Principal Diagnosis (rates per 1,000)				
Diagnostic Category	2011	2012	2013	2014
Cancer	2.4	2.1	2.1	1.9
Diabetes	0.6	0.7	0.6	0.7
Heart Disease	4.3	4.7	3.9	2.6
Cerebrovascular Disease	1.1	1.1	1.1	0.7
Pneumonia/Influenza	1.9	2.4	2.1	1.6
Chronic Obstructive Pulmonary Disease	1.9	2.1	1.5	0.9
Chronic Liver Disease/Cirrhosis	0.2	0.1	0.1	0.1
Injuries & Poisonings	3.2	3.6	3.0	2.2

Inpatient Hospital Utilization and Charges by Principal Diagnosis, Dare County, North Carolina, 2011, 2012, 2013, 2014 <http://www.schs.state.nc.us/data/databook/>

A new diagnostic coding system (ICD-10CM) was implemented in October of 2015, making the new coding system unable to be compared the ICD-9CM coding criteria used previously. Therefore, reporting of Calendar Year 2015 discharge data was not be available because it crosses over two different diagnostic coding methods. Calendar year 2016 hospital discharge summary reports were not published at the time this report was compiled. The most recent information on hospital utilization is provided in this section.

Persons Served in NC State Alcohol & Drug Treatment Centers (2014-2016)			
	2014	2015	2016
Dare County	42	26	16
Regional Average	43	25	25
State of NC	4,049	3,698	3,505

North Carolina (LINC) Database, Topic Group Vital Statistics and Health (Data Item 518; 2014, 2015, 2016)

Persons Served by Area Mental Health Programs (2014-2016)			
	2014	2015	2016
Dare County	940	1,235	1,222
Regional Average	1837	2,119	2,030
State of NC	316,863	337,161	347,060

North Carolina (LINC) Database, Topic Group Vital Statistics and Health (Data Item 519; 2014, 2015, 2016)

Changes in Morbidity Data

Decreases

Since 2013, a decrease in inpatient hospital utilization for cancer, heart disease, cerebrovascular disease, pneumonia & influenza, chronic obstructive pulmonary disease, and injuries & poisonings has occurred. Persons served by NC State alcohol & drug treatment centers has steadily decreased since 2013. When compared to our the regional average, Dare also had significantly less admissions to mental health programs over the three year period noted.

Remains the Same

Chronic liver disease & cirrhosis hospital utilization remained the same since 2012.

Increases

Hospitalization for diabetes saw a slight increase when compared to 2013.

Mortality Data

Mortality Rates, Age-Adjusted, 2007-2014				
Cause of Death	Mortality Rate			
	2007-2011	2009-2013	2010-2014	2012-2016
Diseases of the Heart	182.4	181.0	174.0	157.3
Cancer	168.1	162.4	156.7	161.9
Pneumonia & Influenza	49.0	61.4	59.8	44.0
Chronic Lower Respiratory Disease	43.9	42.2	42.0	35.4
Cerebrovascular Diseases	29.2	25.3	28.2	30.0
Alzheimer's Disease	19.6	21.6	22.1	20.8
Suicide	12.6	16.1	16.8	20.2
Unintentional Non-Motor Vehicle Injury	35.6	37.6	39.0	35.1
Unintentional Motor Vehicle Injury	12.8	15.0	13.4	n/a
Chronic Liver Disease & Cirrhosis	10.7	13.3	13.1	15.0
Septicemia	13.9	13.0	10.8	12.0
Nephritis, Nephrotic Syndrome & Nephrosis	12.4	12.8	11.4	13.6
Diabetes Mellitus	10.4	n/a	n/a	n/a
Homicide	n/a	n/a	n/a	n/a
Acquired Immune Deficiency Syndrome	n/a	n/a	n/a	n/a
Total Mortality Rate	730.9	749.6	729.1	700.2

n/a indicates fewer than 20 cases; NC State Center for Health Statistics, County Health Data Book (2016), Mortality, 2010-2014 Race- Specific and Sex-Specific Age-Adjusted Death Rates by County; (2018), Mortality, 2012-2016 Race- Specific and Sex-Specific Age-Adjusted Death Rates by County <http://www.schs.state.nc.us/data/databook/>

Changes in Mortality Data

Steady Decreases

Since 2007, steady decreases were noted in death rates from heart disease and chronic lower respiratory disease.

Decreases

Since 2009, decreases in death rates were observed for pneumonia & influenza and unintentional motor vehicle injury. Since 2010, in addition to the overall mortality rate decreasing, death rates from Alzheimer's and unintentional non-motor vehicle injuries have also decreased.

Steady Increases

Since 2007, steady increases were noticed for deaths related to suicide.



Emerging Issues

Cross Cutting

Substance Abuse & Chronic Disease

While substance abuse and chronic diseases are two of our health priorities, as our work has progressed we have found that the two impact each other and population health, thus making this an emerging issue for our community.

The increased use of opioids has been felt on the national, state and county levels. Dare County is no exception. Needle use and risky sexual behaviors that often accompany substance abuse puts individuals at risk for contracting chronic diseases, such as Hepatitis C or HIV.

Hepatitis C can cause serious long-term health conditions including chronic liver disease, cancer or cirrhosis of the liver, which is one of the chronic diseases identified as a concern in Dare County.

Educational Initiatives

In 2017, two health care provider educational events were hosted with over 70 participants. The Saving Lives Task Force was able to host these educational events through partnerships with The Outer Banks Hospital, Eastern AHEC, and East Carolina University. An event in June provided guidance for healthcare providers who prescribe controlled substances. The focus was on providing information for safe opioid prescribing practices in an effort to reduce the misuse of opioids to assure patients are prescribed opioids safely and providers know how to implement strategies to reduce inappropriate prescribing, misuse and abuse of opioids.

In December of 2017, a total of 45 local law enforcement and public sector employees were trained on opioid processing, recognizing the presence of opioids, and the use of personal protective equipment.

Hepatitis C Testing

As previously mentioned in this report, and in addition to offering clean needles through their syringe exchange program, HighLife 252 also provides rapid testing for Hepatitis C and HIV on their Source Church campus.

Patients that are identified as positive are sent to Dare County Department of Health & Human Services for follow up where they are educated and linked to treatment.

Tattoo Safety

In 2017, a local health care facility treated a patient with an infection which was the result of getting a tattoo. The concern was community members may be getting tattoos from individuals not operating under North Carolina law to meet the required standards of hygiene.

The Dare County Department of Health & Human Services investigated the concern, informed other local health care providers of the incident, and issued recommendations to the community on protecting their health when getting a tattoo.

New & Upcoming Initiatives

Dementia Friendly Community

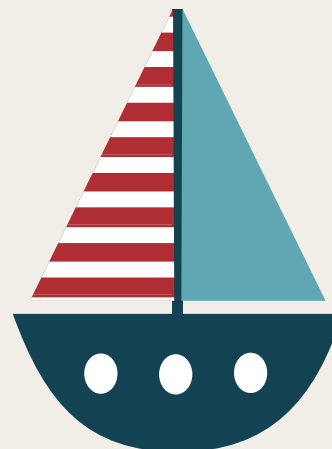
The Dementia & Alzheimer's Task Force's goal is to create a Dementia Friendly Community. After establishing the Outer Banks Hospital as Dementia Friendly, the group moved its focus towards the restaurant industry. Restaurants that wish to become Dementia Friendly will have their staff trained on making the dining out experience more comfortable for a caregiver and loved one with dementia. A total of six restaurants were trained in 2017, with more trainings scheduled for 2018.

State of the Older Adult

The Friendly Aging Task Force has been working to plan a State of the Older Adult Conference for May of 2018. The theme will be "Navigating forward through the waves of aging." The group is planning to offer four breakout sessions.

State of the Older Adult

**May 10, 2018
Ramada Inn**



Centering Pregnancy

The Dare County Department of Health & Human Services is looking into the opportunity to offer Centering Pregnancy to their prenatal patients. Centering Pregnancy is group prenatal care that brings women due at the same time out of exam rooms and into a comfortable group setting.

Moms engage in their care by taking their own weight and blood pressure and recording their own health data with private time with their provider for belly check. Once health assessments are complete, the provider and support staff "circle-up" with moms and support people. The recommended schedule of 10 prenatal visits is followed, but each visit is 90 minutes to two hours long - giving women 10x more time with their provider.

They lead facilitative discussion and interactive activities designed to address important and timely health topics with 8-10 moms all due at the same time. Centering materials help moms and providers ensure that everything from nutrition, common discomforts, stress management, labor and delivery, breastfeeding, and infant care are covered in group.

G.R.E.A.T. Program

The Saving Lives Task Force received support from the Charles W. Gaddy and Lucy Finch Gaddy Endowment Fund, a component fund of the North Carolina Community Foundation to implement the G.R.E.A.T. Program in Dare County.

The G.R.E.A.T. Program allows for more positive relationships to be built between law enforcement and other parts of the community, particularly youth. Another benefit of the program is reduction in gang activity by increasing negative attitudes towards gangs and increasing positive attitudes towards law enforcement officers.

The plan is to implement this program in all Elementary Schools by school resource officers with the Dare County Sheriff's Department.

Adverse Childhood Experiences Be Resilient OBX

A collective impact movement called Be Resilient OBX emerged near the end of 2017. The planning committee behind Be Resilient OBX is bringing attention to the Adverse Childhood Experiences (ACEs) study, which links childhood trauma (including but not limited to abuse, divorce, substance use from a parent) to chronic disease. Be Resilient OBX is striving to bring increasing awareness and education about ACEs, including the importance of early detection and prevention. Providing education about resiliency after ACEs is an equally important goal.



The \$10,000 in funding was awarded at the request of Fin & Nancy Gaddy, residents of Dare County. Left to right are members of the Saving Life Task Force with donors. Roxana Ballinger (SLTF Co-chair), Gail Hutchison, Nancy Gaddy, Donnie Varnell, Fin Gaddy, Arty Tillet, Wally Overman (SLTF Co-chair).





Concluding Comments

We hope you found this report to be a valuable tool which provides an update on our data indicators from the 2016 CHA, information on emerging issues, and new initiatives. We are especially proud of the illustration this report creates regarding the work done in Dare County to address our identified health priorities.

Our Areas of Opportunity

There is still much work to be done addressing our identified health priorities. It is evident with the increases noted in hospitalizations due to diabetes. The death rate for suicides have also continued to increase since 2007, confirming that our work in substance abuse and mental health is still a necessary priority.

The Good News!

We are proud to see that our work is making headway in reduced rates of sickness or deaths. Dare County continues to see decreases in morbidity rates for chronic diseases, such as cancer, heart disease, cerebrovascular disease, and chronic obstructive pulmonary disease. Additionally, mortality rates for heart disease, chronic lower respiratory disease have been on a steady decrease.

Moving Forward

New data, such as the Health Rankings, and morbidity and mortality information show that we should continue in our journey towards optimal health outcomes for all who live, work and play in Dare County.

All Hands on Deck!



**Good health
is a journey,
join us!**

We invite you to join our crew. Working together, members of our community have always achieved great outcomes, and we will continue to reach new destinations of health and quality of life for all who live, work, and play in our community. This is an invitation from Healthy Carolinians of the Outer Banks to join us in our quest for a healthier community.

Get involved by joining a taskforce today! Visit darenc.com/hcob to sign up for a taskforce or contact your local HCOB Coordinator at 252.475.5079.

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HCOB Executive Committee

Brandi Rheubottom, (Chair) Dare County Older Adult Services
Dianne Denny, (Vice Chair) Spring Arbor Assisted Living

Denise DePedro, (CHA Coordinator) The Outer Banks Hospital
Kelly Nettnin, (CHA Coordinator) Dare County Department of Health & Human Services

Amy Montgomery, The Outer Banks Hospital
Sheila Davies, Dare County Department of Health & Human Services

Laura Willingham, (HCOB Coordinator) Dare County Department of Health & Human Services

HCOB Partnership

Ama Frimpong, Mano Al Hermano
Beulah Ashby, Dare County Water Department
Dr. Christina Bowen, Outer Banks Family Medicine
Catisha Bryant, Dare County Dept. of Health & Human Services
Chandler Price, Outer Banks Hotline
Chuck Lycett, Dare County Dept. of Health & Human Services
Deb McDonald, Outer Banks Relief Foundation
Emily Gould, Dare County Older Adult Services
Dr. Ernest "Ernie" Larkin, The Outer Banks Hospital
Gail Hutchison, Dare County Sheriff's Office
Gail Sonneso, GEM Day Services
Janet Jarrett, Albemarle Hospital Foundation
Jay Burrus, Dare County Dept. of Health & Human Services
Jennifer Schwartzberg, The Outer Banks Hospital
Jenniffer Albanese, Interfaith Community Outreach, Inc.
Jenny Collins, Dare County Emergency Medical Services

John Donlan, Dare County Schools
Karen Brown, Outer Banks Chamber of Commerce
Linda Palombo, The Outer Banks Hospital
Michael Lewis, Outer Banks Hotline
Michelle Decker, New Horizons/PORT Human Services
Patty McKenna, Community Services Collaborative
Rick Gray, Community Care Clinic of Dare County
Dr. Roger Lever, The Outer Banks Hospital
Ronnie Sloan, The Outer Banks Hospital
Roxana Ballinger Dare County Dept. of Health & Human Services
Skeeter Sawyer, HCOB Past Chair
Tess Judge, Community Member
Tim Shearin, Dare County Dept. of Health & Human Services
Tim White, Dare County Parks & Recreation
Timothy Baker, Community Member

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For more information on this report, please contact:

Kelly Nettnin

Dare County Dept. of Health & Human Services

kelly.nettnin@darenc.com

252.475.5036

Denise DePedro

The Outer Banks Hospital

denise.depedro@theobh.com

252.449.4529

or visit darenc.com/hcob

