



# Cabarrus County

## 2017 State of the County Health Report

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Identifying priority health issues and assessing the health and human services needs of community residents is an ongoing process that engages multiple agencies, providers, and individuals. These stakeholders identify community assets and strengths, in addition to unmet needs. A formal assessment process is undertaken every four years under the leadership of Cabarrus Health Alliance and Healthy Cabarrus.

For the complete Community Needs Assessment report, visit [www.healthycabarrus.org/data](http://www.healthycabarrus.org/data).

### Cabarrus County

Located in south central North Carolina, Cabarrus County spans an area of 364.39 square miles and is bordered by Stanly, Union, Mecklenburg, Iredell, and Rowan counties. Cabarrus is largely urban, but includes a significant number of rural pockets across the county. Cities and towns in Cabarrus include Concord, Harrisburg, Kannapolis, Mount Pleasant, and Midland.

Self-branded as the Center of American Motorsports, Cabarrus County is well known for its NASCAR industry which includes the Charlotte Motor Speedway and several major race shops. Cabarrus is also home to the NC Research Campus, and Concord Mills Mall, the largest tourist attraction in North Carolina.



# Review of Our Priority Health Issues

Cabarrus County conducted an extensive Community Needs Assessment in 2016 to determine community priorities for 2016 -2020. Data was collected from a consumer household survey of 1,891, 102 key informant surveys, as well as participation by 17 Cabarrus County youth, between the ages of 12 and 18, in a PhotoVoice project. The Community Planning Council was comprised of representatives from social services, transportation, government, healthcare, business, education, law enforcement, and members of the general community.



Wellness -



Mental Health



Substance Use -

## Priority Issues Progress Update

### Substance Use



- Six Community Conversations were hosted collectively by the Cabarrus County Sheriff's Office, Concord Police Department and Kannapolis Police Department, with over 200 citizens being educated on the dangers of opioid use and provided information on substance use resources in Cabarrus County.
- Seven local pharmacies partnered to host a county wide National DEA Take Back event on Saturday October 28, 2017 at several locations. The joint event collected 175 pounds of medication.
- Received five-year Drug Free Communities grant to address youth substance use, specifically underage drinking and prescription medication misuse. The grant will support coalition capacity building, increased promotion and awareness of the harms of underage drinking as well as safe storage and disposal of unused or expired medications.
- Healthy Cabarrus Substance Use Coalition and Center for Prevention Services provided 200 Deterra™ medication disposal pouches to Cabarrus County EMS – Community Paramedics.
- Cabarrus County Schools received more than \$90,000 from Cabarrus County's ABC Board. The funds support alcohol and other substance use prevention and intervention across all schools in the district. Efforts included updates to the Positive Alternatives to Student Suspension (PASS) curriculum, as well as community, parent and teacher training opportunities.
- Cabarrus County's Channel 22 developed a local opioid PSA that ran before every movie for 5-weeks in Carolina Mall, reaching nearly 22,000 people.
- Cabarrus County Schools conducted the 2017 Cabarrus Youth Substance Use Survey to assess student attitudes and behaviors towards substance use.
- Cabarrus Health Alliance partnered with Cabarrus County Meals on Wheels Program to provide informational brochures on safe storage of prescription medications and drop box locations.
- Partnered with Cannon Pharmacy to provide Deterra™ medication disposal pouches, medication lock boxes and drop box location information to their home health workers.

### Mental Health



- Cabarrus County Commissioners and County Manager Mike Downs created the Mental Health Advisory Board and convened over 25 partners in the field who can directly impact mental health in Cabarrus County. The Advisory Board created the Mental Health Task Force which consists of three work groups: Access to Care, Crisis Response, and Public Awareness.
- Cabarrus County Sheriff's Office adopted the SteppingUP Initiative
- By contracting with Daymark Recovery Services, Cabarrus County Sheriff's Office hired a full-time case manager for the Cabarrus County Jail. Through this position all inmates upon book-in receive a mental health and substance use assessment. Upon release the case manager assist, with necessary treatment and community services.

- Carolina’s HealthCare System partnered with Cabarrus County EMS – Community Paramedics to develop plans for conducting home visits for high risk behavioral health patients after being released from the Emergency Department.
- Cabarrus County EMS – Community Paramedics have been trained in Crisis Intervention Training and Mental Health First Aid.
- In an effort to reduce the stigma associated with mental illness, Cabarrus County Channel 22 began airing Mental Health America’s anti-stigma PSA.
- Participation by local elected officials in the Mental Health First Aid (MHFA) training. A MHFA planning committee was convened to develop an annual county training schedule.

## Childhood Obesity



- Carolinas HealthCare System NorthEast, a long-standing partner and supporter of Healthy Cabarrus, created the Children Wellness Initiative Network or Children WIN. The group is comprised of executive-level community representatives including school superintendents, city managers, health officials and members of the business community to address the rising number of overweight and obese children in our community.
- The Cabarrus Partnership for Children received \$1,500 from the Dunford Fund to develop the Cabarrus ‘Play and Grow Map’. The child-friendly map illustrates physical activity and nutrition activities such community gardens, parks and playgrounds to help children and families establish healthy habits for life.
- With support from Carolinas HealthCare System, 50 school nutrition site managers, directors and healthcare volunteers were trained in the principles of Smarter Lunchrooms Movement. Smarter Lunchrooms is a curriculum developed by the Cornell University. The program aims to use the principles of behavioral economics to encourage students to make healthier choices in the school lunch line.
  - Thirteen of those trained will serve as Technical Assistance Providers for the school nutrition site managers.
- The Cabarrus Health Alliance’s Cabarrus Healthy Corner Store initiative partnered with Cooking Matters to host grocery store tours and a healthy recipe taste testing at participating healthy corner stores. More than 104 community residents, at eight different corner store

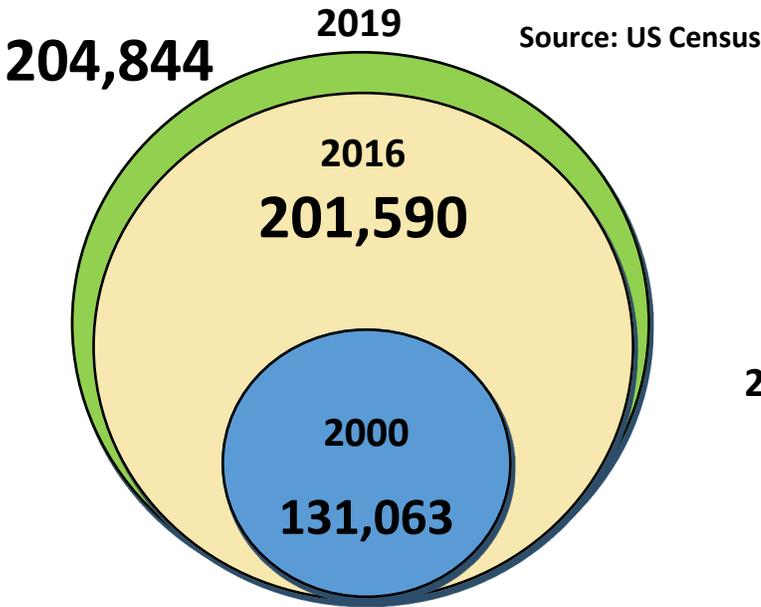
locations, participated in this effort.

- Created or revitalized eight elementary school gardens: AT Allen, Beverly Hills, Forest Park, Jackson Park, Rocky River, Shady Brook, Wolf Meadow, and Woodrow Wilson. School gardens can help combat obesity by increasing knowledge and exposure to fresh fruits and vegetables.
- In an effort to limit or eliminate children’s consumption of sugary beverages, a total of 1,000 - 5210 branded water bottles were distributed to six Cabarrus County pediatric offices to be distributed to children during well-checks.
- Since 2015, at total of 11 schools have worked with Cabarrus Health Alliance and the NC Active Routes to School Regional program to create school based Safe Routes to School Action Plans. In 2017, three sites developed plans and prioritized implementation strategies.
- Carolina’s HealthCare System completed rebranding of Healthy Together 5210. Harris Road Middle School implemented 5210 during the 2017-2018 school year.
- A CDC Public Health Associate, stationed at Cabarrus Health Alliance, assessed 23 elementary and middle schools for 5210 implementation readiness by identifying success and challenges to school based nutrition and physical activity programming or policies.
- 62% of pediatric offices are utilizing the Healthy Together 5210 Questionnaire and Prescription Pads during child well-check appointments.
- More than 200 ‘Re-Think Your Drink’ water promotion posters were disseminated into Cabarrus County. Locations include Cabarrus County Government Center, Cabarrus County Active Living and Parks, libraries, Cabarrus Partnership for Children, Carolinas HealthCare System (Atrium Health).



# Changes in Our County: Dynamic Growth

## POPULATION CHANGE SINCE 2000



Cabarrus County’s population has seen consistent growth over two decades. Between 2010 and 2016, Cabarrus County’s population increase by 13.2 percent. In comparison, North Carolina’s population increased by only 6.4% . According to a salary study completed by School Efficiency Consultants, Cabarrus County’s projected 2019 total population is 204,884 with an annual growth of 1.6 percent.

Prior to 2010, the Hispanic community was the fastest growing population in Cabarrus County. For the past eight years, the Hispanic population has remained steady at 10%, while the African American population continues to see slight increases and the White population has seen a 10% decline.

## 2016 POPULATION BY AGE

0—14 years old	42,997 (21.3%)
15—24 years old	25,538 (12.7%)
25—39 years old	38,688 (19.2%)
40—59 years old	57,774 (28.7%)
60—79 years old	27,130 (14.5%)
80+ years old	5,784 (2.8%)

## 2016 POPULATION BY RACE & ETHNICITY

White	137,547 (68.2%)
African American	35,440 (17.5%)
Hispanic	20,289 (10%)
Other Non-Hispanic	8,214 (4%)

## 2016 POPULATION BY SEX

Male	98,041 (48.6%)
Female	103,549 (51.4%)

## RACE AND ETHNIC DIVERSITY

	2010	2016
White	79%	68.2%
African American	15%	17.5%
Hispanic	10%	10%



# Updated Health Data

## Substance Use



Adolescence is a critical time for prevention of a substance use disorder. Early misuse of substances changes the way the brain functions, which can lead to addiction and other serious problems. In October 2017, Cabarrus Health Alliance and the Healthy Cabarrus Substance Use Coalition was awarded the Drug Free Communities grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). The funding will support focused prevention efforts on adolescent use of alcohol and prescription medications. According to the Cabarrus Youth Substance Use Survey, in 2017 prescription medication use among high school and middle school students hit a four-year low. Alcohol use among high school students saw nearly a 10% decline.

### Cabarrus Youth Substance Use Survey

Substance	Middle School % Ever Use				High School % Ever Use			
	2014	2015	2016	2017	2014	2015	2016	2017
Alcohol	14.0 %	17.1 %	13.4 %	14.5 %	40.0 %	46.1 %	49.6 %	40.3 %
Marijuana	5.0 %	7.1 %	4.5 %	4.9 %	26.0 %	34.6 %	37.3 %	31.6 %
Cigarettes	5.0 %	3.8 %	3.8 %	2.6 %	16.2 %	21.3 %	17.7 %	13.8 %
Cocaine	0.5 %	1.1 %	0.8 %	0.9 %	1.5 %	2.7 %	3.9 %	1.6 %
Inhalants	8.2 %	6.6 %	4.1 %	5.4 %	4.2 %	6.9 %	5.9 %	3.3 %
Heroin	0.1 %	0.3 %	0.3 %	0 %	0.2 %	0.6 %	0.8 %	0.9 %
Methamphetamines	0.5 %	0.6 %	0.3 %	0.2 %	0.3 %	1.1 %	1.1 %	0.7 %
Ecstasy	0.1 %	1.0 %	0.9 %	0.5 %	3.2 %	4.4 %	5.1 %	3.2 %
Steroid Pills/Shots	2.3 %	2.0 %	2.3 %	2.2 %	2.1 %	3.7 %	3.8 %	3.1 %
Prescription Drugs (OxyContin, Hydrocodone, Percocet, Vicodin, Adderall, Ritalin, Valium, or Xanax)	3.5 %	3.3 %	4.5 %	2.7 %	11.2 %	13.7 %	15.1 %	9.6 %

### Naloxone

Naloxone is medication that is used to reverse the effects of an opioid overdose. During July and August 2017, Cabarrus County saw more opioid related Emergency Department admissions than any other county in the state. The tables to the right show the total number of substance use complaint calls that Cabarrus County EMS responded to in 2016 compared to 2017, as well as total number of Narcan (or Naloxone) kits administered.

*Cabarrus County Schools*

### Cabarrus County EMS Calls for Services

	2016	2017
Substance Use Related Calls	521	649
Opioid Specific Calls	163	437

*Cabarrus County EMS*

	2007	2012	2017
# of Narcan Use by EMS	117	240	420

## Mental Health



Mental illness or poor mental health have the potential to impact any and all families in Cabarrus County. Mental health problems are common, but when adequate help and care are available, community members do not rely on the Emergency Department for services. According to the North Carolina Disease Event Tracking and Epidemiologic Collection Tool (NC DETECT) the number of ED admissions associated with *suicide and self-harm* have tripled from 2015 to 2017. Of those admissions, nearly a quarter are individuals 18 years or younger.

	2015	2016	2017
Suicide and Self Harm	92	238	270
Suicidal Thoughts	435	292	246

Source - NC DETECT

### Learn More, Get Involved

For an electronic copy of the State of the County Health Report visit [www.healthycabarrus.org](http://www.healthycabarrus.org). To get involved in community efforts contact Marcella Beam, Healthy Cabarrus Executive Director, at [marcella.beam@cabarrushealth.org](mailto:marcella.beam@cabarrushealth.org).

## Childhood Obesity



Habits to address the growing rate of obesity need to be introduced among younger populations and to the entire family, parent and child, to ensure long term behavior change. While childhood obesity is a complex health issue, obesity during childhood can significant long term health effects. Our nation's overall increase in obesity also is influenced by a person's community making community collaboration and policy, systems and environmental approaches vital to addressing barriers to physical activity and fresh produce.

Cabarrus Wellness Coalition convenes community partners to address childhood obesity among the early child and school aged populations. Their efforts are focused on interventions within local daycares, schools, as well as clinical and community design settings.

### % of Children Identified as Overweight or Obese in Cabarrus County

\*Overweight or Obese are classified by having a BMI in the 85 percentile and higher

Cabarrus County	2013	2014	2015	2016
2-4	27%	26%	28%	19%
5-8	30%	29%	30%	26%
9-13	37%	37%	38%	36%
14-18	38%	37%	38%	38%
<b>Total</b>	<b>34%</b>	<b>33%</b>	<b>34%</b>	<b>31%</b>

\*Carolinas HealthCare System-Electronic Medical Record



# Mortality and Morbidity Data

Rates of morbidity, mortality, and emergency hospitalizations can be reduced if community residents access services such as health screenings, routine tests, and vaccinations. Prevention indicators can call attention to a lack of access or knowledge regarding one or more health issues and can inform program interventions.

	Cabarrus	North Carolina
Fetal Death Rate per 1,000 Deliveries	7.8	6.9
Neonatal (<28 days) Death Rate per 1,00 Live Births	4.0	4.9
Post-neonatal (28 days – 1 year) Death Rater per 1,000 Live Births	1.8	2.3
Infant Death Rater per 1,000 Live Births	5.7	7.2
Unadjusted Child (0-17) Death Rate per 100,000 population	43.9	58.1
Unintentional Poisoning Mortality Rate per 100,000	13.8	13.7

State Center for Health Statistics - 2018 County Health Data Book

<b>Leading Causes of Death</b> <i>*Unadjusted Death Rates per 100,000 Population</i>	Cabarrus	North Carolina
Total Deaths – All Causes	800.8	781.8
Cancer	162.1	166.5
Disease of Heart	154.9	161.3
Chronic Lower Respiratory Diseases	50.3	45.6
Alzheimer’s Disease	45.6	31.9
Cerebrovascular Disease	44.8	43.1
Unintentional Injuries <i>*Excluding Motor Vehicle</i>	37.1	31.9
Pneumonia and Influenza	23.8	17.8
Diabetes Mellitus	21.3	23.0
Nephritis, Nephrotic Syndrome and Nephrosis	16.0	16.4
Suicide	13.4	12.9

A new diagnostic coding system (ICD-10CM) was implemented in October of 2015. The new coding system is not comparable to the ICD-9CM coding criteria used previously, meaning that previous mortality and morbidity data cannot be compared to current data for trend identification.

With the continually growing aging population, we have seen a spike in the rate of Alzheimer’s Disease associated deaths. In 2016, the rate of death associated with Alzheimer’s disease was 36.2 per 100,000 population. In just two years, that rate has jumped drastically to 45.6.

## 2016 State of North Carolina and 2014-2016 County Life Expectancy at Birth

Life Expectancy	Age
North Carolina	77.4
Cabarrus	78.5
Rowan	75.3
Stanly	76.3
Union	79.5
Iredell	77.6
Mecklenburg	80.2

Life expectancy is often used to gauge the overall health of a community. Shifts in life expectancy are often used to describe trends in mortality. Life expectancy represents the average number of additional years that someone at a given age would be expected to live if he/she were to experience throughout life the age-specific risk of death observed in a specified period of time.

# An Emerging Issue that Affects Health Status: Increase in Active Tuberculosis Cases

All cases of tuberculosis (TB) are reported to the local or state health department, because the disease can spread to others and cause outbreaks. Major health authorities keep track of TB outbreaks and encourage early testing for people who are at risk for the disease. According to the CDC, the rate of TB cases in the US dropped from 2015 to 2016, while North Carolina saw an increase. The most recent data shows the number of reported TB cases in Cabarrus County has tripled between 2016 and 2017. Due the increase in reported active cases of TB Cabarrus County, residents are now considered to live in a county at risk of exposure.

	2015	2016	2017
Active Tuberculosis Cases	0	3	9

## New Initiatives

### Harm Reduction

The rapid rise of opioid use, including Heroin, in Cabarrus County has created an epidemic that places additional populations at risk, as well. The sharing of needles, syringes, and other injection equipment provides a direct route of transmission for infectious diseases, placing people who inject drugs (PWID) at high risk.

**Syringe exchange programs** are an evidenced-backed, compassionate, cost-effective way to respond to the personal and community health issues posed by high-risk opioid and injection drug use. According to the Harm Reduction Coalition, approximately 20 percent of HIV/AIDS cases and upwards of 55 percent of hepatitis C cases can be attributed to injection drug use.

**The Exchange** began operating at Cabarrus Health

Alliance in June 2017. The vision of The Exchange is to serve as a welcoming entry point to healthcare services for PWID in Cabarrus County – to engage and care for those who often elect not to seek services due to fear of stigma or lack of knowledge on available resources in their community. Between June and December 2017 approximately 4,740 syringes were given to enrolled participants, while more than 5,600 were returned or collected for proper disposal.

**Naloxone distribution** has been another focus of Cabarrus County's Harm Reduction efforts. A partnership with the North Carolina Harm Reduction Coalition has assisted with the distribution of 601 kits between June and December of 2017. Through McLeod Addictive Disease Center's Prevention Days and The Exchange, these distributed Naloxone kits have responsible for more than 70 overdose reversals.

### Community Communication

Strong communication with key stakeholders and community members regarding progress on initiatives specific to the identified priority needs is vital to continued community health improvement. Following review by the Board of Health and Healthy Cabarrus Executive Committee, copies of the State of the County Health Report will be disseminated to the Healthy Cabarrus Advisory Board as well as in target community locations. Targeted locations include local libraries, community centers, park and recreation departments, federally qualified health centers, in addition to other sites with high community member presence. The Healthy Cabarrus Executive Director will plan to present the report annually to local municipal leaders and the Board of Commissioners.