

2023 SOTCH REPORT

Beaufort County Health Department

The State of the County Health (SOTCH) Report is up to date information relevant to Beaufort County. This annual report educates and informs community members, community leaders, agencies, and organizations, about the past year's progress on priority health issues.

If you have questions regarding this report or would like additional copies, please contact:

Brittany Joseph, MPH, CHES
brittany.joseph@bchd.net
252-940-6521

An electronic copy of this report and the 2021 Community Health Needs Assessment can be accessed at www.bchd.net.



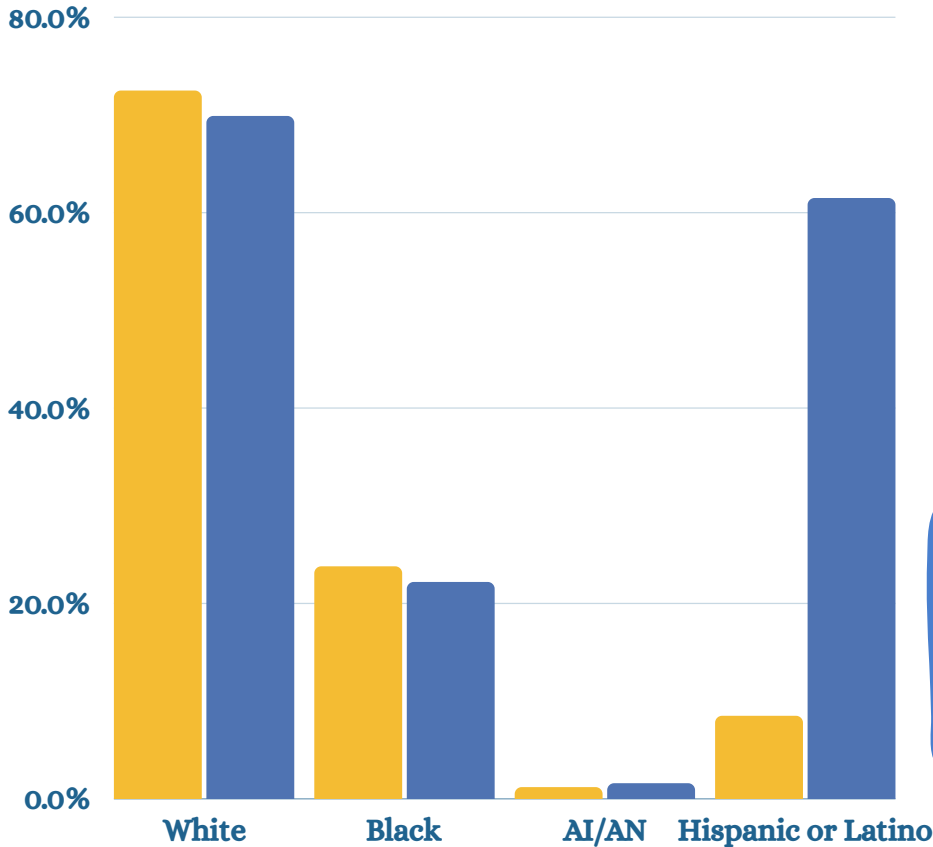
TABLE OF CONTENTS

BEAUFORT COUNTY AT A GLANCE.....	3
LEADING CAUSES OF DEATH IN BEAUFORT COUNTY.....	3
2021 COMMUNITY HEALTH NEEDS ASSESSMENT SUMMARY.....	4
PRIORITY ISSUES.....	5-11
2023 PHOTO ALBUM.....	12
FOLLOW US.....	14

Beaufort County At A Glance

Percent Of Population By Race and Ethnicity in 2022

BEAUFORT COUNTY North Carolina



Total Population (2022-2023)

Beaufort County

44,272

North Carolina

10,835,491



Median Household Income 2018-2022

Beaufort County: \$56,081

North Carolina: \$66,186

LEADING CAUSES OF DEATH (2019)

Cause	Rate of Deaths In Beaufort County, NC Per 100,000 People	Rate of Deaths In NC Per 100,000 People
Heart Disease	276.63	187.46
Cancer	276.63	190.34
Cerebrovascular Disease	68.09	49.61
Alzheimer's Disease	59.58	42.98
Diabetes	53.2	29.81

2021 COMMUNITY HEALTH NEEDS ASSESMENT SUMMARY

The Community Health Needs Assessment (CHNA) used twenty-five indicators to identify target areas in Beaufort County. The twenty-five indicators were narrowed down to four priority areas.

Since social and health indicators influence community health, the CHNA assess both. However, in developing an action plan from the CHNA findings, social and health indicators were merged to prioritize the four focus areas.

Top 4 Priority Issues From the 2021 CHNA

- 1 Chronic Disease**
- 2 Mental Health**
- 3 Economy**
- 4 Vulnerable Populations**

Priority Issue #1: Chronic Disease

As indicated by the CHNA, the first priority issue within the county was determined to be chronic diseases. To help aid the community to be a healthier place for all, Beaufort County Health Department has implemented multiple programs and interventions to reduce chronic diseases and their impact in the county.

Diabetes Prevention Program (DPP)

The Diabetes Prevention Program (DPP) is a CDC research-based, 12-month-long program. The program focuses on healthy eating and physical activity to decrease the risk of developing type 2 diabetes. To be eligible, individuals must be 18 years or older and have a body mass index above 24.



Average of
102
minutes of physical
activity each week

18

Participants
enrolled in DPP
in 2023

Diabetes Self-Management Education and Support (DSMES)

DSMES is for those living with type 2 diabetes better understand and manage their diabetes through education, lifestyle, management strategies. This program offers individual or group sessions. In these sessions participants will learn self-care behaviors, eating smart, meal planning, monitoring blood sugar levels, medication, and much more.

Insurance
approves



of education per
participant within their
first year of DSMES

Employee Health

The Employee Health Clinic services are offered to all full time county employees to provide appointments for sick visits, minor injuries, prescriptions as well as behavioral health. This program assists with health care needs and reduce out-of-pocket medical expenses. Employees are able to be seen without having to use sick time.

Since January 1, 2023

87

employees have been seen in our Healthy Living Clinic

BREAST AND CERVICAL CANCER PREVENTION (BCCCP)

The Breast and Cervical Cancer Control Program (BCCCP) provides free or low-cost breast and cervical cancer screenings and follow-up to eligible low income and underserved women. BCCCP focuses on increasing accessibility to screening for early detection of breast and/or cervical cancers, diagnostic work-ups to arrive at a definitive diagnosis, and then navigating women to Breast and Cervical Cancer Medicaid (BCCM) to cover costs associated with treatment of breast or cervical cancer or precancerous conditions.

120

PATIENTS ENROLLED IN 2023

COMMUNITY CANCER SCREENINGS

ECU Health provides free cancer screenings. This service is available for women who are 40 years of age, are uninsured, and have not had a mammogram within the last year.

Screenings provided

SKIN CANCER

BREAST CANCER

25

18

Get Moving

The Get Moving Challenge is a friendly competition hosted by the Northeastern North Carolina Partnership for Public Health. In this competition, employees from health departments from all over the state see how many steps they can walk between 10/2/23-11/12/23.



1,011,104
Average Steps a Week



6,066,626
Steps Walked By BCHD

Priority Issue #2: Mental Health

Beaufort County's patient to mental health provider ratio is 750:1 and North Carolina's ratio is 410:1. This means there are less mental health providers per person in Beaufort County than the number of mental health providers per person in North Carolina. Beaufort County Health Department views mental health as just as important as physical health. Not only do we want to help individuals who struggle with mental health conditions, but also decrease the stigma surrounding mental health.

Behavioral Health Services

Beaufort County Health Department began offering Behavioral Health Services utilizing a Licensed Clinical Social Worker Associate and a Psychiatrist through telehealth in 2021. Clients are able to receive psychiatric and counseling services to assist with Depression, Anxiety, Bipolar Disorder, Substance Misuse, family and marriage conflicts.

88

clients have had an initial visit with the behavioral health team

77

returned for follow up behavioral health visits

Medication-Assisted Treatment (MAT)

MAT is offered to individuals at the Beaufort County Detention Center who have been diagnosed with Substance Use Disorder (SUD). MAT uses the prescription medication Suboxone to ease withdrawal symptoms and reduce psychological cravings people with SUD experience. The risk of overdosing is highest within the first two weeks someone is released from custody. MAT combined with overdose education and distribution of Narcan (opioid overdose reversal medication) is proven to reduce overdose deaths. Currently the Beaufort County Health Department has 58 patients on MAT.

MAT
Clients
Served

89



Community In Action

An all-inclusive community engagement event created by the Behavioral Health Task Force to expand outreach efforts to the more rural areas of the county. Events rotate around the different towns in Beaufort County and are held quarterly. The event started as a means to share information about harm reduction and awareness of the dangers associated with substance use. It has blossomed into a collaboration of community partners working to meet people where they are. The goal of Community in Action is to bring everyone in the community together to promote wellness and provide information about behavioral health resources in the county, provide assistance for food insecurity, and primary healthcare.

Prevention Point Program

The Prevention Point Program is syringe service program that uses evidence-based harm reduction practices. Harm reduction is a way of preventing disease and promoting health that “meets people where they are” rather than making judgments about where they should be in terms of their personal health and lifestyle. Acknowledging the fact that not everyone is ready or able to stop risky or illegal behavior, harm reduction focuses on promoting scientifically proven ways of mitigating health risks associated with drug use and other high-risk behaviors, including access to sterile syringes, referrals to treatment, overdose education, and free Narcan (the overdose reversal medication).



Riverfront Talks: Substance matters



Riverfront Talks is a monthly podcast series that focuses on behavioral health needs in the community around mental health and substance use disorder from various perspectives by interviewing guests with lived experiences as well as community stakeholders. This series is posted to YouTube, Spotify, and Apple Podcasts. Hear their stories, challenges, and recovery journey in overcoming mental health challenges and substance use disorder. There are 10 episodes.

National Opioid Settlement

Beaufort County is estimated to receive approximately 5.6 million dollars from the national opioid settlement over the span of eighteen years. In September 2022, the Beaufort County Board of Commissioners approved the Beaufort County 360 Behavioral Task Force’s four strategic recommendations to be funded with opioid settlement money.

- Expand peer support services in Beaufort County by hiring two state certified Peer Support Specialists.
- Focus on prevention through health education.
- Maintain the BHTF Collaboration by providing funding for community outreach and educational campaigns.
- Pilot community outreach projects that contribute to the work that is being done through community-based organizations that target undeserved populations.

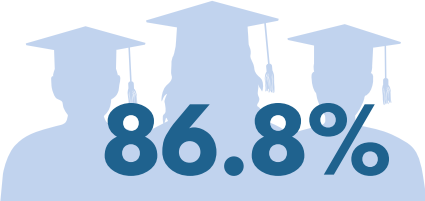
Priority Issue #3: Economy

Between 2018-2022, the median household income in Beaufort County was \$56,081. The most common jobs of people in Beaufort County are Sales, Office and Administrative Support, and Production occupations.

Median Household Income (2018-2022)


 \$56,081 Beaufort County	 \$66,186 North Carolina
--	---

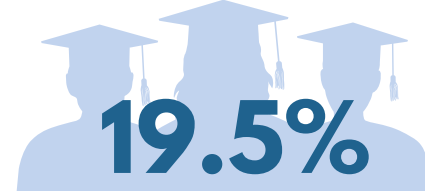
Educational Attainment Beaufort County, NC (2018-2022)



86.8%

of people 25 years and older in Beaufort County have a high school diploma or higher.






19.5%


of people 25 years and older in Beaufort County have a bachelor's degree or higher.

Housing Summary Beaufort County, NC (2018-2022)



Median home value:

\$159,900



Median gross rent:

\$835

17.7%

of Beaufort County residents live below the federal poverty level.

Unemployment rate:



3.6%

Priority Issue #4: Vulnerable Populations



Vulnerable populations include racial and ethnic minorities, uninsured, low-income, children, the elderly, those living in poverty or economically disadvantaged, incarcerated individuals and those with chronic health conditions including severe mental illness.

42.6%

Percent Children In Single Parent Families in Beaufort County, NC (2018-2022)

13.8%

Percent People Uninsured In Beaufort County, NC (2018-2022)

10.4%

Percent People With a Disability, under age 65 In Beaufort County, NC (2018-2022)

Safe Sleep Program

The Safe Sleep Program provides education for parents, caregivers and community partners on safe sleep habits for infants to reduce the risk of Sudden Infant Death Syndrome (SIDS). It also provides safety approved portable cribs and referrals to community programs and services.



108 individuals seen in 2023

Healthy Beginnings

A program for pregnant African American and Latino women and families living in Beaufort County. It provides care coordination for services that begins during pregnancy and continues until the baby's 2nd birthday.

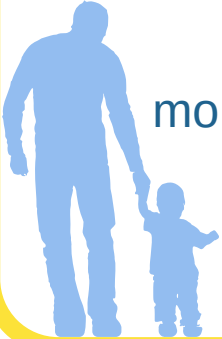
Average individuals served per month in 2023:

40



Care Management for At-Risk Children (CMARC)

CMARC average number of children served per month in 2023:



69

CMARC helps families find community services to help support children in reaching their developmental potential. This program also helps ensure that children are raised in healthy, safe and nurturing environments.

Care Management for High-Risk Pregnancies (CMHRP)

This program works with pregnant women who qualify for Medicaid to help women achieve a healthy pregnancy by:

- Reviewing plan of care for pregnancy
- Helping overcome barriers to follow recommended medical care
- Transportation
- Connecting clients to Medicaid, WIC, Family Planning, Childbirth Education Classes and other resources



73

CMHRP average number of women served per month in 2023

Testing Is Power (TIP)

TIP Clients Served 2023

HIV	HEP C	SYPHILIS
93	51	68
Tested	Tested	Tested

A free and confidential program that offers testing for HIV, Hepatitis C, and Syphilis in Beaufort, Martin, and Washington counties. Rapid testing is available with initial results in 20 minutes. If an individual tests positive the TIP Coordinator provides referrals to care and treatment as needed.

2023 BCHD HIGHLIGHTS



Region 10 NC Minority Diabetes Prevention Program (NC MDPP), ENC Prevent Diabetes promoting health equity to reduce diabetes disparity among minorities

What is prediabetes?
Prediabetes is a condition where your blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes. It is a warning sign that you are at risk of developing type 2 diabetes.

What N.C. is doing to reduce the diabetes health disparity.
The N.C. Minority Diabetes Prevention Program (NC MDPP) is a community-based program that provides free, evidence-based lifestyle changes to help prevent type 2 diabetes. The program is designed to be culturally and linguistically appropriate for the community it serves.

About Prevent T2
Prevent T2 is a free, evidence-based lifestyle change program that helps prevent type 2 diabetes. The program is designed to be culturally and linguistically appropriate for the community it serves.

Incentives
Participants in the program receive incentives for attending sessions and completing assignments. Incentives include gift cards, healthy food items, and other rewards.

Lifestyle Coaches and Cultural Competency
Lifestyle coaches are trained to provide support and guidance to participants. Cultural competency is a key focus of the program, ensuring that all participants receive care that is respectful and effective.

Region 10
The program is currently operating in Region 10, which includes Beaufort County and surrounding areas.

Partnerships
The program is a partnership between the Beaufort County Health Department and the North Carolina Minority Diabetes Prevention Program.

North Carolina and Region 10 - Statistics
The program has seen significant success in reducing diabetes risk. In Region 10, the program has reached over 1,000 participants and helped prevent over 100 cases of type 2 diabetes.

ENC PREVENT T2
A COMMUNITY HEALTH PROMOTION PROGRAM



Our Mission

To promote, protect, and enhance the quality of life of our population by providing accessible quality public health services and education in order to improve the wellness of the community within a healthy environment.

Vision

Providing compassionate care for all! Healthy people, healthy environment, healthy community.

Value Statements

TEAMWORK – *Working together to build a better community*

EMPATHY – *We are united by one single desire to be valued by another*

INTEGRITY – *Doing what's right even when it's difficult or won't be acknowledged by others*

COMPASSION – *Walk in the shoes of people we serve and those with whom we work*



Follow us



@BeaufortCountyHealthDept



@BCHealthDept



@BeaufortCountyHD



@Beaufort County Public Health Department

