

2018

Warren County

COMMUNITY HEALTH ASSESSMENT



Approved by Warren County Board of Health

January 2019

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Warren County Economic Development

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WARREN COUNTY COMMUNITY ASSESSMENT 2018

EXECUTIVE SUMMARY

This document is a health assessment of the needs of Warren County. The community health assessment (CHA) is the foundation for improving and promoting the health of community members. The role of community assessment is to identify factors that affect the health of a population and determine the availability of resources within the community to adequately address these factors. Through collaborative efforts forged among community leaders, public health agencies, businesses, hospitals, private practitioners, and academic centers, to name a few. The community can begin to answer key questions about (a) the quality of life in the county (b) community problems and issues: health problems, unhealthy behavior and community issues (c) personal health and (d) demographics. Other questions include: What resources are available and what do we need in the community to address these concerns?

In a community-based assessment, as is promoted in the North Carolina Community Health Assessment Process, community members take the lead role in forming partnerships, gathering health-related data, determining priority health issues, identifying resources, and planning community health programs.

In this framework, the assessment process starts with the people who live in the community and gives the community primary responsibility for determining the focus of assessment activities at every level, including collection and interpretation of data, evaluation of health resources, identification of health problems, and development of strategies for addressing these problems. In this view, community assessment is done by the community rather than on the community.

A committee of twenty-six community agencies and citizens completed the community assessment of Warren County. To better understand the areas of history, economy, demographics, education, income, and health indicators the committee was divided into three working groups: primary data, secondary data, and compiling. These committee groups were established at the first meeting on June 19, 2018. The committee met again in August, September and October where the primary and secondary data was discussed and analyzed. The qualitative and secondary data gathered from these working groups has been analyzed and included in this document. The team's findings were separated into six major areas:

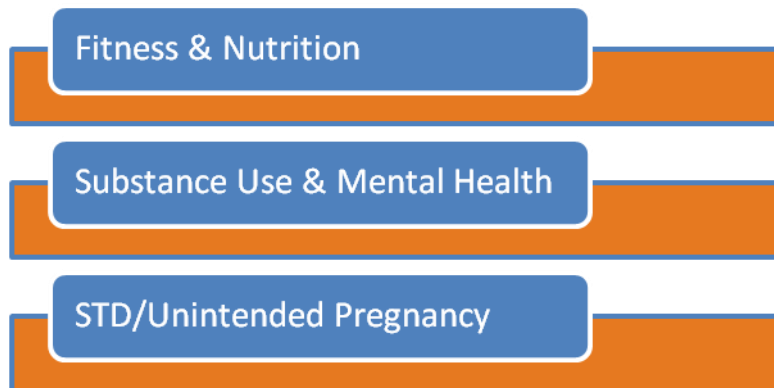
- Chronic Disease (heart disease, cancer, diabetes, hypertension, health care options, nutrition & fitness, and education.)
- Substance Use (drugs, alcohol, tobacco, prescription misuse, vapor products, and education)

The Importance of a Community Health Assessment

- Provides valuable information on the health needs and assets within Warren County.
- Identifies priority health issues.
- Informs the development of action plans that address community health concerns.

- Mental Health (education, and community resources)
- Social Determinant of Health (economy, community resources, housing, transportation, education.)
- Safety (crime)
- Unintended pregnancy/ STD (unsafe sex)

After some discussion, the committee decided to focus on 3 areas for the next four years as follows.



Improvements are essential in Warren County. Warren County officials recognize that the problems exist and county officials in collaboration with established agencies in the county are looking for every opportunity to reduce or eliminate any health disparities and concerns of its citizens. Recommendations to resolve some of the concerns are discussed in this report and the committee will develop action plans for the next four years. As a result of these findings, Healthy Carolinians will continue to collaborate with citizens and other county agencies to reduce or eliminate these key health problems in the county.

On-line and paper copies of the 2018 Warren County Needs Assessment and this document may be obtained at: warrencountyhd.com
Warren County Health Department
544 W. Ridgeway St. Warrenton, NC 27589, 252-257-1185

BACKGROUND

As mandated by the North Carolina Department of Health and Human Services beginning in the year 2002, every public health department will be responsible for conducting a community needs assessment every four years. Listed below is the rationale for this process.

PURPOSE:	Fulfilling society's interest in assuring conditions in which people can be healthy; creating a safe environment for persons living healthy lives; employing good health practices; and ensuring availability and accessibility for adequate medical care.
MISSION:	To emphasize preventive health services and healthy lifestyles To reduce health disparities among the disadvantaged To prevent and control disease To increase the span of life.
ASSESSMENT:	Assessment, monitoring, surveillance of local problems and needs and of resources for dealing with them; provide programs according to the public health needs of the community.
POLICY:	To provide policy development and leadership that emphasize local involvement and local needs, advocating equitable distribution of public resources and complementary private activities that are commensurate with community needs.
ASSURANCE:	Assurance that high-quality health care services, needed for the protection of public health in the community, are available and accessible to the community. That the community is informed about how to obtain public health, including personal health services; and how to comply with public health requirements.
PROCESS:	Community health assessment (CHA) is the measurement of the community every four years, by the local health department to identify, prioritize and report to the state their county's health problems and solution strategies. These problems are summarized at the state level and used by the State Health Director to determine public health's expansion budget requests to the legislature. (In 1974, Dr. B. G. Greenburg was instrumental in the Community Assessment Process.
GOAL:	The goal of the community health assessment is to activate the community to work in a collaborative way to identify health problems and develop action plans for improving the health of the community.

INTRODUCTION

The 2018 Community Health Assessment (CHA) Team consists of new and existing members. The Steering Committee for Healthy Carolinians will serve as the Advisory Group to oversee the project. There were three work groups formed; primary data team, secondary data team and compilation team. The committee has twenty six representatives from various county agencies, local government, churches, hospital, school systems, Board of Health and citizens in the county.

The former members who previously served on the team were contacted to see if they would be interested in serving again for this new CHA (Community Health Assessment). There were people from various agencies that volunteered to serve on the committee this year. Having new and existing members on the team gave a broad spectrum of expertise to the process.

All members of each work group participated with the collection of surveys from the community. The Team met in June and had a brain storming session of changes that needed to be made to the survey. The Primary Data Team used the results of the surveys to compile the nine health priorities/concerns indicated by the citizens. The Secondary Data Team used the results from the health priorities/concerns and the top 10 leading causes of death in the county to form the health priorities. The Compilation Data Team put all the data together to form the document.

Key partnerships were formed. These new partnerships will be ongoing with new projects as well as continued collaboration.

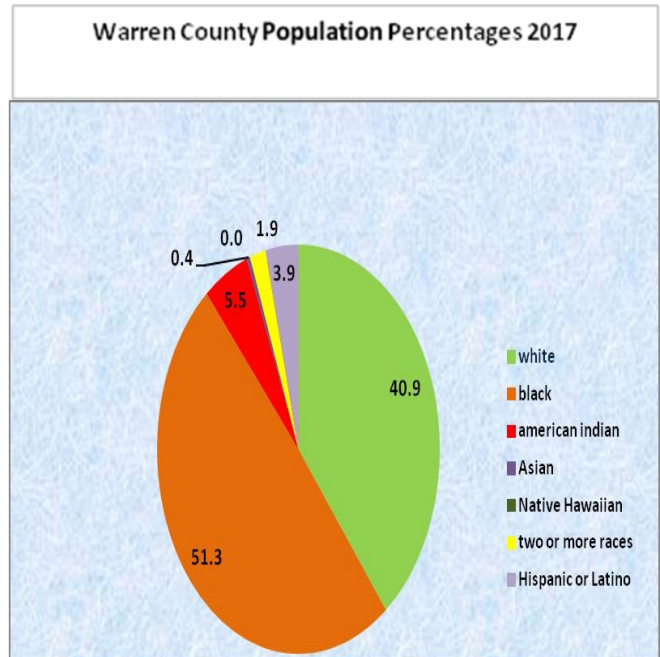


CHA (Community Health Assessment) Work Session

DEMOGRAPHICS

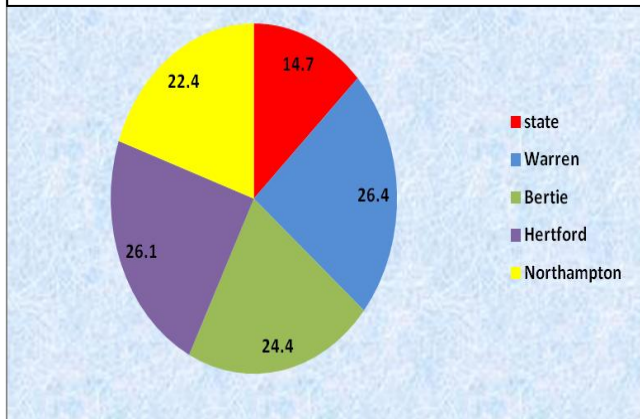
According to Warren County Quick Facts from the US Census Bureau, Warren County's 2017 total population is 19,883 with 23.1% under age 18, 52.2% ages 19-64, and 24.7% ages 65 and up. The racial breakdown for the population is 51.3% black, 40.9 % white, 5.5 % American Indian, 3.9% Hispanic or Latino, 0.4% Asian Pacific, 1.9% two or more races. The white race percentage of 40.9 %, of this figure, approximately 38.5% is recorded as White non Hispanic. The total population shows that 49.6 % are male and 50.4 % are female.

Demographic Estimates 2017 Warren County Population Estimate 19,883		
Sex	Estimate	Percent
Male	9,934	49.6
Female	9,973	50.4
Age	Estimate	Percent
Median Age	46.1	-
Race and Ethnicity	Estimate	Percent
American Indian and Alaskan Native	1,115	5.5
Asian	796	0.04
Black or African American	10,252	51.3
Hispanic/Latino	776	3.9
Native Hawaiian or Other Pacific Islander	0	0
White	8,082	40.9
Two or More Races	358	1.9



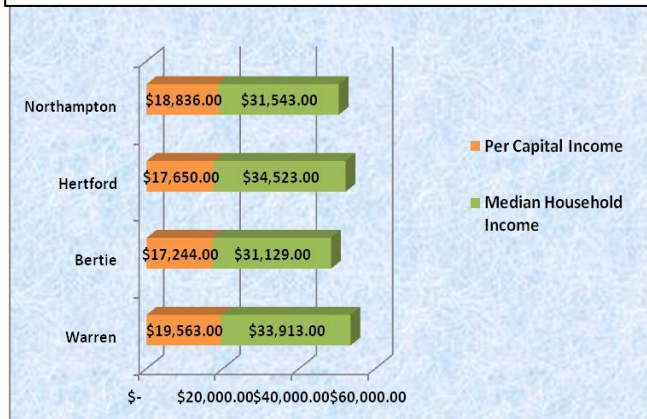
Source data: QuickFacts US Census Bureau 2017

Persons below poverty levels percentages 2017



Source data: QuickFacts US Census Bureau 2017

Per Capital Income for Warren & Peer Counties in 2012-2016



Source data: QuickFacts US Census Bureau 2017

GEOGRAPHIC COUNTY DESCRIPTION

Warren County is a rural area located in the northeastern Piedmont section of North Carolina. Warren County is bordered by Virginia to the north, Northampton and Halifax Counties to the east, Franklin and Nash Counties to the south and southeast, and Vance County to the west. The climate of Warren County is an average of 59 degrees Fahrenheit.

Warren County has many scenic locations scattered throughout, such as Cherry Hill Plantation, Buck Spring historic site, Hamme's Mill, historic homes, and peaceful, quaint downtowns. Much of the county is rural countryside with rolling farmland and pastoral vistas.

State and local government is the leading employment in the county, followed by manufacturing, health care and social assistance. Agriculture, Forestry, Hunting and Fishing is a way of life for some county residents. There are 218,000 acres of forest land in the county, and 90-95% of this land is privately owned. There are various programs available to help landowners with planting young trees and middle age trees prior to the process of maturity. Tobacco was the earliest cash crop grown in Warren County. This crop is still being produced today along with forest products, hogs, cattle, chickens, goats, milk, cotton, cucumbers, cantaloupes, various fruit & vegetables and different grains. Although many residents make their living working for state and local government, there are 432 civilians employed by agriculture, forestry, fishing and hunting.

According to the U S Census Report 2000, the county has a total area of 444 square miles (1,149 km²), of which, 429 square miles (1,110 km²) of it is land and 15 square miles (39 km²) of it (3.40%) is water.

Warren County's Lake Gaston is a place where luxury and nature live in harmony. There are exquisitely-built townhomes where an elegant lifestyle is perfectly matched with the rustic beauty of Lake Gaston's natural landscape. Kind of hidden from the rest of the world where you can listen to nature, not noise. You will never run out of things to do at Lake Gaston, where 350 miles of shoreline and 22,000 acres of water provide you with plenty of options. Whether you prefer leisurely strolls, vigorous hikes, all kinds of water sports, a game of golf at one of many fine courses or an afternoon enjoying local festivals, Lake Gaston has it all.

Warren County has three different high schools for the students to choose from. Warren County High School, Warren County New Tech High School, and Warren County Early College High School along with the Haliwa Saponi Tribal School and Norlina Christian School that cover all grades. Warren County has three elementary schools, one K-8 school and one middle school available for higher learning.

Vance-Granville Community College is responsible for providing educational opportunities for the residents of Warren county. VGCC has a campus located in Warren, Vance, Franklin and Granville Counties. The majority of classes are taught on Main Campus between Henderson and Oxford, but a number of students attend classes also at South Campus between Butner and Creedmoor, Franklin Campus in Louisburg, and Warren Campus in Warrenton.

Warren County has no hospital, and there are a limited number of places that citizens can utilize to get medical care. The Rural Health Group, Beckford Medical Center and Warren County Health Department offer medical services within the county for citizens in need.

Historical Warren County

Warren County was formed in 1764 from Granville County and was named Bute in honor of John Stuart, 3rd Earl of Bute, former Prime Minister and Lord of the Treasury.

In 1779 a committee of Bute County patriots petitioned the North Carolina Assembly to divide the county in half naming the northern part Warren after Dr. Joseph Warren who had been killed at Bunker Hill, and the southern part Franklin, in honor of Benjamin Franklin.

After the petition to divide was granted by the legislature, prosperity grew with tobacco, and later cotton, providing Warren County with great wealth. Two physicians were in practice, the first courthouse was built, and churches flourished, most notably Hebron Methodist, founded in 1771. By 1860, Warren was the richest county in North Carolina.

There were three major hot springs that attracted the aristocracy from the coast when the weather became unbearable there. These were Jones White Sulphur Springs Hotel, the Shocco Springs Hotel, and Panacea Springs. All hotels boasted elegant dinners and evenings with dancing and other leisurely pursuits. The springs reached their popular peak from 1830 – 1850 (Sharpe, B. & Zarr, S.B., 1962). It was at the Jones Springs that Annie Carter Lee, daughter of General Robert E. Lee, stayed with her family during the War Between the States.



Photography by: Economic Development Commission, Warren County

Orren Randolph Smith, a native of the county, designed the original Stars and Bars at the onset of the War Between the States.

Warren County has provided the state with four governors, six attorney generals, three Supreme Court justices, four superior court judges, and five magnates in the tobacco industry. Also notable is the fact that North Carolina's first African-American Congressman and Congresswoman, John Hyman and Eva Clayton, are natives of Warren County.

During the Civil Rights movement Warren County was chosen as the site of an experimental planned community called Soul City. This was an effort to create improved economic opportunities for Southern Blacks that ultimately failed due to lack of funding.

More recently, the illegal dumping of contaminated waste along local roadsides and the siting of a landfill for the soil brought national attention to the county, along with health concerns from affected residents.

In 1978, 30,000 gallons of PCB-contaminated oil were illegally dumped along 210 miles of highway in 14 North Carolina counties, including Warren. State officials chose a site near the Afton community in the southwestern portion of the county for construction of a landfill to hold the contaminated soil. Afton has a population of about 1,600, 85 percent of which is African-American.

During protests in the early 1980s local leaders spoke out against what was deemed a political decision to build the PCB Landfill in Warren, a low-income, mostly a minority county. National civil rights leaders joined them in their efforts to keep the landfill from locating here; protests led from one arrest to another as demonstrators who sought justice placed their bodies in the paths of trucks sent here for construction. These protests are considered the watershed event that brought “environmental justice” to the national level.

Environmental justice, who recognizes the concern that minority and/or low-income populations have borne a disproportionate amount of potentially adverse health and environmental effects, calls for the “fair treatment for people of all races, cultures, and incomes, regarding the development of environmental laws, regulations, and policies.”

In 1982, then-Gov. Jim Hunt made a commitment to the people of Warren County that if appropriate and feasible technology became available, the state would explore detoxification of the landfill.

In 1994, a grassroots effort on the part of local leaders led to the formation of a PCB Working Group, including state representation, to study feasibility of detoxification. Base Catalyzed Decomposition was chosen as the most appropriate technology and was approved. Funding from state and federal sources, including in-kind services, led to the detoxification project moving forward. Site preparation work was completed in December 2001, and soil treatment continued through this past summer. A portion of the funding for completion of the project, including redevelopment has been allocated by the state in its 2002-03 budgets.

Despite clean-up efforts, many residents who live near the PCB Landfill, some of whom still won't drink the water from their wells, remain concerned about possible health risks.

Warren County is made up of three incorporated towns, Warrenton, Norlina and Macon, surrounded by more than half a dozen communities.



Warrenton

The town of Warrenton, the county seat, was established during the fourth year of the American Revolution. On July 22, 1779, 100 acres of land were purchased for the town from Thomas Christmas, and William Christmas drew the first plan of the town with 162 half-acre lots. By the 1920s the town prospered as the center of a plantation region.

Warrenton became an educational center with the Warrenton Academy chartered in 1786 by the Macon brothers, one of whom, Nathaniel, would become one of the greatest speakers of the U.S. House of Representatives. Two additional schools were founded later, the Falkner School for young ladies by 1800, and the Mordecai School by 1809.

Warrenton Academy later became John Graham High School, located on North Main Street, which now houses county offices. Warrentonians enjoyed fine architecture, music, dancing, art, and horse racing.

Beautiful homes were built as centerpieces of the large plantations, and later Jacob Holt townhouses were erected. Prosperity continued to grow thanks to the cotton gin. The town's population by 1800 was 238, and by 1850 it had increased to 700. Today it is just over 800.

Over 90 percent of Warrenton's downtown buildings are listed in the National Register of Historic Places.

Norlina

With a population of over 1,100, Norlina is located just south of the Virginia border, situated on land that was part of a grant to an early John Langford for his service in the Revolutionary War.

In 1900, Robert F. Rose, a descendant of Langford, sold just less than five acres of land in Norlina to the Richmond, Petersburg and Carolina Railroad for the building of a depot at the juncture of the Seaboard Air Line Railway and the Raleigh-Gaston Railroad. One of his sons, John Horace Rose, also sold land to the railroad.

Before the town was named Norlina, a combination of "North" and "Carolina," the area was called Mount Regis.

In 1901, a hotel was built to accommodate travelers stopping in the area, many of whom would have dinner on their way through the town.

With the town being a railroad juncture, Norlina grew rapidly. Businesses in the town included a hardware store, a cotton gin, a drug store, the Metropolitan Cafe run by "Jack the Greek," a shoe shop and a hunting club which was turned into a private residence in the year 2000.

Around 1909, The Norlina School was erected and was later moved to the site where the high school campus of Norlina Christian School stands today. The original frame building was used until 1915 when construction on a new school was begun. The Norlina Graded School opened on Feb. 1, 1916.

Norlina was incorporated in 1913 with citizens agreeing to make the town one square mile with the railroad station as the direct center. The growth of the town was at its peak just before and during the time of World War II with the railroads playing an important part in the war by providing transportation for the troop trains, both north and south, and also to the seaports at Portsmouth and Norfolk, Va.

During the war years there were 18 passenger trains a day running through Norlina, north and south, and four passenger trains daily on the Portsmouth, Va. line. Additional trains carrying freight and troops also ran through the town.

Macon

The smallest of the county's incorporated towns, Macon is located northeast of Warrenton. It was settled in the early 1800s, and its post office was established in 1839.

The area started out as Macon Depot. In the 1880s the name was changed in honor of Nathaniel Macon, a prominent county native who was three times Speaker of the U.S. House of Representatives, and a U.S. Senator from 1815-1828.

He and his brother, John, were both active in 1786 toward founding The Warrenton Academy. Macon is the hometown of present day North Carolina author Reynolds Price.

Warren County Zoning

In regards to zoning within Warren County and the Board of Commissioners voted on January 16, 2019 to expand zoning from the boundaries at Kerr Lake and Lake Gaston to the rest of the County (exclusive of the Towns of Warrenton and Norlina and their zoning jurisdictions). The reasoning behind this action is as follows:

- Basis of land use law: "No one has an absolute right to use his or her land in a way that may harm the public health or welfare, or that damages the quality of life of neighboring landowners, or of the community as a whole."
- Zoning is the basic means of land use management used by local governments in the United States and has been around since 1916 when New York City enacted the nation's first comprehensive zoning ordinance to protect the health, safety, and welfare of residents packed into crowded urban tenements.
- Zoning provides property owners and commercial investors with predictability of what can go where AND protect natural as well as manmade resources.
- Planning and zoning gives the opportunity to define an area's future image and gives methods to help deter future negative impacts, rather than reacting to them once they have occurred. Planning and zoning can also:

Through this action the Board of Commissioners, and consistent with the County's Comprehensive Development Plan adopted March 2002, this action would aid in preventing potential incompatible land uses from potentially impacting communities in Warren County.

HEALTH DATA COLLECTION PROCESS

In 2018, 350 Warren County Community Assessment surveys were distributed throughout the county. A non-probability convenience sampling method was used and 215 residents completed the surveys for analysis. Warren County's Citizens ages 15-75 and older participated in the surveys. The surveys were distributed in hard copy and electronic forms throughout the county. The members of the committee all participated with getting surveys completed. The surveys were put into an excel spreadsheet to tally the results. The educational level of training as well as the total household income and employment status were evenly spread-out in the county. The agencies in the county also provided reports for services they provide to the citizens.

Survey Results Demographics

Age	%	Race	%	Marital Status	%
15-19	4%	Black	60%	Single	28%
20-24	7%	white	27%	Married	38%
25-34	7%	Hispanic	7%	Divorced	10%
35-44	14%	American Indian	3%	Widowed	17%
45-54	13%	Asian	0	Separated	4%
55-64	17%	Other	3%	Other	3%
65-74	22%				
75 & >	16%				

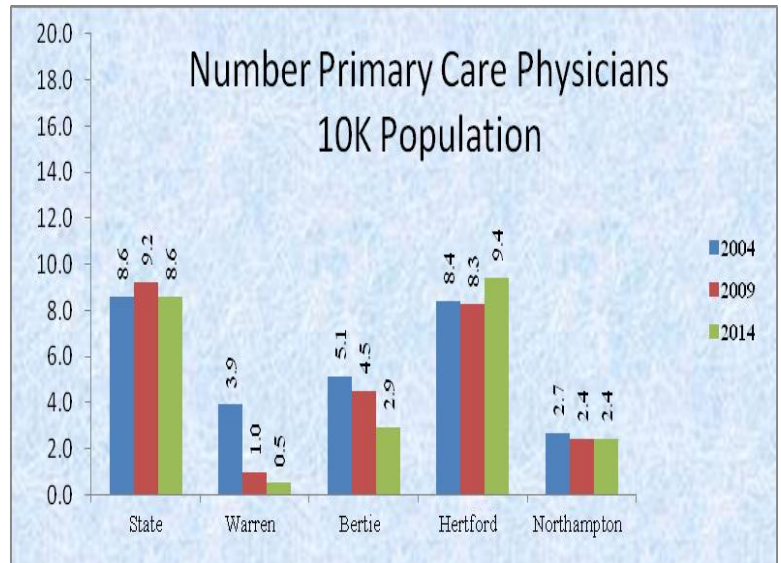
Survey Results Demographics

Education	%	Income	%	Employment	%
Some HS	15%	< \$14,999	16%	Full Time	41%
HS/GED	28%	\$15,000 - \$24,999	21%	Part Time	7%
Associate	12%	\$25,000 - \$34,999	10%	Retired	29%
some college	18%	\$35,000 - \$49,999	20%	Military	0.01%
Bachelor's	12%	\$50,000 - \$74,999	13%	Unemployed	4%
Graduate	10%	> \$75,000	8%	Disabled	9%
Other	5%	Not Reported	12%	Student	3%
				Homemaker	5%
				Self-Employed	0.01%

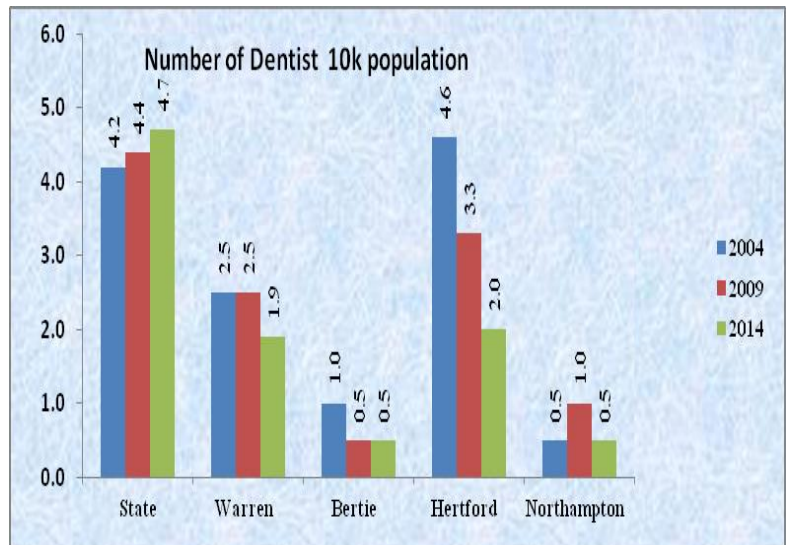
HEALTH DATA/INFORMATION

Where we live has an impact on our health. The health of a community depends on many different factors, including quality of health care, individual behavior, education, jobs and the environment. Health outcomes represent how healthy a county is while health factors are what influences the health of the county. Warren County ranked 85 in health outcomes. In comparison with our peer counties, the health outcome for Bertie 88, Hertford 89 and Northampton 92. Health outcomes can be improved by addressing all health factors with effective, evidence-based programs and policies.

Warren County is one of the poorest counties in the state. There is no hospital in the county and citizens have to travel to Vance County, Franklin County, Granville County or South Hill Virginia for medical emergencies and hospital care. There are limited primary care physicians, but the opening of the Rural Health Clinics in the county have been a tremendous help for Warren County. In September 2006, Warren County Free Clinic opened for seeing uninsured citizens in the surrounding counties. The clinic was open 1 day a week on Saturday morning, seeing only 89 patients in the first year. Unfortunately the clinic is no longer open due to financial sustainability leaving thousands of uninsured patients without healthcare services.



Source data: State Center for Health Statistics 2017



Source data: State Center for Health Statistics 2017

MORBIDITY AND MORTALITY DATA

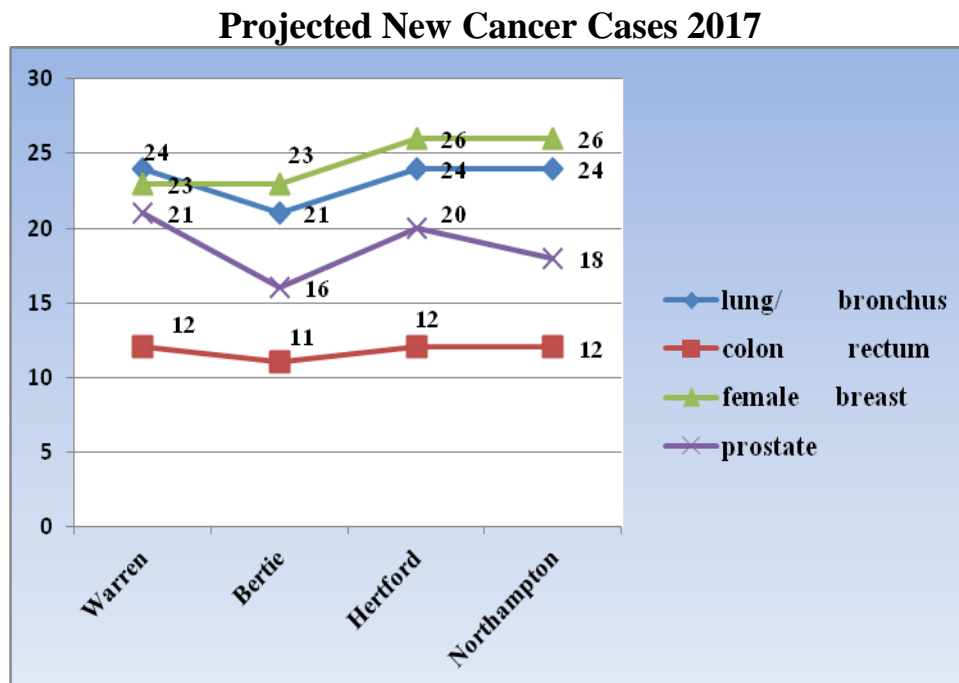
Morbidity

Morbidity is the condition of being ill, diseased, or unhealthy. This can include acute illnesses (which have a sudden onset and improve or worsen in a short period of time), as well as chronic illnesses (which can present and progress slowly over a long period of time).

According to reports by Center for Disease Control (CDC), the number of people in the United States with diabetes reached approximately 30.3 million people with an estimated 86 million with pre-diabetes. People with diabetes spend 2.3 times more on health care cost than those without diabetes and it is the 7th leading cause of death in the United States. Diabetes is a condition caused by an excessively high level of glucose in the blood.

Diseases of the heart and cancers are the leading causes of death in the state as well as in Warren County. Heart disease is the leading cause of death in the United States, according to the Centers for Disease Control and Prevention. Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

The chart below shows the projected new cancer cases for Warren and the peer counties. According to the NC Central Cancer Registry, lung and female breast cancers are the top two new projected cases for 2017.

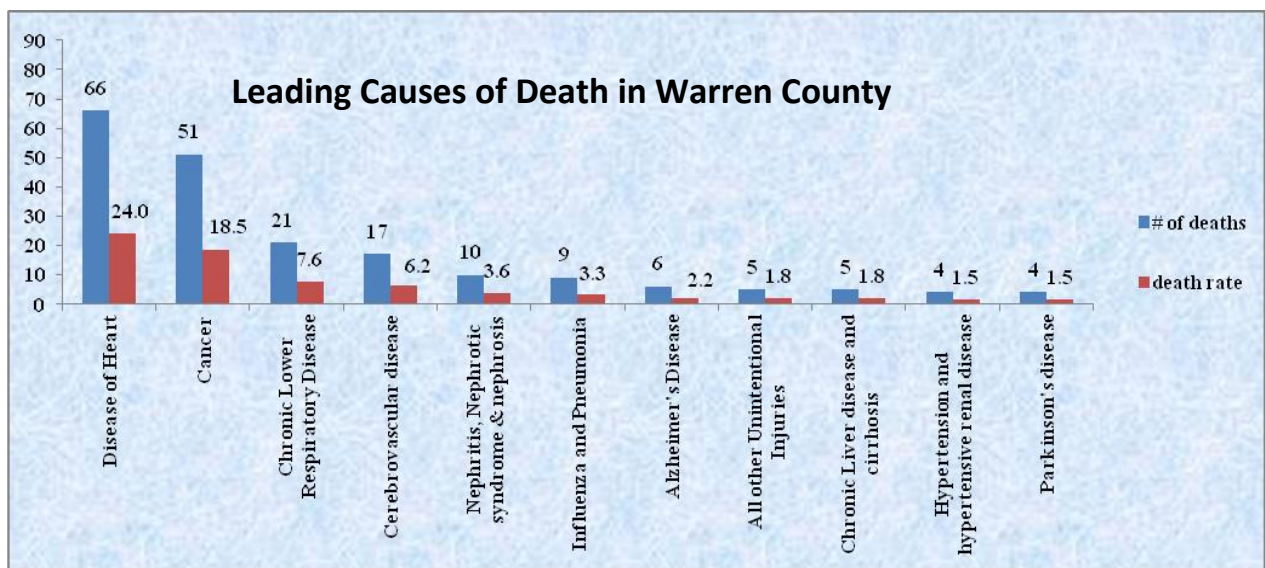


Source data: NC Central Cancer Registry 2017

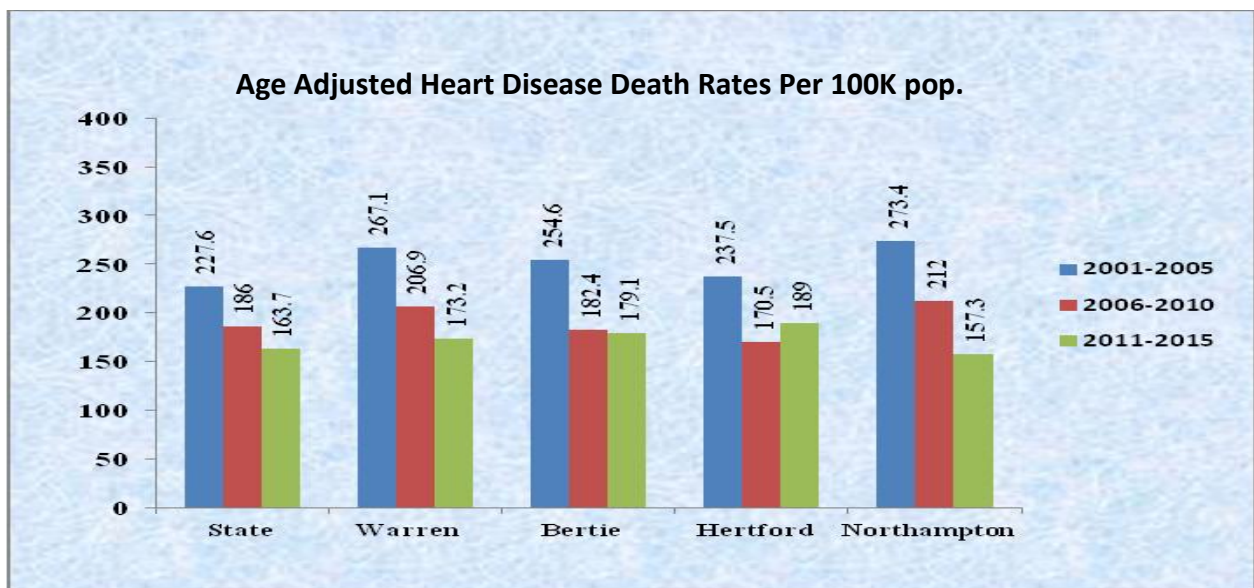
Mortality

Mortality is the condition of being dead. You usually hear of mortality in terms of the number of deaths in a population over time, either in general or due to a specific cause. It's important to recognize that morbidities may or may not lead to mortality. As an example, one could have terminal lung cancer, but die of injuries after a road accident.

The major causes of illness and death in Warren County are chronic illnesses such as diabetes, cancer heart disease, blood pressure and stroke. The leading causes of death for all ages are diseases of the heart, cancer, respiratory diseases, cerebrovascular disease, nephritis, pneumonia & flu, diabetes, alzheimers, unintentional and hypertension. The number one leading cause of death for ages 0-19 years are conditions originating in the perinatal period. The number one leading cause of death for ages 20-39 are motor vehicle injuries and ages 40-84 are cancers followed by diseases of the heart for ages 85 and over.

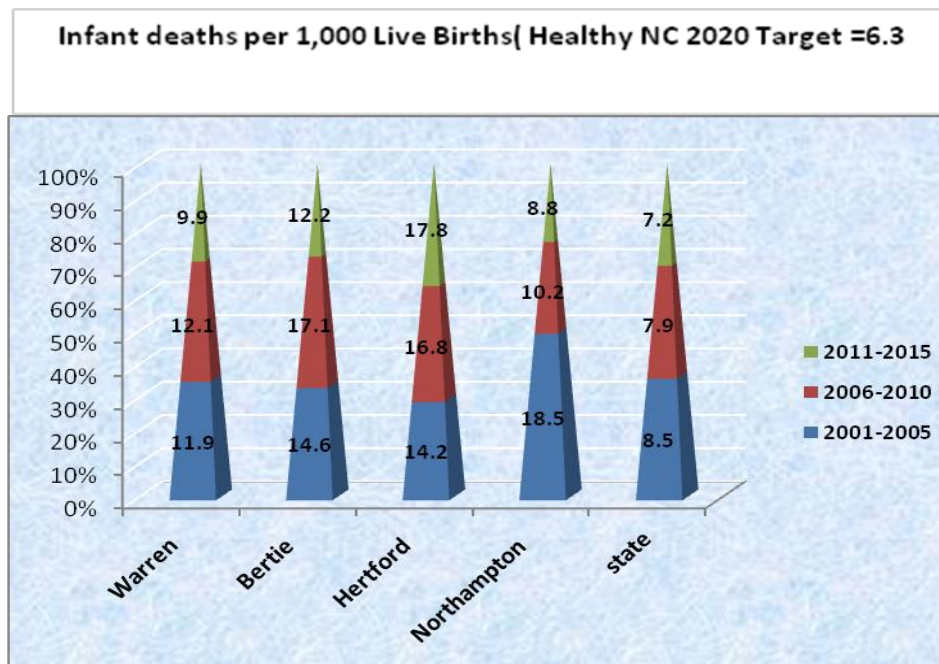


Source data: NC State Center for Health Statistics 2017



Source data: NC State Center for Health Statistics 2017

Warren County, the state and all of the peer counties are above the healthy NC 2020 target of 6.3 for infant deaths per 12,000 live births from 2011-2015.



Source data: State Center for Health Statistics 2017

Mental Health

According to the health assessment responses, if a friend or family member needed counseling for mental health, most of them seek services from support groups, doctors, private counselors or therapist. Following is a description of services available in Warren County:

The Five County Community Office of Cardinal Innovations is the local political subdivision of the State government responsible for the Mental Health, Developmental Disability and Substance Abuse System of care in Franklin, Halifax, Vance and Warren Counties.

Lake Area Recovery Home is a residential facility for men with a history of substance abuse who have a desire to start their lives over again. The facility provides an alcohol and other drug free environment where fellow residents support each other in their journey. The program of recovery is based upon a 12 step program that embodies AA/NA programs. Ownership of the facility changed over to Freedom House in 2012. The agency continues the same process and can house 13 men in the recovery program. Admittance into the facility is determined by a number of factors. The most important of which is the man’s willingness and desire to change and learn how to live life on life’s terms without alcohol and other drugs.

Freedom House also runs a full mental health clinic in its office in downtown Warrenton called Lake Area Health Care. They offer an array of substance abuse and mental health services. The Lake Area Health Care treatment team provides intergraded behavioral health services for children and adults.

Environmental Health

Inspections are performed to promote public health and safety through regulation of all food and lodging establishments and institutions within Warren County. Inspections include: documenting final cook temperatures, hot and cold holding temperatures, assessing cooling procedures and temperatures, observing and promoting healthy employee hygiene, and verification of food sources. The inspection process not only identifies violations in each of the aforementioned categories, but it is also charged with achieving corrective actions for any violations. Inspections along with visits and open dialogue with employees of food establishments are methods used to reduce the possibility of food-borne illnesses. There have been no verified incidences of food-borne illness in Warren County.

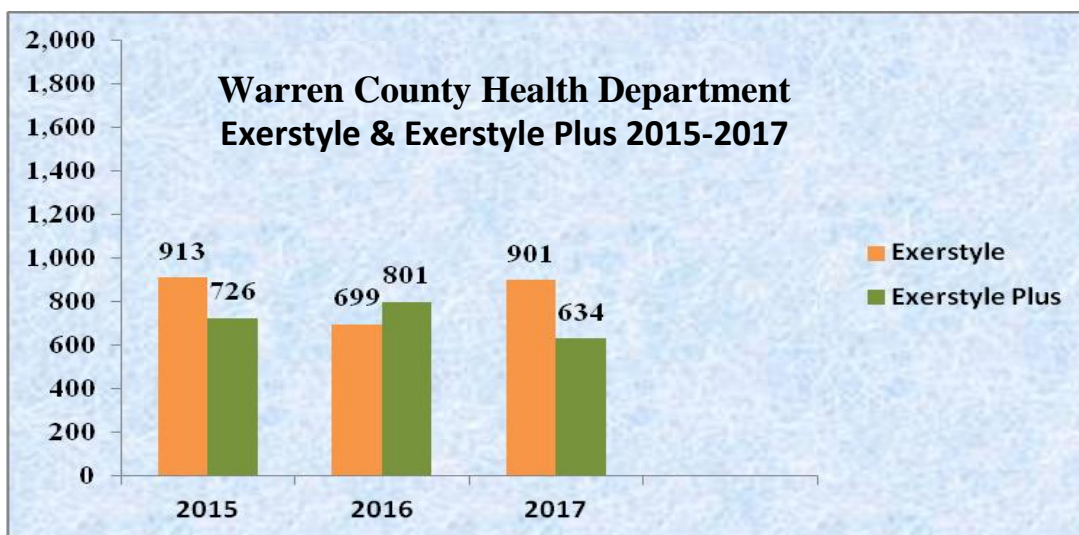
Approximately 90% of Warren County households utilize private ground absorption (on site) septic systems to treat household wastewater. If the sewage is not properly treated by the ground absorption system, the occupants of a house may be exposed to disease organisms that are found in sewage, causing them or neighbors to become sick. Household wastewater normally contains suspended solids, oil and grease, nitrogen, phosphorus, and fecal coli form bacteria. Properly designed and functioning on site wastewater treatment systems treat sewage and destroy the pathogens in the wastewater, thus ensuring that the citizens of Warren County are not exposed to these pathogens. Around 1.5% of on- site systems fail in a given year. "Failure" of a septic system occurs when the effluent begins surfacing or backing up into a house or facility, thus potentially exposing families and the public to sewage. Most of the systems which have failed were installed during the 1950's to 1970's. These older septic systems are more likely to have issues with tree roots, a common reason for failure. The failing sites are visited by the environmental health specialist and recommendations are issued on a repair permit to correct the problems. Licensed septic contractors install the recommendations and the environmental health specialist inspects the work performed by the contractors.

Environmental Health is also charged with permitting private drinking water wells and collecting water samples from private wells. The widespread availability of public water limits the need for new private wells in Warren County. For citizens on private water wells, they can request their private well water to be tested for coli form bacteria, inorganic materials, petroleum, and lead. There is a user fee associated with each type of sample collected. The majority of the samples collected by Warren County environmental health specialists are for coli form bacteria testing. The samples are submitted to the NC State Public Health Laboratory and have a turn-around time of 7 to 10 days. The results are reported either as absent for total coli form or present for total coli forms. If coli form bacteria are present, the lab automatically tests for fecal coli form bacteria. In 2018, Warren County Environmental Health collected 73 coli form bacteria samples and 20 (27.4%) of those samples had total coli form present. Wells which test positive for coli form bacteria can be chlorinated to disinfect the well.

PREVENTION AND HEALTH PROMOTIONS

The Warren County Health Department has several programs in place to address the area of preventive health. Exerstyle/Exerstyle Plus is a program designed to offer a variety of safe, effective aerobic exercises to help you take a positive step toward a happier, healthier you. The Health Department promotes the importance of a regular exercise program and a healthy life-style which can help improve the health and quality of life for all citizens in the county. The two programs offered to residents for an annual fee of \$10 and includes a health risk assessment. The high risk program Exerstyle Plus is monitored by a nurse and requires a doctor's order prior to exercising.

These programs provide the wellness center with treadmills, stationary bikes, rowing machines, and low impact aerobics.



Warren County Health Department Data

Many churches in the county have implemented a health ministry by taking control of their health. There are active exercise programs as well as community gardens that are providing fresh fruit and vegetables to the community. Warren County Health Department has provided 10 Faith Based organizations in the County with Blood Pressure Checking Stations to help citizens be aware of their numbers and take action.



Jerusalem Missionary Baptist Church

Billboards and Banner Ads are used to promote Health Media Messages and programs throughout the County.

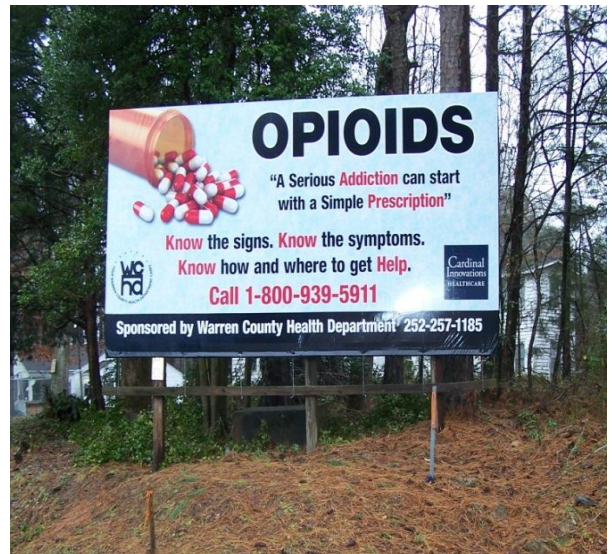


A tobacco billboard was completed as well as media ads. The billboard is located on a major highway 158 Business and will run June 1, 2018-May 31, 2019. The billboard promotes NC Schools are 100% tobacco free which includes e-cigarettes. The same ad ran twice as a banner advertisement in the local papers: The Warren Record and The Lake Gaston Gazette in June and July.

The population reached will be youth as well as adults in the county. The quit-line number is also included on the billboard as well as in the newspaper article and banner ads. The numbers are approximately 8,300 views per day so for three months it will be 747,000 views for June thru September.

Opioid Billboard

The coordinator designed the billboard and the same information was placed in the two local papers as banner ads. The banner ads ran in the local papers the week of November 21, 2018. The circulation for the Warren Record is 5,000; face-book followers are 2,925 and the website views are 61,427. The circulation for the Lake Gaston Gazette is 2,700; face-book followers are 2,130 and the website views are 21,316. We are working hard to get the message out that Opioid addiction can start with a simple prescription and to provide information on how people can get help. The number reached is 8,300.



Diabetes Billboard

The purpose of the diabetes billboard is to recruit participants to our new diabetes self-management program. This billboard is located on 158 business and will run for 1 year.

The circulation for the Warren Record is 5,000; face-book followers are 2,925 and the website views are 61,427. The circulation for the Lake Gaston Gazette is 2,700; face-book followers are 2,130 and the website views are 21,316. The billboard numbers reached 3,000.

A permanent Medication Drop Box was delivered on 2/24/16 and is located at the Warren County Sheriff's Office.

The goal is to collect expired and any unused drugs from the community to prevent them from getting in the hands of youths as well as prescription drug misuse. The results from the medicine drop will be reported to the board of health, county commissioners, and to the public with a newspaper article.

The committee will set a goal of increasing the amount of drugs collected from 5 to 7 pounds or more over the next three years.

- A total of 187 different medications were collected and disposed of on May 18, 2016.
- A total of 8 pounds of medicine was collected and disposed of on March 31, 2017.
- A total of 26 pounds of medicine was collected and disposed of on June 30, 2017.
- A total of 43 pounds of medicine was collected and disposed of on October 10, 2017
- A total of 89 pounds of medicine was collected and disposed of on January 23, 2018.
- A total of 19 pounds of medicine was collected and disposed of on April 17, 2018.
- A total of 23.4 pounds were collected from 04/01-06/30.
- A total of 46 pounds were collected from 07/01-09/30.
- A total of 12 pounds & 12.6 ounces collected from 10/01/18-12/31, 2018.



Walking Billboards - Warren County Christmas Parade 2018

Healthy Carolinians

Healthy Carolinians of Warren County (HCWC) continues partnering with individuals as well as organizations to address health concerns. There are currently three working groups within the partnership: a continuation of Fitness and Nutrition (FAN), PSPT (Pregnancy/STD Prevention Team) and Substance Abuse Committees.

The FAN (Fitness & Nutrition), PSPT (Pregnancy/STD Prevention Team) and Substance Abuse with the addition of Mental Health committee will be forming new action plans to be implemented for the next four years.



Priority: Nutrition & Physical Activity

(Chronic disease, obesity, poor eating habits)

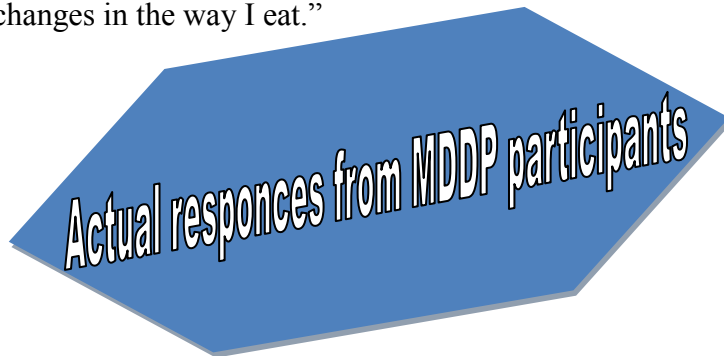
- **INCREASE THE PERCENTAGE OF ADULTS GETTING THE RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY**
- **INCREASE THE PERCENTAGE OF ADULTS WHO CONSUME FIVE OR MORE SERVINGS OF FRUITS AND VEGETABLES PER DAY**

The Minority Diabetes Prevention Program (MDPP)

The Diabetes Prevention Program supports participants who are at risk for developing diabetes in achieving modest weight-loss through simple lifestyle changes, resulting in a significant reduction in their chances of developing the disease. The group lost approximately 15 pounds and has gained a wealth of knowledge.

What changes have you made since taking the MDPP Class??

- "I work out at least 150 minutes per week."
- "I eat more fruits and vegetables."
- "I watch my calorie intake."
- "I now read food labels."
- "I am learning to make small changes in the way I eat."



Exerstyle/Exerstyle Plus

The FAN committee continues to promote the Exerstyle/Exerstyleplus programs with hopes of increasing participation and creating a healthier community.

The Exerstyle Nurse gave 118 health risk assessment in 2015.

The Exerstyle Nurse gave 69 health risk assessment in 2016.

The Exerstyle Nurse gave 53 health risk assessment in 2017.

The Exerstyle Nurse gave 45 health risk assessment in 2018.



Meals On Wheels

Warren County Senior Center has provided nutritional meals to the homebound senior population clients in the county through the meals on wheels program.

Totals as follows:

Year	# of meals	# of recipients
2014	14,150	78
2015	15,640	80
2016	17,921	89
2017	21,239	86
2018	16,749	90

Eat Smart, Move More, Take Control

Warren County Cooperative Extension offers a 6 session chronic disease prevention program that provides strategies to help adults manage their health. It informs, empowers, and motivates participants to change their eating and physical activity patterns. The program provides opportunities for participants to track their goals and progress toward healthy eating and physical activity behaviors. Each 1-hour session contains a basic cooking demonstration and sample of a healthy recipe. There were 28 participants in the program. Pre and Post program evaluations showed that as a result of the 6 week program 10% of participants increased their fruit and vegetable servings, 20% drink more water while 9% drink less soda. 15% think about healthy food choices more often and 26% are more active daily.

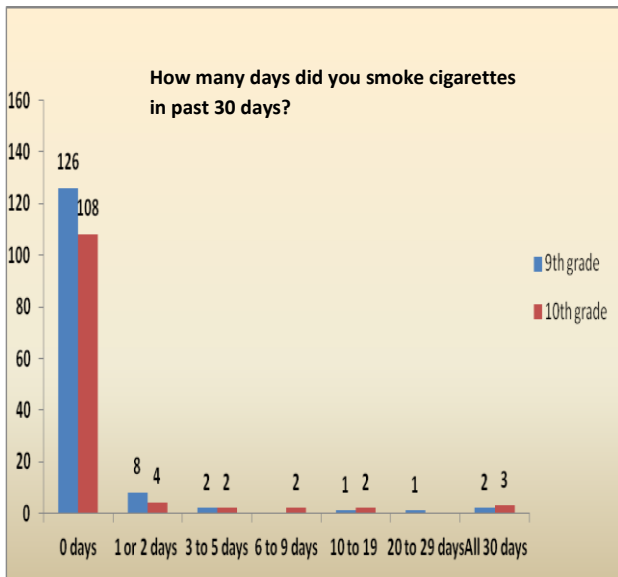


Priority: Substance Abuse (drug & alcohol)

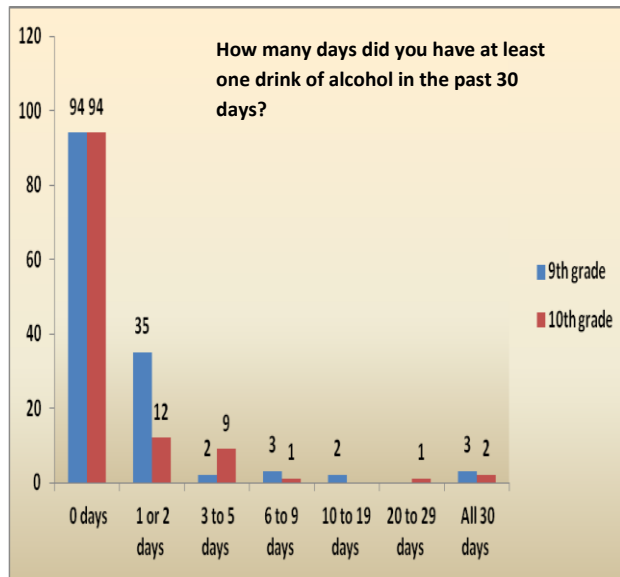
- **DECREASE THE PERCENTAGE OF HIGH SCHOOL STUDENTS REPORTING CURRENT USE OF ANY TOBACCO PRODUCT**
- **REDUCE THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO CONSUMED ALCOHOL WITHIN THE PAST 30 DAYS**

We are in the 3rd year of the Youth Risk Behavior survey. The survey was given to 139 of the 9th graders in Warren County during the 2015-16 school year. The results of the surveys were shared with school administration. The students were given questions on substance abuse topics on alcohol, tobacco and drug usage. The students will be followed for the next two years to see any trending data or behavioral changes.

High School Principals and the Superintendent of Warren County Schools were given the following suggestions due to the survey analysis: Increase the number of Resource Officers, implement Dare and other evidenced-based drug education programs.



Warren County Health Department Data



Warren County Health Department Data

During the past 30 days, on how many days did you smoke cigarettes?

Number of Days	9 th Grade	10 th Grade	9 th Grade %	10 th Grade %	% of change
0 days	126	108	90.6%	90.8%	-0.1%
1 or 2 days	8	4	5.8%	3.4%	2.4%
3 to 5 days	2	2	1.4%	1.7%	-0.2%
6 to 9 days		2	0%	1.7%	-1.7%
10 to 19 days	1	2	0.7%	0%	0.7%
20 to 29 days	1		0.7%	0.8%	1.3%
All 30 days	2	3	1.4%	2.5%	-1.1%

During the past 30 days, on how many days did you have at least one drink of alcohol?

Number of Days	9 th Grade	10 th Grade	9 th Grade %	10 th Grade %	% of change
0 days	94	94	67.6%	79.0%	-11.4%
1 or 2 days	35	12	25.2%	10.1%	15.1%
3 to 5 days	2	9	1.4%	7.6%	-6.1%
6 to 9 days	3	1	2.2%	0.8%	1.3%
10 to 19	2		1.4%	0%	1.4%
20 to 29 days		1	0%	0.8%	-0.8%
All 30 days	3	2	2.2%	1.7%	-0.5%



Warren County Priority: STD/Unintended Pregnancy (unsafe sex)

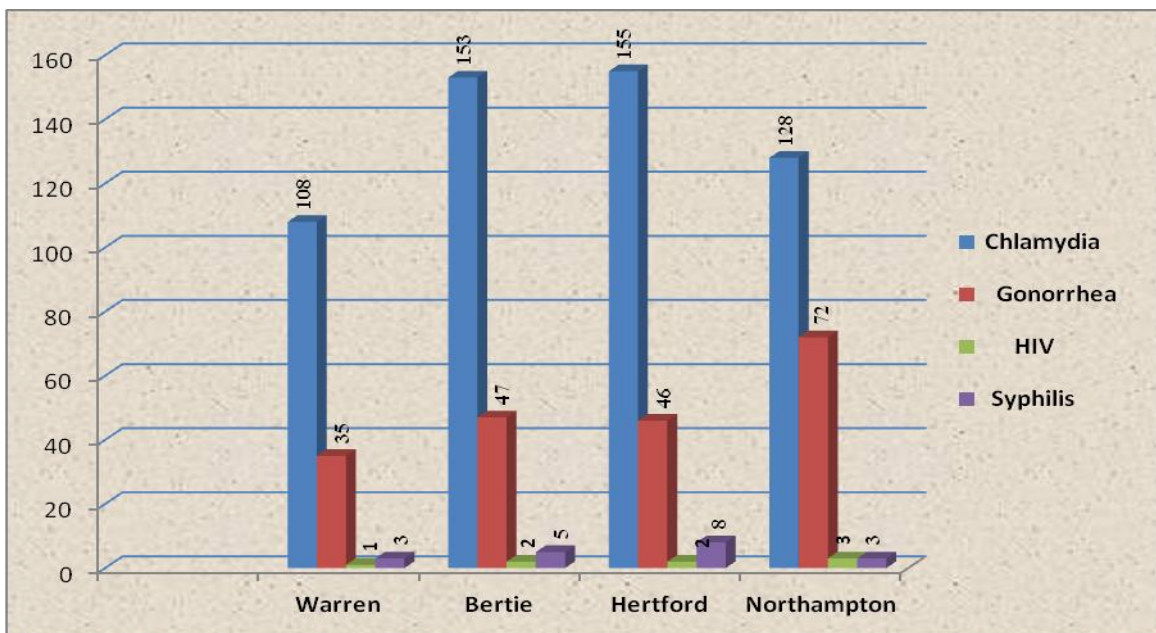
- **REDUCE THE PERCENTAGE OF POSITIVE RESULTS AMONG INDIVIDUALS AGED 15-24 YEARS TESTED FOR CHLAMYDIA**
- **DECREASE THE PERCENTAGE OF PREGNANCIES THAT ARE UNINTENDED**

Chlamydia is the leading reported (STD) sexually transmitted disease in Warren County. This infection can cause severe damage to the female reproductive tract, including infertility and pelvic inflammatory disease (PID). Chlamydia is often asymptomatic in both males and females.

In 2017, Warren County reported 108 cases of Chlamydia, slightly down from 2016 which had a total of 123 cases. Chlamydia is predominantly found in younger age groups. Chlamydia is a serious infection for Warren County. The Warren County Health Department provides some free STD screening and education.

Chlamydia is the most common STD in Warren County and its peer counties and Gonorrhea is the second highest STD in all the counties as well. Warren County has the lowest rate of Chlamydia cases and Gonorrhea than its peer counties.

STD cases Warren County and Peer Counties for 2017

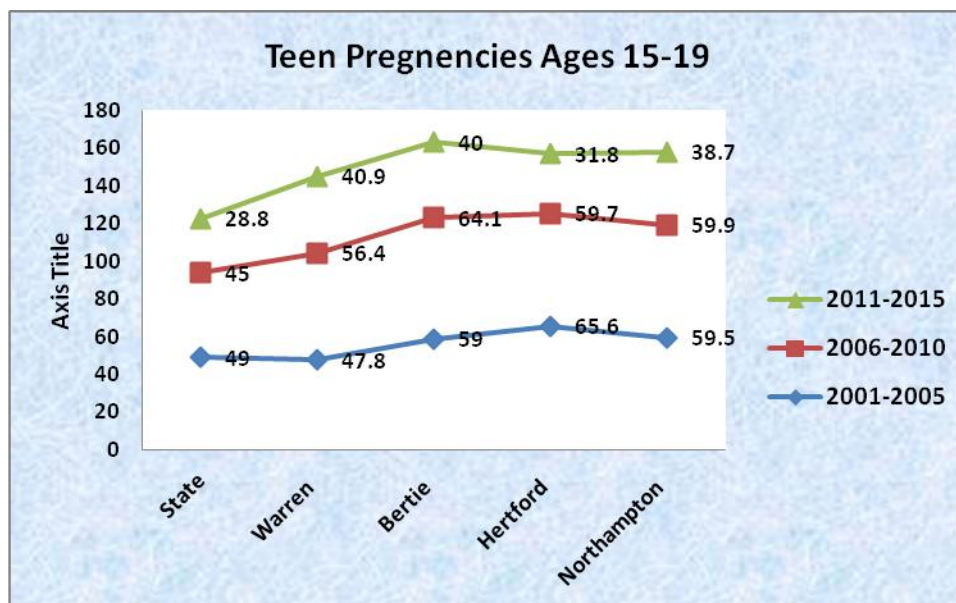


Source Data: NC HIV/STD/Hepatitis Surveillance Report 2017

Due to our widely implemented LARC (Long-acting Reversible Contraceptive) Program we anticipate a reduction in the county’s overall unplanned pregnancy rate, including Teen Pregnancy. The health department experienced an increase in LARC insertion rates by 50% during the 2016-2017 Fiscal Year.

According to the Centers for Disease Control and Prevention the proportion of teen mothers using the most effective methods of reversible contraception (IUDs or implants), also known as long-acting reversible contraception (LARC) has increased.

Health Educators, Family Planning Coordinator along with Pregnancy/STD Prevention Team (PSPT) committee members have been busy doing radio interviews and newspaper articles centered around Pregnancy and STD’s with a focus on teenagers. The feedback from the community has been great and the committee will continue to use newspaper articles and radio interviews to inform and educate the public.



Source data: North Carolina County Trends Reports 2017

Pregnancy Data for Warren Counties and Peer Counties Ages 15-17

County	2014	2015	2016	2017	Totals
Warren	7	9	8	3	27
Bertie	7	6	4	2	19
Hertford	3	5	8	6	22
Northampton	5	7	11	9	32

Source data: State Center for Health Statistics 2017

Community Concerns/Priorities Results/Summary

Primary Data Committee Report 2018

In 2018, 350 Warren County Community Assessment surveys were distributed throughout the county. A non-probability convenience sampling method was used and 215 residents completed the surveys for analysis. Warren County's Citizens ages 15-75 and older participated in the surveys. The results were evenly spread throughout all ages. A total of 32 % were male and 68% were females. The racial breakdown was as follows: 60% Black or African American, 27% White, 7% Hispanic, 2% American Indian and 4% other race was reported. The surveys were put into an excel spreadsheet to tally the results. The educational level of training as well as the total household income and employment status were evenly spread-out in the county. This report addresses the top concerns of the community and the findings of the Warren County Community Health Assessment Committee have been summarized.

The top twelve health problems revealed by survey respondents are as follows:

1. Drugs & Alcohol Abuse
2. Health Care Options
3. Chronic Disease
4. Nutrition & Fitness
5. Other Illness/Mental Health
6. Economy
7. Crime
8. Unsafe Sex
9. Community Resources
10. Education
11. Safety
12. Others/Racism

The majority of the respondents said that the county is a good and safe place to live. Approximately half of the responses think there good healthcare system, as well as plenty of help for individuals and families during times of need in Warren County. The respondents disagree and strongly disagree that there is plenty of economic opportunity in Warren County.

The questions that respondents answered about their personal health was that 44% think they are healthy, 44% somewhat healthy, 9% unhealthy and 1% very unhealthy. Most people get their health related information from a doctor/nurse/pharmacist, some from family and friends as well as the internet. The majority of people indicated they go to the doctor's office when they are sick and 73% didn't have a problem getting the health / dental care or filling a prescription. The majority of the citizens indicated that they have been told by a doctor that they have high blood pressure, high cholesterol and are overweight or obese. When asked if a friend or family member needed counseling for mental health, the greatest response was support groups, doctor and private counselor or therapist.

Secondary Data Collection Committee 2018

The purpose of the Secondary Data Collection Committee is to provide Quantitative Assessment document. Data will include information on the following: Pregnancy/Births, Health Care, Education, Mortality/Morbidity Rate, Mental Health, Determinants of Health, Population and Unemployment. Charts and graphs will show the comparison between the following counties: Warren County and the peer counties of Bertie, Hertford, Northampton and the overall State rate. In addition, the Secondary Committee will summarize the results of the data that describe the TOP TEN leading causes of death in the county. The data and health findings came from the State Center of Health Statistics, County Data Book, local newspapers, and county agencies reports.

According to the North Carolina County Health Data Book 2016, the ten leading causes of death for Warren County citizens of all ages are: diseases of the heart, cancer of all kind, chronic lower respiratory diseases, cerebrovascular disease, nephritis, nephritic syndrome, & nephritis; influenza and pneumonia, Alzheimer's disease, other unintentional injuries, chronic liver disease and cirrhosis, hypertension and hypertensive renal disease.

Services within the county are limited and fragmented, with each agency's capacity stretched to the limits due to the many individuals needing assistance and distance's transportation challenges. There is no hospital or urgent care facilities, and the free clinic is closed due to financial hardships and lack of funding. There is no bus service (other than the school systems) and no television station. Due to meager earnings and limited jobs, many residents in the county have daily needs that take precedence over education. Therefore, motivation to complete high school becomes secondary. Health and health care also suffer the same fate.

Networking between present county agencies and services need to be enhanced to improve the quality of life. The following charts and graphs give quantitative information to show that these TOP six concerns were chosen using the ranking process by the Secondary Data Committee due to the Quality of Life issues in Warren County.

Top Six Concerns:

1. Chronic Disease (heart disease, cancer, diabetes, hypertension, health care options, nutrition & fitness, and education.)
2. Substance Use (drugs, alcohol, tobacco, prescription misuse, vapor products, and education)
3. Mental Health (education, and community resources)
4. Social Determinant of Health (economy, community resources, housing, transportation, education.)
5. Safety (crime)
6. Unintended pregnancy/ STD (unsafe sex)

FINAL PRIORITIES SELECTION

In 2018, 350 Warren County Community Assessment surveys were distributed throughout the county. A non-probability convenience sampling method was used and 215 residents completed the surveys for analysis. The committee looked at the ten leading causes of death, the top twelve primary data collected from the surveys for their analysis of choosing the priority areas using the ranking process.

After some discussion and using the ranking process, the committee chose the following priority areas:

- Chronic Disease (heart disease, cancer, diabetes, hypertension, health care options, nutrition & fitness, and education.)
- Substance Use (drugs, alcohol, tobacco, prescription misuse, vapor products, and education)
- Mental Health (education, and community resources)
- Social Determinant of Health (economy, community resources, housing, transportation, education.)
- Safety (crime)
- Unintended pregnancy/ STD (unsafe sex)

After some discussion, the committee decided to focus on 3 areas for the next four years as follows.

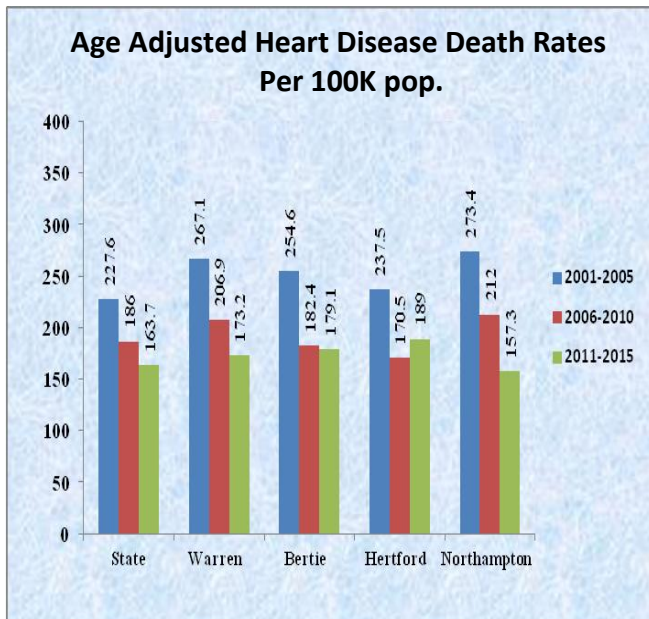
- Fitness & Nutrition (chronic disease, heart disease, cancer, diabetes, hypertension, health care options, nutrition & fitness, and education)
- Substance Use/Mental Health (drugs, alcohol, tobacco, prescription misuse, vapor products, and education)
- STD/Unintended Pregnancy (unsafe sex)

The FAN (Fitness & Nutrition Committee) will continue to focus on chronic disease, obesity, poor eating habits, diabetes education and trainings. The PSPT (Pregnancy/STD Prevention Team) will continue to work with reducing teen pregnancies and STD's. The Substance Abuse Committee will continue to work with the school system and provide education on safe disposal of prescriptions drugs and Opioid misuse along with Mental Health.

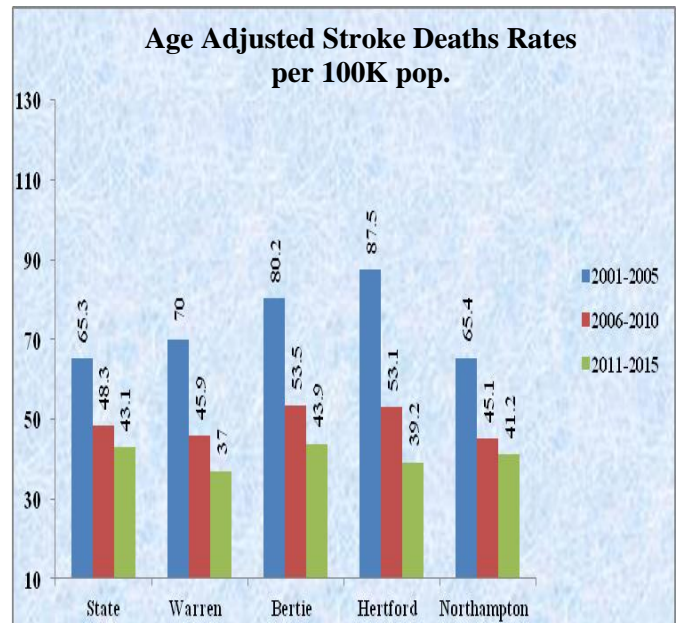
All three committees will form new action plans and or continued action plans to be implemented for the next four years.

APPENDIX

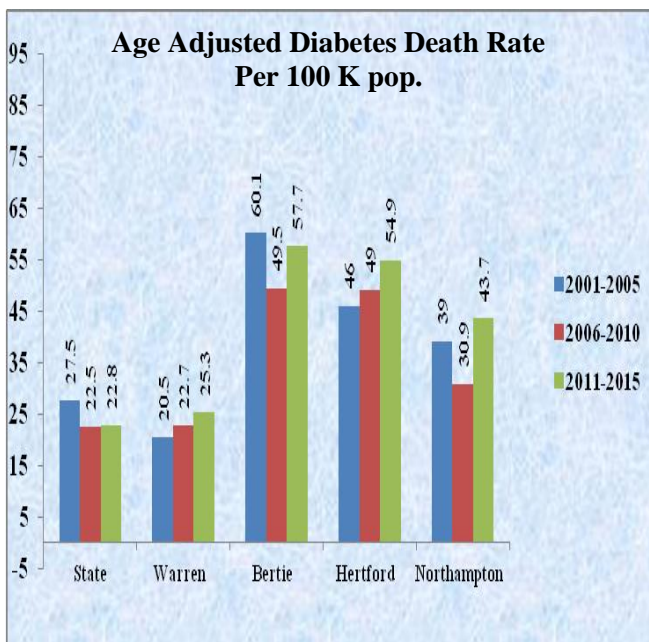
Morbidity and Mortality Data Tables/Graphs



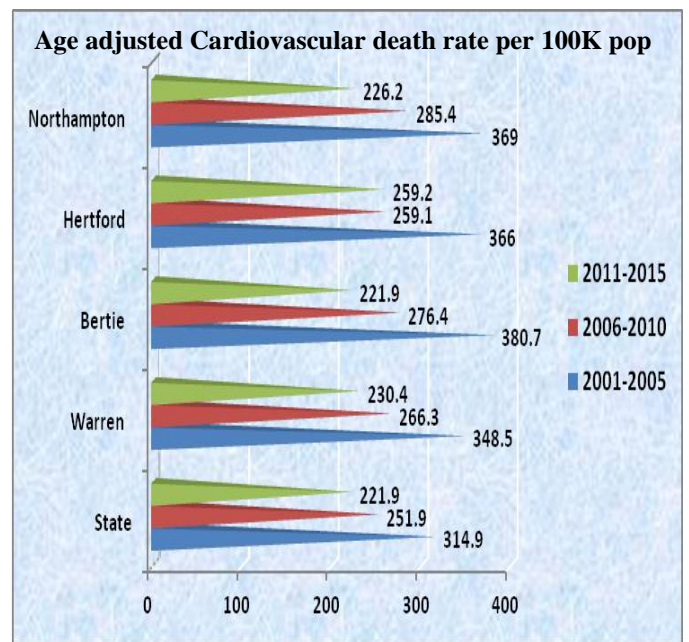
Source data: State Center for Health Statistics 2017



Source data: State Center for Health Statistics 2017



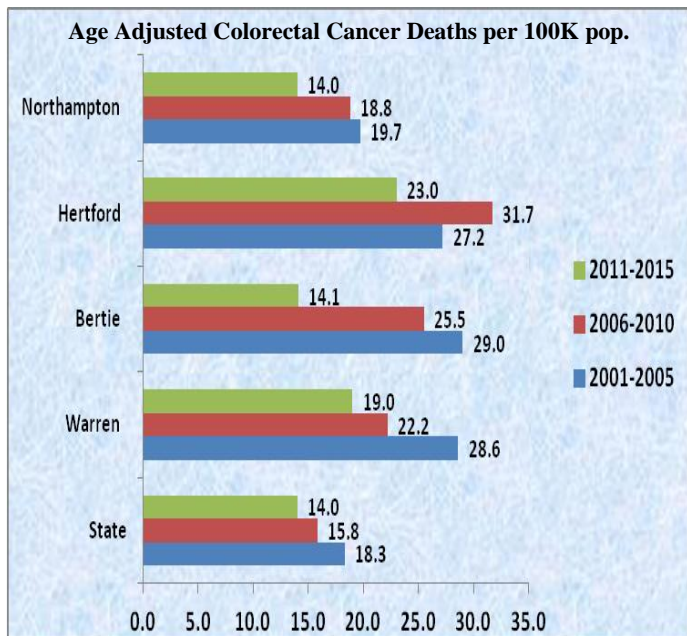
Source data: State Center for Health Statistics 2017



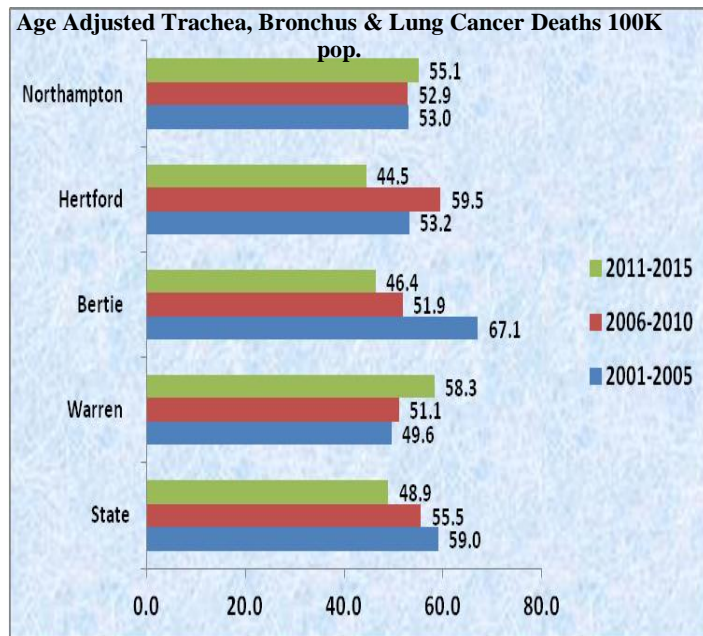
Source data: State Center for Health Statistics 2017

The age adjusted death rate for heart disease, stroke, diabetes, and cardiovascular disease for Warren County and the peer counties are higher than the rates for the state. However, for diabetes, Warren County is closer to the state rates than any of the other peer counties.

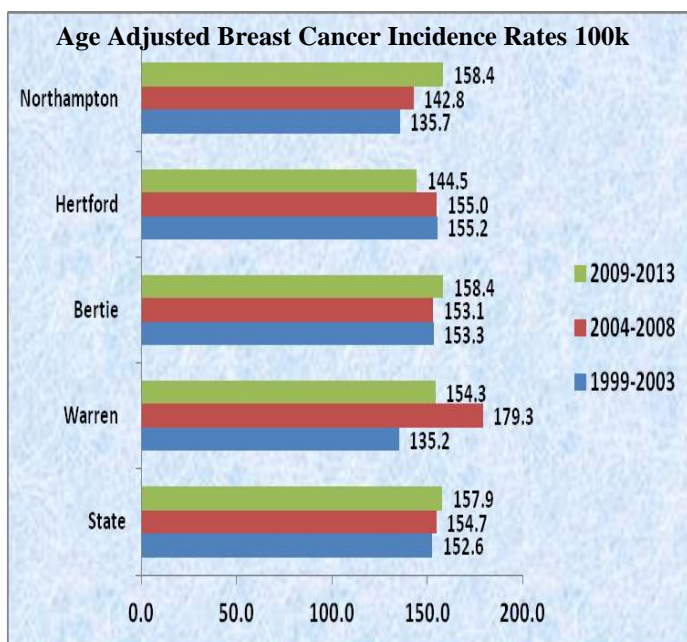
Morbidity and Mortality Data Tables/Graphs



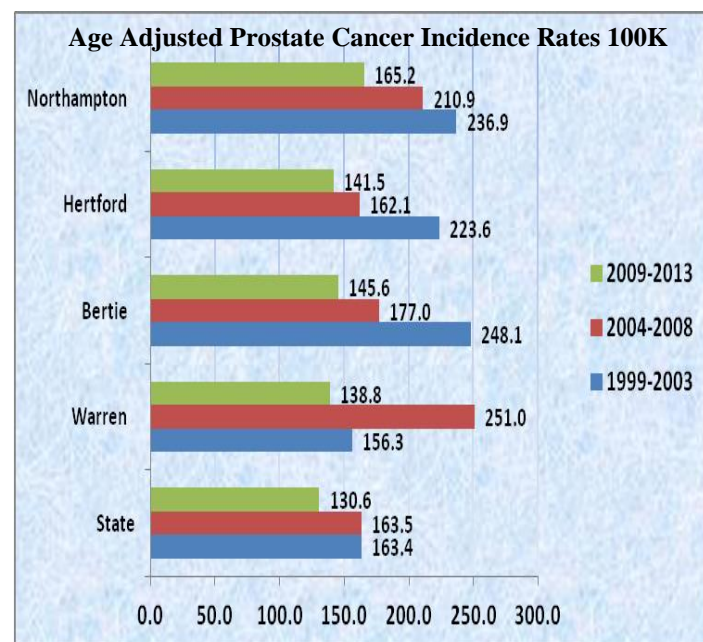
Source data: State Center for Health Statistics 2017



Source data: State Center for Health Statistics 2017



Source data: State Center for Health Statistics 2017



Source data: State Center for Health Statistics 2017

The age adjusted death rates for all cancers for Warren County and the peer counties are higher than it is for the state. In the past few years, the rates for breast cancer for Warren County, and Hertford County is slightly lower than it is for the state as well as for Bertie and Northampton Counties.

Morbidity and Mortality Data Tables/Graphs

NC Resident PostNeonatal (28 days-1 Year) Death Rates 2012-2016 State, Warren, Bertie, Hertford and Northampton Counties

	Postneonatal deaths in 2016	Postneonatal death rates in 2012-2016	white death rates in 2012-2016	Black death rates in 2012-2016	Hispanic death rates in 2012-2016
State	282	2.3	1.8	4	1.4
Warren	1	5.5	3.7	5.6	0
Bertie	0	4.6	0	6.5	0
Hertford	1	5.3	3.3	6.5	0
Northampton	1	2.2	3.6	1.7	0

Source data: NC State Center for Health Statistics 2017

NC Resident Neonatal (< 28 Days)Death Rates per 1,000 live births in 2012-2016 State, Warren, Bertie, Hertford and Northampton Counties

	Neonatal deaths 2016	Neonatal death rates 2012-2016	white death rates 2012-2016	black death rates 2012-2016	Hispanic death rates 2012-2016
State	591	4.9	3.5	9.1	3.7
Warren	1	5.5	3.7	7.4	0.0
Bertie	3	11.3	4.3	14.5	0.0
Hertford	2	13.8	9.8	16.5	0.0
Northampton	2	8.6	0.0	13.3	0.0

Source data: NC State Center for Health Statistics 2017

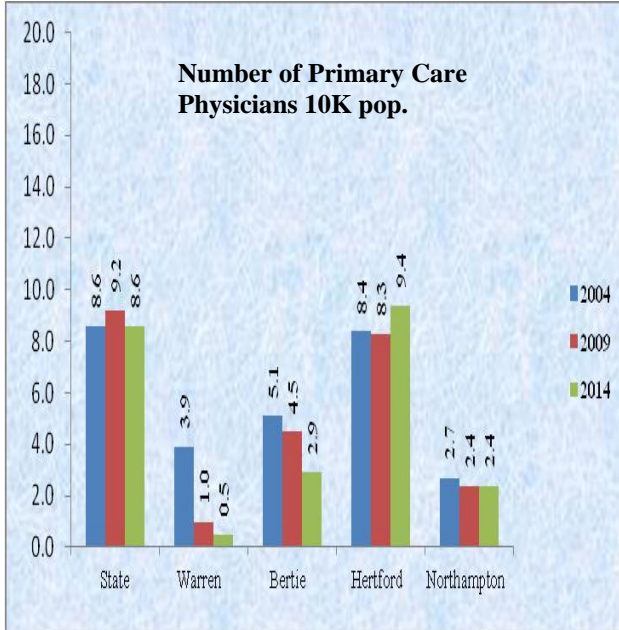
NC Resident Infant <1 year Death Rates per 1,000 Live Births 2012-2016 State, Warren, Bertie, Hertford and Northampton Counties

	Total Infant Deaths 2016	Total Infant Death Rate 2012-2016	White infant rates 2012-2016	Black Infant Rates 2012-2016	Hispanic Infant Rates 2012-2016
State	873	7.2	5.4	13	5.1
Warren	2	10.9	7.4	12.9	0
Bertie	3	15.8	4.3	20.9	0
Hertford	3	19	13.1	22.9	0
Northampton	3	10.8	3.6	15	0

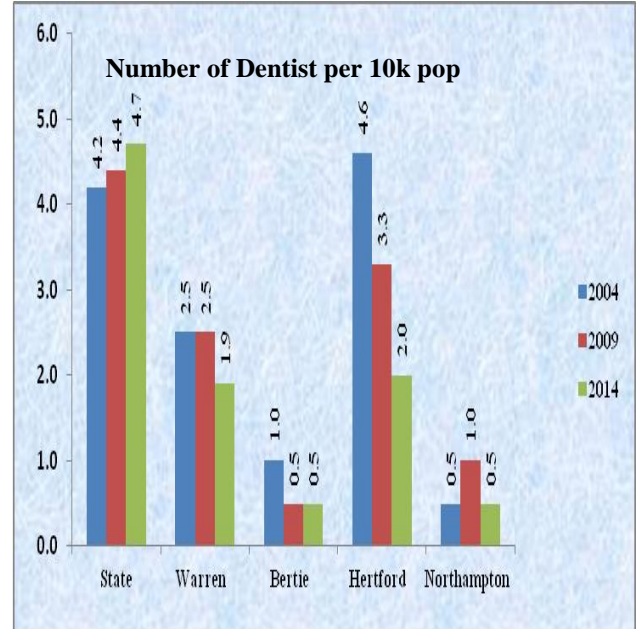
Source data: NC State Center for Health Statistics 2017

The total infant death rates from 2012-2016 for Warren County and all of the peer counties are higher than that for the state rate. Warren and Bertie counties are slightly lower than that for Bertie and Hertford counties.

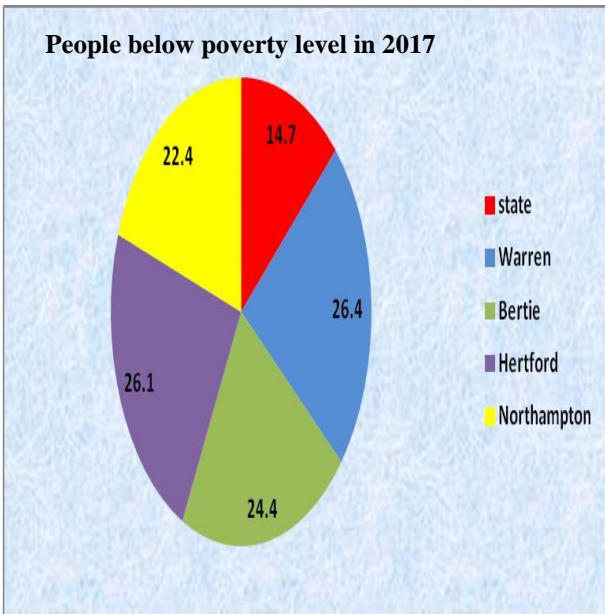
Health Care & Determinants of Health



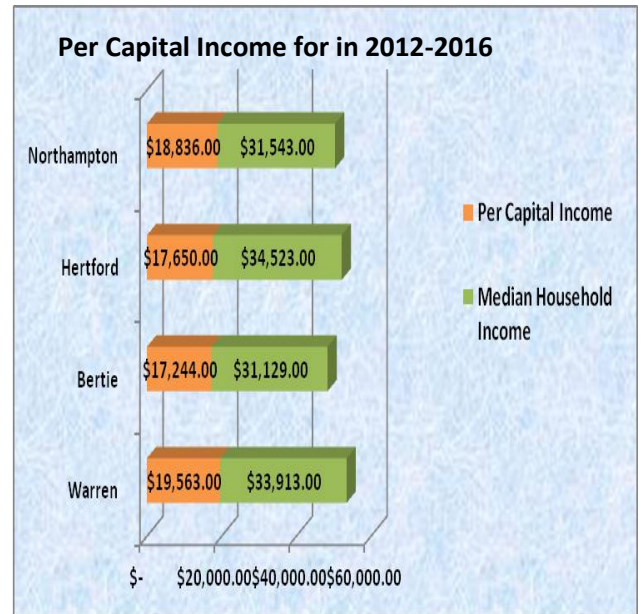
Source data: NC State Center for Health Statistics 2017



Source data: NC State Center for Health Statistics 2017



Source data: QuickFacts US Census Bureau 2017



Source data: QuickFacts US Census Bureau 2017

Where we live has an impact on our health. The health of a community depends on many different factors, including quality of health care, individual behavior, education, jobs and the environment. Warren County is lower than the state for number of primary care doctors, dentist and is well below that state level for people living below the poverty level. The per capital income and median household income for Warren and it's peer counties are closely in comparison.

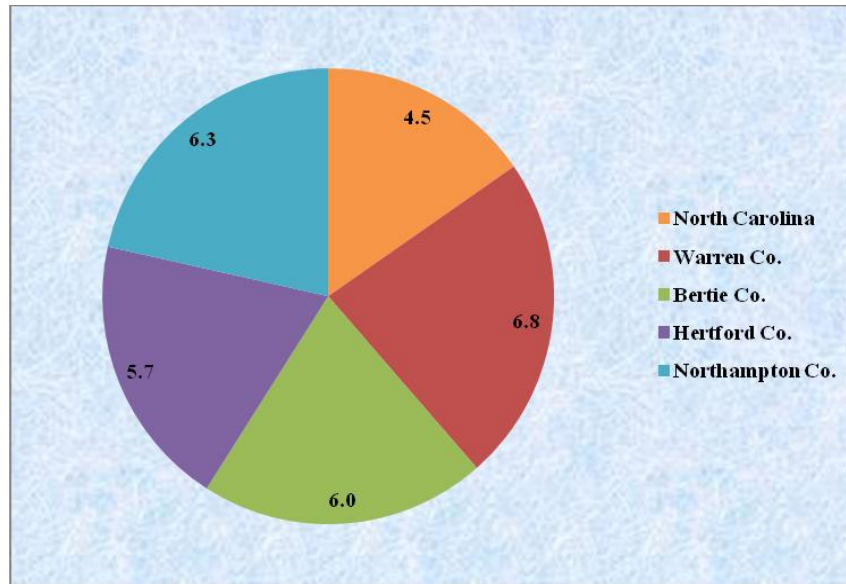
Health Care & Determinants of Health

MONTHLY UNEMPLOYMENT RATES FOR STATE, WARREN & PEER COUNTIES IN 2017

	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.
North Carolina	5.2	5.0	4.7	4.3	4.3	4.2	4.5	4.5	4.0	4.1	4.5	4.4
Warren Co.	8.0	7.4	6.4	6.4	6.4	6.4	6.7	6.5	6.2	6.5	7.1	6.9
Bertie Co.	7.4	6.7	6.1	5.6	5.8	5.7	5.9	5.8	5.3	5.4	6.1	6.0
Hertford Co.	6.9	6.4	6.1	5.5	5.6	5.5	5.7	5.8	5.2	5.2	5.7	5.6
Northampton Co.	7.9	7.3	6.5	5.8	5.9	5.8	6.1	6.3	5.7	6.0	6.5	6.3

Source Data: State Agency Data: Department of Commerce 2018

Annual Unemployment Rates for State, Warren & Peer Counties 2017



Source Data: State Agency Data: Department of Commerce 2018

The unemployment rates for 2017 are close in comparison with that of the state rate. However, Warren County and the peer counties are higher than the rate for the state for the year as well as each individual month.

Health Care & Determinants of Health

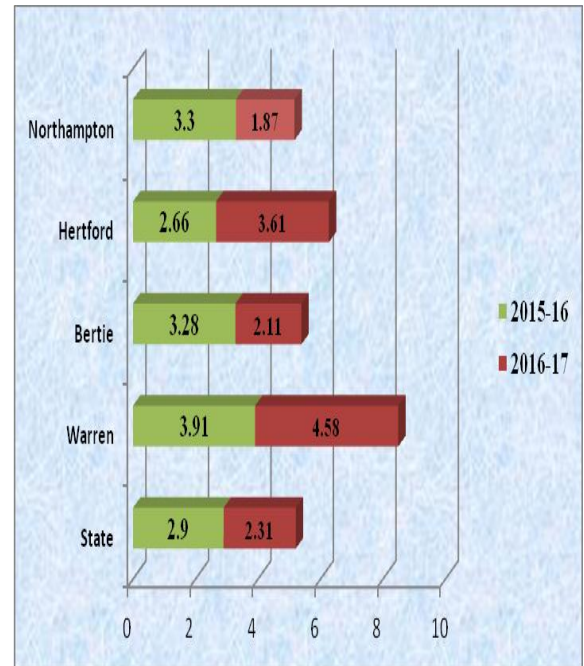
SAT Scores Individual Schools for 2014-2016

SCHOOLS	2014	2015	2016
Northhampton Schools	1180	1164	1163
Warren County Schools			
Warren County High	1192	1168	1202
Warren County Early College	1396	1457	1386
Warren County New Tech	1186	1311	1339
Bertie Schools			
Bertie High	1100	1288	1188
Bertie Schools of Science, Technology & Engineering	1218	1271	1280
Hertford Schools			
Hertford High	1162	1115	1124
Hertford Early College	1225	1296	1276

Source data: N C Department of Instruction 2018

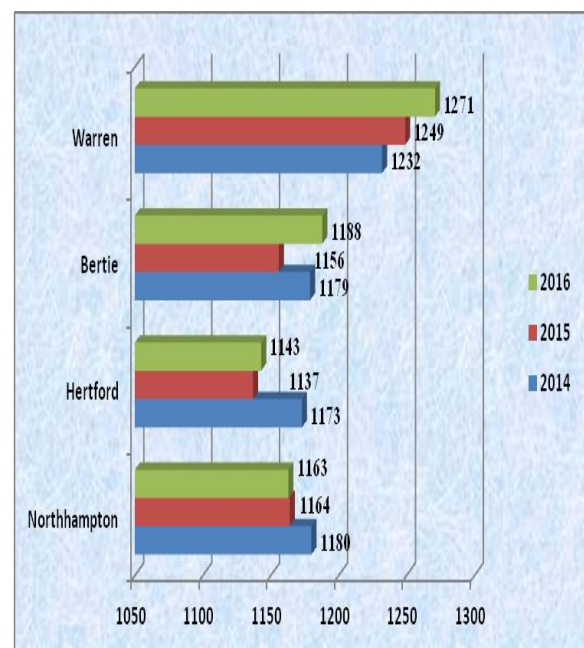
SAT scores for Warren County is higher than it is for the peer counties for the 2014-2016 school years. On the other hand the dropout data for Warren County is higher than the peer counties for the 2015-2016 as well as the 2016-2017 school years. The opening of more charter schools could be a contributing factor to these numbers increasing.

Dropout Data Rates Warren County School Grades 7-13



Source data: N C Department of Instruction 2018

SAT Scores Warren County Vs. Peer Counties 2014-2016



Source data: N C Department of Instruction 2018

MEDICAL SERVICES

Warren County has no hospital, and there are a limited number of places that citizens can utilize to get medical care. The Rural Health Group, Beckford Medical Center, Twin County Rural Health Center and Warren County Health Department offer medical services for citizens in need.

Warren County Health Department

The Warren County Health Department, located on Ridgeway St. in Warrenton, offers a variety of services to local residents including Home Health, child and maternal health, immunizations, family planning, and a Wellness Center featuring exercise equipment and aerobics classes.

In addition, the Health Department sponsors educational programs targeted at helping residents lead healthier lives. For additional information on services available through the Warren County Health Department, call 257-1185..

Beckford Medical Clinic

Beckford Warren Medical Center was opened on October 13, 2003 by Board Certified Family Medicine Physician, Dr. James E. Kenney. The clinic is located at 816 U.S. HWY. 158 Business West, Warrenton, North Carolina.

At present, the medical providers for the clinic include the following: Dr. James Kenney and Dr. Francis Aniekwensi. Currently the clinic is accepting new patients, appointments and walk-ins. For more information call (252) 257-6213.

Rural Health Group Norlina

Rural Health Group, Inc. is a non-profit, community health center dedicated to providing primary medical care, dental care, and other health-related services to our regions underserved. Founded in 1974, Rural Health Group, Inc. grew out of a community collaboration of concerned citizens to provide low-cost and free health care services to people living in Northeastern North Carolina.

The Rural Health Group Norlina opened the summer of 2008 and provides medical, dental care and has a pharmacy. Rural Health Group accepts Medicaid, Health Choice and most private insurance, and the uninsured. No one is ever refused service because of inability to pay (“inability to pay” is explicitly defined as those patients with annual household income of 200% and below the federal poverty level). All services are offered on a sliding fee scale based upon income and family size. Patients are served by a PA Jenna Enoch and Mr. Justin Johnson, PA. For more information, call (252)456-2009.

Twin County Rural Health Center

Twin County Rural Health Center is located in Hollister, N.C. Their services include: transportation, WIC, Baby Love, complete physicals, minor office surgery, immunizations, diabetes and high blood pressure care, cholesterol and glucose screening, family planning, minor emergencies, patient education materials, dental care, food stamps/mental health on a monthly schedule. There is a general practitioner available daily. A sliding fee scale is used for payment along with an indigent medicine program.

Lake Gaston Medical Center

Lake Gaston Medical Center offers primary care to the entire family. It is located in Littleton, N.C. Some of their services include: complete physicals, well baby/child care, x-rays, minor office surgery, immunizations, diabetes and high blood pressure care, cholesterol and glucose screening, family planning, minor emergencies, patient education and their physicians have hospital privileges at Halifax Regional Medical Center in Roanoke Rapids, N.C. The staff consists of surgeon, two family practitioners, and a family nurse practitioner. For more information, call (252) 586-5411.

MEDICAL SERVICES IN NEIGHBORING COUNTIES

Warren County is one of the poorest counties in the state. There is no hospital in the county and citizens have to travel to Vance County, Franklin County, Granville County, Halifax County, Nash County or South Hill Virginia for medical emergencies and hospital care

VCU Health Community Memorial Hospital

Founded in 1954, Community Memorial Health Center (CMH) in South Hill, Va. is a not-for-profit health care facility offering a full range of medical, surgical, and psychiatric services to northern North Carolina and Southside Virginia.

Over 700 health care providers work at the full-service facility which is noted for providing comprehensive health services for all ages, both inpatient and outpatient. Health care services include an emergency/urgent care center, home health/hospice, imaging services, surgery, behavioral health, nursing services, long term care, rehab services, laboratory and family birthplace.

Operated on a 24-hour basis, the Emergency Department is staffed by specialized personnel who include board-certified emergency care physicians and nurses trained in emergency care and trauma.

Rehabilitation Services offers inpatient and outpatient therapy, therapy services in the home; speech and hearing therapy, occupational therapy, and cardiopulmonary rehabilitation.

For more information on services available at CMH, call (804) 447-3151 or visit their Web site at www.cmh-sh.org.

Maria Parham Franklin Duke LifePoint Healthcare formally known as Franklin Regional Medical Center

A network of skilled physicians and health care professionals comprise the Maria Parham Franklin campus which is conveniently located in Louisburg, North Carolina. The Maria Parham Franklin site provides accessible emergency care for residents in Franklin county and surrounding areas. Along with emergency services, Maria Parham Franklin has a geriatric psychiatric unit, the first phase in serving the mental health needs of the area.

Anyone can call 1-800-424-DOCS (3627) to get help with finding a specialist.

Halifax Regional Medical Center

Halifax Regional Medical Center is a private, acute care hospital located in Roanoke Rapids, North Carolina. The Hospital is fully and unconditionally accredited by the Joint Commission on Accreditation of Healthcare Organization along with being licensed to operate 206 beds (excluding newborn nursery bassinets), 20 of which are licensed as psychiatric beds. It provides a full range of acute care services including obstetrics, gynecology, general surgery, urology, medicine, family medicine, pediatrics, psychiatry and ophthalmology. Rehabilitation services are available to both inpatients and outpatients. For more information, call (252) 535-8011 or visit their Web site at www.halifaxmedicalcenter.org.

Maria Parham Duke LifePoint Health Care

Maria Parham Hospital, located in Henderson, has offered care for over 75 years. Physician services include family practice, general surgery, vascular surgery, internal medicine, radiology, obstetrics and gynecology, pediatrics, neurology, emergency medicine, ophthalmology, dermatology, podiatry, gastroenterology, psychological services, audiologist, otolaryngology, cardiology, hematology, oncology, pulmonology, endocrinology, infectious diseases, rheumatology, plastic surgery, nephrology, anesthesiology, general practice, urology, and physical medicine and rehabilitation.

The ICU/PCU provides intensive care and cardiovascular care. Maria Parham also features a birthing center and cardiovascular laboratory.

All outpatient services are provided by the John T. Church Outpatient Services Center, which also includes an ambulatory surgery center with two outpatient surgical suites and a complete pulmonary function laboratory. The hospital also features an Emergency Department, Center for Rehabilitation and Respiratory Care Services department. For more information, call 438-4143.

Nash General Hospital

Nash General Hospital is located in Rocky Mount, N. C. Nash UNC is a nonprofit hospital affiliate of UNC Health Care, a leading national health care system. Our partnership with UNC offers expertise, innovation, resources, and research to the patients in eastern North Carolina. Their services are used by some county residents.

Nash UNC's mission is to provide superior-quality health care services and to help improve the health of the community in a caring, efficient, and financially sound manner. For more information, call (252) 962-8000.

Private Medical Services

Dentists:

Dr. James Crenshaw & Dr. William C. Haight.....257-3736 & 586-4058

Dr. L. B. Henderson & Dr. Kara M. Henderson.....257-3054

Family Medicine:

Dr. James Kenney.....257-6213

Dr. Francis Aniekwensi.....257-6213

Optometrists:

Family Eye Center (two offices).....(Warrenton) 257-3675

Dr. J. C. Jaeger (Henderson) 438-6132

Dr. Teresa Angeli

Dr. J. N. Ellington, Jr.

Dr. Gabrielle Meadows

Prevention and Health Promotions



Source data: Warren County Health Department 2018

2015	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	totals
Exerstyle	101	72	80	91	89	74	65	90	63	74	58	56	913
Exerstyle Plus	55	31	41	44	61	84	77	78	65	77	55	58	726
Orientations	4	0	3	2	1	5	2	0	2	1	0	1	21

2016	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	totals
Exerstyle	66	64	93	41	56	74	65	57	46	57	36	44	699
Exerstyle Plus	42	55	89	73	86	65	80	87	60	60	63	41	801
Orientations		3	6	1	0		2	1	2	1	0	1	17
Health Risk	5	9	11	2	4	4	5	10	9	6	4		69

2017	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	totals
Exerstyle	87	126	104	58	83	92	63	75	77	66	70	50	951
Exerstyle Plus	55	76	102	55	68	66	39	57	41	27	22	26	634
Orientations	1	3	3	0	1	0	1	1	0	1	3	1	15
Health Risk	8	9	7	2	5	1	4	5	2	6	2	2	53

Source data: Warren County Health Department 2018

The Warren County Health Department offer the Exerstyle/Exerstyle Plus programs to the staff and the general public. The citizens have an opportunity to come to the center and exercise 5 days a week Monday-Friday from 8:30 -5:00.

Warren County Senior Center

THE MISSION OF THE WARREN COUNTY SENIOR CENTER IS TO PROMOTE WELLNESS, ENCOURAGE INDEPENDENCE AND PROVIDE SERVICES AND ACTIVITIES THAT ENHANCE THE QUALITY OF LIFE FOR SENIOR CITIZENS.

SERVICES PROVIDED

- Monday thru Friday, 8:30 a.m. – 5:00 p.m.
 - Congregate Meals, breakfast and lunch
 - Home Delivered Meals, currently 71 active clients
 - Transportation: General, Medical and Local Shuttle
 - Information and Assistance and/or Referral
 - Medicare Assistance - Senior Health Insurance Information Program (SHIIP), NC Dept. of Insurance
 - Retirement Activities Program for Individuals with Developmental Disabilities, Wednesdays & Fridays
 - Liquid Nutrition (Ensure, Ensure Plus, Glucerna)
 - Family Caregiver Respite Care and Support Group
 - Fitness Center & Activities, onsite and offsite
 - Health and Fitness Education
 - Evidence Based Programs (Arthritis Exercise, Self-Management Education - Chronic Disease, Diabetes, Pain, A Matter of Balance, Brunch for your Brain, etc.)
 - Clinics (Flu Shot, Peripheral Artery Disease Screening, Mammograms, Weight, Blood Pressure, Vision, Hearing, Mental Health and Memory Screening, Virtual Dementia Tour, etc.)
 - Advocacy Events
 - Community Garden
 - Legal Assistance Referrals
 - Tax Assistance
 - OTC Medication Program

Warren County Senior Center (cont'd)

ANNUAL CLIENT STATISTICS

- Clients Served
 - FY18 – 593
 - FY17 – 497
 - FY16 – 485
- General Transportation
 - FY18 – 10,140 rides
 - FY17 – 9,186 rides
 - FY16 – 8,075 rides
- Medical Transportation
 - Service funded by Kerr Tar Regional COG – annual client figures unavailable
- Home Delivered Meals
 - FY18 – 16,749 meals; 90 clients (5 meals/week)
 - FY17 – 20,447 meals; 82 clients (7 meals/week)
 - FY16 – 14,670 meals; 76 clients (5 meals/week)
- Liquid Nutrition Purchases
 - FY18 – 750 cases; 144 clients
 - FY17 – 706 cases; 111 clients
 - FY16 – 586 cases; 108 clients
- Congregate Breakfast
 - FY18 – 1,014 meals; 41 clients
 - FY17 – 1,195 meals; 45 clients
 - FY16 – 1,587 meals; 105 clients (61 were New Orleans trip participants)
- Congregate Lunch
 - FY18 – 3,462 meals; 216 clients
 - FY17 – 3,355 meals; 161 clients
 - FY16 – 3,893 meals; 165 clients
- Day Trip Participants
 - FY18 – 657 participants (duplicated)
 - FY17 – 475 participants (duplicated)
 - FY16 – 712 participants (duplicated)

DSS PUBLIC ASSISTANCE

<p>Work First Family Assistance:</p> <p>Financial and medical assistance for children in families on one or more parents who are deprived of support</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Average Monthly # of Payments</td> <td style="text-align: right;">28</td> </tr> <tr> <td>Average Monthly Recipients</td> <td style="text-align: right;">53</td> </tr> <tr> <td>Average Monthly Amounts</td> <td style="text-align: right;">\$272</td> </tr> </table> <p>Emergency Assistance:</p> <p>Emergency Assistance is one-time cash assistance for families in emergency situations, which include rent, utilities</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Families Served</td> <td style="text-align: right;">70</td> </tr> <tr> <td>Expenditures</td> <td style="text-align: right;">\$25,000</td> </tr> </table> <p>Food Stamp/EBT Program:</p> <p>Supplemental help for eligible low-income families with purchasing food to assure adequate nutrition.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Average Monthly Household</td> <td style="text-align: right;">2,103</td> </tr> <tr> <td>Average Monthly Recipients</td> <td style="text-align: right;">4,377</td> </tr> </table> <p>Low Income Energy Assistance:</p> <p>A one-time cash benefit to assist with heating expenses:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Number of Approved Cases</td> <td style="text-align: right;">220 cases</td> </tr> <tr> <td>Total Payments</td> <td style="text-align: right;">\$136,200</td> </tr> </table> <p>Families And Children Medicaid:</p> <p>Program assistance for eligible low-income families in accessing essential medical care</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Average Household Size</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Average Monthly Cases</td> <td style="text-align: right;">1,925</td> </tr> </table>	Average Monthly # of Payments	28	Average Monthly Recipients	53	Average Monthly Amounts	\$272	Families Served	70	Expenditures	\$25,000	Average Monthly Household	2,103	Average Monthly Recipients	4,377	Number of Approved Cases	220 cases	Total Payments	\$136,200	Average Household Size	3	Average Monthly Cases	1,925	<p>North Carolina Health Choice:</p> <p>NCHC is a health program for infants through the age of 19. Eligibility requirements are based on number of Family members and amount of income.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Average Monthly Households</td> <td style="text-align: right;">168</td> </tr> <tr> <td>Average Monthly Eligible Children</td> <td style="text-align: right;">212</td> </tr> </table> <p>Adult and other Services</p> <p>Adult Medicaid:</p> <p>Assists eligible, low-income, disabled, and elderly persons in receiving medical care in a private living arrangement or Long Term Care.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Individuals Served Per Month</td> <td style="text-align: right;">1,650</td> </tr> <tr> <td>Applications Processed (per month)</td> <td style="text-align: right;">75</td> </tr> </table> <p>Transportation:</p> <p>Purchased transportation for the elderly, disabled, and low-income eligible Medicaid clients to Human Services agencies and to medical providers.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Clients Authorized for Medical Transportation</td> <td style="text-align: right;">1,078</td> </tr> <tr> <td>Expenditures</td> <td style="text-align: right;">\$54,427</td> </tr> <tr> <td>Energy Neighbor Fund</td> <td style="text-align: right;">\$3,226</td> </tr> <tr> <td>Adult Wards</td> <td style="text-align: right;">16</td> </tr> <tr> <td>Children in custody</td> <td style="text-align: right;">3</td> </tr> </table>	Average Monthly Households	168	Average Monthly Eligible Children	212	Individuals Served Per Month	1,650	Applications Processed (per month)	75	Clients Authorized for Medical Transportation	1,078	Expenditures	\$54,427	Energy Neighbor Fund	\$3,226	Adult Wards	16	Children in custody	3
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NC Cooperative Extension Family & Consumer Science (FCS) Impact Report-2018

During the year of 2018 FCS had impacts in the areas listed below:

Color Me Healthy, -A 9 week educational program for Pre-K and Kindergarten students. 38 students at Vaughan Elementary school gained nutrition education while tasting various fruit and vegetables each week. Evaluations from the program showed that 100% of students improved their willingness to taste fruits, 28% improved their willingness to taste vegetables while 33% increased their physical activity.

Snap-Ed 2nd Grade-Also at Vaughan Elementary 38 2nd grade students participated in the Snap-Ed nutrition program. This is also a 9 week nutrition education program with food tastings. Students were excited to try different foods that promoted health each week.

Eat Smart, Move More, Take Control- The program is a 6 session chronic disease prevention program that provides strategies to help adults manage their health. It informs, empowers, and motivates participants to change their eating and physical activity patterns. The program provides opportunities for participants to track their goals and progress toward healthy eating and physical activity behaviors. Each 1-hour session contains a basic cooking demonstration and sample of a healthy recipe. There were 28 participants in the program. Pre and Post program evaluations showed that as a result of the 6 week program 10% of participants increased their fruit and vegetable servings, 20% drink more water while 9% drink less soda. 15% think about healthy food choices more often and 26% are more active daily.

Cooking Matters- In partnership with the Poe Center and the Inter-Faith Food Shuttle a 6-week program titled "Cooking Matters" was offered in Warren County. This once-a-week class focused on meal planning, cooking instruction, lessons on nutrition and healthy eating, shopping on a budget and hands-on cooking by participants. At the end of each class participants went home with food items that were featured in the week's lesson. Pre & Posttest were given to the 10 participants of the program. Participants from the program gained great benefits, they learned how to make healthier food choices, why it's important to make healthy food choices and also how to make new dishes. The results from the pre and post test showed that

after the 6 week course 90% of participants reported cooking food for dinner at home at least 5 days a week, and 95% of participants reported having an increased knowledge in how to adjust meals to make them healthy, by adding vegetables to a recipe, using whole grain ingredients, or baking instead of frying.

NC Safe Plates- NC Safe Plates is a Certified Food Protection Manager program that's partnered with the National Registry of Food Safety Professionals which meets the FDA Food Code requirements and is an American National Standard Institution (ANSI) accredited certification. At all establishments where food is cooked and served there has to be at least 1 Person in Charge (PIC) on staff at all times. NC Safe Plates provides the educational components needed to take the NC Safe Plates exam and become a PIC. Upon completion of the NC Safe Plates course each participant took the ANSI NC Safe Plates exam. For the 2018 year there were 7 participants to complete the course and take the certified exam. 100% passed with the highest test score being 92%.

Cooking for Crowds- To inform citizens of the importance of food safety and how to prevent foodborne illnesses from happening a workshop titled "Cooking For Crowds" was offered for those who work/volunteer at the Fire Department and also for the general population of Warren County. Cooking for Crowds is a curriculum that was developed to teach food safety and safe food handling to people in non-profit organizations that are serving food to groups of people. A post-class evaluation was given to each participant at the end of the workshop. 11 participants completed the evaluation. At the end of the Cooking For Crowds workshop 91% of participants reported having an improved knowledge of food borne illness risk and prevention. 82% increased knowledge in the area of cleaning and sanitizing and 73% increased knowledge in the area of cross contamination. Information presented can be applied to all that attended for personal (home) and employment purposes to prevent food borne illnesses.

WARREN COUNTY SHERIFF REPORT 2017

CALL 10-21	888
ALARM BURGLAR	616
TRAFFIC STOP	586
DOMESTIC	231
DISTURBANCE	228
B & E/ LARCENCY	261
911 HANGUP	154
LARCENY	163
TRESPASSING	138
FAMILY DISTURBANCE	110
SUSP VEHICLE	101
SUSP PERSON	96
FIGHT	101
ESCORT	82
VANDALISM ALREADY OCCURRED	96
10-50 PROPERTY DAMAGE	105
SHOTS FIRED	74
WELFARE CHECK	73
PROPERTY DAMAGE	105
STRUCTURE FIRES	72
INFORMATION	94
ASSAULT	62
THREATS	108
JUVENILE PROBLEMS	63
PROWLER	48
LOUD MUSIC	44
MENTAL PATIENT	44
SUBSTANCE/DRUGS	55
INJURY/FALLS	55
OTHER	796
TOTAL RECORDS FOR SHERIFF DEPARTMENT	5649

RESULTS TOTAL OF 215 SURVEYS

COMMUNITY HEALTH OPINION SURVEY



2018 Community Health Opinion Survey

The purpose of this survey is to learn more about the health and quality of life in Warren County, North Carolina. The Warren County Health Department, Healthy Carolinians of Warren County various county agencies and citizens will use the results of this survey to help them to develop plans for addressing the major health and community issues in Warren County. All the information you give us will be completely confidential and remember this is your opinion and your choices will not be linked to you in any way.

The survey is completely voluntary. It should take no longer than 20 minutes to complete. If you have already completed this survey, or if you don't live in Warren County, please tell me now.

Would you be willing to participate?

Warren County Community Health Survey

PART 1: Quality of Life Statements

The first questions are about how you feel about certain parts of Warren County life. Please tell us whether you “strongly disagree”, “disagree”, “agree” or “strongly agree” with each of the next 6 statements.

Statements	Choose a number for each statement below.			
	Strongly Disagree	Disagree	Agree	Agree
1. “There is a good healthcare system in Warren County?”	1 39	2 86	3 68	4 23
2. “Warren County is a good place to live?”	1 8	2 26	3 108	4 78
3. “There is plenty of economic opportunity in Warren County?”	1 71	2 89	3 47	4 9
4. “Warren County is a safe place to live?”	1 3	2 58	3 137	4 35
5. “There is plenty of help for individuals and families during times of need in Warren County?”	1 33	2 91	3 71	4 23

PART 2: Community Problems and Issues

Unhealthy Behaviors

6. Please Pick 5 top unhealthy behaviors that you believe is a problem in Warren County.

163 Alcohol abuse

179 Drug abuse

70 Having unsafe sex

81 Lack of exercise

22 Not getting

immunizations

(“shots”) to prevent disease

19 Not using child safety

seats

28 Not using seat belts

46 Not going to a dentist for
preventive check-ups / care

97 Not going to the doctor for
yearly check-ups and
screenings

17 Not getting prenatal
(pregnancy) care.

119 Poor eating habits

66 Reckless/drunk driving

90 Smoking/tobacco use

9 Suicide

55 Violent behavior

8 Other: _____

Health Problems

7. These next 3 questions are about health problems that have the largest impact on the community as a whole. I would like for you to pick 5 of the most important health problems in Warren County. Please Pick 5 top unhealthy behaviors that you believe is a problem in Warren County.

<u>112</u> Aging problems (Alzheimer's, arthritis, hearing or vision loss, etc.)	<u>3</u> Infant death	<u>6</u> Other injuries (drowning, choking, home or work related)
<u>24</u> Asthma	<u>12</u> Infectious/Contagious diseases (TB, salmonella, pneumonia, flu, etc.)	<u>114</u> Obesity/overweight
<u>8</u> Birth defects	<u>201</u> Kidney disease	<u>13</u> Lung disease (emphysema, etc.)
<u>109</u> Cancer What kind? _____	<u>7</u> Liver disease	<u>49</u> Sexually transmitted diseases (STDs)
<u>27</u> Dental health	<u>76</u> Mental health (depression, schizophrenia, suicide etc.)	___ HIV/AIDS
<u>123</u> Diabetes	<u>40</u> Motor vehicle accidents	<u>25</u> Stroke
<u>21</u> Gun-related injuries	<u>3</u> Neurological disorders (Multiple Sclerosis, muscular dystrophy, A.L.S.)	<u>37</u> Teenage pregnancy
<u>94</u> Heart disease/heart attacks		<u>116</u> Drugs & alcohol abuse
<u>6</u> Autism		<u>3</u> Other _____

Community Issues

8. These next questions are about community-wide issues that have the largest impact on the overall quality of life in Warren County. Please pick 5 from this list of community issues.

<u>20</u> Animal control issues	<u>30</u> Availability of healthy family activities
<u>37</u> Availability of child care	<u>49</u> availability of positive teen activities
<u>63</u> Affordability of health services	<u>31</u> Neglect and abuse (Specify type)
<u>28</u> Availability of healthy food choices	<u>6</u> Elder abuse
<u>4</u> Bioterrorism	<u>12</u> Child abuse
<u>66</u> Dropping out of school	<u>6</u> Pollution (air, water, land)
<u>14</u> Homelessness	<u>98</u> Low income/poverty
<u>48</u> Inadequate/unaffordable housing	<u>23</u> Racism
<u>51</u> Lack of/inadequate health insurance	<u>46</u> Lack of transportation options
<u>12</u> Lack of culturally appropriate health services.	<u>67</u> Unemployment
<u>34</u> Lack of health care providers What kind? _____	<u>11</u> Unsafe, un-maintained roads
<u>31</u> Lack of recreational facilities (parks, trails, community centers, etc.)	<u>16</u> Violent crime (murder, assault, etc.)
<u>103</u> Drug & alcohol abuse	<u>0</u> Rape/sexual assault
<u>94</u> No hospital	<u>18</u> Domestic Violence
<u>4</u> other: _____	<u>10</u> Gangs
	<u>23</u> No health insurance
	<u>41</u> No urgent care center

Warren County Health Department

9. Are you aware of the services that the Health Department Provides?

144 yes 70 no

If so, how do you know about these services?

57 Newspaper 29 County Website

29 Radio 20 Community Presentations

Other 32

10. Would you come to Warren County Health Department for any services?

141 yes 28 no 46 I don't know

11. Are you aware of Warren County Health Department's hours of operation?

135 yes 55 no 27 I don't know

12. Do you feel that the hours of operation meet your needs?

126 yes 24 no 64 I don't know

13. Would you recommend Warren County Health Department to family/friends?

141 yes 19 no 54 I don't know

PART 3: Personal Health

Now I am going to ask you some questions about your own personal health. Remember, the answers you give for this survey will not be linked to you in any way.

14. How would you rate your own health? Please choose only one of the following:

27 Very healthy 20 Unhealthy

68 Healthy 4 Very unhealthy

96 Somewhat healthy

15. Where do you get most of your health-related information? Please choose only one.

41 Friends and family 1 Hospital 2 School
129 Doctor/nurse/pharmacist 2 Help lines 7 Church
33 Internet 2 Books/magazines 6 Other ___

16. Where do you go most often when you are sick or need advice about your health? Please choose only 1. Choose the one that you usually go to.

152 Doctor's office 20 Medical Clinic
14 Health department 17 Urgent Care Center
10 Hospital 5 Other: _____

17. In the past 12 months, did you ever have a problem getting the health care, dental care or filling a prescription? If yes, please indicate reasons below.

51 yes 157 no 3 I don't know

- a. 17 I didn't have health insurance.
- b. 15 I didn't have dental insurance.
- c. 17 My insurance didn't cover what I needed.
- d. 12 My share of the cost (deductible/co-pay) was too high.
- e. 3 Doctor/Pharmacy, Dentist would not take my insurance or Medicaid.
- f. 21 I couldn't afford the cost.
- g. 0 I didn't have a way to get there.
- h. 3 I didn't know where to go.
- i. 4 I couldn't get an appointment.
- j. 3 Other: _____

18. If a friend or family member needed counseling for a mental health or a drug/alcohol abuse problem, who would you tell them to call or talk to? You can choose as many as you want.

- a. 87 Private counselor or therapist
- b. 81 Support group (e.g., AA, Al-Anon)
- c. 35 School counselor
- d. 22 Don't know
- e. 106 Doctor
- f. 71 Minister/religious official
- g. 127 Mental Health Agency
- i. 12 other: _____

19. In the past 30 days, have there been any days when feeling sad or worried kept you from going about your normal business?

46 Yes 165 No If yes, skip to question 21

20. During a normal week, other than in your regular job, do you engage in any exercise activity that lasts at least a half an hour?

106 Yes 67 No

If no why? Please select 3 choices from the list below

- a. 10 Exercise is not important to me.
- b. 32 I don't have enough time to exercise
- c. 8 I would need child care and I don't have it.
- d. 15 I'm physically disabled
- e. 16 It cost too much to exercise (equipment, shoes, gym cost)
- f. 17 Other _____

21. Where do you go to exercise or engage in physical activity? Check all that apply.

- a. 43 Park
- b. 67 Recreation Complex
- c. 29 Gym
- d. 137 Home
- e. 38 Facility other than in Warren County

22. How many hours per day do you watch TV, play video games, or use the computer for recreation?

35 0-1 hour 101 2-3 hours 58 4-5 hours 17 6+ hours

23. Not counting juice, lettuce salad, or potato products, think about how often you eat fruits and vegetables in an average week.

How many cups per week of fruits and vegetables would you say you eat?
One apple or 12 baby carrots equal one cup.

- a. Number of cups of fruit 729
- b. Number of cups of vegetables 961
- c. Never eat fruit 2
- d. Never eat vegetables 1

24. Are you exposed to secondhand smoke in any of the following places (Check all that apply)?

- a. 26 Home
- b. 20 Workplace
- c. 12 Recreation Complex
- d. 140 I am not exposed to secondhand smoke.
- e. 18 Other: _____

25. Do you currently smoke?

- 20 Yes
- 185 No

26. If yes, where would you go for help if you wanted to quit?

Mark all that apply.

- a. 6 QuitlineNC
- b. 12 Doctor
- c. 2 Church
- d. 4 Pharmacy
- e. 6 Private counselor/therapist
- f. 5 Health Department
- g. 11 I don't know
- h. 4 Other: _____
- i. 5 Not applicable; I don't want to quit

27. Have you ever been told by a doctor, nurse, or other health professional that you have any of the conditions?

- a. Asthma 32 Yes _____ No
- b. Depression or anxiety disorder 44 Yes _____ No
- c. High blood pressure 121 Yes _____ No
- d. High cholesterol 66 Yes _____ No
- e. Diabetes (not during pregnancy) 43 Yes _____ No
- f. Osteoporosis 14 Yes _____ No
- g. Overweight/Obesity 85 Yes _____ No

28. Do you think your child between the age of 9 -19 is engaging in any of the following high risk behaviors?

(PLEASE ANSWER ALL THAT APPLY FOR EACH BEHAVIOR.)

- a. 11 Alcohol Use
- b. 17 Tobacco Use
- c. 7 Eating Disorders
- d. 15 Sexual intercourse
- e. 12 Drug Abuse
- f. 20 Reckless driving/speeding
- g. 51 I don't think my child is engaging in any high risk behaviors.

29. Are you comfortable talking to your child about the risky behaviors we just asked about?

- 102 Yes
- 17 No

30. Do you think your child or children need more information about the following problems: (Check all that apply.)

- | | | |
|-------------------------|---------------------------------|----------------------------------------|
| a. <u>56</u> Alcohol | e. <u>38</u> Eating Disorders | h. <u>58</u> Drug Abuse |
| b. <u>55</u> Tobacco | f. <u>58</u> Sexual intercourse | i. <u>47</u> Reckless driving/speeding |
| c. <u>46</u> HIV | g. <u>45</u> STDs | j. <u>38</u> Mental health issues |
| d. <u>8</u> Other _____ | | |

Part 4. Emergency Preparedness

31. Does your household have working smoke and carbon monoxide detectors? (Mark only one.)

- Yes, smoke detectors only 127 Yes, carbon monoxide detectors only 2
Yes, both 68 No 19

32. Does your household have a Family Emergency Plan?

- 113 Yes 105 No

33. Does your family have a basic emergency supply kit? If yes, how many days do you have supplies for?

- 111 No 27 3 days 32 1 week 12 2 weeks 31 More than 2 weeks

Part 5. Demographic Questions

The next set of questions are general questions about you, which will only be reported as a summary of all answers given by survey participants. Your answers will remain anonymous.

34. How old are you? (Mark age category.)

- | | | | |
|-------------------|-------------------|-------------------|-----------------------|
| <u>7</u> 15 – 19 | <u>14</u> 25 – 34 | <u>29</u> 45 - 54 | <u>47</u> 65 -74 |
| <u>14</u> 20 – 24 | <u>30</u> 35 – 44 | <u>40</u> 55 – 64 | <u>34</u> 75 or older |

35. Are you Male or Female?

- 69 Male 146 Female

36. What is your race?

Please check one and choose “other” if you do not identify with only one of the categories.

- | | |
|--------------------------------------|--------------------------------------------|
| <u>130</u> Black or African American | <u>6</u> American Indian or Alaskan Native |
| <u>58</u> White | <u>0</u> Asian or Pacific Islander |
| <u>14</u> Hispanic | Other: <u>7</u> |

37. What is your marital status? (Mark only one.)

- 60 Never Married/Single 22 Divorced 9 Separated
81 Married 36 Widowed 5 Other

38. What is the highest level of school, college or vocational training that you have finished? (Mark only one.)

- 33 Some high school, no diploma
61 High school diploma or GED
26 Associate's Degree or Vocational Training
39 Some college (no degree)
25 Bachelor's degree
21 Graduate or professional degree
10 Other: _____

39. What was your total household income last year, before taxes? (Mark only one.)

- 35 Less than \$14,999 44 \$35,000 to \$49,999
45 \$15,000 to \$24,999 27 \$50,000 to \$74,999
22 \$25,000 to \$34,999 18 Over \$75,000

40. What is your employment status? (Check all that apply.)

- a. 89 Employed full-time f. 19 Disabled
b. 14 Employed part-time g. 7 Student
c. 63 Retired h. 10 Homemaker
d. 2 Military i. 3 Self-employed
e. 8 Unemployed

41. What is your zip code?

Warrenton	27589	105
Norlina	27563	31
Manson	27553	23
Macon	27551	17
Henderson	27537	15
Littleton	27850	9
Hollister	27844	7
Wise	27594	4
Ridgway	27570	4

CHA Others answers

6. Please Pick 5 top unhealthy behaviors that you believe is a problem in Warren County.

Abuse
Lack of activity
Employment 2
Mental illness 2
Word of mouth

7. Please Pick 5 top unhealthy behaviors that you believe is a problem in Warren County.

Cancers:

All kinds 6
Breast 6
Colon
Lung

8. **These next questions are about community-wide issues that have the largest impact on the overall quality of life in Warren County. Please pick 5 from this list of community issues.**

Lack of Health Care Providers:

Primary care 3
MDs 2
Family Practice
Doctors
Poor performing school system 2
Home care
Abandoned houses not torn down
Need more than one grocery store
Courts don't give adequate sentences to offenders

9. **Are you aware of the services that the Health Department Provides?**

Work here 2	General known information
Word of mouth 6	Relatives
Employee from health department	
Health fair	
County employee	
Live here	
Past experience	
Walk in	
Not aware	
Lived here all my life	
Friends 3	
Clinic 2	
Warren county senior center 3	
Healthy Carolinians	

15. Where do you get most of your health-related information? Please choose only one.

Pamphlets

Senior Center

16. Where do you go most often when you are sick or need advice about your health? Please choose only 1. Choose the one that you usually go to.

TV

Doctor outside the county

Rarely sick

17. In the past 12 months, did you ever have a problem getting the health care, dental care or filling a prescription? If yes, please indicate reasons below.

_____ yes _____ no _____ I don't know

care provider takes care of this 2

Rural Health wouldn't see me, I wasn't their patient,

18. If a friend or family member needed counseling for a mental health or a drug/alcohol abuse problem, who would you tell them to call or talk to? You can choose as many as you want.

Son

Not one here, need mental health agency 4

Cardinal innovations

911

God

20. During a normal week, other than in your regular job, do you engage in any exercise activity that lasts at least a half an hour?

____ Yes

____ No

No place after hours in the county

I don't walk too well

Just haven't taken the time

My health is not up to par at the moment

Don't want to

Have not disciplined myself to do so

I'm pregnant and I get tired with the housework

I have a lot of pain in the joints of hands and feet

Doesn't know where to go to get physical activity or exercise

Lack of motivation

Gym membership too expensive

Lazy

Senior Center

24. Are you exposed to secondhand smoke in any of the following places (Check all that apply)?

Outside activities

Store parking lots

Stores

Other public places 2

Friend's homes

Park

Senior Center

Walking through designated smoking areas to enter buildings

26. If yes, where would you go for help if you wanted to quit?

No, quit over 35 years ago

Jesus when I stopped

LOCAL ORGANIZATIONS

AARP Eaton’s Ferry Rd. Chapter #4017.....	252-586-2879
AARP Chapter #5077.....	252-257-1914
Alpha Kappa Alpha Sorority.....	252-257-3984
American Legion Post 425.....	252-586-4046
American Legion Post 308.....	252-586-5320
American Legion Auxiliary.....	252-257-4498
Citizens for Animal Protection.....	252-257-5321
Delta Sigma Theta Sorority, Inc.....	252-257-9194
Diabetes Support Group.....	252-257-1185
Drewry Ladies Club.....	252-456-2475
Eaton’s Ferry AARP.....	919-755-9757
Educational Council/Heck’s Grove Community Center.....	252-492-3223
Jacob Holt House Foundation.....	252-257-3261
Juvenile Crime Prevention Council.....	252-257-3115
Kappa Phi Kappa.....	252-257-3928
Lake Gaston Association.....	252-257-2881
Lake Gaston Chamber of Commerce.....	252-586-5711
Lake Gaston Computer Club.....	252-586-6216
Lake Gaston Garden Club.....	252-586-5220
Lake Gaston Ladies Club.....	252-586-0131
Lake Gaston Lions Club.....	252-586-9866
Lake Gaston Striper Club.....	252-586-7666
Les Gemmes.....	252-257-9194
Little Garden Club.....	252-456-2153
Loaves and Fishes Ministries.....	252-257-1160
Macon Woman’s Club.....	252-257-5576
Master Gardeners.....	252-257-3640
Norlina Community Development Assn.....	252-456-2776
Preservation Warrenton.....	252-257-5321

LOCAL ORGANIZATIONS (cont'd)

Reach For Recovery.....1-800-ACS-2345

Town & Country Garden Club.....252-257-4995

VFW Post #4096.....252-456-4316

Warren Co. 4-H.....252-257-3640

Warren Co. Antique Dealers Assn.....252-257-2588

Warren Co. Arts Council.....252-257-3217

Warren Co. Boy Scouts.....252-456-3826

Warren Co. Cattlemen’s Assn.....252-257-2140

Warren Co. Chamber of Commerce.....252-257-2657

Warren Co. Citizens for Animal Protection.....252-456-2414

Warren Co. Extension Homemakers.....252-257-3640

Warren Co. Firemen’s Assn.....252-257-3104

Warren Co. Forestry Club.....252-257-2990

Warren Co. Girl Scouts.....252-257-1980

Warren Co. Habitat for Humanity.....252-586-6181

Warren Co. Jaycees.....252-257-2070

Warren Co. NAACP.....252-257-9194

Warren Co. Senior Center.....252-257-3111

Warren Co. Shrine Club.....252-257-3229

Warren Co. Unmet Needs Committee.....252-257-5024

Warren Education Fund.....252-257-9194

Warren One-on-One.....252-257-0428

Warrenton Lions Club.....252-257-4270

Warrenton Lioness Club.....252-257-4270

Warrenton Rotary Club.....252-257-2321

Warrenton Woman’s Club.....252-257-5889

Wise/Paschal Ruritan Club.....252-456-4332

Animal Control.....252-257-1538

Board of Elections.....252-257-2114

LOCAL ORGANIZATIONS (cont'd)

Building Inspector.....252-257-1305

Child Support and Enforcement.....252-257-1165

Clerk of Superior Court.....252-257-3261

County Manager’s Office.....252-257-3115

Human Resources.....252-257-7132

Drug Treatment Court.....252-257-5172

Economic Development Commission.....252-257-3114

Emergency Medical Services:

Business Office.....252-257-1191

Warren County Rescue Squad:

Emergencies.....911

Non-Emergencies.....252-586-4444

Emergency Services.....252-257-2666

Health Department.....252-257-1185

Environmental Health.....252-257-1538

Home Health.....252-257-4081

Mental Health Services.....1-877-619-3761

Freedom House Substance Abuse Recovery.....252-456-6541

N.C. Cooperative Extension Service.....252-257-3640

Parks and Recreation.....252-257-2272

Public Works Office.....252-257-3645

Register of Deeds.....252-257-3265

Sheriff’s Department.....252-257-3364

Social Services.....252-257-5000

Landfill.....252-257-2711

Tax Assessor.....252-257-4158

Tax Collector.....252-257-3337

LOCAL ORGANIZATIONS (cont'd)

Veterans Service Officer.....252-257-3385
Smart Start.....252-257-1204
Warren Family Institute.....252-257-1134
Forestry.....252-257-5960
Planning/Zoning.....252-257-7027
Soil Conservation.....252-257-3836
Fire Marshall.....252-257-1305
Warren County Memorial Library.....252-257-4990
Warren County Campus, Vance-Granville
Community College.....252-257-1900

GOVERNMENT AGENCIES

Warrenton Town Hall.....252-257-3315
Warrenton Police Department.....252-257-3123
Norlina Town Hall.....252-456-3325
Veterans Service Officer.....252-257-3385
Smart Start.....252-257-1204
Warren Family Institute.....252-257-1134
Norlina Police Department.....252-456-3401
Norlina Library.....252-456-9804
Macon Town Hall.....252-257-4732
Warrenton Post Office.....252-257-3683
Macon Post Office.....252-257-3214
Norlina Post Office.....252-456-2663
Manson Post Office.....252-456-2363
Ridgeway Post Office.....252-456-2561
Wise Post Office.....252-456-3230
Youth Services Bureau..... 252-257-3640

RESOURCE LIST

- **County Health Data Book, North Carolina Department of Health and Human Services, 2017**
- **Economic Development Information System (<http://lcmadis.commerce.state.nc.us/countyprofiles>)**
- **Quick Facts Us Census Bureau 2017**
- **Warren County Department of Social Services 2018**
- **North Carolina Department of Public Instruction, 2018**
- **Warren County Government Agencies 2018**
- **Warren County School System 2018**
- **Henderson Daily Dispatch 2018**
- **Warren Record 2018**
- **Log into North Carolina (line.state.nc.us) 2018**
- **North Carolina Department of Commerce, Economic Policy and Research Division 2014**
- **SBI Domestic Violence Orders report by county by year**
- **Kerr-Tar Regional COG Planning GIS staff, October 2002**
- **Sharpe, B. & Zair, S. B., 1962**