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**Beaufort County**  
**Health Report**

**Public Health**

Everywhere!  
Everyday!  
Everybody!



**2004-2005**

# Table of Contents

|  |       |
|--|-------|
| Mission Statement.....   | 3     |
| Beaufort County Quick Facts.....                                       | 4     |
| Health Priorities.....   | 5     |
| What Has Been Done.....  | 5     |
| <i>Revitalized Initiatives</i> .....                                   | 6,7   |
| <i>New Initiatives</i> .....   | 8,9   |
| <i>Health Services &amp; Programs offered at the BCHD</i> .....        | 10    |
| Immunizations.....   | 10    |
| Breast & Cervical Cancer Control Program (BCCCP).....                  | 11    |
| Laboratory Services.....   | 11    |
| Communicable Disease.....  | 12    |
| Women’s Preventative Health and Family Planning.....                   | 13    |
| Child Care Health Consultation.....                                    | 13    |
| Women, Infants & Children Supplemental<br>Nutrition Program (WIC)..... | 14    |
| Prenatal Care.....   | 14    |
| Child Service Coordination.....  | 15    |
| Maternal Care Coordination.....  | 15    |
| School Health.....   | 15    |
| Environmental Health.....  | 16    |
| HIV/STI Prevention & Education .....                                   | 17    |
| Health Education/Health Promotion .....                                | 17    |
| Disaster Services.....   | 18,19 |
| Beaufort County Health Department Organizational Structure.....        | 20    |
| Board of Health Members.....   | 20    |
| <i>References</i> .....  | 21    |

# Beaufort County Public Health

**Everywhere! Everyday! Everybody!**

## **Mission Statement:**

**Beaufort County Health Department:** Protecting public health and enhancing the quality of life by striving to improve the health and wellness of the community.



# Beaufort County QUICK FACTS

|   | Beaufort County         | North Carolina          |
|---|-------------------------|-------------------------|
| Population estimate (2004)  | 45,860                  | 8,541,263               |
| Median Household Income (2002)  | \$30,799                | \$38,194                |
| Persons at or below Poverty Level (2002)                                    | 17.0%                   | 12.9%                   |
| Children in Poverty, Age 0 - 17 (2002)                                      | 25.0%                   | 17.4%                   |
| Leading Cause of Death (2004)   | Heart Disease<br>331.4* | Heart Disease<br>205.4* |
| 2 <sup>nd</sup> leading Cause of Death (2004)                               | Cancer<br>259.5*        | Cancer<br>192.4*        |
| Infant Mortality Rate (1999-2004)   | 1.7**                   | 8.8**                   |
| HIV Rate (Avg. 2001- 2003)  | 19.1***                 | 21.7***                 |
| AIDS Rate (Avg. 2001- 2003)   | 13.2***                 | 12.0***                 |
| HIV/AIDS cases living as of 12/31/2003                                      | 85                      | 17,137                  |
| Diabetes Mortality Rate (2004)  | 30.5*                   | 26.3*                   |
| Childhood Obesity Rate (age 2 - 18)   | 16.5%                   | 16.5%                   |
| Cerebrovascular Disease Mortality Rate (2004)                               | 93.8*                   | 57.9*                   |
| Chronic Lower Respiratory Disease Mortality Rate (2004)                     | 63.2*                   | 42.4*                   |
| Unintentional Injuries Mortality Rate (2004)                                | 37.1*                   | 19.6*                   |
| Motor Vehicle Mortality Rate (2004)   | 18.0*                   | 19.7*                   |
| Teenage Pregnancy Rate<br>(Age 15-19 in 2004) pregnancies per 1,000 persons | 83.5                    | 62.4                    |

\* Expressed as resident deaths per 100,000 population.

\*\* The infant mortality rates are computed as the number of resident deaths age 1 year or less per 1,000 resident live births.

\*\*\*Expressed as cases per 100,000.

# **Our Health Priorities**

Community members identified the following as priority health issues for Beaufort County:

- 1. Diabetes**
- 2. Physical Activity**
- 3. Obesity**

## **What Has Been Done?**

Throughout the year, collaborative leadership has led to a number of new and revitalized initiatives centered on these priority areas:

### **Revitalized Initiatives**

Asthma Coalition

Beaufort/Hyde Healthy Carolinians

Fitness Council

### **New Initiatives**

School Health Advisory Council (SHAC)

Infant Mortality Advisory Council

NC SAFE KIDS Buckle Up County

# Revitalized Initiatives

## Asthma Coalition

- Formed a parent support group.
- Collected school data on children grades pre K – 8<sup>th</sup> relating to asthma symptoms and triggers.
- Created a community awareness of asthma in children.
- Provided access to educational resources to public.
- Initiated comprehensive asthma education training for all school teachers and custodians.

## Beaufort/Hyde Healthy Carolinians

Beaufort/Hyde Healthy Carolinians is a community based organization dedicated to improving the health of the citizens of Beaufort and Hyde Counties on a local level. The priorities are diabetes, obesity and physical activity, however all health related issues are important to us.

In 2004, Beaufort/Hyde Healthy Carolinians received its recertification from the Governor's Task Force!



## **Fitness Council**

The mission of the fitness council is to promote, encourage and support initiatives that focus on the inclusion of physical activity and nutrition as a part of a healthy lifestyle.

- Assisted in implementing physical activity programs, such as Project HOPE (Healthy Options for Productive Employees) for county employees.
- Provided access to “Walking Wheels” for the public to measure walking trails.
- Helped identify existing physical activity opportunities.
- Provided access to educational resources relating to physical activity and nutrition.
- Formulated a Winner’s Circle subcommittee to partner with local restaurants to offer technical assistance to identify and promote healthy menu items.
- Partnered with faith-based organizations to provide assistance in the implementation of policies that promote participation in healthy behaviors.



# **New Initiatives**

## **School Health Advisory Council (SHAC)**

In January 2003, the North Carolina Board of Education passed a policy that provides new impetus for local school districts across the state to establish a School Health Advisory Council (SHAC). The Beaufort County SHAC is a coordinated approach to school health.

Beaufort County School System's coordinated health program is designed to help young people grow into healthy and productive adults, focusing on their physical, emotional, social and educational development.

## **NC SAFE KIDS Buckle Up County**

Beaufort County is now a North Carolina Buckle Up County. This allows qualifying families in Beaufort County to obtain reduced price child safety seats for their automobiles through the Buckle Up Kids program.

The seats are \$20.00 if the child is receiving Medicaid, Medicare or WIC. To be eligible for the discounted seats parents must contact Child Connections at 252-975-4667 for a seat referral.

## Winner's Circle Subcommittee

This subcommittee was formed to implement a program to help reduce obesity, one of the health priorities.

If you are...

- Wanting healthy foods that give you energy
- Trying to improve your eating habits
- Watching your weight
- Have diabetes, high blood pressure or high cholesterol

Eating away from home has gotten easier with Winner's Circle. The Winner's Circle Healthy Dining Program is designed to help you identify foods that are both delicious and nutritious when eating away from home. This statewide program applauds restaurants, schools, and other establishments offering you healthy foods. Look for the symbol below to identify healthy eating choices on your favorite menu.



# **Health Services & Programs offered at the Beaufort County Health Department**

The Beaufort County Health Department provides preventative health services to all Beaufort County citizens. The health department works with other providers in the community to complement services, and/or see that the health services are being provided somewhere accessible.

A Community Health Diagnosis is completed every four years and an up to date State Of The County Health Report is completed each year. Our department has two foreign language interpreters to enable us to provide more effective care to clients with Limited English Proficiency.

## **Immunization**

During fiscal year 2004 – 2005, Beaufort County Health Department was the primary medical facility in the county for administering flu shots to those at high-risk. The Health Department staff administered over 3,500 flu shots.

Required childhood immunizations are provided free of charge. During fiscal year 2004 – 2005, Beaufort County Health Department administered 227 Measles, Mumps, and Rubella vaccines, 421 Hepatitis B vaccines, 191 Polio vaccines, 178 Diphtheria, Tetanus and Pertussis vaccines, 91 Haemophilus Influenzae type B vaccines, and 49 Varicella vaccines to children ages 0 – 18 years.

The Beaufort County Health Department administered 155 Hepatitis B to adults in the fiscal year 2004 - 2005. Adult immunization costs vary with vaccine type. Insurance claims are filed for clients with health insurance.

## **Breast & Cervical Cancer Control Program** **(BCCCP)**

- Cancer screenings are provided for low income women (at or below 200% of poverty level) who do not have Medicare, Medicaid, and are 50 -64 years of age.
- Those admitted to the clinic will receive Pap smear, breast exam & basic lab studies. Referral for mammogram provided.
- Referrals are accepted from outside of the facility as long as a breast exam has been performed within the last two months.
- For fiscal 2004-2005 Breast and Cervical Cancer Control and Prevention program served 116 patients.

## **Laboratory Services**

The following lab tests are provided on a walk-in basis:

- Blood Sugar Screenings
- Pregnancy Tests
- Sickle Cell
- Total Cholesterol
- Antibody Titers – in cases of Hepatitis B exposure or Rabies cases

## **Communicable Diseases**

- Prevention, surveillance, investigations, and enforcement of control measures.
- Testing and treatment for sexually transmitted infections are provided at no charge. HIV and STI tests are available daily until 4:30 pm. No appointment necessary.
- HIV tests are available without appointment. Pre and post test counseling is provided, but referrals are made for case management services.

| Communicable diseases reported in 2004                   |     |
|--|-----|
| HIV (non-AIDS) Cases Living as of 12/31/04               | 46  |
| AIDS cases living as of 12/31/04                         | 39  |
| Tuberculosis cases                                       | 0   |
| Chlamydia cases  | 168 |
| Gonorrhea cases  | 65  |
| Syphilis cases   | 9   |
| HIV tests performed at Beaufort County Health Department | 689 |

## **Women's Preventative Health**

**and**

## **Family Planning**

- Largest clinic available at the health department to all women of childbearing age.
- Offers counseling, education, and appropriate birth control methods suited to the individual. Abstinence & natural family planning are included.
- This program helps to lower fetal, infant and child mortality rates.
- Targeted clientele are Beaufort County teenagers and low-income females of childbearing age.
- Fees and services may be subject to income verification based on family size and amount of total income.
- 1,243 females were seen for family planning services during fiscal year 2004-2005.

## **Child Care Health Consultation**

Child Care Health Consultant's responsibilities:

- Provides education to child care center staff and children.
- Manages health screenings at all child care centers across the county.
- Coordinates with child care staff, children, parents, health department and private sector in the case of a communicable disease outbreak or infestation.
- Acts as a community resource for child safety seat instruction, proper use and installation.

## **Prenatal Care**

- Comprehensive prenatal care and support services are offered to pregnant women. Our Certified Nurse Midwife and Women's Health Nurse Practitioner work with each client to ensure a healthy pregnancy.
- Fees for services may be subject to income verification based on family size and amount of total income.
- Beaufort County Health Department served a total of 563 prenatal patients in fiscal year 2004 – 2005.

## **Women, Infants, & Children Supplemental Nutrition Program (WIC)**

Program offers counseling and support to pregnant, breastfeeding, and postpartum women; infants and children up to 5 years of age. The average case load is approximately 1640 clients per year.

- Eligibility Criteria:
  - Must be a resident of NC, at nutritional risk, with a family income equal to or less than 185% of the U.S. Poverty Guidelines.
- In fiscal year 2004 – 2005, 1640 participants were provided nutritious food valued at \$1,133,012.80.
- Breastfeeding rate:
  - About 30.8% of WIC participants seen during last fiscal year, breastfed their babies.
- Three nutritionists are on staff with a caseload of approximately 500 clients per nutritionist

## **Child Service Coordination**

- Targets infants and children up to age 5 who have been identified with developmental and/or chronic health problems or who are at risk for such problems. Helps link children and their families to the services and resources available to respond to their needs such as:
  - Health care, special therapies, childcare, counseling.
  - There are no financial eligibility requirements.
- Served 120 clients last fiscal year.

## **Maternal Care Coordination**

- Case management is provided to pregnant women through counseling and support services. A social worker follows their prenatal care and works to address other issues such as finances, transportation and housing with the client.
- Served 109 clients last fiscal year.

## **School Health**

- A total of three public health nurses serve 14 schools/7,300 students.
- School Health Nurses are based in the schools providing the following services:
  - Developing school health policies & procedures.
  - Making referrals for special health care needs.
  - Performing educational sessions for students and staff.
  - Reviewing and assisting in maintaining student immunization records.
  - Performing all Hepatitis B vaccinations for the students.

## **Environmental Health**

The Environmental Health Section is responsible for the protection of public health in many ways. These services include:

- Sanitation inspections of food, lodging, and institutional facilities. These include restaurants, food stands, meat markets, hospitals, nursing homes, public and private schools, hotels, motels, bed and breakfasts, residential care facilities, child care centers, mobile food units, and temporary food establishments.
- Evaluation and permitting of sites for subsurface wastewater disposal (septic systems) and enforcement of State laws and rules.
- Childhood Lead Poisoning Prevention Program for children < 6 years of age.
- Public swimming pool inspections.
- Tattoo parlor inspections.
- Water sampling for private residential water supplies.
- Management responsibilities for subsurface wastewater systems > 3,000 gallons per day and other septic systems that require a certified operator.
- Mosquito control efforts throughout the county.

An intern was hired to fill the vacant On-Site Wastewater position and our vacant Food and Lodging position should be filled by January 1, 2006. There is still a considerable backlog of on-site wastewater applications due to staffing shortages and increased demand for services.

| <b>Environmental Health 2004</b> |     |
|----------------------------------|-----|
| Applications received            | 922 |
| New systems installed            | 164 |
| Repair systems installed         | 182 |
| Food and Lodging inspections     | 852 |

| <b>Environmental Health 2005</b> |     |
|----------------------------------|-----|
| Applications received            | 993 |
| New systems installed            | 163 |
| Repair systems installed         | 156 |
| Food and Lodging inspections     | 650 |

\* as of Oct. 31, 2005

## **HIV/STI Prevention and Education**

- Prevention Education on Human Immunodeficiency Virus (HIV) & Sexually Transmitted Infections (STIs).
- Conducts Family Planning Classes weekly.
- Provides HIV/STI Educational Sessions for community college, churches, schools and other organizations upon request.
- Conducts one Teen Family Planning Class each month.
- Intensive street outreach to all areas of the county.
- Condom Bowl Program.
  - Free condoms located in high-risk populations throughout the county.

## **Health Education/Health Promotion**

- Empowering individuals to develop and maintain a healthy lifestyle.
- Educational sessions are provided upon request.
- Hot Topics:
  - Physical Activity
  - Nutrition
  - Cancer(s)
  - Hypertension
  - Stroke
  - Puberty
  - Wellness
- Classes on puberty and hygiene are provided to the school system for 5th grade students with parental permission.
- Brochures are offered on general health topics and the public is allowed to check out health education videos.
- Health data and statistics are compiled and stored at the health department.
- Serve as a liaison to the community through participation on various boards & committees.

## **Disaster Services**

All counties in North Carolina are connected to the Health Alert Network (HAN) 24/7. The state sends information to the health directors on possible public health threats.

Beaufort County Health Department has in-house teleconferencing capabilities. This room is available to community groups to utilize for meetings when available. There is no charge. This comes through the Public Health Training Network and is paid for by the state.

By working with the State and with emergency services we have become more prepared for threats or emergencies. We have a written Bioterrorism (BT) Plan. In the case of emergency Beaufort County Health Department will work with the Public Health Response Team (PHRST-Region 1) out of Greenville. During the past year, the health department participated in a regional homeland security exercise with several other counties and with military involvement. We practiced the steps of calling down the Strategic National Stockpile (SNS) resources and completed a time/manpower study on repackaging medicine that possibly would be available locally.

This reinforced that the health department would need a great number of volunteers and medical professionals to mass dispense medication to the county within a couple of days. A plan for mass medication dispensing is being worked on. This involves having a site on both sides of the river that would be open 24/7 for several days to dispense needed medication to the county in the event of a public health emergency.

During the past year, health department staff has attended emergency preparedness training that were sponsored by the state. These included: Chemical & Radiological Events: Public Health Preparedness & Response, Forensic Epidemiology, Small Pox Refresher and Mass Vaccinations, Epidemiological Teams, Incident Command Trainings.

## **Disaster Services Continued**

During hurricanes Beaufort County Health Department nurses work in the American Red Cross Shelters set up in the county. One Red Cross Shelter was opened in August 2004 in response to Hurricane Charley. Two Red Cross Shelters were opened this year (September 2005) during Hurricane Ophelia. In preparation for a hurricane, Emergency Management opens the Emergency Operations Center (EOC) where the County Manager, Emergency Manager, Health Director, Social Services Director, Red Cross representative and representatives from other emergency partners in the county receive and disburse information and manage the event.

# **Beaufort County Health Department**

## **Organizational Structure**

|   |                     |
|---|---------------------|
| <b>Health Director</b>                        | Roxanne Holloman    |
| <b>Administrative Officer</b>                 | Sara Graham         |
| <b>WIC Director</b>                           | Lynn House          |
| <b>Nursing Director</b>                       | Carol Kinnon        |
| <b>Health Education Supervisor</b>            | Schaum Woodard      |
| <b>Computer Systems Administrator</b>         | Christopher Haislip |
| <b>Environmental Health Supervisor</b>        | Stacey Harris       |
| <b>Public Health Preparedness Coordinator</b> | Christine Womble    |
| <b>Administrative Assistant</b>               | Shelia Sauls        |

## **Board of Health Members**

|   |                    |
|---|--------------------|
| <b>Pharmacist</b>                             | Carol Preston      |
| <b>Commissioner</b>                           | Rev. Robert Cayton |
| <b>Physician</b>                              | Russel Cook        |
| <b>Veterinarian</b>                           | Dr. Stan Cohen     |
| <b>Optometrist</b>                            | Kirk Harris        |
| <b>General Public</b>                         | James Parker       |
| <b>Engineer</b>                               | Michael Bell       |
| <b>General Public</b>                         | David Francisco    |
| <b>General Public/Chairperson</b>             | Betty Jo Tetterton |
| <b>Dentist</b>                                | Jimmy Walker       |
| <b>Registered Nurse/<br/>Vice Chairperson</b> | Ginny Williams     |

## References

US Census Bureau:

<http://www.census.gov/hhes/www/saipe/county.html>

North Carolina State Center for Health Statistics

<http://www.schs.state.nc.us/SCHS/index.html>

Eat Smart... Move More... North Carolina

<http://www.eatsmartmovemorenc.com/>

North Carolina Public Health

<http://www.ncpublichealth.com/>

Beaufort County Health Department

<http://www.bchd.net>

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Health Education Supervisor