

2019 Columbus County Community Health Assessment

Presented by: Columbus County Health Department



Table of Contents

Executive Summary, Data Collection Process, Community Findings, Future Plans... 3-4

Acknowledgments.... 5

Letter from the Health Director... 6

Columbus County Geography and Historical Info... 7

Explanation of Data and Appendices... 10

Primary Data ... 11

Secondary Data ... 38

Health Promotion Needs/ Resources... 43

Health Priorities/Concerns... 44

Appendices A – C... 46

Executive Summary

The community health assessment is conducted every four years and the last assessment was conducted in 2015. The Community Health Assessment process is designed to allow us to gather information from our community members (primary data) to gauge the health of the county, while comparing this data with health statistics (secondary data). The Columbus County Health Department in collaboration with the Community Health Assessment Team, comprised of county residents and representatives from numerous county organizations and agencies met three times (this does not include numerous other individual meetings with community members and partners). The Columbus County Health Assessment Team approved the survey questions that were asked of residents in 2019. The collection of primary data was a joint effort between the Columbus County Health Department and Columbus Regional Healthcare System.

Data Collection and Process of Data Collection

We made every effort to ensure that as many community members as possible took part in the survey; we had both paper and pen surveys, online surveys, and focus groups. Community Health Assessment Team members agreed to distribute surveys to organizations and residents within their own communities, thus allowing us to create opportunities to glean responses collected that reflect those of the entire county. There was an increased effort to distribute survey throughout the county – Whiteville, Tabor City, and Chadbourn being the larger towns as well as smaller municipalities and townships. A list of possible agencies and organizations to be included in the dissemination of surveys was created to aid in the collection of surveys.

These agencies and organizations were included but not limited to:

- Columbus County Health Department Staff
- Columbus Regional Healthcare Staff
- Columbus County and Whiteville City Schools
- Southeastern Community College Faculty, Staff and Students
- Local Public Libraries
- Physician Offices
- Behavioral Health Centers
- Department of Aging Sites
- Civic Groups such as Rotary and Columbus Children, Youth and Families

- Hispanic Outreach Programs
- Support Groups such as Parkinson's Meetings.
- Columbus Baptist Fellowship
- Columbus Ministerial Association through CRHS Chaplain's Office
- Waccamaw Siouan Development Office

Community Responses and Findings

Key findings, as they did in 2015, indicate that residents note there is a lack of access to health care and the funds to pay for medical services, chronic diseases (heart disease, stroke, cancer and diabetes), issues with obesity and impact on individuals dealing with weight management, illegal drug use and prescription drug abuse, and a lack of safe places for recreation and exercise.

Future Plans

Community Health Assessment (CHA) Document for Columbus County will be:

- Submitted to the NC Division of Public Health – March 2020
- Presented to Columbus County Board of Health, Board of Commissioners, and press – April-May 2020
- Disseminated to the local community – April-May 2020

Community Health Action Plans for Columbus County will be:

- Developed by the Community Health Assessment Team – April 2020
- Submitted to the NC Division of Public Health – September 2020

State of the County's Health Report (SOTCH) for Columbus County will be submitted:

- March 2021
- March 2022
- March 2023

Acknowledgments

We would like to thank the Health Assessment Team members. Without their contributions, this undertaking would be impossible.

Columbus County 2019 Community Health Assessment Team Members:

Jamika Lynch, Columbus County Health Department

Pat Ray, Whiteville United Methodist Church

Gabriela Maggioli, Columbus County Health Department

Amber Bellamy, Columbus County DREAM Center

Kimberly Smith, Columbus County Health Department

Carol Caldwell, Columbus County DREAM Center

Terrie Priest, Columbus Regional Healthcare System

Lauren Cole, Columbus Regional Healthcare System

Julie Strickland, Columbus County Parks and Recreation

Lorraine Matthews, Columbus County WIC

Diana Walker, Families First Inc.

Monica Deese, YWCA, Columbus County Smart Start

Patti Nance, Columbus County Health Department

Leslie Jones, Waccamaw Siouan Tribe

Yvonne Richardson, Waccamaw Siouan Tribe

Kellie Bass, Families First Inc.

Daniel Buck, Columbus County Health Department

Letter from the Health Director

It is my pleasure to present the 2019 Columbus County Community Health Assessment. I hope that this document will serve as a catalyst for change in our communities, especially with our county being identified as one of North Carolina's least healthy counties for the last 10 years.

I would also like to express my sincere gratitude to our community partners, and the role that they played as we planned for and collected information for the 2019 Community Health Assessment. Without these strong allies, our health assessment would not have been distributed and collected throughout our county. Their time and commitment is invaluable.

If you have questions about the health assessment, I encourage you to contact the health department at the number below.

In health,

Kimberly L. Smith

Kimberly L. Smith

Health Director

Columbus County Health Department

910-640-6615

Columbus County Geographical Features and Brief History

Columbus County can be found a short distance from the Atlantic Ocean, in the fertile lowlands of the coastal plain. This almost 1,000 square-mile expanse of land occupies one of the most Southeastern sections of North Carolina. Columbus County borders Horry County, South Carolina to the south, Brunswick County to the east, and Robeson County to the west. Bladen and Pender counties border Columbus County on the north.

Many geographical features have shaped Columbus County's land and its heritage. Lake Waccamaw, the largest natural lake from New York to Florida, was the site of Indian habitation long before Europeans arrived. The Waccamaw River, which flows from Lake Waccamaw, has linked the most southeastern section of Columbus County to South Carolina and its coastal ports. The swift, dark waters of the Lumber River define the county's western limits. A northeastern section of the county is compromised by the Cape Fear River. Access to the Cape Fear and port city of Wilmington has been a major factor in settlement and commercial development of the county. Before roads were constructed, the Cape Fear, Lumber, and Waccamaw Rivers were the main arteries, which penetrated the dense woodlands of this area.

Columbus County is comprised of the following towns:

- Bolton - The town of Bolton has a total area of 3.1 square miles, all of it land.
- Brunswick - The town of Brunswick has a total area of 0.4 square miles, all of it land.
- Cerro Gordo - The town of Cerro Gordo has a total area of 0.8 square miles, all of it land.
- Chadbourn - The city of Chadbourn was started in 1882 and incorporated in 1886. The first charter stipulated that there should be no legalized sale of whiskey in the town, and Chadbourn has the distinction of never having had liquor stores in it. Nicknamed the "Sunny South Colony" in the early 1900s, Chadbourn is home to the North Carolina Strawberry Festival, the longest-running agricultural festival in North Carolina.

- Clarendon - The town of Clarendon has a land area of 38.1 square miles.
- Delco - The town of Delco is formerly known as Brinkley and Pershing.
- Evergreen - The town of Evergreen has a land area of 3.86 square miles.
- Fair Bluff - Fair Bluff, nestled against the banks of the nationally recognized “Wild & Scenic” Lumber River, is home to the southeastern North Carolina Watermelon Festival. The Old Trading Post in Fair Bluff, probably the oldest building in Columbus County, stands on the banks of the Lumber River. Built in the late eighteenth century, people from Robeson, Bladen, and Columbus counties brought farm produce and naval goods to be sold or exchanged for other products.
- Hallsboro - The town of Hallsboro has a land area of 3.26 square miles.
- Lake Waccamaw - From its sandy shorelines to its tree-lined natural areas, Lake Waccamaw offers peaceful surroundings, an intriguing natural history and fun in the sun. You can view one of the greatest geological mysteries of the eastern United States—the phenomenon of Carolina bays; it boasts rare plants such as the carnivorous Venus flytrap and several animal species found nowhere else on earth, such as the Waccamaw Killifish.
- Nakina - Nakina is a small community that lies just north of the South Carolina - North Carolina border. It was until the 1990's best known for producing very high quality flue cured tobacco.
- Riegelwood - Riegelwood is the home of International Paper Mill. The mill supports civic and non-profit groups within a 50-mile radius of the mill.
- Tabor City - Tabor City is the southernmost town in Columbus County. Once known as the “Yam Capital of the World,” Tabor City pays tribute to the area’s sweet potato crop with the annual North Carolina Yam Festival.
- Whiteville - Whiteville holds the role as county seat. Whiteville was chartered in 1873 and is home to many historic sites and the Harvest Days Festival.

There are also nine unincorporated townships within Columbus County, which include, Bogue, Bug Hill, Lees, Ransom, South Williams, Tatums, Welch Creek, Western Prong and Williams.

Explanation of Information and Appendices

Primary Data – Community Health Survey

Qualitative data was gathered by conducting a community health survey with 500 responses from community members. The prioritization process included review and analysis of this primary, qualitative community feedback to determine priorities. **Survey questions and responses are listed on the following pages.**

Secondary Data – Demographic data, health data, etc.

The utilized national, state, regional and local levels-key data sources include the County Health Rankings, National Health Indicators Warehouse, CDC, and more. Additional secondary data can also be found in the databook appendix.

Appendix A – *Additional Secondary Data/Databook*

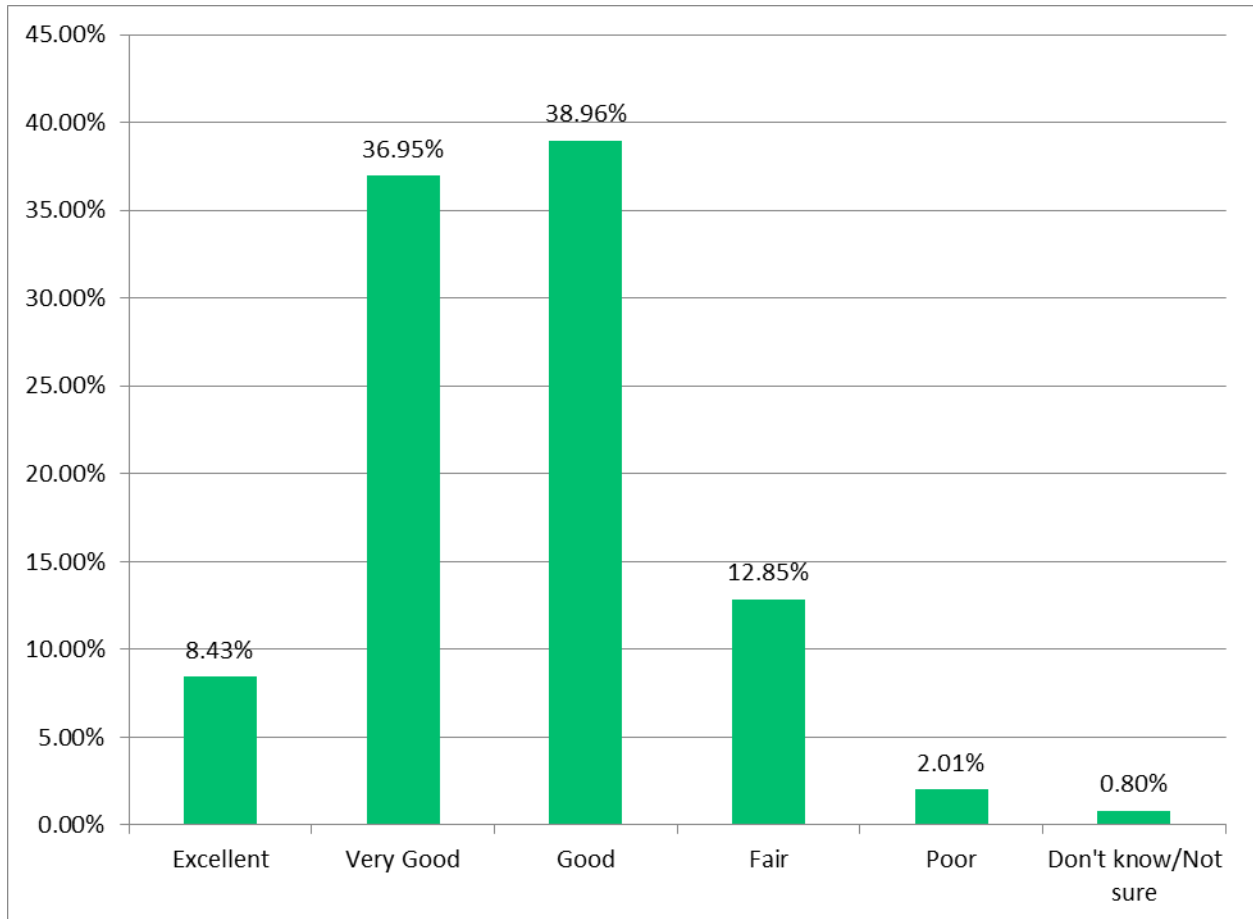
Appendix B – *Copy of Community Health Assessment survey – English and Spanish*

Appendix C – *Directory of Resources for Columbus County*

Primary Data

Question 1.

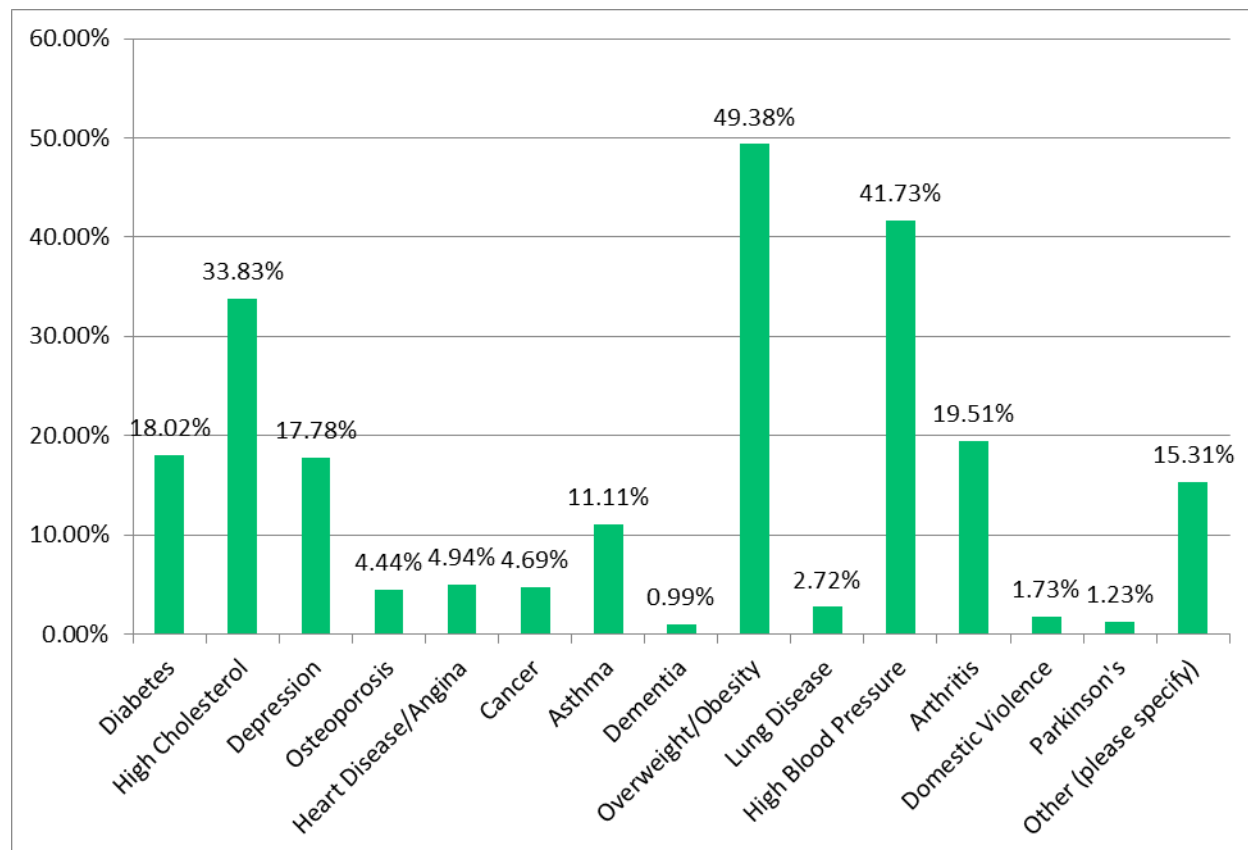
How do you rate your own health?



The bar graph above indicates the number and percentage of the population surveyed who rated their personal health. As shown, 38.96% of the community rated their personal health as good. The next highest rating was for those individuals (36.95%), who indicated they were in very good health while a combined rating of 14.86 combined to place respondents as viewing their health status as fair or poor.

Question 2.

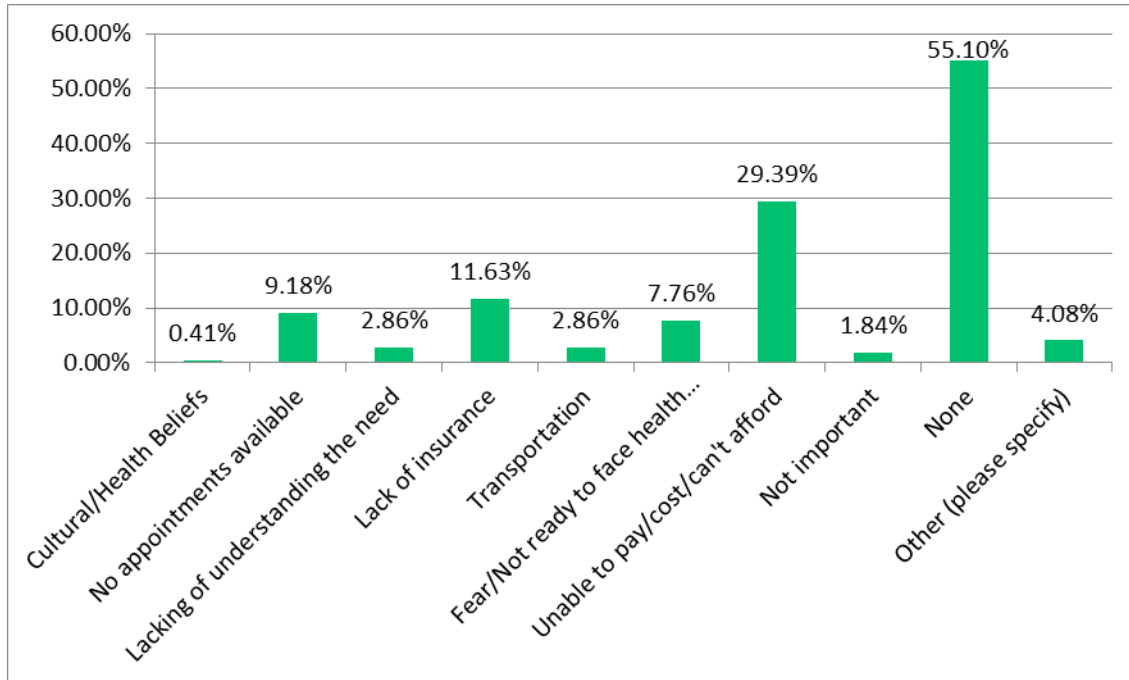
Have you ever been told by a doctor, nurse, or health care professional that you have any of the following?



The bar graph indicates the health conditions that have been shared with respondents by a health professional. There was a total of 405 respondents to this question on the assessment. The health condition reported most frequent was related to obesity and a tendency to be overweight. This correlates with other questions on the assessment related to education about health and the need to have activities for individual to become involved with address weight related health concerns. This same indicator appeared in the survey completed in late 2016 by the Columbus County YMCA as respondents in that survey indicated the need for exercise related activities in the county to address health concerns. Issues such as high cholesterol and high blood pressure can be related to issues with obesity and the tendency to become overweight.

Question 3.

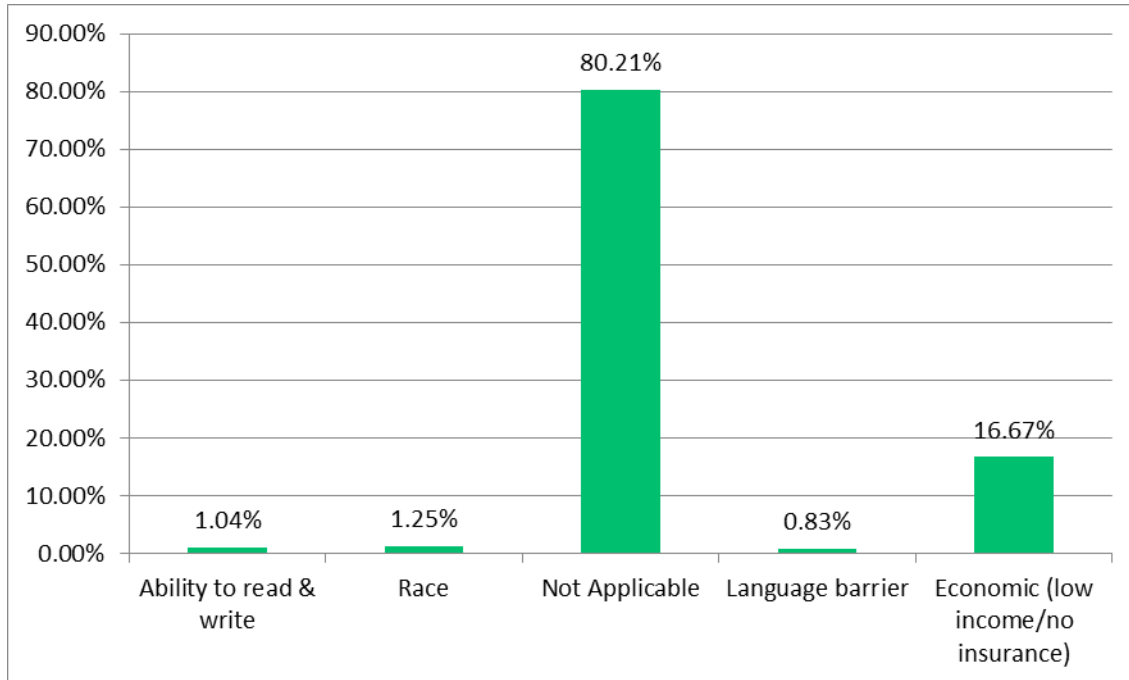
Which of these problems prevented you or your family from getting necessary health care?



This bar graph indicates respondents' answers to whether they had been prevented from receiving necessary health care. In the previous health assessment respondents indicated lack of insurance and unable to pay for doctor visits as the main reason they did not seek medical care. A surprise in this survey is the 55.10% who responded none of the responses within the question was a reason for not seeking care. Later in this survey, we found that many of the respondents had insurance or were in the age bracket where Medicare was their primary health provider. Lack of funding did rank as the second highest at 29.3% reason for not seeking health care.

Question 4.

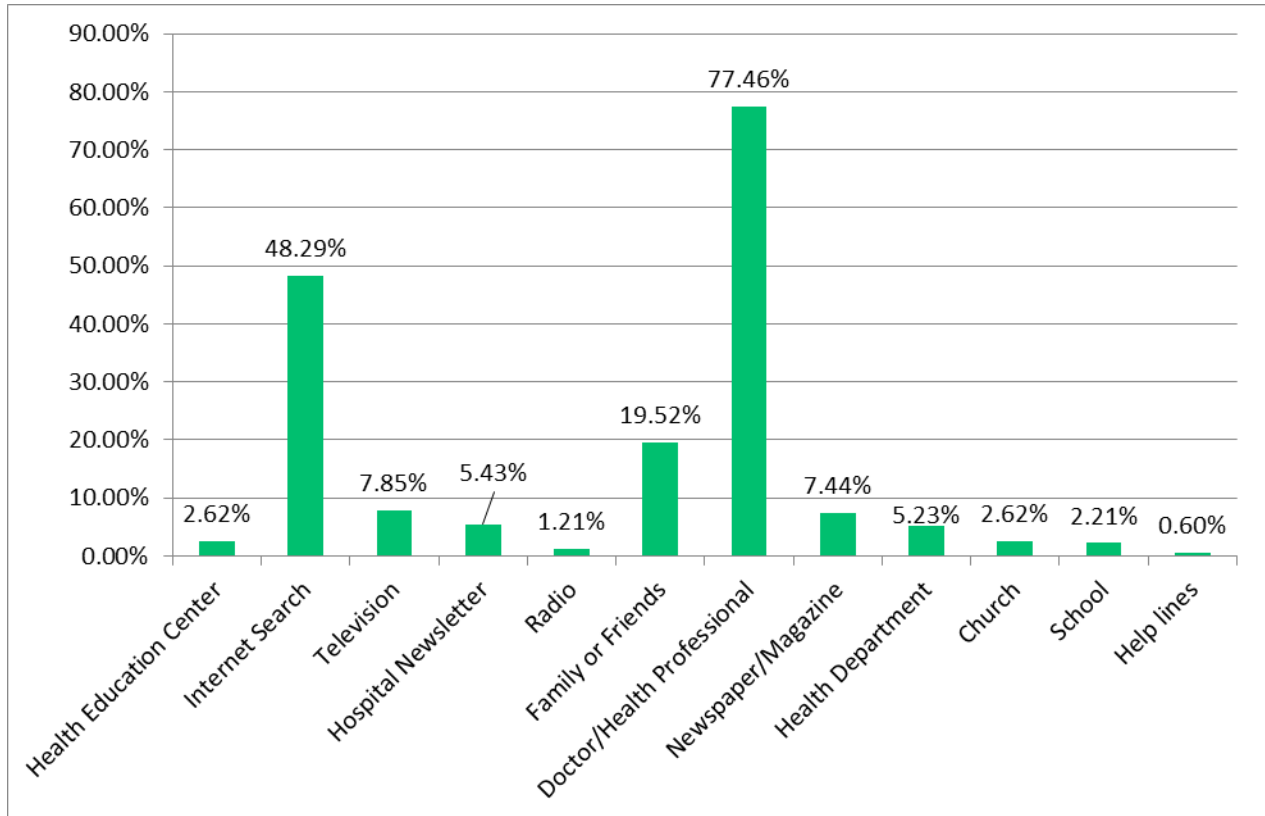
What has affected the quality of the health care you received?



The bar graph above addresses what has affected the quality of health care received by residents responding to the survey. Most respondents (80.21%) indicated this question was not applicable for them. However, the next highest response (16.67%) indicated that socioeconomic status of residents or lack of insurance played a role in the quality of health care they received. This is markedly different from the 2016 assessment where the majority of respondent (84%) indicated lack of insurance or low economic status most affected the quality of health care they received. This could also be a result of the age of respondents and majority having health care or eligible for Medicare services.

Question 5.

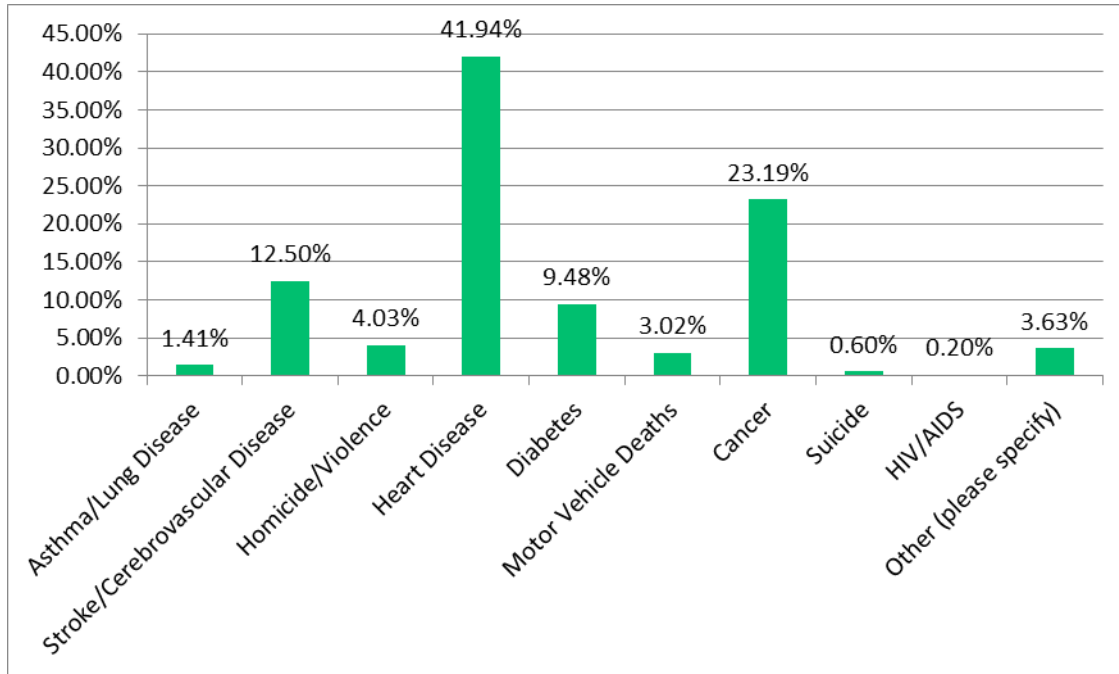
Where do you and your family get most of your health information?



Responses for this question were consistent with those provided in the 2016 assessment. Individuals in 2019 (77.46%) indicated they received their health information from a doctor or health professional with the second highest response (48.29%) that of an internet search. Number of respondents increased in each of these categories from 315 to 385 and 206 to 240. Family and friend moved to third place ahead of television in the 2019 survey. There was a total of 497 responses to this question.

Question 6.

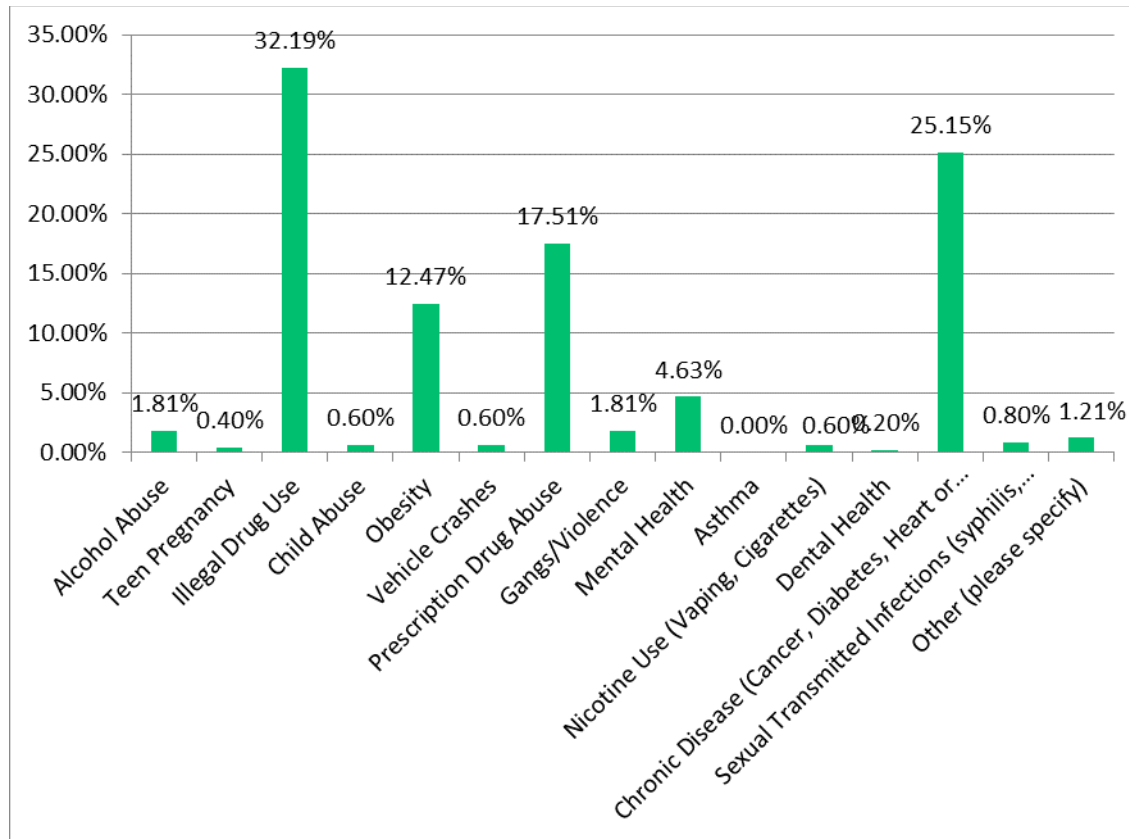
What do you think most people die from in your community?



According to residents who responded to the survey Heart Disease (41.94%) and Cancer remain at the top as the two leading causes of death in our county. Stroke and Cerebrovascular Disease follow with 12.50% and 9.48%. Motor Vehicle Deaths and other followed in causes of death. The two highest response categories fall in line with the North Carolina State Center for Health Statistics for 2013-2017 in Columbus County published in the 2019 County Health Data Book.

Question 7.

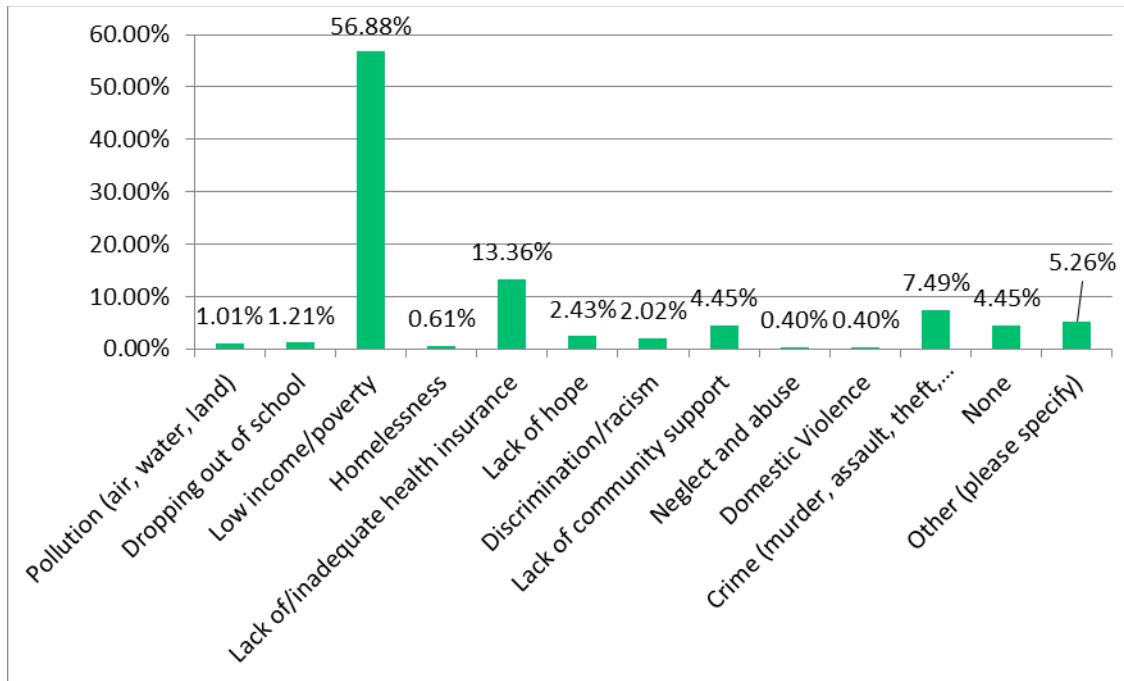
What is the biggest health issue or concern in your community?



The above graph illustrates the percentage of 497 responses of the population surveyed who feel the stated issues are the biggest health concerns for our community. According to the community Illegal Drug Use (32.19%) has surpassed other concerns since the last survey in 2015. Chronic Disease which was listed as the greatest concern at that time has now dropped to number two with our citizens with a (25.15%) response rate. The third highest concern related to Prescription Drug Use which has surpassed Alcohol Abuse and was not included in the previous health survey but has been on the rise in Columbus County. The 2019 County Health Rankings and Roadmaps for Columbus County indicate we had 22 drug overdoses reported as compared to 9 for the state.

Question 8.

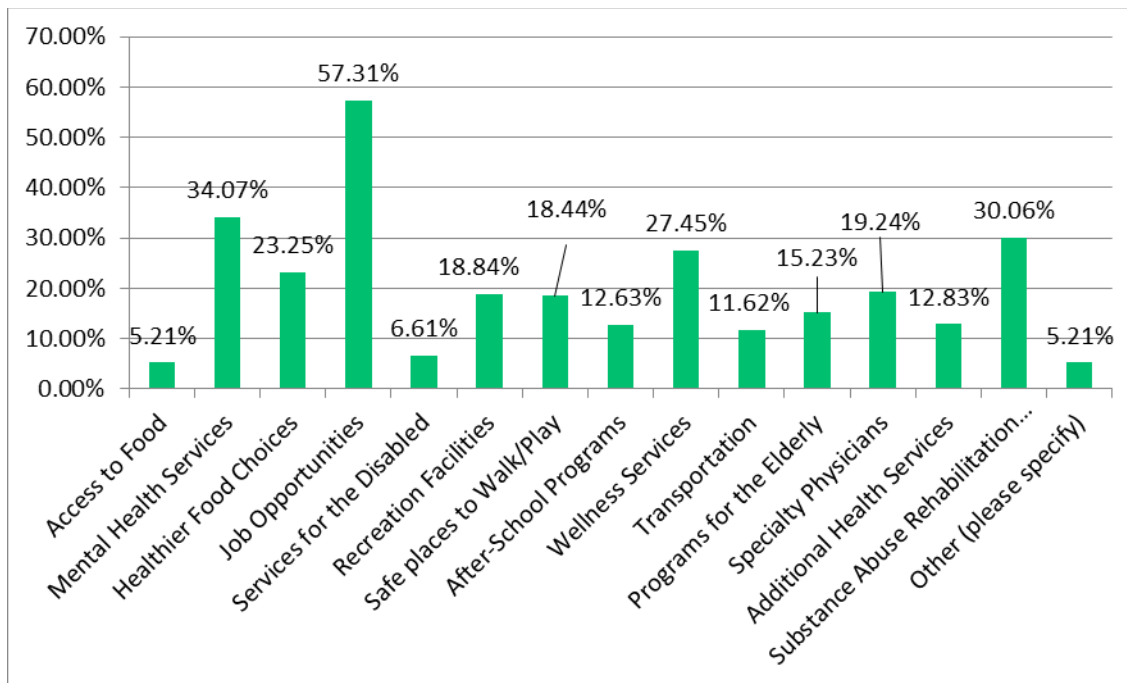
Which one of the following most affects the quality of life in your county?



The above graph represents the percentages from 497 responses indicating which factors most affect the quality of life for citizens of Columbus County. Low Income/Poverty was the factor most individuals (281 responses) felt affected the quality of life in our county. It surpassed the second highest ranking factor by a margin of 215. Columbus County ranks higher than the state in the number of children living in poverty, unemployment, median household income and income inequality according to the County Health Rankings and Roadmaps for 2019. Within this report, Columbus County has over twice the state level of uninsured residents.

Question 9.

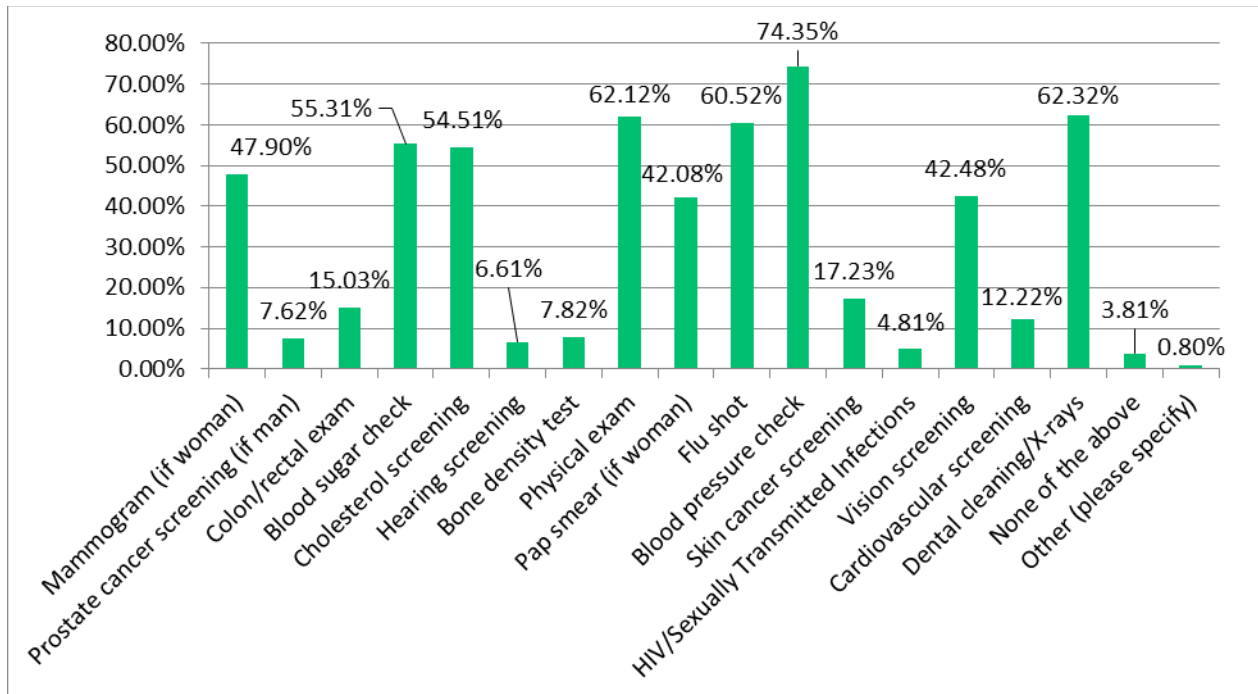
What does your community need to improve the health of your family, friends and neighbors?



The bar graph above indicated how residents responded to ways to improve the health of family friends and neighbors in Columbus County. This requested garnered a response rate of 499 out of 500 residents who participated in the health assessment survey. Job opportunities was by far the highest-ranking response (57.31%) or 286 individuals indicating this was targeted as the greatest need. Mental Health Services was second in the survey with 34.07% or 170 responses. Of note, is the need that was indicated for additional Substance Abuse Rehabilitation Services as also indicated as needs/ concerns in previous questions. Healthier Food Choices was third and correlates with the concern with obesity and issues identified with weight control in the survey. County Health Ranking and Roadmaps for 2019 also indicate a higher ratio of patients to mental health providers than the state level in addition to a higher number of poor mental health days and evidence of obesity. The findings for safe recreational facilities, nutrition needs, healthier food choices like those indicated in the community survey conducted by the YMCA in Columbus county in 2016.

Question 10.

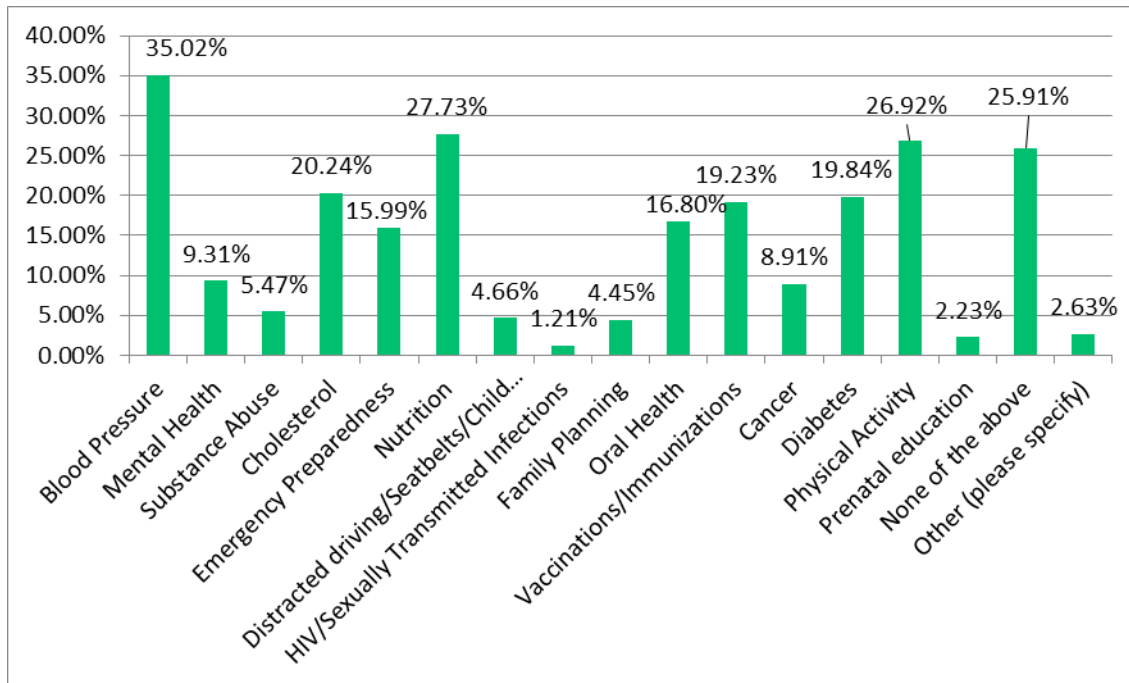
Which of the following preventative screenings have you had in the last twelve months.



The bar graph above indicates the preventative screenings residents have received during the past year. Blood pressure checks were the most utilized screening in the County with 371 out of 499 respondents indicating they had this screening as part of their medical care. Majority of respondents were female and that correlated with mammograms receiving a response rate of 47.90% or 239 of the 499 who participated in the survey had a mammogram as part of their medical care. Of special note is the number of individuals who receive dental cleanings or x-rays during the year especially since our ratio of dentist to the population is 4300:1, much higher than the state level. The survey did not ask where they received the screenings so they may have sought dental services through the Columbus County Health Department. Individuals participating in the survey indicated 54.51% received cholesterol screening which correlates with the leading cause of death in the County and 55.31% have participated in blood sugar checks.

Question 11.

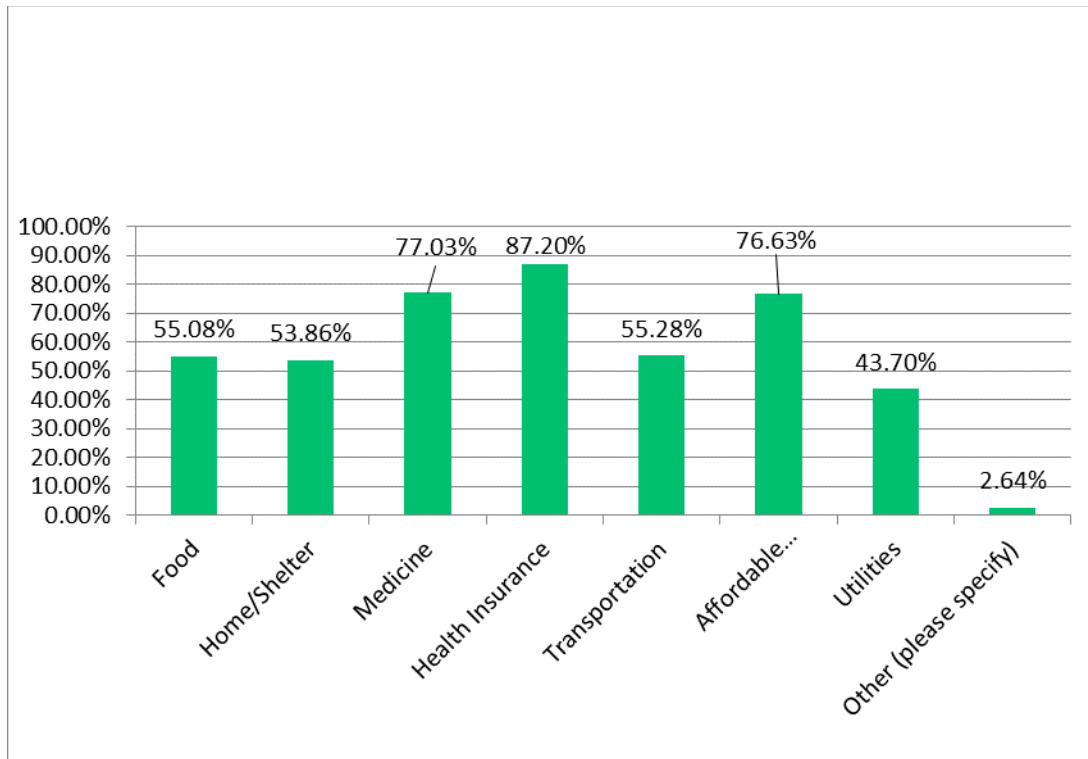
Which of the following health issues have you received information on in the past 12 months? Check all that apply.



This bar graph above indicates which issues have been reviewed with residents through the past year. Blood pressure again is indicated as a health issue that is part of resident's health care services along with nutrition and physical activity. Each of these relate to county statistics on health issues and leading causes of death and rise in diseases such as diabetes due to lack of activity and poor diets. There were 494 respondents to this question. A surprising statistic is the lack of information on Substance Abuse when this issue received higher scores in previous questions.

Question 12.

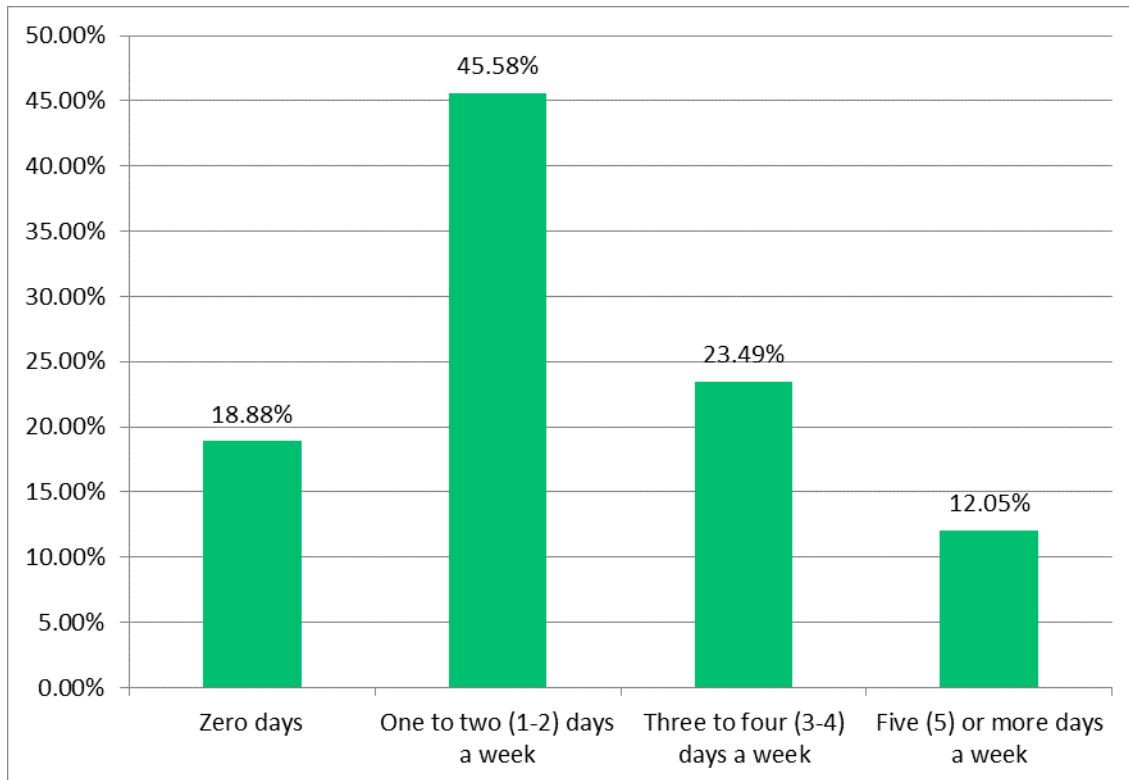
Do you feel people in your community lack the funds for any of the following?



This bar graph illustrates the percentage of the population surveyed who feel that people in their community lack the funds for the stated resources. There were 492 out of 500 who responded to this question. Health Insurance remained at the top of the list again with 87.20% or 429 individuals who saw this as the greatest need as they did in 2015. Medicine and Health Care ranked second and third among those who responded to the survey. Uninsured children and adults in Columbus County are at 23% compared to 9% in the County Health Rankings and Roadmaps. Each of the responses except for utilities scored over the 50% percentile.

Question 13.

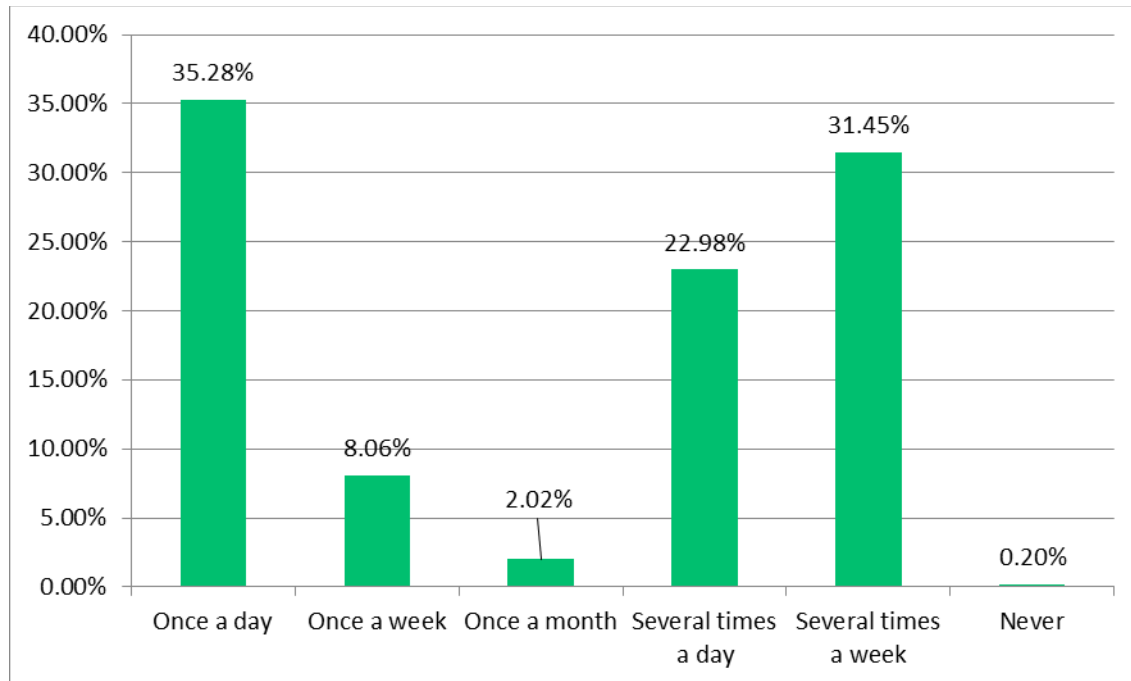
Other than your regular job, how many days per week do you engage in physical activity for at least 30 minutes that makes you “break a sweat”?



Lack of continuous exercise is noted in the bar graph illustrated above. Less than half respondents indicated they exercised for at least thirty minutes more than twice a week. These statistics validate the responses received in previous questions for cause of death, leading cause of disease and prevalence of obesity in Columbus County. The YMCA survey completed in 2016 noted a need to have a place for recreation and exercise for all ages as the top two priorities.

Question 14.

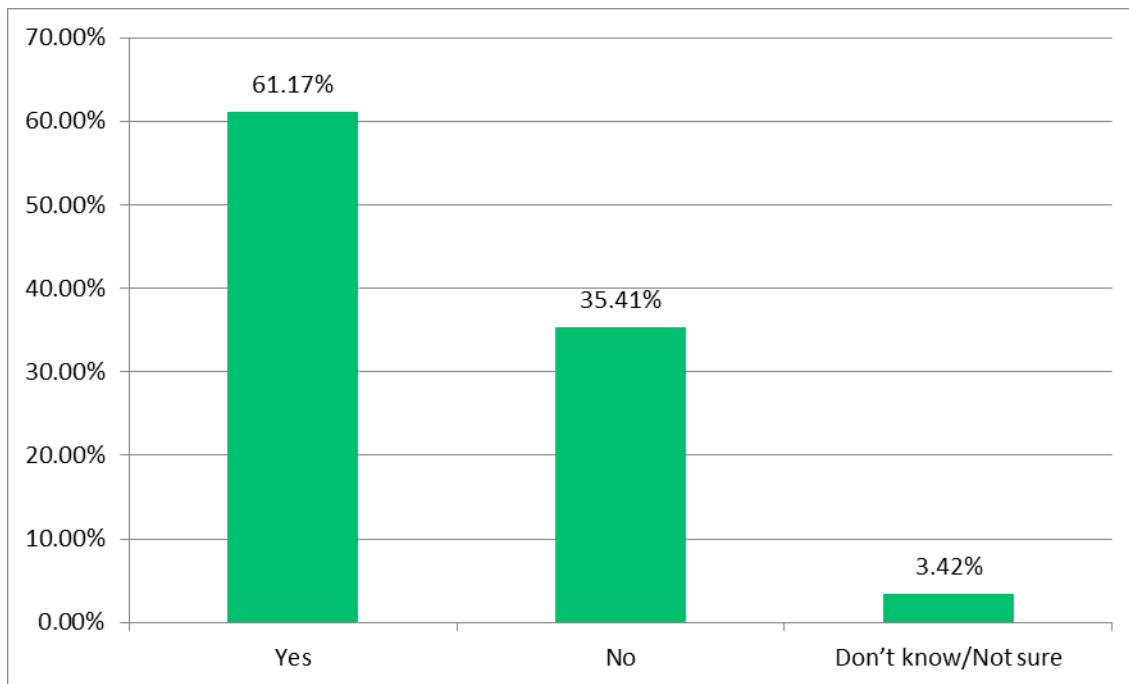
On average, how often do you eat fruits or vegetables?



The bar graph above illustrates the frequency with which residents consume fruits and vegetables. There were 496 out of 500 responses to this question. Resident reported (35.28%) reported eating fruits and vegetables at least once a day with 22.98% or 115 individuals reported several times per day. The remainder of respondents indicated only one a week, once a month with the third highest response (31.45%) stated they ate fruits and vegetables several times a week. These responses correlate with previous questions where individuals indicated a need for education on nutrition and had been advised by health professionals to address issues with obesity and the diseases related to weight.

Question 15.

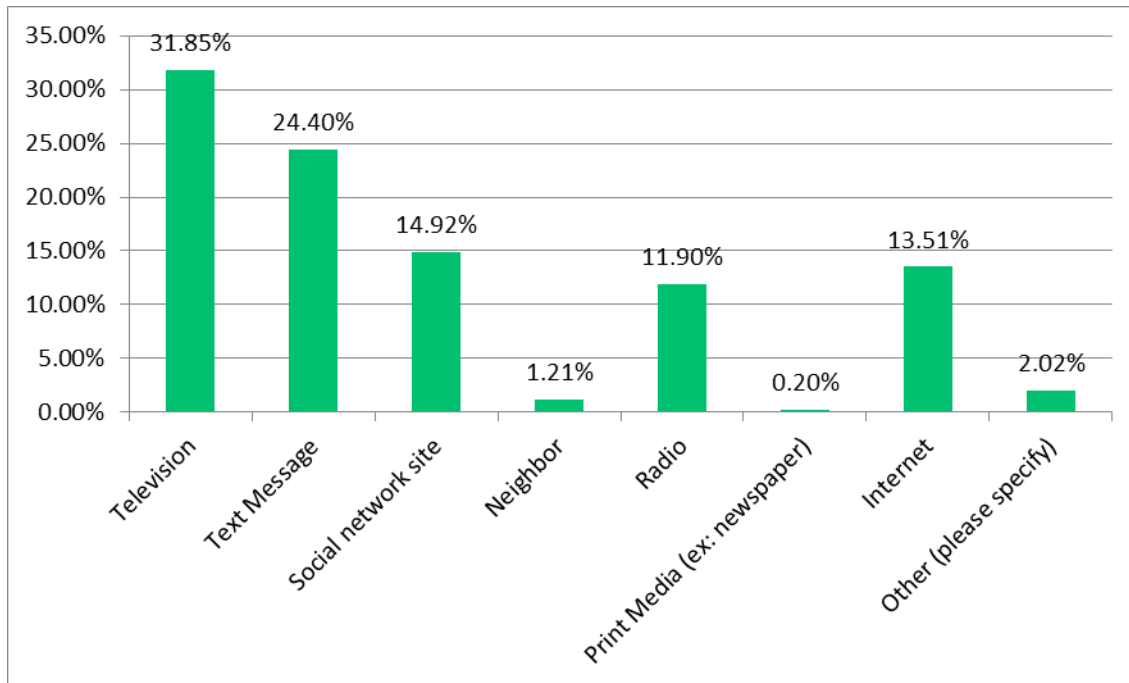
Does your family have a basic emergency supply kit? (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlights and batteries, non-electric can opener, blanket, etc.)



The graph above indicates the percentage of the population surveyed that indicated whether their families have a basic emergency supply kit. Of those surveyed, 61.17% answered yes and 35.41% answered no. This is an increase from 2015 when only 49% indicated they had an emergency supply kit. This may be due to Columbus County experiencing damage from two hurricanes, Matthew and Florence, which resulted in mass evacuations due to flooding and road closures.

Question 16.

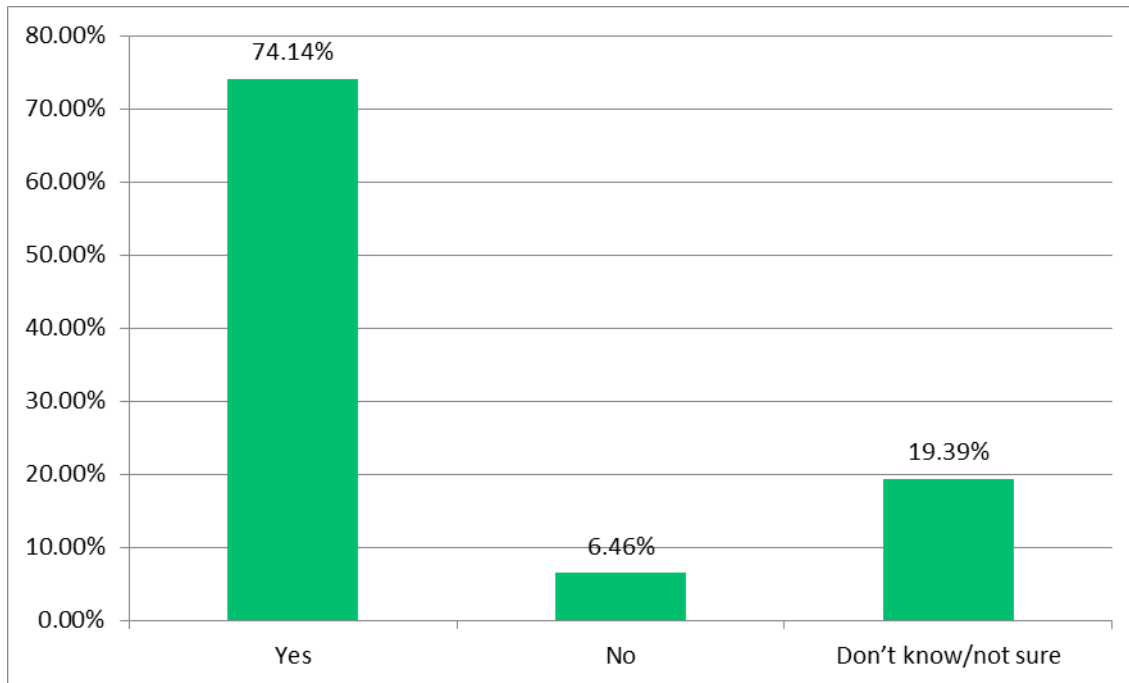
What would be your main way of getting information from authorities in a large-scale disaster or emergency?



The graph above shows the number and percentage of the population surveyed that indicated the primary means of obtaining information in a large-scale-disaster or emergency will be from the stated resources. As in 2015, the highest response category was television with 158 (31.85%) indicating that their primary source would be television. Again, text message received the second highest number of responses at 24.40% or 121 individuals, and this is usually in the form of an Emergency Alert System. We did not experience an increase in the number who stated they would seek information from Internet sources even though there has been greater access to high-speed internet across the county since 2015.

Question 17.

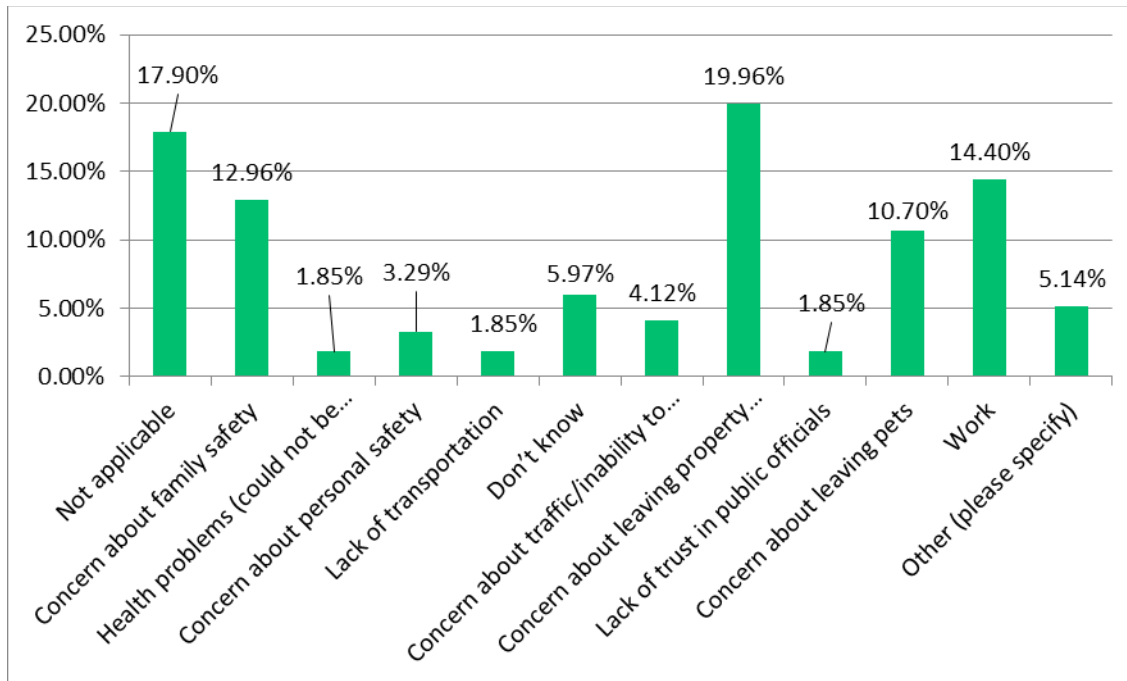
If public authorities announced a mandatory evacuation from your neighborhood or community due to a large-scale disaster or emergency, would you evacuate?



This bar graph indicates the percentage of the population who would be willing to evacuate from their homes/neighborhoods/communities due to a mandatory evacuation ordered by public authorities during a large-scale disaster or emergency. Of those surveyed 74.14% indicated they would evacuate. This is an increase from 51% in 2015, probably due to two significant weather events since 2015. In 2015, 45% indicated they were not sure they would evacuate, and that number has decrease by 50% for this year. Those indicating they would not leave has remained stable.

Question 18.

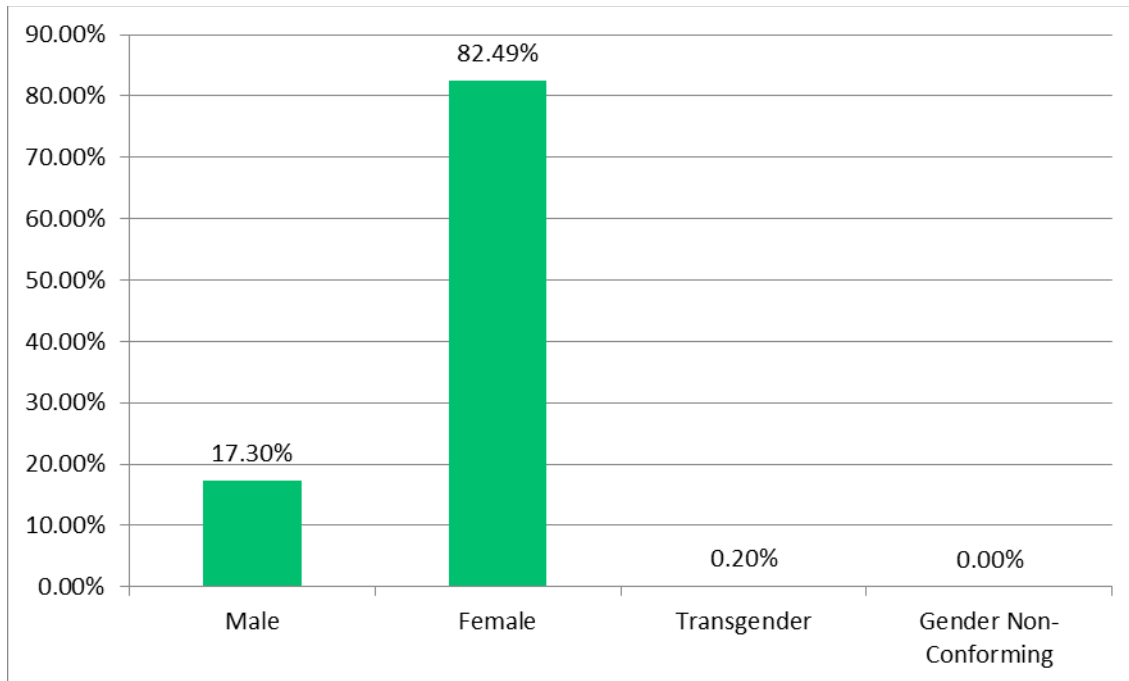
What would be the main reason you might not evacuate if asked to do so?



The graph above indicated the percentage of the respondents surveyed that indicated what reason might cause them to not evacuate if public authorities announced a mandatory evacuation from their neighborhood/community due to a large-scale disaster or emergency. Of the 486 who responded 97 stated they would not leave due to concern about leaving property behind. The second highest response was Not Applicable with 87 responses, which meant they would evacuate regardless of the concerns listed. These two combined are slightly less than 40% who stated they would evacuate in 2015.

Question 19.

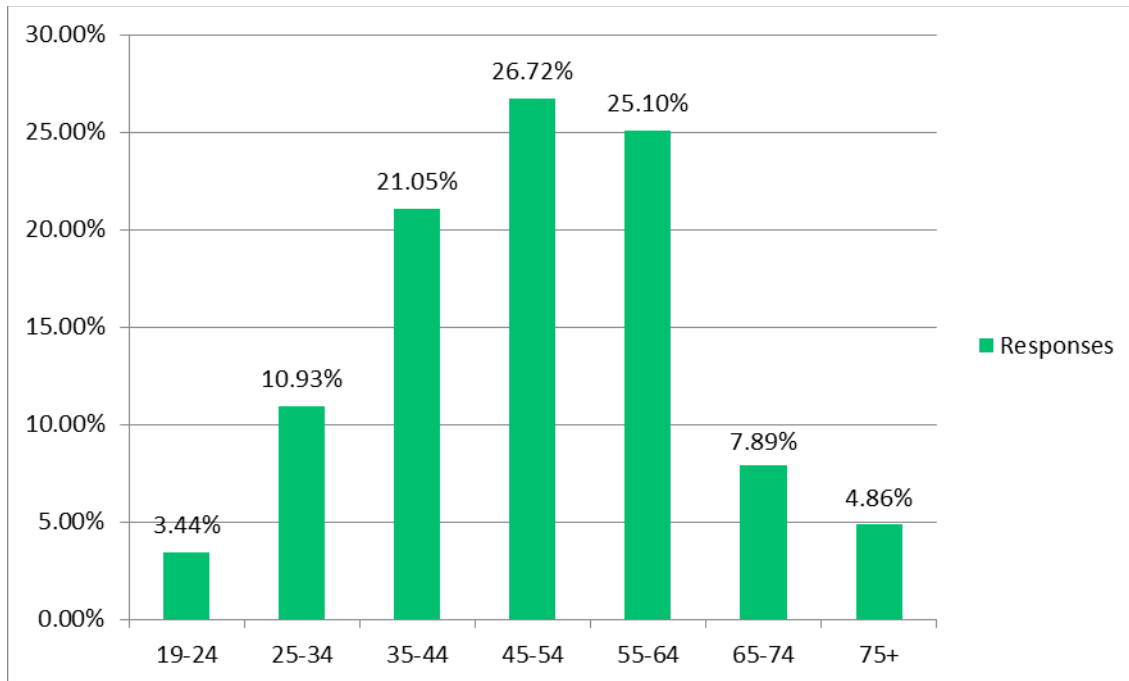
I am:



Female was the highest respondents in the survey with 82.49% or 410 out of 497 individuals answering the question. Males accounted for 17.30% or 86 out of 497 individuals answering the question. These response rates were like those in 2015.

Question 20.

My age is:



The graph above indicates the percentage of respondent's age. Age ranges with the highest participation were 26.72% between 45-54 and 25.10% between 55-64. The next highest categories were 21.05% between 35-44 and 10.93% between 25-34. The age range of respondents reflects approximately the same data as indicated in the same chart in the 2015 survey.

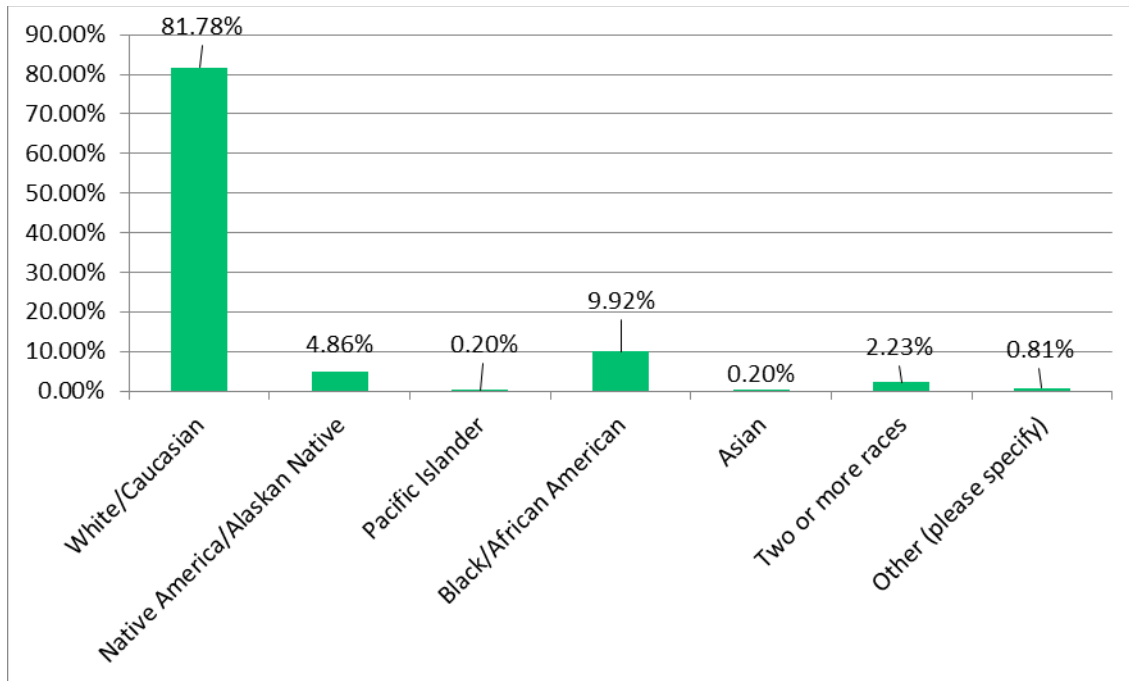
Question 21.

What is your Zip Code?

TOWNSHIP	NUMBER OF SURVEYS
Bolton	15
Brunswick	2
Cerro Gordo	13
Clarendon	11
Chadbourn	61
Delco	1
Evergreen	10
Fair Bluff	1
Hallsboro	11
Lake Waccamaw	28
Nakina	10
Riegelwood	3
Tabor City	23
Whiteville	231
Other/Unknown/Did Not Respond	

Question 22.

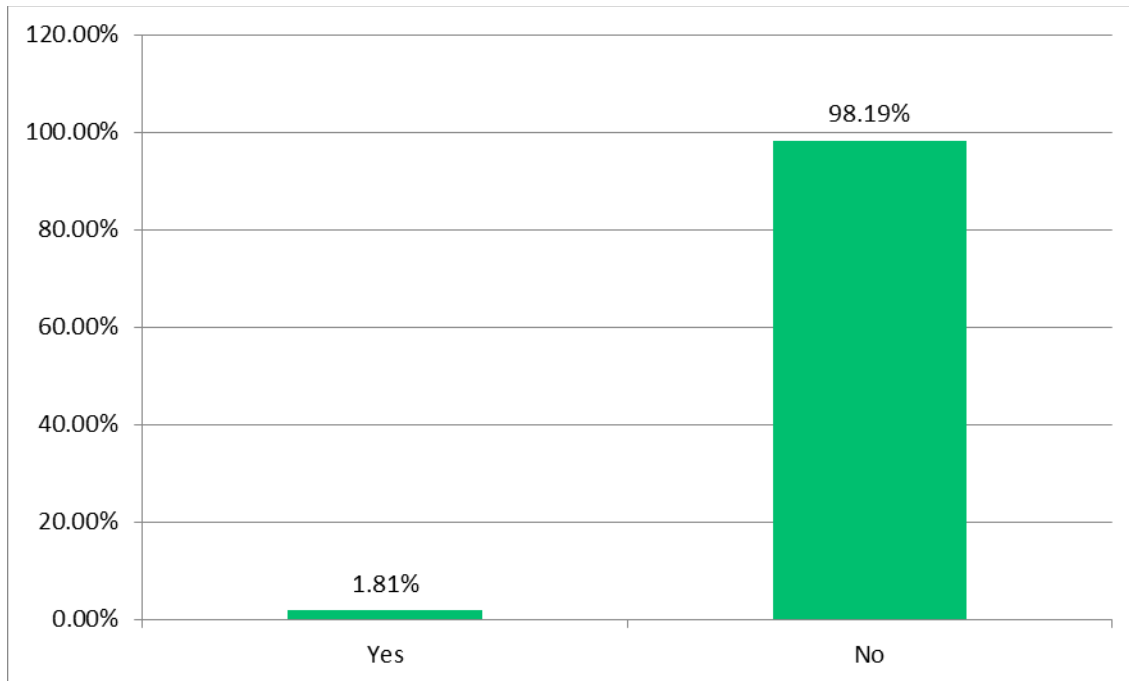
My race is:



As in 2015, most respondents were White/Caucasian (81.78%). There were fewer Black/African American respondents (9.92%). We did experience a slight increase in the percentage of Native American/Alaskan Native who responded in addition to Asian respondents. A new category was added for the 2019 Community Health Assessment and we saw a response rate of 2.23% as listing race as two or more races. There was an increase in those who responded other.

Question 23.

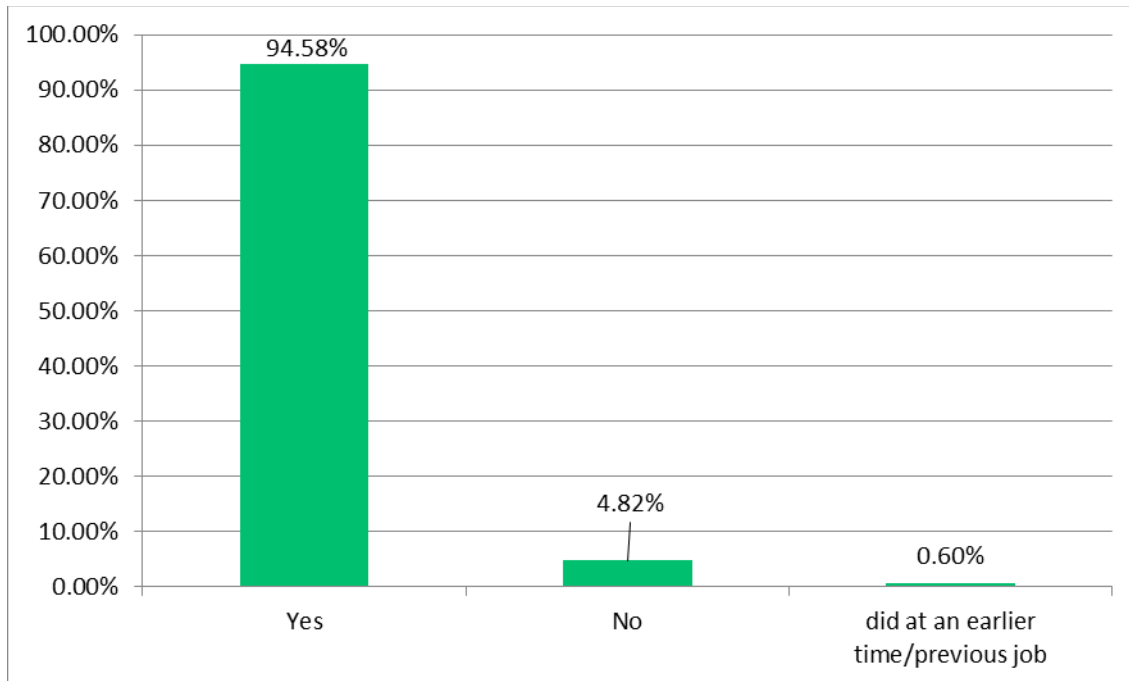
Are you of Hispanic, Latino or Spanish origin?



The above graph indicates a 98.19% percent responding they were not of Hispanic, Spanish or Latino origin.

Question 24.

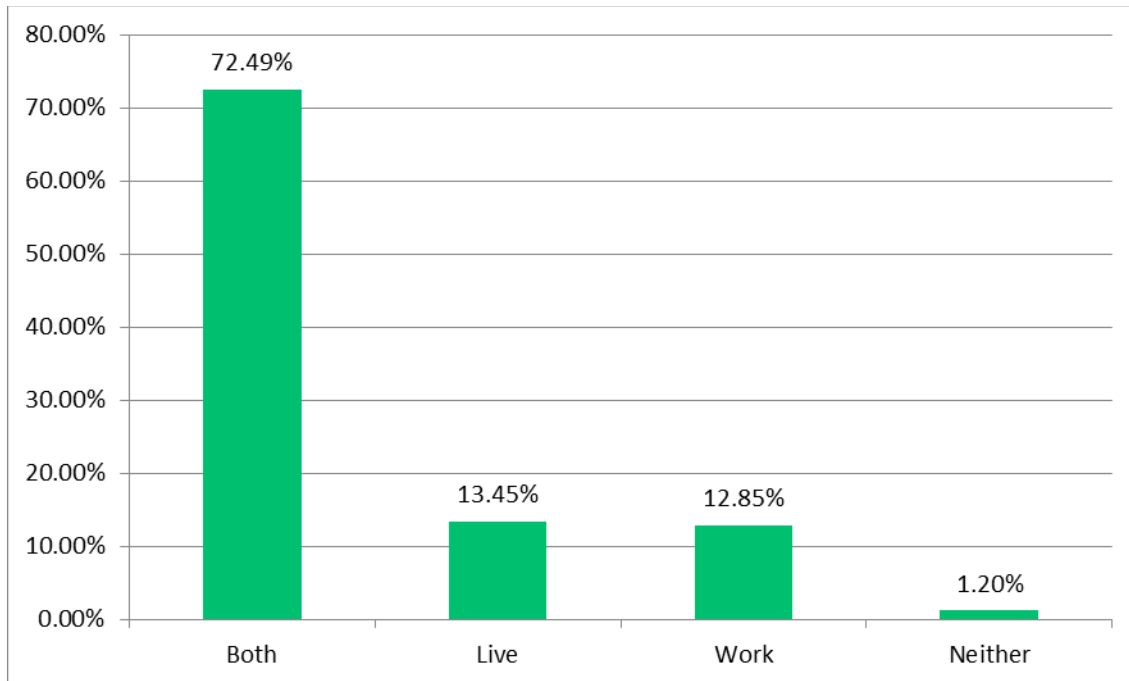
Do you currently have health insurance?



We have experienced an increase in the number of respondents who indicated they do have health insurance since the 2015 assessment. Of the 498 that responded, 94.58% indicated they do have health insurance. This is an increase over the 84% who indicated that in 2015 they had insurance. There is a decrease in 2019 for those who indicated they did not have insurance.

Question 25.

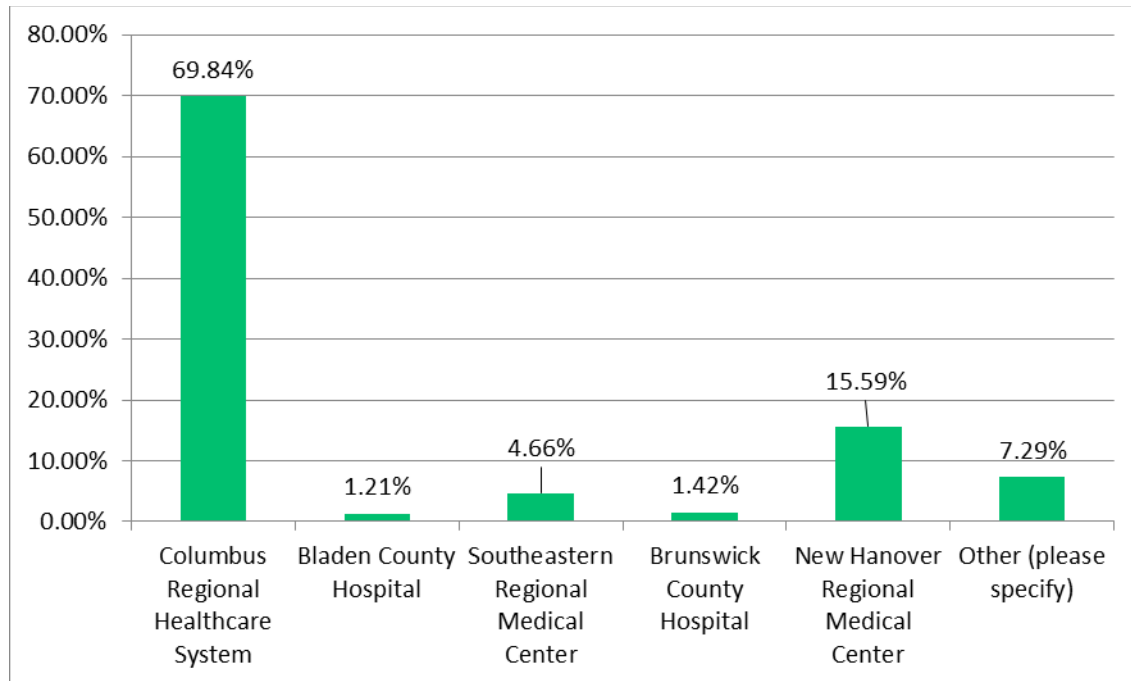
Do you live or work in Columbus County?



Six individuals answered the questionnaire stating they neither lived nor worked in Columbus County. These individuals answered through Survey Monkey and we determined it was too few to research and pull those answers. We have looked at the question and considered that it might be ambiguous and should have just asked if they lived in Columbus County.

Question 26.

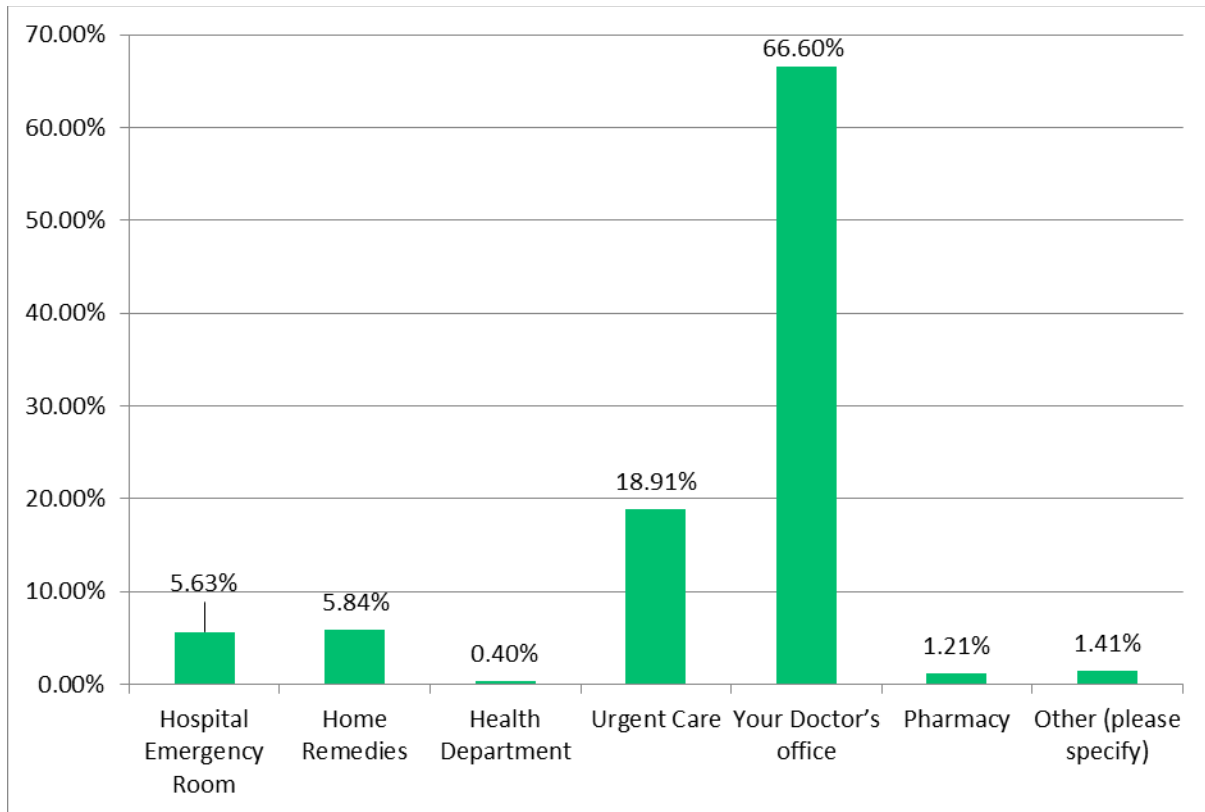
When seeking care, what hospital do you visit first? (Check only one)



There was an increase in the percentage of respondents who stated that Columbus Regional Healthcare System would be their first choice as hospital. In 2015, 65% stated they would use CRHS compared to 69.84% in 2019. All other medical facilities experienced a decline in percentages from the 2015 assessment.

Question 27.

Where do you go most often when you are sick?



This question was not asked on the 2015 assessment, so we have no data to analyze based on prior responses. The greatest percentage of respondents stated they would visit their doctor if they were sick. Columbus Regional Healthcare System recently closed their own Urgent Care due to financial issues. There are two privately operated Urgent Care Centers in the vicinity that individuals may have utilized and answered this question with that option in mind.

Secondary Data

**Please refer to the secondary data appendix for additional secondary data.*

Demographic Data

Columbus County, North Carolina's estimated population is 55,987 with a growth rate of -0.52% in the past year according to the most recent United States Census Data. Columbus County, North Carolina is the 51st largest county in North Carolina. The county decreased in population from 56,279 in 2016. (<http://www.census.gov/data/databases/2017/demo//popest.counties-total.html>)

Race

Using the source cited above the racial makeup of Columbus County is as follows:

Race	Population
White	34,810
Black or African American	17,479
American Indian	2,099
Another Race	1,395
Two or More Races	551
Asian	247
Native Hawaiian or Pacific Islander	8

Education

Columbus County is below the state average for high school graduates at 84%, which is reflected in the survey, which referred to lack of job opportunities directly related to less than desired skilled workforce. Unemployment is above the state average at 5.6% in addition to income inequality at 5.6%. All of these factors, combined with the number of children living in poverty, and low median household income, contribute to low educational attainment and a poorly trained workforce. (County Health Rankings and Roadmap, 2019)

Income and Poverty

The economy of Columbus County, NC employs 20.5k people. The largest industries in Columbus County, NC are Health Care & Social Assistance (3,809 people), Manufacturing (2,512 people), and Retail Trade (2,389 people), and the highest paying industries are Utilities (\$62,716), Transportation & Warehousing, & Utilities (\$48,654), and Transportation & Warehousing (\$41,144).

Median household income in Columbus County, NC is \$37,600. This is less than the median US income at \$60,336. Males in Columbus County, NC have an average income that is 1.34 times higher than the average income of females, which is \$44,729. Median income of the residents of North Carolina is \$52,800.

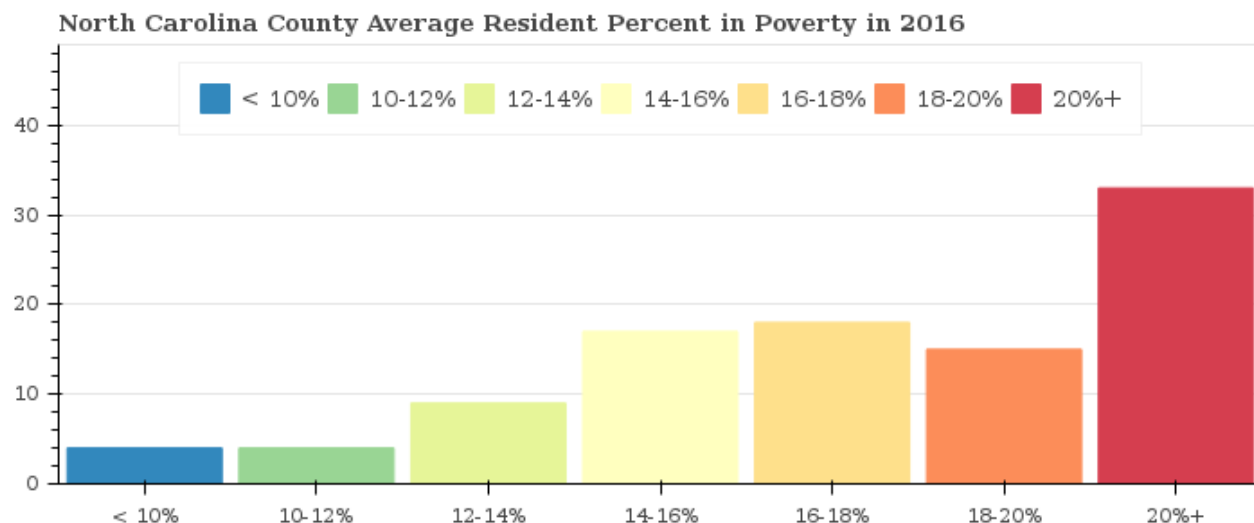
<https://datausa.io/profile/geo/columbus-county-nc/#economy>

<https://www.countyhealthrankings.org/app/north-carolina/2019/measure/factors/63/data>

Unemployment

According to the Columbus County Health Rankings and Roadmaps, 2019, unemployment in Columbus County is 5.6%. According to the Bureau of Labor Statistics, unemployment in NC as of July 2019 is 4.2% <https://accessnc.nccommerce.com/DemoGraphicsReports/pdfs/countyProfile/NC/37047.pdf> <https://www.bls.gov/eag/eag.nc.htm>

With the downturn in the economy over the past several years, poverty rates have climbed at an alarming rate; they are much higher than the nation's 14.3% poverty rate. Columbus County's poverty rate has increased to 23.3% when compared to the state's poverty level of 16.1%



City	Poverty Rate	Respondents
Chadbourn	41.2%	2,101
Lake Waccamaw	22.3%	1,304
Tabor City	40.8%	2,403
Whiteville	35.8%	5,187

<https://www.welfareinfo.org/poverty-rate/north-carolina/columbus-county>

General State of our Community's Health

General Social Characteristics

- Columbus County's population has experienced a decline since 2011, with 2019 population estimates being 55,987 according to the U.S. Census Bureau.
- Educational attainment stands at 6.33% below ninth grade, and 33% no higher than a high school education. The highest graduation rates are among the Asian population with a rate of 100%.

- Columbus County continues to reflect a more diverse population than the state and nation with more females than males, a difference between 39.9% and 43.7%. Of our 44,150 adults, 10,484 are considered senior citizens.
- Median household income has remained stagnant over the past 10 years and is lower than the state and nation. Poverty rates have increased at an alarming rate and is now 23.62% and higher among females. The average wage earned in Columbus County is \$29,739.
- Unemployment remains higher than the state and national average.
- Spanish is the only language spoken by 4.69% of the population.

General Health Rankings

- Columbus County was ranked as the least healthy county in the state of North Carolina for the years 2009 – 2014 ranking 100 out of 100. In 2015, some improvement to the overall rank was achieved with a score of 96 out of 100. The health outcomes ratings (morbidity, mortality) was 96 and was 88 among the health factors ratings (social, economic, environment, health behavior factors). As of health rankings released for 2019, Columbus County ranked 94th in the state in Health outcomes and 90th in Health Factors

Healthy Lifestyles

- Overweight and obese adults and children are a concern, as well as habits related to lack of exercise and healthy eating.
- Community Perceptions: Feedback from the community health assessment surveys indicated that there is still a lack of physical activity, eating healthier foods and smoking among adults as reported in the 2015 Behavioral Risk Factor Surveillance Survey (BRFSS). These three health behaviors are self-reported among Columbus residents and negatively affect the health of residents.
- Most people have a general knowledge of how lifestyle choices impact health; however, most report, that for reasons related to cost, access and convenience it is difficult to maintain a healthy lifestyle. Survey respondents stated the economy is their biggest concern and they feel the lack of job opportunities and insufficient funds to pay for everyday necessities are two main reasons our county continues to be ranked low in the state for health factors and outcomes.

Health Risk Factors

- Prevalence of diabetes continues to be high and Columbus County has a higher rate than both the state and country.
- Infant mortality and preterm births are higher than the state average in addition to 43 compared to 27 at the state level.
- Columbus County in the 2019 Health Rankings and Roadmaps indicated Columbus County had 550 premature age-related mortality as compared to 370 at the state level with less than the state average life expectancy of 74.0 years.
- Hypertension rates continue to increase.
- Community Perceptions: The community health assessment surveys consistently reported that obesity, chronic disease and drug/alcohol use were the number one health problems in Columbus County.

Health Outcomes- Morbidity and Mortality

- Diseases of the heart were the number one leading cause of death in Columbus County in 2017 attributing to 209 deaths.
- Cancer is the second leading cause of death in adults in Columbus County in 2017 attributing to 133 deaths.

Mental Health

- Trillium (LME) now serves Columbus County. There are several private providers (for-profit and non-profit) endorsed by them to provide at least one service related to mental health, developmental disabilities, and substance abuse including Bridgepoint and Advanced Behavioral Services in addition to on-going classes for those who have been referred by the local courts.
- Feedback from the community indicates that there is a growing concern regarding mental health services related to substance abuse including prescription and illegal drug use. Of the 28,710 patients receiving services in the local hospital's Emergency Department during 2018, 265 were referred for mental health services.

Health Services

- Due to the lower-income status of Columbus County, it is designated as medically indigent with a Health Professional Shortage Area (HPSA) Score of 19 in primary care. In 2017, Columbus County had 5.4 primary care physicians per 10,000 residents as compared to 7.0 at the state level.
- Columbus County has improved and fares comparable to the state and nation in preventive clinical services such as diabetes screenings, but mammography screenings are lower than the state average of 41%. Our survey indicated most females responding having had a mammogram within the last twelve months.
- With increases in unemployment in Columbus County, the community reports that access to care remains an issue, due mostly to lack of insurance and inability to pay for medical co-pays and prescriptions

Children's Health

Obesity is a condition affecting many residents in Columbus County and is the number one health problem in children. In North Carolina in 2014, 15% of children, ages 2-4, receiving WIC services, were considered obese. In 2017, 13.1% percent of children ages 10-17 were considered obese and 15.4% of high school students were obese. North Carolina ranks 19th in the nation for the number of individuals diagnosed as obese. More children eligible for free lunch, lack of exercise and lack of choices for health foods contribute to this health issue. Asthma discharges from hospitals in Columbus County have decreased in the last four years.

<https://www.stateofobesity.org/states/nc/>

<https://datacenter.kidscount.org>

Health Care Access

At 19.0%, Columbus County has one of the highest rates of uninsured adults age 19 and over.

Additionally, 5% of our children ages 0-18 lack health insurance coverage, which is in line with the state average of 5%. (2019 County Rankings and Roadmaps). Our Medicaid population is at 31% compared to the state average of 21.2%. We have fewer health care physicians per 10,000 residents compared to the state level, few dentists and birth attendants. Access to Psychiatrists and Psychologists is 0.2 per 10,000 as compared to 3.5 per 10,000 residents at the state level. Mental health providers in Columbus County see an average of 843 patients per year, which represents a .0355% decrease from the previous year.

<http://nciom.org/nc-health-data/nc-data/>

<https://www.countyhealthrankings.org/rankings/data/nc>

Prevention and Health Promotion Needs and Resources

The Columbus County Health Department, along with the support and participation from community agencies, offers the following health promotion resources (Indicates evidenced based programs or programs that have been shown to be effective by researchers):*

- Chronic Disease Self-Management Program and Chronic Pain Self-Management Program (Stanford) - programs designed to help those with Chronic conditions and chronic pain to improve management of their condition(s)*
- Faithful Families- a program designed for faith based communities, with emphasis on healthier eating, physical activity, and policy or environmental changes that can promote better health among congregation members*
- Teen Pregnancy Prevention- Making Proud Choices- a program designed for middle and high school youth which focuses on adolescent pregnancy prevention, as well as making better decisions to improve the health of youth*
- Diabetes and High Blood pressure screenings*
- Body Mass Index screenings*
- Improving worksite health by the adoption of policies and environmental changes*
- Drug Abuse Prevention- working with community members, organizations, and other county entities to address substance abuse through implementation community forums and also with healthcare organizations to decrease the prescribing of narcotics, including pain medications
- The Columbus County Health Department also provides additional health education services, attendance at health fairs/community events, as requested by residents on other topics.
- Some of our community partners are working to address HIV/STD screenings, infant mortality prevention/reduction, community screenings, diabetes management, establishing improved community parks, recreation facilities, improve community design to improve and construct new pathways for bicycling and walking, working with physicians to improve management of chronic conditions and reduce prescriptions for narcotics, and improving economic prosperity.

While this is not a complete list, it does serve as an overview of current community initiatives.

Health Priorities/ Concerns

The Columbus County Community Health Assessment Team will begin to look at our residents' concerns and we **will focus on chronic disease prevention, drug abuse prevention, and obesity, respectively.** We felt that we had the capacity to address these issues as a group, due to the current undertakings of community agencies and organizations to address these health topics. Furthermore, our efforts to address these concerns will be a continuation of efforts from the previous assessments in 2012 and 2015. Action plans for the aforementioned health concerns will be developed in the spring and summer of 2020.

Below are the important 2020 Community Health Assessment information findings:

- In the 2020 Community Health Assessment, we found that the biggest health issues or concerns are **chronic diseases (cancer, diabetes, heart disease, stroke)**, followed by **drug abuse and obesity**. Chronic diseases and obesity continue to be the leading causes of death in Columbus County. While drug abuse is not a leading cause of death, it is possible that it is linked with unintentional injuries, another leading cause of death. These are the 3 areas that we will develop action plans for to address in the next four years. Our community identified these issues as problems and the data concurs that these issues are the biggest health issues and concerns in the county. As we address these issues, we will be working to achieve the following Healthy North Carolina 2030 desired results (North Carolina Department of Health and Human Services): 1. Chronic Disease and Obesity: Increase physical activity; Improve access to healthy foods; Reduce overweight and obesity. 2. Drug Abuse: Decrease drug overdose deaths; Improve access and treatment for mental health needs.
- **Chronic Diseases and Obesity** are still a top concern of residents and have been since 2012. Efforts include community outreach events and workshops such as the Stanford Chronic Disease Self-Management Program, and a partnership with East Carolina University's Office of Healthy Aging Research, Education, and Services to increase our ability to offer chronic disease prevention to rural communities.

- **Drug Abuse** is also still a top concern for our communities. Since 2015, we have collaborated with the county's school systems, the county Sheriff's office, and other agencies and organizations to host multiple opioid awareness forums throughout Columbus County.

We hope that residents will find the information contained in this document as a resource, and as a tool for change in our county. Furthermore, we are grateful to all residents who took their time to participate in this process.

We encourage residents to contact the Columbus County Health Department with questions or concerns:

Daniel Buck

Columbus County Health Department

304 Jefferson Street

Whiteville, NC 28472

910-640-6615 ext. 7026

Daniel.Buck@columbusco.org

Facebook: @columbuscountyhealth



Please visit us on Facebook for up-to date health information and notices regarding public health programs and events that are offered by the Columbus County Health Department and community partners.

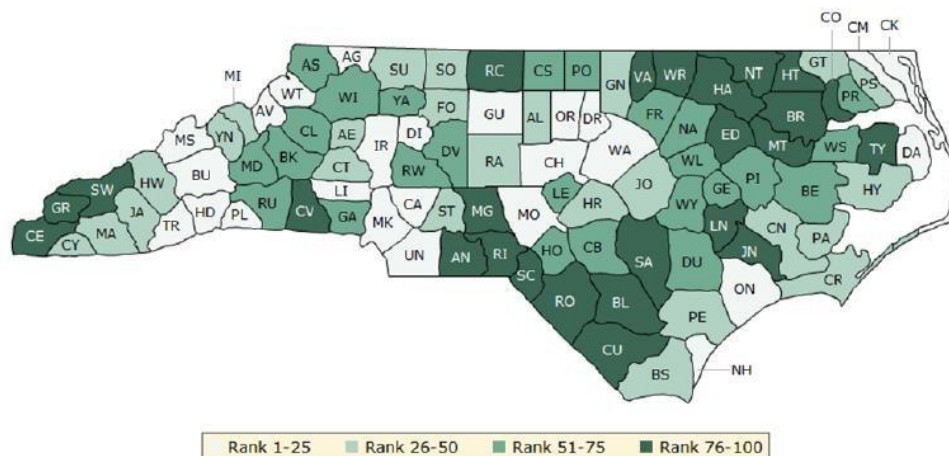
Appendix A

Secondary Data/Databook

COUNTY HEALTH RANKINGS

The *County Health Rankings* rank the health of nearly every county in the nation and show that much of what affects health occurs outside of the doctor's office. Published by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation, the *Rankings* help counties understand what influences how healthy residents are and how long they will live. The *Rankings* confirm the critical role that factors such as education, jobs, income, and environment play in influencing health. The Rankings look at a variety of measures that affect health such as the rate of people dying before age 75, high school graduation rates, access to healthier foods, air pollution levels, income, and rates of smoking, obesity and teen births. The *Rankings*, based on the latest data publicly available for each county, are unique in their ability to measure the overall health of each county in all 50 states on the multiple factors that influence health. Visit the website listed below to view the full document.

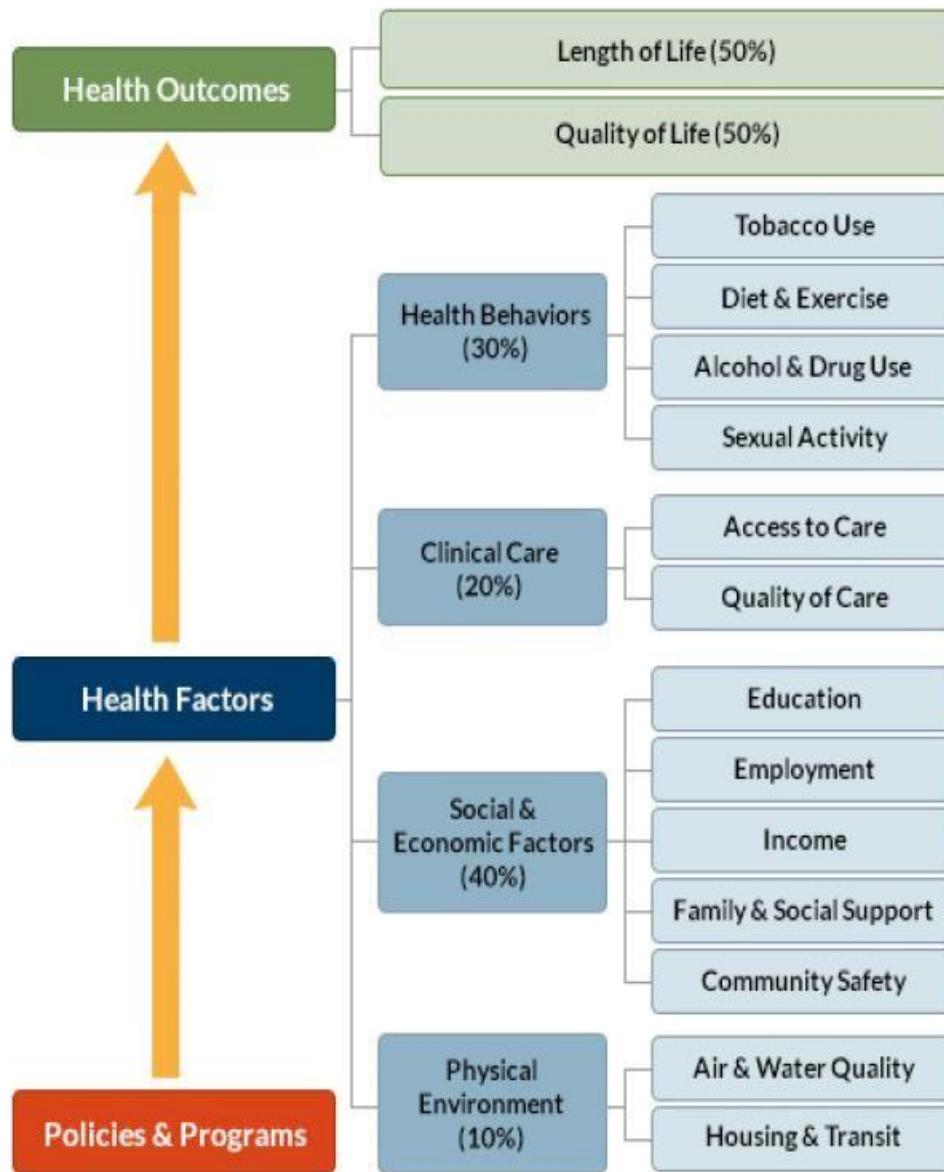
<https://www.countyhealthrankings.org/rankings/data/nc>



Columbus County ranked 94 out of 100 counties for having the least favorable health outcomes.

Based on the County Health Rankings, Columbus County ranks in the highest tier in the state among unhealthy outcomes. It ranks 94 out of 100 counties among the health outcomes ratings and 90 out of 100 among the health factors ratings. Columbus County was ranked at 100 for the 6 years in a row until improving to 96 for 2016 year.

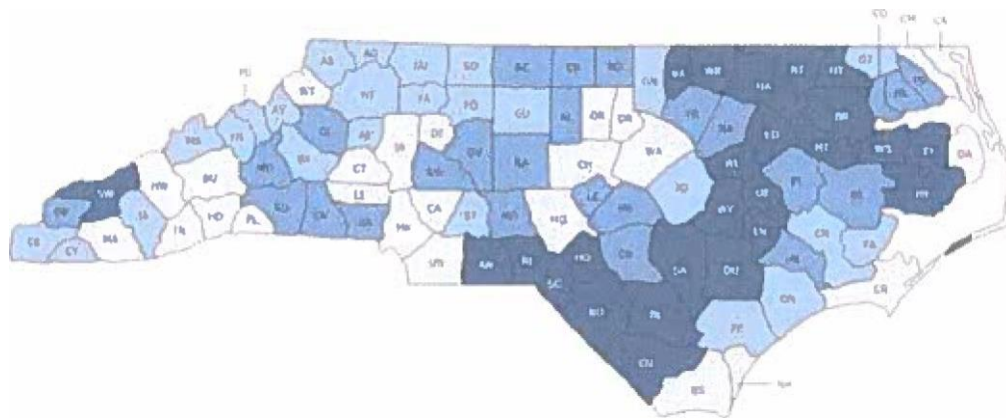
The summary health factor rankings are based on weighted scores of four types of factors: behavioral, clinical, social and economic, and environmental. The weights for the factors (shown in parentheses in the figure) are based upon a review of the literature and expert input and represent just one way of combining these factors.



Differences in Health Factors within States by Place and Racial/Ethnic Groups

How Do Counties Rank for Health Factors?

Health factors in the County Health Rankings represent the focus areas that drive how long and how well we live, including health behaviors (tobacco use, diet & exercise, alcohol & drug use, sexual activity), clinical care (access to care, quality of care), social and economic factors (education, employment, income, family & social support, community safety), and the physical environment (air & water quality, housing & transit).



Rank 1-25 • Rank 26-50 • Rank 51-75 • Rank 76-100

The blue map above shows the distribution of North Carolina's health factors based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment. Detailed information on the underlying measures is available at www.countyhealthrankings.org. The map is divided into four quartiles with less color intensity indicating better performance in the respective summary rankings.

What are the Factors That Drive Health and Health Equity and How Does Housing Play a Role?

A range of factors influences health. Social and economic factors, like connected and supportive communities, good schools, stable jobs, and safe neighborhoods, are foundational to achieving long and healthy lives. These social and economic factors also interact with other important drivers of health and health equity. For example, housing that is unaffordable or unstable can either result from poverty or exacerbate it. When our homes are near high performing schools and good jobs, it's easier to get a quality education and earn a living wage. When people live near grocery stores where fresh food is available or close to green spaces and parks, eating healthy and being active is easier. When things like lead, mold, smoke, and other toxins are inside our homes, they can make us sick. And when so much of a paycheck goes toward the rent or mortgage, it makes it hard to afford to go to the doctor, cover the utility bills, or maintain reliable transportation to work or school.

Health Environment

Columbus ranks approximately the same as the state average for particulate matter and air pollution. The county average is 9.7% while the state average is 9.8% The county is not listed as having any drinking water violations and ranks approximately the same for housing problems. We do face higher than state averages for those individuals who drive alone to work or drive alone and have long distance commutes.

The county does have higher home ownership rates than the state average.

Health Risk Factors

Indicator	Columbus County Current	Columbus Past	North Carolina	Nation	Healthy People 2020 Goal
Smoking (adults age 18+)	21.0%	24.4%	18%	25%	12%
Diabetes	16.0%	14.6%	11.0%	8.3%	25.30%
Hypertension	32.70%	32%	29.5%	29.9%	26.90%
Infant Mortality	10.4%	17.9%	7.2%	7%	6%

Sources: National Health Indicators Warehouse (HIW), Healthy People 2020

Health, well-being and quality of life are affected by a variety of genetic, environmental and behavioral risk factors that are most commonly associated with poor health, disability and premature death. Columbus County typically fares worse than the rest of the state and is below the national average as well as the Healthy People 2020 goal.

Mortality and Morbidity

Leading Causes of Death in North Carolina@ 2017

Location: COLUMBUS

Race: all

Gender: both all (Hispanic, Non-Hispanic, and
Hispanic Origin: Unknown)

Age: 0 - 99 years

Note: Age 99 indicates age 99 years or older.

Rank	Cause	Number	0/0
1	Diseases of heart	209	27.9
2	Cancer	133	17.8
3	Chronic lower respiratory diseases	46	6.1
4	Cerebrovascular diseases	36	
5	Diabetes mellitus	36	4.8
6	Motor vehicle injuries	25	3.3
7	Alzheimer's disease	24	3.2
8	All other unintentional injuries	21	2.8
9	Essential (primary) hypertension and hypertensive renal disease	16	2.1
10	Nephritis, nephrotic syndrome and nephrosis	15	2
	All other causes (Residual)	187	25.2
Total Deaths All Causes		748	100

Source: State Center for Health Statistics, North Carolina

Leading Causes of Death in North Carolina@ 2017

Location: ALL COUNTIES

Race: all

Gender: both all (Hispanic, Non-Hispanic, and

Hispanic Origin: Unknown)

Age: 0 - 99 years

Note: Age 99 indicates age 99 years or older.

Rank	Cause	Number	0/0
1	Cancer	19474	20.9
2	Diseases of the Heart	18840	20.2
3	Chronic lower respiratory diseases	5545	5.9
4	Cerebrovascular diseases	5100	5.5
5	All Other Intentional Injuries	4526	4.9
6	Alzheimer's Disease	4291	4.6
7	Diabetes Mellitus	2908	3.1
8	Influenza and Pneumonia	2079	2.2
9	Nephritis, nephrotic syndrome and nephrosis	2041	2.2
10	Intentional Self-Harm (Suicide)	1527	1.6
	All other causes (Residual)	26871	28.9
Total Deaths All Causes		93202	100.0

Source: State Center for Health Statistics, North Carolina

Cancer

The N.C. Division of Public Health reports that cancer is now the leading cause of death in North Carolina surpassing heart disease. In Columbus County, the cancer rate is 17.8% compared to the state rate of 20.9%. Lung cancer is the leading cause of cancer death in Columbus County (2010 State Center for Health Statistics).

Cancer Deaths 2013-2017	Columbus County	North Carolina
Lung/Bronchus	205	27,449
Colon/Rectum	56	7,942
Female Breast	54	6,728
Prostate	26	4,477
Pancreas	40	1450

Source: 2013-2017 Years of Potential Life Lost in Total, 2019 County Health Data Book

Heart Disease

Heart Disease is the second leading cause of death for men and women in North Carolina. The risk for heart disease increases as a person's age increases. In addition to behavioral risk factors, obesity, high blood pressure, high cholesterol and diabetes are other known risk factors for heart disease. In Columbus, diseases of the heart mortality rate are 27.9% compared to the state rate of 20.2%.

(North Carolina Institute of Medicine. Healthy North Carolina 2020: A Better State of Health)

Charts included on the following two pages indicate statewide and county trends in key health indicators and include comparisons to Columbus County for Colorectal Cancer, Trachea, Bronchus and Lung Cancer, Female Breast Cancer and Prostate Cancer, Cardiovascular, Heart, Stroke and Diabetes death rates per 100,000 residents.

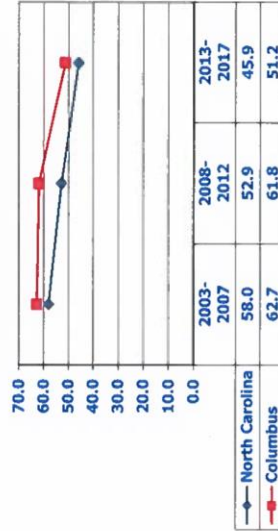
NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: **COLUMBUS COUNTY**



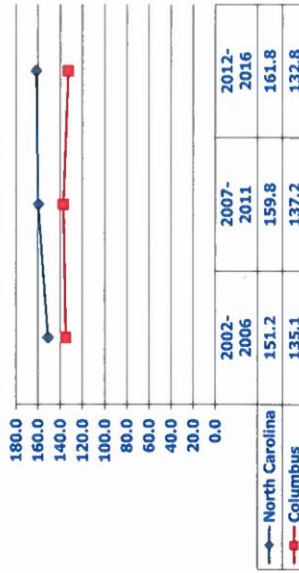
13. Age-Adjusted Colorectal Cancer Death Rates per 100,000 Residents (Healthy NC 2020 Target=10.1)



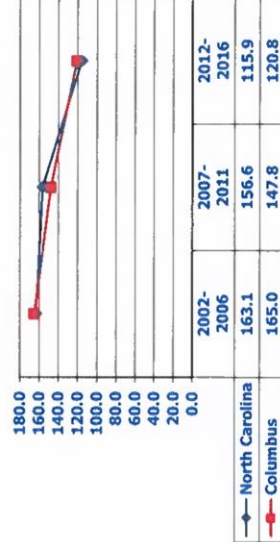
14. Age-Adjusted Trachea, Bronchus, & Lung Cancer Death Rates per 100,000 Residents



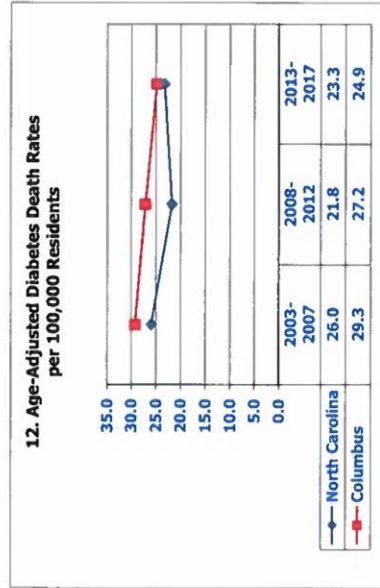
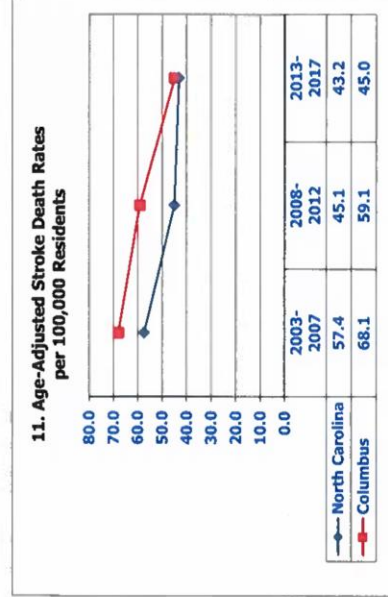
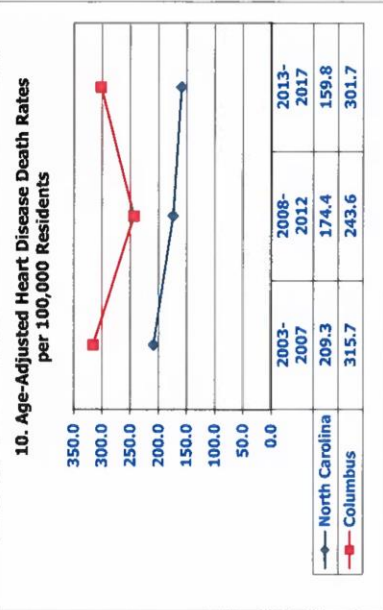
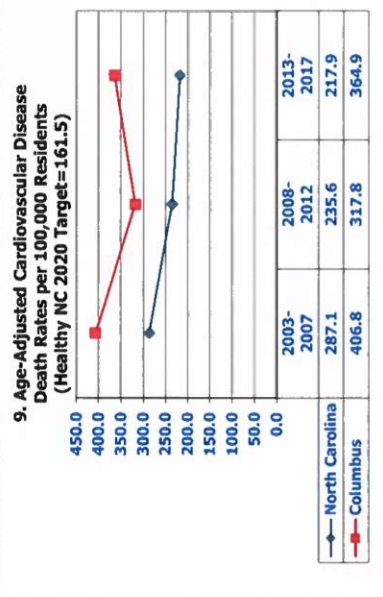
15. Age-Adjusted Female Breast Cancer Incidence Rates per 100,000 Residents



16. Age-adjusted Prostate Cancer Incidence Rates per 100,000 Residents



NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: COLUMBUS COUNTY



Appendix B

Copy of Community Health Assessment survey – English and Spanish

2019 Community Health Assessment

CRHS and CCHD are conducting a Community Health Assessment (CHA) survey to better understand the health concerns and needs of our community. Information obtained from the CHA will be used in the development of an action plan to improve the health of the community. If you are at least 18 years of age and a resident of Columbus County, please complete the following survey. Only one per household. All survey respondents will remain anonymous. Do not include your name or other identifiers.

1. (Check only one) How do you rate your own health? ☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor
☐ Don't know/Not sure
2. (Check all that apply) Have you ever been told by a doctor, nurse, or health care professional that you have any of the following? ☐ Diabetes ☐ High Cholesterol ☐ Depression ☐ Osteoporosis ☐ Heart Disease/Angina ☐ Cancer ☐ Asthma ☐ Dementia ☐ Overweight/Obesity ☐ Lung Disease ☐ High Blood Pressure ☐ Arthritis ☐ Domestic Violence ☐ Parkinson's ☐ Other (please specify) _____
3. (Check all that apply) Which of these problems prevented you or your family from getting necessary health care? ☐ Cultural/Health Beliefs ☐ No appointments available ☐ Lack of understanding the need ☐ Lack of insurance ☐ Transportation ☐ Fear (not ready to face health problem) ☐ Unable to pay/cost/can't afford ☐ Not important ☐ None ☐ Other (please specify) _____
4. (Check only one) What has affected the quality of the health care you received? ☐ Ability to read & write/Education ☐ Race ☐ Not Applicable ☐ Language Barrier/Interpreter/Translator ☐ Economic (low income, no insurance, etc.)
5. (Check all that apply) Where do you and your family get most of your health information? ☐ Health Education Center ☐ Internet Search ☐ Television ☐ Hospital Newsletter ☐ Radio ☐ Family or Friends ☐ Doctor/Health Professional ☐ Newspaper/Magazine ☐ Health Department ☐ Church ☐ School ☐ Help lines
6. (Check only one) What do you think most people die from in your community? ☐ Asthma/Lung Disease ☐ Stroke/Cerebrovascular Disease ☐ Homicide/Violence ☐ Heart Disease ☐ Diabetes ☐ Motor Vehicle Deaths ☐ Cancer ☐ Suicide ☐ HIV/AIDS ☐ Other (please specify) _____
7. (Check only one) What is the biggest health issue or concern in your community? ☐ Alcohol Abuse ☐ Teen Pregnancy ☐ Illegal Drug Use ☐ Child Abuse ☐ Obesity ☐ Vehicle Crashes ☐ Prescription Drug Abuse ☐ Gangs/Violence ☐ Mental Health ☐ Asthma ☐ Nicotine Use (Vaping, Cigarettes) ☐ Dental Health ☐ Chronic Disease (Cancer, Diabetes, Heart or Lung Disease) ☐ Sexual Transmitted Infections (syphilis, gonorrhea, chlamydia) ☐ Other (please specify) _____
8. (Check only one) Which one of the following most affects the quality of life in your county? ☐ Pollution (air, water, land) ☐ Dropping out of school ☐ Low income/poverty ☐ Homelessness ☐ Lack of/inadequate health insurance ☐ Lack of hope ☐ Discrimination/racism ☐ Lack of community support

☐ Neglect and abuse ☐ Domestic Violence ☐ Crime (murder, assault, theft, rape/sexual assault)
☐ None ☐ Other (please specify) _____

9. (Check only three) What does your community need to improve the health of your family, friends and neighbors? ☐ Access to Food ☐ Mental Health Services ☐ Healthier Food Choices ☐ Job Opportunities
☐ Services for the Disabled ☐ Recreation Facilities ☐ Safe places to Walk/Play ☐ After-School Programs
☐ Wellness Services ☐ Transportation ☐ Programs for the Elderly ☐ Specialty Physicians ☐ Additional Health Services ☐ Substance Abuse Rehabilitation Service ☐ Other (please specify) _____

10. (Check all that apply) Which of the following preventative screenings have you had in the past 12 months? ☐ Mammogram (if woman) ☐ Prostate cancer screening (if man) ☐ Colon/rectal exam ☐ Blood sugar check ☐ Cholesterol screening ☐ Hearing screening ☐ Bone density test ☐ Physical exam ☐ Pap smear (if woman) ☐ Flu shot ☐ Blood pressure check ☐ Skin cancer screening ☐ HIV/Sexually Transmitted Infections ☐ Vision screening ☐ Cardiovascular screening ☐ Dental cleaning/X-rays ☐ None of the above ☐ Other (please specify) _____

11. (Check all that apply) Which of the following health issues have you received information on in the past 12 months? ☐ Blood Pressure ☐ Mental Health ☐ Substance Abuse ☐ Cholesterol ☐ Emergency Preparedness ☐ Nutrition ☐ Distracted driving/Seatbelts/Child Car Seats ☐ HIV/Sexually Transmitted Infections ☐ Family Planning ☐ Oral Health ☐ Vaccinations/Immunizations ☐ Cancer ☐ Diabetes ☐ Physical Activity ☐ Prenatal education ☐ None of the above ☐ Other (please specify) _____

12. (Check all that apply) Do you feel people in your community lack the funds for any of the following? ☐ Food ☐ Home/Shelter ☐ Medicine ☐ Health Insurance ☐ Transportation ☐ Affordable Healthcare/Co-Pay/Deductible ☐ Utilities ☐ Other (please specify) _____

13. (Check only one) Other than your regular job, how many days per week do you engage in physical activity for at least 30 minutes that makes you “break a sweat”? ☐ Zero days ☐ One to two (1-2) days a week ☐ Three to four (3-4) days a week ☐ Five (5) or more days a week

14. (Check only one) On average, how often do you eat fruits or vegetables? ☐ Once a day ☐ Once a week ☐ Once a month ☐ Several times a day ☐ Several times a week ☐ Never

15. (Check only one) Does your family have a basic emergency supply kit? (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlights and batteries, non-electric can opener, blanket, etc.) ☐ Yes ☐ No ☐ Don't know/Not sure

16. (Check only one) What would be your main way of getting information from authorities in a large-scale disaster or emergency? ☐ Television ☐ Text Message ☐ Social network site ☐ Neighbor ☐ Radio ☐ Print Media (ex: newspaper) ☐ Internet ☐ Other (please specify) _____

17. (Check only one) If public authorities announced a mandatory evacuation from your neighborhood or community due to a large-scale disaster or emergency, would you evacuate? ☐ Yes ☐ No ☐ Don't know/not sure

18. (Check only one) What would be the main reason you might not evacuate if asked to do so? ☐ Not applicable ☐ Concern about family safety ☐ Health problems (could not be moved) ☐ Concern about personal safety ☐ Lack of transportation ☐ Don't know ☐ Concern about traffic/inability to get

out ___Concern about leaving property behind ___Lack of trust in public officials ___Concern about leaving pets ___Work ___Other (please specify)_____

Demographic Information

19. I am: ___Male ___Female ___Transgender ___Gender-Non-Conforming

20. My age is ___ 19-24 ___ 25-34 ___ 35-44 ___ 45-54 ___ 55-64 ___ 65-74 ___ 75+

21 What is your zip code? _____?

22. My race is ___White/Caucasian ___Native America/Alaskan Native ___Pacific Islander
___Black/African American ___Asian ----- Two or more races ___ Other (please specify)

23. Are you of Hispanic, Latino or Spanish origin ___ Yes ___ No?

24. Do you currently have health insurance ___ Yes ___ No ___ did at earlier job?

25. Do you live or work in Columbus County ___ Both ___ Live ___ Work ___ Neither?

26. When seeking care, what hospital do your visit first? (Check only one) ___Columbus Regional
Healthcare System ___Bladen County Hospital ___Southeastern Regional Medical Center ___
Brunswick County Hospital ___New Hanover Regional ___Other(please specify) _____

27. Where do you go most often when you are sick? (Check only one)? ___Emergency Room,
___Home Remedies ___Health Department ___Urgent Care ___Doctor's Office ___Pharmacy
___Other (please specify) _____

1. (Marque solo uno) ¿Cómo califica su propia salud? ___Excelente___Muy buena ___Buena
___Feliz ___Pobre___No sé / No estoy seguro

2. (Marque todo lo que corresponda) ¿Alguna vez le ha dicho un médico, enfermera o profesional de la salud que tiene alguno de los siguientes? ___Diabetes___Colesterol alto
___Depresión ___Osteoporosis ___Enfermedad cardíaca / Angina___Cáncer ___Asma
___Demencia ___Sobrepeso / Obesidad ___Enfermedad Pulmonar___Presión arterial alta ___Artritis___
___Violencia doméstica___Parkinson___Otro (especifique)

3. (Marque todo lo que corresponda) ¿Cuál de estos problemas le impidió a usted o su familia obtener la atención médica necesaria? ___Cultural / Creencias de salud ___No hay citas disponibles___ Falta de comprensión de la necesidad___Falta de seguro
Transporte___Miedo (no está listo para enfrentar un problema de salud) ___Incapaz de pagar / costo / no puede pagar ___NO importante ___Ninguno ___Otro (especifique)

4. (Marque solo uno) ¿Qué ha afectado la calidad de la atención médica que recibió?
___Capacidad de leer y escribir / Educación
___Raza ___No aplicable ___Barrera / intérprete / traductor de idiomas___Económico (bajos ingresos, sin seguro, etc.)

5. (Marque todo lo que corresponda) ¿Dónde obtienen usted y su familia la mayor parte de su información médica? ☐ Centro de educación en salud ☐ Búsqueda de internet ☐ Televisión ☐ Hospital ☐ Hoja informativa ☐ Radio ☐ Familia o Amigos ☐ Doctor / Profesional de salud ☐ Periódico ☐ / Revistas ☐ Departamento de Salud ☐ Iglesia ☐ Escuela ☐ Líneas de ayuda
6. (Marque solo uno) ¿De qué cree que muere la mayoría de las personas en su comunidad? ☐ Asma / Enfermedad Pulmonar ☐ Accidente Cerebrovascular / Enfermedad Cerebrovascular ☐ Homicidio / Violencia ☐ Enfermedad Cardíaca ☐ Diabetes ☐ Muertes de Vehículos de Motor ☐ Cáncer ☐ Suicidio ☐ HIV/SIDA ☐ Otro (por favor especifique) ☐
7. (Marque solo uno) ¿Cuál es el mayor problema o preocupación de salud en su comunidad? ☐ Abuso de alcohol en adolescentes ☐ Embarazo ☐ Uso ilegal de drogas ☐ Abuso infantil ☐ Obesidad ☐ Vehículos se bloquea ☐ Prescripción ☐ Abuso de drogas ☐ Pandillas / Violencia ☐ Mental ☐ Salud ☐ Asma ☐ Uso de Nicotina ☐ Use (vaporizadores, cigarrillos) ☐ Salud ☐ Dental ☐ Clamidia ☐ Otros (especifique) ☐
8. (Marque solo uno) ¿Cuál de las siguientes opciones afecta más la calidad de vida en su condado? ☐ Contaminación (aire, agua, tierra) ☐ Salir de la escuela ☐ Bajos ingresos / pobreza ☐ Falta de vivienda ☐ Falta de seguro médico inadecuado ☐ Falta de esperanza ☐ Discriminación / racismo ☐ Falta de apoyo comunitario ☐ Negligencia y abuso ☐ Violencia doméstica ☐ Crimen (asesinato, asalto, robo, violación / agresión sexual) ☐ Ninguno ☐ Otros (especifique) ☐
9. (Marque solo tres) ¿Qué necesita su comunidad para mejorar la salud de su familia, amigos y vecinos? ☐ Acceso a la comida ☐ Servicios de salud mental ☐ Opciones de alimentos más saludables ☐ Oportunidades laborales ☐ Servicios para discapacitados ☐ Instalaciones de recreación ☐ Lugares seguros para caminar / jugar ☐ Programas después de la escuela ☐ Servicios de bienestar ☐ Transporte ☐ Programas para personas mayores ☐ Médicos especializados ☐ Servicios de salud complementarios ☐ Rehabilitación ☐ Servicios de salud ☐ Rehabilitación ☐
10. (Marque todo lo que corresponda) ¿Cuál de las siguientes pruebas preventivas ha tenido en los últimos 12 meses? ☐ Mamografía (si es mujer) ☐ Examen de detección de cáncer de próstata (si es hombre) ☐ Examen de colon / rectal ☐ Control de azúcar en sangre ☐ Examen de colesterol ☐ Examen de audición ☐ Prueba de densidad ósea ☐ Examen físico ☐ Frotis de papilla (si es mujer) ☐ Gripe ☐ Control de presión sanguínea ☐ Examen de cáncer de piel ☐ Examen de VIH ☐ Examen de detección cardiovascular ☐ Limpieza dental / rayos X ☐ Ninguno de los anteriores ☐ Otros (especifique) ☐
11. (Marque todo lo que corresponda) ¿De cuáles de los siguientes problemas de salud ha recibido información en los últimos 12 meses? ☐ Presión Arterial ☐ Salud Mental ☐ Abuso de sustancias ☐ Colesterol ☐ Emergencia ☐ Preparaciones ☐ Nutrición ☐ Distracciones / cinturones de seguridad / asientos de seguridad para niños ☐ HIV / Infecciones de transmisión sexual ☐ Salud Familiar ☐ Vacunas / Inmunizaciones ☐ Cáncer ☐ de

12. (Marque todo lo que corresponda) ¿Siente que las personas en su comunidad carecen de los fondos para alguno de los siguientes? ☐ Comida ☐ Hogar / Refugio ☐ Medicina ☐ Seguro de salud ☐ Transporte ☐ Asistencia médica asequible / Copago / Deducible ☐ Utilidades ☐ Otros (especifique)
13. (Marque solo uno) Aparte de su trabajo habitual, ¿cuántos días a la semana realiza actividad física durante al menos 30 minutos que le hacen "sudar"? ☐ Cero días ☐ Uno a dos (1-2) días a la semana ☐ Tres a cuatro (3-4) días a la semana ☐ Cinco (5) o más días a la semana
14. (Marque solo uno) En promedio, ¿con qué frecuencia come frutas o verduras? ☐ Una vez al día ☐ Una vez a la semana ☐ Una vez al mes ☐ Varias veces al día ☐ Varias veces a la semana ☐ Nunca
15. (Marque solo uno) ¿Tiene su familia un botiquín básico de suministros de emergencia? (Estos botiquines incluyen agua, alimentos no perecederos, cualquier receta necesaria, suministros de primeros auxilios, linternas y baterías, abrelatas, mantas, etc. no eléctricos) ☐ Si ☐ No ☐ No sé / No estoy seguro
16. (Marque solo uno) ¿Cuál sería su forma principal de obtener información de las autoridades en un desastre o emergencia a gran escala? ☐ Televisión ☐ Mensaje de texto ☐ Sitio de red social ☐ Vecinos ☐ Radio ☐ Medios impresos (ej.: periódico) ☐ Internet ☐ Otros (por favor especifique)
17. (Marque solo uno) Si las autoridades públicas anunciaran una evacuación obligatoria de su vecindario o comunidad debido a un desastre o emergencia a gran escala, ¿evacuaría? ☐ Si ☐ No ☐ No sé / no estoy seguro
18. (Marque solo uno) ¿Cuál sería la razón principal por la que no podría evacuar si se le pide que lo haga? ☐ No aplicable ☐ Preocupación por la seguridad familiar. Problemas de salud (no se pudo trasladar) ☐ Preocupación por la seguridad personal ☐ Falta de transporte ☐ No sé ☐ Preocupación por el tráfico / incapacidad para salir. ☐ Preocupación por dejar la propiedad atrás ☐ Falta de confianza en los funcionarios públicos ☐ Preocupación por dejar a las mascotas ☐ Otro (Por favor especificar) ☐ Información demográfica
19. Soy: ☐ Masculino ☐ Femenino ☐ Transgénero ☐ Género no conforme
20. Mi edad es ☐ 19-24 ☐ 25-34 ☐ 35-44 ☐ 45-54 ☐ 55-64 ☐ 65-74 ☐ 75+ ☐ 21 ¿Cuál es su código postal?
22. Mi raza es: Blanca / Caucásica ☐ Nativo Americano / Nativo de Alaska ☐ Islas del Pacífico ☐ Negra / Afroamericana ☐ Asiática ☐ Dos o más razas ☐ Otra (por favor especifique)
23. ¿Es usted de origen hispano, latino o español ☐ Si ☐ No?
24. ¿Tiene actualmente seguro de salud ☐ Sí ☐ No ☐ tenía en un trabajo anterior?
25. ¿Vive o trabaja en el condado de Columbus ☐ Ambos ☐ Vive ☐ Trabaja ☐ Ninguno?
26. Cuando busca atención, ¿en qué hospital visita primero? (Marque solo uno) ☐ Columbus Regional Healthcare System ☐ Bladen County Hospital ☐ Southeastern Regional Medical Center ☐ Brunswick County Hospital ☐ New Hanover Regional ☐ Otro (especifique)

27. ¿A dónde vas con más frecuencia cuando estás enfermo? (Marque solo uno) ____ Sala de emergencias, ____ Remedios caseros ____ Departamento de salud ____ Atención de urgencia ____ Consultorio médico ____ Farmacia
____ Otros (especificar) _____

Appendix C

DIRECTORY OF RESOURCES FOR COLUMBUS COUNTY

Copies of Columbus County Resource Guides can be found at the web addresses below:

<http://www2.columbusco.org/Resources.pdf>

https://www.ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Columbus_County.pdf

<http://www2.columbusco.org/health/healthier/resourceguide.pdf>

<http://capefearcog.org/resourceguide/palliative-care-center-lower-cape-fear-hospice/>