

2021-2022 Dare County Community Health Needs Assessment Summary

ALL ABOARD
A
Healthy
COMMUNITY!

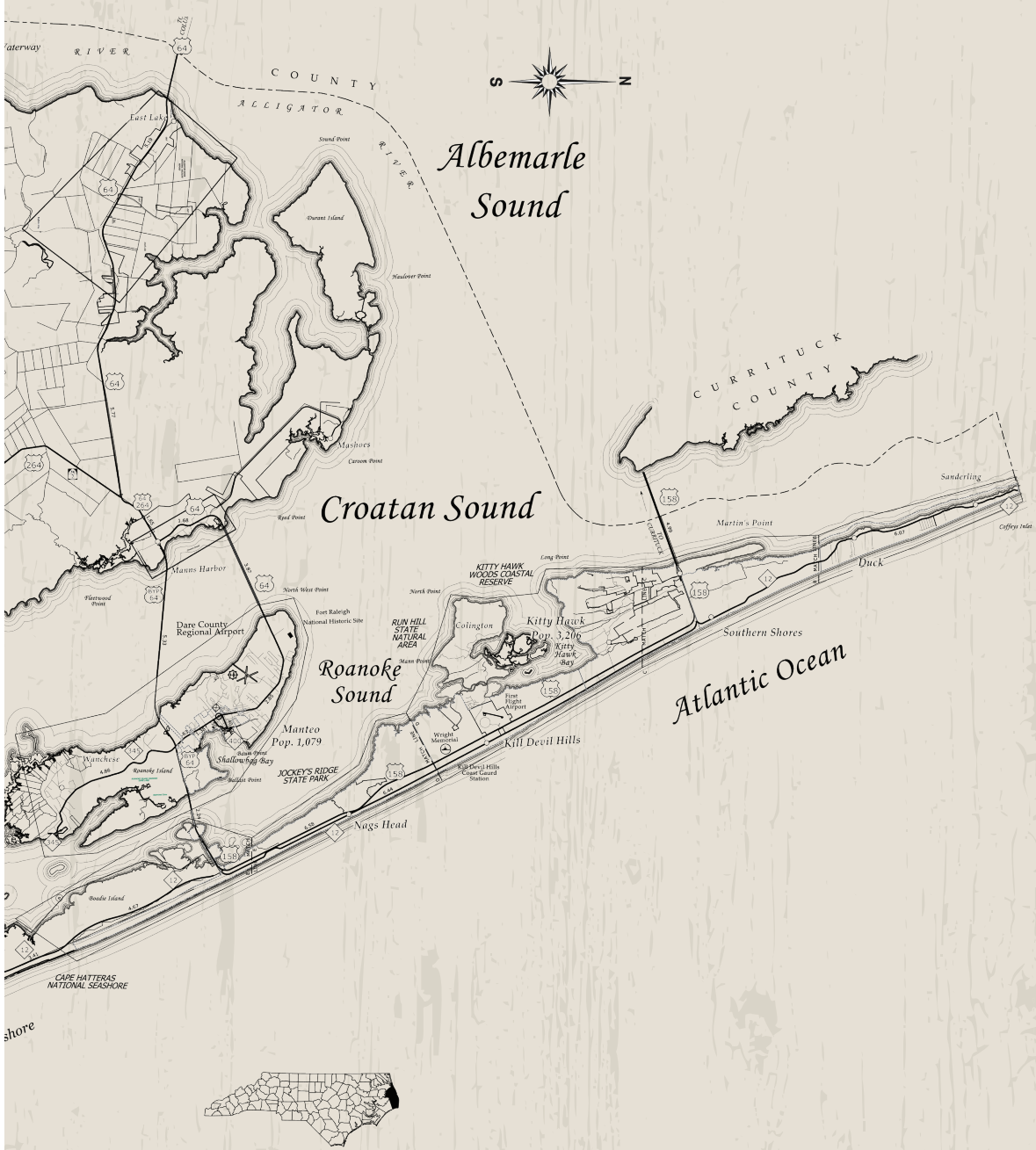




Contents

Healthy Carolinians of the Outer Banks	4
Planning Our Voyage Using the Community Health Needs Assessment	5
Dare County: A great place to drop your anchor!	6
Dare County Demographics	7
2021-2022 Watch List	8
2021-2024 Dare County Health Priorities	8
Charting Our Courses	9
Causes of Death in Dare County	10
Mental Health	11
Cancer	12
Substance Abuse	13
Access to Healthcare	14
Older Adults	15
COVID-19 Pandemic	16
Economy	17
Charting Our Voyage	18
Community Health Improvement Plan	19





ALL ABOARD A Healthy COMMUNITY!

Dare County is the eastern most county in North Carolina and covers an area of 1,563 square miles, of which less than one-third is land. Dare County is surrounded by the beauty and bounty of the Atlantic Ocean, and the Pamlico, Croatan, and Albemarle Sounds. From Duck to Hatteras Village, including all the towns in between, Dare County is a great place to drop an anchor to live, work, and play!

For the 2021-2022 Community Health Needs Assessment (CHNA), Dare County participated in a regional CHNA process, called Health ENC. Health ENC is a collaborative initiative of health departments and hospitals in eastern North Carolina. The collaborative serves 34 counties with 34 participating health departments and 31 participating hospitals. The collaborative uses a shared approach for primary and secondary data collection to produce a comprehensive Regional Community Health Needs Assessment every three years. This CHNA can be used to partially satisfy requirements for North Carolina Local Health Department Accreditation and the Internal Revenue Service requirement under the Patient Protection and Affordable Care Act for charitable hospitals.

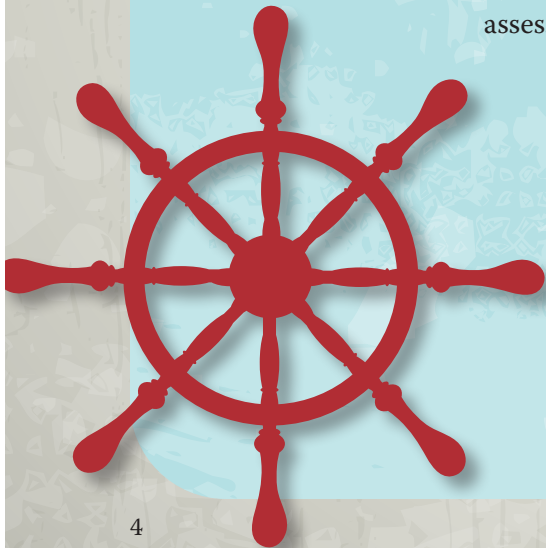


Under the umbrella of Healthy Carolinians of the Outer Banks, Outer Banks Health, Dare County Department of Health & Human Services, and ECU Health system worked collaboratively with Health ENC to conduct the 2021-2022 Dare County Community Health Needs Assessment.

Healthy Carolinians of the Outer Banks (HCOB) is a multi-disciplinary partnership of health and human service agencies that assist in completing the community health assessment every three years.

Since 2001, HCOB and the CHNA process in Dare County has helped us establish many programs and projects our residents benefit from, such as:

- Port Health to provide mental health treatment and curb the harmful effects of substance use disorders.
- The Community Care Clinic of Dare to increase access to healthcare.
- Larger milepost markers to decrease motor vehicle injuries.
- Dare Respite Care to provide volunteer respite services for friends and family members caring for aging and/or ill loved ones.
- The Outer Banks Hospital becoming the first Dementia Friendly Hospital in North Carolina.



Planning Our Voyage Using the Community Health Needs Assessment

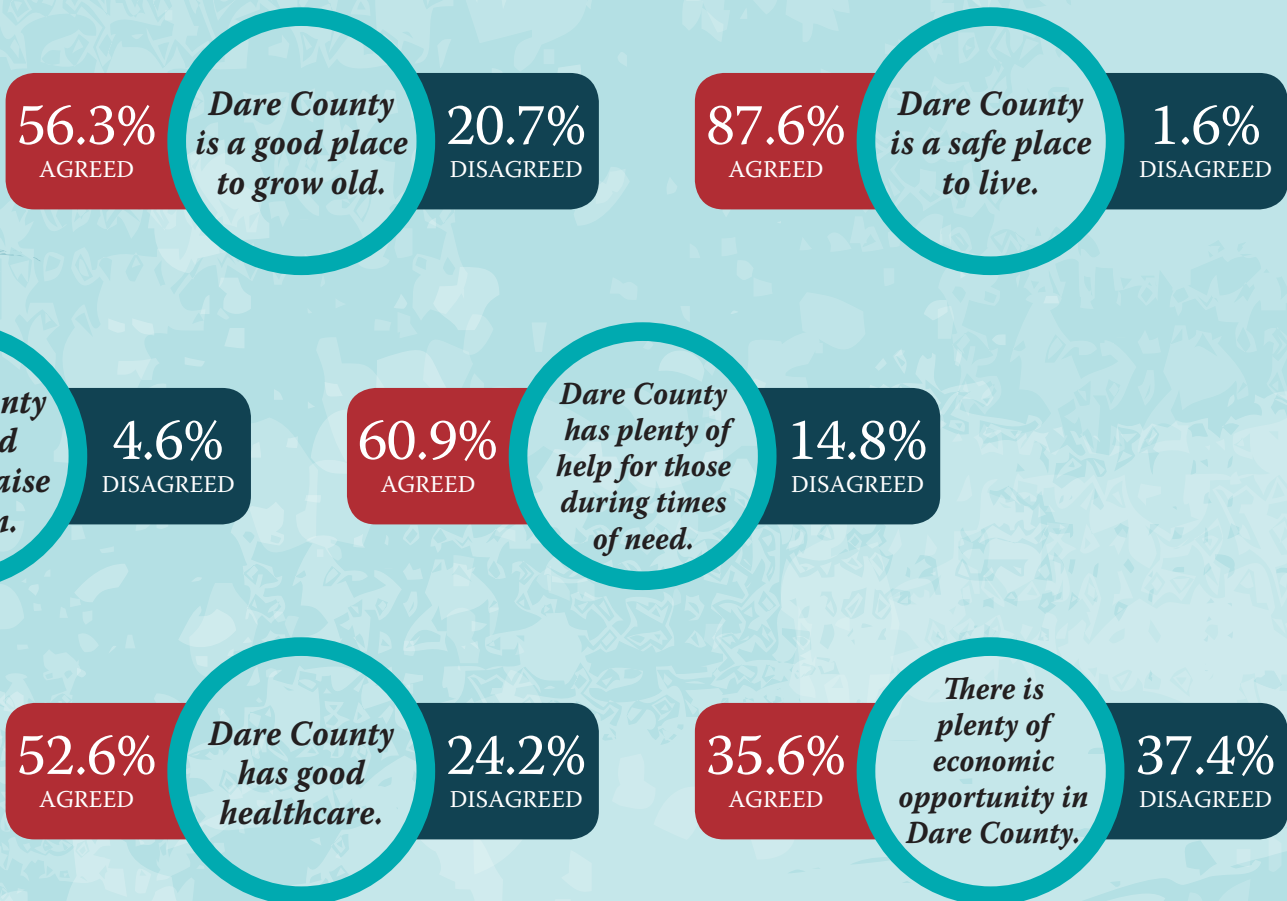
A healthy community doesn't just happen. Assessment and education are necessary to identify and remedy areas of concern. Every now and then we lift the anchor and set sail, testing the waters to make sure we are on a true course. Just as the tides and the weather affect the sea, factors continuously change on land, affecting the health of our community and the people who live here. We test the waters and assess these changes every three years by conducting a Community Health Needs Assessment (CHNA). Moreover, being a part of the Regional CHNA allows us to learn about our neighbors' voyages, so we can better map our own. This process allows us to focus on the things that will help residents enjoy better health, longevity, and quality of life.





Dare County: A great place to drop your anchor!

The bounty of our community is everywhere as far as the eye can see. We asked our residents, and they agree. On many counts, Dare County is a great place to live. Survey participants were asked if they agreed or disagreed with the following statements.



Dare County Demographics



Population By Race

92.7%
White

3.0%
Black

1.8%
Multi Racial

0.8%
Asian

0.4%
American Indian or Alaskan Native

7.5% of residents are of Hispanic or Latino Ethnicity

Average Age
47 years Dare County
39 years NC

Birth Rate

8.4 Dare County
11.3 NC
12.7 US

11.3% Veteran Population
(compared to NC 8.4%, ENC 12.1%)



Education

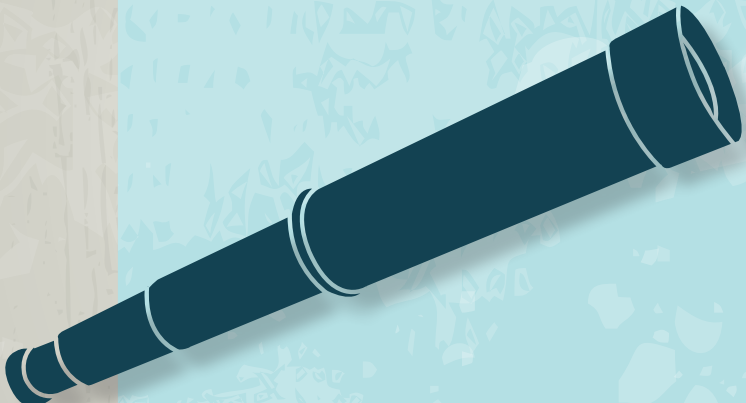
94.2% High School Degree or Higher (compared to 86.3% NC, 84.7% ENC)

34.7% Bachelor's Degree or Higher (compared to 29.0% NC, 19.9% ENC)

1.3% High School Dropout Rate (compared to 2.3% NC, 2.4% ENC)

2021-2022 Watch List

Based on the data collected through the CHNA process, the HCOB Partnership determined that five items should be put on our 2021-2022 Watch List for prioritization. Members of the community and HCOB participated in a prioritization process, in which these were ranked from the most pressing issue to the least.



2021-2024 Dare County Health Priorities

After carefully looking at the current status of community programs and services related to these items, the HCOB selected the health priorities they believed needed the most attention.

- Mental Health
- Substance Abuse

On the pages that follow, you will find information that maps out the current status of the watch list items, what health priorities will become the focus of 2021-2024, and the voyage planned to sail to improved health outcomes.



Charting Our Course

As we set sail toward improved health outcomes for the residents of Dare County, we have identified conditions that are favorable and some others where we need to adjust the sails.

Anchors for Good Health

A boat dropping its anchor is grounding and securing itself to a certain spot where it wants to stay put. The anchor symbol is used throughout this booklet to feature good, improved, or successful and stable health assets in our community.

Let's Set Sail

The boat is a vessel that takes us somewhere we want to go. The sailboat arrives at its destination through the power of the wind and adjustment of the sails; we will use the sailboat symbol to feature areas where we need to make adjustments in order to be the healthiest community we can be.



Causes of Death in Dare County

It is important to examine the causes of death in Dare County. Comparing rates over years also allows us to better understand trends in our community.

Anchors for Good Health

- In Dare County, death rates for heart disease, Alzheimer’s, septicemia, and nephritis, nephrotic syndrome and nephrosis, are decreasing and lower than the state rate.
- Over the last three periods cited, heart disease, pneumonia and influenza rates decreased.
- Over the last two periods cited, nephritis, nephrotic syndrome and nephrosis rates decreased.
- In the last period cited, cancer, Alzheimer’s, suicide, septicemia, and total mortality rate all decreased.

Let’s Set Sail

- Unintentional non-motor vehicle injuries and chronic liver disease increased over all reporting periods cited and are higher than the state rate.
- Over the last three reporting periods cited, cerebrovascular diseases, chronic liver disease and cirrhosis, and unintentional non-motor vehicle injury increased. In the last period cited, chronic lower respiratory disease increased.

<i>Causes of Death</i>	2012-2016	2013-2017	2014-2018	2015-2019
1. Cancer	161.9	168.1	164.5	163.1
2. Heart Diseases	157.3	153.2	151.1	145.1
3. Pneumonia/Influenza	44.0	34.1	28.8	23.2
4. Chronic Lower Respiratory Disease	35.4	38.3	36.3	36.9
5. Unintentional Non-Motor Vehicle Injury	35.1	39.0	48.0	52.5
6. Cerebrovascular Disease	30.0	35.0	42.1	42.4
7. Alzheimer’s Disease	20.8	24.5	27.3	26.9
8. Suicide	20.2	19.6	19.9	19.3
9. Chronic Liver Diseases	15.0	17.7	17.8	18.7
10. Nephritis, Nephrotic Syndrome & Nephrosis	13.6	15.7	15.0	14.0
11. Septicemia	12.0	11.5	11.9	11.7
Total Mortality	700.2	722.0	737.1	733.1

Source: NC State Center for Health Statistics, County Health Data Book (2018, 2019, 2020, 2021), Mortality, Race- Specific and Sex-Specific Age-Adjusted Death Rates by County, Retrieved from: <https://schs.dph.ncdhs.gov/data/databook2021/>





Mental Health

Suicide is the 8th leading cause of death in Dare County.



Anchors for Good Health

- Suicide death rate slightly decreased by 3.14% (19.9 >19.3)
- Dare County's ratio of mental health providers has improved (4.84% increase) since the last assessment and is 610 residents to every one provider.
- The Breaking Through Task Force has received funding from an Outer Banks Hospital Community Benefits Grant to conduct a public awareness campaign that addresses stigma.
- Mental health professionals have noted that stigma is starting to decrease as more local individuals are seeking help.

Suicide By Gender:

(2018-2021)

80% Male

20% Female

36.8%

60-69 years of age

21.1%

50-59 years of age

the most common age groups to die by suicide

4.9% 2020

3.6% 2019

emergency medical services visits for mental health complaints



Let's Set Sail

- 21.6% of survey respondents identified mental health services among those that were in need of improvement in Dare County.
- Survey respondents indicated the areas where COVID-19 has impacted residents most severely were all related to mental health. Stress and anxiety (63.1%) was the most common response followed by social isolation (51.6%) and mental health (32.5%).
- 47.1% of pediatric behavioral/mental health emergency department visits were attributed to suicidal ideation or threats.
- From 2019 to 2020, Integrated Family Services' Mobile Crisis Team saw a 41.17% increase in children's mental health calls. During that same time frame, calls for individuals 19 to 25 years of age increased by 216.67%.
- Dare's death by suicide rate (19.3) is higher than the NC rate (13.4).



Dare County averaged 307.6 visits per year to the emergency department from 2017-2021 for behavioral health concerns.



Cancer

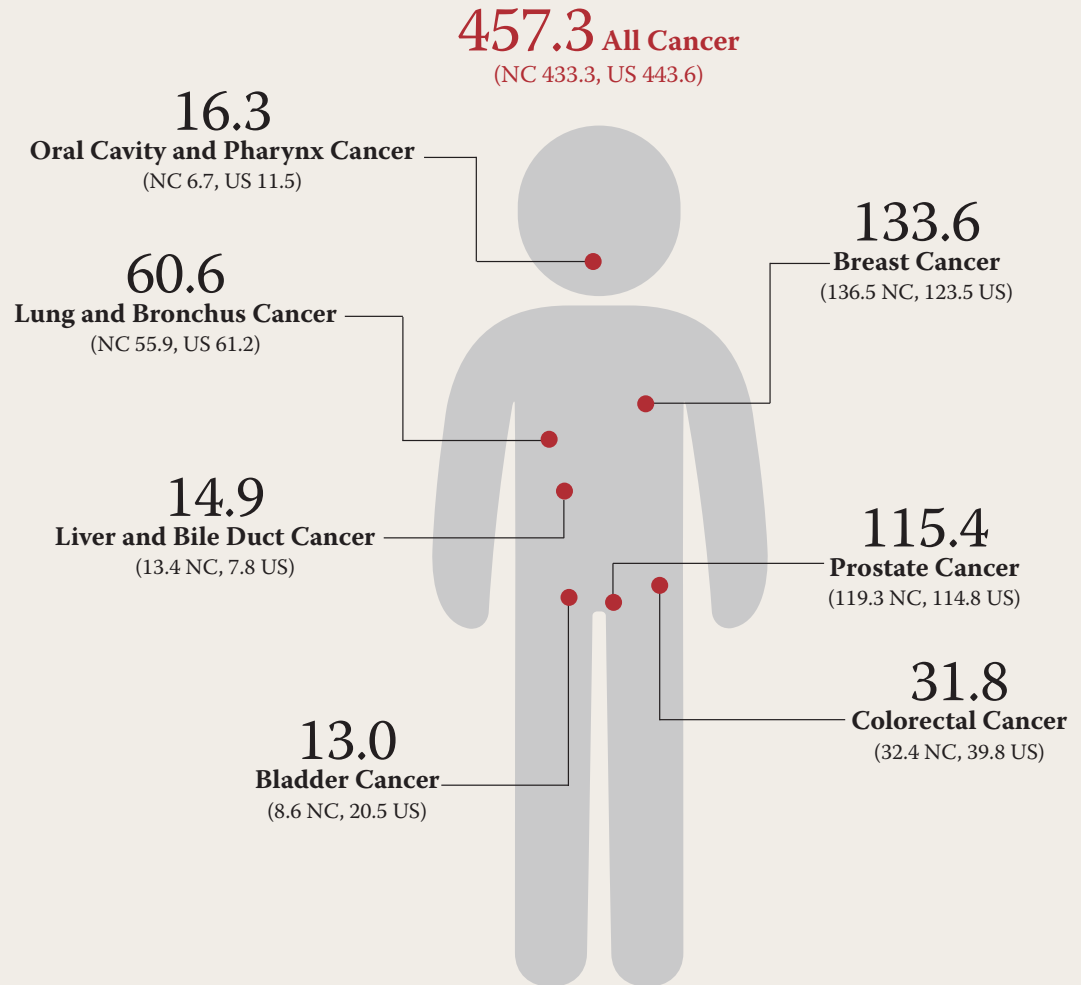
Ranked #1 cause of death in Dare County

Anchors for Good Health

- A 0.85% decrease in cancer death rate from previous period cited (164.5 > 163.1) (NC:158.3)
- All cancer incidence rates have decreased by 4.73% (480.0 > 457.3) since the last reporting period (NC: 433.3).
- Since the last reporting period, oral cavity and pharynx cancer (19.2 > 16.3), lung and bronchus cancer (77.3 > 60.6), bladder cancer (14.0 > 13.0), and colorectal cancer (37.3 > 31.8) have decreased.

Let's Set Sail

- Dare County has higher incidence rates than NC for oral cavity and pharynx cancer, ovarian cancer, lung and bronchus cancer, pancreatic cancer, bladder cancer, liver and bile duct cancer.
- Prostate cancer, breast cancer, and liver and bile duct cancer rates have increased since the last reporting period.





Substance Use

Anchors for Good Health

- The Saving Lives Task Force works toward the prevention of substance use disorders, increasing access and the availability of effective treatment as well as raising public awareness regarding issues related to substance use disorders.
- Dare County Department of Health & Human Services' Recovery and Overdose Support Services responds to community members struggling with substance misuse as well as mental health and trauma challenges by providing recovery support and education, a Post Overdose Response Team and harm reduction tools and resources.
- Dare County Department of Health & Human Services has a clinical social worker who provides confidential, professional, and accessible counseling services for patients and clients. Individuals who do not need or want direct services can be connected to appropriate outside resources.

Let's Set Sail

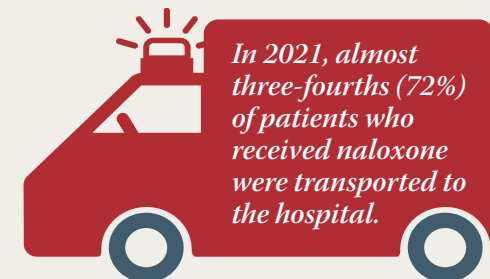
- 14.5% of survey respondents identified substance misuse and recovery support services among those in need of improvement in Dare County.
- 42.0% of survey respondents identified substance misuse as a health behavior residents needed more information about.
- Calls to Mobile Crisis for substance abuse increased from 2019 to 2020 (34<38).
- From 2019 to 2020, Mobile Crisis assisted 75 (34 in 2019; 41 in 2020) individuals who requested detox services. A total of 41 individuals were linked to detox.
- Rate of unintentional opioid overdose death in Dare (2014-2018) is 21.7 compared to 13.6 statewide (NC DPH IVP2019).
- Rate of outpatient opioid pills dispensed in 2018 for Dare County is 46.7 compared to 43.7 statewide (NC DPH IVP 2019).
- The number of EMS calls where naloxone was administered increased in 2020 and 2021. Almost half (24) of the calls in 2021 were deemed "overdose involved."

4.4% (2020)
4.3% (2019)
emergency medical services visits for substance complaints

24.5
rate of unintentional medication/drug overdose death in Dare (2014-2018) compared to 16.7 statewide (NC DPH IVP2019)

Deaths by age:
30.2%
40-49 years of age

25.6%
20-29 years of age
Narcotics were the most common substance used.





Access to Healthcare

Almost 15.0% of the population 0-64 years of age in Dare County are uninsured.

- In Dare County, 9.1% of the reported population received health insurance coverage through Medicaid, 4.3% Medicare, and 0.4% Tricare.
- Dare County’s only transportation system is open Monday-Friday. Out-of-county transportation for medical appointments is available on Tuesdays and Thursdays. A two-day notice is required to ensure service.
- 69.2% of survey respondents reported issues getting access to healthcare, with more than half (54.2%) of those access issues being related to accessing a primary care provider. An additional 37.3% reported access barriers to specialist care and 27.3% reported access issues with dentists.
- Of the individuals with reported access issues, over half (56.3%) reported not being able to get an appointment with a healthcare provider, 27.4% said the wait was too long to get an appointment, and 27.4% indicated COVID-19 was the barrier to receiving care.

Anchors for Good Health

- All clinical providers examined have ratios that have improved since the previous CHNA cycle.
- Outer Banks Health has increased primary care access by adding nine providers since the summer of 2022.
- Outer Banks Health plans to expand the building that houses Manteo Family Medicine on Roanoke Island. In addition to

Clinical Care Provider-to-Resident Ratios

The table examines the ratio of providers over the previous CHNA cycle to examine the change in rates over time.

	Dare County 2018 Dash	Dare County 2021 Dash	North Carolina 2021 Dash
Mental Health	640:1	610:1	390:1
Primary Care Physician	1700:1	1600:1	1400:1
Non-Physician Primary Care	1284:1	1280:1	750:1
Dentists	1560:1	1480:1	1720:1

Source: County Health Rankings & Roadmaps, 2021 Rankings Dashboard, Retrieved from: <https://www.countyhealthrankings.org/app/north-carolina/2021/rankings/dare/county/outcomes/overall/snapshot>

improving the current structure, a 2,600 square foot addition is part of the site plan. Once completed, the 6,300 square foot building will have capacity to grow along with the future needs of the community.

Let's Set Sail

- The rate of individuals aged 0-64 years old who have health insurance coverage has decreased by 2.18% since the previous CHNA, with almost 15.0% of individuals in that age group uninsured.
- Dare County is behind the mark when ratios of mental health, primary care physicians, and non-physician primary care providers are compared to North Carolina.



Oldeez Adults

56.3%

agreed or strongly agreed
Dare County is a good place to grow old



Leading Causes of Death Among Older Adults in Dare County

65-84 Years of Age

1. Cancer
2. Diseases of the heart
3. Cerebrovascular disease

85+ years of age

1. Diseases of the heart
2. Alzheimer's disease
3. Cancer



Anchors for Good Health

- 1.47% decrease in rate of Alzheimer's related deaths.
- 19.44% decrease in rate of influenza related deaths
- The Dementia Friendly Task Force provides educational opportunities and respite for those caring for people with Alzheimer's in Dare County.



Let's Set Sail

- 22.9% of survey respondents said that elder care is a topic Dare County residents need more information about.
- 24.0% of survey respondents indicated that elder care options were among the services in need of improvement in Dare County.



Rapidly Growing Population

31.3% 45-64 years
(NC 26.2%, ENC 25.0%)

20.7% 65+ years
(NC 15.8%, ENC 15.7%)

Poverty Level

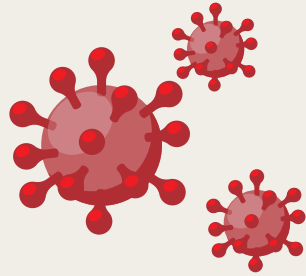
2.9% 65+ living below poverty level
(NC 9.1%, ENC 10.3%)



Falls account for approximately 60% of injury-related emergency department visits in older adults each year.



COVID-19 Pandemic



Survey respondents indicated the areas where COVID-19 has impacted residents most severely were all related to mental health

63.1%

stress and anxiety

51.6%

social isolation

32.5%

mental health

Community Survey Respondents

- 86.6% of respondents reported receiving the COVID-19 vaccines and over 70% of survey respondents reported not having any concerns about getting the COVID-19 vaccine.
- Of the survey respondents who were not vaccinated, 60.9% reported personal reasons kept them from getting the vaccine, with 18.2% claiming to need more information before getting the vaccine.

COVID-19 Pandemic Positive Tests

	2020	2021	Total
Positive COVID-19 Cases	1634	5659	7293
# of Positive Dare County Residents	1076	3923	4999
# of Positive Non-Residents Tested in Dare	558	1736	2294
# of COVID Related Deaths	5	21	26
# of Positive Cases - Male	782	2676	3458
# of Positive Cases - Female	852	2983	3835

- The most common age group that tested positive for COVID-19 in Dare County were individuals 25-49 years of age, accounting for 39.41% of cases. Individuals 50-63 years of age accounted for 21.23% of reported positive tests.

COVID-19 Information and Education

Of survey respondents...

56.7%

thought it was very easy to get info

29.3%

said it was somewhat easy

28.8%

said it was very easy to trust info provided

22.8%

said it was somewhat easy

89.9%

said it was very easy to know how to protect themselves

84.6%

said it was easy to avoid getting sick with COVID-19

Vaccines in Dare County by the end of 2021:



74% of population had a first dose

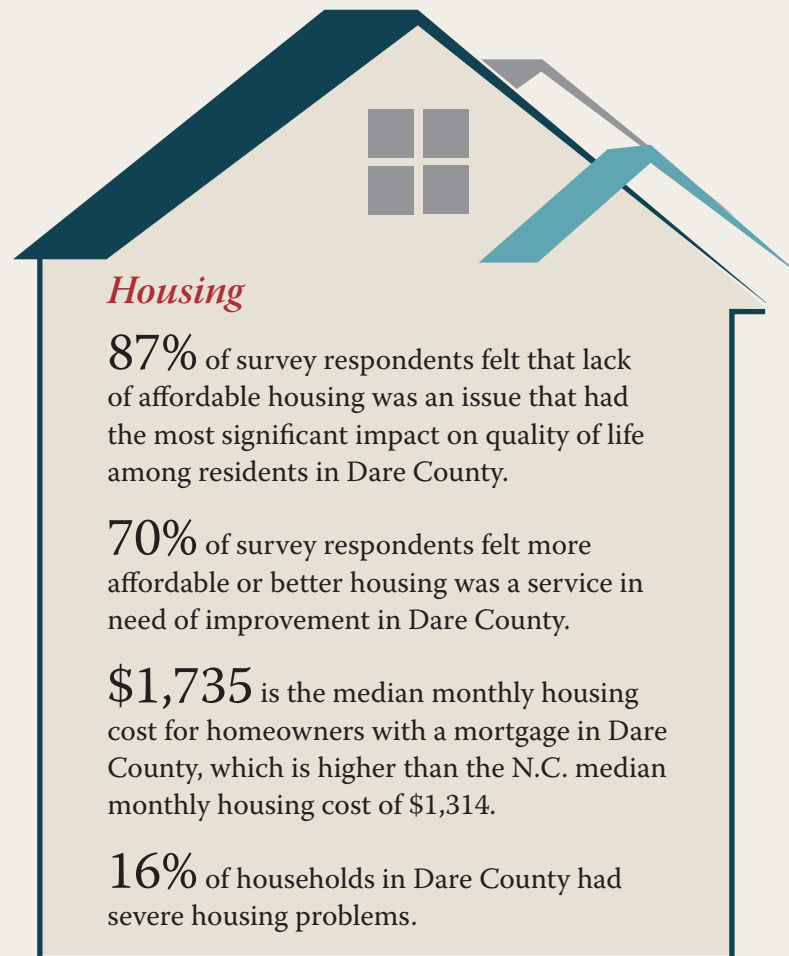
70% of population were fully vaccinated



Economy

\$59,381

Median Household Income



Housing

87% of survey respondents felt that lack of affordable housing was an issue that had the most significant impact on quality of life among residents in Dare County.

70% of survey respondents felt more affordable or better housing was a service in need of improvement in Dare County.

\$1,735 is the median monthly housing cost for homeowners with a mortgage in Dare County, which is higher than the N.C. median monthly housing cost of \$1,314.

16% of households in Dare County had severe housing problems.

65.9%

of survey respondents strongly disagree and 22.7% disagree that Dare County has affordable housing to meet resident needs.

Top 5 Employers in Dare County

- Dare County Schools
- County of Dare
- Outer Banks Health
- Food Lion
- NC Department of Transportation

31.7%

of survey respondents identified higher paying employment among areas in most need of improvement.

Those living in poverty in Dare County:

9.0%
of people

15%
of children

2.9%
of adults

7.0%
of households had SNAP benefits in the last year

Poverty by Area:

The majority of Dare County has 30% or less of its population with income 200% below the poverty level, except:

- Manteo and Wanchese 30%-40%
- Buxton 50%-60%
- Hatteras Village 60%+



Charting Our Voyage

The HCOB has elected to continue task forces, establish new ones, and ask additional community partners to become members of our crew. We encourage you to become a part of the journey to improved outcomes by joining a task force today.



HCOB Task Forces

HCOB's **Dementia & Alzheimer's Task Force** is continuing to address any dementia and Alzheimer's concerns for the members of the community. To join the task force, please contact Dianne Denny at 252.480.9508 or obxdementiataskforce@gmail.com.

HCOB's **Breaking Through Task Force** is continuing to increase communication and address stigma related to mental health. To join the task force, please contact Kelly Nettnin Fleming at 252.475.5036 or kelly.fleming@darenc.gov.

HCOB is providing oversight for the reestablished **Adult Collaborative on Mental Health and Substance Abuse**. To join the task force, please email Roxana Ballinger at roxana.ballinger@darenc.gov. The **Saving Lives Task Force** will continue to be invited to Partnership meetings and provide updates. To join the task force, please contact Roxana Ballinger at 252.475.5619 or roxana.ballinger@darenc.gov.

Community Health Improvement Plan

Good Health is a Journey

We are confident in our direction with the HCOB Partnership at the ship's helm. HCOB has the shared responsibility to address health priorities identified in the CHNA process. Dare County is fortunate to have an incredible crew of community members and organizations dedicated to achieving optimal health outcomes for all of our residents.

Many organizations and task forces create their own Community Health Improvement Plans to address Health Priorities with multiple contributing agencies. The benefit to this process is it prevents one organization from carrying all the weight, as it can seem like a daunting task. Because good health is a journey, over the next three years part of our charted course may change; but here are a few strategies that are starting to come to fruition:

- The **Breaking Through Task Force** has received funding for a public awareness campaign that will focus on reducing the stigma associated with seeking help for behavioral health issues.
- The **Children and Youth Partnership** is creating a mindfulness-based, well-being program at Manteo Middle School and will be developing programs for other Dare County Schools, which will include training educators, parents and community members.
- The **Saving Lives Task Force** is working on creating a Substance Abuse Action Plan that will include objectives and strategies that align with North Carolina's Opioid Action Plan.

- The **Adult Collaborative on Mental Health and Substance Abuse** is establishing a comprehensive inventory of all services available to Dare County residents. A gaps and needs assessment will follow to determine what initiatives and objectives the group will address.
- Outer Banks Health provides funding to nonprofit and government agencies through **Community Benefit Grants** which support projects that focus on wellness and prevention strategies such as disease prevention and management, access to healthcare, and tools for individuals to be successful in their own healthcare.
- Through the mobile **Health Coach Program** and the hospital's **Center for Healthy Living**, wellness and cancer screening programs, educational opportunities, yoga and wellness camps, and medication drop events will be offered throughout the community at no cost. Programs for tobacco and drinking cessation are also available to raise awareness and be a resource for patients to reduce habits of substance abuse.



Every spring, we will provide updates on these and other strategies being used to address Dare County's leading health priorities through the issue of the State of the County Health Report. We encourage you to get involved and on board! Join a task force today or call 252.475.5079 to learn how you can become a part of the journey to improved health outcomes.

Acknowledgements

This report is the culmination of a tremendous effort by the members of Healthy Carolinians of the Outer Banks Partnership (HCOB), whose dedicated focus on and support for the health and well-being of the residents of Dare County is indeed remarkable:

Healthy Carolinians of the Outer Banks Executive Committee Members

Gail Hutchison, HCOB Chair, Dare County Sheriff's Office
Dianne Denny, HCOB Vice Chair
Sheila Davies, Dare County Health & Human Services Director
Ronnie Sloan, Outer Banks Health President
Amy Montgomery, Outer Banks Health Senior Administrator of Operations

Community Health Assessment Coordinators

Kelly Nettin Fleming, Dare County Health & Human Services
Jennifer Schwartzberg, Outer Banks Health

HCOB Coordinator

Laura Willingham, Dare County Health & Human Services

Healthy Carolinians of the Outer Banks Members

Jennifer Albanese, Interfaith Community Outreach Inc.	Tess Judge, Community Member and OBH Board Member
Roxana Ballinger, Dare County Health & Human Services	Patty McKenna, Outer Banks Community Collaborative
Lea Anne Campbell, Outer Banks Health	Chris Sawin, Outer Banks Community Foundation
Jennie Collins, Dare County Emergency Medical Services	Scout Schillings, Outer Banks Community Foundation
Lyndsey Hornock, Outer Banks Health	Gail Sonesso, GEM Adult Day Services
Lyn Jenkins, Community Care Clinic of Dare	Michelle Wagner, Dare County Health & Human Services

Support of this document was also provided by many other entities. The Partnership greatly appreciates the help of our vital community stakeholders.

