

INTRODOUCTION

The State-Of-The-County Health Report is part of a Consolidated Agreement. The purpose of the report is to relate current information on the health status of the county.

It is a state mandate to be written in the years the county is not conducting a community assessment.

The report serves as a yearly update of health concerns and the actions taken to address them. Primarily conducted by the health department, this document is available to many different agencies and individuals in the community.

INSIDE THIS ISSUE: HEALTH PRIORITIES

The Baby Think It Over Program	2
The Hoke County Health Center	2
Hoke County Partnership for Children & Families	3
UNC-Pembroke Nursing Program	3
FirstHealth of the Carolinas Community Health Services-Hoke	4
FirstHealth of the Carolinas Community Health Services-Hoke	5
Hoke County School System	5
NC Cooperative Extension-Hoke Center	5
UNC-Pembroke Nursing Program (continue)	6
The Hoke County Health Center (continue)	6
Conclusion	7



Hoke County 2009 State of the County Health Report



DECEMBER 2009 ISSUE

Demographics and Socioeconomic Indicators

Hoke County, which lies in the southeastern part of North Carolina, was formed in 1911 from portions of Cumberland and Robeson Counties. It was named in honor of Robert F. Hoke, a Major/General in the Confederate States Army. With approximately 392 square miles, Hoke County is bordered by Cumberland, Moore, Robeson and Scotland Counties. Raeford, its largest city, serves as the County Seat.

In 1918, the United States was looking for a place that had suitable terrain, a good source of water, close to a rail road, and a climate for year around training. They found the place called Camp Bragg had all of these qualities and on September 30, 1922, this place was renamed to Fort Bragg and became a permanent army post. Fort Bragg is now the largest army installation in the world, holding about 10% of the U.S active army forces (Hoke County Land Use Plan, 2005).

According to the 2007 Census update estimates, Hoke County's population is approximately 43,392. From 2000 to present Hoke County has seen a major

influx of military and migrant workers, increasing the population by 25.7%. The North Carolina Economic Development Commission (2009) predicts that due to the BRAC realignment, Hoke County's population will grow 16% by 2010.

According to the Hoke Economic Development Commission the county has a makeup of 50% males and 50% females. The population has increased 47.2 % during the years 1990-2000.

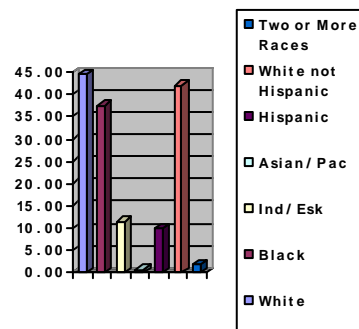
Hoke County has a large number of young people with approximately 33.2% of the population 19 and under and a graduation rate of 69.0%. In 2006, 262 Hoke County High School Students graduated. Seventy-three percent (73%) of the population are high school graduates. Its senior population currently stands at about 7.7% of the population.

The Hispanic population has risen 15% since the 2000 assessment. With this increase, agencies have hired interpreters to accommodate the needs of the Hispanic population. The average per capita income for residents in Hoke County is about \$20,169 (2005) with 17% of the population living in poverty (2000). The unemployment rate

as of September 2009 is 8.3% which is 2% lower than the state not seasonally adjusted rate of 10.4%. The state seasonally adjusted rate is 10.8%. The percent of the Working Age Population is 62.5% with 29.9% working in Manufacturing, 23.5% Professionals, 25.1% working in Production and 20.4% working in Sales.

There are 6 medical clinics in Hoke County providing family practice services with a total of 13 physicians for the area. There are 5 dentists and two eye clinics. Hoke County acquired a private pediatrician in October 2003 to address the medical needs of children. There are no 24-hour medical services available to our citizens, which forces them to drive to bordering counties for after-hour emergencies.

Hoke County Population Breakdown By Ethnicity 2008



Health Priorities:

Adolescent Pregnancy and STD Prevention

Hoke County is ranked thirty-three (32) in the state of North Carolina for the number of **teen-age pregnancies**. The sexually transmitted disease rate remains high. Young persons are being educated about the consequences of being a parent, and about the deadly risk of transmitting sexually

transmitted diseases through various community agencies.

The Healthy Hoke Task Force continues to initiate the Baby Think It Over Program (BTIO) with community groups and churches. The 2008-09 Baby Think It Over Program (BTIO) was once again a great success. The (BTIO) coordinators have

effectively completed seven High School and four summer programs (see Figure 1) as of to date and will schedule another Hoke County High School Life Skills and Developmental classes to supplement their curriculum once more for the remainder of the 2009-10 school year.

The primary areas of focus continue to be Adolescent Pregnancy and STD Prevention, Chronic Disease with emphasis on Diabetes, Heart Disease, Hypertension, Obesity and Overweight.

**BTIO
Summer Program
2008-09**

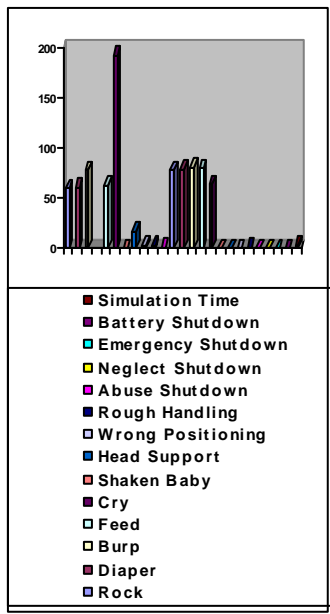


Figure 1



Figure 2

Health Priorities continued:

The Baby Think It Over Program (continued)

The BTIO curriculum is delivered in three sessions for independent community groups and for the schools; six sessions are given due to class time. The summer baby simulation sessions last for five days and the school sessions last for two and a half days. The coordinators program the simulators on hard to give the participants the maxim effect of the program.

Before the simulators are assigned, the participants are given very detailed instructions on the proper care of the baby simulators. Other information is given

on the general care of a baby such as: financial, social and emotional responsibility as well as baby wellness, buying formula, clothing the baby, car seat safety and an added discussion about Sexually Transmitted Disease (STDs).

Childhood Obesity:

In 2008 The Adolescent Health Coalition teamed up with Hoke County Schools and the Hoke County Cooperative Extension to acquire a mini grant through Moore Regional Hospital Auxiliary and FirstHealth. The mini grant was used to plan and develop a youth garden /outdoor classroom at Hawkeye Elementary School.

The purpose of this project is to

change the obesity trend and provide a school learning environment where the targeted students can experiment with growing and tasting fresh fruits and vegetables as well as a place to provide access to fresh fruits and vegetables by making the produce that are grown within the school garden available to the student's families living in the target community.

Statistics show that over 95% of our youth are obese or at risk of becoming obese and Hoke County is no exception.

The pilot program was completed in April of 2008 and continues to be a successful learning component for third grade students at Hawkeye Elementary School (see Figure 2).

Since the pilot program at Hawkeye, Don Steed Elementary and Hoke Museum have also implemented gardens through a \$10,000 grant written with Hoke Co. Schools and the Cooperative Extension.

Health Priorities continued:

THE HOKE COUNTY HEALTH CENTER

The Annual Maternity Health Fair held in October is available to all pregnant women in the county.

Hoke County Health Center, Community Outreach Advocate, Inc, Cape Fear Regional Bureau for Community Action, Healthy Hoke Task Force, will host an observance of World AID's Day on Monday December 1st with an informational health fair from 10 AM-6:00 PM at the Hoke County Public Library, followed by a Candlelight Vigil and release of balloons. The Health Education staff continues to provide education outreach on various health topics related to disease prevention.

Chronic Disease

The number of deaths due to **chronic disease** remains high in Hoke County (see figure 3). In order to encourage **health and wellness**, walking trails have been established at the following locations in Hoke County: NC Cooperative Extension-Hoke Center, Sandy Grove and Hawkeye Elementary Schools, A New Beginning Committed to God's Purpose Ministries Church, St. Elizabeth's of Hungry Catholic Church and Hoke

Correctional Institution.

The Faith Based Community Action Group held its **1st Annual Men's Health Fair** in June in connection with Men's Health Week. Fifty-three men registered and participated in educational sessions with dynamic presentations on Prostate

Cancer and Healthy Eating and Lifestyle Changes and PSA, Blood Pressure, Diabetes and Cholesterol Screenings.

The 8th Annual Diabetes Health Fair which was held during National Diabetes Month in November was a great success.

The Health Fair consisted of exhibitors, free screenings and mini educational sessions on Diabetic Medications-Complications; Home Remedies for Chronic Disease and the "5 Wishes"- a program to inform participants on how to write there last will and testament.

The Diabetes Support Group continues to meet monthly, to provide education to interested diabetics in the county. Health related articles and public service announcements are submitted to the local newspaper and radio station during National Health Month Observances.

Also, during National Diabetes Month, The Holiday Dessert Workshop is scheduled to be held in partnership with the Hoke County Health Center and NC Corporative Extension-Hoke Center in December.

It's All About You Wellness Program

In January the Hoke County Health Center held it's first Eat Smart Move A More Weigh Less Program. The Eat Smart Move More Weigh Less Program is a 19 week program designed to promote weight loss while making healthy lifestyle changes. We modified the lesson to be completed in 16 weeks. A total of 38 participants loss 184 pounds. Two session were held weekly at lunch and in the evening.. Participants paid a registration fee of \$20.00 to cover program expenses. A second session of the Eat Smart Move More Weigh Less Program was held in June with 32 participants losing 136 pounds. The program was modified to include 12 weekly sessions twice a week.

The following are grants which the Hoke County Health Center and Healthy Hoke Task Force have applied for and been awarded:

1. Kate B. Reynolds Grant Round II-\$10,000
2. Healthy Carolinians Grant-\$5,747
3. FirstHealth Community Health Services Reversing Childhood Obesity Trends in Sandhills Grant-\$1,520-applied for in November 2008.
4. Eat Smart Move More Community Grant- \$13,926



HOKE COUNTY PARTNERSHIP FOR CHILDREN FAMILIES

Pre-Kindergarten Program expanded the Title I pre-kindergarten program with 5 classes each serving (18) 4 year old in local elementary schools.

Mobile Preschool Program- provides essential skills to help prepare children for entry into kindergarten. This service is specifically for those children not attending a Head Start, Title I or other early educational program. **Books for Kids**- this program addresses the need to provide parents of young children with high quality reading material to promote reading to their young children on a daily basis.

“Families All Read” Family Literacy Project -encourages family literacy by offering training to parents and children on making reading fun. **Teachers** – provides cash incentives to **Child Care for ESL Family Literacy Activity**- will provide child care subsidy for families with young children who participate in this literacy activity. **Child Passenger Safety Seat Program**- will facilitate car seat safety classes and distribute approximately forty infant/toddler convertible car seats, high back booster seats and no back boosters to eligible Hoke County residents with children ages birth to five. **Parents As Teachers**- administered by Hoke County

Cooperative Extension this program provides parents the tools to assist them in becoming more effective teachers of their young children.

Pediatric Expansion- addresses the shortage of pediatric care in the county. This program provides a full time pediatrician at the Hoke County Health Department. **Dental Care Access Project**- will provide preventive and restorative dental care as well as dental education and supplies for services for indigent and underinsured children ages 0-5.

Speech Connections (Enhanced Therapy Services) – provides speech/language and occupational therapy services to children 0-5 years of age who are diagnosed with developmental delays and /or specific disorders. This program will provide speech/language and occupational therapy to meet the needs of the children.

Pediatric Developmental Therapy (Enhanced Therapy Services)-provides speech/language, physical and occupational therapy to children 0-5 in a developmental day program.

Program Coordinator/Evaluation- provides consultation services and assistance to the partnership in developing an evaluation plan and developing or identifying tools for use in evaluation. Evaluation results will be presented to partnership board members to determine if projects should be approved for continuation each year. Provides the ongoing

coordination and monitoring of projects and activities funded by the partnership in Hoke County. **Partnership Administration**-provides the administration of all activities, day-to- day operation and accountability of all resources.

Statewide Contract: Scholarship Program-funded through Smart Start and administered through the Department of Social Services. This program assists parents of children that do not qualify for assistant through Department of Social Services Child Care Subsidy Funds.

Hoke Quality Enhancement Program will provide:

- Training in the 9 topic areas required by NC Division of Child Development;
- Resource Library Lending for childcare providers, parents, Pre-K teachers and early childhood education students;
- Technical assistance to improve accessibility to high quality early childhood education;
- Technical assistance for potential Family Child Care Home Businesses; and
- Training and technical assistance on preventing abuse and neglect complaints.

Hoke Consumer Education & Referral:

The Consumer Education and referral staff will provide direct services to families by providing customized childcare referrals and information on how to choose quality childcare programs.

Health Priorities continued:

THE UNIVERSITY OF NORTH CAROLINA AT PEMBROKE NURSING PROGRAM has an agreement with the Health Department for student nurses to complete an internship with a public health focus. Approximately 12 students in their senior year of college participated in this internship. Some of these projects this year involved the areas of cardiovascular health, obesity and domestic violence.

Cardiovascular Health

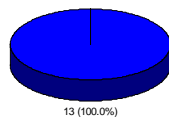
A through community assessment was made to collect data on mortality; county, state, and national level data, education, and many more criteria. The aggregate of focus is minority males, age range from 40-64. Plans and interventions were developed to educate on the correlation of diabetes, heart disease, and hypertension. The focus of the interventions was to teach the community on healthy eating and exercise to prevent/ manage cardiovascular disease. This approach was applied to a sample of the community at the Hoke County Diabetic Fair. The post education survey revealed 92% effectiveness in teaching methods, which included brochures, healthy recipes, poster board and models of salt, sugar and fat.

Results from post survey:

1. What have you learned at our booth today?



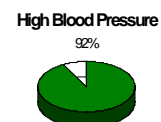
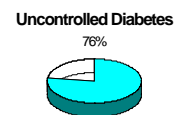
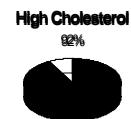
2. Did you find this information useful enough to be implemented into your daily routine?



3. Is heart disease a concern to you? **92% found it to be extremely important**



4. I understand that I can decrease my risk of heart disease by which of the following risk factors?



Hoke County has a lack of support groups for those who are suffering with cardiovascular disease. It is crucial that education be provided to the community regarding the importance of exercise and healthy eating. Many people that are living in this community do not understand the depth and importance of how they can be in control of increasing their quality of life,

Health Priorities continued

FIRSTHEALTH OF THE CAROLINAS COMMUNITY HEALTH SERVICES PROGRAMS – HOKE COUNTY

Healthy Living in the Mid-Carolinas (Healthy Living)



In 2009, the Healthy Living in the Mid-Carolinas initiative, funded by the Kate B. Reynolds Charitable Trust Fund, continued to promote tobacco cessation and facilitate healthy behavior change in physical activity and eating habits in Hoke County. Healthy Living programs target low-income populations to help individuals learn how to make changes happen, and learn the skills to build healthy habits.

Active Living Every Day (ALED)

Step by step, participants learn the value of being active, how to set goals and reward themselves, how to deal with roadblocks and how to manage time and stress. Recently revised to a 12-week program, ALED includes one hour weekly sessions led by trained staff. Participants receive a workbook, textbook and step counter. There is no program fee. ALED is not an exercise program. During 2009, Hoke County ALED classes were held at Hawkeye Elementary School, Vocational Options of Hoke County, Sandhills Community College-Project Succeed. Fifty-three individuals enrolled in the program



Healthy Eating Every Day (HEED)

Participants learn how small changes can make big improvements in their diet. The program shows how to make balanced food choices

when at home, at work, shopping and dining out. Participants learn how to set goals, reward themselves and eat healthy. Recently revised to a 12-week program, HEED includes one hour weekly sessions led by trained staff. Participants receive a workbook, along with a daily food and exercise log. There is no program fee. HEED is not a strict diet or a weight loss program. All foods can be part of a healthy diet. During 2009, Hoke County HEED classes were held at Hoke County Schools-West Hoke Middle and Vocational Options of Hoke County. Thirty-eight individuals enrolled in the program.



The Happy Kitchen

In September 2009, The Happy Kitchen™ was added to the Healthy Living initiative. As a six-week

cooking nutrition class, the program helps participants learn to prepare tasty, healthy and inexpensive meals that provide good nutrition. In the six 1 ½ hour weekly sessions, participants learn how to shop on a budget, read nutrition labels, make healthy choices from each food group and cooking skills to prepare a healthy recipe. Participants receive a free bag of ingredients after each class to prepare the recipe at home. There is no program fee. To date, one class with eight participants was conducted at the Hoke County Cooperative Extension. Cooking demos were conducted at the NC Turkey Festival.



FirstQuit

Quitting tobacco is a process that requires making changes in both thoughts and actions. FirstQuit assist tobacco-users in making a quit plan that includes tools to deal with cravings and support to be tobacco-free. FirstQuit services, including a bi-weekly support group and quit class, are available in Hoke County. There is a \$50 program fee that operates on a sliding scale. The program fee covers educational sessions, a quit guide and 4-6 weeks nicotine replacement therapies. In 2009, FirstQuit services were expanded to area worksites. Autumn Care offered the class to sixteen employees. In addition, FirstQuit partnered with the HomeFree project to offer free cessation visits to homebound individuals.

TEEN TOBACCO USE PREVENTION AND CESSATION INITIATIVE



Funded by the NC Health and Wellness Trust Fund (HWTF), TRU- Tobacco Reality. Unfiltered-is a movement started by young people to stomp out tobacco use. TRU is about taking a stand and making a difference. Currently FirstHealth sponsors the TRU program through support of school TATU (Teens Against Tobacco Use) groups. TATU recruits teenagers to teach younger children about the hazards of tobacco, and supports 100% tobacco-free schools in Hoke County. During 2009, FirstHealth was awarded a three-year Phase IV HWTF grant to continue and expand prevention and advocacy activities in the Hoke, Richmond, Moore, Montgomery and Scotland counties. In 2009, special projects in Hoke County included an Earth Day Cigarette Butt Clean-Up, a Tackle Tobacco 100% Tobacco-Free School

Assessment and a school-wide Great American Smoke out Celebration. To build capacity for student leadership, four students attended the NC Media Advocacy training and eight students attended an one-day Questions Why Youth Advocacy training. A Hoke County High School student, Ronald Womack, was also recognized as the NC No-Spit Baseball All-Star of the Year.

Tobacco Free Community Colleges



From February 2008 to June 2010, FirstHealth of the Carolinas was awarded funding from the NC Health and Wellness Trust Fund to develop a regional community college task force to coordinate tobacco use prevention awareness activities, promote cessation services and conduct grassroots policy advocacy for tobacco-free campus environments. Using campus-based partnerships empowering faculty, staff and students, FirstHealth is targeting 18 to 24 year old students attending Montgomery Community College, Richmond Community College and Sandhills Community College in Hoke, Richmond, Moore, Montgomery and Scotland counties. In 2009, the Sandhills Community College-Hoke Campus implemented and assessed its no smoking 25 ft. from building entrances and considered steps to become a 100% tobacco-free campus.

FIRST ACCESS

FirstAccess is a grant focused on the identification of health disparities in community driven outreach programs and is funded by the Duke Endowment. FirstHealth has innovative community outreach programs, however, FirstHealth is uncertain that the programs are reaching the population most in need of services. As part of FirstAccess, FirstHealth outreach programs in Hoke County are being analyzed to determine the population being served versus the health disparities in the community. In 2009, new outreach and marketing approaches, such as conducting

SAFE KIDS MID-CAROLINAS REGION

Established in 2008, this program addresses injury prevention efforts for children ages 0-14 in Hoke, Montgomery, Moore, Richmond and Scotland counties. A direct affiliate of Safe Kids Worldwide, areas of interest include child passenger safety, fire safety, water safety, poison prevention, pedestrian and wheeled vehicle safety. FirstHealth serves as the lead agency coordinating over 25 community partners to achieve goals and complete community awareness events.

Health Priorities continued:

FirstHealth of the Carolinas Community Health Services Programs – Hoke County (continued)

Mobile Health

Mobile Health Services conducts cholesterol, diabetes and blood pressure, EKG, ultrasound (AAA, CAD, PVD), osteoporosis (bone density) and PSA (prostate cancer) screenings. Services are rendered based on a sliding fee scale. During 2009, approximately 300 screenings were conducted at churches, worksites, local businesses and community festivals.

2020 Vision Groups

FirstHealth's vision statement is Working Together – First In Quality – First In Health. As a result, FirstHealth Community Health Services works with individuals in Hoke, Richmond, Moore and Montgomery counties on First In Health initiatives. Each county has formed a 2020 Vision Group. During 2009, the Hoke County Vision 2020 group expanded its worksite wellness activities to address obesity through the promotion of physical activity and good nutrition. The group coordinated a local corporate competition for the Hoke All-American Trail 5K and Family Fun Walk, promoted three 3:3 basketball tournaments, submitted and was awarded a grant to implement Eat Smart, Move More, Weigh Less classes, and promoted the annual East Smart Move More, Maintain, Don't Gain Holiday Challenge.

HOKE COUNTY SCHOOL SYSTEM

The Hoke County School s has implemented and participated in the following activities during the 2009 School Year:

Students:

- Hand washing classes
- Asthma education classes-3rd graders
- Good Hygiene
- Cold and Flu information
- Nutrition Classes
- Growth and Development
- Vision and Hearing Screening
- Dental Screening
- Flu Mist Vaccine administration

Hoke County School System (continued)

Staff:

- Wellness Education
- Monthly Health Newsletter
- Annual Health Calendar
- Bloodborne Pathogen Training
- H1N1 Information
- Diabetic Care Manager Training
- Medication administration workshop

Joint training with health department staff for H1N1 and Flu Mist.

NC COOPERATIVE EXTENSION- HOKE CENTER

April 3, 2009 -Women Health Symposium 53 participants, topic Women Living Healthy, Women Living Well, each participant received a CD on healthy lifestyles.

July 1, 2009 We received an Obesity grant from Unilever - August 19, 2009 began planting 2 gardens: Community Garden at The Raeford Museum and one at Don Steed Elementary . At Don Steed over 100 third graders participated in planting the garden and 15 Junior Master Gardeners planted at the Museum garden. The students were allowed to take vegetables from the gardens home,. We did an activity with the students were they made lettuce wraps and talked about 5 A Day and physical activity.

\$1520 grant From First Health and the Moore Regional Hospital Auxiliary to plant the garden at Hawkeye Elementary. This was a partnership with the Health Department and the Healthy Hoke Task Force. Eighty-two (82) third graders participated in planting the garden.

8 week program "Cross Your heart for Health" at the First Baptist Church, 5 participants total of 8 pounds loss between the 5 participants.

Workshop on Principles of Nutrition for Head Start Parents October 15, 2009 5 participants.

UNC-P Nursing Program (continued from page 3)

Obesity

Obesity is a plague affecting the entire population of the United States with particular areas being affected worse. Hoke County North Carolina represents an area with statistically significant increasing obesity and co-morbidities. Hoke County is a culturally diverse impoverished rural county in the Sandhills region of North Carolina with scarce resources for public programs. The State of North Carolina recognizes that the youth are the most vulnerable to the ravages of obesity over a lifespan, and has begun programs for health promotion educating youth and parents on nutrition and exercise habits called "Eat Smart and Move More." The National Football League has also instituted programs for health promotion directed at youth eating a healthy diet and exercising 60 minutes each day. Though much media attention has been drawn to these programs, will the children continue the habits?

Children agreed to participate in the NFL Play 60 program at the Hawkeye Boys and Girls club for 10 days. Thirty children agreed and parental consent was obtained for 30 children between the ages of 6 and 12 to participate in the NFL Play 60 program at the Hawkeye Boys and Girls. Three stations were set up in order to implement the plan. One station explained the program, another healthy eating, and the final station was exercise.

Station one, explained to the children that if they worked out for 10 days for at least sixty minutes they would be eligible to win the bike or qualify as next runner up to receive a premium ball. In explanation of the gifts the importance of a eating a well balanced meal. The children were asked if they could identify what fruits they ate and how many each day.

Station two, a meal preparation station was utilized to explain the importance of eating a balanced meal. Demonstrated how to prepare pizza that was tasty, as well as nutritious. Then each child got to prepare their own pizza to show them that they too can assist in making healthy eating choices. The pizza was prepared with whole wheat pita bread. The sauce used was fat free as well as the cheese, pepperoni and Canadian bacon. Onion, green peppers, mushrooms and carrot sticks were provided as pizza toppings. While the pizza was baking the children got to indulge themselves in fresh fruits and vegetables. The fruit dip consisted of fat free strawberry yogurt and cream cheese. The vegetables dip was low fat ranch.

Station three was set up to stress the importance of physical activity. Warm up exercises were performed by doing jump-n-jacks, pushups, sit-ups and having a mini race between the children. Competition ignited the drive to make these activities to be productive. Next indoor dodge ball, basketball and football were played to show that physical activity can be fun..

The Health Fair educated the children about healthy eating and exercise and in turn they will hopefully educate their parents about it. The children received health promotion and education that will improve their lives and hopefully their parent's lives also.

Health Priorities continued

UNC-P Nursing Program (continue from page 5)

The interventions were evaluated 14 days after the interventions were implemented. The children's participation was measured by a poster-board that was left for the workers to document if the children played 60 minutes a day. Self-Efficacy was more reinforced by promoting healthy behaviors that include the community's culture. Programs supported by the NFL or Government Institutions provide positive reinforcement and resources, however, the key is using targeted cultural interventions to reinforce good habits that displace bad habits, rather than emphasize changing habits. Finding a common bond that reinforces self-efficacy for the children was important. For example, the aggregate differed on playing football, basketball, soccer, dodge ball, group exercises; however, all participated in cultural dance exercises. This lesson could be important in promoting self-efficacy into cultures not valuing traditional exercise activities.

Domestic Violence

A community assessment was performed. Information was obtained regarding domestic violence in Hoke County. The population that was used as the aggregate for this project was military spouses. Information through talking with key informants placed this group as the highest risk group in the county. One health need /problem identified of domestic violence victims was revealed in our diagnosis of risk for injury/trauma related to violence. The other diagnosis that became the primary need of the aggregate and the focus of our intervention was knowledge deficit related to unfamiliarity with local resources as evidenced by several key informant interviews revealing lack of knowledge of the Domestic Violence Center in Hoke County, and the lack of exposure to helpful resources such as the Army Community Services Center on Fort Bragg. The Maternity Health Fair was the place where the interventions took place. Brochures, poster board, and video with every 9 seconds were utilized to share this information with participants at the Maternity Fair. A survey was also given for participants to complete.

Survey Results

Growing up did you see your mother threatened, hit, slapped, kicked, or physically hurt by your father, stepfather, or her boyfriend in the past 6 months. Out of 27 responses 22.2 percent answered yes and 77.8 percent answered no. Next we asked have you ever left home because of domestic violence. Out of 28 responses 100 percent answered no. Next question was has your partner ever forced you to have sex even if you did not wish to do so. Out of 29 responses 100 percent said no. next, does your partner control most of your daily activities. Out of 28 responses 3.6 answered yes and 96.4 percent answered no. Next was, is your partner constantly jealous of you. Out of 27 responses 14.8 answered yes and 85.2 answered no. Next was, have you lived with, or been in a relationship with someone who made you feel unsafe at times. Out of 26 responses 15.4 percent answer yes and 84.6 answered no. Next was, have you ever been hit, slapped, kicked, or otherwise physically hurt by a partner. Out of 26 responses 23.1 percent answer yes and 76.9 percent answer no. Our last question was, are you aware of resources available in the Hoke County community that help deal with domestic violence. Out of 27 responses, 66.7 percent answer Yes 66 and 33.3 percent answer no.

Conclusion

Lifestyle changes in Hoke County will take place over the next few years. The Winner's Circle Nutrition Project is ongoing with thirteen Hoke County School cafeterias. Also, The Faith Based Community Action Group will continue activities related to physical activity and nutrition. During Public Health Month in April, the Hoke County Health Center will continue to provide the following activities: Blood Pressure screenings at various County Office locations and a luncheon for Health Department Employees. The Men's Health Fair, Diabetes Health Fair and Holiday Dessert Workshop are annual events held each year.

Deaths due to injuries remain high. Each year the Hoke County Health Center along with various partner organizations sponsor a Bicycle Helmet Safety Day. Bicycles, helmets and other prizes are given away.

Conclusion

Hoke County Health Center, Healthy Hoke Task Force, NC Cooperative Extension-Hoke Center, Hoke County Schools, FirstHealth of the Carolinas and the Faith Community is addressing the major health issues of our county through collaboration and education. Working together with other community representatives and the Healthy Hoke Task Force, plans are being implemented to lower these rates and improve the quality of life of Hoke County resident.

FirstHealth of the Carolinas Hospital System is very pleased to announce that the North Carolina Division of Health Service Regulation has approved the health system's request to construct a FirstHealth hospital in Hoke County. "The State's approval for a FirstHealth hospital in Hoke County marks a major step forward in strengthening the availability and convenience of quality health care services to Hoke County residents," says Charles T. Frock, Chief Executive Officer of FirstHealth of the Carolinas. The FirstHealth Hoke Hospital will house a 24-hours a day, seven days a week emergency room staffed by Pinehurst-based Moore Regional Hospital Physicians. In addition to the emergency beds, the hospital will include eight inpatient beds, an overnight observation unit and one operating room, full laboratory services, state-of-the-art imaging technology, diagnostic cardiology and transport options via critical care transport or helicopter.

Cape Fear Valley Hospital in Cumberland County has also been approved a request to build a hospital close to the Cumberland-Hoke county line to serve residents of both Southwest Cumberland and Hoke County. Cape Fear Valley's hospital will include 41 inpatient beds, a 16 bed emergency room, operating rooms and obstetrics unit. According to Mike Nagowski, CEO of Cape Fear Valley, "I think the state wants to make sure, as we do, Hoke County and Southwest Cumberland County is serviced." (information on hospitals is taken from The News Journal, Wednesday, December 2, 2009 edition, No. 38 Vol. 104).

Health Priorities continued

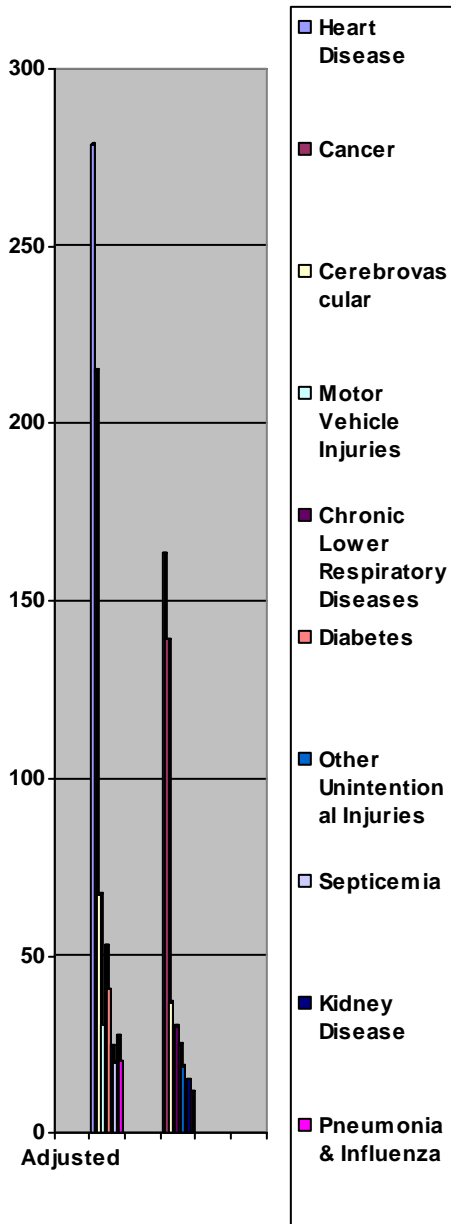


Figure 3
Ten Leading Causes of Death

For More Information Contact:

Hoke County Health Center
 Health Education Department
 683 East Palmer Road
 Raeford, North Carolina 28376
 Phone: 910-875-3717 ext. 2104/2106
 Fax: 910-875-1715/875-6351
 E-mail: ulittle@hokehealth.org
cmurchison@hokehealth.org



Hoke County Health Center