

Halifax County State-of-the-County Health Report 2011



Halifax County Health Department
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Halifax County Profile

Established in 1758, Halifax County is in northeastern North Carolina, eight miles from the Virginia border. Located in the Roanoke River and Tar-Pamlico River basins, it encompasses an area of approximately 722 square miles. Principal industries include textiles, tourism, industrial and agricultural businesses.

Population

The population in 2010 was 54,691 in Halifax County compared to the North Carolina population of 9,535,483. In 2009, the population was 54,582 in Halifax County and 9,380,884 in North Carolina. In 2008, the population was 54,983 in Halifax County and 9,222,414 in North Carolina. The population in Halifax County has decreased by 4.7 percent from 2000 to 2010. The current population is 48% male and 52% female.

Income

Halifax County's median household income in 2009 was \$29,966, compared to \$43,754 for North Carolina. The 2008 median household income for Halifax County was \$29,393, compared to the North Carolina average of \$46,107. The county's per capita income was \$17,189, in 2008. The state's per capita income in 2008 was \$25,015.

Households

In 2009 there were 26,293 households in Halifax County with an estimated 26,935 projected for 2012. The median number of years in residence is two. In 2008, there were 13,905 owner occupied housing units (64.5%) in Halifax County and 7,605 renter occupied (35.5%). The median housing value in 2009 was \$68,300, compared to the North Carolina average of \$108,300. The average household size is 2.56 persons. The average family size is 3.07 persons.

Race and Ethnicity

In 2009, the racial makeup for Halifax County was as follows: 40.0% White, 53.2% Black, 3.8% American Indian and Alaska Native, 0.7% Asian, and 2.1% Hispanic. Compare the racial make-up of Halifax County to North Carolina averages that were: 68.5% White, 21.5% Black, 1.3% American Indian and Alaska Native, 2.2% Asian and 8.4% Hispanic.

Source:

US Census Bureau <http://quickfacts.census.gov/qfd/states/37/37083.html>

Community Issues and Unmet Needs

Community assessment of health and human services is an ongoing process that engages multiple agencies, providers, and individuals in identifying community assets and strengths as well as unmet needs. A formal assessment process is undertaken every four years.

Community issues and unmet needs as identified by the 2011 Community Health Assessment:

- **Chronic Disease**
 - **Diabetes**
 - **Overweight/Obesity**
 - **High Blood Pressure**
 - **Cancer**
- **Substance Abuse**

For the 2010 Community Health Assessment report and supporting documentation, please visit the Halifax County Website at www.halifaxnc.com or call Healthy Halifax Partners at 252-583-5021 ext 256.

North Carolina 2020 Health Objectives

The overall work in developing the 2020 objectives and targets was led by a steering committee that was comprised of the State health Director, Chair of the Governor's Task Force for Healthy Carolinians, NC Institute of Medicine and other public health and prevention experts. Professionals representing public health, mental health, health care, hospitals, children and youth, older adults, schools, churches, businesses, and elected officials analyzed health issues and concerns across the state. The steering committee identified 13 focus areas for the Healthy NC 2020 objectives.

Diabetes:

Healthy 2020 Objective:
Decrease the percentage of adults with diabetes.

Halifax County Objective:
By June 2015, decrease the number of diagnosed diabetes by five percent.

Cancer:

Healthy 2020 Objective:
Reduce the cancer mortality rate (per 100,000 population)

Halifax County Objective:
By June 2015, decrease the number of cancer related deaths by five percent.

Substance Abuse:

Healthy 2020 Objective:
Reduce the percentage of high school students who had alcohol on one or more occasion in the past 30 days.

Halifax County Objective:
By June 2015, decrease the number of reported substance abusers by 10 percent.

High Blood Pressure:

Healthy 2020 Objective:
Reduce the cardiovascular disease mortality rate (per 100,000 population)

Halifax County Objective:
By June 2015, decrease the percentage of those with high blood pressure in Eastern North Carolina by five percent.

Obesity:

Healthy 2020 Objective:
Increase the percentage of children and adults getting the recommended amount of physical activity.

Increase the percentage of school-aged students who are neither overweight nor obese.

Halifax County Objective:
By June 2015, decrease the percentage of children ages 2 to 18 and adults that are classified as overweight or obese by five percent.

Source: Healthy Carolinians - www.healthycarolinians.org

Cancer

Cancer Deaths Per 100,000 Population

<u>Location</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>
Halifax County	160	159	128
North Carolina	17,267	17,425	17,403

Total Cancer Cases (All Sites) Per 100,000 Population

<u>Location</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>
Halifax County	336	335	365
North Carolina	46,610	47,854	49,056

Source: State Center for Health Statistics <http://www.schs.state.nc.us/SCHS/>
NC Catch <http://www.ncpublichealthcatch.com/ReportPortal/design/view.aspx>

Overweight/Obesity

Children 2-18 years of age

<u>Location</u>	<u>Overweight 2008</u>	<u>Overweight 2009</u>
Halifax County	15.0%	14.6%
North Carolina	16.4%	16.2%

<u>Location</u>	<u>Obese 2008</u>	<u>Obese 2009</u>
Halifax County	19.5%	21.7%
North Carolina	17.5%	18.0%

Source:

<http://www.eatsmartmovemorenc.com/Data/ChildAndYouthData.html>

High Blood Pressure

Percentage of adults (ages 18 and older) with High Blood Pressure

<u>Location</u>	<u>2001</u>	<u>2005</u>	<u>2007</u>
Eastern North Carolina	30.1%	42.5%	30.8%
North Carolina	27.2%	29.2%	28.8%

Percentage of Adults with a History of Any Cardiovascular Disease

<u>Location</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>
Eastern North Carolina	10.3%	10.1%	9.7%
North Carolina	9.3%	9.1%	8.5%

Source: State Center for Health Statistics <http://www.schs.state.nc.us/SCHS/>
NC Catch <http://www.ncpublichealthcatch.com/ReportPortal/design/view.aspx>

Substance Abuse

Estimated Youth with Substance Abuse Age 12-17

<u>Location</u>	<u>2007</u>	<u>2008</u>
Halifax County	395	374
North Carolina	58,970	57,885

Estimated Adults with Substance Abuse Age 18-25

<u>Location</u>	<u>2007</u>	<u>2008</u>
Halifax County	989	1,009
North Carolina	192,391	204,759

Estimated Adults with Substance Abuse Age 26 and Older

<u>Location</u>	<u>2007</u>	<u>2008</u>
Halifax County	2,600	2,505
North Carolina	412,273	405,331

Source: NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services
 NC Catch <http://www.schs.state.nc.us/SCHS/>

Substance Abuse

Percentage of Adults (ages 18 and older) who Currently Smoke

<u>Location</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>
Eastern North Carolina	25.4%	22.5%	22.1%	20.8%
North Carolina	22.9%	20.9%	20.3%	19.8%

Percentage of Adults (ages 18 and older) who Reported Binge Drinking

<u>Location</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>
Eastern North Carolina	13.2%	12.4%	14.2%	10.3%
North Carolina	12.3%	12.9%	12.8%	11.0%

Source: State Center for Health Statistics <http://www.schs.state.nc.us/SCHS/>
NC Catch <http://www.ncpublichealthcatch.com/ReportPortal/design/view.aspx>

Diabetes

Prevalence of diagnosed diabetes among adults ages 18 and older

<u>Location</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>
Eastern North Carolina	9.8%	10.0%	10.1%	10.2%	12.7%

<u>Location</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>
North Carolina	8.5%	9.1%	9.1%	9.3%	9.6%

Source: State Center for Health Statistics and Behavioral Risk Factor Surveillance System

<http://www.ncdiabetes.org/library/pdf/Diabetes%20burden%20in%20North%20Carolina%202010%20Fact%20Sheet%20WEB.pdf>

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

http://www.ncdiabetes.org/pdf/Diabetes_Burdon_Bk_2008_WEB.pdf

Strategies

Achieve Healthy Carolinians Action Plans for Health Concerns:

- Increase public awareness about diabetes in the county and provide information about resources to link high-risk populations with appropriate services through attendance at local festivals, health fairs and events.
- Implement the Diabetes Education Recognition Program
- Provide Diabetes Support Group Classes at various locations throughout Halifax County
- Provide annual Diabetes Eye Clinics at Halifax County Health Department
- Create and mail monthly newsletters to all diabetes patients and the community
- Conduct public awareness campaigns to educate residents about blood pressure guidelines and stroke warning signs
- Provide monthly free blood pressure and blood sugar screenings to rural communities in Halifax County
- Provide a van with mobile health message to drive in county
- Promote and educate using Power to End Stroke presentation
- Conduct Heart Health Events during heart health month
- Publicize updated hypertension guidelines in area newspapers, local pharmacies, rest homes and Health Link Resource Center
- Increase public awareness about substance abuse problems in the county and provide information about resources to link abusers and families with appropriate services
- Participate in annual National Night Out events in Roanoke Rapids to raise awareness about substance abuse
- Promote and educate using Not on Tobacco Program and Alternative to Suspension Program through Halifax County Schools
- Support the Operation Don't Drink and Drive at Halifax County Schools
- Increase public awareness about physical activity and nutrition in the county and provide information about resources to link high-risk populations with appropriate services through attendance at local festivals, health fairs and events
- Implement energizers program for elementary teachers and provide energizer and recess kits for all teachers on an annual basis
- Implement the Eat Smart Move More Weigh Less program
- Implement the I Can Cope Program provided through the American Cancer Society for cancer patients, survivors and caregivers
- Participate in Relay for Life event
- Serve on School Health Advisory Boards for three school systems
- Implement annual Drive Thru Flu Clinic in Halifax County for all citizens
- Halifax County Government Employee Wellness Program, "Working on Wellness"

- Implement three year PREPare for Success grant, abstinence based program implemented with Weldon Middle School.

Emerging Health Concerns:

Healthy Halifax Partners focus on the following emerging health concerns: obesity, diabetes, substance abuse, cancer and blood pressure within Halifax County through outreach and education.

Socioeconomic changes account for unemployment rate increasing, fewer people seeking health care resulting in the local health department's client numbers decreasing.

Environmental Health: Smoking legislation should result in improved health for our citizens. Challenges with Mental Health System include more people with mental illnesses ending up in the jail instead of getting the mental health counseling needed. This will result in negative affects on families, and ultimately result in poorer health outcomes for our citizens especially in the area of already great health disparities among ethnic groups and different socioeconomic groups. May see greater HIV/AIDS rates, other communicable disease rates, and other chronic diseases such as cancer, heart disease, stroke, obesity, and diabetes.

Leading Causes of Death in 2009:

1. Cancer 24.69%
2. Disease of the Heart 24.0%
3. Chronic Lower Respiratory Diseases 5.4%
4. Diabetes Mellitus 5.4%
5. Cerebrovascular Diseases 4.5%
6. All Other Unintentional Injuries 2.8%
7. Essential (primary) hypertension renal disease 2.2%
8. Influenza and Pneumonia 2.1%
9. Nephritis, Nephrotic Syndrome and Nephrosis 2.1%
10. Motor Vehicle Injuries 1.9%

Source: State Center for Health Statistics

<http://www.epi.state.nc.us/SCHS/data/lcd/getleadcauses.cfm>

Accomplishments

Community Intervention Activities

Completed 2010-2011

- Healthy Halifax Partners and Halifax County Health Department submitted the 2010 Community Health Assessment. The North Carolina State Office and the Office of Healthy Carolinians approved the assessment.
- Seasonal flu and H1N1: Provided education to the public through media outlets and managed dissemination of vaccination. (Weekly H1N1 Flu Team Meetings to manage updates)
- Flu mist and vaccine provided to elementary schools and county employees.
- Provided the weekly Eat Smart Move More Weigh Less program and monthly Diabetes Conversation Map to Working on Wellness (county employee wellness program) participants.
- Partnered with local high school to host “Project Graduation” for graduating seniors. Event (lock-in) was held after graduation where Healthy Halifax Partners provided DUI goggles.
- Partnered with Family Drug Court and attended bi-monthly meetings.
- Partnered with Weldon City Schools and Halifax County Schools to implement the ASPIRE program, abstinence based curriculum, to 6th-12th graders.
- Monthly health screenings within Halifax County.
- Mobile health message: “Save a Life, Buckle Up” and Stroke Awareness message.
- Color Me Healthy Trainings provided to Weldon City Schools.
- Partnered with Rural Health Group and Halifax Health Link to provide a Breast Cancer Awareness Celebration in October 2010.
- Monthly Diabetes Support Groups meet in Jackson, Scotland Neck, Littleton and Enfield.
- Partnered with local sorority to promote Heart Health Month.
- National Nutrition Month was celebrated by taste testing, weekly walks, and health tips for all employees.
- Healthy Carolinians grant provided funds to target substance abuse, obesity, diabetes, blood pressure and cancer outreach.
- Drive Thru Flu Clinic provided over 150 flu shots to community.
- Food for Thought curriculum distributed to elementary school teachers.
- Provided an energizer and recess kit training to three private schools. Each teacher received an energizer kit and recess kit to use in the classroom.
- Distributed Energizer Curriculum and fitness dice to new teachers within three school systems.
- Implementing the Diabetes Education Recognition Program
- Diabetes Education Recognition Program was accredited through the American Diabetes Association



Community Health Assessment
Subcommittee Contact Information

Chronic Disease

Blood Pressure, Diabetes and Physical Activity/Nutrition

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Chronic Disease

Cancer

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Questions Regarding any Subcommittee Information:

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Resources



Healthy Carolinians

<http://www.healthycarolinians.org>



Halifax County

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



Healthy Halifax Partners

www.halifaxnc.com



Centers for Disease Control and Prevention

www.cdc.gov



State Center for Health Statistics

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