

Halifax County State-of-the-County Health Report 2012



Halifax County Health Department
19 North Dobbs Street
Halifax, NC 27839
Terrell R. Davis, MSA
Interim Health Director

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 employers include paper mill, health care, tourism, industrial and agricultural businesses.

Population

The population in 2011 was 54,173 in Halifax County compared to the North Carolina population of 9,656,401. In 2010, the population was 54,691 in Halifax County and 9,535,483 in North Carolina. In 2009, the population was 54,582 in Halifax County and 9,380,884 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 2010 was \$30,861, compared to \$43,417 for North Carolina. The 2009 median household income for Halifax County was \$29,966, compared to the North Carolina average of \$43,754. The average per capita income from 2006-2010 was \$17,223, compared to the North Carolina average of \$24,745.

Households

In 2011 there were 25,703 households in Halifax County with an estimated 26,935 projected for 2012. The median number of years in residence is two. In 2010, there were 13,905 owner occupied housing units (64%) in Halifax County and 7,605 renter occupied (36%). The median housing value in 2009 was \$68,300, compared to the North Carolina average of \$108,300. The average household size is 2.50 persons. The average family size is 3.07 persons.

Race and Ethnicity

In 2011, the racial makeup for Halifax County was as follows: 41.0% White, 53.3% Black, 3.8% American Indian and Alaska Native, 0.7% Asian, and 2.3% Hispanic. Compare the racial make-up of Halifax County to North Carolina averages that were: 72.1% White, 22.0% Black, 1.5% American Indian and Alaska Native, 2.3% Asian and 8.6% 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 2010 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 adults with diabetes by two 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 five 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 two 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 one percent.

Source: Healthy Carolinians - www.healthycarolinians.org

Cancer

Cancer Deaths

<u>Location</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>
Halifax County	160	159	128	164 or 24.6%	135 or 21.8%
North Carolina	17,267	17,425	17,403	17,476 or 22.7%	18,013 or 23%

Total Cancer Cases (All Sites)

<u>Location</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>	<u>2009 projected</u>
Halifax County	336	335	365	304	316
North Carolina	46,610	47,854	49,056	42,451	46,417

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%

Adults 20 years and older

<u>Location</u>	<u>Obese 2007</u>	<u>Obese 2008</u>	<u>Obese 2009</u>
Halifax County	34.0%	36.9%	38.7%
North Carolina	28.7%	29.0%	30.0%

Source: Eat Smart Move More

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

<http://www.webmd.com/diet/news/20090708/how-fat-is-your-state>

High Blood Pressure

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

<u>Location</u>	<u>2007</u>	<u>2009</u>	<u>2011</u>
Eastern North Carolina	30.8%	34.7%	34.0%
North Carolina	28.8%	31.5%	32.4%

Percentage of Adults with a History of Any Cardiovascular Disease

<u>Location</u>	<u>2009</u>	<u>2010</u>	<u>2011</u>
Eastern North Carolina	11.2%	10.7%	10.2%
North Carolina	8.7%	9.0%	9.2%

Source: State Center for Health Statistics

<http://www.schs.state.nc.us/schs/brfss/2007/east/BPHIGH4.html>

High Blood Pressure

Percentage of Deaths related to Hypertensive Diseases

<u>Location</u>	<u>2009</u>	<u>2010</u>
Halifax County deaths	4.3% 29	4.0% 27
North Carolina deaths	2.1% 1,629	2.0% 1,719

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

Number of Deaths related to substance abuse and percentage per 100,000 population

<u>Location</u>	<u>2009</u>	<u>2010</u>
Halifax County	4 or 0.6%	3 or 0.5%
North Carolina	218 or 0.3%	196 or 0.2%

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

Substance Abuse

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

<u>Location</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</u>
Eastern North Carolina	22.5%	22.1%	20.8%	23.9%
North Carolina	20.9%	20.3%	19.8%	21.8%

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

<u>Location</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</u>
Eastern North Carolina	12.4%	14.2%	10.3%	15.5%
North Carolina	12.9%	12.8%	11.0%	15.2%

Source: State Center for Health Statistics

<http://www.schs.state.nc.us/schs/brfss/2011/east/topics.html#d>

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>2007</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</u>
Eastern North Carolina	10.1%	10.2%	12.7%	11.3%	11.7%

<u>Location</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</u>
North Carolina	9.1%	9.3%	9.6%	9.8%	10.9%

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.ncdiabetes.org/_pdf/Diabetes_Burdon_Bk_2008_WEB.pdf

Contributing Economic, Socioeconomic and Environmental changes in Halifax that affect Health

Health Disparities are demonstrable among racial distributions. According to 2010 Census figures, approximately 21 percent of North Carolina's population is African American/Black. Halifax County's distribution in 2011 showed that 41.0% were Caucasian/White, while 59% were minority population consisting of African American 53.3%, American Indian 3.8%, Alaskan Native, Asian and Hispanic (3.0% combined). North Carolina's African Americans are more likely to live in poverty (33%) and more likely than whites to have no health insurance (21%). Poverty and a lack of access to health care are two main reasons North Carolina's African Americans are generally in poorer health than whites and other racial and/or ethnic minorities based on mortality and disease incidence patterns.

http://www.schs.state.nc.us/SCHS/pdf/HealthProfile2011_WEB.pdf

The Halifax County Health Department has been fortunate to receive grants to provide services or maintain/enhance current services. A Diabetes Self Management Program grant was received in 2011. This allows the Health Department to umbrella under the state diabetes program to provide individual and group education to people with diabetes. This Health Department program has been credentialed to bill BCBS, Medicare, and Medicaid, which increases the potential generation of funding for this service, and therefore assures continued provision of the service. The Halifax County Health Department received additional funds in 2010 and again in 2011 to provide additional Breast Cervical Cancer Control services to Halifax County Citizens. The funding allowed up to 10 additional women each year to receive pap and mammography screening.

In 2011, the Halifax County Health Department received a grant that will serve adolescent males and females through the implementation of the PREPare for Success Grant utilizing the Teen Outreach Program's curriculum "Changing Scenes". The program targets seventh and eighth grade students at Weldon Middle School located within Halifax County. The teens will be educated on the importance of abstinence, using contraceptives, the effects of becoming pregnant during adolescent years, consequences of having sexual relations, and strengthen leadership to where they are an example to peer and friends. This should impact the number of teen pregnancies and sexually transmitted infections through education and empowerment.

Halifax County received a new health program that provides school based health care in the Weldon City School Health clinic. This program will provide students with better access to health care and health education.

Due to the demographics of Halifax County and being a rural county, many citizens do not have access to transportation to receive medical care. The only public transportation is via the (CPTA) Choanoke Public Transportation Authority. Most of the medical offices are located in Roanoke Rapids, which can be more than a 30-minute ride from the farthest communities in Halifax County. Employment is a challenge due to transportation issues as the primary businesses and industries are located in Roanoke Rapids. Several restaurants and small businesses have also closed; therefore, eliminating job opportunities.

There is a limited availability of tertiary centers; Pitt County Memorial hospital is 1.5 hours east of Halifax County and Chapel Hill, Duke Medical and Wake Medical are 1.5 hours southwest of Halifax County.

Substance abuse continues to be an issue in Halifax County. Resources to support rehabilitation are very limited. The county mental health system has been forced to merge with other mental health facilities. It is more difficult to access mental health care in Halifax County. Mental Health programs became privatized and several providers such as "BEARS", "Triumph" and "NOVA" have closed during the reorganization of the mental health provision. Clients find themselves frequently transitioning to new providers or lost to follow up.

<http://www.ncpublichealthcatch.com/ReportPortal/design/view.aspx>

Strategies

Achieve Healthy Carolinians Action Plans for Health Concerns:

- 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 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.
- Continue 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.
- Increase public awareness about substance abuse problems in the county and provide information about resources to link abusers and families with appropriate services.
- Maintain action plans created through the Community Transformation Program addressing tobacco, physical activity and healthy eating.
- Participate in annual National Night Out events in Roanoke Rapids to raise awareness about substance abuse.
- 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.
- Participate in Relay for Life event.
- Serve on the Roanoke Valley Breast Cancer Coalition and Planning Committee for Voices From the Valley Conference.
- 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 rates 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 the mental health system include more people with mental illnesses landing 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 health disparities among ethnic groups and different socioeconomic groups. The County may also see an increase in communicable disease rates, and other chronic diseases such as cancer, heart disease, stroke, obesity, and diabetes.

Leading Causes of Death in 2010:

1. Disease of the Heart 24.6%
2. Cancer 21.8%
3. Cerebrovascular Diseases 7.1%
4. Diabetes Mellitus 4.5%
5. Chronic Lower Respiratory Diseases 3.4%
6. Alzheimer's Disease 2.9%
7. Nephritis, Nephrotic Syndrome and Nephrosis 2.9%
8. Influenza and Pneumonia 2.4%
9. Essential (primary) hypertension renal disease 2.3%
10. Septicemia 1.9%

Source: State Center for Health Statistics

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

Accomplishments

Community Intervention Activities

Completed 2011-2012

- Healthy Halifax Partners and Halifax County Health Department submitted the 2010 Community Health Assessment and 2011 State of the County Health Report. The North Carolina State Office and the Office of Healthy Carolinians approved the assessment and report.
- Implementing the Diabetes Education Recognition Program.
- Diabetes Education Recognition Program was accredited through the American Diabetes Association.
- Awarded a three year, \$300,000 PREPare for Success grant.
- Partnered with the Poe Center for Health Education to implement the PREPare for Success grant within the Weldon Middle School.
- Awarded Ann Wolfe grant to educate on car seat safety.
- Provided the weekly Eat Smart Move More Weigh Less program and monthly Diabetes Conversation Map to Working on Wellness (county employee wellness program) participants.
- Assisted with the coordination and planning of the first health conference held in Halifax County, Voices from the Valley Breast Cancer Conference.
- Plans and coordinates events with the Roanoke Valley Breast Cancer Coalition.
- Partnered with Family Drug Court and attended bi-monthly meetings and provided education to Operation Restart participants.
- Monthly health screenings provided 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 Halifax Health Link, Halifax Regional Medical Center and NC Farm Bureau to provide Healthy Living for a Lifetime. Multiple screenings were provided to citizens of Halifax County.
- Monthly Diabetes Support Groups meet in Jackson, Scotland Neck, Littleton and Enfield.
- Promoted Public Health Month through a health fair held within Halifax County.
- National Nutrition Month was celebrated by taste testing, weekly walks, and health tips for all employees.
- 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 recess kits to new teachers within three school systems.
- Seasonal flu: Provided education to the public through media outlets and managed dissemination of vaccination.
- Drive Thru Flu Clinic provided over 60 flu shots to community.



**Community Health Assessment
Subcommittee Contact Information**

Chronic Disease

Blood Pressure, Diabetes and Physical Activity/Nutrition

Brenda Hudson, RN, BSN

252-583-5021 ext 239

HUDSONB@HALIFAXNC.COM

Chronic Disease

Cancer

Laura Ellis

252-583-5021 ext. 256

ELLISL@HALIFAXNC.COM

Drug Abuse/Alcohol Abuse

Cynthia Fenner

1-877-619-3761

252-430-1330

CFENNER@FIVECOUNTYMHA.ORG

Questions Regarding any Subcommittee Information:

**Laura Ellis, Health Educator
Healthy Carolinians Coordinator
252-583-5021 ext 256**

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/>