

Halifax County State-of-the-County Health Report 2013



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

Population

The population in 2012 was 54,006 in Halifax County compared to the North Carolina population of 9,752,073. In 2011, the population was 54,173 in Halifax County and 9,656,401 in North Carolina. In 2010, the population was 54,691 in Halifax County and 9,535,483 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

The median household income in Halifax County from 2007-2011 was \$31,370, compared to the North Carolina average of \$46,291. Halifax County's median household income in 2010 was \$30,861, compared to \$43,417 for North Carolina. The average per capita income from 2007-2011 was \$17,934, compared to the North Carolina average of \$25,256.

Households

In 2011, there were 25,703 households in Halifax County with an estimated 26,935 projected for 2012. The homeownership rate during 2007-2011 was 62.6% in Halifax County compared to 67.8% in North Carolina. The median value of owner-occupied housing units from 2007-2011 was \$86,300, compared to the North Carolina average of \$152,700. The average household size is 2.50 persons.

Race and Ethnicity

In 2012, the racial makeup for Halifax County was as follows: 40.9% White, 53.2% Black, 3.9% American Indian and Alaska Native, 0.7% Asian, and 2.5% Hispanic. Comparing the racial make-up of Halifax County to North Carolina percentages: 71.9% White, 22.0% Black, 1.5% American Indian and Alaska Native, 2.5% Asian and 8.7% 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 new cases of diabetes by two percent in Halifax County.

Cancer:

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

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

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, in Halifax County decrease the number of teens who abuse substance 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 cardiovascular disease 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 4 that are classified as overweight or obese by one percent.

Source: Healthy Carolinians - www.healthycarolinians.org

Cancer

Cancer Deaths

<u>Location</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</u>
Halifax County	159	128	164 24.6%	135 21.8%	149 22.8%
North Carolina	17,425	17,403	17,476 22.7%	18,013 23.0%	18,201 22.8%

Total Cancer Cases (All Sites)

<u>Location</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>	<u>2013</u>
Halifax County	335	365	304	316	356
North Carolina	47,854	49,056	42,451	46,417	56,164

Source: State Center for Health Statistics: <http://www.schs.state.nc.us/schs/data/lcd/lcd.cfm>
<http://www.schs.state.nc.us/schs/CCR/cp2013/Halifax.pdf>

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%

Children 2-4 Years of Age

<u>Location</u>	<u>Overweight 2010</u>	<u>Overweight 2011</u>
Halifax County	15.7%	17.2%
North Carolina	16.1%	16.2%

Children 2-4 Years of Age

<u>Location</u>	<u>Obese 2010</u>	<u>Obese 2011</u>
Halifax County	14.0%	15.4%
North Carolina	15.6%	15.7%

Source: Eat Smart Move More:

http://www.eatsmartmovemorenc.com/Data/Texts/NC%20NPASS%202011TABLE_Count%20obesity%20rates.pdf

<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>2010</u>	<u>2011</u>	<u>2012</u>
Eastern North Carolina	10.7%	10.2%	10.0%
North Carolina	9.0%	9.2%	8.9%

Source: State Center for Health Statistics

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

Heart Disease

Deaths related to Diseases of the Heart

<u>Location</u>	<u>2010</u>	<u>2011</u>
Halifax County	24.6% 152	22.2% 145
North Carolina	21.7% 17,090	21.3% 16,959

Source: State Center for Health Statistics

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

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
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>2009</u>	<u>2010</u>	<u>2011</u>	<u>2012</u>
Eastern North Carolina	22.1%	20.8%	23.9%	22.2%
North Carolina	20.3%	19.8%	21.8%	20.9%

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

<u>Location</u>	<u>2009</u>	<u>2010</u>	<u>2011</u>	<u>2012</u>
Eastern North Carolina	14.2%	10.3%	15.5%	13.4%
North Carolina	12.8%	11.0%	15.2%	13.1%

Source: State Center for Health Statistics

<http://www.schs.state.nc.us/schs/brfss/2012/east/rfsmok3.html>

<http://www.schs.state.nc.us/schs/brfss/2012/east/RFBING5.html>

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 2012 Census figures, approximately 22 percent of North Carolina's population is African American/Black. Halifax County's distribution in 2012 showed that 40.9% were Caucasian/White, while 60.3% were the minority population consisting of African American 53.2%, American Indian and Alaskan Native 3.9%, Asian and Hispanic (3.2% 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 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 Blue Cross/Blue Shield (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 and Cervical Cancer Control services to Halifax County Citizens. The funding allowed up to 10 additional women each year to receive pap and mammography screening. The health department also received a Susan G. Komen grant to implement breast health education in worksite settings.

In 2011, the Halifax County Health Department received a grant that serves 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 will influence 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 limited availability of tertiary centers; Vidant Medical Center 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's 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 various 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 loss to follow up.

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 the county.
- Conduct Heart Health Events during heart health month.
- Continue the Diabetes Education Recognition Program.
- Provide Diabetes Support Group Classes at various locations throughout Halifax County.
- Create and mail monthly newsletters to all diabetes patients and the community.
- Implement evidence based curriculum “Making Proud Choices” to Operation Restart.
- 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, active living and healthy eating.
- Participate in annual National Night Out events in Roanoke Rapids to raise awareness about substance abuse.
- Increase public awareness about physical activity and nutrition in the county.
- Implement energizers program for elementary teachers and provide energizer and recess kits for all teachers on an annual basis.
- Offer the Eat Smart Move More Weigh Less program.
- Serve on various committees including: Roanoke Valley Breast Cancer Coalition and Planning Committee, Roanoke Valley Community Health Initiative (Coordinating Council), Data Assessment Workgroup, Comprehensive Land Use and Community Health Plan for Roanoke Rapids, Halifax County Recreation Master Plan, Upper Coastal Plain Breast Cancer Regional Advisory Committee, Coordinate Healthy Halifax Partners, and Komen Advisory Council.
- 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 four year PREPare for Success grant, abstinence based program implemented with Weldon Middle School.
- Implement Kate B. Reynolds grant awarded to enhance the 2014 Community Health Assessment while providing a snapshot of the assessment.

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 and fewer people seeking health care thus resulting in the local health department's client numbers decreasing.

Environmental Health: Smoking legislation has 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 effects 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 2011:

1. Cancer 22.8%
2. Diseases of Heart 22.2%
3. Chronic Lower Respiratory Diseases 6.6%
4. Diabetes Mellitus 5.5%
5. Cerebrovascular Diseases 5.4%
6. All Other Unintentional Injuries 3.1%
7. Alzheimer's Disease 2.5%
8. Nephritis, Nephrotic Syndrome and Nephrosis 2.0%
9. Essential (primary) hypertension and hypertensive renal disease 1.8%
10. Assault (homicide) 1.7%
- Influenza and Pneumonia 1.7%
- Septicemia 1.7%

Source: State Center for Health Statistics

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

Accomplishments

Community Intervention Activities Completed 2012-2013

- Healthy Halifax Partners and Halifax County Health Department submitted the 2010 Community Health Assessment and 2012 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, with a fourth year awarded
- Partnered with the Poe Center for Health Education to implement the PREPare for Success grant within the Weldon Middle School.
- Awarded Upper Coastal Plain Breast Cancer Initiative grant by Susan G. Komen developing worksite partnerships.
- 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 including the free breast cancer clinic.
- Active member of the Roanoke Valley Community Health Initiative, including the Coordinating Council for RV-CHI, Data Assessment Lead and Planning Committee member.
- Partnered with Family Drug Court and attended bi-monthly meetings while providing education to Operation Restart participants.
- Monthly health screenings provided within Halifax County.
- Mobile health message: “Save a Life, Buckle Up” and Stroke Awareness message.
- Monthly Diabetes Support Groups meet in Jackson, Scotland Neck, Littleton and Enfield.
- National Nutrition Month was celebrated by taste testing, weekly walks, and health tips for all employees.
- Served on the planning and implementation Aging Expo Committee, served over 400 senior citizens.
- Provided an energizer and recess kit training to all public and private elementary schools. Each teacher received an energizer kit and recess kit to use in the classroom.
- Seasonal flu: Provided education to the public through media outlets and managed dissemination of vaccination, including a drive thru flu clinic.
- Awarded Kate B. Reynolds grant to implement a community snapshot from the 2014 Community Health Assessment.



Community Health Assessment
Subcommittee Contact Information

Chronic Disease

Blood Pressure, Diabetes and Physical Activity/Nutrition

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Chronic Disease

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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/>