



# 2015 State of the County Health (SOTCH) Report for Bertie and Chowan



## Key Points to Remember

- A Community Health Assessment (CHA) is conducted every three years and presents opinions and facts about the health of the community.
- A SOTCH Report is conducted every year that the CHA is not completed and gives an update on what is being accomplished in the communities to address issues identified in the CHA.
  - All data presented in the SOTCH was obtained from the North Carolina State Center for Health Statistics and US Census Bureau.
  - To view the 2013 CHA for Chowan and Bertie counties, visit [www.arhs-nc.org](http://www.arhs-nc.org)



## Mission Statement

Three Rivers Healthy Carolinians of Bertie and Chowan counties is a collaborative community-based network dedicated to improving the quality of life for all of our residents by addressing and evaluating community issues supporting health education, awareness and resource accessibility. Through planning, implementing, evaluating wellness programs and encouraging overall healthier lifestyle choices, our mission and vision can be accomplished.

The purpose of this report is to track priority issues identified in the 2013 Community Health Assessment (CHA), identify emerging issues, and highlight new initiatives, as well as to inform the community stakeholders about the health of residents.

## Local Community Objectives

**Goal:** To increase physical activity in adults by 5% in 2016

**Goal:** To increase the consumption on fruits and vegetables in adults by 5% in 2016

According to the 2014 University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation, 32% of Bertie and 29% of Chowan adults are inactive. In addition, only 38% of the population in Bertie and 30% in Chowan had adequate access to locations for physical activity.

The 2015 University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation County Health Rankings showed 31% of Bertie and 29% of Chowan adults inactive. 37% of the population in Bertie and 56% in Chowan had adequate access to locations for physical activity. Even though there was minimal change in the amount of activity, there was an increase in Chowan County in access to locations for physical activity.

In an effort to gather more information about the amount of fruit and vegetable servings adults are consuming in Bertie and Chowan counties, TRHC worked with the Partnership to Improve Community Health (PICH) Coordinators and the East Carolina University Evaluation Team to collect primary data at local farmers markets in Bertie and Chowan counties. At this time, East Carolina University is analyzing the data.

## At A Glance

*Provided by the US Census Bureau	Bertie	Chowan
Median Household Income	\$29,338	\$37,154
Poverty Level	27.7%	23.2%
Persons without Health Insurance	18%	17%
Population	20,106	14,572

## Morbidity Data

	Projected New Cases					Projected Deaths				
	Total	Lung Bronchitis	Female Breast	Prostate	Colon Rectum	Total	Lung Bronchitis	Female Breast	Prostate	Colon Rectum
North Carolina	57,624	8,669	9,772	7,998	4,633	20,302	6,171	1,319	987	1,642
Bertie	139	21	23	19	11	51	51	3	3	4
Chowan	110	17	18	15	15	42	42	3	2	3

Produced by the North Carolina Central Cancer Registry, 1/15

## 2008-2012 Cancer Incidence Rates Per 100,000 population Age-adjusted 2000 US Census

County	Colon/Rectum Cases/Rate	Lung/Bronchitis Cases/Rate	Female Breast Cases/Rate	Prostate Cases/Rate	All Cancers Cases/Rate
Bertie	66/50.4	96/70.7	112/168.5	102/165.0	626/470.0
Chowan	43/39.9	79/72.7	75/139.5	77.1/51.9	490/458.7

## Mortality Data

### Leading Causes of Death by County (2014)

#### Bertie

1. Heart Disease
2. Cancer
3. Diabetes Mellitus
4. Cerebrovascular Disease
5. Hypertension and Hypertensive Renal Disease

#### Chowan

1. Heart Disease
2. Cancer
3. Cerebrovascular Disease
4. Chronic Lower Respiratory Disease
5. Alzheimer's Disease

	Chowan	North Carolina	Bertie
Heart Disease	25.7%	20.6%	21.9%
Cancer	22.8%	22.7%	15.5%
Cerebrovascular Disease	7.8%	5.5%	6.0%
Chronic Lower Respiratory Disease	4.8%	5.9%	2.6%
Alzheimer's	3.0%	3.8%	5.3%
Diabetes	3.0%	3.2%	8.3%

## Emerging Issues

- Access to fresh fruit and vegetables is increasing in Chowan County
- Access to fresh fruit and vegetables is limited in Bertie County
- Increased opportunities for STEM (Science, Technology, Engineering and Math) education are available for Chowan and Bertie residents

## New Initiatives

- Identified as an emerging issue in the 2014 State of the County Health report, TRHC has partnered with Project Lazarus, a public health, non-profit organization that empowers communities and individuals to prevent drug overdoses and meet the needs of those living with chronic pain. TRHC meets monthly with the Project Lazarus stakeholders that include law enforcement, medical professionals, educators, and citizens, to review activities that continue to educate the community about the effects of prescription/opioid drug misuse and abuse. Activities include participating in the National Take Back Day on September 26th by collecting approximately 150 pounds of unused medications, securing the purchase of Naloxone for law enforcement and Emergency Medical Services use, securing portable incinerators for local law enforcement, assisting in the placement of additional drop boxes throughout the region, and working with local school systems to enhance awareness and education among students and parents.
- Obesity, Diabetes, Heart Disease and Stroke Prevention and Chronic Disease Management has emerged as a needed focus in the region. The mission is to work with partners to create physical activity and healthy eating opportunities, improve quality and delivery of clinical services, and connect patients and their health care providers to community prevention and management programs with the goal of reducing obesity, diabetes, heart disease, and stroke in northeastern NC residents of all ages.
- Increasing amounts of fruit and vegetable consumption and enhancing access to healthy foods are priority health areas for TRHC and will be addressed through a new Fruit and Vegetable Prescription Program in both counties, supported by the medical community. Three Rivers Healthy Carolinians will be collecting baseline data through pre and post surveys and farmers market redemption rates.

## 2015 Highlights

- Pediatric Wellness Programs were started in both Bertie and Chowan counties. Students at DF Walker Elementary and Heritage Collegiate Leadership Academy will be taking part in educational programs focusing on physical activity and nutrition. Program activities include Zumba, healthy snacks and nutrition education. Students will keep monthly logs of their activity and water intake. Pedometers were provided to track their daily steps. Prizes will be awarded to top participants. TRHC has partnered with Active Routes To School to continue walking programs at these schools. The community health goals of TRHC and school health goals of ARTS are closely aligned.
- The 100 Mile Club is an exercise initiative taking place in all four elementary schools in Bertie County. As part of the action plan at each school, classroom teachers are leading their classes in walking (using the walking trails established earlier this year). Students from each class wear pedometers (provided by Active Routes to School) daily and the total steps taken for each day are recorded on an electronic spread sheet. Wrist bands are provided to students as they reach preset walking goals (25 miles, 50 miles, 75 miles and 100 miles) as an incentive to keep walking. The 100 mile Walking Club will continue through the end of the school year and begin again at each school in August 2016.
- Three Rivers Healthy Carolinians and Active Routes to School will co-sponsor the 2nd Annual Smile Half Mile on May 6, 2016, in Edenton. Participants will run/walk a half mile through the Historic Mill Village. This trail is one of the marked trails that was established by Three Rivers Healthy Carolinians in 2016. Participants will receive incentives and educational materials on physical activity and nutrition.

## 2015 Highlights continued

- TRHC has partnered with the Partnerships to Improve Community Health-Tobacco Free Living Coalition to bring awareness and education to Chowan and Bertie counties. Banner signings were completed in seven schools throughout Bertie County where children pledged to be tobacco free. Reena Roberts, a motivational speaker focusing on tobacco prevention will present in Chowan and Bertie County Schools in March 2016.
- A Healthy Food drive was held in October and over 120 pounds of canned foods were collected by DF Walker and White Oak Elementary students. TRHC partnered with the Edenton Farmers Market on this event. Along with the canned foods, the Edenton Farmer's Market donated fresh produce to the Edenton-Chowan Food Pantry and Open Door Church Food Distribution. Over 100 people were able



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