STATE OF THE COUNTY HEALTH REPORT 2017

Back Ground Information About this Report

This publication provides an update of progress made in addressing the priority health issues selected following the release of the 2016 Community Health Assessment. During the years between community health assessments (CHA), local health departments conduct and provide an abbreviated State of the County Health Report (SOTCH Report) for county residents. Health priorities help guide the planning of programs and services for the community. Since 2016, Hertford County Public Health Authority (HCPHA), and our Community Partners have worked to address several community health concerns in Hertford County. This document summarizes the status of our combined efforts.

Hertford County Board of Health

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Hertford County Demographics

- Population, 2016: 24,136
- White Persons, 2016: 36%
- Black persons, 2016: 60.5%
- American Indian & Alaska Native Persons, 2016: 1.3%
- Asian Persons, 2016: 1.0%
- Persons of Hispanic or Latino Origin, 2016: 3.5%
- High School graduates, % of persons age 25+, 2012-2016: 80.3%
- Bachelor’s degree or higher, % of persons age 25+, 2012-2016: 15.0%
- Median household income (in 2016 dollars), 2012-2016: $34,523

United States Census Bureau

Population Status

The majority of the population in Hertford County is African American. The Hispanic, American Indian and Asian populations in Hertford County are very small compared to other NC counties.

![Population Distribution By Race](image)

Hertford County 2012-2016
Top 5 Causes of Death

<table>
<thead>
<tr>
<th>Causes of Death</th>
<th># of Deaths</th>
<th>Death Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>288</td>
<td>237.2</td>
</tr>
<tr>
<td>Cancer-All Sites</td>
<td>262</td>
<td>215.8</td>
</tr>
<tr>
<td>Diabetes</td>
<td>90</td>
<td>74.1</td>
</tr>
<tr>
<td>Stroke</td>
<td>66</td>
<td>54.4</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Disease</td>
<td>47</td>
<td>38.7</td>
</tr>
</tbody>
</table>

NC Dept. of Health and Human Services
Division of Public Health/State Center for Health Statistics
Major Morbidity and Mortality Data

Deaths due to heart disease have been on a steady decline in the last 4 years. Hertford County rate continue to exceed the NC rate. Heart disease continue to be the leading cause of death in Hertford County.

From 2012-2016, there was a total of 262 deaths in Hertford County due to cancer. The cancer death rate in Hertford County continues to show a steady decline. The cancer rate in Hertford County has dropped below the state rate in the last 4 years.

The death rate in Hertford County due to stroke in the last 4 years has slightly increased. Stroke is the 4th leading cause of death in Hertford County. Hertford County rate is lower than that of the state rate.

The infant mortality rate in Hertford County shows a decrease over the last 2 years. There was a total of 3 infant deaths in Hertford County in 2016. The infant mortality rate in Hertford County exceeds that of the NC rate.

The graph shows that the teenage pregnancy rate for Hertford County has been declining for the last 4 years. Hertford County rate is currently lower than that of the NC rate. There was a total of 21 teen pregnancies in Hertford County in 2016 compared to the 25 teen pregnancies in 2015.

From 2012-2016, the mortality rate due to Diabetes has declined. Hertford County rate continues to be twice as high as the NC rate. The gap between the Hertford County rate and those of NC rate has been getting wider over time.

State of the County Health Report

Dept. of Health and Human Services
Division of Public Health/State Center for Health Statistics
Community Health Priorities
Identified from 2016 Community Health Needs Assessment

1. Healthy Lifestyles
2. Diabetes Management
3. Aging Population
4. Youth Services
5. Infant Mortality

Healthy Lifestyles Progress to Date:
√ Healthy Lifestyle workgroup was formed to develop action plans and implement action plan initiatives.
√ Collaboration was formed with the Heal Thy Neighbors project to expand outreach to Faith Health partners. The Heal Thy Neighbors project promotes eating healthy and engagement of physical activity.

Diabetes Management:
√ Diabetes management workgroup was formed to develop action plans and implement action plan initiatives.
√ Three members from the diabetes workgroup were trained as diabetes lifestyle coaches to implement the Diabetes Prevention Program.
√ Diabetes Prevention Program was implemented and completed. A total of 23 people registered to participate in the program and 16 people completed the program. The class met every week for 16 sessions.

Taskforce on Aging
√ Workgroup was formed (Taskforce on Aging) to develop action plans and implement action plan initiatives.
√ The Taskforce on Aging collaborated with the local Sheriff’s Department regarding “The Are You Ok” Program. This program serves the elderly shut-in to ensure that they are safe at home.
√ The taskforce have provided workshops for the elderly population that includes: Helping your friend with depression, Pain management and Opioids and Care giving virtual tour regarding dementia.
√ An Alzheimer Awareness event was held for caregivers to promote the awareness of Alzheimer.

Youth Services
√ Youth Services workgroup was formed to develop action plans and implement action plan initiatives.
√ Walking trail initiative was completed and ribbon cutting ceremony was held.
√ School gardens were started in three local schools.
Hertford County

Youth Services Continue….

√ Student used the produce from the school gardens to provide pop-up markets to sell fresh fruits and vegetables within the county.

√ Students in Hertford County traveled to Raleigh to talk with legislatures and advocate for physical activity to be added to school report card.

√ Walk to school Event: This event yielded the participation of 117 kids and their parents walking to the local elementary and middle school.

√ Middle School Healthy Living Event: 6, 7 and 8 graders were educated by local health care providers regarding living a more healthier lifestyle.

Infant Mortality

√ Workgroup was formed to develop an action plan and implement action plan initiatives.

√ Implementation of the Safe Sleep Program through the health department.

New Initiatives

• Project LAZARUS, now known as Hertford-Northampton opioid coalition is now very active
• TRIP, transportation pilot project was funded for a year
• Farm to School to Health Care Program will be perusing grants to expand the school/community walking trail.

Emerging Issues

• Youth Obesity
• Youth Diabetes
• Youth Violence
• Prescription Medication Abuse by Youth
• Falls Regarding Senior Citizens
HOW CAN YOU GET INVOLVED?
For more information contact the Health Promotion Division with Hertford County Public Health Authority at (252) 358-7833 or go online to www.hertfordpublichealth.com

Hertford County Public Health Authority Locations & Services

Administrative Office, Environmental Health and Health Promotion Services
801 North King Street
Winton, NC 27986
252-358-7833
(252)358-7869 fax

Personal Health Services
828 South Academy St.
Ahoskie, NC 27910
252-332-6650

WIC Services
718 Evans St.
Ahoskie, NC 27910
252-862-4217

Chronic Disease Management and Outreach Services
714 Evans Street
Ahoskie, NC 27910
252-332-6650

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Health Promotion Division