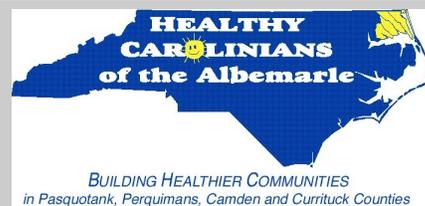


# State of the County Health Report



## Introduction

The 2015 Healthy Carolinians of the Albemarle (HCOTA) State of the County Health (SOTCH) Report is a review of health indicators pertaining to residents of Pasquotank, Perquimans, Camden, and Currituck counties. 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 and stakeholders about the health status of residents. The CHA can be accessed on the ARHS webpage at [www.arhs-nc.org](http://www.arhs-nc.org).

## 2015 Highlights

HCOTA is continuing to address the health priorities identified in the 2013 CHA by engaging the community through interventions addressing those priorities. This work includes providing education through outreach to address cardiovascular disease including stroke, heart disease, and diabetes, and through obesity prevention with a continued focus on increasing physical activity and fruit and vegetable consumption among adults and adolescents. These efforts aim to increase the number of people reporting good or very good health status in primary data collection, therefore making their health a priority.

HCOTA partnered with Southgate Mall and held a Go Red for Women Fashion Show in February 2015. Fifteen volunteers, including the Chick-fil-A cow, modeled red clothing provided by mall merchants to raise heart awareness. Heart healthy facts and tips were shared throughout the program. HCOTA partners provided blood pressure checks and healthy refreshments.

Passport 2 Fitness ended its third year in June with 14 events occurring throughout the year, in addition to Bike to School Day events held at four schools in the area, and a party hosted by Chick-fil-A. A total of 39 participants and family members attended with 27 youth and two families awarded prizes.



The Perquimans Get FIT! Exercise Program (PGF!) kick-off event was held on September 19th with 37 of the 60 registered participants attending. This program provides free exercise classes to registered participants and encourages walking. The kick-off included a Healthy Living educational session to review physical activity, nutrition, wellness, and program guidelines, health screening including blood pressure, blood glucose, weight, BMI, a one-hour Zumba class, and a healthy lunch.



Fifteen PGF! exercise classes have been offered including Zumba, Pilates, yoga, beginner's boot camp, and strength training. A total of 134 classes were attended by participants, with 420 physical activity hours logged and submitted.



**MISSION: To be a community-based network of agencies and citizens dedicated to improving the quality of life through health and wellness.**

# 2015 Highlights (continued)

While presenting at the local food bank, HCOTA discovered a need for healthier food options for people receiving assistance. Due to this need, HCOTA held a Holiday Healthy Food Drive in December. A healthy shopping list was distributed and healthier options were requested such as whole grain foods, canned fruits and vegetables packed in water, low sugar and sugar free items. Seven agency partners participated in this drive and a total of 630 pounds of food was collected, providing 528 meals. Healthy recipes were also distributed to the food bank participants.



### Agencies participating in Healthy Food Drive

Faith and Victory Christian Center in Elizabeth City completed the Faithful Families Eating Smart Moving Move, or FFESMM, curriculum in December 2015. Faithful Families Eating Smart and Moving More addresses the problem of overweight and obesity by promoting healthy eating and physical activity through implementation of research based policies, programs and environmental changes. The program was facilitated and implemented by Amy Underhill, Healthy Communities Coordinator, with Albemarle Regional Health Services. Faith and Victory implemented a healthy foods policy for meals and celebrations and will be starting a physical activity program. They are also applying for additional wellness grants to enhance their initiatives.



Faithful Families class held at Faith and Victory Christian Center in December 2015

In 2015, Active Routes to School, a partner of HCOTA, completed the following activities:

- Hosted two community bike rodeos with a total of 70 participants
- Taught bike and pedestrian safety at the Albemarle YMCA's summer camp to 42 participants
- Assisted two schools in participating in an ongoing Walking Challenge by increasing participation and providing incentives to individuals that logged the most miles
- Taught bike safety to two schools providing helmets to each 3rd grader
- One school participated in National Bike to School Day with 60 students riding to school
- Four schools participated in International Walk to School Day in October

Bike To School Day at JC Sawyer Elementary in Pasquotank County.



Through funding provided by Partners to Improve Community Health (PICH), a mobile farmer's market was opened in Currituck County. John Snowden, owner of Coinjock Creek Farms, operates his own roadside stand in Maple and also sells at the Elizabeth City Waterfront Farmers Market. In July, the farm began operating the Coinjock Creek Mobile Market, selling at Rivers Edge Subdivision in Moyock, in the Currituck County Courthouse parking lot, and the Bells Island Community Center, on different days of the week. Snowden's customer base grew throughout the summer and he is interested in expanding locations for next year.



Potential locations for next year include senior centers, local health departments, departments of social services, and underserved communities in food desert areas.

HCOTA's partners also provided various programs to all citizens in the service area. Programs in Currituck held by NC Cooperative Extension included Eat Smart Move More Weigh Less (ESMMWL) with five graduates losing a total of thirty pounds, Healthy Cooking 101, International Youth Cooking Class, 4-H Cooking Contest, Color Me Healthy, and Garden Detective. Over the holiday season, 22 participants completed the Holiday Challenge by losing a total of 47.8 pounds. Currituck County residents participated in a social media campaign "#paintcurrituckred" to promote women's heart health. This year, Currituck Run Club continued to grow in membership by acquiring 44 members and increased its presence on social media by developing a community of support on Facebook which has over 140 followers. Members and nonmembers meet monthly to run/walk, participate in local races together and offer encouragement to one another. Currituck Run Club's Membership 5K was held January 31st, Run at Work 5K was held in September, and the Toys for Tots 5K was held in October. Lunch and Learns, centered around cooking with local produce, were held throughout the year reaching more than 75 people. The Speedway to Healthy exhibit was set up in November at the Extension Office for elementary school students to learn how food is used in their bodies with more than 309 students participating.



Events held at Currituck Cooperative Extension

## Hospital Utilization in Currituck County

- In 2014, the diagnostic category with the highest number of inpatient hospitalizations was cardiovascular and circulatory diseases.
- Diagnostic categories with the longest average days stay were infectious and parasitic diseases - Septicemia, and other diagnoses (including mental disorders).
- Hospital stays for cardiovascular and circulatory diseases resulted in by far the largest total costs at over \$3 million.
- In addition to cardiovascular and circulatory diseases, the following diagnostic categories exceeded over \$1 million in total charges in 2014:

Digestive System Diseases  
Respiratory Diseases  
Infectious & Parasitic Diseases  
Malignant Neoplasms  
Musculoskeletal Systems Diseases  
Injuries and Poisoning

 <b>Currituck County at a glance</b>		
2013 Est. Population: <b>24,976</b>		
Land Area: <b>262 sq. miles</b>		
Median Income: <b>\$57,159</b>		
Poverty Rate: <b>9.8%</b>		
Leading Causes of Death *		
Cause	County Rate 2010-14	State Rate 2010-14
Heart Disease	199.4	165.9
Cancer- All sites	197.8	171.8
Pneumonia & Influenza	97.2	17.6
Chronic Lower Respiratory Disease	63.6	46.0
Unintentional Injury	31.4	29.6
Septicemia	15.4	13.0
Suicide	16.4	12.4

 <b>Perquimans County At - A - Glance</b>		
2011 Est. Population: <b>13,466</b>		
Land Area: <b>247 sq. miles</b>		
Median Income: <b>\$43,709</b>		
Poverty Rate: <b>20.2%</b>		
Leading Causes of Death *		
Cause	County Rate 2010-2014	State Rate 2010-14
Heart Disease	194.5	165.9
HIV	4.3	2.6
Septicemia	14.5	13.0
Motor Vehicle Injuries	19.4	13.5
Homicide	7.9	5.7

## Hospital Utilization in Perquimans County

- In 2014, the diagnostic category with the highest number of inpatient hospitalizations was cardiovascular and circulatory diseases.
- Diagnostic category with the longest average days stay was other diagnoses (including mental disorders) with an average stay of 8.4 days.
- Hospital stays for cardiovascular and circulatory diseases resulted in by far the largest total costs at over \$9 million.
- In addition to cardiovascular and circulatory diseases, the following diagnostic categories exceeded over \$2 million in total charges in 2014:

Digestive System Diseases  
Respiratory Diseases  
Infectious & Parasitic Diseases  
Musculoskeletal System Diseases  
Injuries and Poisoning

### References:

NC State Center for Health Statistics

Leading cases of death NC and County specific: 2010-2014

Age Adjusted Death Rates per 100,000 Population

County Demographics: US Census Bureau Quick Facts 2010-2014

Hospital Utilization Data from each county: NC County Data Book - 2016

\* Only rates higher than State rate are included in each county chart

		
<b>Pasquotank County at a glance</b>		
2011 Est. Population: <b>39,787</b> Land Area: <b>227 sq. miles</b> Median Income: <b>\$46,053</b> Poverty Rate: <b>18.4%</b>		
<b>Leading Causes of Death *</b>		
Cause	County Rate 2010-14	State Rate 2010-14
Heart Disease	226.3	165.9
Cancer All sites	201.2	171.8
Cerebrovascular Disease	44.6	43.0
Chronic Lower Respiratory Disease	47.8	46.0
Alzheimer's Disease	30.4	29.2
Septicemia	13.9	13.0
Pneumonia & Influenza	18.8	17.6
Chronic Liver Disease & Cirrhosis	11.5	9.7
Homicide	6.2	5.7

## Hospital Utilization in Pasquotank County

- In 2014, the diagnostic category with the highest number of inpatient hospitalizations was cardiovascular and circulatory diseases.
- Diagnostic category with the longest average days stay was other diagnoses (including mental disorders) with an average stay of 10.1 days.
- Hospital stays for cardiovascular and circulatory diseases resulted in by far the largest total costs at over \$15 million.
- In addition to cardiovascular and circulatory diseases, the following diagnostic categories exceeded over \$5 million in total charges in 2014:
  - Digestive System Diseases
  - Respiratory Diseases
  - Infectious & Parasitic Diseases
  - Other Diagnoses (Including Mental Disorders)

## Hospital Utilization in Camden County

- In 2014, the diagnostic category with the highest number of inpatient hospitalizations was cardiovascular and circulatory diseases.
- Diagnostic categories with the longest average days stay were infectious and parasitic diseases - Septicemia, and other diagnoses (including mental disorders).
- Hospital stays for cardiovascular and circulatory diseases resulted in by far the largest total costs at over \$2 million.
- In addition to cardiovascular and circulatory diseases, the following diagnostic categories exceeded over \$1 million in total charges in 2014:
  - Digestive System Diseases
  - Respiratory Diseases
  - Infectious & Parasitic Diseases

		
<b>Camden County at a glance</b>		
2014 Est. Population: <b>10,331</b> Land Area: <b>241 sq. miles</b> Median Income: <b>\$56,607</b> Poverty Rate: <b>6.0%</b>		
<b>Leading Causes of Death *</b>		
Cause	County Rate 2010-14	State Rate 2010-14
Heart Disease	187.8	165.9
Chronic Lower Respiratory Disease	46.7	46.0
Pneumonia & Influenza	23.0	17.6
Nephritis, Nephrotic Syndrome	19.6	17.0
Suicide	21.0	12.4

## Become Involved

The 2015 State of the County Health Report will be disseminated to local government officials during their public meetings as well as to interagency councils, HCOTA partnering agencies, and at other HCOTA events. To find out how you can become involved in programs you have read about, for more information about this report, or to obtain a copy of the 2015 SOTCH and the 2013 CHA, please call 338-4448 or visit [www.arhs-nc.org](http://www.arhs-nc.org)

## New Initiatives

Identified as an emerging issue in the 2014 State of the County Health report, HCOTA 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. HCOTA 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 EMS 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 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 North Carolina residents of all ages.

## New & Emerging Issues

- Food deserts and access to healthy foods
- Lack of community awareness of available resources and services
- An increase in suicide rates was noted in Camden and Currituck counties
- Poor housing conditions for senior citizens in Perquimans County
- Lack of socialization and independence in youth due to increased use of technology
- Lack of communication and advocacy in the Hispanic community/lack of certified interpreters
- Technology as a driving force in our communities is on the rise
- STEM (Science, Technology, Engineering, & Math) education

## Health Priorities Identified

**Unhealthy eating/obesity**

**Lack of exercise**

**Making Health a Priority**

According to the 2014 BRFSS, 56.4 % of individuals surveyed with less than a high school diploma said they were in good, very good, or excellent health compared to 90.9% of those who graduated college. Only 59.1% of those surveyed with a household income less than \$15,000 said they were in good, very good, or excellent health compared to 92.1% of those with an income over \$50,000. In addition, 68.8% of adults have a body mass index greater than 25.00.

