

2011 EDGECOMBE COUNTY STATE OF THE COUNTY HEALTH REPORT



Edgcombe County Health Department

December 2011

ECHD's Diabetes Program Proves to be a Success

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Edgcombe County Health Department's Diabetes Education Program is a three tier program offering education, nutrition, and exercise to the citizens of Edgcombe County. It is the mission of the program to improve the treatment and outcomes for people with diabetes, to promote early diagnosis and ultimately prevent the onset of diabetes.

The Diabetes Education Program has been an extreme success in Edgcombe County. The program reported in their 2010/2011 Annual Report that 100% of active participants have been free of hospitalizations due to diabetes complications, 100% of active participants demonstrated increased scores on their pre and post tests, 77% of active participants decreased or maintained their weight, 74% of active participants have shown a decrease of stability in their HgbA1c, 92% of active participants had an annual eye exam, 81% of active participants had an annual dental exam.

Due to the tremendous success of the Diabetes Education Program on October 1, 2011 the program expanded to encompass cerebrovascular and cardiovascular diseases. The program plans to implement Living Healthy, Eat Smart Move More Weigh Less, and Freedom From Smoking as new educational tools. This program is one of a kind in Edgcombe County. It is a chronic disease self management program designed to improve health care outcomes for the under and uninsured.

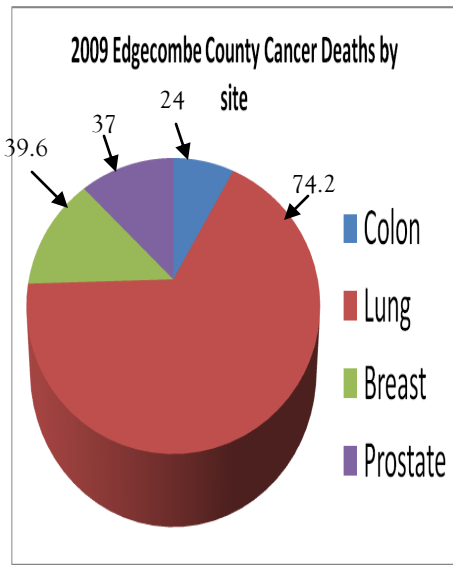
Demographic Information

| | |
|---|----------|
| Population, 2010 Estimate | 56,552 |
| Median Family Income, 2009 | \$32,172 |
| Unemployment Rate, Feb. 2010 | 17.7% |
| % of Persons Living Below Poverty, 2009 | 25.7% |
| Children in Poverty, 2009 | 36% |
| High School Drop Out Rate, 05-09 | 24.7% |

U.S. Census



Charlotte Goodwyn, RN, Program Director, educating a patient on the function of the Pancreas.



Top 3 Leading Causes of Death in Edgecombe County

In 2009, the top leading causes of death in Edgecombe County were Heart Disease, Cancer, and Cerebrovascular Disease. Over the past 5 years, Heart Disease has remained the #1 leading cause of death in our county, with the exception of 2004, in which Cancer was the leading cause of death.

Chronic diseases such as heart disease, cancer, stroke and even diabetes, are the most preventable of all health problems, and the most costly. "Seven of ten Americans who die each year, or more than 1.7 million people, die of a chronic disease" (Centers for Disease Control and Prevention). The major contributor to chronic disease such as heart disease and cancer is the lifestyle's that individual's lead. Tobacco use, lack of physical activity, and poor nutrition are three prime examples.

NC State Center for Health Statistics

| 2009 | Edgecombe County | North Carolina |
|-------------------------|-------------------------|----------------------------|
| Heart Disease | # = 141 Percent = 24.7% | # = 17,133 Percent= 22.3% |
| Cancer | # = 121 Percent = 21.2% | # = 17,476 Percent = 22.7% |
| Cerebrovascular Disease | # = 39 Percent = 6.8% | # = 4,391 Percent = 5.7% |

NC State Center for Health Statistics



HIV RATES

Edgecombe County is #1 in the state for HIV rates according to the N. C. 2010 HIV/STD Surveillance Report.



Edgecombe County HIV Rates Versus the State



NC State Center for Health Statistics

2010 Community Health Assessment Priorities for Edgecombe County

1. Overweight and Obesity
2. Chronic Disease

What Edgecombe County is doing to Battle High HIV Rates

Edgecombe County Health Department offers free HIV testing on site and in non-traditional places. We provide HIV and Syphilis testing at the Edgecombe County Detention Center and Edgecombe County Jail Annex to inmates requesting testing on their intake form. We provide pre and post test counseling to inmates receiving HIV and Syphilis testing at the Edgecombe County Detention Center, Edgecombe County Jail Annex, and to Edgecombe County citizens at night clinics and community screenings. We also Provide group and/or individual educational sessions on HIV and STD's in the community upon request.

Progress Toward Health Priorities

1. Overweight and Obesity

- Edgecombe County Health Promotion Program in collaboration with Cooperative Extension expanded the Farmer's Market and increased community participation.
- Health Promotion Coordinator started nutrition educational sessions at E.L Roberson Senior Center.
- Health Promotion Coordinator Trained in the Eat Smart Move More Weight Less Program as well as Faithful Families Eating Smart and Moving More Training.
- Edgecombe County Health Department Health Educator worked with Edgecombe County Public School Nutritionist to revise the proposal for health options for students during lunch.

2. Chronic Disease

- Edgecombe County Health Department's Diabetes Education Program hosted a diabetes walk. and offered glaucoma, acuity and foot screenings.
- Diabetes Bingo was held at the Dunbar, Princeville, and Roberson Senior Centers, to educate the seniors on diabetes.
- Diabetes Program staff attended community events a provided diabetes education to citizens of Edgecombe county.
- Starting October 2011 The Edgecombe County Diabetes Program will be expanding to cover Cardiovascular Disease, Cerebrovascular Disease and Diabetes.
- Diabetes Program hosted a Stroke Focus Group for Carolina Center for Medical Excellence.



Edgecombe County Health Department has partnered with Northampton, Hertford, and Halifax County Health Departments to start the Northeastern Nurse Family Partnership Collaborative.

Edgecombe Community College adopted 100% Tobacco Free Campus

In 2009, 18% of low-income children were overweight.
Kidscount.org

66% of adults are overweight or obese in Edgecombe County and the surrounding region.

"In 2007, \$4,754,986 (approximately 8%) of total dollars spent on Edgecombe County Medicaid were attributed to overweight and obesity."
www.eatsmartmovemorenc.com

Edgecombe County Adult Obesity Compared to the State

| Edgecombe County | North Carolina |
|------------------|----------------|
| 37% | 29% |

2011 County Health Rankings

New Initiative: Northeastern Nurse Family Partnership

Northeastern Nurse Family Partnership (NFP) is an evidence-based, nurse home visiting program that improves the health, well-being, and self-sufficiency of low income, first time parents and their children. From Pregnancy through the child's second birthday, registered nurses thoroughly educated in the NFP model work with their clients to achieve three important goals

- Good Pregnancy Outcomes
- Health infant and toddler growth and development
- Self-sufficient, healthy families



Sources of Economy



Industries providing employment:

Manufacturing 26.1%, Education, Health & Social Services 16.7%, and Retail 11%

Type of Workers:

Private Wage or Salary 80%, Government 14%, Self-employed, Not Incorporated 5%

U.S. Census

Community members interested in getting involved call:

252-641-6288



***The Edgecombe County Health
Department exists to serve all
citizens in the prevention of disease
and injury through protection,
promotion, and delivery of quality,
cost-effective services for
community, personal and
environmental health.***

Edgecombe County Health Department

Hours of Operation

Tarboro Office
2909 Main Street
Tarboro, NC 27886
252-641-7511

Tarboro
Monday—Friday: 8:00am—5:00pm

Rocky Mount
Monday-Friday: 8:00am-5:00pm

Rocky Mount Office
155 Atlantic Avenue
Rocky Mount, NC 27801
252-985-4100

Call to schedule an appointment