

2012 Edgecombe County State of the County Health Report

Edgecombe County Health Department

December 2012

Inside this issue:

Top 3 leading causes of death **2**

2010 Community Health Assessment Priorities **2**

Emerging Issue **2**

Progress towards Priorities **3**

New Initiatives **3**

% of Obese Adults **3**

Cancer mortality **4**

Demographic

Population Estimate (2011)	56,041
Median Family Income (2006-2010)	\$32,665
Unemployment Rate (US Bureau of Labor Statistics Sept. 2012)	13.6%
% of persons living below poverty	22.3%
% of children living in poverty	38.7%
High School Drop Out Rate (2006-2010)	23.3%

2010 US Census Bureau

Free Adult Dental Clinics a True Success

Edgecombe County Health Department hosted a series of free adult dental clinics. In order to participate patients had to be 18 or older and uninsured. Slots were filled on a first come first served basis by appointment only. The Adult Dental Clinics were held on July 13, July 27, and August 10 and 13, 2012. Services offered were: oral

hygiene instructions, cleaning of teeth with polishing, fluoride treat-



ment, panoramic x-ray film, limited exam of the oral cavity, oral cancer

screening and limited treatment of immediate dental needs. A total of 75 patients were seen and an additional three hundred were on a waiting list requesting services. These clinics were possible through funding provided by Edgecombe County Health Department, Vidant Edgecombe Hospital and The Duke Endowment.

1st Annual Tarboro Heart Walk

Heart Disease and Stroke are the number 1 and 3 (respectively) causes of death in the United States. Nowhere is that more true than in Edgecombe County, which routinely reports higher-than-average numbers of heart disease and stroke. On Sunday, November 4, 2012, the Edgecombe County Health Department

teamed up with Vidant Health, the Tarboro Chamber of Commerce, and the American Heart Association to hold a heart walk in beautiful, downtown Tarboro. The Tarboro Heart and Stroke Walk benefited the American Heart Association and their mission to lower heart disease and stroke in Edgecombe

County and across the nation. Team Captains were recruited to fundraise and garner interest for the event. Due to their efforts and the efforts of local supporters, 73 residents braved the cool, November weather and showed their support for reducing heart disease. The event was able to raise \$3,873.39.

Leading Causes of Death in Edgecombe County

1. Cancer
2. Heart Disease
3. Cerebrovascular Disease

Emerging Issue

Cancer is the #1 Leading Cause of Death in Edgecombe County.

(2010 NC State Center for Health Statistics)

2010 Community Health

Assessment Priorities for

Edgecombe County

1. Overweight and Obesity
2. Chronic Disease

Top Three Leading Causes of Death in Edgecombe County

According to the NC State Center for Health Statistics In 2010, the top leading causes of death in Edgecombe County were Cancer, Heart Disease, and Cerebrovascular Disease. Over the past 5 years, Heart Disease was the #1 leading cause of death in our county and has now

fallen to the second 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 dis-

ease” (Centers for Disease Control and Prevention). The major contributor to chronic disease such as heart disease and cancer is the lifestyles that individuals lead. Tobacco use, lack of physical activity, and poor nutrition are three prime examples.

2010	Edgecombe County	North Carolina
Cancer	# = 135 Percent = 23.5%	# = 18,013 Percent= 22.9%
Heart Disease	# = 131 Percent = 22.8%	# = 17,090 Percent = 21.7%
Cerebrovascular Disease	# = 51 Percent = 8.9%	# = 4,281 Percent = 5.4%

2010 NC State Center for Health Statistics

Chronic Disease Self Management Program

Edgecombe County Health Department (ECHD) Chronic Disease Self Management Program (CDSMP) is an extension of the former Diabetes Management Program. The goal of the program is to improve health outcomes for the under and uninsured. With a physician referral all citizens of Edgecombe County who have diabetes, cardiovascular and/or cerebrovascular diseases are welcome to be-

come a part of the program. Active participants are invited to attend Living Healthy, Eat Smart Move More Weigh Less (ESMMWL) and Freedom From Smoking workshops. Living Healthy is a program designed to teach the skills and tools to better manage chronic conditions. ESMMWL is a program that informs, empowers and motivates an individual to live mindfully as

choices are made about eating and physical activity. Freedom From Smoking is a program that teaches skills and methods that have been proven to help smokers quit. Upon successful completion of one of the workshops offered, participants receive an incentive of 3 months of free gym or aquatic exercise through collaboration with Vidant Edgecombe Hospital.

Progress Towards Priorities

Overweight and Obesity

- walking clubs in 2 local churches were formed with a total of 50 people participants.
- 503 gym and aquatic exercise classes have been offered.
- Eat Smart Move More Weigh Less (Senior Center)- 15 week class, 34 participants
- Faithful Families Eating Smart Moving More– 9 week class, averaged 9 participants per class.

Chronic Disease

- Worked with local hospital to implement the Tarboro Heart Walk. Seventy-three residents participated in the event.
- The Chronic Disease Self Management Program had 106 patients referred to the program.
- 73 participants received education on improvement of quality of life with chronic illness, self management skill strengthening and overall improvement of care.
- 28 participants received nutrition counseling and 45 participants became active in the CDSMP program.
- 5 Living Healthy workshops have been offered with 31 participants successfully graduating
- One ESMMWL workshop has been offered with 9 participants successfully graduating by attending 13 of the 16 sessions offered.
- 23 people attended “STOP Diabetes” Discussion Group
- 34 people attended “Healthy Holiday Tips and Toys for Tots Toy Drive” Discussion Group
- 24 people attended “Buying Healthy Food on a Budget” Discussion Group
- 503 gym and aquatic exercise classes have been offered.

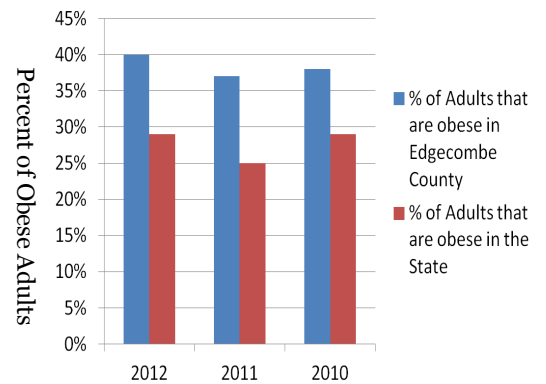
2006-2010 NC Diabetes and Cerebrovascular Disease Death Rates
*Rates Per 100,000 Population

	Edgecombe County	North Carolina
Diabetes	36.3	22.5
Cerebrovascular Dis-	96.1	47.8



- The Edgecombe County Stakeholders Collaborative Network**
- Edgecombe County received funding from Komen Triangle to the Coast Affiliate for the Edgecombe Breast Health Initiative.**

Percent of Adult Obesity in Edgecombe County vs. North Carolina



40% of adults in Edgecombe County are obese.
(2012 County Health rankings)



2006-2010 NC Cancer Death Rates

Rates per 100,000 Population

Cancer Site	Edgecombe County	North Carolina
Lung Cancer	69.3	55.9
Female Breast Cancer	37.5	23.4
Prostate Cancer	36.2	25.5
Colorectal Cancer	23.3	16.0

2012 County Health Data Book

*Lung , Female Breast, Prostate, and Colorectal Cancers are the top four cancers attributing to the cancer death rates in Edgecombe County.

Edgecombe County Stakeholders Collaborative Network

Edgecombe County Health Department and Vidant Edgecombe Hospital reached out to several county organizations to create the Edgecombe County Stakeholders Collaborative Network. The group’s purpose is “to improve health outcomes of Edgecombe County residents.”

The network works towards improving community capacity and access to quality care by engaging key stakeholder to get invested in community health outcomes and disparities. The network core group is made up of experts in diverse fields. These fields include: Edgecombe County Health Department, Vidant Edgecombe Hospital, Edgecombe County Sheriff’s Office, Down East Partnership for Children, local faith-based organizations, Mental Health Association, EastPointe, Boys and Girls Club, Cooperative Extension, Tarboro Chamber of Commerce, Rural Health Group, and Tar River Mission Clinic. The group is facilitated by the Care Share Health Alliance.

Edgecombe Breast Health Initiative

The Edgecombe Breast Health Initiative (EBHI) focuses on encouraging women to be proactive in their health and continue to receive yearly clinical breast exams and mammograms. EBHI offers Baseline screening mammograms, advanced diagnostic mammograms and ultrasounds to women who are 41 and older, under or uninsured, who are high risk and/or symptomatic, and women who have a personal or family history of breast cancer. This initiative is funded through the Susan G. Komen for the Cure, NC Triangle to the Coast Affiliate.



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