Edgecombe County Health Department’s Diabetes Education Program is a three tier program offering education, nutrition, and exercise to the citizens of Edgecombe 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 Edgecombe 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 Edgecombe County. It is a chronic disease self management program designed to improve health care outcomes for the under and uninsured.

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

### Emerging Issue

**HIV RATES**

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

### Top 3 Leading Causes of Death in Edgecombe County

<table>
<thead>
<tr>
<th></th>
<th>Edgecombe County</th>
<th>North Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td># = 141 Percent = 24.7%</td>
<td># = 17,133 Percent = 22.3%</td>
</tr>
<tr>
<td>Cancer</td>
<td># = 121 Percent = 21.2%</td>
<td># = 17,476 Percent = 22.7%</td>
</tr>
<tr>
<td>Cerebrovascular Disease</td>
<td># = 39 Percent = 6.8%</td>
<td># = 4,391 Percent = 5.7%</td>
</tr>
</tbody>
</table>

### Edgecombe County HIV Rates Versus the State

![Graph showing HIV rates in Edgecombe County and North Carolina]

### 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.

### 2010 Community Health Assessment Priorities for Edgecombe County

1. Overweight and Obesity
2. Chronic Disease
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 and 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 Adult Obesity Compared to the State

<table>
<thead>
<tr>
<th></th>
<th>Edgecombe County</th>
<th>North Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>37%</td>
<td>29%</td>
</tr>
</tbody>
</table>

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

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

Call to schedule an appointment