

Halifax County State-of-the-County Health Report

November 2007



Halifax County Health Department
19 North Dobbs Street
Halifax, NC 27839

Lynda F. Smith, MPA
Health Director

Halifax County Profile

Established in 1758, Halifax County is in northeastern North Carolina, eight miles from the Virginia border. Located in the Roanoke River and Tar-Pamlico River basins, it encompasses an area of approximately 722 square miles. Principal industries include textiles, tourism, industrial and agricultural businesses.

Population

The population in 2006 of Halifax County was 55,521 and 8,856,505 in North Carolina. In 2005, the population was 56,253 in Halifax County and 56,874 in 2003 in Halifax County. The population in Halifax County decreased by 732 (a 1% reduction) from 2005-2006. The current population is 47.6% male and 52.4% female.

Income

The 2004 median household income for Halifax County is \$27,549, compared to the NC average currently \$40,863. In 2002, the median household income in Halifax County was 26,459. It is estimated that the median household income for Halifax County will be \$30,667 in 2008. In 2002, the per capita income is \$14,170 for Halifax County, compared to the US average of \$22,128. The 2002 average household income is \$33,515, compared to the US average of \$58,330.

Households

There are currently 22,432 households in Halifax County. It is estimated that the number of households in the County will be 23,056 in 2008. The average household size is 2.51 persons. In 2005, there were 25,898 housing units in Halifax County with a homeownership rate of 67.0%.

Race and Ethnicity

In 2005, the racial makeup for Halifax County is as follows: 41.6% White, 53.9% Black, 3.5% American Indian and Alaska Native, 0.6% Asian, and 1.1% Hispanic. Compare these to North Carolina averages that are: 74.1% White, 21.8% Black, 1.3% American Indian and 1.3% Alaska Native, 0.6% Asian and 6.4% Hispanic.

Community Issues and Unmet Needs

Community assessment of health and human services is an ongoing process that engages multiple agencies, providers, and individuals in identifying community assets and strengths as well as unmet needs. A formal assessment process is undertaken every four years.

Community issues and unmet needs as identified by the most recent community assessment:

- **Diabetes**
- **Overweight/Obesity**
- **Substance Abuse**
- **High Blood Pressure**
- **Teen Pregnancy and Infant Mortality**

For the 2006 Community Health Assessment report and supporting documentation, please visit the Halifax County Website at www.halifaxnc.com or call Healthy Halifax Partners at 252-583-5021 ext 256.

North Carolina 2010 Health Objectives

In 2000, the Governor's Task Force for Healthy Carolinians developed North Carolina's health objectives for the year 2010. A number of professionals representing public health, mental health, health care, hospitals, children and youth, older adults, schools, churches, businesses, and elected officials analyzed health issues and concerns across the state. A set of 110 objectives, divided into 12 focus areas were established. Each objective set ambitious, yet realistic targets for 2010.

Diabetes:

Reduce the rate of diabetes that is clinically diagnosed to 25 overall cases per 1000 population (2.5%).

Overweight/Obesity:

Reduce the percentage of adults who are obese to 15%

Substance Abuse:

Reduce the proportion of adults engaging in binge drinking of alcoholic beverages to 6%.

Increase the proportion of those in need of comprehensive substance abuse treatment who receive treatment.

High Blood Pressure:

Increase the percentage of adults who have had their blood pressure measured within the last two years to 95%.

Reduce the proportion of adults with high blood pressure to 16%.

Teen pregnancy and Infant Mortality:

Increase the number of pregnant women who receive prenatal care beginning in the first trimester of pregnancy.

Teen Pregnancy & Infant Mortality

<u>Location</u>	<u>Pregnancy 2004</u> (ages 15-44)	<u>Pregnancy 2005</u> (ages 15-44)	<u>Pregnancy 2006</u> (ages 15-44)
Halifax County	946 preg. 85.5	883 preg. 81.0	888 preg. 83.8
North Carolina	149,933 preg. 85.0	151,588 preg. 82.2	157,944 preg. 84.8

<u>Location</u>	<u>Infant Mortality 2004</u>	<u>Infant Mortality 2005</u>	<u>Infant Mortality 2006</u>
Halifax County	22.1	13.0	18.6
North Carolina	8.8	8.8	8.1

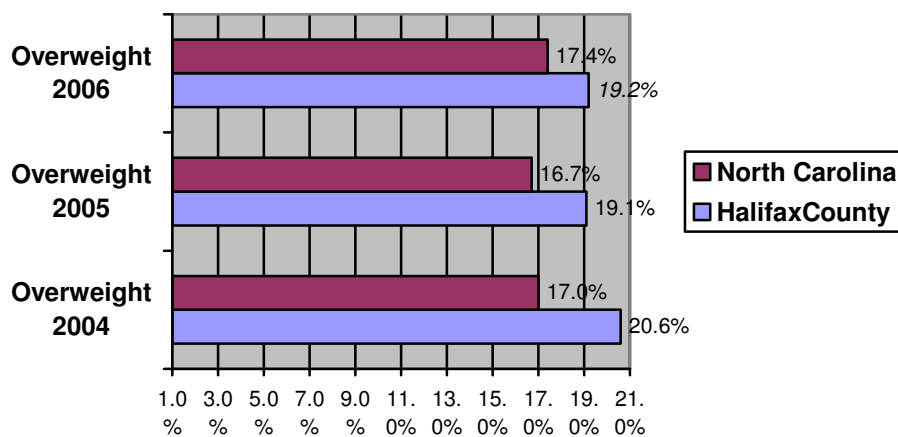
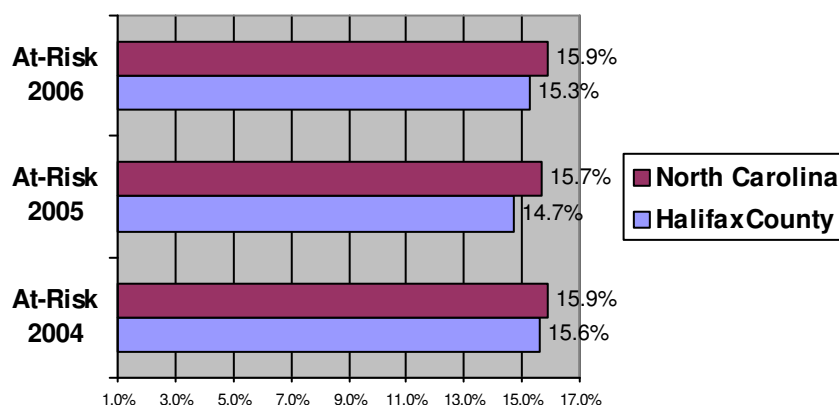
Source: State Center for Health Statistics
<http://www.schs.state.nc.us/SCHS/>

Overweight/Obesity

(Children 2-20 years of age)

Location	At-Risk 2004	At-Risk 2005	At-Risk 2006
Halifax County	15.6%	14.7%	15.3%
North Carolina	15.9%	15.7%	15.9%

Location	Over-weight 2004	Over-weight 2005	Over-weight 2006
Halifax County	20.6%	19.1%	19.2%
North Carolina	17.0%	16.7%	17.4%



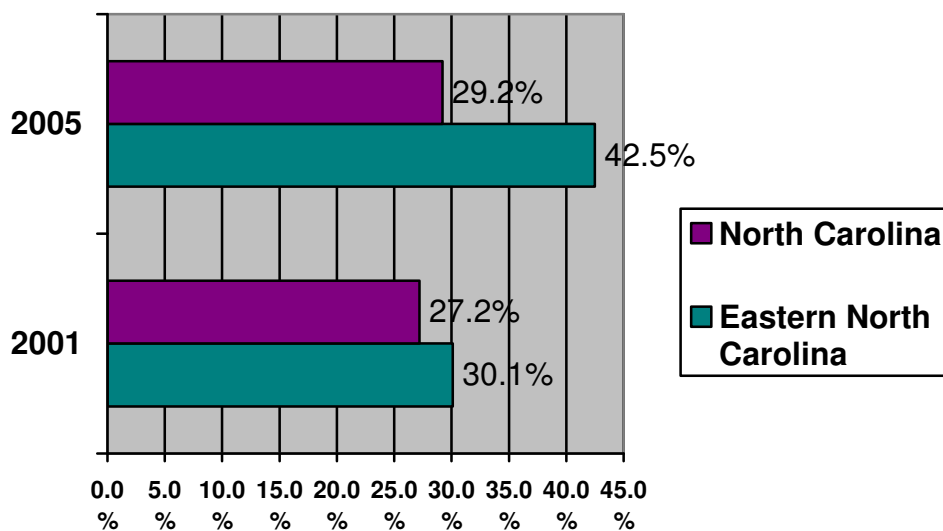
About 26 percent of North Carolina adults (approximately 1,587,000) are obese, with little difference in the estimates for males (25.3%) and females (26.6%).

The rate of obesity among African Americans (38.1%) was significantly higher than that of whites (23.6%).

By age, the highest rate of obesity (32%+) occurred among those between ages 45 and 64.

High Blood Pressure

<u>Location</u>	<u>2001</u>	<u>2005</u>
Eastern North Carolina	30.1%	42.5%
North Carolina	27.2%	29.2%



The adult population of the Northeast N.C.I counties had the highest reported rate of high blood pressure (42.5%) among all geographic areas.

By race, almost 40 percent of African Americans (39.8%) reported having high blood pressure; this was followed by the next highest rate of 33.9 percent among American Indians.

Among those age 65 and older, 59.1 percent had high blood pressure.

Substance Abuse

<u>Location</u>	<u># Addicted People 2003</u>	<u># Addicted People 2004</u>	<u># Addicted People 2006</u>
Halifax County	5,591	4,370	4,791
North Carolina	827,498	839,528	860,473

<u>Location</u>	<u>DUI Arrests 2003</u> (Rate per 100,000)	<u>Drug Arrests 2003</u> (Rate per 100,000)	<u>DUI Arrests 2004</u> (Rate per 100,000)	<u>Drug Arrests 2004</u> (Rate per 100,000)	<u>DUI Arrests 2006</u> (Rate per 100,000)	<u>Drug Arrests 2006</u> (Rate per 100,000)
Halifax County	343	529	317	569	268	623
North Carolina	697	401	676	477	624	531

Source: State Center for Health Statistics and 2006 Behavioral Risk Factor Surveillance System

<http://www.schs.state.nc.us/SCHS/>

Diabetes

Prevalence of diagnosed diabetes

<u>Location</u>	<u>2000</u>	<u>2001</u>	<u>2002</u>	<u>2003</u>	<u>2005</u>
North Carolina	6.2%	6.4%	7.1%	8.2%	8.5%

<u>Location</u>	<u>2003</u>
Halifax	8.2% 3,840 diagnosed

<u>Location</u>	<u>2003</u>
Eastern North Carolina	16.8%

Source: State Center for Health Statistics and 2006 Behavioral Risk Factor Surveillance System

<http://www.schs.state.nc.us/SCHS/>

Strategies

Planned Strategies to Improve Health Concerns Identified in Health Report

- Health Department serves on School Health Advisory Boards.
- Health and Wellness Trust Fund Grant managed by Nutritionist at Health Department.
- Drive Thru Flu Clinic in Halifax County for all citizens.
- Halifax County Government Employee Wellness Program, “Working on Wellness”
- Plan for Health in Motion Van to attend events within Halifax County.
- Provide education, screenings and awareness to the Lincoln Heights Community in Roanoke Rapids.

Achieve Healthy Carolinians Action Plans for Health Concerns:

- Increase public awareness about substance abuse problems in the county and provide information about resources to link abusers and families with appropriate services.
- Participate in annual National Night Out events in Roanoke Rapids.
- Involve/Encourage two high schools to participate in the NC Keys to Life Initiative
- Publicize updated hypertension guidelines in area newspapers, local pharmacies and rest homes and Health Link Resource Center.
- Conduct public awareness campaigns to educate residents about blood pressure guidelines and stroke warning signs.
- Provide monthly free blood pressure and blood sugar screenings to rural communities in Halifax County.
- Plan annual event to increase awareness about teenage pregnancy and infant mortality.
- Train peer educators, teachers, and influential community members to confidently address the issue of sexual issues and teen pregnancy in social settings and at home.
- Support and promote the abstinence program “Not Me, Not Now”, which assists youth 9-14 in avoiding untimely pregnancies, sexually transmitted diseases, and emotional trauma while providing a variety of resources for parents and educators.
- Publicize in schools and offer training for SybersShop, a CD-ROM for children ages 13-19 focusing on physical activity and healthy eating.
- Provide educational training for new teachers (Prek-5) in Energizer Kit, Color Me Healthy and Be Active Kids.
- Implement weight management classes throughout the county.
- Offer Dining with Diabetes Classes and Diabetes Support Classes.

Accomplishments

Community Intervention Activities Completed 2006-2007

- Awarded Eat Smart Move More grant to create walking trail at Department of Social Services and provide exercise equipment to enhance Halifax County Employee Wellness program.
- Received the Office of Minority Health Grant to reduce health disparities. A health department clinic van was wrapped with the message, “Save a Life, Buckle Up”.
- The Health in Motion van visited Halifax County at least once a month during 2007.
- Healthy Carolinians created new logo for “Healthy Halifax Partners”
- Color Me Healthy Trainings, a training to encourage physical activity and healthy eating among preschoolers, were provided to 41 day care and community college students.
- Partnered with Rural Health Group to provide a Lay Health Advisor training focusing on Diabetes and Cancer, graduating sixteen.
- Monthly Diabetes Support Groups are held in Jackson, Scotland Neck, Littleton and Enfield with approximately fifty participants.
- Weight Management classes were held in Scotland Neck and Roanoke Rapids.
- National Nutrition Month was celebrated by taste testing, weekly walks, and health tips for all employees.
- A weight loss program was implemented three times at the health department for all employees with weight loss totaling over 415 pounds.
- Halifax County Health Department became an Accredited health department in 2006.
- Home Health and Hospice received Accreditation in 2007.
- Drive Thru Flu Clinic provided over 250 flu shots to community.
- 43 participants were trained in Food for Thought, with 31 printed curriculum distributed for schools. Trained participants plan to train 251 additional teachers.
- 286 Energizer Curriculum and Took Kits were disturbed and 266 Recess Kits were distributed within 12 elementary schools.
- There were 26 nutrition and physical fitness education to Halifax County Families through PTAs, parent meetings, and Health Fairs with 1,182 parents reached.



**Community Health Assessment
Subcommittee Contact Information**

High Blood Pressure

Brenda Hudson, RN, BSN
252-583-5021 ext 239
HUDSONB@HALIFAXNC.COM

Pregnancy/Infant Mortality

Michelle Winstead
252-583-5021 ext. 325
WINSTEADM@HALIFAXNC.COM

Obesity/Overweight/Diabetes

Rev. Linda Taybron
REVLINDAT@AOL.COM

Drug Abuse/Alcohol Abuse

Nancy Hux
1-877-619-3761
252-430-1330
NHUX@FIVECOUNTYMHA.ORG

Questions Regarding any Subcommittee Information:

Laura Ellis, Health Education Supervisor
Healthy Carolinians Coordinator
252-583-5021 ext 256
ELLISL@HALIFAXNC.COM

Resources



Healthy Carolinians

<http://www.healthycarolinians.org>



Halifax County

<http://www.visithalifax.com/>



Healthy Halifax Partners

www.halifaxnc.com



Centers for Disease Control and Prevention

www.cdc.gov



State Center for Health Statistics

<http://www.schs.state.nc.us/SCHS/>