

Halifax County State-of-the-County Health Report 2009



Halifax County Health Department
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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 2008 of Halifax County was 54,983 and 9,222,414 in North Carolina. In 2007, the population was 55,060 in Halifax County and 55,521 in 2006 in Halifax County. The current population is 47.6% male and 52.4% female.

Income

The 2007 median household income for Halifax County was \$29,236, compared to the NC average \$44,772. In 2004, the median household income in Halifax County was 27,549. It was estimated that the median household income for Halifax County would be \$30,667 in 2008. In 2005, the per capita income was \$23,314 for Halifax County, compared to North Carolina average of \$31,041.

Households

There are currently 26,042 housing units in Halifax County with the median value of owner-occupied housing units in 2000 was \$68,300. The average household size is 2.51 persons. The average family size is 2.5 persons. In 2005, there were 25,898 housing units in Halifax County with a home ownership rate of 67.0%.

Race and Ethnicity

In 2008, the racial makeup for Halifax County was as follows: 41.1% White, 53.9% Black, 3.5% American Indian and Alaska Native, 0.7% Asian, and 1.3% Hispanic. Compare these to North Carolina averages that were: 73.9% White, 21.6% Black, 1.3% American Indian and Alaska Native, 1.9% Asian and 7.4% Hispanic.

Source: US Census Bureau

<http://quickfacts.census.gov/qfd/states/37/37083.html>

http://www.city-data.com/county/Halifax_County-NC.html

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 2006 Community Health 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. 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 was 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.

Increase the proportion of adolescents who abstain from sexual intercourse.

Source: Healthy Carolinians - www.healthycarolinians.org

Teen Pregnancy & Infant Mortality

<u>Location</u>	<u>Pregnancy 2006</u> (ages 15-19)	<u>Pregnancy 2007</u> (ages 15-19)	<u>Pregnancy 2008</u> (ages 15-19)
Halifax County	178 preg. 92.3	175 preg. 91.2	152 preg. 73.4
North Carolina	19,192 preg. 63.1	19,615 preg. 63.0	19,398 preg. 58.6

<u>Location</u>	<u>Infant Mortality 2006</u>	<u>Infant Mortality 2007</u>	<u>Infant Mortality 2008</u>
Halifax County	18.6	15.1	15.0
North Carolina	8.1	8.5	8.2

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

Overweight/Obesity

Children 2-18 years of age

<u>Location</u>	<u>At-Risk 2005</u>	<u>At-Risk 2006</u>	<u>At-Risk 2007</u>
Halifax County	14.7%	15.3%	15.0%
North Carolina	15.7%	15.9%	16.0%

<u>Location</u>	<u>Overweight 2006</u>	<u>Overweight 2007</u>	<u>Overweight 2008</u>
Halifax County	19.2%	19.1%	15.0%
North Carolina	17.4%	17.3%	16.4%

<u>Location</u>	<u>Obese 2008</u>
Halifax County	19.5%
North Carolina	17.5%

Due to increase in BMI, classifications have changed from “at risk” and “overweight” to “overweight” and “obese”.

Source:

<http://www.eatsmartmovemorenc.com/Data/ChildAndYouthData.html>

High Blood Pressure

Percentage of adults (ages 18 and older) with High Blood Pressure

<u>Location</u>	<u>2001</u>	<u>2005</u>	<u>2007</u>
Eastern North Carolina	30.1%	42.5%	30.8%
North Carolina	27.2%	29.2%	28.8%

The adult population of the Northeast N.C. counties had the highest reported rate of high blood pressure 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 adults age 65 and older, 59.1 percent had high blood pressure.

Source: State Center for Health Statistics <http://www.schs.state.nc.us/SCHS/>
NC Catch <http://www.ncpublichealthcatch.com/ReportPortal/design/view.aspx>

Substance Abuse

Estimated Youth with Substance Abuse Age 12-17

<u>Location</u>	<u>2007</u>	<u>2008</u>
Halifax County	395	374
North Carolina	58,970	57,885

Estimated Adults with Substance Abuse Age 18-25

<u>Location</u>	<u>2007</u>	<u>2008</u>
Halifax County	989	1,009
North Carolina	192,391	204,759

Source: NC Division of Mental Health, Developmental Disabilities, and
Substance Abuse Services
NC Catch <http://www.schs.state.nc.us/SCHS/>

Substance Abuse

Percentage of Adults (ages 18 and older) who Currently Smoke

<u>Location</u>	<u>2004</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>
Eastern North Carolina	24.3%	24.9%	23.5%	25.4%
North Carolina	22.5%	22.6%	22.1%	22.9%

Percentage of Adults (ages 18 and older) who Reported Binge Drinking

<u>Location</u>	<u>2004</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>
Eastern North Carolina	7.9%	10.5%	10.9%	13.2%
North Carolina	8.4%	10.5%	11.2%	12.3%

Source: State Center for Health Statistics <http://www.schs.state.nc.us/SCHS/>
 NC Catch <http://www.ncpublichealthcatch.com/ReportPortal/design/view.aspx>

Diabetes

Prevalence of diagnosed diabetes among adults ages 18 and older

<u>Location</u>	<u>2004</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>
Eastern North Carolina	11.2%	9.8%	10.0%	10.1%	10.2%

<u>Location</u>	<u>2004</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>
North Carolina	9.6%	8.5%	9.1%	9.1%	9.3%

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

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

http://www.ncdiabetes.org/pdf/Diabetes_Burdon_Bk_2008_WEB.pdf

<http://www.ncpublichealthcatch.com/ReportPortal/design/view.aspx>

Strategies

Planned Strategies to Improve Health Concerns Identified in Health Report

- Health Department serves on School Health Advisory Boards.
- 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 and monthly screenings in Halifax County.
- Market Health Department Clinical Services
- Mobile Health Message addressing Stroke Awareness
- Provide 17P to reduce the risk of recurring preterm births

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.
- Partner with Roanoke Rapids High School Project Graduation (Provide DUI Goggles)
- 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.
- Support and promote the abstinence program “Choosing the Best”, which assists youth 11-18 in avoiding untimely pregnancies, sexually transmitted diseases, and emotional trauma while providing a variety of resources for parents and educators.
- 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.
- Provide eye clinics at the Health Department.

Emerging Health Concerns:

Healthy Halifax Partners focus on the following emerging health concerns: teen pregnancy, infant mortality, obesity, diabetes, substance abuse, and blood pressure within Halifax County through outreach and education.

Leading Causes of Death in 2007:

1. Diseases of Heart 27.9% of deaths, 2. Cancer 23.4%, 3. Cerebrovascular Diseases 4.7%, 4. Chronic Lower Respiratory Diseases 4.3%, 5. Diabetes 3.4%
Source: State Center for Health Statistics

<http://www.schs.state.nc.us/SCHS/data/lcd/getleadcauses.cfm>

Accomplishments

Community Intervention Activities

Completed 2008-2009

- Healthy Halifax Partners received Re-Certification in 2008 as a single county Healthy Carolinians partnership.
- H1N1: Provided education to the public through media outlets and managed dissemination of vaccination. (Weekly H1N1 Flu Team Meetings to manage updates)
- Flu mist and vaccine provided to elementary schools and county employees. (Seasonal and H1N1)
- Provided the weekly Eat Smart Move More Weigh Less program and monthly Diabetes Conversation Map to Working on Wellness (county employee wellness program) participants.
- Partnered with local high school to host “Project Graduation” for graduating seniors. Event (lock-in) was held after graduation where Healthy Halifax Partners provided DUI goggles.
- Partnered with Family Drug Court and attended bi-monthly meetings.
- Partnered with Weldon City Schools to implement the ASPIRE program, abstinence based curriculum, to 6th-12th graders.
- Partnered with Halifax County Schools to implement the ASPIRE program, abstinence based curriculum, to 6th-12th graders.
- Monthly health screenings via Health in Motion van.
- Mobile health message: “Save a Life, Buckle Up”.
- Color Me Healthy Trainings provided to day care and community college students.
- Partnered with Rural Health Group to provide a Breast Cancer Awareness Celebration in October 2009.
- Monthly Diabetes Support Groups meet in Jackson, Scotland Neck, Littleton and Enfield.
- Partnered with local sorority to promote Heart Health Month.
- National Nutrition Month was celebrated by taste testing, weekly walks, and health tips for all employees.
- Fatherhood Initiative grant funds provided folic acid vitamins.
- Drive Thru Flu Clinic provided over 150 flu shots to community.
- Food for Thought curriculum distributed to elementary school teachers.
- Provided an energizer and recess kit training to three private schools. Each teacher received an energizer kit and recess kit to use in the classroom.
- Distributed Energizer Curriculum and Tool Kits to new teachers within three school systems.



**Community Health Assessment
Subcommittee Contact Information**

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Obesity/Overweight/Diabetes

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Questions Regarding any Subcommittee Information:

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Resources



Healthy Carolinians

<http://www.healthycarolinians.org>



Halifax County

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



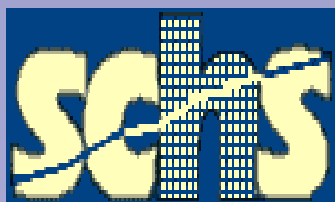
Healthy Halifax Partners

www.halifaxnc.com



Centers for Disease Control and Prevention

www.cdc.gov



State Center for Health Statistics

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