

# Halifax County State-of-the-County Health Report 2008



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 2007 of Halifax County was 55,060 and 9,061,032 in North Carolina. In 2006, the population was 55,521 in Halifax County and 56,253 in 2005 in Halifax County. The population in Halifax County decreased by 461 (a 1% reduction) from 2006 to 2007. The current population is 47.6% male and 52.4% female.

## Income

The 2004 median household income for Halifax County was \$27,549, compared to the NC average \$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 was \$14,170 for Halifax County, compared to the US average of \$22,128. The 2002 average household income was \$33,515, compared to the US average of \$58,330.

## Households

There are currently 25,899 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 3.06 persons. In 2005, there were 25,898 housing units in Halifax County with a home ownership rate of 67.0%.

## Race and Ethnicity

In 2006, the racial makeup for Halifax County was as follows: 41.7% White, 53.6% Black, 3.3% American Indian and Alaska Native, 0.7% Asian, and 1.1% Hispanic. Compare these to North Carolina averages that were: 74.0% White, 21.7% Black, 1.3% American Indian and Alaska Native, 1.9% Asian and 6.7% 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 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](http://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.

Increase the proportion of adolescents who abstain from sexual intercourse.

Source: Healthy Carolinians - [www.healthycarolinians.org](http://www.healthycarolinians.org)

# Teen Pregnancy & Infant Mortality

<u>Location</u>	<u>Pregnancy 2005</u> (ages 15-19)	<u>Pregnancy 2006</u> (ages 15-19)	<u>Pregnancy 2007</u> (ages 15-19)
Halifax County	169 preg. 91.4	178 preg. 92.3	175 preg. 91.2
North Carolina	18,259 preg. 61.7	19,192 preg. 63.1	19,615 preg. 63.0

<u>Location</u>	<u>Infant Mortality 2005</u>	<u>Infant Mortality 2006</u>	<u>Infant Mortality 2007</u>
Halifax County	13.0	18.6	15.1
North Carolina	8.8	8.1	8.5

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 2005</u>	<u>Overweight 2006</u>	<u>Overweight 2007</u>
Halifax County	19.1%	19.2%	19.1%
North Carolina	16.7%	17.4%	17.3%

### Information Regarding Obesity Among Adults

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%).

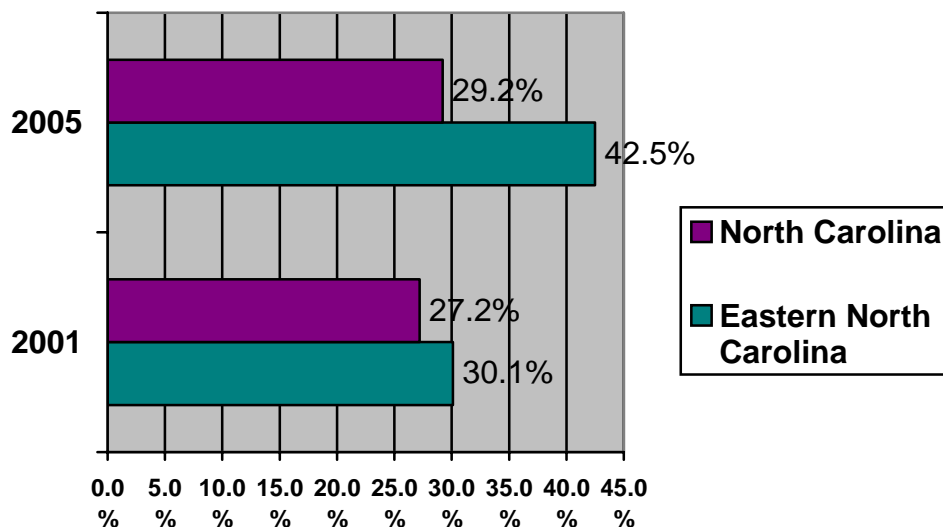
The rate of obesity among African Americans (38.1%) was significantly higher than that of whites (23.6%).

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

Source: North Carolina Nutrition and Physical Activity Surveillance System (NC-NPASS)

# High Blood Pressure

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



The adult population of the Northeast N.C. 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.

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

# 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>2004</u>	<u>2005</u>	<u>2006</u>
North Carolina	6.2%	6.4%	7.1%	8.2%	9.6%	8.5%	9.1%

<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/>

[http://www.ncdiabetes.org/pdf/Diabetes\\_Burdon\\_Bk\\_2008\\_WEB.pdf](http://www.ncdiabetes.org/pdf/Diabetes_Burdon_Bk_2008_WEB.pdf)

# 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 screenings in Halifax County.
- Market Health Department Clinical Services

### **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.
- 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.

# Accomplishments

## Community Intervention Activities Completed 2007-2008

- Awarded Eat Smart Move More grant: Walking trail at Department of Social Services, exercise equipment to enhance Halifax County Employee Wellness program
- Monthly health screenings via Health in Motion van
- Healthy Carolinians new logo
- 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 Lay Health Advisor training focusing on Diabetes and Cancer, graduating sixteen
- Monthly Diabetes Support Groups meet in Jackson, Scotland Neck, Littleton and Enfield
- 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.
- Halifax County Health Department became an Accredited Health Department in 2007-2011.
- Home Health and Hospice received Accreditation in 2007.
- Drive Thru Flu Clinic provided over 250 flu shots to community.
- Food for Thought curriculum distributed to elementary school teachers.
- Distributed 286 Energizer Curriculum and Took Kits. Distributed 266 Recess Kits to 12 elementary schools.
- There were 26 nutrition and physical fitness education sessions to Halifax County Families through PTAs, parent meetings, and Health Fairs with over 1,000 parents reached.



**Community Health Assessment  
Subcommittee Contact Information**

**High Blood Pressure**

Brenda Hudson, RN, BSN  
252-583-5021 ext 239  
[HUDSONB@HALIFAXNC.COM](mailto:HUDSONB@HALIFAXNC.COM)

**Teen Pregnancy/Infant Mortality**

Michelle Winstead  
252-583-5021 ext. 325  
[WINSTEADM@HALIFAXNC.COM](mailto:WINSTEADM@HALIFAXNC.COM)

**Obesity/Overweight/Diabetes**

Rev. Linda Taybron  
[REVLINDAT@AOL.COM](mailto:REVLINDAT@AOL.COM)

**Drug Abuse/Alcohol Abuse**

Cynthia Fenner  
1-877-619-3761  
252-430-1330  
[CFENNER@FIVECOUNTYMHA.ORG](mailto:CFENNER@FIVECOUNTYMHA.ORG)

**Questions Regarding any Subcommittee Information:**

Laura Ellis, Health Education Supervisor  
Healthy Carolinians Coordinator  
252-583-5021 ext 256

# Resources



Healthy Carolinians

<http://www.healthycarolinians.org>



Halifax County

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



Healthy Halifax Partners

[www.halifaxnc.com](http://www.halifaxnc.com)



Centers for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)



State Center for Health Statistics

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