



Building Healthier Communities in Pasquotank, Perquimans, Camden and Currituck counties

# 2011 State of the County Health Report

## • MISSION •

A community-based network of agencies and citizens dedicated to improving the quality of life through health and wellness in Pasquotank, Perquimans, Camden, and Currituck counties.

### What is the State of the County Health (SOTCH) Report?

The SOTCH Report is a supplemental report to the Community Health Assessment (CHA). The CHA is conducted every four years and the SOTCH report is distributed every year in between to provide current updates or information that pertain to priority areas identified in the community health assessment.

The complete 2010 Community Health Assessment can be viewed at: [www.arhs-nc.org](http://www.arhs-nc.org)

## • HEALTH PRIORITIES IDENTIFIED IN THE 2010 COMMUNITY HEALTH ASSESSMENT

Cardiovascular Disease continues to be the leading cause of death in three of our four counties. In 2010, 51% of people attending community health screenings were identified as having elevated blood pressure.

Overweight and obesity among adults and youth continues to be an epidemic. The 2009 Behavior Risk Factor Surveillance System data reported 34% of adults were overweight and 35% were obese in the Eastern Region including Pasquotank, Perquimans, Camden, and Currituck counties.

## • 2011 HIGHLIGHTS •

HCOTA provided oversight for the work of the established Subcommittees; Action to Benefit Chronic Disease (ABCD) and Albemarle Fitness and Nutrition Council (AFNC). Each Subcommittee engaged the communities as new action plans were developed to address the health priorities identified in the CHA.

ABCD Subcommittee work has included providing education through outreach to address cardiovascular disease including stroke, heart disease, and diabetes. ABCD featured monthly health tips published in local news media and through local government email groups.

Know your Numbers health messages were presented at numerous community health fairs, regional business expos, and faith-based presentations in Pasquotank, Perquimans, Camden, and Currituck counties. HCOTA's partnering agencies combined their efforts to screen a total of 1,972 individuals for cholesterol, blood pressure, and blood sugar from June 2010 through October 2011. In the fall of 2011, HCOTA partnered with North Carolina Farm Bureau and their *Healthy Living for a Lifetime Initiative* to provide free cholesterol, blood pressure, blood glucose, BMI, bone density and a variety of specialty screenings to residents in Pasquotank, Perquimans, Camden, and Currituck counties. A total of 429 individuals were

screened with the assistance of community health partners.

Albemarle Fitness and Nutrition Council (AFNC) continues to highlight the need for obesity prevention programs with a focus on increasing physical activity and fruit and vegetable consumption among adults and adolescents. Perquimans County

recently established a Farmers Market and has increased participation at group exercise classes at the Perquimans Parks and Recreation including Kickboxing and Zumba. All four counties offer a variety of Zumba classes. Currituck County Schools recently received the Carol M. White Physical Education Program Award totaling \$2.1 million to expand and enhance the physical education program in grades K-12. Currituck County will also open

the new YMCA in December 2011. Pasquotank, Camden, and Currituck County Cooperative Extension agencies continue to promote healthy lifestyle choices through a variety of programs including Eat Smart Move More Weigh Less, Dining with Diabetes, Family Fun and Fitness, Young Chefs, Aging with Gusto, Search your Heart, Steps to Health, and Kids in the Garden. Since 2010, 918 individuals across the four counties

have participated in these programs. In an effort to provide nutritious, quality food to underserved community members, the Food Bank of the Albemarle was recently awarded first place in the Tyson Foods Facebook poll and will receive 30,000 pounds of protein for distribution in the service area.

	<b>Currituck County</b> <i>At- A- Glance</i>	
	2010 Est. Population: 23,547 Land Area: 262 sq. miles Median Income: \$51,997 Poverty Rate: 10.4% <small>Source: NC Center for Health Statistics and the US Census Bureau, 2011</small>	
<b>*Leading Causes of Death</b>		
<b>Causes</b>	<b>County Rate</b>	<b>State Rate</b>
Cancer	199.2	185.6
Heart Disease	192.9	191.7
Pneumonia and Influenza	59.7	19.4

	<b>Perquimans County</b> <i>At- A- Glance</i>	
	2010 Est. Population: 13,543 Land Area: 247 sq. miles Median Income: \$37,284 Poverty Rate: 17.2% <small>Source: NC Center for Health Statistics and the US Census Bureau, 2011</small>	
<b>*Leading Causes of Death</b>		
<b>Cause</b>	<b>County Rate</b>	<b>State Rate</b>
Heart Disease	206.9	191.7
Cancer	202.9	185.6
Cerebrovascular Disease	50.7	50.5

\* Top three leading causes of death NC and County specific: 2005-2009 Age Adjusted Death Rates per 100,000 Population

## • NEW & EMERGING ISSUES •

**Access to dental care** - In the past, this region has experienced a shortage of dental services for the uninsured/underinsured population. Oral health is related to well-being and quality of life. Diet, nutrition, sleep, psychological status, social interaction, school, and work are affected by impaired oral health. A short-term solution for dental care has been provided by the Mission of Mercy Dental Clinic in Dare County for adults throughout the region. Elizabeth City is also one of the sites for the East Carolina University Dental Medicine Service Learning Center.

**Cost of Living** – Economic barriers affecting healthy lifestyle choices continue to be an issue across the four counties. In general, increasing income levels correspond with gains in health and health outcomes. People in poverty more often have poorer health outcomes compared to their counterparts. Impoverished adults are more likely to have chronic diseases such as heart disease and diabetes and poor children are more likely to be in fair or poor health. Those in poverty, underinsured, or uninsured are more likely to have problems paying for basic needs such as food, medical care, heat, housing, and transportation.

COUNTY/STATE	UNINSURED RATE 2008-2009
North Carolina	19.7%
Pasquotank	21.1%
Perquimans	21.1%
Camden	17.6%
Currituck	20.2%

Source: North Carolina Institute of Medicine

**Uninsured population** – All counties with the exception of Camden have higher uninsured rates than the state.

**Access to available health care resources** – Identified as a leading community concern in the 2010 CHA and during 2011, access to care remains an issue. Communication with the Community Care Clinic alerted the Partnership to the increased number of individuals needing primary care and prescription assistance. Health Screenings provided throughout the region also identified residents with untreated health issues and those without a medical home. HCOTA continues to work with our partners to provide free health screenings and refer patients to the Community Care Clinic in order to encourage residents to continue their medical care during these difficult economic times.

### COMMUNITY CARE CLINIC DATA

2010	2011
11, 781 Prescriptions Dispensed	15, 415 Prescriptions Dispensed
1,712 Primary Care Visits	1,817 Primary Care Visits

Source: Community Care Clinic

## • NEW INITIATIVES •

- ABCD is currently working on developing a blood pressure action plan to be utilized at community health screenings in an effort to empower individuals to seek follow-up care and make lifestyle changes to decrease blood pressure readings. Work to reduce cardiovascular disease will continue among partnering agencies by providing free health screenings, community education programs centered on heart health, and policy changes in the faith community.
- AFNC is working with local agencies to develop a Fitness Finders Guide in an effort to raise awareness about the numerous resources and physical activity opportunities in the region.
- Albemarle Hospital will begin KidShape, a nine-week, fun-filled program that assists overweight children and their families in becoming healthier. Classes focus on healthy eating, behavior changes, and fun aerobic exercise.
- Farm Bureau Healthy Living for a Lifetime provided \$10,000 to HCOTA to implement programs that promote chronic disease prevention and nutrition education programs with the communities.

 <b>Pasquotank County</b> <i>At-A-Glance</i>		
2010 Population: <b>40,661</b> Land Area: <b>227 sq. miles</b> Median Income: <b>\$39,370</b> Poverty Rate: <b>17.7%</b> Source: NC Center for Health Statistics and the US Census Bureau, 2011		
*Leading Causes of Death		
Cause	County Rate	State Rate
Heart Disease	205.4	191.7
Cancer	198.4	185.6
Cerebrovascular Disease	49.8	50.5



*2011 Farm Bureau Health Screening*



*2011 Farm Bureau Health Screening*

 <b>Camden County</b> <i>At-A-Glance</i>		
2010 Population: <b>9,980</b> Land Area: <b>241 sq. miles</b> Median Income: <b>\$55,985</b> Poverty Rate: <b>8.9%</b> Source: NC Center for Health Statistics and the US Census Bureau, 2011		
*Leading Causes of Death		
Cause	County Rate	State Rate
Heart Disease	176.2	191.7
Cancer	175.8	185.6

## • BECOME INVOLVED •

The 2011 State of the County Health Report will be disseminated to County Commissioners and City and Town council members during their public meetings as well as with interagency councils, HCOTA partnering agencies, and other HCOTA events and other community health fairs. To find out how you can become involved in the initiatives you have read about, for more information about this report, or to obtain a copy of the 2011 State of the County Health Report and the 2010 Community Health Assessment, please call 338-4448 or visit [www.arhs-nc.org](http://www.arhs-nc.org).

**For more information about HCOTA call 252-338-4448**