

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

# 2012 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, with the SOTCH report being distributed in the other years to provide current updates and 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 the four counties. Overweight and obesity rates among adults and youth continue to rise to epidemic proportions. The 2011 Behavior Risk Factor Surveillance System data reported 36% of adults were overweight and 32% were obese in the Eastern Region including Pasquotank, Perquimans, Camden, and Currituck counties. Additionally 79% of individuals reported they were told on two or more visits to health professionals they had elevated blood pressure readings.

		<h3>Perquimans County <i>at a glance</i></h3>	
2011 Est. Population: <b>13,487</b> Land Area: <b>247 sq. miles</b> Median Income: <b>\$43,041</b> Poverty Rate: <b>18.0%</b> Uninsured Rate: <b>23.7%</b>			
Leading Causes of Death			
Cause	County 2005-09	Rate 2006-10	State Rate
Cancer	202.9	194.6	183.1
Heart Disease	206.9	194.5	184.9
Cerebrovascular Disease	50.7	40.6	47.8
Alzheimer's Disease	21.9	29.8	28.5
Chronic Lower Respiratory Disease	28.9	29.6	46.4

		<h3>Currituck County <i>at a glance</i></h3>	
2011 Est. Population: <b>23,995</b> Land Area: <b>262 sq. miles</b> Median Income: <b>\$55,376</b> Poverty Rate: <b>8.5%</b> Uninsured Rate: <b>21.4%</b>			
Leading Causes of Death			
Cause	County 2005-09	Rate 2006-10	State Rate
Heart Disease	206.9	196.2	184.9
Cancer	202.9	192.3	183.1
Pneumonia & Influenza	59.7	66.0	18.5
Chronic Lower Respiratory Disease	45.3	58.7	46.4
Cerebrovascular Disease	34.8	34.1	47.8

## • 2012 HIGHLIGHTS •

HCOTA provided continued oversight for the work of the established Subcommittees: Action to Benefit Chronic Disease (ABCD) and Albemarle Fitness and Nutrition Council (AFNC). Each Subcommittee continued to engage the communities with developed action plans addressing the health priorities identified in the 2010 CHA.

ABCD Subcommittee work has included creating a Blood Pressure Action Plan to distribute at community health screenings. This plan uses a stoplight method to identify the levels of blood pressure and encourages community members to seek medical care if their levels are in the "red zone". Currently, 100 Blood Pressure Action Plans have been distributed. It is the intent of the ABCD subcommittee to promote the use of the action plans among other primary health care providers in the region. ABCD has also partnered with area agencies to provide a total of 630 screenings for cholesterol, blood pressure, and blood sugar during 2012.

AFNC continues to highlight the need for obesity prevention programs with a focus on increasing physical activity and nutrition education. Programs provided with the partnering agencies include Eat Smart Move More Weigh Less, Steps to Health, Aging with Gusto, and 4H Culinary and Nutrition camps. These programs are offered to all citizens throughout the four counties. This Subcommittee also recently completed a walking brochure for all four counties featuring walking routes in public and residential areas incorporating a walking log. A local fitness activity guide has also been distributed highlighting various types of physical activity opportunities throughout the communities.

Chart Sources\* Top five leading causes of death NC and County specific:  
2005-2009 and 2006-2010 Age Adjusted Death Rates per 100,000 Population  
\*Poverty Rate: US Census Bureau, 2006-10 \* Uninsured Rate: NC Institute of  
Medicine, 2009-2010



## Pasquotank County at a glance

2011 Est. Population: **40,696**  
 Land Area: **227 sq. miles**  
 Median Income: **\$44,085**  
 Poverty Rate: **18.1%**  
 Uninsured Rate: **23.1%**

### Leading Causes of Death

Cause	County 2005-09	Rate 2006-10	State Rate
Heart Disease	205.4	196.2	184.9
Cancer	198.4	197.6	183.1
Cerebrovascular Disease	49.8	47.6	47.8
Chronic Lower Respiratory Disease	42.7	41.8	46.4
Alzheimer's Disease	21.2	26.3	28.5

## NEW & EMERGING ISSUES

- Health Care Reform Act
- Unemployment, Poverty, & Uninsured
- Obesity in adults and adolescents
- Access to healthcare due to lack of transportation
- Lack of Primary Care and Dental Providers

## • NEW INITIATIVES •

- HCOTA has initiated a program titled "Healthy Living". The goal of the Healthy Living program is to educate the community about the connection between nutrition, physical activity, and chronic disease using a self-management and social support framework. The program engages participants to expand healthy food preparation skills, increase fruit and vegetable consumption, increase daily physical activity levels, manage stress, as well as understanding their individual cholesterol, blood pressure, and blood glucose numbers.
- HCOTA is partnering with community agencies and individuals for a new program "Passport 2 Fitness". The purpose of the program is to promote and encourage physical activity in youth in grades 3-7 through running or walking and offer school recognition and prizes for anyone participating in three races per year. Students race times, heights, and weights are tracked.



Passport 2 Fitness participants at the Waterway 5K/Fun Run



Healthy Living participants on a grocery store tour at Farm Fresh



## Camden County at a glance

2011 Est. Population: **10,014**  
 Land Area: **241 sq. miles**  
 Median Income: **\$61,091**  
 Poverty Rate: **9.3%**  
 Uninsured Rate: **20.4%**

### Leading Causes of Death

Cause	County 2005-09	Rate 2006-10	State Rate
Heart Disease	176.2	175.5	184.9
Cancer	175.8	165.7	183.1
Cerebrovascular Disease	34.6	44.4	47.8
Chronic Lower Respiratory Disease	24.5	37.6	46.4
Diabetes Mellitus	25.2	22.5	27.5

## COMMUNITY CARE CLINIC DATA *Source: Community Care Clinic, Elizabeth City*

### 2010

11,781 Prescriptions Dispensed  
 1,712 Primary Care Visits

### 2011

15,415 Prescriptions Dispensed  
 1,817 Primary Care Visits

### 2012

20,518 Prescriptions Dispensed  
 1,656 Primary Care Visits

## • BECOME INVOLVED •

The 2012 State of the County Health Report will be disseminated to local government officials during their public meetings as well as with interagency councils, HCOTA partnering agencies, and at other HCOTA events including community health fairs. To find out how you can become involved in the programs you have read about, for more information about this report, or to obtain a copy of the 2012 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