

# Northampton County



## 2016 State of the County Report (SOTCH)



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## **Background**

The State of the County Report serves as an update to the progress made on priorities selected in the recent Community Health Assessment conducted by the Northampton County Health Department and the Northampton Healthy Carolinians Task Force.

A Community Health Assessment is the foundation for improving and promoting the health of residents living in Northampton County. Northampton County Health Department conducts a Community Health Assessment every four years. The most recent Community Health Assessment for Northampton County was in 2014.

Northampton Healthy Carolinians Task Force distributed more than five hundred of the 2014 Community Health Opinion Surveys to residents in Northampton County. There were three hundred and thirty five surveys returned. These surveys were analyzed to determine the health priorities for the next four years.

In the analysis of the surveys, the magnitude of the problem, the seriousness of the consequences of the problem and the feasibility for correcting the problem were the factors used to select the health priorities to address for the next four years.

### **The priorities selected for Northampton's 2014 Community Health Assessment Are:**

- **Physical Activity and Nutrition**
- **Tobacco Use**
- **Cancer- Breast and Prostate**

## You're County in a Glance.

### Population Estimates

Population Estimate July 1, 2015	20,426
Population Census April 1, 2010	22,098
Population Percent Change April 1, 2010 – July 1, 2015	- 7.6%
Female Persons, Percent, July 1, 2015	51.5%
Female Persons Percent April 1, 2010	51.5%
White Alone Percent July 1, 2015	39.6%
White Alone Percent April 1, 2010	39.2%
Black or African American Alone Percent July 1, 2015	58.3%
Black or African American Alone Percent April 1, 2010	58.4%
High School graduate or higher, percent of persons age 2- 25 years+, 2011 - 2015	76.3%
Persons with a disability under age 65 years, percent 2011 -2015	17.3%
Persons without health insurance under age 65 years	14.7%
Persons in poverty, percent	25.8%

**Source United States Census/Quick facts January 2017**

The Population of Northampton County has decreased by 7.6% since the 2010 U.S Census was taken.

## Leading Causes of Death Race – All      Gender – Both 2015

North Carolina	Number	%	Northampton County	Number	%
Cancer	19,309	21.7	Cancer	69	24.7
Disease of the heart	18,467	20.7	Disease of the heart	60	21.5
Chronic Lower respiratory diseases	5,221	5.9	Diabetes mellitus	21	7.5
Cerebrovascular diseases	5,028	5.6	Chronic lower respiratory diseases	13	4.7
Alzheimer's disease	3,803	4.3	Alzheimer's disease	10	3.6

Source State Center for Health Statistics - North Carolina 2016

Cancer continues to be the leading cause of death in North Carolina as well as in Northampton County with disease of the heart being the second leading cause.

The two leading causes of death in North Carolina and Northampton County can be positively impacted by:

- Adults participating in thirty minutes of physical activity on most days of the week
- Children being physically active for sixty minutes every day of the week
- Consumption of 5 – 9 servings of fruit and vegetables each day by adults and children
- Quitting tobacco and reducing exposure to second hand smoke

In addition, individual lifestyle is also a contributing factor for the third, fourth and fifth leading causes of death in the State and for Northampton County.

# Progress in 2016

## Physical Activity and Nutrition

### Faith Communities

2 facilities participated and completed the Faithful Families Eating Smart and Moving More Curriculum

- 19 members were served
- 2 - Healthy Food/Beverage and Physical Activity Policies were implemented

2 facilities participated in the More Matters Fruit and Vegetable Challenge

- 25 members were served

### Housing

1 Public Housing site participated in the More Matters Fruit and Vegetable Challenge

- 8 residents were served

## Tobacco

### Schools –

- 300 High school students attended the Kick Butts Presentation of a former tobacco user and throat cancer survivor
- 75 citizens witnessed Northampton High School BETA Club petition the Northampton School Board to include e- cigarettes in the tobacco policy for the schools

# Cancer

## Prostate

### Faith Communities

- 46 participants received education on prostate health during Men's Health Month

### Correctional Facility

- 27 Male Offenders received education on men's health issues including prostate health and healthy life styles

### Public Housing

- 12 residents received education on prostate health during men's health awareness month.

### Community Settings

- 75 participants received education on prostate health during Men's Health Month and Prostate Health Awareness Months.

### Clinical Setting

- Free Annual Prostate Screenings. 88 PSA screenings were conducted - 47 participants were African Americans.

## Breast

### Faith Communities

- 79 participants received education on women's health issues including Breast Cancer.

### Community Settings

- 25 women participated in the breast cancer education conference and screening.

### Clinical Setting

- Bi Weekly participation and education in the Breast and Cervical Cancer Clinic Program to eligible women.

## Changes in Data

### Cancer

#### Preliminary 2011 – 2015 Cancer Incidence Rates by County for Selected Sites Per 100,000 Population Age – Adjusted To the 2000 US Census

	Colon/Rectum		Lung/Bronchus		Female Breast		Prostate		All Cancers	
	Case	Rate	Case	Rate	Case	Rate	Case	Rate	Case	Rate
North Carolina	20,338	36.6	38,303	67.4	47,018	157.1	31,462	115.5	262,033	466.7
Northampton County	74	45.3	114	66.4	130	155.5	107	136.4	732	446.2

Source: Produced by the NC Central Cancer Registry, 12/2016

In the 2010-2014 cancer Mortality rates by county for selected sites for Northampton County was 9.6% lower than the State rate. In the 2011 – 2015 Cancer Incidence Rates by County for Selected Sites All Cancers Northampton County is 20.5% lower than the State.

### Tobacco

#### Tobacco Use - Current Smoker

	Total Responses	*N	No %	**C.I (95%)	*N	Yes %	**C.I (95%)
North Carolina	6499	5,411	81	79.7-82.2	1088	19.0	17.8-20.3
Eastern North Carolina	2,125	1,734	78.6	76.3-80.9	391	21.4	19.1-23.7

Source: 2015 Behavioral Risk Factor Surveillance System (BRFSS)

In 2015 Eastern North Carolina continues to lead the state in the rate of current tobacco users by 2.4%

\*N - Number

\*\*C.I (Confidence interval)

## Physical Activity and Nutrition

### Consumed fruits or vegetable or beans five or more times a day

	Total Responses	*N	No %	**C.I (95%)	N	Yes %	**C.I (95%)
North Carolina	6,357	865	13.0	12.0-14.0	5,492	87.0	86.0-88.0
Eastern North Carolina	2,074	252	11.4	1822	1,822	88.6	86.8-90.2

Source: 2015 Behavioral Risk Factor Surveillance System (BRFSS)

In 2015 residents in Eastern North Carolina consumed 1.6% less of fruits , vegetables or beans five or more times a day than the state.

### Exercise – During the past month other than your regular job did you participate in any physical activity or exercise?

	Total Responses	*N	No %	**C.I (95%)	*N	Yes %	**C.I (95%)
North Carolina	6,278	4,607	73.8	72.5-75.1	1,671	26.2	24.9-27.5
Eastern North Carolina	2,043	1,451	72.0	69.6-74.4	592	28.0	25.6-30.4

Source: 2015 behavioral Risk Factor Surveillance System (BRFSS)

In 2015 North Carolina Residents participated in exercise other than their regular job more than Residents in Easter North Carolina by a rate of 1.8%. more often

### Adults who have a body mass index greater than 25.00 (overweight or obese)

	Total Responses	*N	No %	**C.I(95%)	*N	Yes %	**C.I(95%)
North Carolina	6,019	1,997	34.2	32.7-35.7	4,022	65.8	64.3-67.3
Eastern North Carolina	1,987	582	31.0	28.4-33.7	1,405	69.0	66.3-71.6

Source: 2015 Behavioral Risk Factor Surveillance System (BRFSS)

Body Mass index for adults in Eastern North Carolina is greater than the BMI for the State by 3.2%

\*N - Number

\*\*C.I ( Confidence interval)



## New/Emerging issues that may affect community's health issues

### New Initiatives

- Opening of Grocery store in food desert
- Updated Tobacco policy for Northampton Public Schools to include E Cigarettes
- New Health Director

### Emerging Issues

- Budget Restraints at local level
- School Consolidations
- Turn overs in clinic staff

### Mortality

**2015 North Carolina Infant Mortality Report, Table 2 - North Carolina Resident Infant Death Rates  
(Per 1,000 live births) - By Perinatal Care Region (PCR) and County of Residence:  
2014, 2015 and 2011 – 2015**

Residence	2014 Infant Deaths	2014 Infant Rate	2015 Infant Deaths	2015 Infant Rate	2011 – 2015 Infant Deaths	2011 - 2015 Infant Rate
North Carolina	860	7.1	884	7.3	4,325	7.2
PCR VI	144	7.9	157	8.7	761	8.2
Northampton County	3	18.2*	0	0.0	8	8.8*

**Source: State Center for Health Statistics – North Carolina Sept 2, 2016**

Northampton's Infant Mortality Rate from 2010 – 2014 was 11.7% and the rate for the State was 7.1%. In 2011 – 2015 Northampton's infant mortality rate decreased to 8.8% and State rate increased to 7.2%

## Mortality

### 2011 – 2015 Cancer Mortality Rates By County for Selected Sites– Per 100,000 Population - Age Adjusted to the 2000 US Census

	Colon/Rectum		Lung/Bronchus		Female Breast		Prostate		All Cancers	
	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate
North Carolina	7,701	14.0	27,536	49.0	6,553	21.3	4,328	20.7	93,838	169.2
Northampton County	24	14.1	92	54.6	25	30.7	14	20.4	312	189.9

Source: State Center for Health Statistics – North Carolina

The cancer mortality rate from 2011 – 2015 for Northampton County is greater than the State rate for all cancers by 20.7%

## Morbidity Projected New Cancer Cases and Deaths for Selected Sites by County, 2017

	Projected New Cases					Projected Deaths				
	Total	Lung/ Bronchus	Female Breast	Prostate	Colon/ Rectum	Total	Lung/ Bronchus	Female Breast	Prostate	Colon/ Rectum
North Carolina	59,349	8,888	10,279	7,577	4,602	20,877	6,168	1,428	990	1,693
Northampton County	156	24	27	19	12	59	17	4	3	5

Source: Produced by the North Carolina Central Cancer Registry 12/16

## Funding

### Partnership to Improve Community Health

- Tobacco Free Living and Access to Fresh Fruit and Vegetables
- Faithful Families Eating Smart and Moving More

## Political Changes

- Two new County Commissioners
- Two new members on school board
- New Political Party in executive offices at state and federal levels