



2020

State of the County Health Report
(S.O.T.C.H.)



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The State of the County Health Report is an annual report conducted during the interim years after the Community Health Assessment (CHA). The Community Health Assessment for Northampton County is conducted every four years. The most recent Community Health Assessment for Northampton County was conducted in 2019. The Community Health Assessments is a collaboration between Northampton County Health Department and the Northampton Community. The Assessment provides an analysis of the social economic, educational and environmental factors within the county that impacts the health of its citizens. The State of the County Report will provide a review of these factors and also provide an update on efforts to address the health priorities identified by the Community Health Assessment.

The Health priorities identified by the 2019 Community Health Assessment are:

- Obesity and Overweight
- Hearth Disease

the Community Health Assessments and State of the County Reports are due by the first Monday in March.

Northampton County Demographics

Populations Estimates

July 1, 2017	19,862	July 1, 2018	19,676
High School Graduate or higher, person s age 25 years 2013 - 2017	78.1	High School Graduate or higher, person s age 25 years 2014 - 2018	79.5
Persons without health insurance under age 65	12.0%	Persons without health insurance under age 65	11.5%
Persons 65 years and over	25.2%	Persons 65 years and over	25.9%
Median household income in dollars	\$33,508	Median household income in dollars	\$35,499
Black or African American	57.7%	Black or African American	57.5%
Female Population	51.4%	Female Population	51.2%
Persons in poverty	24.3	Persons in poverty	21.4

Source: States Census Bureau

Northampton's population estimates indicate a decrease in its population, specifically in the African American and Female Population as well as persons living in poverty and those under age 65 without health insurance. The rates for high school graduates, persons 65 years and over and the median household income have increased.

Leading Causes of Death in North Carolina
2017
Northampton County
Race – All Gender – Both
Hispanic Origin: All Hispanic and Unknown
Age 0 – 99

Rank	Cause	Number	%
1	Diseases of heart	57	22.4
2	Cancer	47	18.4
3	Cardiovascular diseases	19	7.5
4	Chronic lower respiratory disease	17	6.7
5	Diabetes mellitus	12	4.7
6	All other unintentional injuries	10	3.9
7	Alzheimer's disease	10	3.9
8	Motor vehicle injuries	6	2.4
9	Essential (primary)hypertension and hypertensive renal disease	5	2.0
	Influenza and pneumonia	5	2.0

Leading Causes of Death in North Carolina
2018
Northampton County
Race – All Gender – Both
Hispanic Origin: All Hispanic and Unknown
Age 0 – 99

Rank	Cause	Number	%
1	Diseases of heart	56	21.5
2	Cancer	43	16.5
3	Diabetes mellitus	19	7.3
4	Chronic lower respiratory diseases	17	6.5
5	Alzheimer's disease	12	4.6
6	Cerebrovascular diseases	11	4.2
7	Essential (primary) hypertension and hypertensive renal disease	9	3.4
8	All other unintentional injuries	8	3.1
9	Nephritis, nephrotic syndrome and nephrosis	6	2.3
	Parkinson's disease	6	2.3

North Carolina State Center for Health Statistics.

Diseases of the heart remains the leading cause of death in Northampton County from 2017 – 2018. However, the rate has decreased by 0.9%. Yet from 2017 - 2018 the rank for diabetes has moved from the fifth leading cause of death at 4.7% to the the third leading cause of death at 7.3%. An increase of 2.6%. The rank for hypertension has moved from ninth place at 2.0% in 2017 to seventh place at 3.4% in 2018. An increase of 1.2%. Though the overall rate for diseases of the heart has decreased from 2017 – 2018, the rates for hypertension and diabetes have increased. Also the rate for Alzheimer's Disease has increased from 3.9% in 2017 to 4.6% in 2018. This is an increase of 0.7%.

Progress

Obesity

Faith Communities

- Men's Health Awareness Month - Focused on hypertension, physical activity and nutrition.
- Fruit and Vegetables Matter Awareness Month – Provided education and recipes on fruit and vegetable consumption.

Heart Disease

- Faithful Families Eating Smart and Moving More Curriculum including food tasting and cook books
- Faith Full Families Eating Smart and Moving Chronic Diseases Curriculum including food tasting and recipes.

Northampton Community

- Head Start – Education on healthy eating and physical activity provided to parents and children.
- Library – Collaboration with local library to provide displays and literature during awareness months:

Great American Smoke Out
Diabetes
Heart Health

- Choanoke Area Development Association (C.A.D.A) – Collaborated with the Educator for the Diabetes Support Group to provide education on the effects diabetes has on organs including the heart to the staff at C.A.D.A.
- Roanoke Housing Authority - Heart Health Education provided to tenants.

County Successes

- New Grocery Store
- New Health Clinic

New Initiatives

- Northampton County Shooting Complex
- Roanoke River Boating Access

Emerging Issues

- Elections – Local
State
Federal
- Funding
- Staff turn overs