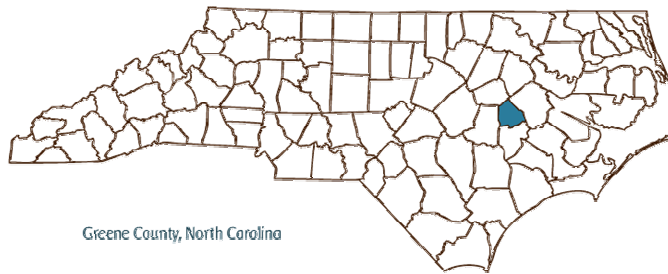




# State of the County Health Report Greene County, 2017

## About the State of the County Health Report

The North Carolina Division of Public Health requires local health departments to conduct a comprehensive community health assessment every three or four years. During the interim three years, local health departments are responsible for issuing an annual report, known as the State of the County Health (SOTCH) Report. The Greene County Department of Public Health is pleased to submit the 2017 SOTCH Report. This report provides an annual review of the health of the community, tracks progress in addressing priority health issues by comparing state and local data, and identifies new initiatives and emerging issues that affect the health status of county residents.



Greene County, North Carolina

### Health Priorities

In Greene County, the most recent Community Health Assessment (CHA) was conducted in 2015. Based on findings from the CHA, the following health priorities were identified in Greene County:

- physical activity and nutrition,
- chronic disease
- tobacco use.

Greene County will conduct its next community health assessment in 2019.

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## Greene County Demographics At-A-Glance

Source: US Census Bureau

Demographics	Greene County	North Carolina
Population, 2016	21,168	10,146,788
White, 2016 (a)	58.4%	71.0%
Black or African American, 2016 (a)	37.3%	22.2%
American Indian and Alaska Native, 2016 (a)	2.2%	1.6%
Asian, 2016 (a)	0.6%	2.9%
Native American and Other Pacific Islander, 2016 (a)	0.3%	0.1%
Two or more races, 2016	1.2%	2.2%
Hispanic or Latino, 2016 (b)	14.9%	9.2%

Source: US Census Bureau, 2015

a) Includes persons reporting only one race

b) Hispanics may be of any race, so also are included in applicable race categories

- Females account for 45.3% of the population while males account for 54.7%.
- The overall median age of Greene County residents is 37.7 years.
- Persons under 5 years of age account for 4.9% of the population, persons under 18 years of age account for 21.1% of the population, and persons 65 years and over account for 15.7%.

### Poverty

The percent of people living in poverty is higher in Greene County than in NC.

**Greene County: 23.7%**  
**NC: 15.4%**

### Unemployment Rate

Unemployment rates (2016) are very similar for Greene County and NC.

**Greene County: 5.2%**  
**NC: 5.1%**

### Median Household Income

Median household income is higher in NC than in Greene County.

**Greene County: \$37,190**  
**NC: \$48,256**



Population,  
percent  
change, from  
2010 to 2016  
is -0.9%.

# Leading Causes of Death, 2012 - 2016

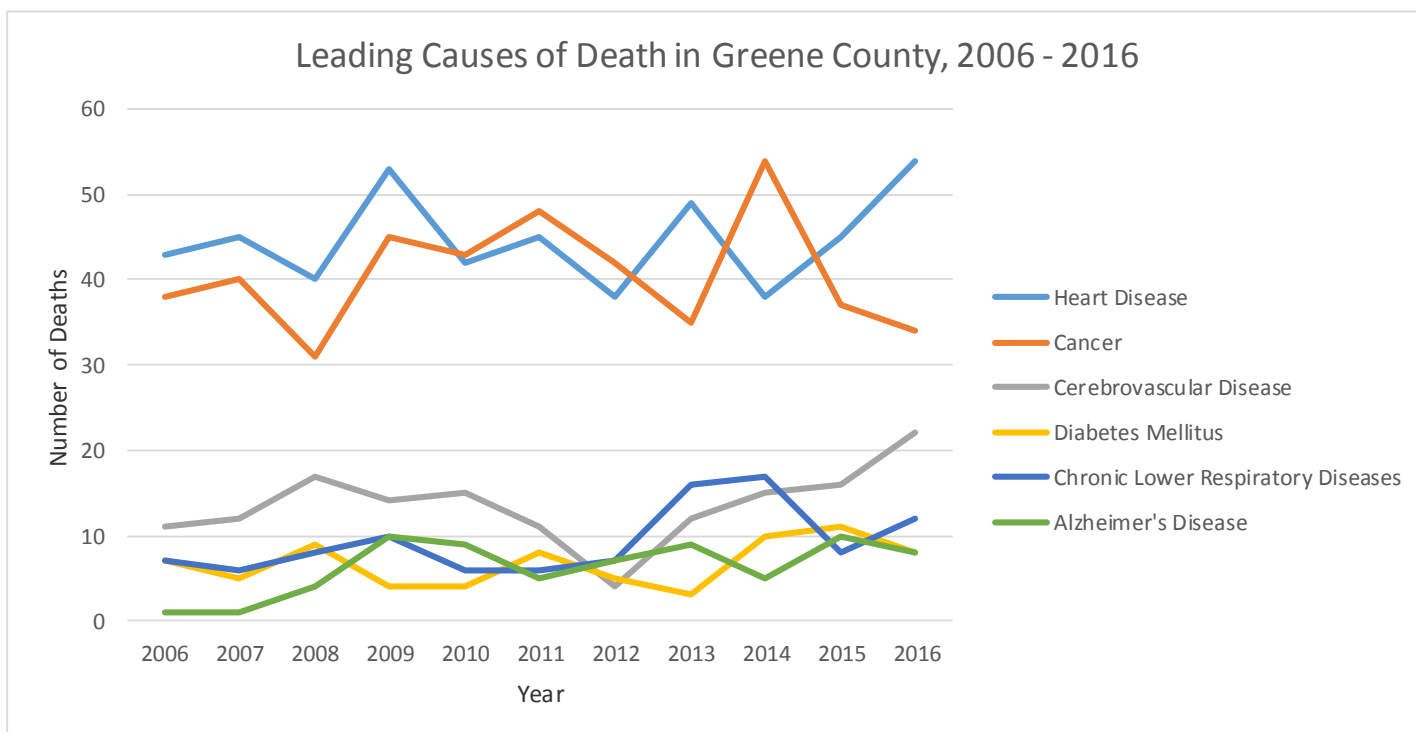
Source: NC State Center for Health Statistics

Greene County, all ages		
Rank	Cause of Death	Number of Deaths
1	Heart Disease	224
2	Cancer	202
3	Cerebrovascular Disease	69
4	Chronic Lower Respiratory Diseases	60
5	Alzheimer's Disease	39
6	Diabetes Mellitus	37
7	All Other Unintentional Injuries	28
8	Motor Vehicle Injuries	24
9	Septicemia	18
10	Chronic Liver Disease & Cirrhosis	14

North Carolina, all ages		
Rank	Cause of Death	Number of Deaths
1	Cancer	95,163
2	Heart Disease	89,393
3	Chronic Lower Respiratory Diseases	25,385
4	Cerebrovascular Disease	23,514
5	Alzheimer's Disease	16,917
6	All Other Unintentional Injuries	16,453
7	Diabetes Mellitus	13,042
8	Pneumonia and Influenza	9,707
9	Nephritis, Nephrotic Syndrome and Nephrosis	9,046
10	Septicemia	7,266

*Of the 964 deaths that occurred in Greene County during the five-year period 2012 - 2016, 51% were caused by heart disease, cancer and cerebrovascular disease.*

*The chart below provides trend data for the years 2006 - 2016 on the leading causes of death in Greene County.*



## Total Live Births

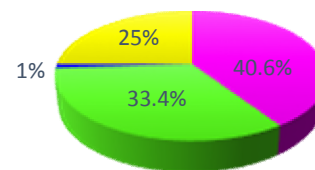
Total Live Births for Greene County, 2012 - 2016: 1,049  
 Live Birth Rate = 9.8 per 1,000 population

	2012	2013	2014	2015	2016	Total
White, non-Hispanic	100	86	77	78	85	426
Black, non-Hispanic	72	65	86	61	66	350
Other, non-Hispanic	1	1	1	5	3	11
Hispanic	45	53	52	59	53	262
Total	218	205	216	203	207	1,049



Source: NC State Center for Health Statistics

### 2012 - 2016 Race/Ethnicity of Live Births



■ White, non-Hispanic 
 ■ Black, non-Hispanic  
■ Other, non-Hispanic 
 ■ Hispanic

## Communicable Diseases and Sexually Transmitted Infections

2014 – 2016 Communicable Disease and Sexually Transmitted Infection, Annual Case Rates: Greene County and North Carolina (case rate per 100,000 population)

	2014		2015		2016	
	Greene	NC	Greene	NC	Greene	NC
Communicable Diseases						
Tuberculosis	0.0	2.0	0.0	2.0	0.0	2.2
Sexually Transmitted Infections						
Gonorrhea	150.7	150.7	202.9	169.9	217.3	194.4
Chlamydia	456.8	502.9	637.1	541.9	741.7	572.4
Syphilis (Primary, Secondary & Early Latent)	18.8	11.2	4.7	18.7	14.2	18.7
HIV Infection <sup>1</sup>	22.2	15.8	16.6	15.9	5.6	16.4

Source: 2016 North Carolina HIV/STD/Hepatitis Surveillance Report, NC Tuberculosis Control Program & NC EDSS

<sup>1</sup>HIV infection includes all newly reported HIV infected individuals by the year of first diagnosis, regardless of the stage of infection (HIV or AIDS)

## Health Priority Progress in 2017: Physical Activity & Nutrition

**Local Objective:** By 2019, decrease the number of adults who report no leisure time physical activity in Greene County (Eastern North Carolina) from 28.2% to 27.6%.  
(source: NC State Center for Health Statistics BRFSS, 2013)

**Healthy NC 2020 Objective:** Increase the percentage of adults getting the recommended amount of physical activity.

**Progress:** The NC Minority Diabetes Prevention Program is a CDC-recognized 12-month lifestyle change program designed to prevent or delay type 2 diabetes. This program, which uses the Prevent T2 curriculum, is part of the National Diabetes Prevention Program that promotes weight loss through healthy eating and increased physical activity. Participants actively engage in topics such as tracking food and physical activity, stress management, and dealing with life's challenges. The program is taught by the Health Educator who has been trained as a Lifestyle Coach. Current participants in the program have collectively lost 48 pounds through healthier eating and increased physical activity.

## Health Priority Progress in 2017: Tobacco Use

**Local Objective:** By 2019, reduce the number of Greene County (Eastern North Carolina) residents who report being a current smoker from 20.9% to 20.5%.  
(source: NC State Center for Health Statistics BRFSS, 2013)

**Healthy NC 2020 Objective:** Decrease the percentage of adults who are current smokers.

**Progress:** The Greene County Health Department has partnered with Families First Greene County, NC. Families First Greene County, NC is collaborative community based program that focuses on improving the health outcomes of young children and at risk pregnant women. One focus of the program is to reduce tobacco use among families. Families are connected to resources for smoking cessation, including a billboard advertising QuitlineNC.

Freedom from Smoking is an evidence based smoking cessation program developed by the American Lung Association. The program focuses almost exclusively on how to quit, not why to quit. In addition, participants learn to address the physical, mental and social aspects of their addiction. The Health Educator has been trained as a Freedom from Smoking Facilitator and is actively recruiting to begin a class.

## Health Priority Progress in 2017: Chronic Disease

**Local Objective:** By 2019, reduce the rate of overweight/obese adults (BMI>25) in Greene County (Eastern North Carolina) by 2% from 69.3% to 67.9%.  
(source: NC State Center for Health Statistics BRFSS, 2013)

**Healthy NC 2020 Objective:** Reduce the Cardiovascular Disease Mortality rate (per 100,00 population).

**Progress:** Tai Chi for Arthritis and Fall Prevention (TCAFP) is an evidence based CDC recommended program that was developed by Dr. Paul Lam and is supported by the Arthritis Foundation. This meditative program uses gentle flowing movements to increase flexibility, improve balance and coordination, and strengthen muscles. For older adults living with arthritis, increased muscular strength supports and protects joints, which will reduce pain. Flexibility exercises also help to reduce pain and stiffness, thus improving mobility. Two weekly classes are co-taught at the Senior Center by the Health Educator and the Director of the Greene County Senior Center, who are both certified instructors.

Know It Control It for Seniors is a community based program designed to help older adults self-monitor their blood pressure, make healthy lifestyle changes to control hypertension, and to manage cardiovascular disease. The Health Educator is a trained Blood Pressure Coach that teaches participants how to properly take their blood pressure, reduce stress, manage their blood pressure medications, and how to eat healthy and move more to control their blood pressure. Each class consists of each participant having their blood pressure taken, where it is tracked online on the American Heart Association's Check Change Control Tracker website.

## Emerging Issues

### ***Opioid Epidemic***

As reflected in the latest mortality data from CDC, deaths from drug overdose are up among both men and women, all races, and adults of nearly all ages. Opioid-involved deaths are continuing to increase in the United States. More than three out of five drug overdose deaths involve an opioid. In 2017, the U.S. Department of Health & Human Services declared a public health emergency and announced a 5-point strategy to combat the opioid crisis.

- Improving access to treatment and recovery services;
- Promoting use of overdose-reversing drugs;
- Strengthening our understanding of the epidemic through better public health surveillance;
- Providing support for cutting edge research on pain and addiction; and
- Advancing better practices for pain management.



## New Initiatives

### **NC Minority Diabetes Prevention Program**

In 2016, Greene County received regional grant funding from the state to participate in the NC Minority Diabetes Prevention Program to increase minority access to and participation in diabetes prevention programs in North Carolina. This program, Prevent T2, is part of the National Diabetes Prevention Program and targets individuals that have pre-diabetes or are at high risk for developing type 2 diabetes. Prevent T2 promotes modest weight loss (5%-7% of current weight if overweight or obese) and increased physical activity through a 12-month lifestyle change program. Participants interact in a group setting with a trained Lifestyle Coach. They learn how to eat healthy, move more, manage stress, stay motivated, and problem solve. Two classes are being taught by the Health Educator, with a 3<sup>rd</sup> class beginning in late summer of 2018. Currently, funding has been approved through 2019.



## New Initiatives, *continued*

### New Name, New Logo for the Health Department

In April, Greene County Health Department changed its name to the Greene County Department of Public Health and celebrated with an Open House in honor of Public Health Month. The event was held on April 11 to showcase all of the programs and services the health department offers. The Open House also featured a child passenger safety clinic, a fire truck, healthy snacks and an egg hunt. The Open House provided the Greene County Department of Public Health with the opportunity to educate the community about what public health does everyday.



A presentation of this SOTCH Report is made to the Board of Health and a press release is issued to the local newspaper. This report is also shared with key stakeholders, community partners and other agencies. If you have any questions about the information in this report or if you would like to be involved in local initiatives, please contact Joy Brock, Human Services Planner, at the Greene County Department of Public Health (252) 747-8183. A link to the report will be posted on the Greene County Department of Public Health's website <http://www.greencountync.gov/health>.

### Eastpointe Connect Mental Health Kiosk

What is the Mental Health Kiosk?

- The kiosk is a mental health evaluation tool that is a private, free and confidential way for individuals to learn about their mental health.

Who can use the Kiosk?

- The kiosk should be used by individuals who are over the age of 18.

Where is the Kiosk Located?

- The Greene County Department of Public Health Lobby.

The Kiosk Options:

- Take a Screening – Guides the user through a series of questions to assess their mental health, and provides resources based on the results.
- Find Local Resources – Provides the individual with the local resources they need.
- Learn More – Provides more information about a mental health diagnosis or topic.



*The mission of the Greene County Department of Public Health is to Protect, Preserve and Enhance the public health of Greene County through a commitment to the principles of public health practice in our community.*