

# 2014 State of the County Health Report Greene County

## 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 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 Health Department is pleased to submit the 2014 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.

### Community Health Priorities

In Greene County, the most recent Community Health Assessment (CHA) was conducted in 2012. Based on findings from the CHA, the following health priorities were identified in Greene County:

- physical activity and nutrition, and
- chronic disease (diabetes).

Greene County will conduct its next community health assessment in 2015.

### Poverty

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

Greene County: 23.3%

NC: 17.5%

### Median Household Income

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

Greene County: \$40,853

NC: \$46,334

## Greene County Demographics At-A-Glance

Source: US Census Bureau

Demographics	Greene County	North Carolina
Population, 2010	21,362	9,535,483
White, 2013 (a)	59.5%	71.7%
Black or African American, 2013 (a)	36.5%	22%
American Indian and Alaska Native, 2013 (a)	2.2%	1.6%
Asian, 2013 (a)	0.4%	2.6%
Native American and Other Pacific Islander, 2013 (a)	0.2%	0.1%
Two or more races, 2013	1.1%	2.0%
Hispanic or Latino, 2013 (b)	14.8%	8.9%

Source: US Census Bureau, 2014

a) Includes persons reporting only one race

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

### Unemployment Rate

Unemployment rates are similar to those in the state.

Greene County: 5.0%

NC: 5.2%



# Leading Causes of Death, 2009 - 2013

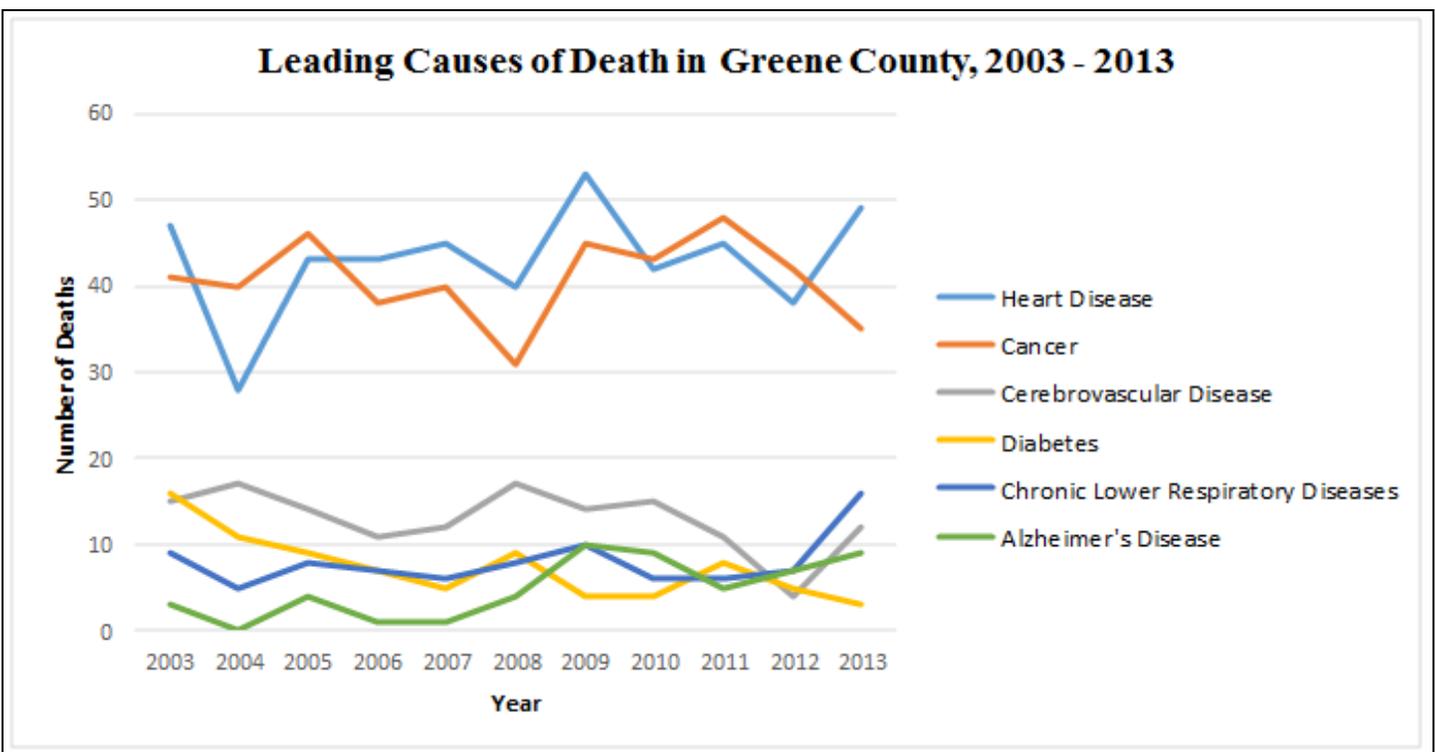
Source: NC State Center for Health Statistics

Greene County, all ages		
Rank	Cause of Death	Number of Deaths
1	Heart Disease	227
2	Cancer	213
3	Cerebrovascular Disease	56
4	Chronic Lower Respiratory Diseases	45
5	Alzheimer's Disease	40
6	All Other Unintentional Injuries	25
	Nephritis, Nephrotic Syndrome and Nephrosis	25
8	Diabetes Mellitus	24
9	Motor Vehicle Injuries	21
10	Pneumonia and Influenza	19

North Carolina, all ages		
Rank	Cause of Death	Number of Deaths
1	Cancer	90,717
2	Heart Disease	86,285
3	Chronic Lower Respiratory Diseases	23,346
4	Cerebrovascular Disease	21,816
5	All Other Unintentional Injuries	14,403
6	Alzheimer's Disease	14,000
7	Diabetes Mellitus	11,220
8	Pneumonia and Influenza	8,890
9	Nephritis, Nephrotic Syndrome and Nephrosis	8,850
10	Septicemia	6,731

*Of the 913 deaths that occurred in Greene County during the five-year period 2009 - 2013, 54% were caused by heart disease, cancer, and cerebrovascular disease.*

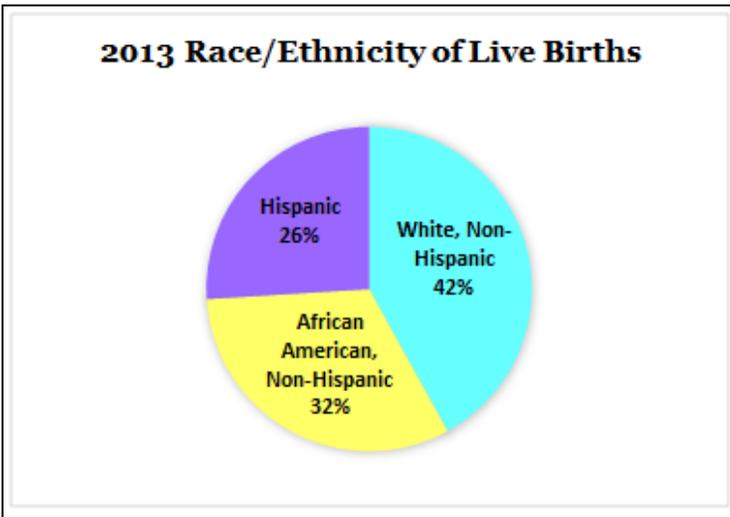
*The chart below provides trend data for the years 2003 - 2013 on the leading causes of death in Greene County.*



# Birth Outcomes and Highlights

2013 Total Live Births for Greene County: 205

Live Birth Rate = 9.7 per 1,000 population



Source: NC State Center for Health Statistics

Maternal Risk Factors	Births	% of Births
Maternal Pre-pregnancy BMI		
• Underweight (< 18.5)	5	2.4%
• Normal weight (18.5 – 24.9)	72	35.2%
• Overweight/Obese (≥ 25)	128	62.4%

## 2013 Live Births by Age of Mother

Age of Mother	Births	% of Births
40+	5	2.4%
30 – 39 years	54	26.3%
20 – 29 years	127	62%
Teens < 20 years	19	9.3%
• Teens 15 – 17	7	36.8%
• Teens 18 – 19	12	63.2%

# Infant and Child Deaths, 2009 - 2013

Source: NC Division of Public Health, Women’s and Children’s Health Section in conjunction with the NC State Center for Health Statistics

Infant and Child Deaths, 2009 – 2013 Greene County	
Cause of Death	Number of Deaths
• Birth Defects	3
• Perinatal Conditions	4
• SIDS	2
• Illnesses	1
• Motor Vehicle	1
• Drowning	1
• Poisoning	0
• Suffocation/Choking/Strangulation	0
• Other Unintentional Injuries	0
• Homicide	0
• Suicide	0
• All Other	1
<b>Total</b>	<b>13</b>

Age	Number of Deaths
• Under 1	9
• 1 - 4	1
• 5 - 9	0
• 10 - 14	1
• 15 - 17	2
<b>Total</b>	<b>13</b>

# *Health Priority #1: Physical Activity and Nutrition*

## **Eat Smart Move More Weigh Less Program, 2014**

**Situation:** Obesity among adults in Greene County (34%) is greater than the North Carolina (29%) average. This is a staggering statistic economically as BeActive NC's Tipping the Scales reports that the cost of medical care and lost productivity of excess weight is \$3,800 per person. Additionally, obesity is a risk factor for many chronic diseases including heart disease and stroke, high blood pressure, diabetes, and some cancers. Unfortunately, all of these diseases are ranked within the top 5 leading causes of death in the county.

**Response:** To address this issue NC Cooperative Extension collaborated with the Greene County Health Department to offer Eat Smart Move More Weigh Less (ESMMWL), a weight loss program based on healthy lifestyle behaviors. Through grant funding from the Vidant Medical Center Foundation, a total of 46 individuals were able to participate in this 15-week life-changing program. Of the 46 individuals registering a total of 26 participants successfully graduated the program attending at least 10 of the 15 sessions.

**Evaluation/Evidence:** Program success and accomplishments were evaluated via pre and post health screenings (weight, BMI, blood pressure, and waist circumference) provided on-site by a nurse with the health department. Participants were also urged to obtain tests results from doctors in regards to A1c and Cholesterol if they had these diseases. In addition to the health screening all graduates completed a post-survey detailing lifestyle changes made throughout the program along with weight and health changes.

**Results:** As a result of attending this program many of the participants have begun making strides towards leading a healthier lifestyle and reducing their weight. Some of these impacts include: 21 individuals increased their fruit and vegetable consumption; 22 increased their physical activity; 4 reduced BMI (body mass index) categories; 9 reduced their blood pressure; 1 improved A1c level; and 2 reduced their total cholesterol. These lifestyle changes of the 26 participants will ultimately result in an estimated \$9,461.45 saved on medical care and lost productivity. These cost savings were determined by the excess weight and lost productivity calculators via ERS.



## ***Health Priority #2: Chronic Disease - Diabetes***

### **Dining With Diabetes Program, 2014**

**Situation:** Diabetes ranks as the fifth leading cause of death in Greene County and was recognized as the third most important health problem in the county (Community Health Assessment, 2012). Furthermore, the National Center for Biotechnology Information (NCBI) found that the prevalence of diabetes was higher among the African American population and this percentage increases as poverty level increases. Managing this disease is important not only for their health, but also for financial reasons as the average expenditure per adult with diabetes is \$4,098 (NCBI).

**Response:** To address this issue NC Cooperative Extension collaborated with the Greene County Health Department to offer Dining with Diabetes, a diabetic education program that focused on healthy meal preparation. Through grant funding from the Vidant Medical Center Foundation, a total of 18 individuals were able to participate in one of two sessions offered within the county. In order to reach the target population, classes were offered at the Greene County Senior Center and St. Mary's Church.

**Evaluation/Evidence:** Program success and accomplishments were evaluated via pre and post blood sugar screenings provided on-site by a nurse with the health department. Participants were also urged to obtain tests results from doctors in regards to A1c. In addition to the health screening all graduates completed a post-survey detailing lifestyle changes made throughout the program.

**Results:** As a result of attending this program many of the participants have begun making strides towards leading a healthier lifestyle and managing this disease.

- 3 individuals are now taking their medications as prescribed.
- 5 have increased their consumption of fruits and vegetables.
- 3 individuals who weren't regularly checking their blood sugar levels now do so on a regular basis.
- 3 individuals now exercise more.
- Participants stated that this program taught them how to eat properly to manage diabetes.



## New Initiatives

- Greene County Health Department transitioned from paper to electronic health records through the Patagonia Health software system. The Health Department also implemented the Practice Management feature, a new and improved system that will increase the ability to capture revenue flow data, as well as patient flow data for improved efficiency in care management.
- The Greene County Women, Infants & Children (WIC) program rolled out the new Crossroads WIC computer system in October 2014. Crossroads is a WIC management information system which is 100% federally funded by the United States Department of Agriculture Food and Nutrition Services. Crossroads will allow the WIC program to better serve its clients. Benefits include: easier scheduling, quicker food instrument pick-up, fewer questions at check-in, quicker in-state transfers, and food packages that meet family needs.
- Greene County Health Department, in partnership with NC Cooperative Extension - Greene County, received a \$6,500 grant from the Vidant Medical Center Foundation through the Community Benefit & Health Initiatives Grants program to once again offer Eat Smart Move More Weigh Less and Diabetes programs to residents of Greene County. A new component of the grant this year is to work with Greene County Middle School to start a nutrition and physical activity club for middle school students.
- Greene County Health Department partnered with North Carolina Farm Bureau and Greene County Health Care, Inc. to bring the Healthy Living for a Lifetime™ event to Greene County in April 2014. The Healthy Living for a Lifetime™ event provides health screenings, educational information and promotional items. We had a total of 99 participants screened at the event. Health screenings included Blood Glucose, Total Cholesterol, HDL, LDL, Triglycerides, Blood Pressure, Body Mass Index and Vascular Ultrasound. The Health Screening Report for the Greene County event can be found online at [http://www.co.greene.nc.us/Departments\\_Health.aspx](http://www.co.greene.nc.us/Departments_Health.aspx). Greene County Health Department and Greene County Health Care, Inc. each received \$1,250 to continue their efforts to make Greene County a healthier place to live.

Making WIC better...  
...CROSSROADS



## ***New and Emerging Issues***

- The impacts to state and local public health as more people gain access to healthcare under the Affordable Care Act.
- Improved partnerships to benefit population health in Greene County.
- Increased awareness of the need to do HIV testing in the teenage population.
- Preparedness and Ebola Response - Greene County Health Department has been active in providing Ebola information to the public and local leadership. The Health Department has also been meeting/communicating regularly with its partners (Emergency Management, EMS, Sheriff's Department, Healthcare Providers, School System and Elite Medical Transport) to provide information and training about Ebola.
- Effective November 1, 2014, Greene County Animal Control is under the supervision of the Greene County Manager's Office. The Greene County Animal Shelter re-opened to the public on November 1. The Animal Shelter is open to the public on Mondays, Wednesdays and Fridays from 3:30 - 5:30 p.m. and Saturdays from 9 a.m. - 12 p.m.

## ***Re-Accreditation***

Greene County Health Department was Re-Accredited in September 2014 by the North Carolina Local Health Department Accreditation Board. The goal of North Carolina's Local Health Department Accreditation program is to improve and protect the public's health by assuring the capacity of NC Local Health Departments to perform core functions and essential services. The core functions of Assessment, Policy Development and Assurance are defined through 41 benchmarks and 148 activities that are based on the ten Essential Public Health Services plus Facilities and Administrative Services, and Board of Health/Governance.



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 Health Department (252) 747-8183. A link to the report will be posted on the Greene County Health Department's website.

*The mission of the Greene County Health Department 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.*

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