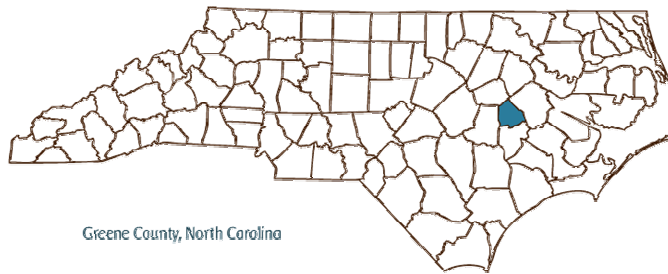




# State of the County Health Report Greene County, 2016

## 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 2016 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, 2015	21,134	10,042,802
White, 2015 (a)	59.1%	71.2%
Black or African American, 2015 (a)	36.6%	22.1%
American Indian and Alaska Native, 2015 (a)	2.3%	1.6%
Asian, 2015 (a)	0.5%	2.8%
Native American and Other Pacific Islander, 2015 (a)	0.2%	0.1%
Two or more races, 2015	1.2%	2.1%
Hispanic or Latino, 2015 (b)	14.8%	9.1%

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 5.4% 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%.

### Poverty

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

**Greene County: 25.4%**  
**NC: 16.4%**

### Unemployment Rate

Unemployment rates are higher in Greene County than in NC.

**Greene County: 5.5%**  
**NC: 4.7%**

### Median Household Income

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

**Greene County: \$35,777**  
**NC: \$46,868**



Population,  
percent  
change, from  
2010 to 2015  
is -1.1%.

# Leading Causes of Death, 2011 - 2015

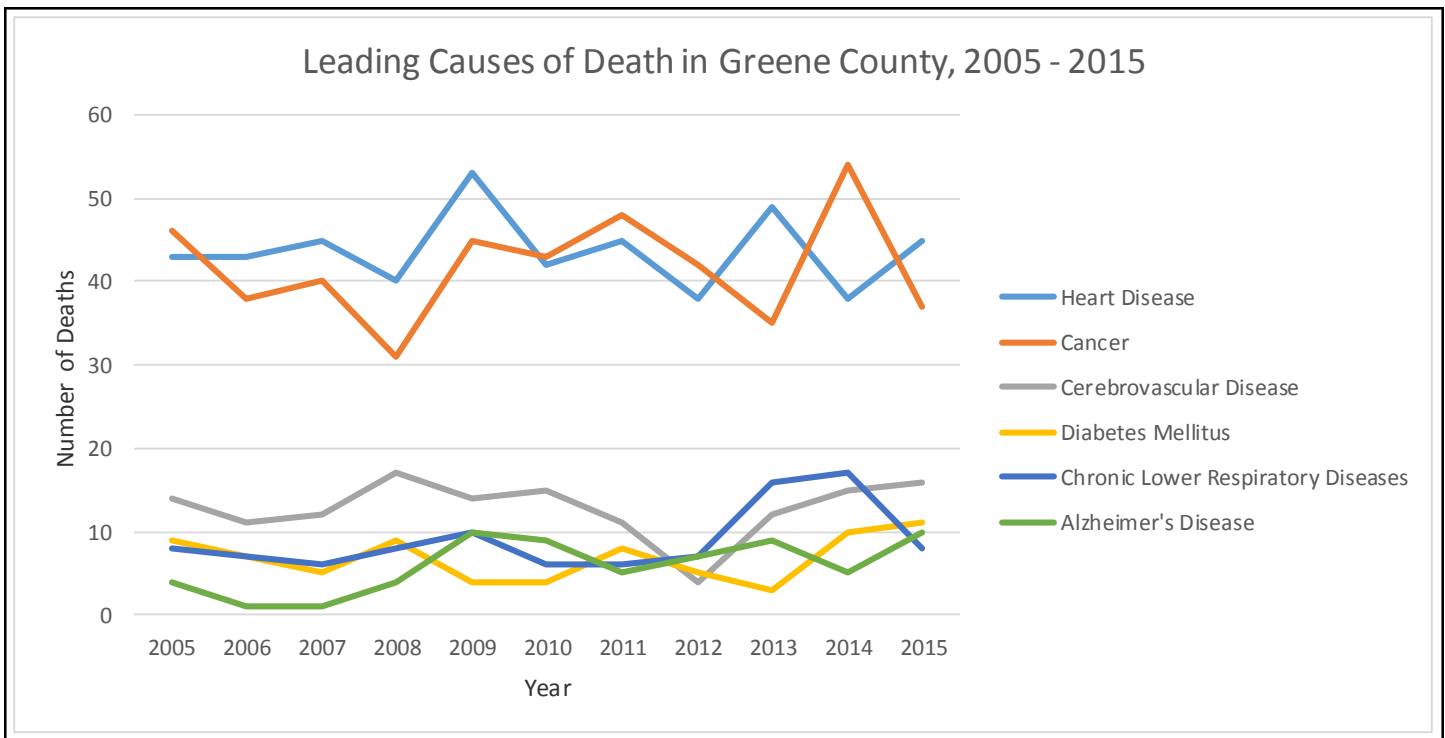
Source: NC State Center for Health Statistics

Greene County, all ages		
Rank	Cause of Death	Number of Deaths
1	Cancer	216
2	Heart Disease	215
3	Cerebrovascular Disease	58
4	Chronic Lower Respiratory Diseases	54
5	Diabetes Mellitus	37
6	Alzheimer's Disease	36
7	Other Unintentional Injuries	29
8	Motor Vehicle Injuries	21
9	Nephritis, Nephrotic Syndrome and Nephrosis	20
10	Septicemia	14
	Hypertension	14
	Pneumonia & Influenza	14

North Carolina, all ages		
Rank	Cause of Death	Number of Deaths
1	Cancer	93,838
2	Heart Disease	88,076
3	Chronic Lower Respiratory Diseases	24,773
4	Cerebrovascular Disease	22,863
5	Alzheimer's Disease	15,585
6	Other Unintentional Injuries	15,499
7	Diabetes Mellitus	12,505
8	Pneumonia and Influenza	9,427
9	Nephritis, Nephrotic Syndrome and Nephrosis	8,749
10	Septicemia	7,026

Of the 953 deaths that occurred in Greene County during the five-year period 2011 - 2015, 51% were caused by cancer, heart disease and cerebrovascular disease.

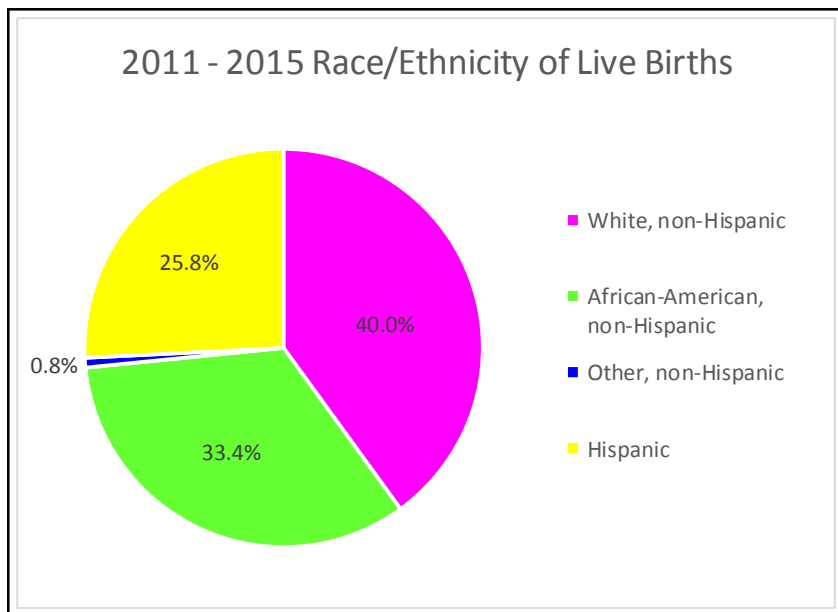
The chart below provides trend data for the years 2005 - 2015 on the leading causes of death in Greene County.



## Birth Outcomes and Highlights

Total Live Births for Greene County, 2011 - 2015: 1,077

Live Birth Rate = 10.1 per 1,000 population



Source: NC State Center for Health Statistics

## Communicable Diseases and Sexually Transmitted Infections

2013 – 2015 Communicable Disease and Sexually Transmitted Infection, Annual Case Rates:

Greene County and North Carolina (case rate per 100,000 population)

	2013		2014		2015	
	Greene	NC	Greene	NC	Greene	NC
Communicable Diseases						
Tuberculosis	9.4	2.2	0.0	2.0	0.0	2.0
Sexually Transmitted Infections						
Gonorrhea	160.4	143.4	150.6	150.6	203.5	169.7
Chlamydia	419.8	499.9	456.5	502.6	638.8	541.5
Primary/Secondary Syphilis	4.7	4.3	14.1	7.1	0.0	11.3
HIV Infection <sup>1</sup>	14.2	13.4	18.8	13.3	14.2	13.4

Source: 2015 North Carolina HIV/STD Surveillance Report

<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 Priorities

## Health Priority Progress in 2016: 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:** Weight-Wise is an evidenced based behavioral weight-management program that was developed by researchers from the UNC Center for Health Promotion and Disease Prevention at UNC Chapel Hill. Participants meet once per week for 16 weeks at the Greene County Senior Center to learn about informative topics including increasing their fruit and vegetable intake, increasing physical activity, tracking progress using a food and fitness diary, and planning ahead. They were introduced and participated in diverse forms of physical activity including chair yoga, walking, chair aerobics, and muscle strengthening activities. As a result, the participants increased their weekly moderate intensity physical activity minutes and increased their fruits and vegetables intake.

## Health Priority Progress in 2016: 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.

## Health Priority Progress in 2016: 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:** Weight-Wise is an evidenced based behavioral weight-management program that was developed by researchers from the UNC Center for Health Promotion and Disease Prevention at UNC Chapel Hill. During the 16-week program, twelve participants completed the program with an average weight loss of 8.6 lbs.

## Emerging Issues

### Zika

According to the Centers for Disease Control and Prevention, the first confirmed Zika virus infection was reported in May 2015 in Brazil, and in February 2016, the World Health Organization (WHO) declared Zika virus a public health emergency of international concern.

- Zika is spread mostly by the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). These mosquitoes bite during the day and night.
- Zika can be passed from a pregnant woman to her fetus. Infection during pregnancy can cause certain birth defects.
- There is no vaccine or medicine for Zika.
- Local mosquito-borne Zika virus transmission has been reported in the continental United States.

### E-cigarettes

Electronic cigarettes, or e-cigarettes, are an emerging challenge for public health. These devices are part of a growing landscape of electronic nicotine delivery systems (ENDS) that include many different types of products, such as “vape pens” and “e-hookahs”. E-cigarettes are now the most commonly used form of tobacco by youth in the U.S. The potential long-term benefits and risks associated with e-cigarette use are not currently known. What is known is that nicotine exposure at a young age may cause lasting harm to brain development, promote nicotine addiction, and lead to sustained tobacco use – making any use of these products among U.S. youth a major concern.



## New Initiatives

### **Families First Greene County**

Families First Greene County is a collaborative community based program that focuses on improving the health outcomes of young children and at risk pregnant women. The community partnerships within this program work to improve birth outcomes, reduce child mortality, and improve the health status of children ages birth to 5 years. This program provides necessary tools to equip them in the knowledge of child passenger safety, parenting, health assessments, nutrition, and case management for at risk pregnant women.



## New Initiatives, *continued*

### Tai Chi for Arthritis for Fall Prevention

Tai Chi for Arthritis for Fall Prevention is an evidenced based CDC recommended program that was developed by Dr. Paul Lam. Tai Chi is used for improving health and wellness and is proven effective for fall prevention. This meditative program uses gentle flowing movements to increase flexibility, improve balance, strengthen muscles and coordination, and decrease pain in joints. The Health Educator and the Director of the Greene County Senior Center are both certified instructors who have teamed together to offer two weekly classes at the Senior Center.



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 <http://www.greenecountync.gov/health>

### Project Lazarus

Project Lazarus is a collaborative community based Overdose Prevention and Opioid Safety program designed to address the increasing drug overdose death rates and prevent prescription drug abuse. To reduce and prevent prescription drug abuse and overdose, Project Lazarus has:

- installed a permanent drug drop box at Realo Pharmacy where medications can be safely disposed,
- provided the Senior Center with individual lock boxes to secure medications in senior's homes,
- provided Naloxone kits (an antidote for opioid and heroin overdose) to law enforcement,
- implemented a standing order for Naloxone at the Health Department, and
- provided educational materials for community members.



*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.*