

2017 Edgecombe County State of the County Health Report

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**Demographic
Information**

Population Estimate (2016)	53,318
Median Family Income (2012– 2016)	\$32,298
Unemployment Rate (US Bureau of Labor Statistics Aug. 2017)	7.4%
% of persons living below poverty	23.9%
High School Graduate or higher (2012-2016)	77.4%

2016 US Census Bureau

C.O.R.E. Coordinated Opiate Recovery Effort

Over the past few years, law enforcement and medical providers have seen a shocking rise in the misuse and abuse of opioids. Opioids are any drugs that contain an opiate and may include prescription pain medications and illicit drugs such as heroin. Edgecombe County has seen a rise in these numbers as well, and has formed a coalition called the Coordinated Opiate Recovery Effort (C.O.R.E.) to come together to fight against the opiate crises in our communities. The C.O.R.E. coalition consists of

members from the Edgecombe County Health Department, Rescue Squad, Emergency Services, Sheriff's Office, Pinetops & Tarboro Police Department's, Vidant Edgecombe Hospital, Rural Health Network and PORT Health. The C.O.R.E. program is designed to encourage people to seek help with opiate dependence and addiction. Anyone wanting

help can go to the Edgecombe County Sheriff's Office and ask for help. They will be admitted into the C.O.R.E. program and the Sheriff's Office will find them placement in a treatment facility or contact a service who can. Participants remain with the Sheriff's Office until they are able to be placed in a treatment program. After treatment, the Sheriff's Office will try to connect participants with local resources to make their recovery successful. All C.O.R.E. participants remain anonymous.



C.H.A.N.G.E. Project

Carolina Heart Alliance Networking for Greater Equity (CHANGE) is a project funded by the Centers for Disease Control and Prevention to the University of North Carolina (UNC) Chapel Hill. UNC Chapel Hill in turn, is collaborating with the Edgecombe County Health Department to provide a rural outreach project to reduce cardiovascular (CV) risk. The CHANGE Project involves partnering with federally qualified health center's or rural health centers to optimize cardiovascular risk reduction measures, and connect the clinics to Department's of Public Health through a tandem of Community Health Workers (CHW). The CHW's are connected to the practice through iPad technology and serve as peer supporters who provide advice on diet (The Med South Diet), exercise (gradually increasing physical activity), smoking cessation (when relevant) and medication adherence. Participants in the project have one or more cardiovascular risk factors out of control. There are 4 face-to-face visits over 3 months, and phone calls every 2 weeks in between. The premise of the project is: controlling high blood pressure decreases cardiovascular risk by 25%; smoking cessation decreases CV risk by 50% (over 4 years); and a Mediterranean style diet decreases CV risk by 30%.

2016 Leading Causes of Death in Edgecombe County

1. Heart Disease
2. Cancer
3. Cerebrovascular Disease

NC State Center for Health Statistics

2016 Community Health Assessment Priorities for Edgecombe County

1. Chronic Disease Prevention and Management
2. STD's/HIV
3. Mental Health & Substance Abuse
4. Access to Care



Top Three Leading Causes of Death in Edgecombe County

According to the NC State Center for Health Statistics Health Data Query System, in 2016 the top leading causes of death in Edgecombe County were Heart Disease, Cancer and Cerebrovascular Disease. From 2012-2016, the 2018 County Health Data Book reported that in Edgecombe County there were 689 deaths attributed to Heart Disease,

670 deaths attributed to Cancer, and 320 deaths attributed to Cerebrovascular Disease. Chronic diseases such as heart disease, cancer, stroke and even diabetes, are the most preventable of all health problems, and the most costly. "Seven of the top 10 causes of death in 2014 were chronic diseases.

Two of these chronic diseases—heart disease and cancer—together accounted for nearly 46% of all deaths." (Centers for Disease Control and Prevention). The major contributor to chronic disease such as heart disease and cancer is the lifestyles that individuals lead. Tobacco use, lack of physical activity, and poor nutrition are three prime examples.

2016 Deaths	Edgecombe County	North Carolina
Heart Disease	# = 154 Percent = 23%	# = 18,276 Percent = 20.2%
Cancer	# = 140 Percent = 20.9%	# = 19,526 Percent = 21.6%
Cerebrovascular Disease	# = 58 Percent = 8.7%	# = 4,941 Percent = 5.5%

2016 NC State Center for Health Statistics

Progress Towards Priorities

Access to Care

- ECHD increased the number of Child Health appointments available to help families with accessing health care services for their children.
- ECHD Dental Clinic started providing emergency dental services to adults in need.
- ECHD Dental Clinic staff implemented onsite dental screenings & referrals at Head Start programs in the county.
- The Edgecombe County Rural Health Network exists to improve health outcomes for Edgecombe County Residents by achieving efficiencies and expanding access to coordinate and improve the quality of essential health care services. The Network has established network agreements to increase access to care.

STD's/HIV

- ECHD continues to work with Vidant Edgecombe Hospital on the HIV ED Testing Program, which tests high risk individuals seeking services in the emergency department. In 2017, 306 ED tests were performed. In 2017, the health department's Jail Health Program tested 132 inmates. In addition, 56 community members received testing through community outreach activities.
- Edgecombe County Human Services HIV/STD Taskforce continues to meet and work in the community to educate and spread awareness in an effort to ultimately decrease the number of HIV/AIDS/STD cases in Edgecombe County.
- ECHD continues to collaborate with Edgecombe County Public Schools to implement Project REACH (Redefining & Empowering Adolescent and Community Health) - two comprehensive, evidence based curriculums regarding pregnancy prevention, HIV and STD's for 8th and 9th graders.

Progress Towards Priorities

Mental Health & Substance Abuse

- ECHD collaborated with Eastpointe to place a mental health kiosk in the clinic waiting area for the public to seek out mental health resources.
- Coordinated Opiate Recovery Effort (C.O.R.E.) Coalition was established to address opiate misuse and abuse in Edgecombe County.
- ECHD created a database to track Narcan usage by EMS and law enforcement throughout Edgecombe County.
- ECHD collaborated with Eastpointe to provide Mental Health First Aid training to ECHD staff—nurses, social workers, health educators, and administrators.

Chronic Disease

A total of 392 individuals were provided with education services from the ECHD CDSMP (Chronic Disease Self-Management Program) which included:

- 17 to initial education (discontinued in Jan. 2017)
- 31 attended Diabetes sessions
- 11 attended blood pressure management sessions
- 11 attended nutrition sessions
- 17 people began twice-weekly exercise at Vidant Edgecombe Hospital
- 79 attended the Diabetes Support Group meetings
- 80 individuals received 1:1 chronic disease self-management education
- 211 individuals were provided with wellness education at various community presentations

2012-2016 NC Diabetes and Cerebrovascular Disease Death Rates
*Rates Per 100,000 Population

	Edgecombe County	North Carolina
Diabetes	38.4	26.2
Cerebrovascular Disease	117.1	47.3



- **C.O.R.E. Coalition**
- **C.H.A.N.G.E. Project**



There is an extreme shortage of Mental Health and Primary Care Providers in Edgecombe County.

Mental Health:
citizen vs. provider ratio
2,010:1

Primary Care:
citizen vs. provider ratio
3,230:1

2017 County Health Rankings



Mental Health Resources Kiosk

2012-2016 NC Cancer Mortality Rates

Rates per 100,000 Population

Cancer Site	Edgecombe County	North Carolina
Lung Cancer	48	47.6
Female Breast Cancer	28.8	20.8
Prostate Cancer	25	20.3
Colorectal Cancer	18.5	13.8

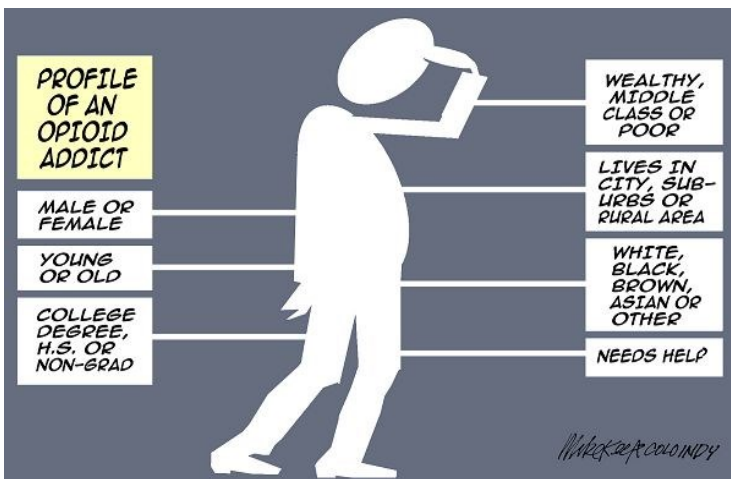
2018 County Health Data Book
NC Central Cancer Registry 12/2017

*Lung , Female Breast, Prostate, and Colorectal Cancers are the top four cancers attributing to the cancer death rates in Edgecombe County.

Chronic Disease Self-Management Program

The Edgecombe County Health Department Chronic Disease Self-Management Program is designed to increase knowledge about chronic diseases and self-care, support behavior change efforts, and improve the quality of life of those within our community. Wellness information is provided by a Certified Diabetes Educator. Services are provided to individuals by provider referrals, groups, and organizations throughout the community. Education efforts address type 2 diabetes, prediabetes, gestational diabetes, hypertension, and stroke awareness. Diabetes education is based on the American Association of Diabetes Educators 7 Self-Care Behaviors. A monthly Diabetes Support Group is offered to the community as well, providing continued education and support.

Know The Facts, Battle the Crisis



DID YOU KNOW? Opioid overdose deaths have surpassed the number of motor vehicle accident deaths per year.

2016 Edgecombe County STD Rates

Rank	STD	Edgecombe Rate	North Carolina Rate
#3	HIV	20.2	16.4
#3	Chlamydia	932.1	572.4
#3	Syphilis	30	18.7
#5	Gonorrhea	354.5	194.4
#8	AIDS	18	7

rates per 100,000 population

North Carolina HIV/STD Surveillance Report
 North Carolina Department of Health and Human Services

For more information regarding the State of the County Health Report (SOTCH), or to request a copy, please call 252-641-7511 or visit www.edgecombecountync.gov/departments/health_department/community_and_health_education.php