

# 2014 Edgecombe County State of the County Health Report

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**Demographic  
Information**

|  |               |
|--|---------------|
| Population Estimate (2013)                                   | <b>55,574</b> |
| Median Family Income (2009-2013)                             | \$33,960      |
| Unemployment Rate (US Bureau of Labor Statistics Sept. 2014) | 10.3%         |
| % of persons living below poverty                            | 25.2%         |
| High School Graduate or higher (2009-2013)                   | 79.5%         |

2013 US Census Bureau

## Chronic Disease Self-Management Program

Edgecombe County Health Department (ECHD) Chronic Disease Self Management Program (CDSMP) is an extension of the former Diabetes Management Program. The purpose of the program is to increase awareness of the seriousness of chronic disease by promoting prevention and improving self-management skills. The CDSMP Program focuses on diabetes, prediabetes, high blood pressure, and heart disease.

Education is a strong pillar in this program offering participants initial group



education, nutrition, healthy eating, two diabetes self-management sessions, and a blood pressure

management class. Following the completion of the group education program, participants are offered an incentive of twice weekly exercise sessions at Vidant Edgecombe Hospital gym or pool for 3 months at no cost. Additional services offered include One-to-One Education, Eat Smart Move More Weight Less and Freedom From Smoking.

## Emergency Department HIV Testing

The Emergency Department testing program is a collaborative project between Vidant Edgecombe Hospital and the Edgecombe County Health Department in which high risk patients using the emergency department are screened for HIV and Syphilis. There were 347 HIV and Syphilis tests performed through the



Emergency Department Testing Program in 2014. In this unique partnership, Vidant Edgecombe Hospital collects patient samples and information and the Edgecombe County Health Department completes the testing process and is responsible for all patient follow up as well as data collection.

## Leading Causes of Death in Edgecombe County

1. Heart Disease
2. Cancer
3. Cerebrovascular Disease

### 2013 Community Health Assessment Priorities for Edgecombe County

1. Chronic Disease Prevention and Management
2. Access to Care
3. Obesity and Weight Management
4. HIV/AIDS/STD's/ Teen Pregnancy



# Top Three Leading Causes of Death in Edgecombe County

According to the NC State Center for Health Statistics In 2013, the top leading causes of death in Edgecombe County were Heart Disease, Cancer and Cerebrovascular Disease. From 2009-2013, the 2015 County Health Data Book reported that there were 668 deaths in Edgecombe County attributed to Heart Dis-

ease, 661 deaths attributed to Cancer and 266 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 ten Americans who die each year, or more than 1.7 million people,

die of a chronic disease" (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.

| 2013 Deaths             | Edgecombe County          | North Carolina             |
|-------------------------|---------------------------|----------------------------|
| Heart Disease           | #'s = 143 Percent = 24.1% | #'s=17812 Percent = 21.4%  |
| Cancer                  | #'s = 133 Percent = 22.4% | #'s =18615 Percent = 22.3% |
| Cerebrovascular Disease | #'s = 63 Percent = 10.6%  | #'s =4472 Percent = 5.4%   |

2015 NC State Center for Health Statistics

## Progress Towards Priorities

### Access to Care

- Edgecombe County Health Department planned and hired a Primary Care Provider.
- Created the Edgecombe County Rural Health Network 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.

### HIV/ AIDS/STD's/ Teen Pregnancy

- Worked with Vidant Edgecombe Hospital to implement the HIV ED Testing Program, which tests high risk individuals seeking services in the emergency department. 347 tests were performed. The health department's Jail Health Program tested 151 inmates.
- Creation of Edgecombe County Human Services HIV/STD Taskforce to try and help educate, spread awareness, and ultimately decrease the number HIV/AIDS/STD cases in Edgecombe County.
- Participated in the Edgecombe/Nash Boys and Girls Club Teen Pregnancy Prevention Program.

# Progress Towards Priorities

## Overweight and Obesity

- Planning with local agencies for a Healthy Youth Initiative Project.
- 503 gym and aquatic exercise classes have been offered.
- Eat Smart Move More Weigh Less (Church Group)- 15 week class, 4 participants
- Faithful Families Eating Smart Moving More– 9 week class, averaged 19 participants per class.
- Worked with local hospital , the City of Rocky Mount, American Heart Association and the Nash County Health Department to implement the Twin Counties Heart Walk. 60 community members participated.

## Chronic Disease

- Worked with local hospital , the City of Rocky Mount, American Heart Association and the Nash County Health Department to implement the Twin Counties Heart Walk. 60 community members participated.
- The Chronic Disease Self Management Program had 242 patients referred to the program.
- 91 participants received education on improvement of quality of life with chronic illness, self management skill strengthening and overall improvement of care.
- 49 participants received nutrition counseling.
- 19 Lessons of Diabetes Workshops offered with a total of 75 participants.
- 18 Lessons of Blood Pressure Workshops offered with a total of 37 participants.
- 51 community members served with chronic disease management and prevention educational materials at Community Education Events.

**2009-2013 NC Diabetes and Cerebrovascular Disease Death Rates**  
\*Rates Per 100,000 Population

|                         | Edgecombe County | North Carolina |
|-------------------------|------------------|----------------|
| Diabetes                | 34.3             | 23.3           |
| Cerebrovascular Disease | 94.9             | 45.2           |



- **The Edgecombe County Stakeholders Collaborative Network**
- **Edgecombe County Human Services Board STD Taskforce.**

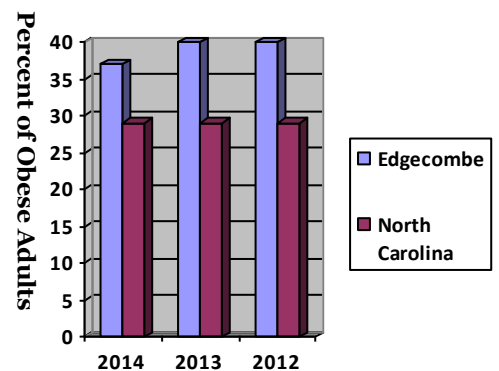


**Prostate Cancer Mortality Rates are on the rise in Edgecombe County.**

**2006-2010 Mortality Rate 36.2**

**2009-2013 Mortality Rate 36.6**

## Percent of Adult Obesity in Edgecombe County vs. North Carolina



*37% of adults in Edgecombe County are obese.*

*(2014 County Health rankings)*

## 2009-2013 NC Cancer Mortality Rates

Rates per 100,000 Population

| Cancer Site          | Edgecombe County | North Carolina |
|----------------------|------------------|----------------|
| Lung Cancer          | 55.5             | 51.8           |
| Female Breast Cancer | 31.0             | 21.7           |
| Prostate Cancer      | 36.6             | 22.1           |
| Colorectal Cancer    | 16.3             | 14.3           |

**2015 County Health Data Book**

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

### Edgecombe County Human Services Board HIV/STD Taskforce

Edgecombe County has been battling the fight against HIV/AIDS and other STD's for several years. In the most recent HIV/STD Surveillance Report, distributed by the NC Department of Health and Human Service's Communicable Disease Branch, Edgecombe County ranked #1 in the state for AIDS and Chlamydia, #2 in the state for HIV, #3 for Gonorrhea, #5 for Primary and Secondary Syphilis, and #8 for Early Syphilis.

In the 2013 Community Health Assessment, the community pinpointed HIV/AIDS/STD's and Teen Pregnancy as major issues that face Edgecombe County. The Edgecombe County Human Services Board saw the alarming county statics as a call to action to try and help educate, spread awareness, and ultimately decrease the number HIV/AIDS/STD cases in Edgecombe County. The Edgecombe County Human Services Board created a subcommittee called the Edgecombe County Human Services Board STD Taskforce. The STD Taskforce challenges any Edgecombe County Residents who are interested in being soldiers in helping educate and raise awareness to residents of Edgecombe County, to be part of the STD Taskforce.

### Edgecombe County Rural Health Network

Edgecombe County Rural Health Network consists of several agencies in Edgecombe County including Edgecombe County Health Department, Vidant Edgecombe Hospital, Rocky Mount OIC, Rural Health Group, Eastpointe, Tar River Mission Clinic, Crossworks, Mental Health America and James McFalin Community Development.

The objective of the Edgecombe County Rural Health Network is 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.

### Edgecombe Breast Health Initiative

The Edgecombe Breast Health Initiative (EBHI) focuses on encouraging women to be proactive in their health and continue to receive yearly clinical breast exams and mammograms. EBHI offers baseline screening mammograms, advanced diagnostic mammograms and ultrasounds to women who are 20 and older, under or uninsured, who are high risk and/or symptomatic, and women who have a personal or family history of breast cancer. This initiative is funded through the Susan G. Komen for the Cure, NC Triangle to the Coast Affiliate.