

**Northampton
State of the County Health Report
(SOTCH)**

2013



This report will provide progress on the health initiatives identified in the 2010 Community Health Assessment (CHA). Information on the advancements made on the three initiatives will include trend data, leading causes of death, funding initiatives, challenges impacting the progress of the initiatives and ways the community can become involved in addressing the initiatives will be the focus of this report.

The (CHA) is conducted every four years. The State of the County Health Report is an annual report conducted each year during the three year interim after the CHA.

Northampton County in a Glance

Population Estimate 2012	21,428
White Persons alone 2012	39.9 %
Black or African Americans Alone, Estimate 2012	58.3 %
Asian Alone, Percent 2012	0.6%
Hispanic or Latino, Percent, 2012	1.7%
Persons Below Poverty Level, Percent, 2007 - 2011	21.9%

(Source: United States Census Bureau)

Selected Priorities from the 2010 CHA

Substance Abuse: Tobacco

Decrease tobacco use in high school students by 10%. - Decrease tobacco use in middle school students by 10%.

Cancer: Breast/Prostate

Increase breast cancer screenings and education by 8% in Northampton County with a focus on African American Women.

Increase prostate cancer screenings and education by 22% in Northampton County with a focus on African American Males.

Physical Activity and Nutrition

Increase the percentage of adult citizens receiving the recommended amount of physical activity by 5%.

Increase the percentage of adult citizens consuming five – nine daily servings of fruits and vegetables.

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Leading Causes of Death 2011 - Northampton County - All Races /Both Genders

Rank	Cause	Number	%
1	Cancer	65	27.0
2	Disease of the heart	45	18.7
3	Chronic Lower Respiratory Disease	15	6.2
4	Diabetes Mellitus	14	5.8
5	Septicemia	12	5.0
6	Cerebrovascular Diseases	11	4.6
7	Nephritis, Nephritic Syndrome and Nephritis	11	4.6
8	All other unintentional injuries	9	3.7
9	Influenza and pneumonia	5	2.1
10	In situ neoplasms, benign neoplasms and neoplasms of uncertain or un known behavior	4	1.6
	Motor vehicle injuries	4	1.7
	All other causes (Residual)	46	18.9
	Total Deaths – All causes	241	100.0

(Source: State Center for Health Statistics)

Leading Causes of Death in North Carolina 2010 - All Counties - All Races /Both Genders

Rank	Cause	Number	%
1	Cancer	18,201	22.8
2	Disease of the heart	16,959	21.3
3	Chronic lower respiratory diseases	4,705	5.9
4	Cerebrovascular diseases	4,290	5.4
5	All other unintentional injuries	2,996	3.8
6	Alzheimer's disease	2,820	3.5
7	Diabetes mellitus	2,276	2.9
8	Nephritis, Nephritic Syndrome and Nephritis	1,705	2.1
9	Influenza and pneumonia	1,616	2.0
10	Septicemia	1,319	1.7
	All other causes (Residual)	79,680	100.0

(Source: State Center for Health Statistics)

Cancer is the leading cause of death for Northampton County and the State. Deaths due to cancer is 4.2% higher for the Northampton County than for the state.

Progress to Date - 2013

Substance Abuse - Tobacco

Education on tobacco and the affects it has on health has been provided to 10% of Middle School students and 6% of High school students.

Cancer- Breast

In Northampton County 1.5% of women in African American Communities have received education on breast health and breast self-exam. A total of 136 women in Northampton County have been screened and educated on breast health and breast self-exams.

Cancer- Prostate

In Northampton County 4% of African American men have received education on prostate health and screenings.

PSA screenings have been provided to 194 men in Northampton County.

Physical Activity and Nutrition

Education and participation in healthy eating activities and increased participation in physical activity has been provided to 1.5% of Adults in African American communities. Education and activates on physical activities and healthy eating has been provided to 61 fourth graders in Northampton County Schools. There were 12,656 card swipes by Northampton residents for use and participation in physical activity at the Northampton Cultural and Wellness Center.

Trends:

**North Carolina Youth Tobacco Survey – 2011
Percentage of Middle school and High school students who report current use of emerging tobacco products
Eastern Coastal Region**

	Middle School	High School
Roll Your Own Cigarettes	3.0(+0.9)	4.7(+1.4)
Flavored Cigarettes	2.5(+1.1)	8.0(+2.4)
Clove Cigars	0.5(+0.2)	1.7(+1.0)
Flavored Little Cigars	1.3(+0.8)	4.6(+1.7)
Hookah/Water Pipe	1.1(+0.6)	2.4(+1.3)
Snus	0.9(+0.5)	2.9(+1.7)
Dissolvable(E.G. Orbs, Strips, Sticks)	0.5(+0.4)	0.8(+0.6)
Electronic Cigarettes	1.0(+0.7)	2.2(+1.1)
Other New Products	2.2(+0.9)	3.1(+1.1)
Percent of Current Smokers Using At Least One Of The Above Products	62.2(+11.2)	73.3(+8.1)

(Source: N.C. Department of Health and Human Services – 2011 North Carolina Youth Tobacco Survey)

There is an increase in the use of emerging tobacco products from middle school into high school. The greatest increase from middle school into high school is the use of flavored cigarettes at 5.5% and the use of flavored cigars at 3.3 %. Students in Northampton County schools are educated on the affects all tobacco products have on health and on the effects of tobacco through second hand exposure.

**Cancer
2006 – 2010 Cancer Incidence Rates for Selected Sites - Per 100,000 Population
Age: Adjusted to the 2000 US Census**

	Colon/Rectum		Lung/Bronchus		Female Breast		Prostate		All Cancers	
	Cases	Rate	Cases	Rate	Cases	Rate	Cases	Rate	Cases	Rate
North Carolina	20,968	43.4	36,287	74.8	41,169	155.9	34,733	153.7	242,433	498.1
Northampton	73	48.4	123	79.0	111	146.1	141	203.3	720	487.9

Source: North Carolina Central Cancer Registry)

The incidence rate for cancers in selected sites in Northampton County is 10.2% less than the state rate, with breast cancer in Northampton County having an incidence of 9.8% percent lower than the incidence of breast cancer for the state. The incidence of prostate cancer in Northampton County is 49.6% greater than the incidence for the state.

**2007- 2011 Cancer Mortality Rates by County for Selected Sites Per 100,000 Population
Age – Adjusted to the 2000 US**

	Colon/Rectum		Lung/Bronchus		Female Breast		Prostate		All Cancers	
	Cases	Rate	Cases	Rate	Cases	Rate	Cases	Rate	Cases	Rate
North Carolina	7,523	15.3	27,087	54.6	6,358	22.8	4,385	24.4	88,518	179.9
Northampton	28	18.4	89	55.0	29	32.4	25	43.6	306	198.2

(Source: North Carolina Central Cancer Registry)

The mortality rate of all cancers in Northampton County is 18.3% higher than the state rate. The mortality rate for breast cancer in Northampton County is 9.6% higher than the mortality rate for the state. Prostate cancer in Northampton County has a mortality rate that is 18.3% higher than the state rate.

Northampton County offers free prostate cancer screenings for male residents 50 or older and for any age if there is a family history of prostate cancer. Free or low cost breast and cervical cancer screenings are offered to eligible women in Northampton County through the state's Breast and Cervical Cancer Control Program. All government buildings grounds and vehicles in Northampton County are tobacco free.

**Physical Activity and Nutrition
Adult Obesity Physical Inactivity**

North Carolina	29%	25%
Northampton	34%	33%

Source County Health Rankings and Road Maps 2013

Northampton County's rate of adult obesity is 5% higher than the rate for the state. The rate for Adult Inactivity in Northampton County is 8 % higher than the rate for the state.

**Mortality
Detailed Mortality Statistics in North Carolina 2011 - Northampton County
Ages 0-99 - All Races - All Causes - Both Genders**

	Male	Female	Unknown	Total
Total All Counties	39,535	40,145	0	79,680
Northampton	126	115	0	241

(Source: North Carolina State Center for Health Statistics)

The mortality rate for males in Northampton County ages 0 – 99 all races, all causes both genders is 11 points higher than the mortality rate for females in Northampton County. The Mortality rate for females in the state ages 0 – 99 all races, all causes, both genders is 610 points higher than the mortality rate for males.

**Morbidity
2011 North Carolina Hospital Discharges with a Primary Diagnosis of Asthma Numbers and rates
per 100,000 by county of residence. - All Ages and ages 0 – 14.**

Residence	Total Number	Total Rate	Number Ages 0 -14	Rates Ages 0 - 14
North Carolina	9,880	102.3	3,004	157.3
Northampton	27	123.3	9	246.0

(Source: North Carolina State Center for Health Statistics)

The rate of asthma cases in Northampton County in ages 0 -14 in 2011 was higher than the state rate by 88.7%.

Emerging Issues

Unemployment

North Carolina Civilian Labor Force Estimates - Preliminary Statewide and County Data for August 2013

State and County	Rate
North Carolina	8.3%
Northampton	10.2%

(Source: North Carolina Employment Security Commission)

Unemployment in Northampton County is 1.9% higher than the state rate for the month of August 2013.

Disparity Population

Leading Causes of Death in North Carolina 2011 Location: All counties

Rank	Cause	Number	Rate
1	Cancer	3,797	23.7
2	Disease of the heart	3,288	20.5
3	Cerebrovascular diseases	1,001	6.3

Source: North Carolina State Center for Health Statistics

Leading Causes of Death in North Carolina 2011 Location: Northampton

Rank	Cause	Number	Rate
1	Cancer	38	27.0
2	Disease of the heart	29	20.6
3	Diabetes mellitus	8	5.7

Source: North Carolina State Center for Health Statistics

Diabetes Mellitus is the third leading cause of death in the African American population in Northampton County. In the State of North Carolina the third leading cause of death for this population is cerebrovascular disease. The ranks for Cancer and Diseases of the heart are the same for North Carolina and Northampton County.

New Initiatives
Region 9 Community Transformation Grant

Tobacco Free Living - Update

All county government buildings, vehicles and grounds in Northampton County are tobacco free

Healthy Eating - Update

Increase use of the Farmers Market in Jackson

Active Living - On going

Increase the number of community organizations that promote joint use/community use of facilities.

Relay for Life 2013 - Northampton County

Northampton Healthy Carolinians Task Force raised \$2,013.00

Northampton County raised \$57,209.00

Funding

Susan G Komen provided a \$3,500.00 grant to Northampton County to recruit survivors of breast cancer and care givers of breast cancer victims who are willing to serve as The Voices and Face of Breast Cancer in Northampton County. The goal is to provide increased awareness for prevention and early intervention of breast cancer in disparity populations.

Ways Community Members Can Become Involved with Ongoing Efforts.

Roanoke Valley Breast Cancer Coalition - Provides Breast Cancer education and resources to disparity populations in the Roanoke Valley who are at risk of developing breast cancer.

Roanoke Valley Community Health Initiative - Addresses obesity and chronic diseases in the Roanoke Valley.

Northampton Healthy Carolinians Task Force - Addresses health and safety issues at the community level.

Membership and participation in these coalitions is free. Any citizen, organization or agency with an interest in improving the health outcomes in Northampton County are urged to get involved with the coalition of their choice.

Challenges for Northampton County

- Retirement of County Manager
- Retirement of Health Director
- Retirement of County Sheriff
- Potential Retirement of Other Senior County Staff
- Unemployment rate continues to be higher than the state rate.