



2011 Community Health Assessment (CHA)

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2011 Pamlico County Health Assessment

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Pamlico County Water Service

Pamlico County Historical Society

PORT Human Services

Project ASSIST of Craven-Lenoir-Pamlico

Tobacco Reality Unfiltered

Town of Bayboro

Introduction

Pamlico County Health Department and Healthy Carolinians of Craven-Pamlico are pleased to present the 2011 Community Health Assessment. The State of North Carolina requires local health departments and local Healthy Carolinians Partnerships to submit a Community Health Assessment document every four years.

A Community Health Assessment (CHA) is a process by which community members gain an understanding of the health concerns and health-care systems of the community by identifying, collecting, analyzing, and disseminating information on community assets, strengths, resources, and needs. This is accomplished by using a compilation of state and local statistical data (primary sources) collected through a community health survey. Other information sources, i.e., secondary sources, also were used. It is our hope that the information outlined in this report accurately represents the county's strength and needs.

Pamlico County Health Department supports the Healthy Carolinians of Craven-Pamlico that has been in existence for more 11 years. Healthy Carolinians is a "network of public-private partnership across North Carolina that shares the common goal of creating environments that promote healthy life styles for all North Carolinians." Years ago, the local partnership consisted of members of the public as well as representatives from agencies and organizations that serve the health and human service needs of the local community, businesses, faith-based organizations, schools, and civic groups. To date, the partnership struggles with securing that broad support and membership in the two counties. The local Healthy Carolinians partnership, however, was instrumental in assisting Pamlico County with the development of the Community Health Assessment Health Opinion survey. For more information about Healthy Carolinians of Craven-Pamlico, please visit www.healthycarolinians.org/.

Methodology

Efforts to compile the 2011 Community Health Assessment (CHA) began in October 2010 with the formation of the Community Health Assessment Team Steering Committee, which included the co-chairs of Healthy Carolinians of Craven-Pamlico, members of the Healthy Carolinians partnerships, and representatives from local agencies serving residents of Pamlico County. The CHA team gathered and analyzed information from the Community Health Assessment Health Opinion Survey to insure that the issues and needs identified in this document represent the citizens of Pamlico County.

Data Collection & Analysis

The survey was used to identify what community members think about their health status and their community. The Community Health Assessment survey was developed by the North Carolina Office of Healthy Carolinians. The Healthy Carolinians of Craven-Pamlico partnerships edited and formatted the document to better meet the specific needs of Pamlico County. Next, the Pamlico County Community Health Assessment Team tailored the previously adapted survey to meet the needs of the local organizations. The survey was composed of 38 questions and was distributed from January – October 2011. The survey was divided into five general areas designed to gather a comprehensive picture of community health in Pamlico

County. The areas included quality of life, community problems, personal health, emergency preparedness and demographic questions.

Over 500 surveys were completed. Surveys were distributed by partner agencies from January – April. From July – October, participants were asked to complete the surveys online at the health department’s website. The collected surveys were then entered into Survey Monkey for the analysis. Survey Monkey was used to analyze all the data from the CHA surveys and to create graphs included in the Health Assessment.

Data Limitation

Most of the health statistics in this report were obtained from the State Center for Health Statistics, NC CATCH (Comprehensive Assessment for Tracking Community Health), United States Census, 2010 Census and the American Community Surveys. When data from Pamlico County and the state of North Carolina are compared, the 2005-2009 figures were used because data from the County Health Data Book is comparable in periods, age adjusted, and in consecutive years. Comparable morbidity data were found in the 2005-2009 periods was therefore used.

The State Center for Health Statistics states the following about its data, *“Rates presented here utilized population estimates from the North Carolina Demographer’s Office. Population estimates are periodically modified based on the best available information. Therefore, rates presented in this report may vary over time as revised population estimates become available. Data may include revisions and therefore may differ from data previously published in this report and other publications.”*

The Community Health Assessment Survey may have a response bias. Those who answered the survey may have characteristics such as motivation, educational background, or concern for the community different from the characteristics of those who did not respond. This data report should be viewed with the errors and limitations in mind.

Chapter One: Community Health Profile

Chapter One: Community Profile

Geographical

Pamlico County is located in Eastern North Carolina with a population of 13,144 in 2010. The county is relatively flat, with rich soils ideal for growing tobacco, soybeans and cotton. The county is bounded by the Goose Creek and the Pamlico River on the north. The upper Broad Creek and Craven County forms the county's western boundary. The Pamlico Sound lies to the east. The Neuse River lies to the South. The nearest metropolitan area is Greenville, located 55 miles to the northwest. The county is 130 miles east of Raleigh and 112 northeast of Wilmington.

According to the U.S. Census Bureau, the county has a total area of 566 square miles (1,470 km²), of which, 337 square miles (870 km²) of it is land and 229 square miles (590 km²) of it (40.49%) is water.

The county is divided into five townships, which are numbered but not named. The 2010 Census showed that the county seat, Bayboro, grew by 70.4 percent to 1,263 residents. The population in Bayboro increased from 2000-2010 by having annexed Pamlico County Institute. Although the approximately 500 medium security prisoners cannot vote, township lines have to be re-drawn. The "sailing capital", Oriental, saw a 2.9 percent increase to 910, a significantly small increase, making it the second largest town in the county.

Adjacent Counties

- Beaufort County – North
- Hyde County – Northeast
- Carteret County – Southeast
- Craven County - Southwest

The major roadways in this county are NC 306, NC 55, and NC 304. NC 306 is the major route running north to south from the Arapahoe area to the Bayboro area. NC 55 runs from east to west through Bayboro, continuing south into Oriental. NC 304 supplies transportation to the northern parts of the county, including Hobucken and Lowland. Interstate highways, I-95 and I-40, are almost 100 miles away. The nearest airport offering commercial passenger service is Coastal Carolina Regional Airport, located 20 miles west in New Bern. The closest Amtrak station is in Wilson approximately 70 miles away; the nearest Greyhound Line is in Greenville. Ferries serving Pamlico County leave from Minnesott Beach every thirty minutes and the fare is free.

History

Pamlico County was formed from a part of Craven County in 1872. Parts of Beaufort County were added in 1874 and 1875. The first permanent European settlers arrived in the early 1700's. Pamlico County was inhabited by the Pampticoe Indians, from whom Pamlico got its name. The Pampticoe Indians were part of the Algonquin Indian Nation. These Indians referred to the area "Tatakua" or where the land and sea meet the sky. After the Tuscarora War in 1711, Scotch and English colonist came to the area.

Demographics

The following table shows the population of Pamlico County based on 2010 Census estimates. The county has a much greater proportions of persons 65 years and over than the state overall and a larger percentage of white persons. The state has a much larger percent of Hispanic/Latinos.

Table 1: Pamlico County Population Compared With The State, 2010

	North Carolina	Pamlico County
Population	9,535,483	13,144
Population, percent change, 2000 to 2010	18.5%	1.6%
Percent of Females	51.3%	49.0%
Percent of Males	48.7%	51.0%
Percent Under 5 Years Of Age	6.6%	4.6%
Percent of 65 Years of Age And Older	12.9%	21.7%
Percent of Whites	68.5%	76.3%
Percent of African-American	21.5%	20.0%
Percent of Asian/Pacific Islanders	2.2%	0.4%
Percent of Hispanic/Latinos	8.4%	3.1%
Percent of Native Americans	1.3%	0.6%

Source: United States Census, State & County Quick Facts

The population in Pamlico County is spread out with 20% \leq 19, 4.9% from 20 to 24, 20.5% from 25 to 44, 32.9% from 45 to 64, and 21.8% who were 65 years of age or older. According to North Carolina State Center for Health Statistics, resident births in Pamlico County dropped 6.3%, or 7 births, from 2009 (111 births) to 2010 (104 births). Resident deaths in Pamlico County increased 5.7%, or 8 deaths, from 2009 (140 deaths) to 2010 (148 deaths).

Table 2: Pamlico County Income Levels, 2005-2009

Income Level	Households	% of Household
Less than \$25,000	1,680	31.1%
\$25,000 to \$50,000	1,562	28.9%
\$50,000 to \$74,999	1,100	20.4%
\$75,000 to \$99,000	606	11.2%
\$100,00 to \$200,000	385	7.1%
\$200,000 or More	72	1.3%
Median Household Income	37,936	

Source: United States Census Bureau, 2005-2009 American Community Survey 5-Year Estimate

Table 3: Pamlico County Poverty, 2005-2009

	Percent
All Individuals	7.9%
Under 18 Years Of Age	22.5%
Related Children Under 5 Years	27.0%
Related Children 5 to 17 Years	20.7%
18 to 64 Years	11.7%
65 Years and Over	9.8%

Source: United States Census, 2005-2009 American Community Survey 5-Year Estimates

Table 4: School-Age Children Poverty Level, 2007-2010

Year	Free And Reduced Lunch Percentages
2007	51.35%
2008	49.16%
2009	50.79%
2010	56.96%

Source: Pamlico County Schools Child Nutrition, October 2011

Although the schools have a large percent of free and reduced students, the district's efforts to recruit and retain highly qualified teachers at the schools have been very successful.

Childcare

According to the 2011 Community Health Opinion survey, most of Pamlico County residents overwhelmingly think Pamlico County is a good place to raise children with 25.4 percent saying “strongly agree” and 44.3 percent “saying agree” when asked, **“How do you feel about this statement, Pamlico County is a good place to raise children?”**.

Services for childcare in Pamlico County are administered through Pamlico Partnership for Children. Smart Start is a comprehensive public-private initiative that strives to assure that all children in North Carolina enter school healthy and ready to succeed. Smart Start serves children 0-5 through a variety of programs that help to provide access to high quality and affordable child care, health care and other critical services. For Pamlico County, there are 12 licensed child care facilities. For Pamlico County parents seeking child care, affordability of child care services is the main problem they face. As of October 2011, there were 62 families on a waiting list for the child care assistance problem administered by the Department of Social Services; however, the number changes from week to week.

Table 5: Crime and Selected Indicators in Pamlico County

Offense Category	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Murder	0	1	2	0	0	0	0	1	0	0
Rape	0	1	2	0	0	0	0	1	0	0
Robbery	5	2	4	3	2	0	0	1	3	3
Aggravated Assault	14	15	20	14	4			19	25	14
Burglary	106	61	67	73	23			98	97	84
Larceny									165	165
MV T	14	6	19	8	1			13	10	9

Source: <http://crimereporting.ncdoj.gov/Reports.aspx>

According to the 2011 Community Health Opinion survey, most Pamlico County residents overwhelmingly think that Pamlico County is a safe place to live with 17.5 percent saying “strongly agree” and 56.5 percent saying “agree” when asked **“How do you feel about this statement, Pamlico County is a safe place to live?”**.

Economy

Pamlico County is geographically located on North Carolina's east coast, including the town of Alliance, Arapahoe, Bayboro, Grantsboro, Mesic, Minnesott Beach, Oriental, Stonewall and Vandemere. Pamlico County remains rural in character and flavor, although the last decade has brought a good deal of residential development, largely the result of northern retirees and investors attracted to the many miles of waterfront property. Pamlico County has been designated by the NC Department of Commerce as "Tier 2", indicating that is not one of the most economically distressed counties (Tier 1), nor is it one of the least distressed counties (Tier 3).

In September 2011, there were 5,257 people in the job force, with 507 unemployed for a jobless rate of 9.6 percent. Pamlico County residents are choosing jobs in the areas of education, government and health care. The nearest larger urban areas are New Bern and Havelock in Craven County. Craven also includes the Cherry Point Air Base, which is a major economic driver for the region. Bayboro, and the majority of Pamlico County population, is within 20 miles of both New Bern and Havelock. Many Pamlico residents work in Craven County. The United States Census reports that almost 26.4 percent of residents in Pamlico County work outside of the county.

According to the North Carolina Employment Security Commission, the largest employers in Pamlico County are:

1. Pamlico County Board of Education (Education & Health Services)
2. State of North Carolina Department of Correction (Public Administration)
3. County Of Pamlico (Public Administration)
4. All-Safe Industrial Services Inc. (Other Services)
5. Pamlico Community College (Education & Health Services)
6. Food Lion (Trade, Transportation & Utilities)
7. River Neuse Group, LLC (Education & Health Services)
8. YMCA (Leisure & Hospitality)
9. Arapahoe Charter School (Education & Health Services)
10. Home Life Care, Inc. (Education & Health Services)

According to the 2011 Community Health Opinion survey, most of Pamlico County resident had negative view about economic opportunities in Pamlico County with 25.6 percent saying "strongly disagree" and 37.3 percent saying "disagree" when asked, "**How do you feel about this statement, there is plenty of economic opportunity in Pamlico County?**".

Table 6: Pamlico County Industry, 2005-2009

Industry	Estimate	Percent
Agriculture, forestry, fishing & hunting, and mining	231	4.7%
Construction	667	13.6%
Manufacturing	652	13.3%
Wholesale trade	55	1.1%
Retail trade	573	11.7%
Transportation and warehousing, and utilities	328	6.7%
Information	49	1.0%
Finance and insurance, and real estate	247	5.0%
Professional, scientific, and management & administrative	330	6.7%
Education services, and health care and social assistance	1,057	21.6%
Arts, entertainment, and recreation	363	7.4%
Other services	203	4.1%
Public administration	148	3.0%

Source: United States Census, 2005-2009 American Community Survey 5-Year Estimates

Education

Pamlico County is served by two public school systems, Pamlico County Schools and Arapahoe Charter School and one private school, Pamlico Christian Academy. Pamlico County Schools are governed by an elected seven member board overseeing four schools, pre-K through 12th grade with approximately 1,391 students. Pamlico County Schools are supported by 232 employees and an estimated \$14 million budget. Arapahoe Charter School is governed by an elected nine-member board consisting of three parent, three community, and three teacher/teacher assistant members. Arapahoe Charter School is a K-8 school with 382 students. Arapahoe Charter School is supported by 59 employees and approximately \$3.5 million budget.

Table 7: Student Enrollment/Student Diversity, 2011-2012

Enrollment 2011-2012	Number
Number of Students in K-12	1,773
Kindergarten – Grade 5	804
Grades 6 – 8	434
Grades 9 -12	535
Pre-kindergarten	45
Diversity Among the Students	
American Indian/Multi-Racial	3%
Asian	<1%
African-American	21%
Hispanic	6%
White	71%

Source: Pamlico County Schools and Arapahoe Charter School, November 2011

Table 8: Students’ Continuing Education, 2010-2011 School Year

Seniors accepting scholarships to further their education in college	30
Amount of scholarships accepted	\$110,565
Overall Grade Point Average of graduating seniors	2.9851
North Carolina Academic Scholars	47
Future Plans	
Percent of students planning to continue their education in college	76%
Percent of students planning to enter the military	9%
Percent of students planning to enter the workforce	15%

Source: Pamlico County Schools, 2011

The 2011 class of Pamlico County High School graduated 111 students, many of whom attained notable achievement during their high school careers.

Table 9: Pamlico County Adequate Yearly Progress Report

School	Report
Fred Anderson Elementary	School did not make Adequate Yearly Progress School met 13 (or 61.9%) out of 21 target goals
Pamlico County Middle	School did not make Adequate Yearly Progress School met 15 (or 71.4%) out of 21 target goals
Pamlico County High	School made Adequate Yearly Progress School met 13 (or 100%) out of 13 target goals
Pamlico County Primary	School did not make Adequate Yearly Progress School is a K-2 Feeder School
Arapahoe Charter School	School did not make Adequate Yearly Progress School met 9 (or 69.2%) out of 13 target goals

Source: <http://ayp.ncpublicschools.org>

Adequate Yearly Progress Reports for 2010-2011 show that one school (or 25%) of the Pamlico County Schools met federal Adequate Yearly Progress. In neighboring Craven County, 12 schools (or 48.0%) out of 25 made Adequate Yearly Progress. In Jones County, another small, rural county, 3 schools (or 50.0%) out of 6 made Adequate Yearly Progress.

Table 10: Combined Average Scholastic Aptitude Test scores, 2009-2010

Craven County	1007
Jones County	908
Pamlico County	974
North Carolina	1008
United States	1017

Source: North Carolina Department of Public Instruction website, ncpublicschools.org

The Scholastic Aptitude Test (SAT) is a commonly used college admission test that is not required in the state. The test includes a writing section that is not commonly reported as part of the combined score. In the district, 48.5 percent of the 2010 senior class took the exam, while 63 percent of that population took it in the state, and 47 percent took it in the nation.

Table 11: Pamlico County Educational Attainment Levels

Group	Population	Percentage
Population 25 Years and Older	9,332	100
Less than 9 th Grade	608	6.5
9 th – 12 th Grade, no diploma	1,704	18.3
High School graduate (includes equivalency)	2,921	31.3
Some college or associate degree	2,113	22.6
Bachelor’s Degree	883	9.5
Master’s, professional or doctoral degree	486	5.2

Source: United States Census Bureau, American FactFinder, 2000

According to the North Carolina Institute of Medicine Task Force on Adolescent Health, higher levels of education are positively associated with higher income; thus, people with less education are more likely to live in poverty.

Graduation Rate

Pamlico County Schools had one of the top 10 four year graduation cohort rates in the State during their 2009-2010 school year. The district had 84.9 percent of its students in its 2010 graduating class make it through high school in four years or less.

Higher Education

Pamlico County is extremely fortunate to have Pamlico Community College for residents to further their education. Though the college is very small, programs really have a wonderful reputation. The College offers many Academic Programs, Adult Basic Education and free General Educational Development (GED) and English as a Second Language classes.

The Huskins-Bill Program & Dual-Enrollment Program provides the opportunity for Pamlico Community College and Pamlico County High School to offer a seamless educational flow from high school to college. Students can take college-level courses, tuition-free while enrolled in high school.

Pamlico Community College is host to the Pamlico County JobLink Center in Bayboro in a facility also housing offices for Vocational Rehabilitation and other agencies providing human services. The Job Link Center can assist with obtaining financial aid for community college training and is a way for people to look for a new or better job.

Seniors citizens age 65 or older qualified as legal residents of North Carolina are eligible for a waiver of tuition charges up to six hours of credit instruction and one non-credit instruction per academic semester.

Colleges and Universities

There are only a few four-year colleges and universities located within 100 miles of the county.

- Barton College, Wilson
- East Carolina University, Greenville
- Mount Olive College at New Bern, New Bern

Water Quality

Water quality is especially important in coastal Carolina, with its low sea level and numerous rivers and stream. The Pamlico County Water System (PCWS) routinely monitors for over 150 contaminants in customers' drinking water. Pamlico County Water System supplies clean, safe drinking water to the citizens of Pamlico County. The source of the water supply is currently from ground water that is pumped from the Castle Hayne aquifer. The water is then treated from five water treatment facilities and distributed county-wide to customers through approximately 300 plus miles of water distribution lines. PCWS currently provides service to more than 6000 homes and businesses. Over the past five years, the customer base has grown by approximately 2.2% per year.

Air Quality

According to the North Carolina Department of Environment and Natural Resources, ozone levels have risen in recent years due to increased traffic, industry, and warmer weather. Air pollution can harm people's health and damage the environment. The two biggest air quality problems in North Carolina are ground-level ozone and particle pollution. Both pollutants are caused mainly by emissions from cars and trucks, and from the coal-burning power plants that support most of our electricity. Smoke from outdoor burning and wildfires also contribute significantly to ozone and particle pollution.

North Carolina requires emissions systems tests for cars and light-duty truck as part of the annual safety inspection in 48 counties. In Pamlico County, safety inspections are required for cars and trucks; emissions systems tests are not required. More information on air quality in North Carolina can be found at the Department of Air Quality website, www.ncair.org.

North Carolina is the second largest pork-producing state in the nation, with many "Concentrated Animal Feeding Operations" (CAFOs). According to the North Carolina Department of Health & Human Services' *Health Profile of North Carolinians 2011 Update*, North Carolina residents living near swine farms have reported a variety of respiratory, gastrointestinal, and mental health symptoms.

Lead Poisoning

While the lead poisoning problem in North Carolina has diminished since the North Carolina Childhood Lead Poisoning Prevention Program was formed in 1994, lead poisoning is still a problem that impacts affected children for their entire lives. In 2007, 0.7% of children (12-36 months) were found to have elevated blood lead levels in Pamlico County (Action for Children). Pamlico County has a lead poisoning prevention program within environmental health.

Faith-Based Organizations

Faith and spirituality play a significant role in the health and well-being of many Pamlico County individuals and families. There are approximately one hundred Christian churches of all denominations in Pamlico County. Religions with the most number of churches in Pamlico County include United Methodists and Free Will Baptist. These also have the largest congregations. Many of these faith-based organizations stepped up during Hurricane Irene recovery efforts.

Health Services

For detailed information on the Health Services in Pamlico County see Chapter Four, Inventory of Existing Health Resources

Public Health Preparedness

The Pamlico County Health Department has a staff member dedicated to the protection and well-being of the residents of Pamlico County. The Public Health Preparedness Coordinator assists emergency response departments with specialized needs and provides detailed planning procedures for incidents requiring multi-agency participation. Currently, the Pamlico County Preparedness Coordinator is revising and testing the Strategic National Stockpile (SNS) Plan. This enables the Centers for Disease Control and Prevention to work hand-in-hand with the state and local authorities to insure that Pamlico County receives the medicines, antidotes, and medical supplies needed to respond to a wide range of unexpected problems and scenarios. The main objective of the SNS plan is to describe how Pamlico County will request, receive, manage, re-package and distribute the SNS to those residents who need it.

Senior Services

The mission of Pamlico County Senior Services is to promote and improve well-being of older adults and to develop and provide appropriate facilities and services to enhance their quality of life. Pamlico County Senior Services' mission statement is facilitated by the Senior Center, a building which serves as a focal point in the community where older adults meet to participate in activities and enhance their involvement in the community. It is a visible reminder in Pamlico County of the value and contributions of older citizens. Services offered by Pamlico County Senior Services include home delivered meals, home mobility assistance, congregate meals, legal services, care management, information and referral, clubs, special needs register, classes, clubs and notary.

Transportation

Transportation is a key element in providing health care. So many people do not have private transportation or family that can provide it. Pamlico County is part of the Regional Transportation System with Craven and Jones County. Elderly/disabled ride for free; rural general public (RGP) passenger only pays \$2.00 per one-way trip.

Community Assets

Camps

There are five residential camps located in Pamlico County: Sea Gull, Seafarer, Caroline, Don Lee and Vandemere. Two of the camps –Sea Gull and Seafarer—are extensions of the Triangle YMCA of Raleigh, while the others three camps have separate church affiliations.

Croaker Festival

The mission of the Croaker Festival is to help support non-profit organization in the county. Pamlico County agencies, schools, non-profit groups, and small businesses are encouraged to reserve booth space for this annual celebration. Croaker Festival is held each year in Oriental. The Independence Day celebration takes place on Friday evening and all day Saturday, always the first Saturday in July. The festival normally draws between 8,000 – 10,000 visitors.

Delamar Center

The Ned Everett Delamar Center opened in March 2008 on the campus of Pamlico Community College. The facility houses four classrooms, and a 650-seat-auditorium and a multi-purpose building. In addition to serving college functions, the conference room and auditorium/multi-purpose building are available for citizens to use for banquets, receptions, conference, etc.

Farmers Market

There are two farmer's markets in Pamlico County that gives residents a chance to buy locally grown produce. The Pamlico County Farmer's Market, located at the pavilion at the Pamlico County Heritage & Visitor Center in Grantsboro, opens on Saturdays from 8 am – 11am. Public restroom and ample parking are available. The Farmers' Market in Oriental is located on Hodges Street near the harbor. Farmer's Market Hours in Oriental opens on Saturdays from 7:30 am – 10:30 am.

Goose Creek Island Community Center

The Goose Creek Island Community Center is located on Goose Creek Island in the Hobucken community. A local community development group received a grant from Federal Emergency Management Agency to build the 80-by-125-foot facility. Housed inside of the community center is the Hobucken's Post Office. The Community Center is home to annual homecoming performances, community meetings, flu clinics, etc.

HeartWorks

HeartWorks is a non-profit community agency located in Bayboro. HeartWorks works to address physical, health and emotional needs of children and their families. HeartWork's programs fall under three categories: life skills development, physical health and family advocacy.

HOPE Clinic

HOPE Clinic is a private, non-profit that provides free medical and dental care to low-income, uninsured adults. HOPE provides basic health care, prescription medication, laboratory tests, medical supplies, health education and referrals to specialists at no charge. HOPE Clinic services are offered on Thursdays. The clinic is located in the Pamlico County Health Department building at 203 North Street in Bayboro.

Minnesott Golf & Country Club

The beautiful Minnesott Golf & Country Club is located in Minnesott Beach. The 18 hole, par 72 course is enhanced by tree lined fairways, raised greens, water challenges and strategically placed sand traps. Five sets of tees are provided to accommodate all skill levels. The clubhouse includes a full service pro shop, kitchen, grill with casual dining area, and ball room.

Oriental Dragon Boat Festival

This two-day fun filled event is held in Oriental. Dragon Boat paddlers move in unison, combining strength with teamwork in a boat whose elaborate design originates in ancient China. Dragon Boats are the world's largest flat water racing canoes, propelled by a crew of 20 plus a drummer and a steersperson. Teamwork is everything in dragon boat racing!

Pamlico County Heritage & Visitors Center

The combined heritage and visitors center is dedicated to the preservation of Pamlico County. Changing exhibits feature hand-crafted farm, woodlands, and marine implements, equipment, modes of transportation and heavy machinery representative of rural eastern North Carolina during the 19th and 20th centuries.

Spirit of Christmas

The Spirit of Christmas take places the second weekend in December in Oriental. The celebration begins on Friday night with a flotilla followed by decorated boats at the Town Dock and a group sing-a-long as the Spirit of Christmas Star is lit. A flotilla and a street parade are also held during the annual event.

The Old Theater

The Old Theater, located at the corner of Broad and Church Streets in Oriental, opened as a movie theater in 1945. It was revitalized and reopened in 1995 and provides a venue where performing arts can thrive in Pamlico County.

United States Coast Guard Station Hobucken

Coast Guard Station Hobucken is located alongside the Atlantic Intracoastal Waterway in Hobucken. The station's primary duties are Search and Rescue (SAR) and Law Enforcement. Station Hobucken run approximately 100 SARS cases and 300 Law Enforcement boardings per year.

Village Health & Fitness

Village Health & Fitness is a total health club facility located in Oriental. Village Health & Fitness offers both fitness equipment as well as a fully staffed Physical Therapy Office. The club also houses the only indoor pool in Pamlico County.

Chapter Two: Changes since 2007 Community Health Assessment

Chapter Two: Changes since the Previous Community Health Assessment (2007)

Update

Over the past four years, Healthy Carolinians of Craven-Pamlico and the Pamlico County Health Department have worked to address the priority issues identified in the 2007 Community Health Assessment (CHA). Many changes have occurred since that assessment. Some of those changes have been positive, others not so positive. In the 2007 CHA, the most pressing priority health issues centered on the following three:

- Overweight/Obesity
- Alcohol Use
- Access to Healthcare

Community partnerships were formed, however, most not under the umbrella of Healthy Carolinians of Craven-Pamlico. These partnerships consisted of community leaders, concerned individuals, profit and non-profit organizations, businesses, and faith-based groups.

With the release of the 2007 Community Health Assessment, Healthy Carolinians of Craven-Pamlico developed and implemented a community-wide communication plan, sharing the reports with municipal and governments, the Boards of Educations, health and human service agencies, business leaders, economic development committees, the faith communities, the Chambers, civic groups and many others in Craven and Pamlico Counties.

Each year as part of the State of the County Health (SOTCH) report, information was shared with various groups in each county such as the Board of Health, School Health Advisory Council, political officials, Chamber of Commerce, and many group and individuals concerning the efforts and results of the three committees and the state and health overall in the County.

The partnership, the committees' activities, and overall membership waned due to lack of continuous direction in absence of a coordinator. Another barrier noted was sustaining a partnership with two counties with two very different needs. Initially, Healthy Carolinians met at the Craven County Health Department, though there were experiments with moving the meetings to locations in Pamlico County. It proved to be confusing and impractical.

This Community Health Assessment process has revitalized local partnerships within each county. The development of new partners in the counties action plans will bring both counties together and revitalize the Healthy Carolinians partnership with our added CHA Steering Committees.

The following information reveals progress that has been made on each of the 2007 priorities; however, there is more work to be done.

Overweight/Obesity

Obesity is a major concern at the county, state, and national level. The current economy and American lifestyle make it even more difficult to address. To raise the awareness of the issues, the School Health Advisory Council focused on two areas: (1) to increase the awareness of Pamlico County residents regarding the obesity problem and to suggest ways to change it; (2) to assist in the development of programs aimed at educating and informing the community about healthy eating and moving lifestyles.

To accomplish these goals, the committee focused on the following:

- Since 2005, a triathlon team has existed for youth grades 4-12. The team originated at Arapahoe Charter School in 2005 and then became a county team in 2009. The team's founder and coach is Gordon Carberry.
- In 2007-2008 school year, the school nurse performed student health assessment. 662 students had their BMI calculated of which 56 were referred to their physician. 33 were either seen by their physician or took part in the community fitness programs offered.
- In 2008, Pamlico County formed a Take Off Pounds Sensibly (TOPS) chapter.
- In 2008, Pamlico County Senior Services opened an exercise room, which is available to seniors from 8am – 5 pm, Monday – Thursday.
- In 2008, the Pamlico County Primary School purchased a Wii & Wii Fit to increase fitness & motivation.
- In 2008, the Pamlico County Primary School purchased a Wii & Wii Fit to increase fitness & motivation.
- In 2008, Girls On The Run of Pamlico County, an afterschool program that helps pre-teen girls develop self-confidence and healthy attitudes, was established. Since then, the program has benefited nearly 100 girls.
- In 2009, a Take 10 training was held at Pamlico County Primary School. A 'Train the Trainer' portion as well as a Teacher's training was taught. Take 10 is being implemented at Pamlico County Primary School & Fred Anderson Elementary School.
- In 2009, four Pamlico County teachers received Sports, Play & Active Recreation (SPARK) training.
- In 2009, Arapahoe Charter School was awarded an *A+ Fit School* grant. Grant money was used to purchase a variety of equipment/games to increase student motivation and participation. Equipment is also available for staff and community use.
- Since 2010, a variety of 6 week exercise classes have been offered to the community and staff at Arapahoe Charter School by Arapahoe Charter School physical education instructor.
- Worked with the schools and community through the North Carolina Eat Smart, Move More (ESMM) programs:

- Community garden project at HeartWorks
- Offered the ESMM Holiday Challenge
- “Community Use Encouraged” signage was posted at the Community Fitness Trail, which is located between Pamlico County Primary & Fred Anderson Anderson
- Established a County Government worksite wellness committee and program

Substance Abuse

Substance use and abuse are major contributors to death and disability in North Carolina. Addiction to drug or alcohol is a chronic health problem, and people who suffer from abuse or dependence are at risk for pre-mature death, comorbid health conditions, injuries and disability. Therefore, prevention of misuse and abuse was critical.

- In 2008, a Pamlico County Substance Abuse Prevention Task Force was established. The Task Force has worked with the Students Against Destructive Decision Club at Pamlico County Health School to get schools involved with initiatives to prevent underage drinking, reduce prescription drug use, as well as tobacco prevention efforts.
- In 2008, SADD sponsored “Take It Back”, a national youth-directed movement to reduce alcohol problems in our communities.
- In 2008, a grant was awarded to the Coastal Carolina Substance Abuse Prevention (CCSAP) Task Force to conduct the “PRIDE Community That Care” survey at the middle and high schools.
- In 2008, CCSAP teamed up with the Healthy Carolinians of Carteret County to present a regional Recovery Month Luncheon. The following year, CCSAP received a Prevent Underage Drinking grant to conduct the Alcohol Retail Purchase Survey for all five counties –Carteret, Craven, Jones, Onslow & Pamlico.
- Starting in 2008, PORT Human Services began teaching “Reconnecting Youth”, an in-depth prevention program for youth at-risk of dropping out of high school, in the school district.
- In 2009, BAND Together was being offered as a band instrument rental program for those students who cannot afford a band instrument. BAND Together is an early intervention to get youth involved with the arts to decrease first time use of drug substances and other risky behaviors.
- In 2009, a Mothers Against Drunk Driving Chapter has been established for Craven & Pamlico Counties. Pamlico youth & other youth from CCSAP counties formed their own group called SAPHE, which is an acronym for Substance Abuse Prevention Helps Everyone.

- In 2009, Pamlico County Substance Abuse Task Force members provided “Pills Can Kill” posters to pharmacies and health care providers, which encouraged adults to lock up their medications.
- In 2010, Pamlico County Substance Abuse Task Force & the Pamlico youth empowerment Substance Prevention Health Everyone (SAPHE) present for a Town Hall Meeting a program called “Drugs Uncovered”, a free presentation for parents to educate themselves on the current drug trends facing their youth-aged kids.
- In 2010, CCSAP was awarded the United for Health Grant to conduct a GIS survey of responsible alcohol consumption in the 5 county region: Pamlico, Craven, Carteret, Jones and Onslow.
- In 2011, the Pamlico County Health Director gave a presentation to the Pamlico County Board of Education, school administrators, and public on synthetic drug abuse, focusing primarily on SPICE and Bath Salts to improve awareness in recognizing the dangers and access to synthetic drugs among school-aged children.

Access To Healthcare

North Carolinians are facing increasing barriers to accessing needed health care services. Access is likely to become even more difficult with the recent downturn in the economy, as a large number of people lose their jobs and subsequently their health insurance.

- In 2008, the CarolinaEast Foundation (formerly Craven Regional Medical Center Foundation) was awarded a grant to expand their diabetes education programs. Free programs were offered each week at Bayboro United Methodist Church.
- In 2008, HOPE Clinic received a grant from the CarolinaEast Foundation to purchase a hemoglobin A1C machine. Unlike blood glucose monitors, the A1C machine calculates an average measure over 3 months.
- In 2009, an Emergency Medical Services (EMS) Strategic Plan was written to develop a logical methodology to assist with the ongoing development and additions of the EMS system in the next five years. The EMS Advisory Committee recommended a satellite sub-station of Pamlico Rescue in the South East Pamlico Fire District. Also included in the plan is to provide a higher level of medical care and to reduce rescue time.
- In 2009, a free screening event was held at Pamlico Senior Services. Community residents received some/or all of the following: blood pressure, glucose, cholesterol and HIV.
- In 2009, the Pamlico County Health Department welcomed aboard a family nurse practitioner that provides both sick and well care to clients.

- In 2010, a workshop entitled “A Framework for Understanding Poverty” was held for community leaders.
- In 2010, HOPE Clinic helped almost 1,000 people by providing basic medical and dental care, medications, health education, counseling and referrals to specialist.
- In 2010, Pamlico County Health Department and Pamlico County Pediatrics worked closely with CareShare Health Alliance to discuss establishing a committee to address indigent care.
- In 2010, the health department hosted several blood pressure, body mass indices (BMI), and flu vaccination clinics in the community.
- In 2011, the health department collaborated with Craven County Health Department and Jones County Health Department to make a grant application with Kate B. Reynolds Charitable Trust in proposition of a Tri-County Health Network for primary care for adults, focusing on improving access for those that are underinsured or uninsured through leveraging resources in all three counties.

Chapter Three: Top Leading Causes of Death In Pamlico County

Chapter Three: Top Leading Causes Of Death In Pamlico County

Leading Causes of Death – “What’s Killing Us?”

This chapter is to inform the public about deaths in Pamlico County, each cause of death is accompanied with an overview and statistical data showing the actual number of death in Pamlico County. Additional charts compare the data with peer county averages. North Carolina-Comprehensive Assessment for Tracking Community Health (NC CATCH) has grouped Pamlico County Peer Counties which are: Avery, Jackson, Perquimans and Swain. The peer county is based on the following needs or risks factors: (1) percentage of population under the age of 18, (2) percentage of population over 64 years of age, (3) percentage of non-white population, (4) percentage of families with children (<18) living below the poverty level, and (5) total population size.

The following data represent the top ten leading causes of death for Pamlico County for 2010. The NC CATCH system has not been updated with 2008 and 2009 mortality and morbidity data, therefore, this chapter will only cover the leading causes of death in Pamlico County during 2003-2007.

Table 12: Pamlico County Resident Deaths Leading Causes of Death, 2010

Rank	Cause	Number
	TOTAL DEATHS –All Causes	148
1	Cancer	35
2	Diseases of the heart	34
3	Alzheimer’s disease	8
3	Chronic lower respiratory diseases – Chronic Obstructive Pulmonary Disease	8
5	Other Unintentional injuries	7
6	Cerebrovascular disease	6
6	Suicide	6
8	Pneumonia & influenza	4
8	Nephritis, nephrotic syndrome, & nephrosis	4
10	Septicemia	3
10	Motor vehicle injuries	3

Source: North Carolina State Center For Health Statistics, 2011

Cancer

Overview

Cancer is a class of diseases in which a group of cells display uncontrolled growth, invasion, and sometimes metastasis, which mean spreading to other locations in the body through lymph or blood. These three properties of cancers are singled out from benign tumors which are self-limited and do not invade or spread. Most cancers form a tumor but some, like leukemia, do not. The branch of medicine concerned with the study, diagnosis, treatment and prevention of cancer is oncology. Cancer affects people at all ages with the risk for most types increasing with age.

In 2009, the leading cause of death in North Carolina was cancer resulting in 17,476 deaths. From 2009 to 2010, the number of cancer deaths increased by 16.6 percent.

Cancers are caused by abnormalities in the genetic material of the transformed cells. These abnormalities may be due to the effects of tobacco smoke, radiation, chemicals, or infection. Other cancer-promoting genetic abnormalities may randomly occur through errors in DNA copying or are inherited, thus present in all cells from birth.

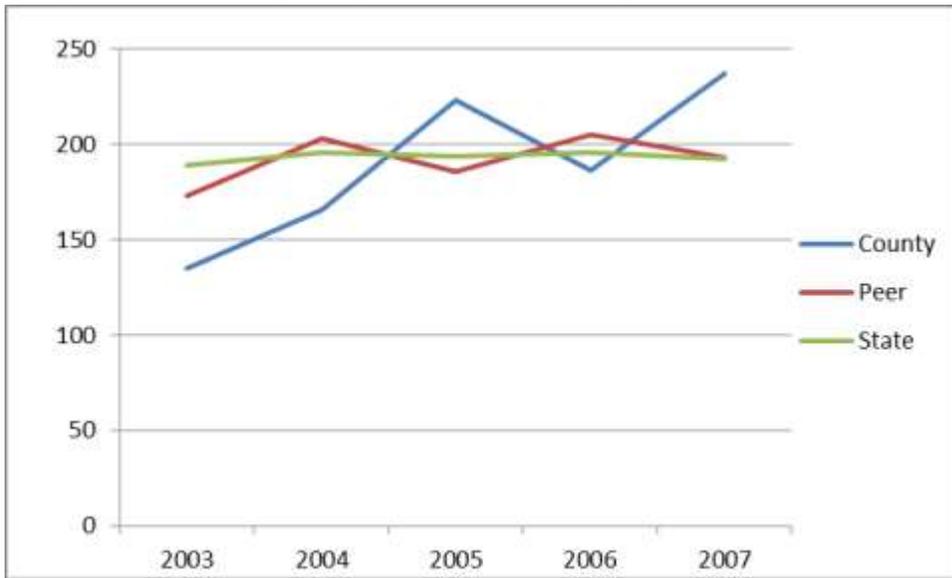
Pamlico County Data

The graph below shows and compares the rate of deaths caused by cancer during 2004-2008 for Pamlico County, peer counties averages, and North Carolina. In 2004, Pamlico County's cancer death rate was significantly lower than the peer counties and the state. In 2005, Pamlico County's cancer death rate increased, surpassing the peer counties and the state rates. The cancer death rate in Pamlico County dipped again in 2006, dropping lower the peer counties rate and the state again. The peer counties cancer death rate declined in 2005, dropping lower than the Pamlico County and the state, yet increasing again in 2006. Overall, North Carolina remained stable with the rate of yearly deaths caused by cancer for 2004-2007. There was a decline in 2008.

Cancer was the leading cause of death in Pamlico County in 2010. Although, there are many different types of cancer, lung and breast cancer are the leading causes of cancer death in Pamlico County. According to the National Cancer Institute, avoiding the risk factors that can lead to or cause cancer and increasing the protective factors which can assist in preventing cancer should be learned and performed by all individuals. Regular exercise and eating healthy meals and snacks will increase one's protective factors. Some risk factors can be avoided such as smoking and drinking alcohol; however, genetics cannot be altered. The lifestyle changes can lower the risk of being diagnosed with cancer. Deaths from many cancers can be reduced if the cancer is diagnosed at an early stage.

CarolinaEast Health System employs the latest technology available to help physicians discover cancers and begin planning the patient's recovery. Annually, the Health System sponsors and participates in a number of community initiatives to diagnose cancer in its earliest stages and to increase awareness of cancer prevention, treatment and cure.

Graph 1: Cancer Age-Adjusted Death Rates per 100,000



Source: NC CATCH

Heart Disease

Overview

In 2009, cardiovascular diseases accounted for almost one-third of all deaths in North Carolina. Heart disease is also a leading cause of hospitalization in North Carolina. Life itself is completely dependent on the efficient operation of the heart. There are many kinds of heart disease and they can affect the heart in several ways; however, the ultimate problem with all varieties of heart disease is that, in one way or another, they can disrupt the vital pumping action of the heart.

Every year about 785,000 Americans have a first heart attack and another 470,000 who have already had one or more heart attacks have another. In 2010, heart disease will cost the United States \$316.4 billion. This total includes the cost of health care services, medications, and lost productivity. According to the North Carolina State Center for Health Statistics, from 2009-2010, the number of people to die from heart disease in Pamlico County decreased by 15%, or 6 deaths.

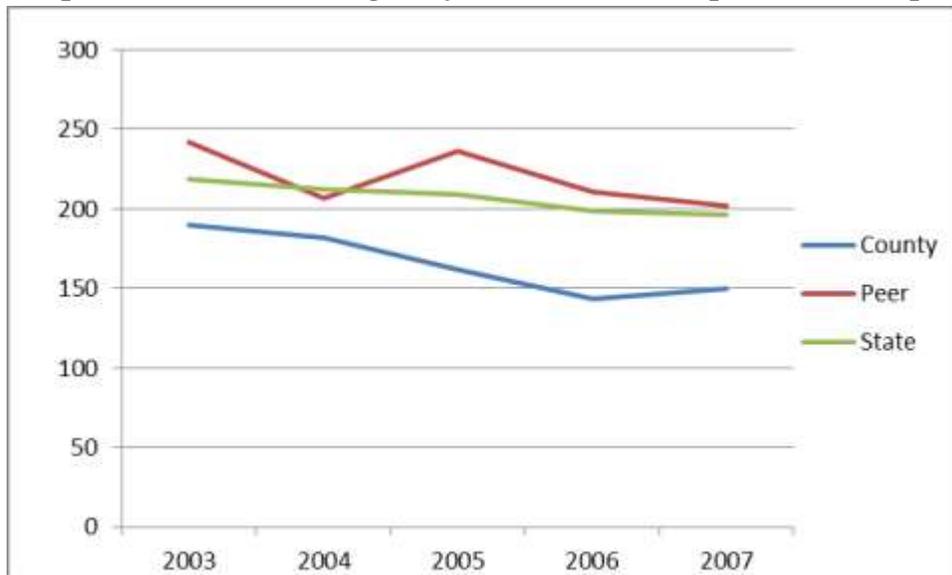
Pamlico County Data

The graph below shows and compares the rate of deaths caused by heart disease during 2003-2007 for Pamlico County, peer county averages, and North Carolina. The county's rate decreased from 2003-2006 and ticked up slightly in 2007. From 2003-2007, Pamlico County maintained a considerably lower heart disease death rate lower than peer counties and the state. Overall, NC's rates have consistently declined.

This chronic illness was the 2nd leading cause of death for residents in the county. Some risk factors for heart disease consist of high blood pressure and cholesterol, diabetes, obesity/overweight, smoking, and lack of physical activity. Based on these risk factors, heart disease in Pamlico County can be prevented by making the appropriate life style changes.

CarolinaEast Health System is the only health care provider in Eastern North Carolina to receive designation as a Blue Distinction Center for Care. The prestigious recognition by the area's leading health insurer, Blue Cross and Blue Shield, is only given when an all-encompassing cardiac program delivers the best in heart care.

Graph 2: Heart Disease Age Adjusted Death Rates per 100,000 Population



Source: NC CATCH

Alzheimer's disease

Overview

Alzheimer's disease is a progressive, degenerative disease of the brain, which causes thinking and memory to become seriously impaired. It is the most common form of dementia. Dementia is a condition having a number of symptoms that include memory, judgment, reasoning, and changes in mood, behavior, and communication abilities. According to the Alzheimer's Association, Alzheimer's disease was first identified by Dr. Alois Alzheimer in 1906.

Alzheimer's disease eventually affects all parts of a person's life. Since individuals respond differently, it is difficult to predict the symptoms each person will have, the order in which they will appear, or the speed of the disease's progression. However, it has been determined that mental abilities, emotions and mood, behaviors, and physical abilities are all affected by Alzheimer's disease.

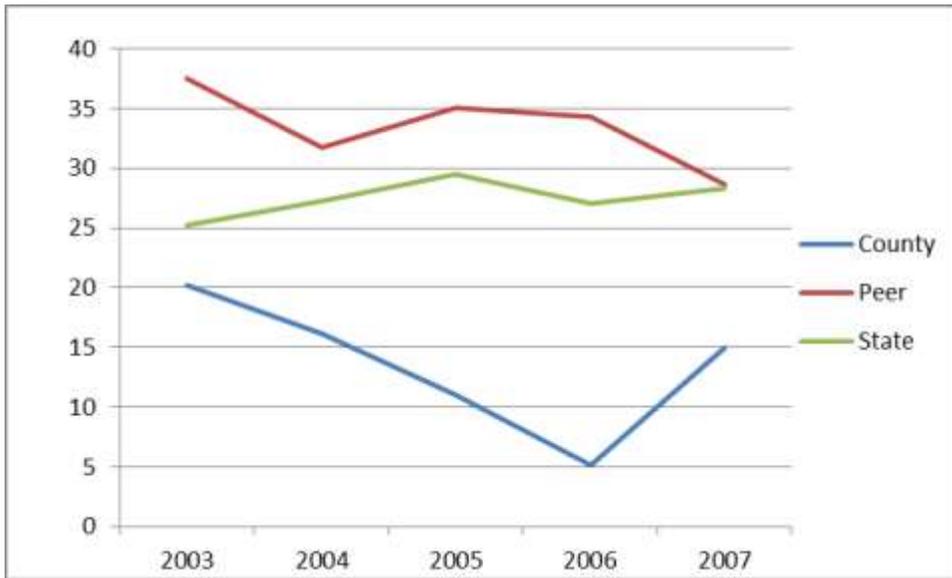
Pamlico County Data

The graph below shows and compares the rate of deaths caused by Alzheimer's disease during 2003-2007 for Pamlico County, peer county averages, and North Carolina. That data indicates that Alzheimer's disease death rates in Pamlico County declined from 2003-2006; the county's death rates from Alzheimer's disease increased the following year. The peer counties' average Alzheimer's disease rates were significantly higher than Pamlico County's. North Carolina's death rate has fluctuated.

According to the Centers for Disease Control and Prevention, as many as 5 million Americans suffer from Alzheimer's disease, which has doubled since 1980. By 2050, it is estimated that 16 million persons will be diagnosed with Alzheimer's disease. From 2009-2010, the number of Pamlico County residents to die from Alzheimer's disease increased by doubled. According to the National Institute on Aging, research is being conducted on the possibility of preventing Alzheimer's disease or the onset thereof. The key factors contributing to Alzheimer's disease include: genetic makeup, environment, life history, and current lifestyle. Some of these risk factors cannot be controlled but studying an individual's health, lifestyle and environment can be a key to preventing Alzheimer's disease.

Studies have been shown that being physically active, having a healthy diet, being socially active and stimulating the brain, as well as managing pre-existing and chronic disease throughout life and during your older years can promote a more promising aging process. There are limited resources in Pamlico County for Alzheimer's disease.

Graph 3: Alzheimer's Age- Adjusted Death Rates per 100,000 Population



Source: NC CATCH

Chronic Obstructive Pulmonary Disease (COPD)

Overview

Chronic lower respiratory diseases refer to chronic (on-going) diseases that affect the airway and lungs. The most common diseases of the lung is Chronic Pulmonary Disease (COPD) commonly known as emphysema or chronic bronchitis.

Emphysema is usually caused by smoking. Having emphysema means some of the air sacs in the lungs are damaged, making it hard for the body to get the oxygen it needs. Chronic bronchitis occurs when the cells lining the inside of the lungs' airways are red and swollen. The airways in the lungs have become narrow and partly clogged with mucus that cannot be cleared. COPD develops over time and has no cure. At the onset, there is minimal shortness of breath, but over time, people with COPD may need oxygen treatment to help with shortness of breath. Cigarette smoking is the main cause of COPD. Emphysema and chronic bronchitis also are strongly associated with lung cancer.

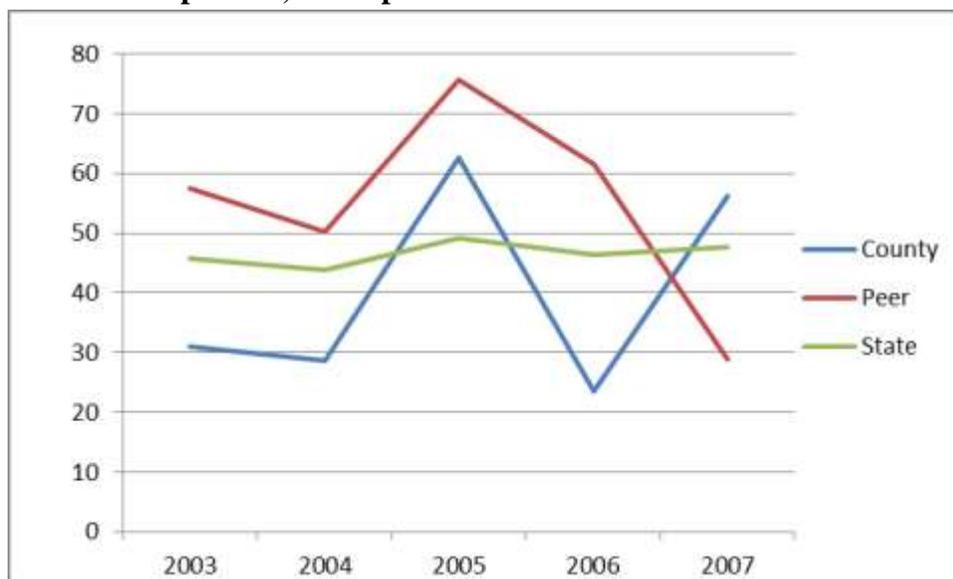
Pamlico County Data

The graph below shows and compares the rate of deaths caused by chronic lower respiratory disease during 2003-2007 for Pamlico County, peer county averages, and North Carolina. The data tells that Pamlico County's rates fluctuated from 2003-2007. Death rates in peer counties were higher than Pamlico County's and NC' from 2003-2006. In 2005, death rates from COPD soared for Pamlico County, peer counties and North Carolina. All in all, North Carolina has had stable rates compared to Pamlico County and the peer counties.

The State Center for Health Statistics reported that for the years 2003-2007, North Carolina spent over \$420 million in hospitalization charges for COPD. Approximately 38.1 percent of adults in North Carolina who are current smokers reported having chronic obstructive lower respiratory disease. Although, COPD is a preventable disease, it was still tied as Pamlico County's third leading cause of death. According to the North Carolina State Center for Health Statistics, from 2009-2010, the number of Pamlico County residents to die from Chronic Lower Respiratory Disease increased by 60%. To prevent COPD, (1) stop or do not start smoking, (2) avoid second-hand smoke, (3) protect yourself against harmful chemicals and fumes in the home and workplace, and (4) get as much clean air as possible.

Physicians and other health professionals in Pamlico County refer their clients to the North Carolina QuitLine, 1-800-QUIT-NOW. The QuitLine is designed to help all tobacco users quit, both youth and adult. QuitlineNC is available to North Carolina residents from 8 am – 3am, seven days a week. There is a Better Breather Club (for persons wanting to quit smoking) that meets the second Tuesday of each month at 12:30 pm. For more information, call 252-633-8609.

Chart 4: Chronic Lower Respiratory Disease (COPD) Age-Adjusted Death Rates per 100,000 Population



Source: NC CATCH

Other Unintentional Injuries

Overview

As stated by the National Academy of Sciences in the 1988 report *Injury Control*, “ Injury is probably the most under-recognized major public health problem facing the nation today.”

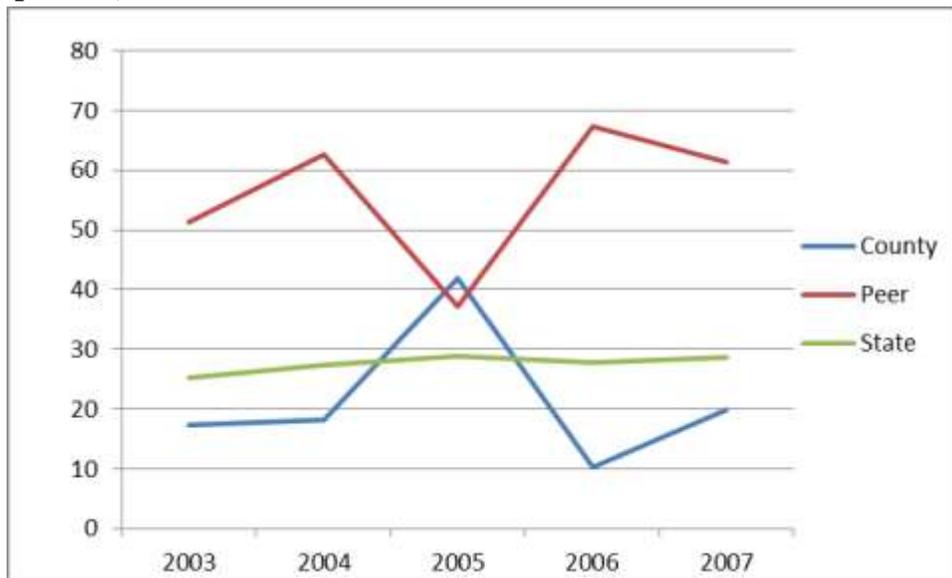
Unintentional Non-Motor Vehicle Accident (MVA) injuries include deaths that results from falls, fires, poisonings, drowning, suffocations, choking, recreational and sports-related activities. For people (ages 1 to 48) injury is the number cause of death. In 2009, 2,764 North Carolinians died from other unintentional injuries.

Pamlico County Data

The graph below shows and compares the rates of deaths caused by unintentional non-motor vehicle accident injury deaths during 2003-2007 for Pamlico County, peer county averages, and North Carolina. The data tell death rates from non-motor vehicle accident injuries actuated in Pamlico County during 2003-2007. The state’s death rate of Non-MVA injury deaths remained stable during 2003-2007. Peer county death averages were higher than Pamlico County and the state, every year except 2005.

The Center for Disease Control and Prevention reported that there are more than 180,000 deaths from injury each year — 1 person every 3 minutes. Injuries and violence are widespread in society. Many people accept them as fate or as "part of life," but the fact is that most events resulting in injury, death or disability are predictable and therefore preventable. Obey some of the following tips to prevent unintentional injuries, (1) follow directions on the label when you give or take medicines; (2) Store all medicines and household products up and away and out of sight in a childproof cabinet where a child cannot reach them; (3) make home safety improvements; (4) never smoke in bed or leave burning cigarettes unattended; (5) make life jackets a must for kids.

Chart 5: Unintentional Non-Motor Vehicle Accident (MVA) Injury Deaths per 100,000



Source: NC CATCH

Cerebrovascular Disease

Overview

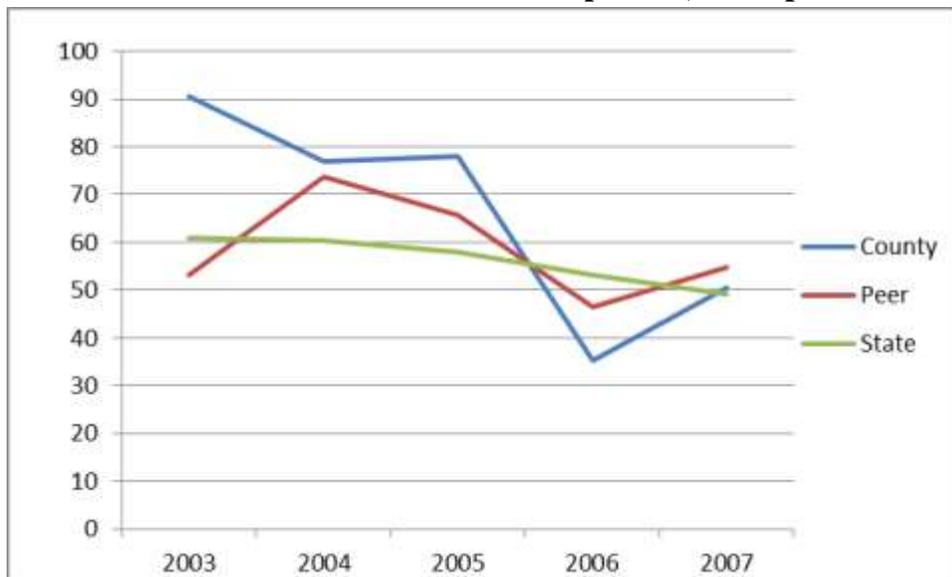
According to the National Stroke Association, cerebrovascular disease is a group of brain dysfunctions related to disease of the blood vessels supplying the brain. A stroke is an interruption of the blood supply to any part of the brain. A stroke is sometimes called a “brain attack”. During a stroke, blood flow to a part of the brain is interrupted because a blood vessel in the brain is blocked or bursts. If blood flow is stopped for longer than a few seconds, the brain cannot get blood and oxygen.

High blood pressure is the number one risk factor for strokes. From 2009-2010, the number of Pamlico County deaths from cerebrovascular disease decreased by 14%. The following also increases one’s risk for stroke: diabetes, family history of stroke, heart disease, high cholesterol, and increasing age. Men have more strokes than women, but women have a risk of stroke during pregnancy and the weeks immediately after pregnancy. The following factors can increase risk of bleeding into the brain, which makes you more likely to have a stroke: alcohol use, bleeding disorders, cocaine use, and head injury. The most common stroke signs and symptoms are: (1) sudden numbness or weakness to the face, arm, or leg, (2) sudden confusion or trouble speaking and understanding others, (3) sudden trouble seeing in one or both eyes, (4) sudden dizziness, trouble walking or loss of balance and coordination, and (5) sudden severe head ache with no known cause. Knowing what to look for and reacting quickly could save one’s life.

Pamlico County Data

The graph below shows and compares the rate of deaths caused by cerebrovascular disease during 2003-2007 for Pamlico County, peer county averages, and North Carolina. The data explain that in 2003, Pamlico County had a noticeably higher rate of deaths caused by cerebrovascular disease than peer county averages and North Carolina. Death rates fluctuated in Pamlico during the four year timeframe with a low rate in 2006. Overall, North Carolina has seen a decline in the rate of cerebrovascular disease-related deaths for 2003-2007. There is a Coastal Stroke Club that meets the first Saturday at 10 am at the Coastal Rehabilitation Center. For more information about the Coastal Stroke Club, call 252-634-6722.

Chart 6: Cerebrovascular Disease Deaths per 100,000 Population



Source: NC CATCH

Suicide

Overview

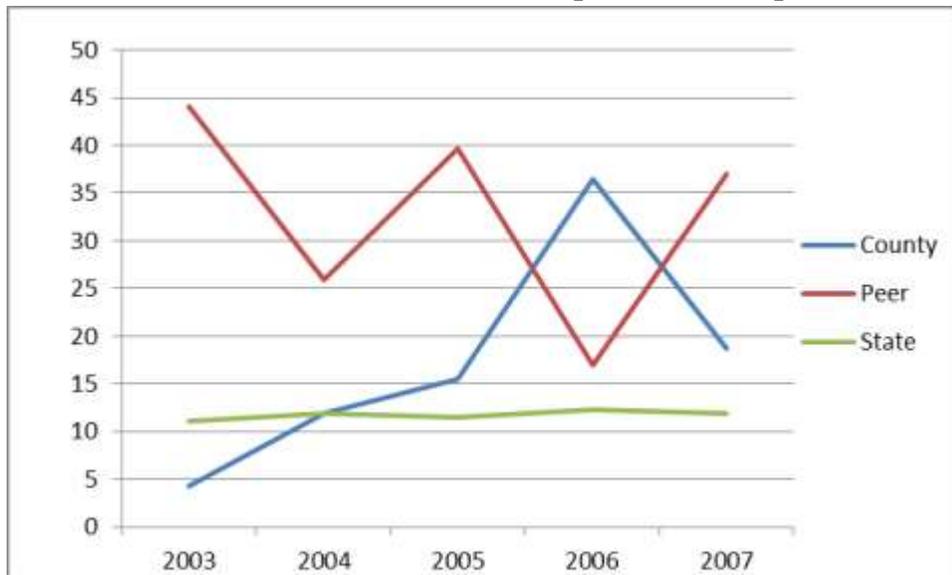
Suicide is the act or an instance of taking one's own life voluntarily and intentionally especially by a person of years of discretion and of sound mind. The North Carolina State Center for Health Statistics reports that suicide is the 11th leading cause of death in the United States and ranks among the top five leading cause of death for ages 15 to 44 years in North Carolina. Military veterans are more vulnerable to commit suicide and self-inflicted injury.

Pamlico County Data

The graph below shows and compares the rate of deaths caused by suicide during 2003-2007 for Pamlico County, peer county averages, and North Carolina. During 2003-2006, the number of suicide death rates increased in Pamlico County, yet there was a decline in 2007. Average suicide death rates from peer counties were inconsistent. Overall, North Carolina has remained stable with the rate of yearly deaths caused by suicide.

Suicide tied with cerebrovascular as the sixth leading cause of death in Pamlico County. According to the Centers for Disease Control and Prevention, a combination of individual, relational, community, and societal factors contribute to the risk of suicide. Risk factors include family history of suicide, family history of child maltreatment, previous suicide attempt(s), history of clinical depression, history of alcohol and substance abuse, loss (relational, social, work, or financial) and isolation. Protective factors buffer individuals from suicidal thoughts and behavior. Identifying and understanding protective factors are equally as important as researching risk factors. Protective factors include: effective clinical care for mental, physical, and substance abuse disorders; easy access to a variety of clinical interventions and support for help seeking; family and community support; support from ongoing medical and mental health care.

Chart 7: Intentional Self Harm (Suicide) per 100,000 Population



Source: NC CATCH

Pneumonia & Influenza

Overview

Pneumonia is an infection of the lungs that is usually caused by bacteria or viruses. Globally, pneumonia causes more deaths than any other infectious disease. However, it can often be prevented with vaccines and can usually be treated with antibiotics or antiviral.

In the United States, the most common bacterial cause of pneumonia is *Streptococcus pneumoniae* (pneumococcus) and the most common viral causes are influenza, parainfluenza, and respiratory syncytial viral. In 2007, 1.2 million people in the United States were hospitalized with pneumonia and more than 52,000 people died from the disease. In 2010, 4 Pamlico County residents died from pneumonia & influenza.

Pamlico County Data

NC CATCH did not have available graphs that shows and compares the rate of death caused by pneumonia & influenza.

Nephritis, Nephritic Syndrome, & Nephrosis (Kidney Disease)

Overview

Nephritic syndrome is a group of symptoms including in the urine (more than 3.5 grams per day), low blood protein levels, high cholesterol levels, high triglyceride levels, and swelling. According to the National Institute on Health, nephritic syndrome is caused by various disorders that damage the kidneys, particularly the basement membrane of the glomerulus. Kidney disease has consistently ranked among the leading causes of death in North Carolina and Pamlico County. In 2010, 4 Pamlico County residents died from kidney disease.

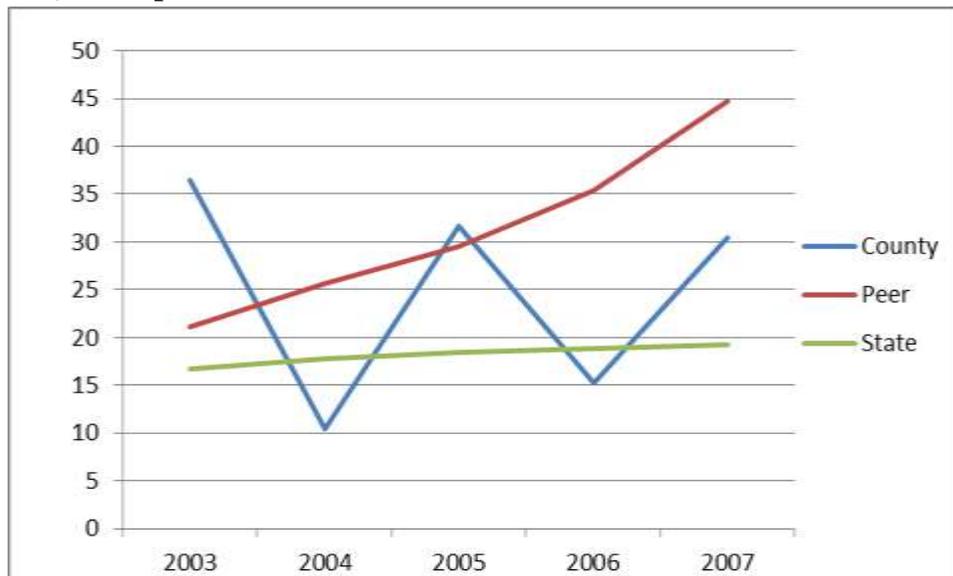
While some cases of kidney disease appear at birth, most occur as a result of long-standing chronic illness or acute health conditions that decrease or damage the kidney's ability to filter water from the body. Regardless of cause, if detected early, kidney failure can often be avoided.

Pamlico County Data

The graph shows and compares the rates of deaths caused by nephritic syndrome during 2003-2007 for Pamlico County, peer county averages, and North Carolina. The data indicates that nephritic syndrome death rates in Pamlico County have fluctuated from 2003-2007. The peer change averages have increased year after year. NC's overall rate has remained stable during the four-year time frame.

According to the North Carolina Behavioral Risk Factor Surveillance System survey, approximately 2 percent of North Carolina adults report that they have been told by a doctor that they have kidney disease. Reported prevalence of kidney disease increases with age. Chronic kidney disease is frequently associated with other chronic conditions such as high blood pressure, high cholesterol, and diabetes.

Chart 8: Nephritis, Nephrotic Syndrome, and Nephrosis Deaths per 100,000 Population



Source: NC CATCH

Septicemia

Overview

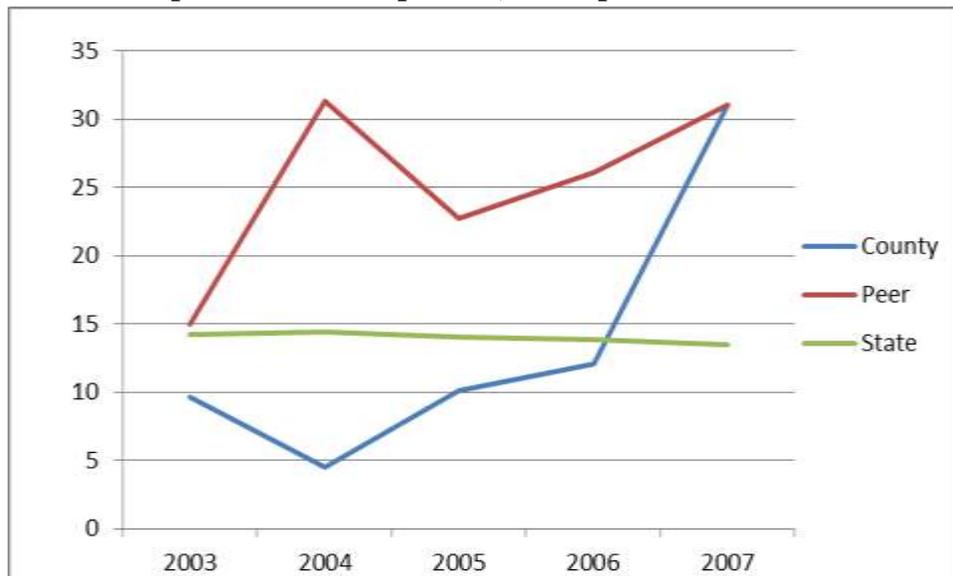
Septicemia is bacteria in the blood that often occurs with severe infections. Septicemia is a serious, life-threatening infection that gets worse very quickly. It can arise from infections throughout the body, including infections in the lungs, abdomen, and urinary tract. It may come before or at the same time as the infections of the bone (osteomyelitis), central nervous system (meningitis), heart (endocarditis) and other tissues.

Septicemia can begin with chills, high fever, rapid breathing and rapid heart rate. The person looks very ill. The symptoms quickly progress to confusion or other changes in mental status, red spots on the skin and/or shock. There may also be decreased or no urine output.

Pamlico County Data

The graph shows and compares the rate of death caused by septicemia during 2003-2007 for Pamlico County, peer county averages, and North Carolina. The data explain that septicemia death rates increased considerably from 2004 to 2007 in Pamlico County, yet remaining lower than peer counties' average rates for septicemia death. From 2004-2007, North Carolina's death rate from septicemia has seen a steady decline. According to the North Carolina State Center for Health Statistics, the number of Pamlico County deaths from septicemia remained stable, at 3 deaths, from 2009-2010.

Chart 9: Septicemia Deaths per 100,000 Population



Source: NC CATCH

Motor Vehicle Injuries

Overview

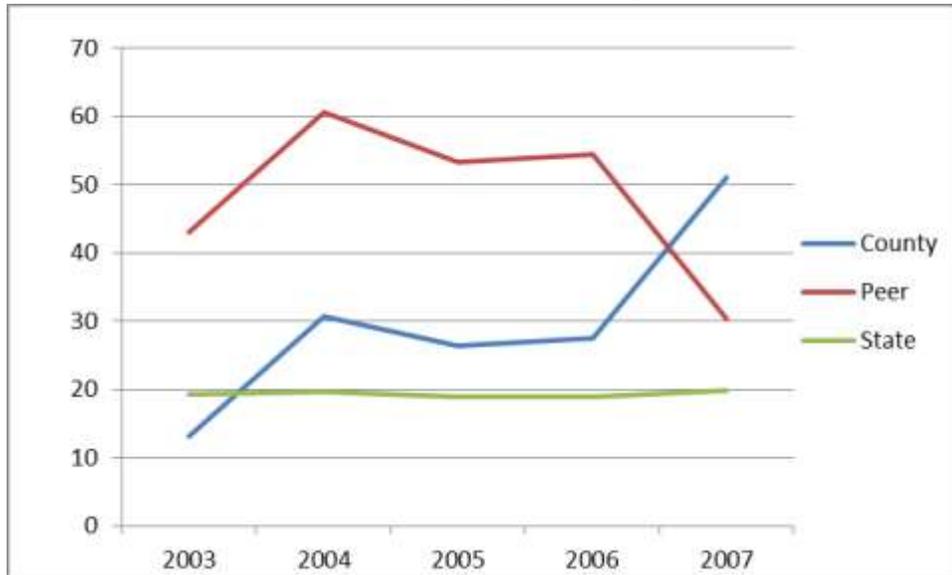
In the United States, motor vehicle-related injuries are the leading cause of death for people ages 5-34, and nearly 5 million people sustain injuries that require an emergency visit each year. According to the Centers for Disease Control and Prevention, the economic impact also is notable: the costs of crash-related deaths and injuries among drivers and passengers were \$70 billion 2005. From 2009-2010, the number of motor vehicle injury deaths decreased by 40% in Pamlico County. North Carolina laws such as mandatory seat belt usage for children, front seat drivers, and passengers; 0.08 blood alcohol level; and graduated drivers' licensing have made North Carolina roads safer for all residents. According to North Carolina Department of Transportation, highway safety programs have increased the enforcement of these laws such as "Booze It & Lose It" and "Click It or Ticket," effectively changing the cultural habits for safe driving.

Pamlico County Data

The graph below shows and compares the rates of deaths caused by motor vehicle accidents (MVA) during 2003-2007 for Pamlico County, peer county averages, and North Carolina. The death rates from unintentional MVA injury in Pamlico County fluctuated from 2003-2006; rates peaked in 2007. Overall, For the most part, unintentional MVA death rates remained considerably higher than both Pamlico County's rate and the state's rate.

Our local sheriff's department is working to patrol drivers who may be operating vehicles under the influence.

Chart 10: Unintentional MVA Injury Deaths per 100,000



Source: NC CATCH

Chapter 4: Pamlico County 2011 CHA results

Chapter Four: Pamlico County 2011 CHA Results

Background

This chapter of the Community Health Assessment was designed to examine the quality of life in Pamlico County by distributing Opinion Surveys. In the Opinion Survey, participants were asked how they felt about the health care system, economic opportunities, safety, and help for individuals in times of needs, as well as the quality of life for children and older adults.

The Opinion Survey was designed to assess perceived community problems and issues. Participants were asked to pick the top five health problems that have the largest impact on the community as a whole. Some examples were teen pregnancy, kidney disease, and dental health. Participants also were asked to choose the top five unhealthy behaviors: some options included alcohol abuse, drug abuse, and not using seat belts. Participants were asked to pick the top five community issues that impact the overall quality of life in Pamlico County; some options included racism, poverty, and homelessness.

Cancer

Overview

Cancer is the body's inability to control the growth and spread of abnormal cells. These cells invade, disrupt, and destroy normal cells and functions of the body. The most prominent cancers in the United States are lung, bronchus, prostate, female breast, colon, and rectum.

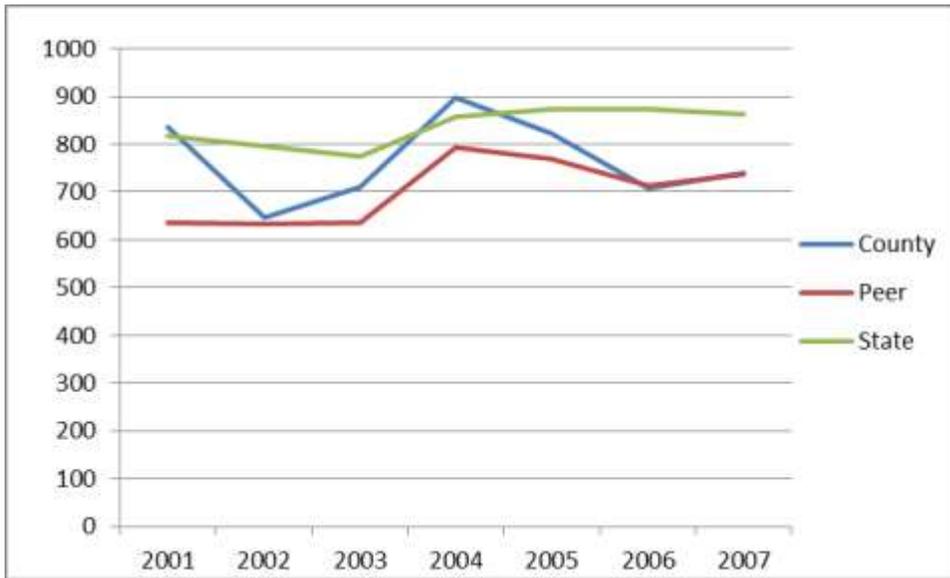
Community Analysis

According to the Pamlico County Community Health Assessment survey, cancer was the first among health problems of greatest concern in the county. Early diagnosis and treatment increase survival rates of individuals with cancer, but often people do not see health care providers for annual health screenings. Unhealthy behaviors that contribute to developing cancer were among the top ten unhealthy behavior e.g., alcohol abuse, smoking/tobacco use, having unsex sex, poor eating habits, and lack of exercise.

Disparities

Some of the disparities involved with cancers are race and lack of access to health care due to socio-economic status or location. According to the National Cancer Institute, African American men have the highest incidence rate for prostate cancer in the United States and are more than twice as likely as White men to die of the disease. White women have the highest incidence rate for breast cancer, although African American/Black women are most likely to die from the disease.

Chart 11: Total Cancer Cases (All Sites) per 100,000 Population



Source: NC CATCH

Substance Abuse

Overview

Substance use and abuse are major contributors to death and disability in North Carolina. According to the 2009 Behavioral Risk Factor Surveillance Survey, more than one in 10 North Carolinians reported engaging in binge drinking in the past month (defined as having five or more drinks on one occasion). As reported in Substance Abuse & Mental Health Services Administration's report *Leading Change: SAMSHA's Roles & Action 2011-2014*, the annual estimated cost of substance abuse in the United States is over \$500 billion. Substance abuse has adverse consequences for families, communities, and society, contributing to family upheaval, the state's crime rate, and motor vehicle fatalities.

Community Analysis

According to the Community Health Assessment Survey, substance abuse was first among top unhealthy behaviors. More specifically, the survey also showed concern about underage substance abuse.

Disparities

Youth alcohol use:

Age and grade are positively associated with alcohol use. According to the CDC, students in grades 10-12 are 1.5 to 1.8 times as likely to use alcohol as ninth grade students.

Illicit drug use:

Young adults aged 18-25 are more likely to report illicit drug use than people of other ages (19.5% versus 9.8% for those 12-17 and 5.6% for those aged 26 and older in 2007-2008).

Obesity

(Physical Activity And Nutrition)

Overview

Overweight and obesity pose significant health concerns for children and adults. Overweight and obesity are both labels for ranges of weight that are great than what is generally considered healthy for a given height. In 2009, 35 percent of adult North Carolinians were overweight and another 30 percent were obese. North Carolina Nutrition & Physical Activity Surveillance System (NC-PASS) 2010 data suggests that of the children 2 through 4 years of age sampled in Pamlico County that 0.0% percent was underweight; 55.9 percent was at a healthy weight; 29.4 percent was overweight; 14.7 percent was obese.

Community Analysis

According to the Community Health Assessment Survey, being obese and being overweight was second among health problems of greatest concern in the county. When asked what community issues residents had concerns about, low income and lack of recreational facilities were among the top three.

Disparities

Common disparities that are involved with obese and overweight populations, include sex, racial and geographical locations. Women are more obese than men at 29.7 percent in North Carolina. Hispanics/Latinos and African-American usually have higher rates of overweight and obese individuals. According to the seventh annual *F as in Fat: How Obesity Threatens America's Future 2010* report, the adult obesity rate in North Carolinians was 41.1 percent among Blacks and 25.7 percent among Latinos, compared with 27 percent among Whites. Ten out of the 11 states with the highest rates of obesity were in the South with Mississippi having highest rates for all adults (33.8 percent) for the sixth year in a row.

Table 12: Strategies to Prevent & Reduce Obesity

Individual	Eat More fruits and vegetables; increase physical activity level.
Family/Home	Serve fruits and vegetables with meals; reduce screen time at home.
Clinical	Offer obesity screening for children aged > 6 years and for adults, and offer counseling and behavioral interventions for those identified as obese; expand childhood obesity prevention initiatives for children; stay up-to-date on evidence based clinical preventive screenings, counseling and treatment guidelines.
Schools & Child Care	Offer high-quality physical education and healthy foods and beverages; implement evidence base healthful living curricula in schools; expand physical activity and healthy eating in afterschool and childcare programs; support joint use recreational facilities.
Worksite	Institute worksite wellness programs and promote healthy foods and physical activity; assess health risks and offer feedback and intervention support to employees.
Community	Implement <i>Eat Smart, Move More</i> community-wide obesity prevention strategies; promote menu labeling in restaurants; build active living communities; support joint use of recreational facilities; support school-based and school-linked health services.
Public Policies	Require schools to offer high-quality physical education and healthy foods and beverages; require schools to implement evidence-based healthful living curricula in schools; fund <i>Eat Smart, Move More</i> community-wide obesity prevention plans; provide community grants to promote physical activity & healthy eating; support community efforts to build active living communities; provide tax incentives to encourage comprehensive worksite wellness programs; and provide funding to support school-based and school-linked health services and achieve a statewide ratio of 1 school nurse for every 750 middle and high school students.

Source: *Healthy North Carolina 2020: A Better State of Health*

Heart Disease

Overview

Heart disease is the number one cause of death in the United States. Heart disease is a general term used to describe ailments that involve blood flow disruption or blockage. Some of the risk factors for heart disease include sedentary lifestyles, obesity, high blood pressure, cigarette smoking, high cholesterol, and diabetes. The most common type of heart disease is coronary artery disease which occurs when cholesterol builds up in the arteries and hardens. This hardening disrupts blood flow and can eventually block blood flow completely, resulting in a stroke (brain attack) or heart attack.

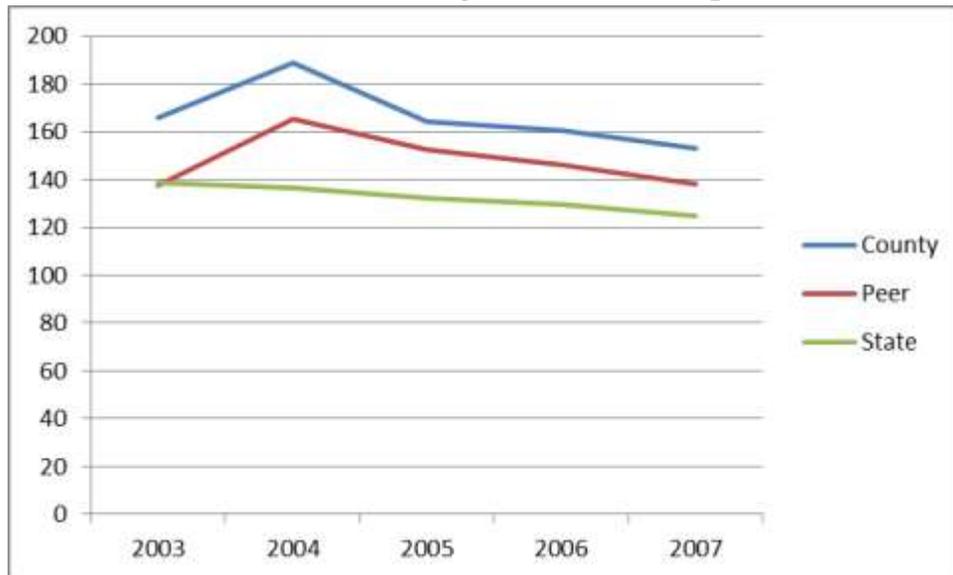
Community Analysis

According to the Community Health Assessment Survey, heart disease was third among health problems of greatest concern in the county. Some of the risk factors that contribute to heart disease were among the top unhealthy behaviors overall: smoking/tobacco use, poor eating habits, and lack of exercise. Obesity was also highlighted as one of the most concerning health problems in the survey.

Disparities

Some of the disparities involved in heart disease are race, geographic location, and age. Typically, African-American, Hispanic/Latinos, and American Indians suffer from heart disease and death related to heart disease more often than Caucasians. The southeastern part of the United States has some of the highest rates of heart disease and strokes in the nation, and North Carolina has particularly high rates with many of its counties referred to as ‘the buckle’ of the stroke belt. Individuals who are 65 years and older are more likely to suffer from heart disease and death related to heart disease. This is significant to Pamlico County because the percentage of senior citizens in the population is higher than the rest of the state.

Chart 12: Heart Disease Discharges Per 100,000 Population



Source: NC CATCH

Social Determinants of Health

Overview

Poverty, education level, and housing are the important social determinants of health. These three factors are strongly correlated with individual health. People with higher incomes, more years of education, and a healthy and safe environment to live in have better health outcomes and generally have longer life expectancies. More than 1.5 million North Carolina residents, or 19 percent of the population, were without health insurance during 2008-2009. Approximately, 32 percent of NC adults did not visit a dentist last year.

Community Analysis

According to the Community Health Assessment Survey, low income was ranked first among community issues that have the greatest effect on quality of life.

Disparities

Poverty: Racial and ethnic minorities are more likely to live in poverty than whites. Nationally, African-Americans and Hispanic experience the highest rates of poverty. Both groups are nearly three times as likely as whites to live in poverty. Higher levels of education are positively associated with higher incomes; thus, people with less education are more likely to live in poverty.

Table 13: Strategies to Address Social Determinants of Health

Individual	<i>Education, poverty:</i> Finish high school and pursue higher education.
Family/Home	<i>Education, poverty:</i> Encourage everyone in the family to get his or her high school diploma or GED and to pursue higher education.
Clinical	<i>Education, poverty:</i> Counsel parents and children about the importance of school and youth about taking responsibility for school work.
Schools & Child Care	<i>Education:</i> Expand the North Carolina Positive Behavior Support Initiative to include all schools in order to reduce the number of short- and long-term suspensions and expulsions; develop Learn and Earn partnerships between community colleges and high schools; support publicly funded, center-based, comprehensive early childhood development programs for low-income children aged 3 to 5 years (e.g. More at Four and Smart Start); help low-wealth or underachieving districts meet state proficiency standards; expand alternative learning programs for students who have been suspended from school that support continuous learning, behavior modifications, appropriate youth development, and school success.
Worksite	<i>Poverty, housing:</i> Provide outreach to employee regarding applying for the Earned Income Tax Credit; provide health insurance coverage.
Community	<i>Poverty:</i> Conduct outreach to help people enroll in Supplemental Nutrition Assistance Programs (SNAP). <i>Education:</i> Use proven school-community collaboration models to keep students in school. <i>Housing:</i> Create tenant-based rental assistance programs that offer vouchers or direct cash assistance for low-income renters.
Public Policies	<i>Poverty:</i> Increase the state Earned Income Tax Credit; make the state's child and dependent tax credit refundable. <i>Education:</i> Raise the compulsory school attendance age; pass policies and provide funding to support the schools and child care section above. <i>Housing:</i> Increase funding to support affordable housing, such as the North Carolina Housing Trust Fund. <i>Poverty, housing:</i> Support public policies that create new jobs and provide worker education and training and work supports; coordinate housing and transportation policies to reduce transportation burdens to worksites and target job development in low- and moderate-income neighborhoods.

Source: *Healthy North Carolina 2020: A Better State of Health*

Smoking/Tobacco Use

Overview

Tobacco use is the leading cause of preventable death in North Carolina. According to the American Cancer Society, approximately 30 percent of all cancer death and nearly 90 percent of lung cancer deaths are caused by death. Those who smoke have increased risks for heart attack and stroke. Other tobacco products also pose health risks; for example, smokeless tobacco is a known cause of human cancer. Nonsmokers also are harmed by tobacco use through their exposure to secondhand smoke, which contains more than 7,000 chemicals. Tobacco use is a costly problem in the state leading to medical costs of \$2.4 billion, in 2004.

Community Analysis

According to the Community Health Assessment Survey, smoking/tobacco use was the second among top unhealthy behaviors in the county.

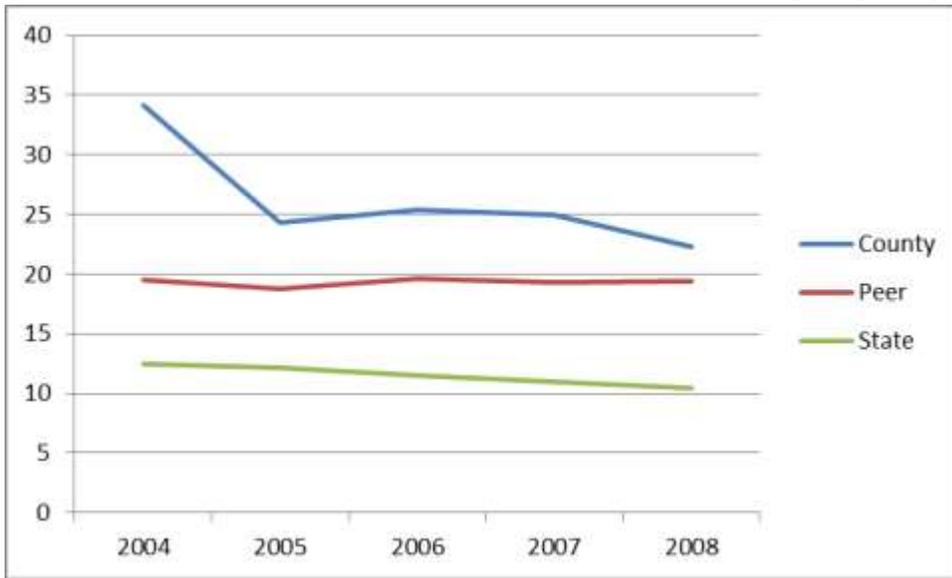
Disparities

Smoking among adults: Individuals with less education and those with lower income are more likely to smoke. People with less than a high school education are three times as likely to smoke as college students and those with higher income are less likely to smoke. The smoking prevalence among American Indians of 42.6% is twice that of other racial groups.

Tobacco use among high school students: Males are more likely to use tobacco products than females (30.8% versus 20.2% in 2009). Use increase as age and grade increase. Students in 12th grade are nearly twice more likely to report use than students in ninth grade. White students report the highest use among racial groups.

Secondhand smoke (SHS) exposure in the workplace: Males are almost two times more likely to be exposed to SHS at the workplace than women. Those with lower income are more likely to report exposure. Exposure is also related to education; individuals with more education are more likely to not be exposed.

Chart 13: % of Live Births Where the Mother Smoked During Pregnancy



Source: NC CATCH

Table 14: Strategies to Prevent & Reduce Tobacco Use

Individual	Be tobacco free.
Family/Home	Maintain a tobacco-free home.
Clinical	Offer comprehensive cessation services to help smokers and other tobacco users quit; stay up-to-date on evidence-based clinical preventive screenings, counseling, and treatment guidelines.
Schools & Child Care	Enforce tobacco-free school laws, enforce smoke-free child care facility rules; implement evidence-based healthy living curricula in schools.
Worksite	Institute a worksite wellness program using interventions accompanied by incentives for cessation; implement smoking bans or restrictions at worksites.
Community	Expand smoking bans or restrictions in community spaces; encourage mass media campaigns; support school-based and school-linked health services.
Public Policies	Expand tobacco-free policies to all workplaces and in community establishments; increase the tobacco tax; provide tax incentives to encourage worksite wellness programs; fund and implement a Comprehensive Tobacco Control Program; provide funding to support school-based and school-linked services and achieve a statewide ratio of 1 school nurse for every 750 middle and high school students.

Source: *Healthy North Carolina 2020: A Better State of Health*

Having Unsafe Sex (Sexually Transmitted Disease & Unintended Pregnancy)

Overview

Sexually transmitted diseases (STD) and unintended pregnancy affect tens of thousands of North Carolinians every year. These preventable conditions can lead to reduced quality of life as well as premature death and disability and result in millions of dollars in preventable health expenditures annually. The burden of sexually transmitted diseases and unintended pregnancy falls disproportionately on disadvantaged populations, young people, and minorities. In 2009, North Carolina had the seventh highest gonorrhea rate, the 12th highest syphilis rate, and the 15th highest Chlamydia rate in the United States.

Community Analysis

According to the Community Health Assessment Survey, having unsafe sex was fifth among top health behaviors and identified fifth in top unhealthy behaviors. In Pamlico County, the number of teenage pregnancies decreased from 14 (in 2009) to 5 (in 2010). Teenage live births have been steadily decreasing.

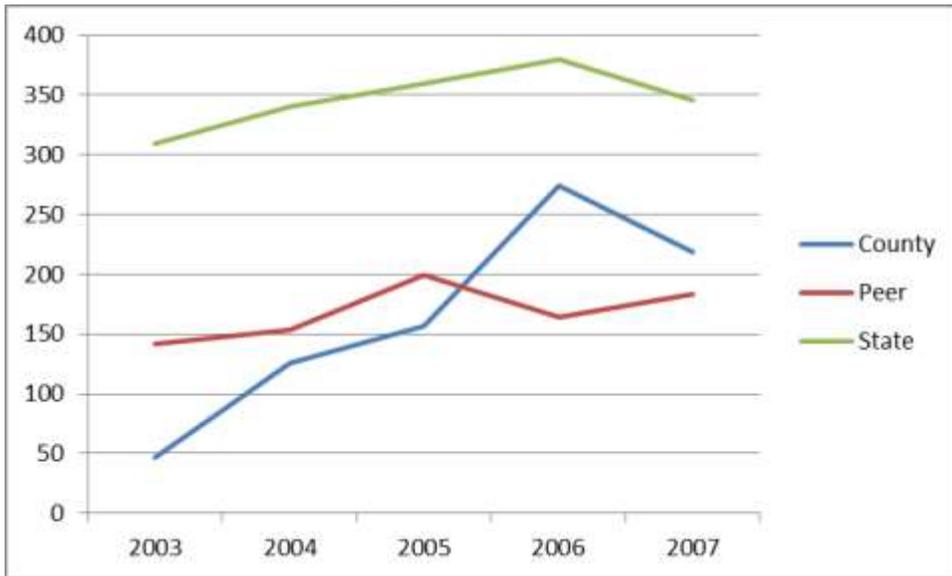
Disparities

Unintended pregnancy: Education, income, race, and marital status are all associated with unintended pregnancy. Women with less than a high school education are 1.6 times more likely to have an unintended pregnancy than women with greater than a high school education, and women making less than \$15,000 are 3.4 times as likely as women making \$50,000 or more. African-American are 1.7 times as likely as white women to report their pregnancy was unintended. Unmarried women and women on Medicaid are more likely than their counterparts to report unintended pregnancy.

Chlamydia: In 2008, the highest rates of chlamydia are found among females aged 15-24 years and males aged 20-24 years. African-American females are at particular risk for infection, with infection rates seven times that of white females.

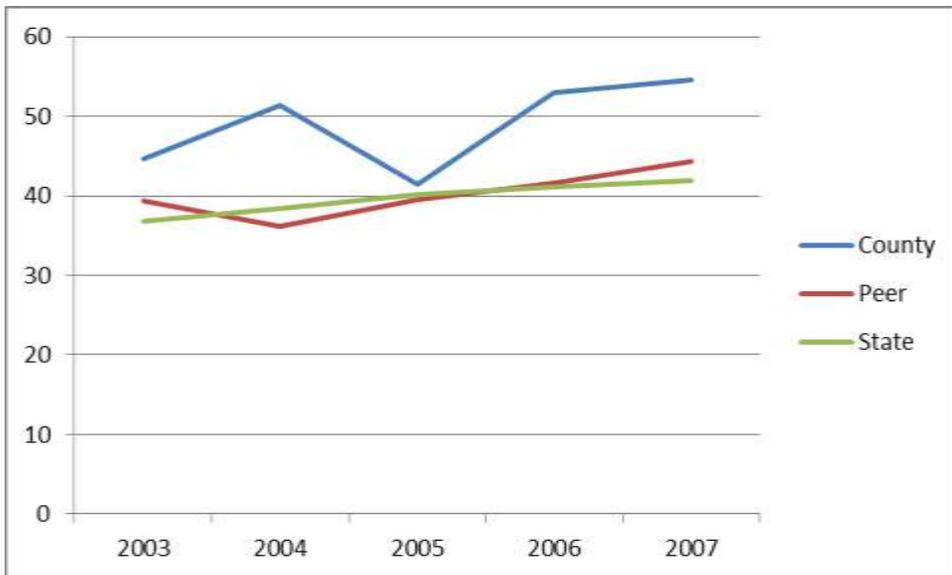
HIV: New HIV infections, pediatric cases, AIDS cases, and AIDS-related death place a great burden on African-Americans in North Carolina. Nearly two-thirds of all new adult/adolescent HIV diagnoses are among African-Americans. The second highest rate is among Hispanics. According to 2008 data, males in all racial categories are more likely than women to receive a diagnosis of HIV infection. Intravenous drug users and men who have sex with men also are at increased risk for contracting HIV.

Chart 14: Chlamydia Rates per 100,000 Population



Source: NC CATCH

Chart 13: % Live Births to Unmarried Mothers



Source: NC CATCH

Table 13: Strategies to Prevent & Reduce Sexually Transmitted Disease & Unintended Pregnancy

Individual	Use protection to prevent STDs and unintended pregnancy; get screened for HIV if at increased risk for HIV infection (or if pregnant); get the HPV vaccine if you are a female aged 11-26.
Family/Home	Talk to your children about the consequences of risky sexual behavior; encourage females aged 11-26 years to get the HPV vaccine.
Clinical	Provide screening, counseling, and treatment of STDs/HIV infection; screen women younger than 25 years and others at risk for chlamydia; use provider-referral partner notification to identify people with HIV; counsel interavenous drug users who are at increased risk for HIV; offer HPV vaccines to females aged 11-26 years and to males aged 9-26 years; provide interventions for men who have sex with men.
Schools & Child Care	Ensure that all students receive comprehensive sexuality education; implement evidence-based healthful living curricula in schools; deliver group-based comprehensive risk reduction to youths to promote behaviors that prevent or reduce the risk of pregnancy, HIV, and other STDs.
Community	Expand availability of family planning services and community-based pregnancy prevention programs; educate youth about the importance of sexual health; support school-based and school-linked health services; provide youth development-focused behavioral interventions coordinated with community service components; create sterile needle exchange programs for IDUs; provide groups and community-level interventions for men who have sex with men.
Public Policies	Pass policies that ensure comprehensive sexuality education for all students; provide funding to support school-based and school-linked health services and achieve a statewide ratio of 1 school nurse for every 750 middle and high school students; fund community education campaigns to increase awareness of sexual health; fund expansion of family planning services and community-based pregnancy prevention programs for low-income families.

Source: *Healthy North Carolina 2020: A Better State of Health*

Priority Setting

On October 27, 2011, the first priority setting meeting with community residents took place with 8 people in attendance. The purpose of the meeting was to gain community input so that I could take community concerns to the steering committee. .

On November 1, the second priority setting meeting with the Community Health Assessment Steering Committee took place with 12 people in attendance. The purpose of the meeting was continue prioritizing Pamlico County's health issues with the future intentions to develop action plans based on the state's 2020 health objectives, which include the top six priorities listed for Pamlico County.

At the beginning of the meetings, updates and overviews of the progress of the Community Health Assessment were given. A presentation featured the top six health problems in Pamlico County. For each health problem, the data was analyzed by using the CHA survey data.

The secondary data demonstrated county/state comparisons of those health problems that were communicated by the participants. The respondents were given time to ask questions concerning data collection and/or the health problem and existing resources. They were given dots and asked to select three areas that they determined to be priority issues over the next three years. The areas selected were substance abuse, overweight/obesity, and tobacco use.

Listed below is the comparison of the 2011 AND 2007 health priorities by the Pamlico County Community Health Assessment Team. The first list contains the top six health concerns identified by the respondents in the 2011 survey. The second list includes the health priorities from the 2007 survey. Four out of the top priorities identified remained the same.

Top Six Identified Health Concerns and Community Needs-2011

Obesity
Lack Of Exercise
Tobacco Use
Substance Abuse
Cancer
Heart Disease

Top Six Identified Health Concerns and Community Needs-2007

Overweight/Obesity
Unsafe Sex
Alcohol Use
Access To Healthcare
Cancer
Tobacco Use

2011 Community Health Opinion Survey Results

(Updated on November 1, 2011)

We would like for you to participate in a health opinion survey for our county. The purpose of this survey is to learn more about the health and quality of life in Pamlico County, North Carolina. The Pamlico County Health Department and Healthy Carolinians of Craven-Pamlico will use the results of this survey to help us to develop plans for addressing major health and community issues in Pamlico County. All the information you give us will be completely confidential and will not be linked to you in any way. The survey is completely voluntary. It should take no longer than 15 minutes to complete. Thank you for your participation! Please return your completed survey to your facilitator or mail to:

Pamlico County Health Department
 203 North Street
 Bayboro, NC 28515

Total Started Survey: 525
Total Completed Survey: 500 (95.2%)

1. Do you live in Pamlico County?

	Response Percent	Response Count
Yes	93.7%	490
No	6.3%	33
	Answered Question	523
	Skipped Question	2

2. Have you taken this year's survey already?

	Response Percent	Response Count
Yes	1.4%	7
No	98.6%	484
	Answered Question	491
	Skipped Question	34

3. Please tell us whether you “strongly disagree”, “disagree”, “neutral/no opinion”, “agree” or “strongly agree” with each of the next 6 statements.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Response Count
“There is a good healthcare system in Pamlico County”?	8.4% (39)	21.6% (100)	33.7% (156)	27.4% (125)	8.9% (41)	463
“Pamlico County is a good place to raise children”?	3.4% (16)	7.5% (35)	22.8% (106)	44.1% (205)	22.2% (103)	465
“Pamlico County is a good place to grow old”?	4.3% (20)	7.4% (34)	18.5% (85)	44.3% (204)	25.4% (117)	460
“There is plenty of economic opportunity in Pamlico County”?	25.6% (119)	37.3% (173)	21.1% (98)	9.1% (42)	6.9% (32)	464
“Pamlico County is a safe place to live”?	1.9% (9)	6.3% (29)	17.7% (82)	56.5% (261)	17.5% (81)	462
“There is plenty of help for individuals and family during times of need in Pamlico County”?	7.1% (33)	16.2% (75)	32.4% (150)	30.5% (141)	13.8% (64)	463
Answered Question					466	
Skipped Question					59	

4. Select the most important health problems in Pamlico County. You can choose up to 5:

	Response Percent	Response Count
Access to Health Care	32.1%	148
Accidental Injuries (burns, poisoning, choking, home or work-related)	11.1%	51
Aging Problems	25.8%	119
Asthma	20.4%	94
Autism	4.3%	20
Birth defect	3.3%	15
Cancer	55.5%	256
Dental Health	19.3%	89
Development disabilities	2.4%	11
Diabetes	41.9%	193
Heart disease/heart attacks (high blood pressure, other risk factors)	43.4%	200
HIV/AIDS	7.2%	33
Infant death	2.0%	9
Infectious/Contagious disease (TB, food poisoning, pneumonia, flu, etc.)	3.3%	15
Kidney disease	5.4%	25
Liver disease	0.9%	4
Lung disease (emphysema, etc.)	6.1%	28
Mental health (depression, Schizophrenia, suicide)	14.3%	66
Motor vehicle accidents	10.8%	50
Neurological disorders (Multiple Sclerosis, muscular dystrophy, A.L.S)	1.1%	5
Obesity/overweight	50.8%	234
Sexually transmitted infections (STIs)	13.0%	60
Sickness from animals/insects (rabies, rocky mountain spotted fever, etc.)	5.0%	23
Stroke	13.7%	63
Substance Abuse	36.9%	170
Teenage Pregnancy	28.9%	133

Understanding medical/medicine advice, instructions	5.6%	26
Violent injury	4.1%	19
Water safety/drowning	10.0%	46
Other: 1. Drinking water (2) 2. I do not know of any unusual problems 3. Understanding of healthy eating/healthy living 4. Cancer 5. Water Quality 6. Poor preventative care, dental and medical 7. Women's Health 8. Lack of Support in Preventative Healthcare 9. Emergency Services in Oriental 10. Child Neglect 11. Drug abuse		12
Answered Question		461
Skipped Question		64

5. Pick the top unhealthy behaviors in Pamlico County. Please choose up to 5:

	Response Percent	Response Count
Boating Safety	5.3%	24
Bullying	29.1%	132
Domestic Violence	30.2%	137
Gun Safety	9.7%	44
Having Unsafe Sex	38.3%	174
Lack of exercise	41.2%	187
Not Getting Immunizations	5.1%	23
Not Getting Prenatal Care	6.4%	29
Not Going To A Dentist For Preventive Check-Up/Care	22.2%	101
Not Going To The Doctor For Yearly Check-Ups and Screenings	25.8%	117
Not Using Child Safety Seats	9.0%	41
Not Using Helmets	9.3%	42
Not Using Seat Belts	9.5%	43
Poor Eating Habits	37.9%	172
Poor Handwashing	5.5%	25
Reckless/Drunk Driving	27.1%	123
Smoking/Tobacco Use	43.2%	196

Substance Abuse	53.1%	241
Suicide	7.0%	32
Texting/Cell Phone Use While Driving	39.4%	179
Underage Substance Abuse	23.8%	108
Violent Behavior	9.3%	42
Other: 1. Can not choose just 5		1
Answered Question		454
Skipped Question		71

6. Pick the community issues that have the greatest effect on quality of life in Pamlico County. Please choose up to 5.

	Response Percent	Response Count
Animal control issues	16.5%	75
Affordability of childcare	17.6%	80
Availability of childcare	11.9%	54
Affordability of dental services	18.3%	83
Availability of dental services	8.8%	40
Affordability of health services	23.3%	106
Availability of health services	10.6%	48
Affordability of healthy food choices	19.8%	90
Availability of healthy food choices	6.4%	29
Availability of healthy family activities	15.6%	71
Availability of positive teen activities	20.5%	93
Affordability of housing	24.6%	112
Availability of housing	11.2%	51
Affordability of mental health services (counseling services)	5.7%	26
Availability of mental health services (counseling services)	8.6%	39
Bioterrorism	0.4%	2
Dropping out of school	24.2%	110

Homelessness	4.2%	19
Lack of/inadequate health insurance	20.7%	94
Lack of culturally sensitive health services	3.7%	17
Lack of health care providers	12.8%	58
Lack of recreational facilities	32.2%	146
Lack of sidewalks and safe crosswalks	11.5%	52
Neglect and abuse	8.6%	39
Pollution	9.5%	43
Low income/poverty	43.6%	198
Racism/discrimination	11.2%	51
Lack of transportation options	18.9%	86
Unemployment/under-employment	39.2%	178
Unsafe, un-maintained roads	8.8%	40
Violent crime (murder, assault, etc.)	2.9%	13
Rape/sexual assault	5.7%	26
Domestic Violence	12.8%	58
Other: 1. Lack of responsible parenting. 2. Cultural sensitivity within the general population. 3. Lighting on roads very limited 4. Bike lanes throughout the county. 5. Many issues I know nothing about 6. Ignorance of health issues/lack of health education. 7. Lack of family values/unity		7
Answered Question		454
Skipped Question		71

7. How would you rate your own health? Please choose only one of the following:

	Response Percent	Response Count
Very Healthy	16.4%	75
Healthy	46.7%	214
Somewhat Healthy	28.8%	132
Unhealthy	7.2%	33
Very Unhealthy	0.9%	4
	Answered Question	458
	Skipped Question	67

8. Where do you get most of your health-related information or advice about your health? Please choose only one.

	Response Percent	Response Count
Friends And Family	9.0%	40
Doctor/Nurse/Pharmacist	58.3%	259
Health Department	7.0%	31
Books/Magazines	4.1%	18
Senior Services	0.9%	4
Church	3.4%	15
Hospital	1.8%	8
Help-Lines	0.2%	1
Internet	12.2%	54
Social Services	0.0%	0
School	3.2%	14
Mental Health Counseling	0.0%	0
Other: 1. HOPE Clinic (2) 2. Television (3) 3. Radio 4. Self 5. Family Doctor 6. Employer 7. Insurance company health line		10
	Answered Question	444
	Skipped Question	81

9. Where do you go most often when you are sick? Choose the one that you usually go to.

	Response Percent	Response Count
Doctor's Office	76.8%	331
VA Clinic/Hospital	1.2%	5
Hospital/Emergency Department	1.6%	7
Free Medical Clinic	6.7%	29
Urgent Care Center	7.9%	34
Health Department	5.8%	25
Other: 1. Stay home (10) 2. HOPE Clinic 3. Church 4. Drug Store 5. Seldom ill 6. Doctor outside of Pamlico County		15
Answered Question		431
Skipped Question		94

10. In the past 12 months, did you ever have a problem getting health care (e.g. home health services, nursing home, assisted living) you needed from any type of health care provider or facility?

	Response Percent	Response Count
Yes	9.4%	43
No	90.6%	414
Answered Question		457
Skipped Question		68

11. Since you said “yes”, which of these problems did you have? You can choose as many of these as you need to. If there was a problem you had that we do not have here, please write it in.

	Response Percent	Response Count
I didn't have health insurance.	56.4%	22
My insurance didn't cover what I needed.	15.4%	6
My share of the cost (deductible/co-pay) was too high.	20.5%	8
Doctor would not take my insurance, Tri-Care, Medicare or Medicaid.	10.3%	4
Hospital would not take my insurance, Tri-Care, Medicare or Medicaid.	5.1%	2
I didn't have a way to get there.	10.3%	4
I didn't know where to go.	17.9%	7
I couldn't get an appointment.	2.6%	1
Other: 1. I don't qualify for Medicaid (2) 2. Very little help for aging adults. 3. Availability of urgent care facility.		4
Answered Question		39
Skipped Question		486

12. In the past 12 months, did you have a problem filling a medically necessary prescription?

	Response Percent	Response Count
Yes	11.3%	51
No	88.7%	401
Answered Question		452
Skipped Question		73

13. Since you said “yes”, which of these problems did you have? You can choose as many of these as you need to. If there was a problem you had that we do not have here, please write it in.

	Response Percent	Response Count
I didn't have insurance.	34.7%	17
My insurance didn't cover what I needed.	30.6%	15
My share of the cost (deductible/co-pay) was too high.	28.6%	14
Pharmacy would not take my insurance, Tri-Care, Medicare or Medicaid	0.0%	0
I didn't have a way to get there.	4.1%	2
I didn't know where to go.	2.0%	1
Prescription was tied to another visit.	0.0%	0
Other: 1. Insurance company had to have more information from the doctors –in addition to prescription. 2. Communication problems between pharmacy and doctor. 3. Needed second okay from doctor...took 1 week		3
Answered Question		49
Skipped Question		476

14. Was there a time during the past 12 months when you needed to get dental care, but could not?

	Response Percent	Response Count
Yes	21.9%	99
No	78.1%	354
Answered Question		453
Skipped Question		72

15. Since you said “yes”, why could you not get dental care? You can choose as many of these as you need to. If there was a problem you had that we do not have here, please write it in.

	Response Percent	Response Count
I didn't have dental insurance.	44.9%	44
My insurance didn't cover what I needed.	3.1%	3
I couldn't afford the cost.	68.4%	67
Dentist would not take my insurance.	9.2%	9
My share of the cost (deductible/co-pay) was too high.	4.1%	4
I didn't have a way to get there.	2.0%	2
I didn't know where to go.	3.1%	3
I couldn't get an appointment.	8.2%	8
Other: 1. Didn't want to spend the money.		1
Answered Question		98
Skipped Question		427

16. If a friend of family member needed counseling or treatment for a mental health or a drug/alcohol abuse problem, from whom would you tell them to seek care?

	Response Percent	Response Count
Private Counselor or Therapist	15.4%	68
Support Group	12.2%	54
School Counselor	2.7%	12
I Don't Know	18.1%	80
East Carolina Behavioral Health	10.2%	45
Doctor	28.7%	127
Minister/Religious Office	10.9	48
Inpatient Care of Hospitalization	1.8%	8
Other: 1. Health Department (3) 2. Church 3. Dependent upon the individual and their person comfort level.		9

4. Someone with experience in this area. 5. Rehab. 6. Mental health or d/a abuse problem 7. Been in this situation & had to find services in another county.	
Answered Question	442
Skipped Question	83

17. Are you exposed to secondhand smoke in any of the following places?

	Response Percent	Response Count
Home	19.0%	78
Workplace	11.5%	47
Bars	9.5%	39
Cars	15.9%	65
School	3.2%	13
I am not exposed to secondhand smoke.	61.7%	253
Other: 1. Parents' home. 2. Friend's house (5) 3. Stores, parking lots of businesses 4. Some restaurants 5. Outside events 6. Store fronts, parking lots 7. Atmosphere 8. Family members' home 9. Friends & stores 10. Beach 11. Neighbors' home 12. Rarely am I exposed since we banned smoking indoors. 13. Anywhere where smokers are 14. Outside where smokers cannot smoke at their workplace. 15. Outside restaurants – smoking areas too close to entrance. 16. Where ever smokers are.		21
Answered Question		410
Skipped Question		115

18. Do you currently smoke?

	Response Percent	Response Count
Yes	17.9%	82
No	82.1%	375
	Answered Question	457
	Skipped Question	68

19. Since you said “yes”, where would you go for help if you wanted to quit? Check all that apply.

	Response Percent	Response Count
1-800-QUIT-NOW	33.3%	24
Doctor	38.9%	28
Church	9.7%	7
Pharmacy	2.8%	2
Private Counselor/Therapist	8.3%	6
Health Department	8.3%	6
Internet	8.3%	6
I Don't Know	20.8%	15
Not Applicable	2.8%	2
	Other:	4
	1. Quit on my own (2)	
	2. Me	
	3. Friends	
	Answered Question	72
	Skipped Question	453

20. Does your household have a Family Emergency Plan?

	Response Percent	Response Count
Yes	53.7%	245
No	46.3%	211
	Answered Question	456
	Skipped Question	69

21. Does your family have a basic emergency supply kit, including first aid kit, food and water? If yes, how many days do you have supplies for.

	Response Percent	Response Count
No	47.9%	219
3 days	21.4%	98
1 week	16.6%	76
2 weeks	6.6%	30
More than 2 weeks	7.4%	34
Answered Question		457
Skipped Question		68

22. Are there any members of your family with special needs that would need additional assistance in the event of an emergency or evacuation?

	Response Percent	Response Count
Yes	15.2%	70
No	84.8%	390
Answered Question		460
Skipped Question		65

23. What is the nature of their special needs:

	Response Percent	Response Count
Health	60.9%	42
Mental	11.6%	8
Aged	29.0%	20
Very Young	10.1%	7
Transportation	11.6%	8
Answered Question		69
Skipped Question		456

24. In the event of an emergency evacuation, would you evacuate?

	Response Percent	Response Count
Yes	86.5%	390
No	13.5%	61
Answered Question		451
Skipped Question		74

25. In the event of an emergency evacuation, where would you go?

	Yes	No	Response Count
Shelter	33.6% (130)	66.4% (257)	387
Family/friend	68.7% (285)	31.3% (130)	415
Hotel, etc.	43.1% (171)	56.9% (226)	397
Answered Question			442
Skipped Question			83

26. In the event of an emergency evacuation, would you bring pets?

	Response Percent	Response Count
Yes	55.6%	225
No	44.4%	180
Answered Question		405
Skipped Question		120

27. What is your age range?

	Response Percent	Response Count
Less than 18	13.4%	61
19-24	5.5%	25
25-34	15.6%	71
35-44	14.1%	64
45-54	14.9%	68
55-64	24.0%	109
65-74	7.7%	35
75 and older	4.8%	22
Answered Question		455
Skipped Question		70

28. Are you?

	Response Percent	Response Count
Male	34.8%	157
Female	65.2%	294
Answered Question		451
Skipped Question		74

According to the 2010 Census, there are 49 percent female persons living in Pamlico County; however, 65 percent of community health opinion surveys were completed by female residents.

29. Are you of Hispanic origin?

	Response Percent	Response Count
Yes	2.7%	12
No	97.3%	435
	Answered Question	447
	Skipped Question	78

30. What is your race? Please check one. Choose “other” if you do not identify with only one of the categories.

	Response Percent	Response Count
White/Caucasian	67.1%	300
Black/African-American	32.2%	144
Native American	1.1%	5
Asian/Pacific Islander	0.2%	1
Other: 1. Hispanic (3)		3
	Answered Question	447
	Skipped Question	78

According to the 2010 Census, whites make up 76.3 percent of the population in Pamlico County. The Census suggests that African Americans makes up 20.0% of the population in Pamlico County, yet 32.2 percent completed the community health opinion survey.

31. How much school have you completed?

	Response Percent	Response Count
Less than a high school graduate	19.4%	88
High school graduate or GED	19.8%	90
Some college	19.4%	88
Associate degree	14.1%	64
Four year degree (Bachelor’s)	17.0%	77
Advanced degree in college (Master’s, PhD)	10.4%	47
	Answered Question	454
	Skipped Question	71

32. What is your job field?

	Response Percent	Response Count
Agricultural	0.7%	3
Business	13.2%	57
Commercial Fishing	1.2%	5
Industry	5.3%	23
Government	10.4%	45
Education	22.0%	95
Health Care	11.8%	51
Student	12.3%	53
Homemaker	2.1%	9
Unemployed	7.7%	33
Retired	13.2%	57
	Other	14
	Answered Question	431
	Skipped Question	94

33. What is your employment status?

	Response Percent	Response Count
Employed full-time	48.6%	219
Employed part-time	9.5%	43
Retired	12.6%	57
Military	0.0%	0
Unemployed	7.8%	35
Disabled	2.2%	10
Student	12.6%	57
Homemaker	2.0%	9
Self-employed	4.0%	18
Seasonal	0.7%	3
	Answered Question	451
	Skipped Question	74

34. What is your employment status?

	Response Percent	Response Count
Less than \$20,000	25.6%	105
\$20,000 - \$39,999	30.5%	125
\$40,000 - \$59,999	16.1%	66
\$60,000 - \$79,999	13.7%	56
\$80,000 or greater	14.1%	58
Answered Question		410
Skipped Question		115

35. How many people does this income support?

	Response Percent	Response Count
0	0.2%	1
1	17.4%	67
2	36.8%	142
3	19.6%	72
4	17.9%	69
5	5.7%	22
6	2.3%	9
7	0.0%	0
8	1.0%	4
Answered Question		386
Skipped Question		139

36. What type of health insurance or health benefits do you have?

	Response Percent	Response Count
Medicare	17.3%	76
Medicaid	15.7%	69
VA Benefits	1.8%	8
Tri-Care	2.3%	10
Private And/Or Employer-Provider Insurance	59.5%	262
No Insurance	16.6%	73
Other:		1
1. NC Health Choice		
Answered Question		440
Skipped Question		85

37. Do you speak a language other than English at home?

	Response Percent	Response Count
Yes	2.4%	11
No	97.6%	442
	Answered Question	453
	Skipped Question	72

38. Since you said “yes”, what language do you speak at home?

	Response Count
1. Portuguese	7
2. Spanish (4)	
3. French (2)	
Answered Question	7
Skipped Question	518

39. Do you have access to the Internet?

	Response Percent	Response Count
Yes	84.4%	378
No	15.6%	70
	Answered Question	448
	Skipped Question	77

40. What is your zip code?

	Response Percent	Response Count
Lowland	2.6%	11
Arapahoe	16.4%	72
Bayboro	25.1%	110
Reelsboro	8.7%	38
Grantsboro	14.1%	62
Stonewall	3.9%	17
Merritt	13.7%	16
Oriental	19.2%	84
Alliance	2.7%	12
Hobucken	2.0%	9
Vandemere	1.6%	7
	Answered Question	438
	Skipped Question	87

Chapter 5: Health Resources

Chapter Five: Inventory of Existing Health Resources

Access to care continues to be a priority health issue for Pamlico County residents. Information provided in this section gives a brief overview of health care professional currently available in the county compared with surrounding counties and the comparable (peer) counties of Avery, Jackson, Perquimans, and Swain used in the North Carolina Comprehensive Assessment for Tracking Community Health (NC CATCH).

This is followed by a listing of key resources related to Community Health Assessment priority findings. It is by no means a comprehensive listing of resources, rather a snapshot of services and resources available.

Comparative Data

Information in the following tables shows how Pamlico County compares with the state and surrounding counties as it relates to health care providers. The data is quite comprehensive; therefore, only specific items were selected that were more in line with the CHA findings. The third chart shows Pamlico County 2005-2008 statistics for the same set of professionals in the other charts.

**Table 15: 2008 North Carolina Health Professionals per 10,000 Population
Pamlico and Surrounding Counties**

Health Professionals	Pamlico	State	Craven*	Beaufort	Carteret
Physicians	5.4	21.2	21.4	13.1	14.3
Primary Care Providers	4.7	9.0	7.8	6.7	6.9
Dentists	3.1	4.3	4.4	3.6	5.0
Dental Hygienists	5.4	5.4	5.0	4.7	6.8
Pharmacists	5.4	9.3	8.0	6.9	10.9
Registered Nurses	42.6	95.1	103.6	89.1	77.4
Physician Assistants	1.6	3.5	3.3	1.7	3.6
Licensed Practical Nurses	8.5	19.4	24.0	21.0	27.1
Psychologists	0.8	2.0	1.3	0.2	1.3
Psychological Associates	0.8	1.0	1.9	1.1	0.2

Source: NC CATCH

Note: Craven County has a Regional Hospital

In comparing Pamlico County with neighboring counties, Pamlico County has a much lower number of health care providers. Pamlico County is below the state's average in all categories except dental hygienists; there, the rates are the same. Neighboring counties are above the state's average in most of these areas.

Table 16: 2008 North Carolina Health Professionals per 10,000 Population

NC CATCH Comparable Counties

Health Professionals	Pamlico	State	Avery	Jackson	Perquimans	Swain
Physicians	5.4	21.2	10.9	21.1	1.5	15.7
Primary Care Providers	4.7	9.0	5.4	11.1	0.5	12.9
Dentists	3.1	4.3	2.7	3.8	1.5	3.6
Dental Hygienists	5.4	5.4	2.7	4.9	3.1	2.1
Pharmacists	5.4	9.3	10.9	7.3	3.1	5.7
Registered Nurses	42.6	95.1		96.0	31.0	90.1
Licensed Practical Nurses	8.5	19.4	26.0	17.3	19.3	22.9
Physician Assistants	1.6	3.5	0.5	2.7	1.5	7.2
Psychologists	0.8	2.0	1.6	3.8	N/A	2.1
Psychological Associates	0.8	1.0	N/A	2.2	0.8	1.4

Source: NC CATCH

In comparing Pamlico County with NC CATCH peer counties, Pamlico County has a lower number of most health providers than the other counties barring Perquimans. Dental health provider statistics show Pamlico County show Pamlico County is above most peer counties, yet below the state. Mental health provider statistics show Pamlico County is below the state.

Table 17: 2006-2008 North Carolina Health Professional per 10,000 Population for Pamlico County

Health Professionals	2005	2006	2007	2008
Physicians	5.3	4.6	5.4	5.4
Primary Care Providers	4.6	4.6	4.6	4.7
Dentists	3.9	3.9	4.6	3.1
Dental Hygienists	5.5	5.5	5.4	5.4
Registered Nurses	35.4	35.2	34.0	42.6
Licensed Practical Nurses	7.9	7.0	10.0	8.5
Physician Assistants	0.8	N/A	1.5	1.6
Psychological Associates	0.8	0.8	0.8	0.8
Population	12,721	12,803	12,710	12,791

Of major importance when reviewing this information is that Pamlico County has continued to grow over the past four years, but the number of health professionals has seen little growth in the areas of primary care providers, registered nurses and physician assistants. The number of dentists and licensed practical nurses has declined.

Health-Related Resources (Resources within 25 miles of Bayboro, Pamlico County’s county seat)

This directory was compiled by the Pamlico County Community Health Assessment Advisory Group and the Pamlico County Health Department staff. This document is offered strictly as a resource and should not be considered a recommendation, referral or endorsement to any particular provider. Any agencies or individuals wishing to make a revision, addition or deletion to this document should contact Tamara Jones at 252-745-5111.

Hospitals

CarolinaEast Health System
 2000 Neuse Boulevard
 New Bern, NC 28561
 252-638-8111

Nursing Adult Care Homes

Accommodating Home Care, Inc.

2807 Neuse Boulevard, Suite 1
New Bern, NC 28562
252-635-9005

Eastern Carolina Home Health Care, Inc.

Post Office Box 129
New Bern, NC 28560
252-745-8100

Friendly Caregivers

710 Arendell Street, Suite 201
Morehead City, NC 28557
252-745-8100

Gardens of Pamlico Assisted Living

22 Magnolia Way
Grantsboro, NC 28529
252-514-2299

Grantsbrook Nursing & Rehabilitation Center

290 Keel Road
Grantsboro, NC 28529
252-745-5005

Home Life Care

Post Office Box 241
Ahoskie, NC 27910
252-322-8265
252-672-8700

Longlife Home Care

Post Office Box 241
New Bern, NC 28563
252-636-3733

Riverpoint Crest Nursing & Rehabilitation Center

2600 Old Cherry Point Road
New Bern, NC 28563
252-637-4730

Two Rivers Healthcare
Neuse Campus
1303 Health Drive
New Bern, NC 28560
252-634-2560

Two Rivers Healthcare
Trent Campus
836 Hospital Drive
New Bern, NC 28560
252-638-6001

Mental Health/Substance Abuse Facilities

Alanon Family Group
131 Brooks Street
Newport, NC 28570
252-726-3368

Catholic Charities
502 Middle Street
Post Office Box 14930
New Bern, NC 28560
252-638-2188

Chemical Dependency, Training, Evaluation and Guidance (CDTEG)
803 East Main Street
Havelock, NC 28532
252-447-7666
1-800-852-0795

Child & Family Psychological
1425 South Glenburnie Road, Suite 1
New Bern, NC
252-633-0014

Chrysalis Counseling Center
802 Broad Street
New Bern, NC
252-638-2489

Colony Behavioral Health Care
Substance Abuse Counseling
New Bern, NC
252-636-0112

Community Wellness Center
750 McCarthy Boulevard
New Bern, NC 28562
252-635-3339

Crossroads Adult Mental Health (Inpatient and Partial Hospitalization)
2000 Neuse Boulevard
New Bern, NC 28561
252-638-8111

East Carolina Behavioral Health Access Line
24 Hour Hotline
1-877-685-2415

Eastern Pregnancy Information Clinic
727 A Professional Drive
New Bern, NC 28562
252-638-4673

F.R. Danyus Parent Child Center
622 West Street
New Bern, NC
252-637-1700

Holland Assessment and Treatment Services
225 Broad Street
New Bern, NC 28560
252-635-3339

Mobile Crisis Unit Hotline
1-877-742-6268
252-634-4599 (pager)

Nationwide Addiction Assistance Helpline
1-800-559-9503

New Bern Family Services
403 George Street
New Bern, NC 28560
252-638-7900

NC Tobacco Use Quitline
1-800-QUIT-NOW

Pamlico Human Services
Individual & Family Adjustment Services
828 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Phoenix House
506 Cypress Street
New Bern, NC 28560
252-638-2615

PORT Human Services
Mental Health/Substance
Outpatient/Inpatient Treatment Services
24 Hour Hotline
1-800-315-2056 or call local at 672-8742

Project ASSIST (Smoking Cessation)
Craven County Health Department
2818 Neuse Boulevard
New Bern, NC 28562
252-636-4920 ext. 2019

Emergency Medical Services

Pamlico County Rescue Squad
911 Grace Daniels Road
Bayboro, NC 28515
252-745-3200

Home Health & Hospice Care

CarolinaEast Home Care and Hospice

2000 Neuse Boulevard
New Bern, NC 28561
252-633-8182

Community Care & Hospice

Suite A, 1319 South Glenburnie Road
New Bern, NC 28562
252-514-0713

Craven County Health Department Home Health and Hospice

2818 Neuse Boulevard
New Bern, NC 28562
252-636-4920

Eastern Carolina Home Healthcare

13548 NC Highway 55
Bayboro, NC 28515

Hospice of Pamlico County

11146 NC 55 Highway
Grantsboro, NC 28529
252-745-5171

Pamlico County Human Services

In-Home Aid
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Tarheel Home Health

402 Main Street
Bayboro, NC 28515
252-745-7400

United Hospice of Coastal Carolina

1310 Helen Avenue
New Bern, NC 28560
252-633-4311

School Health Services (School Nurses, Pathologist, Psychologist, etc.)

Arapahoe Charter School
9005 Highway 306 South
Arapahoe, NC 28510
252-249-2599 ext. 1105

Fred A. Anderson Elementary School
323 Neals Creek Road
Bayboro, NC 28515
252-745-3404

Pamlico County High School
601 Main Street
Bayboro, NC 28515
745-3151

Pamlico County Middle School
15526 NC Highway 55
Bayboro, NC 28515
252-745-4061

Pamlico County Primary School
323 Neals Creek Road
Bayboro, NC 28515
252-745-3404

Pamlico County Schools – Central Office
507 Anderson Drive
Bayboro, NC 28515
252-745-4171 ext. 632

Medical & Health Transportation

Carolina Home Medical
11326 NC Highway 55 East
Grantsboro, NC 28529
252-745-2012

CARTS Public Transportation
Post Office Box 13605
New Bern, NC 28561
252-636-4917

Johnston Ambulance Service
3614 Old Cherry Point Road
New Bern, NC 28560
252-672-8681

Pamlico County Veteran's Service
828 Main Street
Alliance, NC 28509
252-745-4086

Pamlico County Human Services
EDTAP
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Pamlico County Human Services
Medicaid Transportation
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Nursing & Medical School Services

Craven Community College
800 College Court
New Bern, NC 28562
252-638-7200

Pamlico Community College
5049 Highway 306 South
Grantsboro, NC 28529
252-249-2377

Pamlico Community College
Health Occupations Students of America
5049 Highway 306 South
Grantsboro, NC 28529
252-249-2377

Dental Care Providers (Local & Medicaid Dentists)

Bryant Dental Studio
46 Halls Creek Road
New Bern, NC 28560
252-745-3000

Coastal Pediatric Dentistry
700 McCarthy Boulevard
New Bern, NC 28562
252-633-0424

Complete Dental Care
1505 South Glenburnie Road
New Bern, NC 28561
252-672-4404

Oriental Dental
Elizabeth Cordes
403 Hodges Street
Oriental, NC 28571
252-249-1551

Rose and Rose, DDS
55 Ireland Road
Bayboro, NC 28515
252-745-4560

Smile Mobile 2
2818 Neuse Boulevard
New Bern, NC 28562
252-670-8608

Homeless Health Projects & Free Clinics & Pharmacies

HOPE Clinic

203 North Street
Bayboro, NC 28515
252-745-5760

MERCI Clinic

1315 Tatum Drive
New Bern, NC 28560
252-633-1599

Recreational Facilities & Fitness Centers

Pamlico County Senior Services

800 Main Street
Alliance, NC 28509
252-745-3488

Village Health & Fitness

1006 Broad Street
Oriental, NC 28571
252-249-1869

Insurance Providers

Charles Skinner

1101 Broad Street
Oriental, NC 28570
252-249-1051

Pamlico County Farm Bureau

13709 NC 55 Highway
Alliance, NC 28509
252-745-4165

LCTI

269 Swan Farm Road
Bayboro, NC 28515
252-745-4900

Nationwide

14104 NC Highway 55
Bayboro, NC 28515
252-745-5121

Pharmacy Services

Area Agency on Aging

233 Middle Street
New Bern, NC 28562
252-638-3185

Bayboro Pharmacy

702 Main Street
Bayboro, NC 28515
252-745-5539

Catholic Charities

Senior Pharmacy Program
502 Middle Street
New Bern, NC 28560
252-638-2188

CVS/Pharmacy

11560 NC Highway 55
Grantsboro, NC 28529
252-745-2398

Denton Pharmacy

807 D Broad Street
Oriental, NC 28571
252-249-2740

Knights of Columbus Prescription Drug Program

252-635-9016

Pamlico Pharmacy

11326 NC 55 Highway East
Grantsboro, NC 28529
252-745-6337

Specialty Services (X-ray, Laboratory)

Alcohol Drug Education Training School
13724 Highway 55 West
Alliance, NC 28509
252-695-0203

Care Coordination for Children
Pamlico County Health Department
203 North Street
Bayboro, NC 28515
252-745-5111

Creekside Recreational Therapy Services
Post Office Box 12153
New Bern, NC 28562
252-670-2635

Family Support Network of the Crystal Coast
2842 Neuse Boulevard
New Bern, NC 28562
252-514-4770 x 237

Focus Therapy
14180 NC Highway 55
Bayboro, NC 28515
252-745-5500

Level II & Level III In-Home Aid Services
Pamlico County Human Services
828 Alliance Main Street
Alliance, NC 28515
252-745-4086

Oriental Counseling Center
502 Hodges Street, #10
Oriental, NC 28571
252-249-3099

Oriental Physical Therapy
1006 Broad Street
Oriental, NC 28571
252-249-1051

Oriental Therapeutic Massage
502 North Street
Oriental, NC 28571
252-249-3737

Pamlico Family Eye Care
13820 NC 55 Highway
Bayboro, NC 28515
252-745-4100

Physical Therapy of Oriental
1006 Broad Street
Oriental, NC 28571
252-249-1051

Pregnancy Care Management
Pamlico County Health Department
203 North Street
Bayboro, NC 28515
252-745-5111

StillWaters
13531 NC Hwy 55
Bayboro, NC 28515
252-745-2070

Voluntary/Private Medical Facilities

NOVA Urgent Care
13808 NC 55 Highway
Bayboro, NC 28515
252-745-7440

Oriental Medical Center
901 Broad Street
Oriental, NC 28571
252-249-2888

Pamlico Medical Center
606 Main Street
Bayboro, NC 28515
252-745-3191

Pamlico Pediatrics
13531 NC 55 Highway
Bayboro, NC 28515
252-745-2070

Partners in Health
1101 Broad Street
Oriental, NC 28571
252-249-2220

Medical & Health Equipment Supplier

Carolina Home Medical
2630 Dr. Martin Luther King Boulevard
New Bern, NC 28562
252-514-0374

Carolina Home Medical
2117 South Glenburnie Road, Suite 1
New Bern, NC 28562
252-636-1711

Family Medical Supply
1202 S Glenburnie Rd
New Bern, NC 28562
252-672-9301

MediHome Care
2708 Neuse Boulevard
New Bern, NC 28562
252-637-5567

Realo-Carolina Home Medical
2117 Glenburnie Rd
New Bern, NC 28562
252-636-1711

Renal Dialysis Centers

Fresenius/Craven County Dialysis

813 Kennedy Avenue
New Bern, NC 28560
252-633-3378

New Bern Dialysis Unit

2113 Neuse Boulevard
New Bern, NC 28560
252-633-6303

Health care for Jail Inmates

Craven County Health Department

Expanded HIV Testing Program
2818 Neuse Boulevard
New Bern, NC 28560
252-636-4920 ext. 2202

Pamlico Correctional Facility

601 North 3rd Street
Bayboro, NC 28515
252-633-6303

Pamlico Sheriff's Department

200 Main Street
Bayboro, NC 28515
252-745-3101

Health Promotion & Prevention Programs

Alcoholics Anonymous (AA)

Saint Thomas Episcopal Church
402 Freemason Street
Oriental, NC 28571
252-249-0256

Al-Anon Meeting (Tuesday, 8pm)

Saint Thomas Episcopal Church Annex
402 Mildred Street
Oriental, NC 28571

Al-Anon Family Groups -includes Alateen for teenagers (M-F, 8am – 6pm)
1-888-4AL-ANON (1-888-425-2666)

Alzheimer's Dementia Care Evening Support Group (Last Thursday, 5:30)
The Courtyards at Berne Village
2701 Amhurst Boulevard
New Bern, NC 28562
252-633-1779

Better Breathers Club (2nd Tuesday, 12:30)
2000 Neuse Boulevard
New Bern, NC 28562
252-633-8609

Came To Believe Group (Thursday, 8pm)
252-249-1630

Celebrate Recovery-Support Group for people with hurts, habits or hangouts (Monday, 7:15pm)
Temple Baptist Church
1500 Kingdom Way
New Bern, NC 28560
252-633-3330

Coastal Brain Injury and Support Group (1st Wednesday, 1pm)
Homeplace Assisted Living
1309 McCarthy Boulevard
New Bern, NC

Coastal Carolina Substance Abuse Prevention
Post Office Box 1717
New Bern, NC 28560
252-808-5878

Coastal Stroke Club (1st Saturday, 10am)
Coastal Rehabilitation Center
2000 Neuse Boulevard
New Bern, NC 28562
252-634-6722

Diabetes Support Group (3rd Tuesday, 7pm)
252-633-8160

Eastern NC Alzheimer's Association Support Group (1st Wednesday, 1:30pm)
Homeplace
1309 McCarthy Boulevard
New Bern, NC
252-637-7133

Family Support Network of the Crystal Coast
2842 Neuse Boulevard
New Bern, NC 28562
252-514-4770 x 237

Gamblers Anonymous
Phoenix House
252-633-2856

Grapevine
Free Will Baptist Church
Oriental, NC 28571

H.E.A.R Group-Hearing Loss (4th Tuesday, 7pm)
1-800-205-9925

HeartWorks
709 Main Street
Bayboro, NC 28515
252-745-9703

Monday Night Freedom Group (Tuesday, 6:30pm)
Pamlico Correction Facility
Bayboro, NC 28515
252-675-1410
*Permission Needed

Narcotics Anonymous
252-638-2615

North Carolina Cooperative Extension-Pamlico County Center
13451 NC 55 Highway
Alliance, NC 28529
252-745-4121

Pamlico County Health Department
203 North Street
Bayboro, NC 28515
252-745-5111

Pamlico County Recreation Department
202 Main Street
Bayboro, NC 28515
252-745-4240

Pamlico County Senior Services
800 Main Street
Alliance, NC 28509
252-745-7196

Pamlico County Substance Abuse Prevention Task Force
252-675-7368
252-375-9060

Pamlico Partnership for Children
252-745-7850

Parkinson's Support Group (3rd Wednesday, 12:30pm)
Twin Rivers YMCA
100 YMCA Lane
New Bern, NC 28560
252-638-5763

PORT Human Services
1309 Tatum Drive
New Bern, NC 28562
252-637-8742
252-675-2634 (Prevention)

The Climb-Women's Support Group for drugs, alcohol & depression
616 Main Street
Bayboro, NC 28515
252-745-5629

Tobacco Reality Unfiltered (TRU)
Craven County Health Department
2818 Neuse Boulevard
New Bern, NC 28562
252-636-4920

Women Living Sober Group
252-745-7466

Chiropractic Services

Axelson Chiropractic Health Center
13550 NC 55 Highway
Bayboro, NC 28515
252-745-0334

Health-Related Supportive Services (Resources within 25 miles of Bayboro, Pamlico County's county seat)

Chamber

Pamlico County Chamber of Commerce
Post Office Box 92
Grantsboro, NC 28529
252-745-3008

Child Care Providers

Happy Faces Family Child Care Home
Cindy Kester
8654 NC Highway 306 South
Alliance, NC 28510
252-249-2478

Kathy Messina's Daycare Home
Kathy Messina
29 Bennett-Tingle Road
New Bern, NC 28560
252-745-5439

Kid's Empowerment

Sheila Simmons
13482 NC 55 Highway
Alliance, NC 28509
252-745-4959

New Beginning's Child Care Center, Too

401 Farnell Street
Bayboro, NC 28515
252-745-7854

Pamlico County Primary School (More At Four)

Kim Potter
323 Neals Creek Road
Bayboro, NC 28515
252-745-3404

Precious Loving Stars

Shontina Green
18802 Highway 55
Merritt, NC 28556
252-745-0248

Resper's Daycare Home

Virginia Respers
422 Florence Street
New Bern, NC 28560
252-745-3159

Sawyer's Daycare

Patrice Sawyer
511 Swan Point Road
Bayboro, NC 28515
252-745-4180

Smilin' Faces Child Care Center

Jennifer Spain
14178 Highway 55 East
Alliance, NC 28509
252-745-5092

Smilin' Faces After School
Jennifer Spain
14176 Highway 55 East
Alliance, NC 28509
252-745-3647

Tender Loving Jewels
Tianya Jones
845 Chincilla Drive
Bayboro, NC 28515
252-745-8030

Williams Daycare
Beatrice Williams
78 Alfred Farm Road
Bayboro, NC 28515
252-745-4293

Economic Development Office

Pamlico County Planning & Economic Development
202 Main Street
Post Office Box 776
Bayboro, NC 28515
252-745-3081

Head Start Programs

Pamlico County Child Development Center
11313 NC Hwy 55
Grantsboro, NC 28529
252-745-0104

Law Enforcement Agencies

Pamlico County Sheriff's Department
Post Office Box 437
Bayboro, NC 28515
252-745-3101

Oriental Town Police Department
507 Church Street
Oriental, NC 28571
252-745-3101

Media

County Compass
210 Vandemere Road, Suite B
Bayboro, NC 28515
252-745-3155

Pamlico News
502 Main Street
Oriental, NC 28515
252-249-1555

Sun Journal
3200 Wellons Boulevard
New Bern, NC 28562
252-638-8101

WCTI TV 12
Post Office Box 12325
New Bern, NC 28561
252-638-6840

Parks, Summer Camps & Recreational Camping

Alliance Recreational Park
256 Ireland Road
Bayboro, NC 28515

Bay River Campground
682 Weaver Camp Road
Merritt, NC 28556
252-745-4879

Bayboro Community Park
4th Street
Bayboro, NC 28515

Camp Caroline Conference & Retreat Center

3398 Janiero Road
Arapahoe, NC 28510
252-249-0848

Camp Don Lee

315 Camp Don Lee Road
Arapahoe, NC 28510
252-249-1106

Camp Sea Gull For Boys

218 Sea Gull Landing
Arapahoe, NC 28510
252-249-1111

Camp Seafarer-For Girls

2744 Seafarer Road
Arapahoe, NC 28510
252-249-1212

Camp Vandemere

215 Third Street
Vandemere, NC 28587
252-745-3171

Lou Mack Park

Oriental, NC 28571

Minnesott Golf & Country Club

806 Country Club Drive
Minnesott Beach, NC 28510
252-249-0813

Lupton Park

Oriental, NC 28571

Newton Creek Park

279 Matthews Road
Bayboro, NC 28515

Oriental Recreation Park
6417 Straight Road
Oriental, NC 28571

Paddle Pamlico Inc.
300 Hodges Street
Oriental, NC 28571
252-249-1850

Pirate Queen Paddling
310 Hodges Street
Oriental, NC 28571
252-249-1421

Racoon Creek Park
1206 NC 304
Bayboro, NC 28515

Rivers Edge Family Campground
149 Tempe Gut Road
Bayboro, NC 28515
252-559-3603

Styron Beach Access
681 Styrontown Beach Road

Public Transportation Systems

CARTS Public Transportation
2822 Neuse Boulevard
New Bern, NC 28560
252-636-4917

Senior Citizens Center

Pamlico County Senior Services
800 Main Street
Alliance, NC 28529
252-745-7196

Social Services, including assistance with:

Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Food Security

Coastal Community Action (referred by Pamlico County Human Services)
Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

FNS (Food Samps)
Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Food Bank of Central & Eastern NC-New Bern Branch
205 South Glenburnie Road
New Bern, NC 28560
252-514-2006

Salvation Army
1402 Rhem Avenue
New Bern, NC 28560
252-637-2277

Housing/Shelter

Alliance Manor Apartments
207 Cowell Road
Bayboro, NC 28515
252-745-5736

Bay River Apartments
1 Fairview Court
Bayboro, NC 28515
252-745-5980

Coastal Community Action (referred by Pamlico County Human Services)
Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Medical Coverage

Coastal Community Action (referred by Pamlico County Human Services)
Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Medicaid (Medical Assistance)
Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Home Heating/Cooling

Coastal Community Action (referred by Pamlico County Human Services)
Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Crisis Intervention Program
Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Low Income Energy Assistance Program
Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Emergency Assistance

CP&L Project Share

Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Tideland Electric Membership Corporation Program

Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Daycare Assistance

Daycare

Pamlico County Human Services
808 Alliance Main Street
Bayboro, NC 28515
252-745-4086

Conclusions Drawn

In 2011 Community Health Opinion survey, most residents, 33.7 percent, had neither a positive nor negative view of the healthcare system in Pamlico County. Review of the information shows there are voids in health services for residents of Pamlico County as evidenced in this section and also from information shared in chapters three and four.

Medical Resources

Pamlico County has limited dental, eye and routine health care. Pamlico Medical Center and Oriental Medical Center are the only provider(s) of primary care. Without an adequate supply of primary care physicians, the target population suffers from a lack of preventative care necessary to reduce morbidity and mortality rates. There is a clinic for low-income individuals to receive health care (HOPE Clinic). Pamlico County has no hospital, one urgent care facility, one pediatrician, and no orthodontist within the county. Number of dentists and licensed practical nurses has been declining while the population continues to increase. Pamlico Rescue, based in Bayboro, responds to medical emergencies for all of Pamlico and, for serious cases, provides Advanced Life Saving (ALS) and ambulance service for the County. The Community Health Assessment Opinion Survey suggests that residents feel medical resources in the county could be better by stating a “neutral” feeling when asked “**How do you feel about this statement, do you feel there is a good healthcare system in Pamlico County?**”.

Health Department: The Pamlico County Health Department offers health care to Pamlico County residents that includes prenatal, postpartum/newborn, child health, adult health primary care, health education, communicable disease/STDs, and WIC. The number of staff in both direct services in the clinic and in health promotion is limited.

Mental health providers at the psychologist level are another area in need of discussion. Again, the number of Pamlico County psychologists remains stable, yet the population continues to increase. Substance abuse was identified as the top unhealthy behavior in Pamlico County.

There is a gap in services available to the population that is not served by the local hospital or health department due to the economic status. According to the Community Health Assessment Opinion survey, a large number of residents are staying home when they are sick and are not seeking care from a physician.

Chapter 6: Dissemination Plan

Chapter Six: Dissemination Plan

Accreditation Activity 1.3 states that the local Health Department shall disseminate results of the most recent Community Health Assessment (CHA) to local health department stakeholders, community partners, and general populations. To that end, the Pamlico County Health Department will disseminate the 2011 Community Health Assessment accordingly. A publicity committee led by the health educator and comprised of Pamlico Community Health Assessment Steering Committee members has outlined the procedure to disseminate the CHA once it is completed. The plan is as follows:

Publication

- Publish the document using a variety of media formats: hard copy, CD, electronic version for websites
- Develop a press release and a Public Service Announcement
- Prepare a PowerPoint presentation that can be posted electronically and used for presentations to multiple groups.
- Prepare and publish an Executive Summary that is a brief document highlighting key points drawn from the CHA.

Presentations

- Presentation to the Pamlico County Board of Health
- Share press release and public service announcement with selected/key public officials present
- Presentations to other groups, such as
 - Healthy Carolinians of Craven-Pamlico
 - School Health Advisory Council
 - Board of Commissioners
 - Local civic groups
 - Other groups and businesses, upon request

Dissemination

- Hard copies of the document will be distributed to the Board of Health, Health Department, Chamber of Commerce, CarolinaEast Health System, city and town mayors' offices, Pamlico County Schools' district office, local public library, and others as requested.
- The complete report will be accessible for download from the Health Department's website.
- The PowerPoint presentation also will be available from the county's website.

- The Executive Summary, and other documents deemed as feasible, will be translated into Spanish, Pamlico County's second most spoken language.
- The Executive Summary will be widely disseminated at all health department functions and community events.
- The Executive Summary will be mailed to all community leaders, local agencies and organizations, along with staff of the health department.
- The CHA will be available for health department clients.

Chapter 7: Conclusions and Next Steps

Chapter Six: Conclusions and Next Steps

The Pamlico County Health Department's and Healthy Carolinians of Craven-Pamlico's Community Health Assessment consisted of primary and secondary health data to identify the objectives of highest priority for the county. A member of the health department's management team met with community residents and the steering committee to begin the process of prioritizing Pamlico County's health issues with future goals to develop action plans aligned with the 2020 Healthy Carolinians Health Objectives. The management team representative presented to the steering committee and residents the top 6 health concerns and community needs that were gathered during the survey which include:

- Obesity
- Lack of Exercise
- Tobacco Use
- Substance Abuse
- Cancer
- Heart Disease

To select the top three priorities, each participant (community resident and/or stakeholder) was given three colored dots (red, yellow, and green) and asked to select three areas that they determined to be priority issues over the next four years. A dot was placed next to their preferred priority. A red dot suggested a ranking of most important, a green dot suggested more important, and a yellow dot suggest important.

The priorities were ranked according the popularity of the priority according to the number of dots earned. Red dots were weighted 3 points; green 2 points; yellow 1 point.

Pamlico County Health Department and Healthy Carolinians of Craven-Pamlico will continue to recruit and identify additional community partners, including strong community-based representation and faith leaders. Once the CHA has been printed and distributed into the community, Pamlico County Health Department and Healthy Carolinians of Craven-Pamlico will develop Action Plans based on the three priorities for the upcoming years 2012-2016.

Health Concern/Community Need	Total (Weighted)
Obesity	3
Lack of Exercise	12
Tobacco Use	7
Substance Abuse	12
Cancer	7
Heart Disease	6

Community Residents:

Health Concern/Community Need	Total (Weighted)
Obesity	18
Lack of Exercise	13
Tobacco Use	11
Substance Abuse	19
Cancer	4
Heart Disease	2

Steering Committee:

Health Concern/Community Need	Total (Weighted)
Obesity	21
Lack of Exercise	25
Tobacco Use	18
Substance Abuse	31
Cancer	11
Heart Disease	8

Totals:

The Pamlico County Health Department has named the following health concerns/community needs as Pamlico County's priorities:

Identified Priorities:

Substance Abuse

Obesity

Tobacco Use

Appendices

Appendix A:

Community Health Assessment – Selecting Priorities

October 27, 2011 · 9:30 am – 11:30am · Goose Creek Island Community Center, Hobucken

Agenda

Welcome

Overview of the Community Health Assessment

Present results of Community Health Opinion Survey

Leading Causes of Death

Select Priorities

Questions & Answers

Other Items, Announcements, etc.

Appendix B:

Community Health Assessment – Selecting Priorities

October 27, 2011 · 9:30 am – 11:30am · Goose Creek Island Community Center, Hobucken

In Attendance:
Pattie Leary
Annette Jones
Lottie Caroon
Brenda Lewis
Linda Carawan
Myrna Fulford
Glennie Flowers

Appendix C:

Community Health Assessment – Selecting Priorities

November 2, 2011 · 10:00 am – 12:009m · Pamlico County Health Department

Agenda

Welcome

Overview of the Community Health Assessment

Present results of Community Health Opinion Survey

Leading Causes of Death

Select Priorities

Questions & Answers

Other Items, Annoucements, etc

**Appendix D:
Community Health Assessment – Selecting Priorities**

November 2, 2011· 10:00 am – 12:009m · Pamlico County Health Department

In Attendance:	
<u>Name</u>	<u>Agency</u>
Tamara Jones	Pamlico County Health Department
Davin Madden	Pamlico County Health Department
Maree Bell Minor	Pamlico County Schools – Child Nutrition
Stacey Lambert	Pamlico County Health Department
Megan McGarvey	CarolinaEast Health System
Mary Boudreault	Pamlico County Partnership for Children
Debra Kenyear	East Carolina Behavioral Health/ Systems of Care Coordinator
Maria Sutton	Craven County Health Department
Douglas Pearsall	Pamlico County High School
Sam Lewis	PORT Human Services

Appendix E:

2011 Community Health Assessment Partners' Roles & Responsibilities

Arapahoe Charter School

Attended the Community Health Assessment Planning Meeting

Assisted with identifying health and health-related resources

Assisted with identifying community assets

Provided data throughout the document

Belangia's

Public health conducted Community Health Opinion surveys to customers

CareShare Health Alliance

Provided guidance regarding leading and organizing groups

CarolinaEast Health System

Attended the Community Health Assessment Planning Meeting

Participated on the Community Health Assessment Steering Committee

Survey development

Assisted with identifying health & health-related resources

Assisted in selecting health priorities

Edited the Community Health Assessment document

CARTS – Public Transportation

Participated on the Community Health Assessment Steering Committee

Conduct health opinion surveys

Provided data related to basic needs and public transportation

Community Representatives

Attended the Community Health Assessment Planning Meeting

Completed the Community Health Opinion surveys

Participated in selecting health priorities

County Compass

Attended the Community Health Assessment Planning Meeting

Participated on the Community Health Assessment Steering Committee

Assisted with identifying community assets

East Carolina Behavioral Health

Attended the Community Health Assessment Planning Meeting

Assisted with survey development

Assisted in selecting health priorities

Girls On The Run of Pamlico County

Provided water bottles, as an incentive, to residents for completing the community health opinion survey

Goose Creek Island Community Center

Provided a place for the community to assist with selecting health priorities

Healthy Carolinians of Craven-Pamlico

Attended the Community Health Assessment Planning Meeting

Survey development

Assisted with identifying health & health-related resources

Mount Olive Missionary Baptist Church

Provided a place for a one-day site collection in Mesic

North Carolina Division of Public Health – Office of Healthy Carolinians

Provided orientation to Community Health Assessment Steering Committee

Led monthly CHA conference calls

Organized the Community Health Assessment Institute

North Carolina Division of Public Health – Oral Health Section

Participated on the Community Health Assessment Steering Committee

Assisted with identifying Medicaid dentists in the area and other health-related resources

Assisted with survey development

Pamlico Community College

Allowed public health to conduct health opinion surveys at the Senior Day program

Assisted with conducting surveys to young adults

Pamlico County Building Inspection

Assisted with conducting surveys to men

Pamlico County Chamber of Commerce

Assisted with identifying health & health-related resources

Pamlico County Economic Development

Participated on the Community Health Assessment Steering Committee

Linked the Community Health Opinion survey online

Provided economic data

Pamlico County Emergency Management

Attended the Community Health Assessment Planning Meeting

Participated on the Community Health Assessment Steering Committee

Survey development

Assisted with identifying health & health-related resources

Pamlico County Health Department

*Provided financial support for Community Health Assessment
Provided meeting space for monthly steering committee meetings
Facilitated the Planning and Steering Committee Meetings
Analyzed primary & secondary data
Assisted with selecting health priorities
Gathered information from sub-committees to show progress since 2007 CHA
Wrote the Community Health Assessment document*

Pamlico County Human Services

*Participated on the Community Health Assessment Steering Committee
Assisted with identifying health & health-related resources
Assistance with social needs data*

Pamlico County Parks & Recreation

Provided data related to recreation

Pamlico County Partnership for Children

*Attended the Community Health Assessment Planning Meeting
Participated on the Community Health Assessment Steering Committee
Assisted with identifying health & health-related resources as well as daycare
Assisted with selecting health priorities*

Pamlico County Schools

*Attended the Community Health Assessment Planning Meeting
Participated on the Community Health Assessment Steering Committee
Allowed public health to collect health opinion surveys at Open Houses
Assisted with survey development
Assisted with identifying health & health-related resources
Provided data throughout the document
Assisted with selecting health priorities*

Pamlico County Senior Services

*Participated on the Community Health Assessment Steering Committee
Assisted with identifying health & health-resources
Conducted surveys to seniors
Provided assistance with elderly data and issues*

Pamlico County Water Service

Provided water quality information and information from the Consumer Satisfaction Report

Pamlico Historical Society

Provided historical books to assist with writing Pamlico County's history

Pamlico Pediatrics

*Participated on the Community Health Assessment Steering Committee
Assisted with identifying health & health-related resources*

PORT Human Services

*Participated on the Community Health Assessment Steering Committee
Assisted with identifying health & health-related resources
Provided data related to mental health and substance abuse
Assisted with selecting health priorities*

Project ASSIST

Provided cup holders, as incentives, to residents for completing the community health opinion survey

Tobacco Reality Unfiltered

Provided calculator, as incentives, to residents for completing the community health opinion survey

Town of Bayboro

Provided information regarding Pamlico County's economy