



**2016 State of the County Health Report
Pamlico County, North Carolina**



Pamlico County Community Profile

Historical Information

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 colonists came to the area.

Geographical Information

Pamlico County is located in Eastern North Carolina with a population of 12,821 in 2016. The county is relatively flat, with rich soils ideal for growing tobacco, soybean 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 northwest. The county is 130 miles east of Raleigh and 112 northeast of Wilmington.

Adjacent Counties

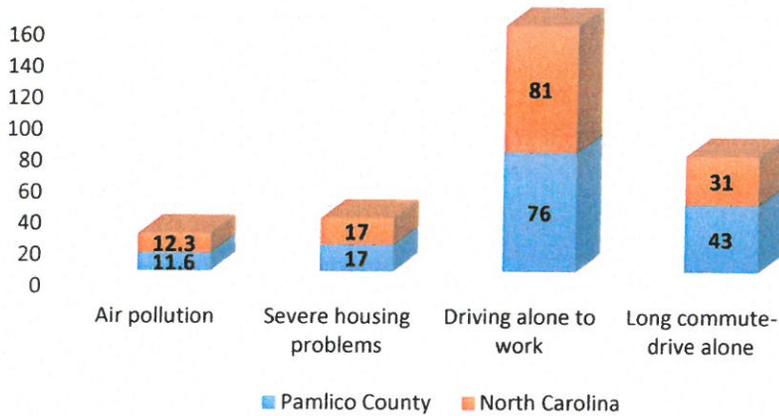
- Beaufort County – North
- Hyde County – Northeast
- Carteret County – Southeast
- Craven County – Southwest

Pamlico County ranked 72 out of 100 percentile on the environmental health hazard exposure index in 2015, with the higher values corresponding to less exposure to harmful toxins. This index summarizes potential exposure to harmful toxins including carcinogenic, respiratory, and neurological hazards.

The 2016 County Health Rankings rated the physical environment in Pamlico County as 25th out of the 100 counties in North Carolina. This is down from 2014 in which the county ranked 9th in the state. The physical environment measures change each year, and in 2016 included:

- Air pollution – particulate matter in micrograms per cubic meter
- Drinking water violations
- Severe housing problems
- Driving alone to work
- Long Commute – driving alone

Physical Environment

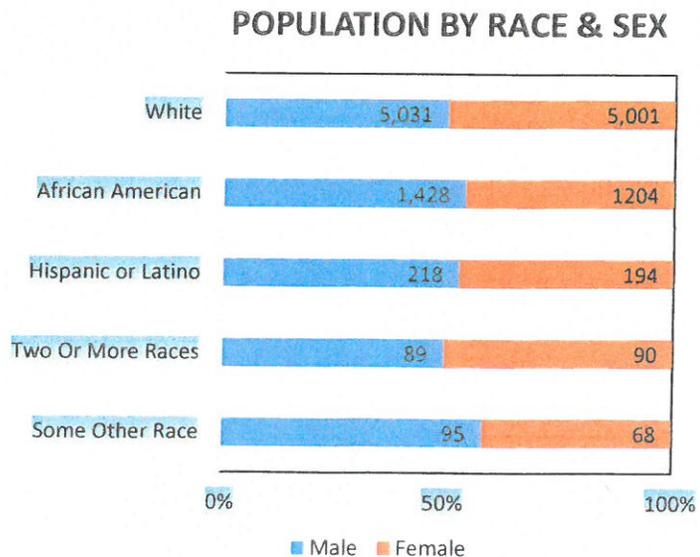
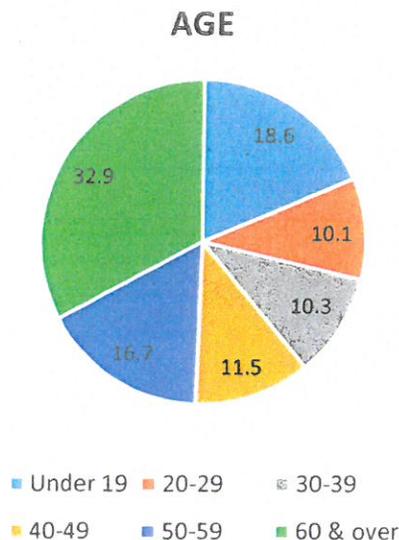


Demographic Information

According to the US Census Bureau the 2016 population of Pamlico County is 12,821. This latest census shows the population has decreased 2.5% since the 2010 census. Pamlico County is comprised of 10 incorporated towns (Alliance, Arapahoe, Bayboro, Grantsboro, Hobucken, Mesic, Minnesott Beach, Oriental, Stonewall and Vandemere). Bayboro is the county seat.

The county is anchored on the east by the Town of Oriental, a popular waystation for boaters traveling the Intracoastal Waterway, and by unincorporated Lowland. The city of New Bern is across the county line in Craven County to the west and is the primary trade area for Pamlico County. The unincorporated community of Olympia is in the western part of the county.

Pamlico County has 7,630 housing units with 2.36 persons per household. The median household income from 2011-2015 was \$43,444. The following pie chart outlines the Pamlico County population by age, while the bar chart outlines the population by race and sex in 2016.



This table represents the area's social and economic factors compared the state in 2016

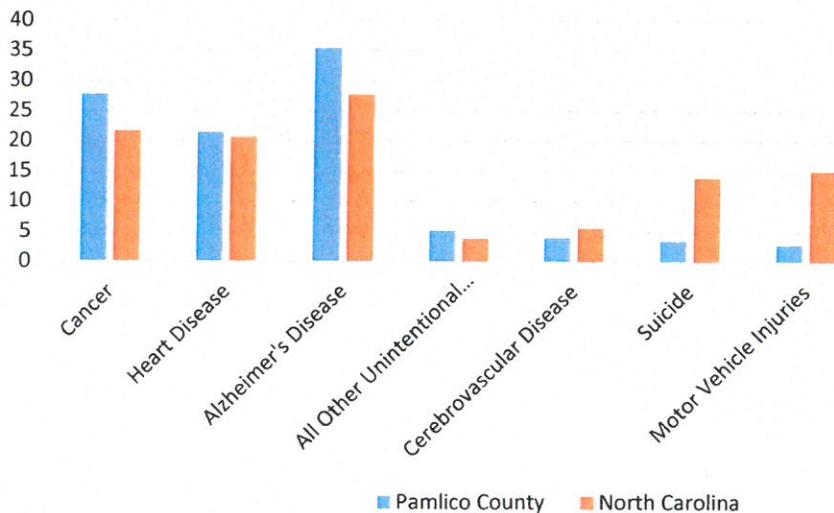
Social and Economic Factors (percentages) Source: State Center for Health Statistics, North Carolina

	Pamlico County	North Carolina
High School Graduation	93	83
Some College	58	65
Unemployment	6.5	6.1
Children in poverty	32	24
Income inequality	4.3	4.8
Children in single-parent household	41	36
Social associations	11.6	11.7
Injury deaths	96	63
Violent Crime	186	355

Leading Causes of Death in Pamlico County

According to the North Carolina State Center for Health Statistics, the top leading causes of death in Pamlico County between the years of 2011-2015 were:

Pamlico County Leading Causes of Death Per Percentage Compared to North Carolina



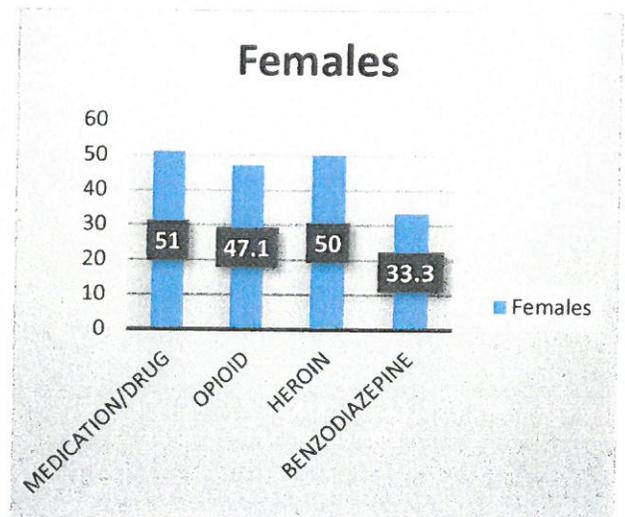
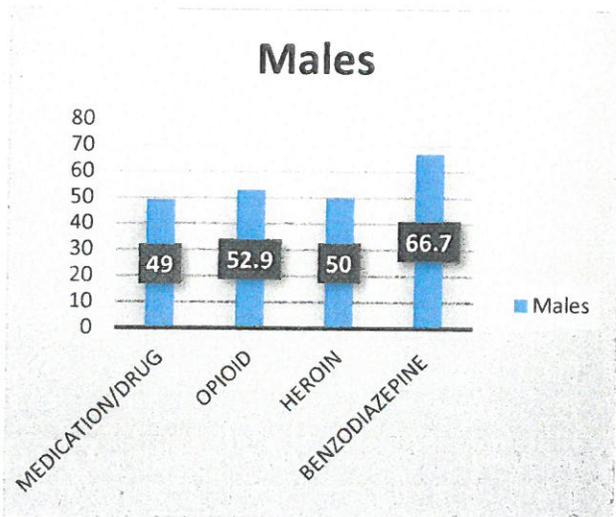
On January 29, 2015, community members met to help identify high health priorities. Once the data was collected and analyzed, the group chose the top three health priorities to target. The following 3 priorities were selected as a result of this community health assessment. They are:

- Substance Abuse
- Mental Health
- Obesity

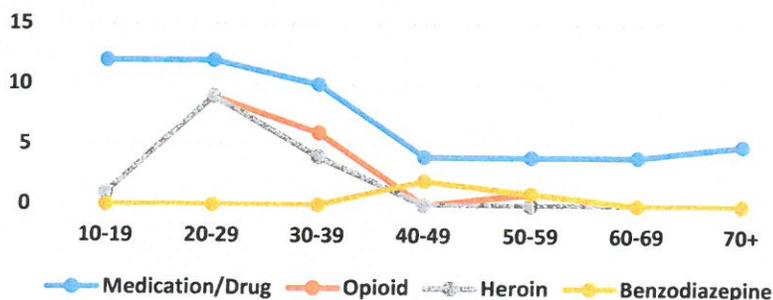
Substance Abuse

According to the North Carolina Disease Event Tracking and Epidemiologic Collection Tool (NCDETECT), the total number of emergency department visits associated with medication or drug overdoses for Pamlico County during 2016 was 85. The graphs below represent the medication/drug, opioid, heroin, and benzodiazepine overdoses by sex, and then by age for Pamlico County residences from January 17, 2016 to December 28, 2016.

During this time frame, medication/drug overdoses were the highest among 10-19 year olds and 20-29 year olds. Out of the total 85 related emergency department overdose visits, medication/drug, opioid, and heroin were the highest among 20-29 age group. The percentage of males compared to females for emergency department overdose were almost equal for medication/drug, opioids, and heroin abuse.



Age



The local emergency department continues to see a rise in the number of visits by patients with substance abuse issues. This follows a nationwide trend where drug overdoses have surpassed motor vehicle crashes as the leading cause of injury death, according to a CDC report published in April 2014. The graph below compares counties with similar demographics demonstrating the number of persons who utilized North Carolina Alcohol and Drug Abuse Treatment Centers between the years of 2007-2010. This data identifies Pamlico County as reporting the highest number of cases overall.

	Pamlico	Jones	Washington	Alleghany	Camden	Gates
2010	13	2	2	None Reported	6	3
2009	11	7	6	None Reported	6	3
2008	8	4	N/A	None Reported	11	7
2007	10	5	N/A	None Reported	5	4

Progress made:

- Pamlico County Sheriff’s office is involved with the Crisis Intervention Team (CIT) training. The CIT Program is a 40-hour course for law enforcement officers. It is a community-based collaborative between individuals in recovery, families, the behavioral health system, law enforcement agencies, mental health providers, NAMI (National Alliance on Mental Illness), advocacy organizations, the community college and the medical community [source- <http://events.trilliumhealthresources.org>].
- There are support groups available in the county such as Al-Anon and Alcoholics Anonymous.
- Pamlico County Substance Abuse Prevention Task Force works to promote the prescription drug drop box located at the Sheriff’s Department.
- The Pamlico County Health Department conducted a media campaign asking residents to connect with Trillium Health Resources for mental health, alcohol and drug use, and intellectual/developmental disabilities.

Mental Health

According to the North Carolina State Center for Health Statistics, the age-adjusted suicide rate for Pamlico County was 22.4 per 100,000 residents from 2009-2013 compared to North Carolina’s 12.2 rate. There has been 13 suicides in Pamlico County from 2009 – 2013, ranging from 0 - 6.

Age-Adjusted Suicide Death Rate per 100,000 Comparing Pamlico County to NC and Peer Counties

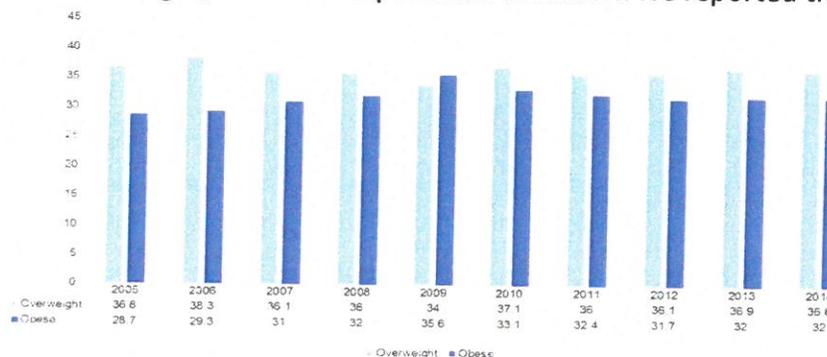
Indicator Raw Value			Indicator Rate			
Year	Pamlico County	Peer Avg.	State	Pamlico County	Peer Avg.	State
2009	4	2	1,161	27.1	13.5	11.9
2010	6	3	1,160	34.5	13.8	12.1
2011	2	2	1,196	28.0	13.2	12.1
2012	0	2	1,281	23.1	11	12.2
2013	3	4	1,272	22.4	11.8	12.2

Progress made:

- The Pamlico County Health Department plans to offer Mental Health First Aid courses. This will be an 8-hour course that teaches how to help someone who may be experiencing a mental health or substance use challenge.
- Pamlico County Middle School and Pamlico County High School have successfully implemented Rachel’s Challenge since 2015. Rachel’s Challenge teaches students to start a “chain reaction” of kindness and compassion. The program focus is to make schools safer, more connected places where bullying and violence are replaced with kindness and respect; and where learning and teaching are awakened to the participants.
- North Carolina received more than \$31 million to address the opioid crisis through the 21st Century Cures Act (State Targeted Response to the Opioid Crisis Grants) in May 2017. The grant will be used to increase access to prevention, treatment and recovery supports, reducing unmet treatment need, and reducing opioid-related overdoses and deaths.
- The Mobile Crisis Team serving Pamlico County is RHA Health Services, Inc. Teams are comprised of experienced clinical staff well-trained in crisis prevention and stabilization techniques.
- Coastal Coalition for Substance Abuse and Prevention (CCSAP) staff, board members and task force members have attended a presentation and panel discussion on substance abuse, mental health, and substance abuse at Pamlico County High School. The program was called “Start the Conversation: Crisis in our Community”.
- Pamlico Partnership for Children offers a 14 week sessions program called the Strengthening Families Program (SFP). This is a nationally and internationally recognized parenting and family strengthening program for high-risk and general population families. SFP is an evidence-based family skills training program found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and to improve social competencies and school performance. Funding was made possible by Trillium Healthcare Resources.

Obesity

According to the 2012 Behavioral Risk Factor Surveillance Survey, 36.1% of respondents in Eastern NC reported that they are overweight; 31.7% of respondents in Eastern NC reported that they are obese.



North Carolina now has the 25th highest adult obesity rate in the nation, according to The State of Obesity: Better Policies for a Healthier America. In Eastern North Carolina, two thirds of all adults 69.3% reported they are overweight or obese (2013 BRFSS). The rise in obesity is alarming because it often precipitates a number of other health problems such as chronic diseases, and is associated with excess morbidity and mortality. Four of the ten leading causes of death in the United States are related to obesity, including coronary heart disease, type II diabetes, stroke, and several forms of cancer. Obesity can also increase the severity of disease associated with hypertension, arthritis and other musculoskeletal problems. (North Carolina Department of Health and Human Services, Division of Public Health, State Center for Health Statistics). In 2011-2012, the prevalence of obesity in the United States was one-third of adults at 34.9% and 17% of children. The prevalence of obesity among adults and children remains high and therefore public health efforts and surveillance is important.

The following table represents the area's social and economic factors and obesity rates among adults in Eastern North Carolina compared to the state in 2009-2013.

Adults who have a body mass index greater than 25.00 (Overweight or Obese)		
Year	Eastern NC	NC
2013	69.3%	66.1%
2012	67.8%	65.8%
2011	68.4	65.1
2010	70.2%	65.3%
2009	69.6%	65.4%

The table below is made up of counties in the state who have similar socioeconomic base to Pamlico, and some of the characteristics compared were percentage of obese adults, population size, sex, income, education, and race.

	Pamlico	Jones	Washington	Alleghany	Camden	Gates
Population Per County	12,821	9,845	12,195	10,848	10,418	11,478
Percentage of Obese Adults	28.0	30.7	34.9	25.5	32.0	34.8
Race-						
Whites	77.70	66.30	48.10	95.40	82.30	64.50
Blacks	19.4	30.3	48.5	1.8	12.2	32.1
Hispanic	3.7	4.5	5.7	9.6	3.1	2
Females	49	51.9	53	50.3	49.8	50.9
Persons Per Household	2.36	2.43	2.4	2.25	2.67	2.65
Income	43,444	34,005	34,538	36,968	58,780	49,258
Homeowners	75.9	70.6	68.7	76.4	84.2	79.6
College Graduates	19.3	13.1	10.4	17.4	22.4	13.2
Poverty	14.6	21.4	23.4	22.9	9.7	16.7
Without Health Insurance	13.2	14.7	13.8	18.2	10.8	11.1
Land area per sq. miles	336.54	470.71	348.14	235.06	240.56	340.45

Progress made:

- Pamlico Community College's Cultural and Life Enrichment program offered gentle yoga classes to residents at Oriental Town Hall.
- The Delamar Center at Pamlico Community College is hosting free REFIT classes most Tuesday evenings from 6-7pm. REFIT is a workout program that is structured around cardio-dance movements, toning and flexibility, strength training and stretching and is designed for all fitness levels.
- Pamlico County Health Department is a breastfeeding friendly workplace! Office space was designated to support breastfeeding moms/employees. The W.I.C. coordinator educates and promotes breastfeeding over the use of formula feeding. For clients who are in need of additional assistance, are referred to local breastfeeding peer counselors.
- Pamlico County Health Department implemented the Expanded Food and Nutrition Program in the Pamlico County Primary School and Fred Anderson Elementary School.
- The all-inclusive playground at Alliance Recreation Park in Bayboro opened earlier this year. The equipment includes a Liberty swing, rubberized surfaces, double wide ramps, Merry Go All, Sway Fun, sensory slides, zip line, and music equipment.
- Pamlico County has added new fresh fruits and vegetables venues that are easily assessable.
- Minnesott Golf & Country Club is offering water aerobics classes on Mondays, Wednesdays, and Fridays for a nominal fee.

Emerging Issues/New Initiatives

- ❖ Pamlico County Health Department has hired a new Health Director, with years of experience from a health, financial, and military background.
- ❖ The health department has updated to the Electronic Medical Records System.
- ❖ The Pamlico County Health Department has added a pediatrician to its staff.
- ❖ Hope Clinic, a free nonprofit, has partnered with the local health department.
- ❖ New signage for the Pamlico County Health Department in addition for plans to relocate the front of the health department to face Hwy 55.
- ❖ Currently the new health director is rebuilding many collaborative partnerships with local agencies due to staffing turnover over the past 4 years.
- ❖ Restarting child health services in Pamlico County Health Department.
- ❖ New collaborative with Pamlico County Health Alliance concerning Suicide Prevention Reduction Task Force.
- ❖ New collaborative with Hope Clinic concerning Opioid Treatment, Prevention, and Emergency Response Task Force.

References

Countyhealthrankings.org

State Center for Health Statistics, North Carolina

NC Health and Human Services

2014 Pamlico County Community Health Assessment (CHA)

Overweight/Obesity Rates by Percentage in Eastern NC, 2005-2014

Coastal Coalition for Substance Abuse and Prevention-(CCSAP).org

Trilliumhealthresources.org

www.cdc.gov/obesity/data/adult.htm