



2016

# State of the County Health Report



Wayne County Court House

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## Wayne County Health Department



301 N. Herman Street, Goldsboro, NC 27863  
919-731-1000

# Wayne County at a Glance

A community health assessment (CHA) is the foundation for improving and promoting the health of community members. The role of a community health assessment (CHA) is to identify factors that affect the health of a population and determine the availability of resources within the community to adequately address those factors. For Wayne County North Carolina, the most recent CHA was completed in 2015. For more information on the 2015 community health assessment visit <http://www.waynegov.com/241/Health-Department>

Following its completion, an assessment team was established to analyze the data and seek input and feedback from the community in order to determine the health priorities with the greatest need.

The top three health priorities



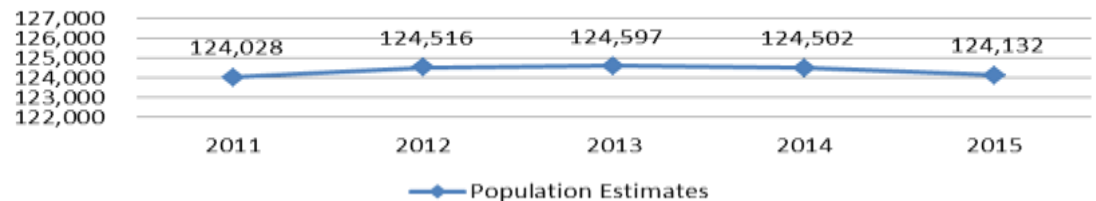
## 2015 POPULATION

**124,132**

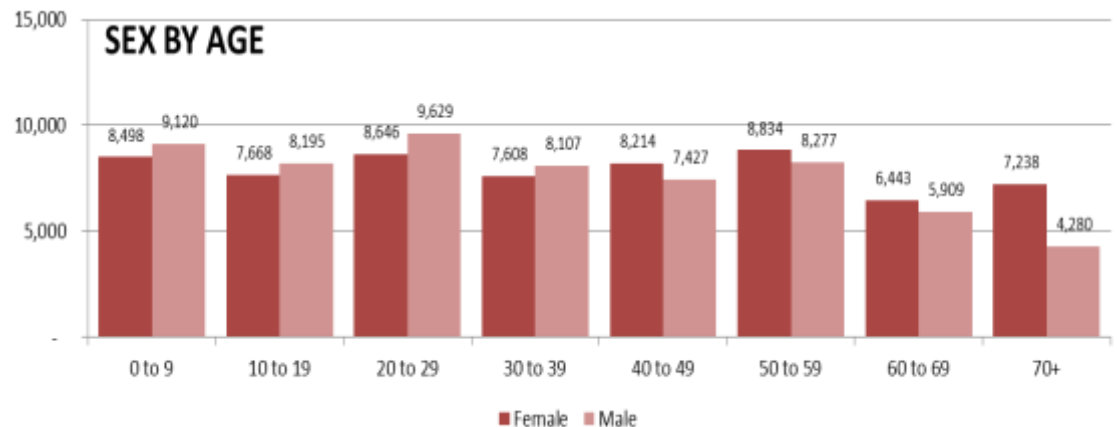
## MEDIAN HOUSEHOLD INCOME

**\$41,172**

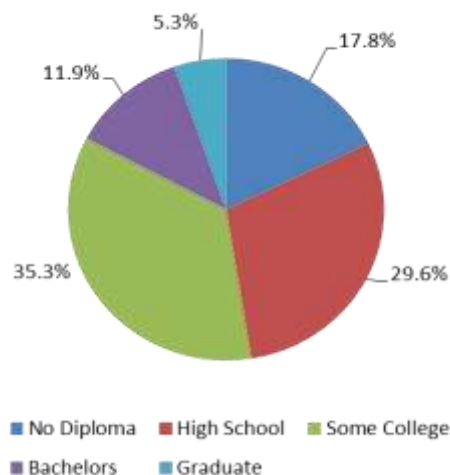
### POPULATION



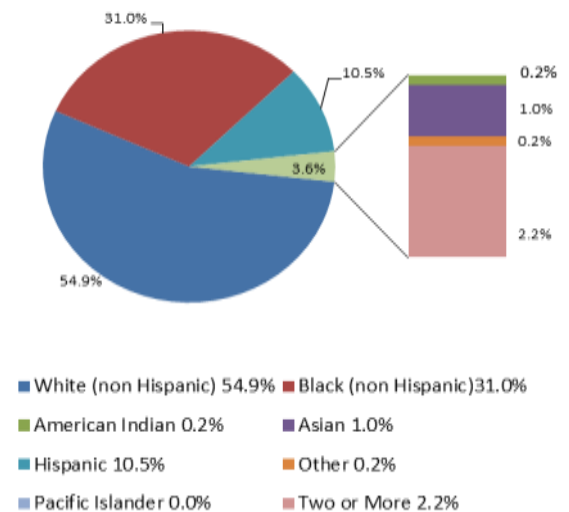
### SEX BY AGE



### EDUCATION



### RACE/ETHNICITY



## POVERTY

**16.7%**

## UNEMPLOYMENT

**7.7%**

## HOUSING UNITS

**53,074**

## HOUSEHOLDS

**47,480**

Source: US Census Bureau's 2015 Population Estimates  
US Census Bureau's 2014 American Community Survey dataset

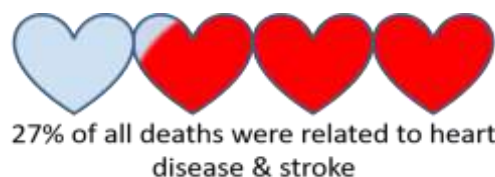
# Morbidity & Mortality

## Leading Causes of Death

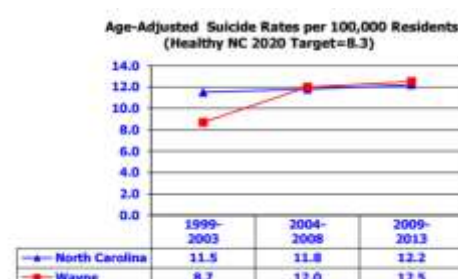
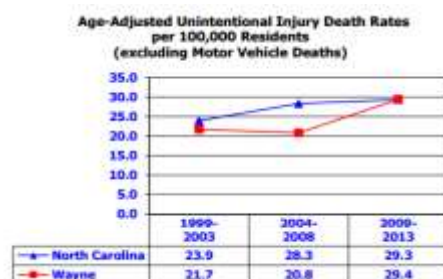
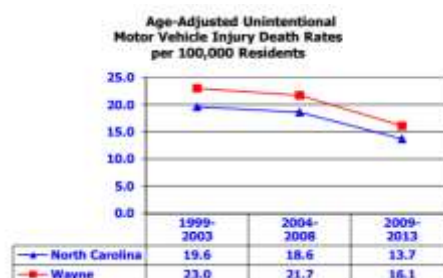
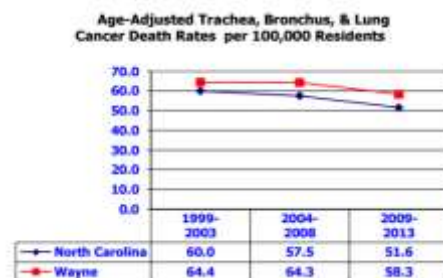
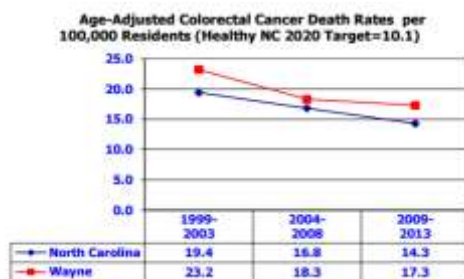
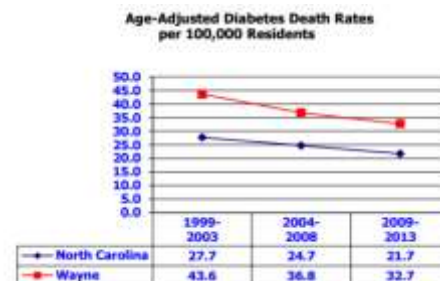
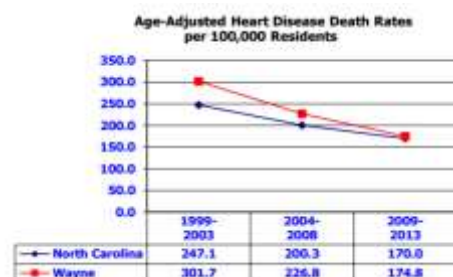
Causes of Death 2015	County		State
	# of Deaths	Death Rate	Death Rate
1.Cancer – All Sites ↓	238	191.7	192.3
2.Heart Disease ↓	228	183.7	183.9
3.Cerebrovascular Disease (Stroke) ↑	74	59.6	50.1
4.Chronic Lower Respiratory Disease ↑	69	55.6	52.0
5.Diabetes ↑	51	41.1	27.3
6.Alzheimer's Disease ↓	41	33.0	37.9
7.Other Unintentional Injuries ↓	35	28.2	34.6
8.Nephritis, Nephrotic Syndrome, Nephrosis ↑	27	21.8	18.1
9.Chronic Liver Disease & Cirrhosis ↑	24	19.3	12.5
10.Pneumonia and Influenza ↓	19	15.3	21.0

↓Lower than state rate    ↑Higher than state rate

Source: NC State Center for Health Statistics



## Health Trends



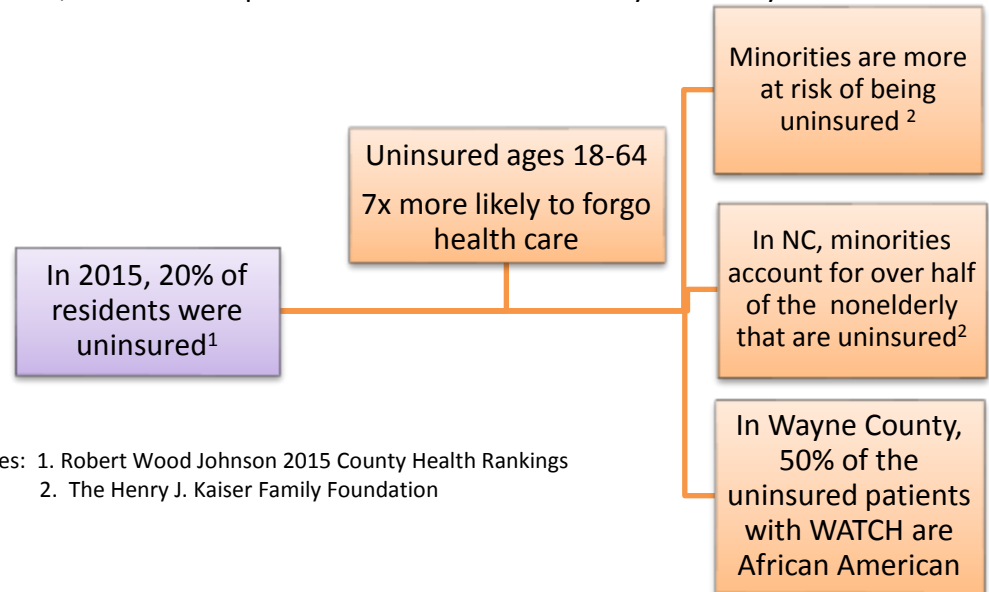


# Access to Healthcare

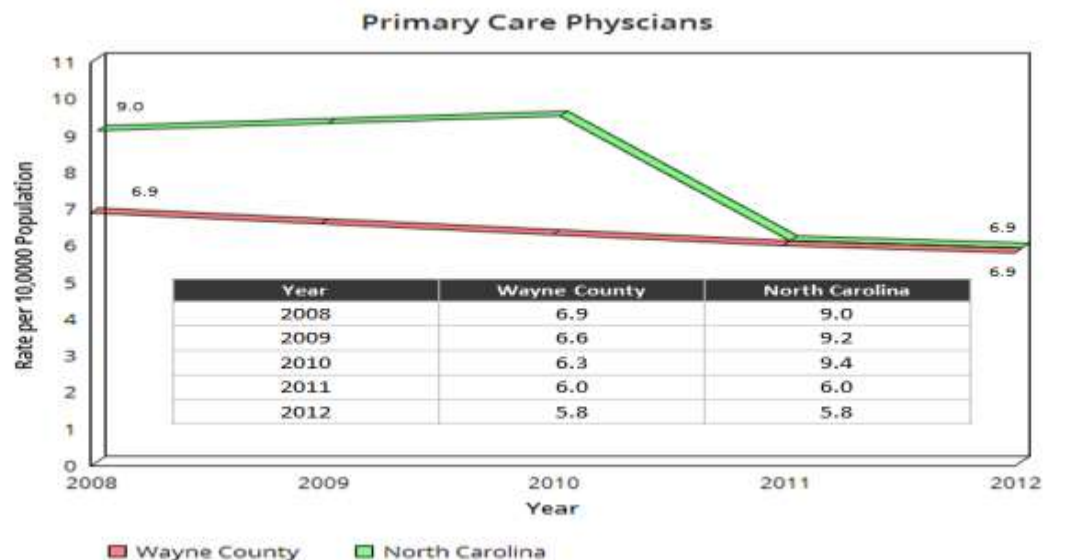
**Goal:** Increase the number of uninsured that have a medical home through Wayne Action Teams for Community Health (WATCH).

**Objective:** Provide health care to 20% of uninsured Wayne County residents by 2018.

A health care system built upon providing a primary care medical home is a foundation for healthy living. Without proper diagnosis and management of mild to moderate chronic diseases, individuals may become medically disadvantaged. It is known that patients with a primary medical care home are less likely to clog the emergency rooms for primary care, medications, or require hospitalizations for uncontrolled chronic conditions such as diabetes or high blood pressure. When routine care isn't readily accessible or available those uncontrolled outcomes can fatally lead to a heart attack or stroke, one of the top three causes of death in Wayne County.



Sources: 1. Robert Wood Johnson 2015 County Health Rankings  
2. The Henry J. Kaiser Family Foundation



2014 UNC Sheps Center

According to the most recent data, even though Wayne County fell below the state rates for primary care physicians, starting in 2011 a drastic decline in primary care physicians across North Carolina made the state rates compatible with the county. Going forward, recruitment of primary care physicians is needed as well as linkage to care for the uninsured and underinsured into county health care organizations such as WATCH which is a 501(C)(3) non profit organization for the uninsured and Goshen Medical Center, Inc. which is a Federally Qualified Health Care Center.

# Health Conditions - Obesity

**Goal:** Reduce the incidence of chronic diseases and improve health outcomes through promotion of individually adapted behavior, policy development, and environmental change

## Objectives:

1. Increase % of adults who are neither overweight nor obese by 15% by Jan. 2018

2. Increase % of adults who are physically active by 15% by Jan. 2018

Obesity is a condition that is associated with having a body weight at least 20 percent higher than it should be. It can be triggered by genetic and environmental factors that are difficult to control. Obesity is classified as having a Body Mass Index, a tool used to measure obesity, at 30 or greater. Being obese increases the risk of developing conditions such as diabetes, high blood pressure, osteoarthritis, sleep apnea, and other related illnesses. Many individuals are affected by obesity and are not aware of it.

In Wayne County, obesity has become a contributing health problem. The percentage of adults that are obese is 35 percent, which has increased from 33 percent in 2012.<sup>1</sup> In addition, physical inactivity is also directly related to the prevalence of obesity, diabetes and heart disease. The percentage of Wayne County adults age 20 and over who report no monthly physical activity outside of their regular job is 27 percent.<sup>1</sup> In the 2015 County Health Ratings and Roadmaps, 49 percent of Wayne County residents have access to exercise opportunities.<sup>1</sup> Access to exercise opportunities describes the proportion of individuals who live reasonably close to a location of physical activity such as parks, recreational facilities, the local YMCA, community centers and walking trails. Additionally, the Behavior Risk Factor Surveillance System (BRFSS) conveyed the percentage of Wayne County residents who reported exercising in the past month remained at 74 percent.<sup>2</sup>

Sources: 1 – 2011 BRFSS Survey Results 2 – NC State Center for Health Statistics

## Physical Activity Resources



GoWayneGo is a grassroots campaign that encourages Wayne County residents to make healthier nutritional decisions and increase their physical activity. The goal is to collaborate with local churches, businesses, child care facilities, and corner stores to adopt healthy policies to increase healthy eating and physical activity. GoWayneGo has a year-round walking series which are facilitated at the county's greenways, parks and trails. The following congregations: Mount Calvary Missionary Baptist, Philadelphia Community Church and Deeper Life Church Ministries have health ministries that were established or reestablished through the Health

Department's Minority Health Program and are three of the most recent GoWayneGo church initiatives. The coordinator of GoWayneGo also provides technical assistance as needed to some of the county's worksite wellness programs. A few of the current worksites are Wayne County Health Department, Wayne UNC Health Care and Wayne Community College, which is the most recent site to implement a worksite wellness program for employees.

To find out about the abundant physical activity resources Wayne County has to offer please view the resource guide at <http://www.gowaynego.org/physical-activity-resource-guide>

### Physical Activity Resource Guide



A Resource for Wayne County Residents



Contact GoWayneGo:  
www.gowaynego.org  
Phone Number: 919.222.0071  
Email: gowaynegoc@gmail.com

# Education

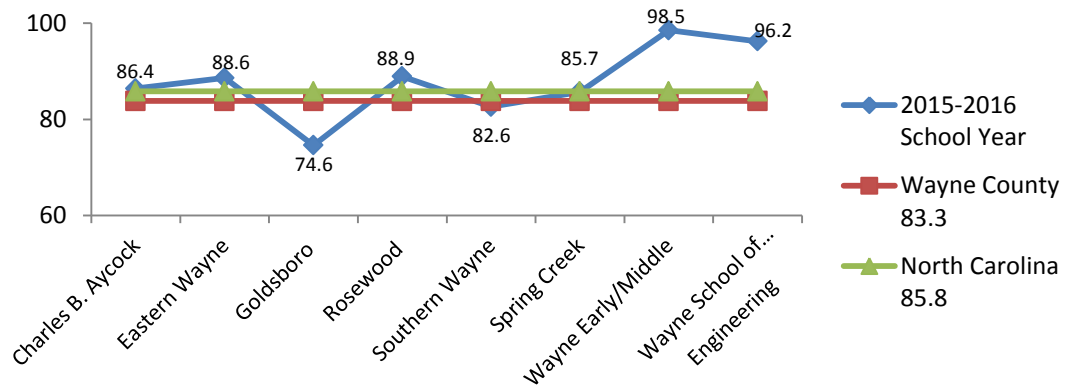
**Goal:** Reduce the dropout rate for students within the public schools of Wayne County

## Objective:

1. Improve the graduation rate from year to year until it reaches 100%

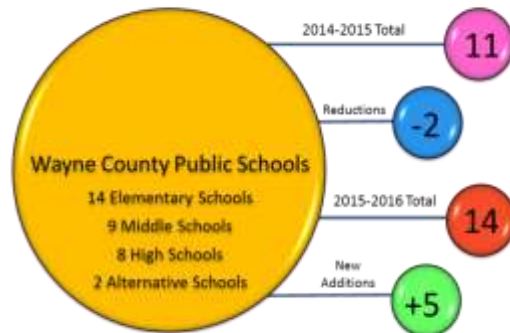
Over the last several decades, education has been recognized as an increasingly important social determinant of health. When individuals and families have access to a better education, opportunities for employment and increased social mobility result. This increases capacity for better decision making regarding one's health. In today's society, a postsecondary education is fast becoming a minimum requirement for securing employment that can provide young adults the economic, social, and personal resources needed for better health.

### 4-Year Cohort Graduation Rates



Source: NC Public Schools 2015-2016 State, District, School

### Low Performing Schools



Source: NC Public Schools 2015-2016 State, District, School

During the 2015-16 school year 14 schools were identified as low performing which increased from 11 in 2014-2015. Five new schools were added to the list while two other schools were removed from the previous year's list. A school that earned a school performance grade of a D or F and does not exceed growth is a school that is designated low

performing across the state. In conjunction with improvement plans within the school system, Community in Schools (CIS) of Wayne County is a part of larger network organization that leads the nation in dropout prevention. Their mission is to surround students with a community of support, empowering them to stay in school and achieve in life. By bringing caring adults into the schools to address children's unmet needs, CIS provides the link between educators and the community. The result: teachers are free to teach, and students – many in jeopardy of dropping out – have the opportunity to focus on learning. So far CIS is working with 6 schools, two-thirds of which are currently on the low performing list. The current CIS schools are Brogden, Grantham and Mount Olive middle schools and Goldsboro, Southern Wayne and Spring Creek high schools.

# Emerging Issues 2016

Matthew formed from a tropical wave that pushed off the African coast in late September. It took a few days for that system to organize as it moved westward in the Atlantic. About three days later, however, the system gained sufficient strength to be named Tropical Storm Matthew near the Windward Islands. Hurricane Matthew struck Haiti, eastern Cuba and the Bahamas as a Category 3 and 4 hurricane all before moving very close to the coasts of Florida, Georgia, South Carolina and North Carolina. Matthew made one official U.S. landfall on Oct. 8 just north of Charleston, South Carolina, as a Category 1 hurricane with 75 mph winds.



North Carolina, one of the last states affected by Hurricane Matthew was one of the hardest-hit. The hurricane dumped 14.5-19.5 inches of rain to force the closure of dozens of streets and roads, making driving hazardous. This was triggered by storm water runoff and several creeks and canals spilling over their banks. High winds combined with persistent heavy rain and pre-saturated grounds created conditions leading to tree damage, power outages and additional road closings. Three emergency shelters were opened for residents experiencing flooding and other problems. As time progressed the number of emergency shelters increased to five overall with a sixth special needs shelter managed by the State. In Wayne County, three deaths were reported with one being directly related to the storm and the other two of natural causes.

## A River Runs Through Wayne County – After the Storm

In the aftermath of Hurricane Matthew record-breaking flooding from the Neuse River and its neighboring tributaries such as the Little River inundated several homes, churches and businesses



in Goldsboro, and communities in the western and southern areas of the County. The Neuse River rose to its highest point (crest) of 29.7ft on October 12<sup>th</sup>; roughly 4 days after the hurricane struck surpassing the previous record of 28.9ft set after Hurricane Floyd in 1999. The new record was almost 12ft above the National Weather Service flood stage of 18ft. As a result, the flooding never went as predicted and the County suffered a tremendous amount of losses with a catastrophic impact on the agricultural community, Wayne's leading economic engine.



## Emerging Issues 2016 – Cont'd



**Over \$1.5 Billion  
worth of damage  
state-wide**



**65 roads in the  
county were  
washed out or  
flooded during  
the storm**



**In the town of  
Seven Springs 47  
out of the 49  
homes were  
flooded.**

**The city of Goldsboro condemned  
nearly 400 homes**



**Schools were  
closed to students  
for 8 regular days**

Sources: Wayne County Office of Emergency Management  
The Goldsboro News Argus  
Goldsboro Daily News  
The Weather Channel

## The Public Health Aftermath of Hurricane Matthew

Communities that suffer from natural disasters also suffer from the side effects long after the cameras have stopped rolling and the aid comes to a halt. Disasters change the landscape in numerous ways and only a portion of the changes are immediately evident. Several health concerns may or may not appear until much later, especially in terms of issues with mold, vaccinations, and mental health. Flood waters have the potential to contain chemicals and bacteria which can trigger many public health issues. Following the storm, residents were strongly encouraged to make sure they were up to date on their tetanus vaccine. Tetanus is a serious but preventable disease that can cause severe muscle spasms, lockjaw and even death. Individuals can be exposed to tetanus through soil, structural debris and feces. Anyone exposed to sewage contaminated flood waters were strongly encouraged to make sure they are up to date on their Hepatitis A & B vaccines.

Structures that have been exposed to water damage are likely to have mold or mildew. Prolonged exposure to wet furniture, floors, appliances, or even walls means exposure to fungus. Those most at risk for complications are infants, children, the elderly, those who have chronic lung issues, people with asthma and emphysema or persons with weakened immune systems. Diabetics and others who are more prone to getting infections can be vulnerable to long-term mold exposure.

The mental and emotional effects of a disaster like Matthew can linger even months or years afterwards. The challenges of survival after livelihoods have been lost or the loss of livestock or small businesses, which represent years of accumulated wealth, make mental health problems rampant among survivors. Wayne County Health Department along with our partners will continue to monitor the data and respond accordingly.



# New Initiatives

## Wayne County improves health rankings

The health and quality of life for the Wayne County residents have improved, according to 2015 County Health Rankings, published by the Robert Wood Johnson Foundation. More than 30 factors that influence health were measured including education, housing, jobs, access to healthy food, etc. In North Carolina, Wayne County ranked 51 out of 100 counties. In both 2013 and 2014 the ranking remain steady at 64. The rankings represent how healthy a county is based on mortality and morbidity rates.



## UNC Healthcare expands into Wayne County



UNC Healthcare added Wayne Memorial Hospital as the ninth hospital acquired by the UNC organization. The board of Wayne Memorial was interested in forming the partnership with a larger hospital system with the goal of achieving cost savings and improved medical services.

## Smoke-free policies result in better health

Smoke-free policies are growing in popularity. Goldsboro Housing Authority (GHA) in collaboration



with Wayne County Health Department worked to effectively implement a marketing campaign prior to the implementation of a smoke-free policy within GHA's multi-housing units. This predates the release of a federal smoke-free mandate through the Department of Housing and Urban Development

(HUD). One of the ultimate goals is to eliminate the health hazard of secondhand smoke for all residents and guests. Secondhand smoke can move between units through ventilation systems, cracks in walls, openings in plumbing and electrical systems and open doors and windows of by those smoking on the grounds.



## Wayne County Public Schools enhances Education

In August 2015 Wayne County Public Schools (WCPS) opened two new schools: Grantham Middle and Spring Creek Middle. To make headway with the school improvement plans the Board of Education approved schedule changes for five public schools. The new hours for two elementary



schools – Carver Heights and North Drive are 7:30am until 2:45pm rather than the previous 8 am to 3:15pm. Dillard Middle now starts at 9am to 3:45pm. Goldsboro High students operate on a 9:05am to 3:50pm schedule while the students of Eastern Wayne High start at 8:25am to 3:05p.m. This allows time for planned professional development for the staff every morning prior to the student's arrival.

# Want to do something?

# Get Involved !

Community members can get involved by participating in community coalitions and networks to help connect communities, resources and services. Get involved by contributing a Time, Talent or Treasure that you have to support efforts that address the health priorities in Wayne County to create healthy and supportive environments. Get involved and help support your neighbor, family, friend, colleague to be healthier.

## Wayne County Health Department

### Mission

The mission of the Wayne County Health Department, through our responsive and professional staff, is to preserve, promote, and protect the health of our community by preventing diseases, protecting the environment and promoting healthy living.

### For More Information Contact:

Wayne County Health Department  
Health Education Supervisor  
301 N. Herman Street, Box CC  
Goldsboro, NC 27530  
919-731-1000  
[www.waynegov.com](http://www.waynegov.com)

### Thank You

We would like to express our thanks to Celita Graham and Shamika Howell of Wayne County Health Department and to all collaborating community members, leaders, agencies, action teams, steering committees, task force groups, volunteers, and supporters. We thank each of you for your work, support and efforts to improve our community. Your time and input is valuable to the state of our county's health.

We would also like to thank our Board of Health, County Commissioners, and the taxpayers of Wayne County for their ongoing support. With your support we are able to continue our work for a healthier Wayne County.

— Wayne County Health Department