

State of the County Health Report

Wayne County, North Carolina

December 2010

During the last Community Health Assessment in 2008 there were 5 major health problems identified and chosen as priorities for Wayne County. They are as follows:

- Teen Pregnancy
- Infant Mortality
- Chronic Disease (including Heart Disease, Cancer & Diabetes)
- STDs (Sexually Transmitted Diseases)
- Obesity (especially childhood obesity)

Progress Made as of 2010:

- **Teenage Pregnancy** – The teen pregnancy rate continued to drop in 2009 – however Wayne County's rates continue to be higher than the state of North Carolina's teen pregnancy rates. See chart below for details.

Teen Pregnancy Rates – Ages 15 – 19 – Wayne County/North Carolina

Year	Rates/1,000 females				NUMBER OF PREGNANCIES		
	Wayne (Total)	White	Non- White	State Rate (Total)	Total	White	Non-White
1999	90.8	66.6	123.3	77.4	355	153	199
2000	102.8	75.1	140	76.1	375	158	216
2001	90.5	72.3	114.5	69.3	366	170	194
2002	72.7	52.8	99.3	64.1	295	125	168
2003	77.1	59.9	101	61	312	143	168
2004	79.1	65.2	92.1	62.4	325	158	155
2005	78.2	58.4	105.1	61.7	326	145	177
2006	71.2	53.1	93.5	63.1	293	129	158
2007	79.9	63	110.7	63	330	161	169
2008	73.5	59.7	87.3	58.6	294	138	149
2009	68.2	53.7	87.2	56	272	128	140

Repeat teen pregnancy rates also dropped in 2009 in Wayne County:

2008: 33.4% of teens had a repeat pregnancy

2009: 28.7% of teens had a repeat pregnancy

Wayne County can be proud of the fact that Teen Pregnancy Prevention has been a priority for many years. Numerous agencies including the Wayne County Health Department, Wayne County Public Schools, WISH, Goldsboro

Pediatrics, WATCH and two Teen Pregnancy Prevention Coalitions along with various other community based organizations have joined hands to assist local youth in understanding the importance of delaying pregnancy during the teen years.

Wayne County continues to seek programs that will help young people make better choices that will impact their future and that of future generations. As of December 2010 a group of community partners representing various agencies is applying for a grant that will focus on women 13 to 24 years of age that already have a child. If Wayne County is fortunate enough to receive this grant future teen pregnancy rates as well as out of wedlock births should be positively impacted.

- **Infant Mortality** – Infant Mortality rates unfortunately have increased as the chart below illustrates – in 2008 & 2009 the infant mortality rates for whites and minorities in Wayne County exceeded the state rate. Infant mortality is defined as the death of an infant prior to their first birthday. These numbers are very concerning considering Wayne County lost 22 infants in 2009 and a total of 176 infants since the year 2000. These numbers also represent families and the heartbreak of losing a child. As the chart below illustrates there are also racial disparities as the infant mortality rate for minorities in 2009 was over three times higher than that of whites.

Infant Mortality 2000-2009, Wayne County

YEAR	WHITE			MINORITY			TOTAL # OF DEATHS
	Number	Rate	NC Avg. Rate	Number	Rate	NC Avg. Rate	
2000	11	10.0	6.3	9	13.7	14.4	20
2001	5	4.5	6.1	12	19.4	14.8	17
2002	3	2.9	5.9	13	21.2	14.2	16
2003	7	6.4	5.9	10	16.5	14.0	17
2004	7	6.1	6.2	12	19.8	15.6	19
2005	7	5.9	6.4	15	23.7	14.9	22
2006	4	3.5	6	8	12.5	13.6	12
2007	5	4.2	6.3	7	11.4	13.9	12
2008	7	6.2	6	12	18.6	14.1	19
2009	8	7.7	5.4	14	22.4	14.1	22

The Wayne County Health Department initiated an open access appointment system in July 2007 for the prenatal program in order to facilitate easier access and earlier entry into prenatal care. Early entry into prenatal care is very important to the health and well being of Mom and baby. Based on 2008 data **24% of whites and 27% of minorities** began their prenatal care **after the first trimester** (meaning care did not begin until after third month of pregnancy – however please note sometimes this is based on maternal recall). Data for 2007-2009 revealed a total of **29% of all births** in Wayne County received late or no

prenatal care as compared to the state rate of **16.8%**. In 2008 **45.7%** of births in Wayne County were to women seen by the Health Department's prenatal program.

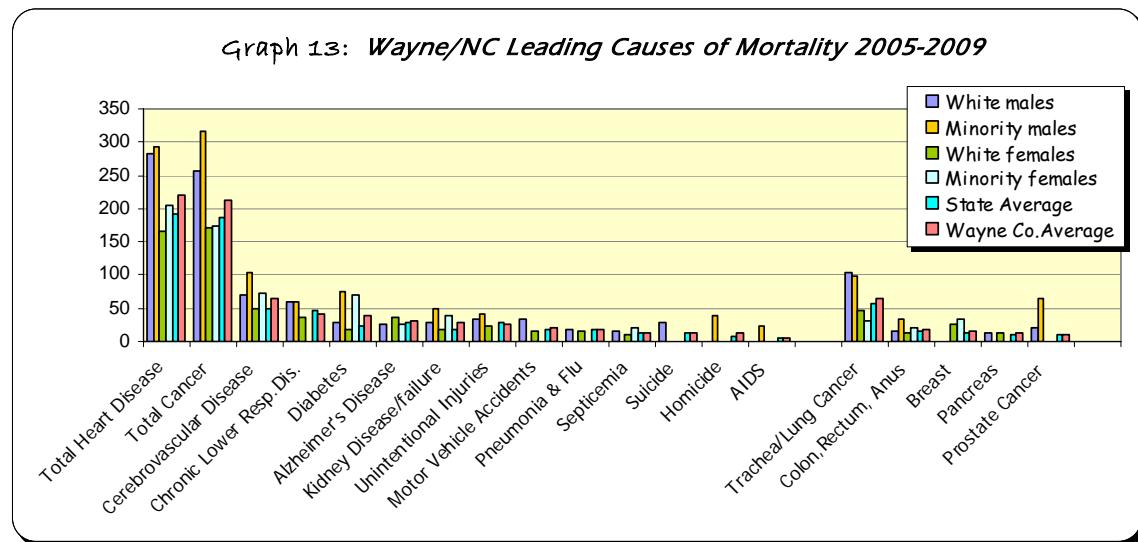
Obviously there are other variables that affect pregnancy that can lead to poor birth outcomes and those include the health of the Mom prior to conceiving. If the Mom smokes, is in poor overall general health and has other substance abuse issues all of these can negatively impact the health of the unborn child.

Additionally if she lacks emotional support during her pregnancy or is abused all these factors can contribute to poor birth outcomes. Low birth weight babies also have a much harder time surviving – in Wayne County for 2007-2009 **8.8% of total births were low birth weight as compared to the state rate of 9.1.**

Most recently in 2010 the Wayne County Board of Health voted to turn no one away in the Family Planning Clinic regardless of their ability to pay in hopes that this would encourage patients to follow through with birth control services.

Planning a pregnancy allows women time to be in optimal health before conceiving and allows for adequate spacing of births.

- **Chronic Disease (Heart Disease, Cancer, Diabetes, etc)** - Leading causes of death in Wayne County continue to be Heart Disease, Cancer, Cerebrovascular Disease , Chronic lower respiratory diseases and Diabetes. Leading forms of cancer continue to be Trachea, Bronchus & Lung along with Breast & Prostate followed by Colon and Pancreas.



The good news is that heart disease, cancer & diabetes for Wayne and NC are on a downward trend. Advanced medical technology/drugs have made a huge difference in this downward trend. Certainly we also attribute this downward trend to improved diets, exercise, not smoking, and a generally overall healthier lifestyle because of these positive changes. Access to care, education, early

diagnosis and treatment and positive lifestyle changes will continue to impact these leading causes of death in Wayne County.

See Chart Below For Details

Wayne County Leading Causes of Death - 2005 – 2009
Whites & African Americans – age adjusted death rates -per 100,000 Population

Cause	White Males		A.A. Males		White Females		A.A. Females		NC Rate	Wayne Co. Rate
	Wayne	NC	Wayne	NC	Wayne	NC	Wayne	NC		
Total Heart Disease	283.3	236.2	294	294	166.4	144.2	204.7	186.0	191.7	221
Total Cancer	256.3	224.4	315.4	304	170	149.4	173	168.8	185.6	211
Cerebrovascular Disease	69.1	47.1	103.3	77.1	48.7	45.1	73	63.8	50.5	64.6
Chronic Lower Resp. Dis.	58.9	59.1	59.2	47.4	36.3	45.5	N/A	21.0	47	40.4
Diabetes	28.2	22.6	75.6	53.3	19.4	15.1	69.6	45.5	23.6	37.6
Alzheimer's Disease	27.2	22.7	N/A	20.1	36.6	32.3	26.2	27	28.3	30.4
Kidney Disease/failure	29.2	19	50.4	41.6	17.6	12.5	37.9	34	18.7	28.8
Unintentional Injuries	33.7	40.5	42.6	32.6	22.8	21.9	N/A	13.9	28.6	26.1
Motor Vehicle Accidents	34.5	25.3	N/A	27.4	15.4	10.5	N/A	8.5	17.6	21.5
Pneumonia & Flu	16.9	22.2	N/A	25	14.6	17.7	N/A	16.1	19.4	16.9
Septicemia	14.7	13.4	N/A	24.4	9.3	11.4	20.6	19.5	13.8	14
Suicide	29.8	22.3	N/A	8.7	N/A	6.4	N/A	1.6	12	13.8
Homicide	N/A	5.8	37.6	27	N/A	2.4	N/A	5.4	7	11.8
AIDS	N/A	2	24	21.9	N/A	0.5	N/A	10.2	4.2	5.8
Cancer By Site										
Trachea/Lung Cancer	103.9	76.9	98.9	90.3	46.9	43.7	30.2	33	57	66.1
Colon, Rectum, Anus	15	18.4	32.6	29.5	12.8	12.8	20.4	18.8	16.5	17.7
Breast	N/A	0.3	N/A	N/A	27	21.8	34	31.3	13.4	16.7
Pancreas	13.3	11.4	N/A	16.1	13.4	8.9	N/A	13.6	10.8	13.5
Prostate Cancer	19.6	20.5	65.8	58.4	0	0	0	0	9.6	11

- Note: Hispanics are included under Whites. Other races (including American Indian & Asian Pacific Islander are not included in the chart above due to rates based on fewer than 20 cases are unstable and thus not shown here. N/A indicates less than 20 cases thus no rate.

A number of these leading causes are more prevalent in minority populations as compared to whites thus creating large racial disparities. Heart disease, cancer (breast & prostate in particular), cerebrovascular disease, diabetes and kidney disease, AIDS & homicide (especially for African American men) are prime examples of those disparities. The death rate for Diabetes is two to three times higher in African Americans than whites – to raise awareness an annual diabetes walk has been held the past two years – one in Goldsboro and one in Mt. Olive.

Among white males and white females the following causes of death are higher than in the African American population and include Alzheimer's Disease,

Pneumonia & Flu, Cancer of the Trachea and Lung, Cancer of the Pancreas, unintentional injuries with Motor Vehicles being the culprit for white males. Suicide is also higher among white males than African American. Chronic lower respiratory diseases are more prevalent among white females than non-white.

Blood Alcohol Levels at time of death are higher for Hispanics based on the State Medical Examiner's Office for NC deaths involving motor vehicle accidents, homicide and suicide. Being under the influence of alcohol is not new for any race or ethnicity but is especially prevalent in the Hispanic/Latino population.

Addressing Chronic Disease:

Minority Health – Due to racial disparities a focus on Minority Health through a Minority Health Grant provided by the state has allowed the Wayne County Health Department to increase education targeted at choosing healthier lifestyle options. Obesity is more prevalent among minorities and is a key risk factor for the development of many of these diseases such as heart disease, stroke, cancer and diabetes. Through the Minority Health Program education has been carried out through a number of African American churches in Wayne County utilizing the program “African American Churches Eating Smart & Moving More”. This program eventually led to another program called Fit and Fabulous – both of these programs have worked to increase physical activity and healthier eating habits. A local Black Gospel radio program hosted the Minority Health Coordinator to bring weekly health information through the Tuesday a.m. program. A Minority Health Task Force has also formed as a result of this program.

Fit Community Grant – This community wide grant was received as a result of a local partnership with the City of Goldsboro and numerous other agencies including the Wayne County Health Department. Through increased access to local parks such as the newest park at Stoney Creek in Goldsboro citizens will be encouraged to be more physically active thereby decreasing chronic disease rates.

Corporate Wellness - Many large employers in Wayne County now provide wellness programs to their employees that are targeted at weight loss, smoking cessation, increasing physical activity and encouraging regular check-ups. Such programs certainly can benefit not only the company but also the general population in terms of reducing deaths from chronic disease.

WATCH Mobile Unit – the local WATCH Mobile Van is a lifesaver for many here in Wayne County who lack access to primary care due to having no health insurance. Thousands of Wayne County citizens are seen through this primary care program that travels all across Wayne County to provide needed primary care. A stationary WATCH primary care program is also located at the Goldsboro Family Y.

- **Sexually Transmitted Disease (STD's)**

Wayne has experienced a huge increase in the number of syphilis cases. Syphilis is a very dangerous STD which greatly increases an individual's chances of contracting HIV. This increase may be explained by increased testing along with issues such as drugs, prostitution, multiple sex partners and men having sex with men.

Encouraging individuals to be tested for syphilis through the Get Real Get Tested Campaign has continued to be a focus for the Wayne County Health Department. A mobile testing unit was set up at the Health Department outside normal business operating hours as a means of getting more individuals in to be tested. Syphilis billboards and radio promotion were used in order to reach out further into the community to make individuals aware of the need to be tested.

The Health Department also provides daily walk-in clinics for free STD testing & treatment during the 10 hour, 4 day work week, Monday through Thursday.

Testing will continue to be encouraged and reaching young teens and adults with STD education will also continue to be a focus. Education continues with participants through court ordered programs. Non-traditional HIV testing is also available through the Hispanic Community Development Center.

See chart below regarding major STD rates in Wayne County as compared to the state for 1997 – 2009.

**STD RATES for Wayne County and North Carolina
1997 - 2009**

Table 32: Sexually Transmitted Disease Rates									
	Syphilis		Gonorrhea		Chlamydia		HIV Disease		
<u>Year</u>	<u>Wayne</u>	<u>State</u>	<u>Wayne</u>	<u>State</u>	<u>Wayne</u>	<u>State</u>	<u>Wayne</u>	<u>State</u>	
1997	48.6	21.8	212	227.3	196.1	230	19.4	22.4	
1998	66.2	20.8	162.4	254.7	305.1	294	19.4	19.7	
1999	8.8	15.1	132.5	244.4	304.8	274	23.9	19.3	
2000	10.6	13.6	158.8	222.8	305.3	275	23.8	17.2	
2001	11.5	11.5	146.6	204.1	363.0	271	19.4	18.6	
2002	9.7	7.4	152.9	184.7	453.3	298	31.8	20.3	
2003	2.6	4.7	206.4	179.1	360.7	310	20.3	24.6	
2004	2.6	5.3	204.8	177.9	358.0	340	19.3	19.2	
2005	4.4	5.7	199.6	176.5	458.7	365	15.9	21.1	
2006	13.1	7	180.9	199.3	397.6	387	9.8	23.3	
2007	14.9	6.4	159	188.2	371.6	346	14.1	21.9	
2008	24.6	5.5	227.9	162.8	631.6	411	12.3	19.3	
2009	51.9	10.2	292.1	160.6	626.4	474	14.1	18.5	

Although the HIV Disease rates have somewhat decreased in Wayne it is anticipated these rates may increase in the future due to the high number of individuals testing positive for syphilis. AIDS is a leading cause of death for African American men in Wayne. Encouraging individuals to be tested for HIV is also a priority for public health.

Substance Abuse – It appears Wayne like many counties has issues with drugs and alcohol – this is an area that obviously needs more attention where new initiatives are concerned. Being under the influence of alcohol and drugs can lead individuals to make very poor choices where health is concerned.

- **Childhood Obesity** – The Obesity Task Force working with the Fit Community Grant are working together to address ways to reduce childhood obesity. Through policies encouraging physical activity during the school day to more nutritious food preparation by families continue to be ways to approach this problem. Local schools are also doing their part by serving healthy meals. Certainly the economics of today need to be recognized as a possible barrier for families in preparing lower fat, nutritious meals at home.

Local farmer's markets around town and in the county continue to be another means of making it easier and more affordable for families to prepare healthier meals at home using lots of vegetables. Many local families prefer to grow their own gardens thus making access to nutritious foods even more affordable. Additionally local schools and daycares are also growing their own vegetables as part of the Fit Community Grant.

Numerous programs offered at the local Family Y and through little league ball programs in the community are other ways childhood obesity is being approached. Additionally this issue is being addressed by local physicians and health care providers through various child health programs as well as the WIC Program through the Health Department.

Loss of jobs has impacted some family's ability to provide food and many of our food banks and local charity organizations across the state are calling out for assistance – this is no less true in Wayne County. This certainly will impact our ability to encourage families to eat healthier.

For more information contact::

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