

**Key Findings  
Northampton County  
2019  
Community Health Assessment**

**Population Estimates – United States Census**

<b>April 1, 2010</b> 22,101	<b>July 1, 2017</b> 19,862	<b>Population Decrease</b> -10.1%
Persons under 65 without Health Insurance		12.0%
Female Persons		51.4%
Black or African American		57.7%
Persons in poverty		24.3%
Persons 65 years and over		25.2%
Median Household income		\$33,508

**Leading Causes of Death in North Carolina – Northampton County  
2017**

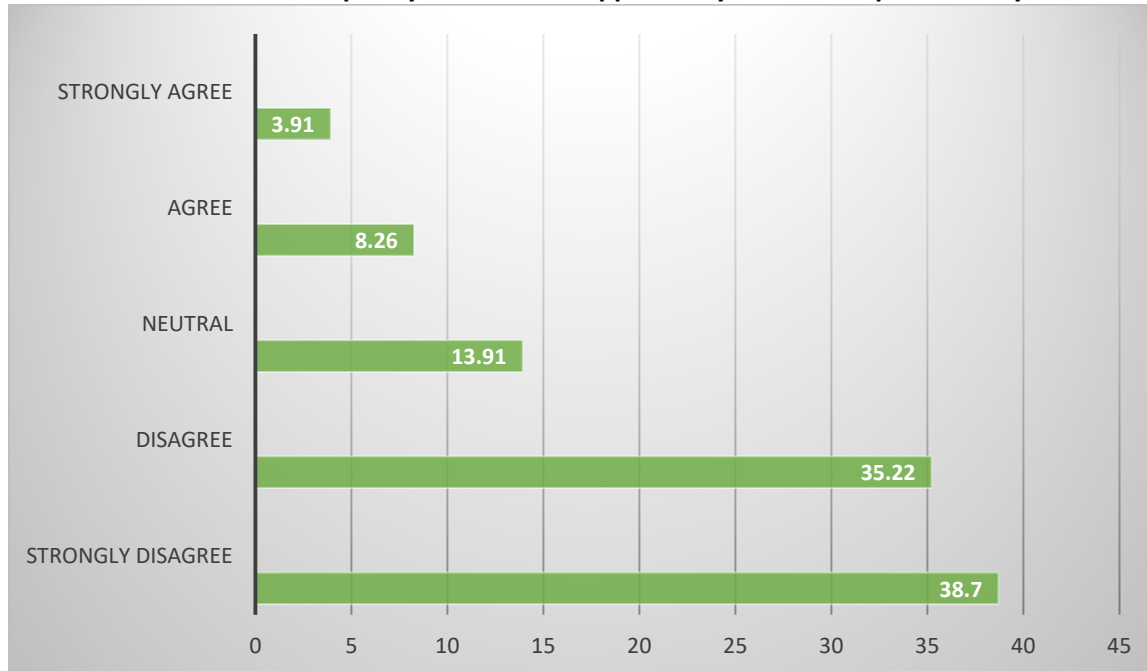
**NC State Center for Health Statistics**

<b>Rank</b>	<b>Cause</b>	<b>Number</b>	<b>%</b>
1	Diseases of heart	57	22.4%
2	Cancer	47	18.4%
3	Cerebrovascular diseases	19	7.5
4	Chronic lower respiratory disease	17	6.7%
5	Diabetes mellitus	12	4.7%
6	All other unintentional injuries	10	3.9%
	Alzheimer's disease	10	3.9%
8	Motor vehicles injuries	6	2.4%
9	Essential (primary) hypertension and hypertensive renal disease	5	2.0
	Influenza and pneumonia	5	2.0

## Northampton County 2018 Community Health Opinion Survey

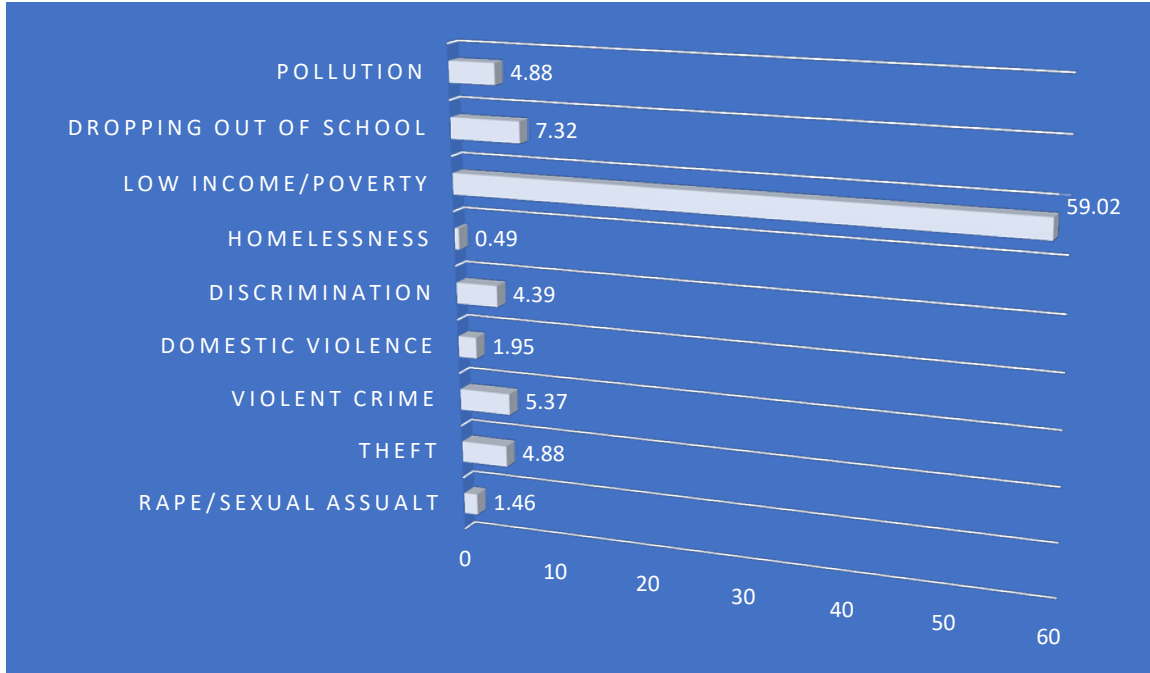
### Quality of Life in Northampton County

#### There is plenty of economic opportunity in Northampton County



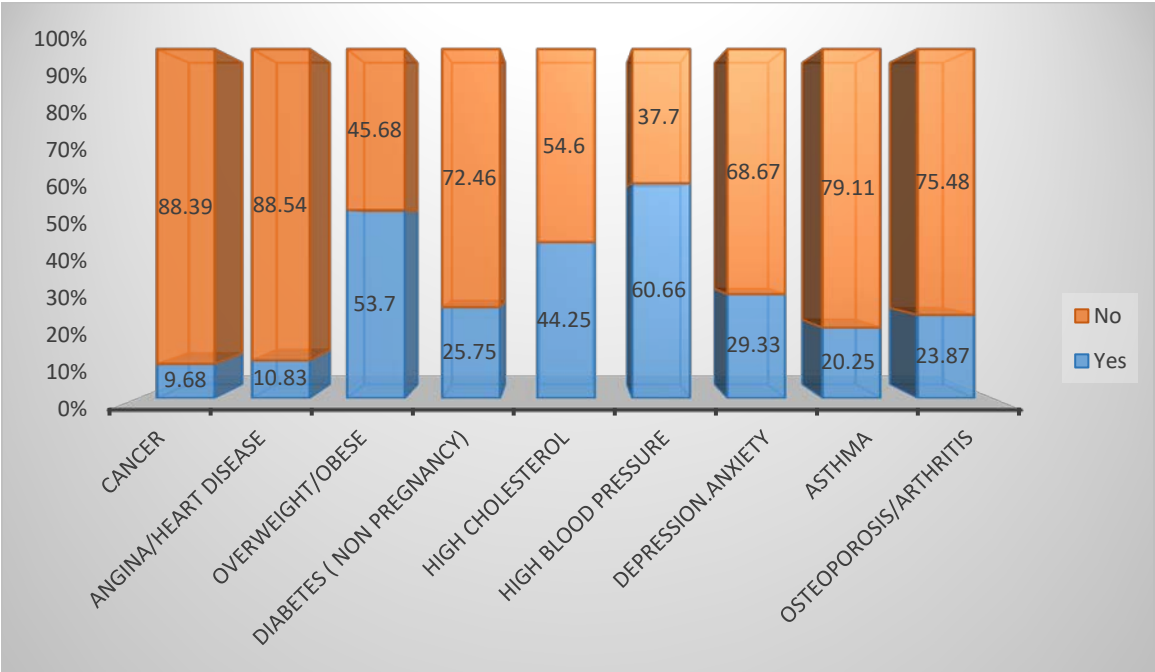
## Community Improvement

Which one issue most affects the quality of life in Northampton County.



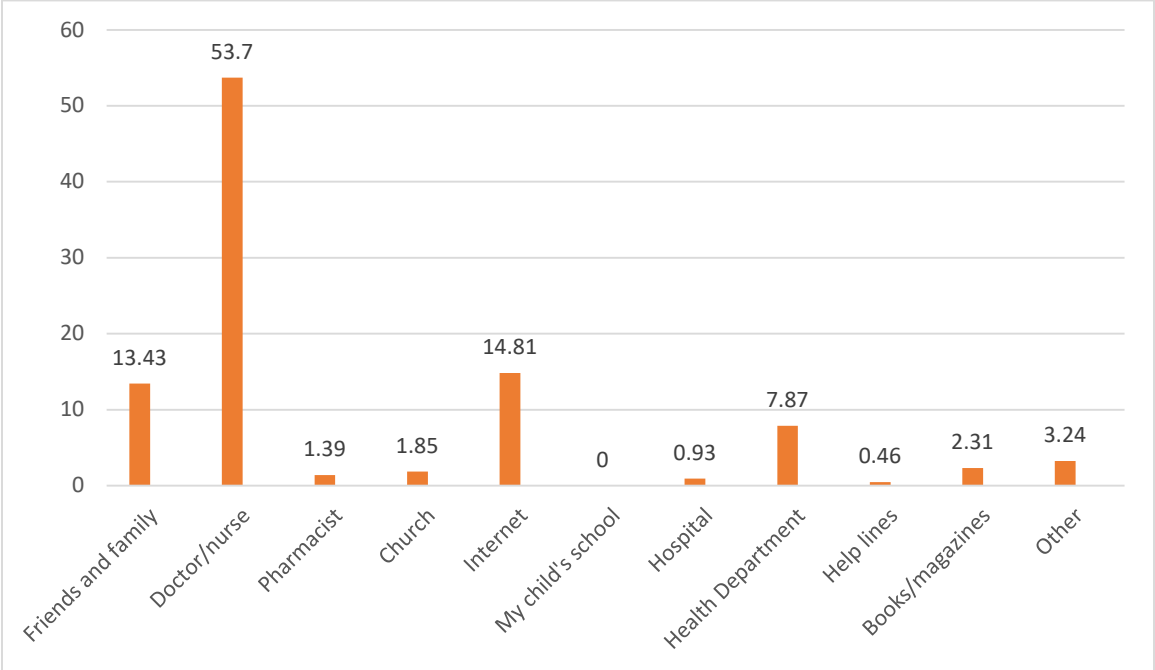
**Personal Health**

Have you ever been told by a health professional that you have any of the following health conditions?



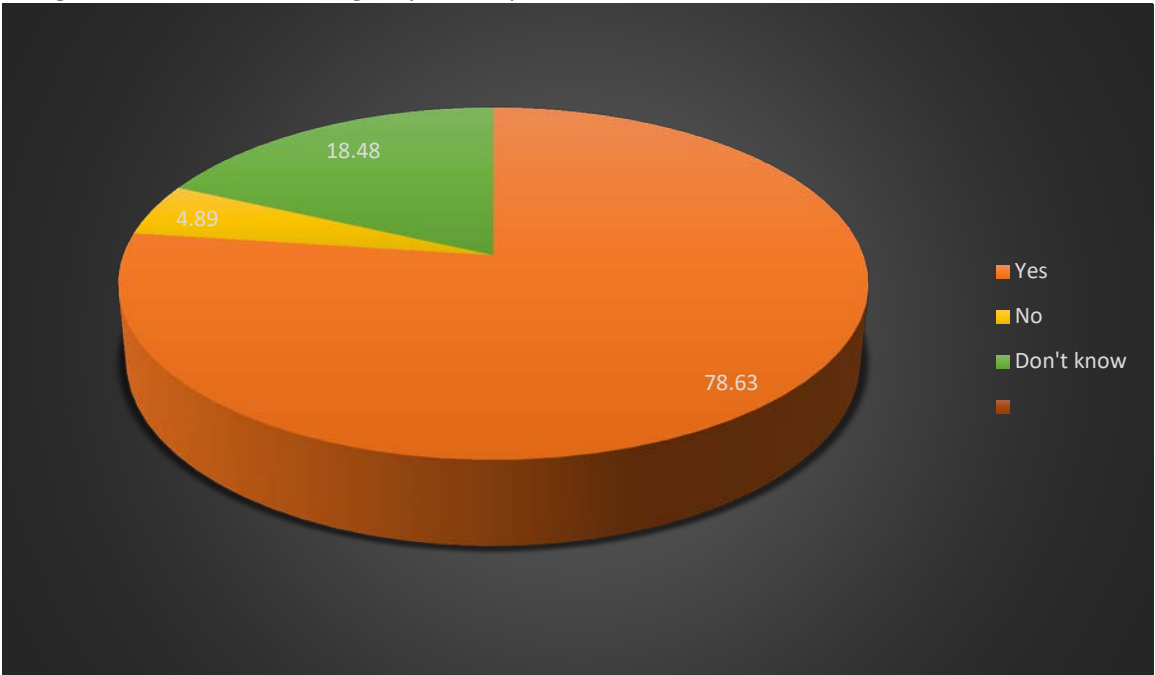
# Health Information

Where do you get most of your health related information?



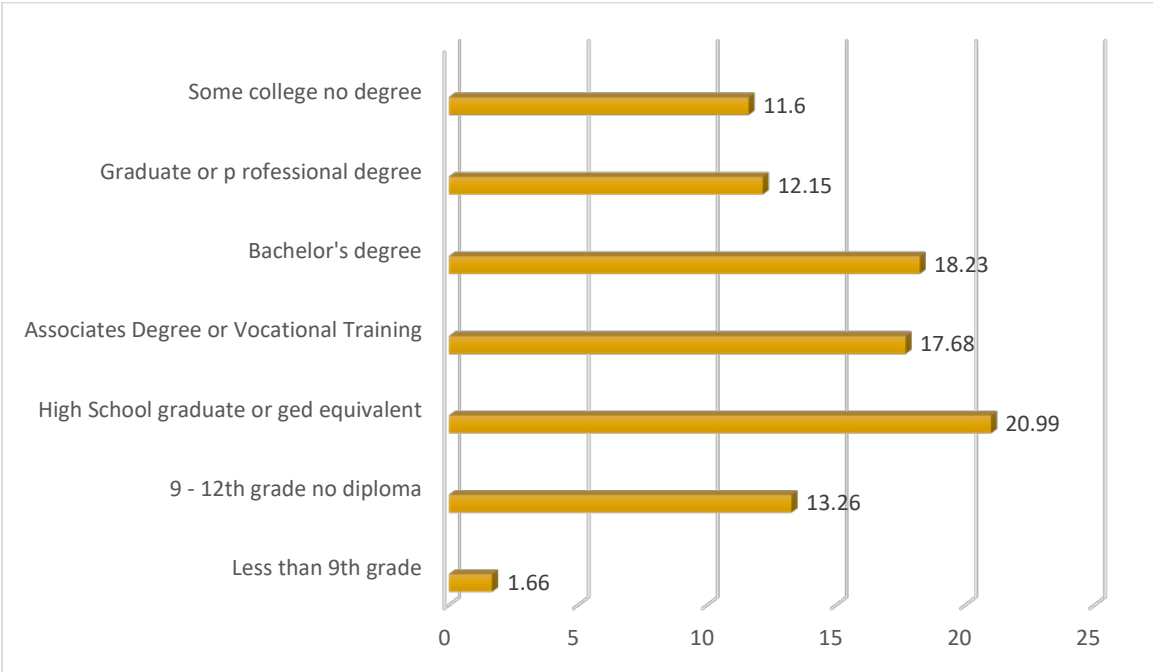
**Emergency Preparedness**

If public authorities announced a mandatory evacuation from your neighborhood or community due to a large scale disaster or emergency would you evacuate?



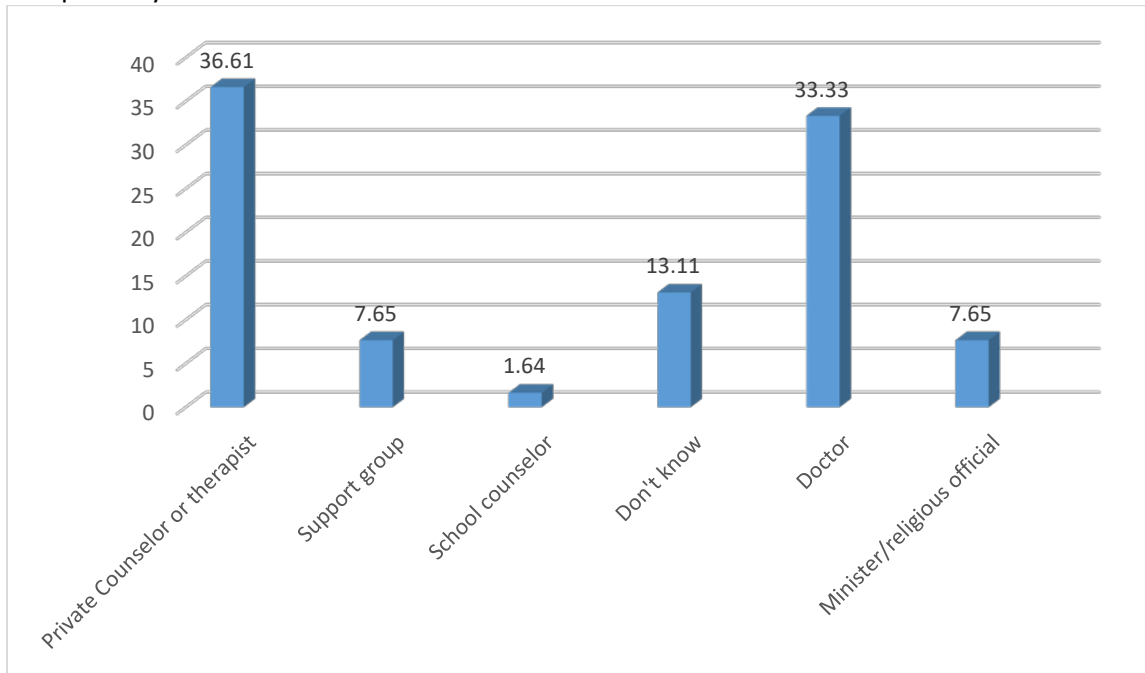
**Demographic Profile**

What is the highest level of school, college or vocational training that you have finished?



## Access to Care

If a family or friend needed counseling for a mental health or a drug/alcohol abuse problem who is the first person you would tell them to talk to?



## Health Priorities identified by the Community Health Assessment.

- Obesity/Overweight
- Heart Disease



## Task

Improve the health of Northampton's population

### Changes for better health!

- ❖ More Physical Activity
- ❖ Eat healthier foods
- ❖ Stop using tobacco  
No/limit alcohol consumption
- ❖ Limit screen time
- ❖ Drink more water
- ❖ Get 7 – 9 hours of sleep
- ❖ Get recommended health screenings
- ❖ Read Food Labels
- ❖ Portion Control
- ❖ Set realistic goals for change
- ❖ Learn your family medical history

## Resources

### **CADA**

252-536- 4155

Assist low income citizens achieve self-sufficiency and a better quality of life.

### **Northampton County Emergency Management**

252-574-0214

Responsible for the planning, coordinating and operation of Emergency Management activities in Northampton County.

### **The Northampton County Economic Development Commission**

252-534- 1092

Responsible for initiating, organizing and managing the County's public sector efforts to strengthen the local economy, improve the standard of living and create sustainable, higher-wage employment opportunities for the people of our county.

252-534- 1092

### **Northampton County Health Department**

252-534-5841

Promote, provide, and protect the health and safety of the citizens of Northampton County.

### **Rural Health Group**

Medical - Jackson – 252-534-1661

Rich Square - 252-539-2082

Dental - Jackson - 252-536-5920

Combines medical and behavioral health services to more fully address the spectrum of problems that patients bring to primary medical care.

### **Northampton County Cultural and Wellness Center**

Promoting and encouraging diverse, leisure, recreation, and cultural opportunities that will enrich the quality of life for all residents.

### **Northampton County Cooperative Extension**

An educational partnership of colleges and universities helping people put research-based knowledge to work for economic prosperity, environmental stewardship and an improved quality of life.

### **Roanoke Chowan Community College**

252-862-1200

### **Halifax Community College**

252-536-4144

Education, training and retraining for the workforce including basic skills and literacy education, occupational and pre-baccalaureate programs

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