

Priority: Nutrition and Physical Activity, continued...

Girls on the Run® (GOTR) offered through the Henderson Family YMCA, uses a national program to empower girls grades 3rd – 8th through running fitness and an affirmation-based curriculum. To provide boys with the same opportunity for fitness and character development, **STRIDE** (Success, Teamwork, Respect, Inspiration, Determination and Excellence) was started in Vance County in 2015, and expanded to cover the district in 2016. For more information call: (252) 438-2144 or visit <http://gotrnnc.org/>.

Walk the Beat the Henderson Police Department began the “Walk the Beat” initiative in 2016. Three times a day members of the Henderson Police Department lead walking, running or biking groups, in addition to their normal patrol. The officers are becoming healthier, engaging more with residents and invigorating the use of our attractive downtown landscape. Members of the public are highly encouraged to join a group and enjoy some good exercise with great company. Starting times are 6am, 12 noon and 5pm daily at the Henderson Police Department. For more details call: Lt. Chris Ball (252) 431-6069.

The Diabetes Prevention Program supports participants who are at-risk for developing diabetes in achieving modest weight-loss through simple lifestyle changes, resulting in a significant reduction in their chances of developing the disease. For more information call: (252) 492-7915.

Micro Market Farms have been cropping up around Vance County, thanks to Ardis and Henry Crews of Henderson and the Green Rural Redevelopment Organization. These small-enterprise urban farms not only increase access to healthy, local foods but also serve as a tool for entrepreneurial job opportunities, rural re-development, and community transformation.

New and Emerging Issues

In response to community concern, Granville Vance Public Health, along with other community partners, has been working with the Duke Cancer Institute to design a research proposal to better understand and target **cancer incidence and mortality in our area.**

The **Adverse Childhood Experiences Study**, conducted through the Centers for Disease Control and Prevention and Kaiser Permanente, found that traumatic experiences (e.g., abuse, neglect, instability, parental struggles with mental health or substance use disorder) have a strong impact on health and wellness throughout life. With a deep understanding of our community health profile, GVPH has been exploring how to translate this new understanding into improved systems and programs to address trauma and offset its negative impact on health outcomes.

Safe Syringe Exchange is now legal in North Carolina. Safe Syringe Exchange has been identified as an important intervention to reduce the spread of blood-borne diseases (such as HIV and Hepatitis C) which have a significant impact on overall community health. Through a partnership between the NC Harm Reduction Coalition and Warren-Vance Community Health Center, these services are now offered locally. For more information contact Loftin Wilson: (919) 370-0671.



Thank You to our partners

GVPH is one piece of a grid of resources necessary to make Granville and Vance counties a healthy place to live. We thank all of our partners for their dedication and commitment to working with us to address the health priorities outlined in this report.

Get involved!

Join us as we work together to address Granville and Vance counties' leading health issues.

For more information about how you can get involved in addressing these health priorities, or to learn more about the information provided in this report contact: Bailey Goldman at (919) 693-2141 or bgoldman@gvdhd.org or visit www.gvdhd.org.

Sources:

1. United States Census Bureau. Quick Facts. North Carolina. Available at: [census.gov/quickfacts/table/1PE120215/37,37077,37181,00](https://www.census.gov/quickfacts/table/1PE120215/37,37077,37181,00).
2. North Carolina State Center for Health Statistics. Vital Statistics Volume 2, Leading Causes of Death 2010. Available at: [schs.state.nc.us/schs/deaths/lcd/2010/pdf/Vol2_2010_PRT.pdf](https://www.schs.state.nc.us/schs/deaths/lcd/2010/pdf/Vol2_2010_PRT.pdf)
3. North Carolina State Center for Health Statistics. Vital Statistics Volume 2, Leading Causes of Death 2015. Available at: [schs.state.nc.us/data/vital/lcd/2015/pdf/Vol2_2015_PRT.pdf](https://www.schs.state.nc.us/data/vital/lcd/2015/pdf/Vol2_2015_PRT.pdf)
4. North Carolina Office of State and Budget Management. Log Into North Carolina (LINC). Persons receiving food stamps per 1000 population, 2014. Available at: data.osbm.state.nc.us/pls/linc/dyn_linc_topic_reports.show
5. North Carolina Department of Public Instruction. Grade 7-13 Dropout Counts and Rates. Available at: ncpublicschools.org/docs/research/dropout/reports/2015-16/7-13-by-lea.pdf.
6. United States Census Bureau. American Fact Finder. Available at: factfinder.census.gov/faces/nav/jsf/pages/index.xhtml. American Fact Finder, American Community Survey, 5-year estimates, Educational Attainment, 2006-2010 and 2011-2015.
7. North Carolina Department of Commerce. Labor & Economic Analysis Division. Available at: d4.nccommerce.com/LausSelection.aspx. November 2016, seasonal unadjusted rate.
8. North Carolina Division of Public Health NC DETECT. 2015 and 2016.
9. United States Census Bureau. American Fact Finder. Available at: factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF. Poverty status in the past 12 Months. 2011-2015 American Community Survey 5-Year Estimates.



Granville Vance Public Health State of the County Health Report 2016

The Granville Vance State of the County Health (SOTCH) Report provides an overview of the health of Granville and Vance Counties. Granville Vance Public Health (GVPH) conducts a Community Health Assessment (CHA) every four years to assess the health needs of the community based on data collected from state and national sources and on information collected from Granville and Vance County residents. Through the CHA process, the top health priorities for increased focus and resources are identified by the community. GVPH releases a SOTCH report each of the three years between the CHA to provide updates on progress made on the health priorities. GVPH conducted the latest CHA in 2015; this report outlines progress on the health priorities in 2016.

Health Priorities

The 2015 CHA identified three health priorities: education, mental health and substance use disorders, nutrition and physical activity. Poverty and health equity were identified as cross-cutting themes that should be addressed throughout these health priorities.

Cross-cutting Themes: Poverty and Health Equity - pg. 4
Ensuring that all residents have access to resources and opportunities that support a healthy lifestyle.

Priority: Education - pg. 6
Ensuring all residents have access to the education and information they need to lead healthy, productive lives.

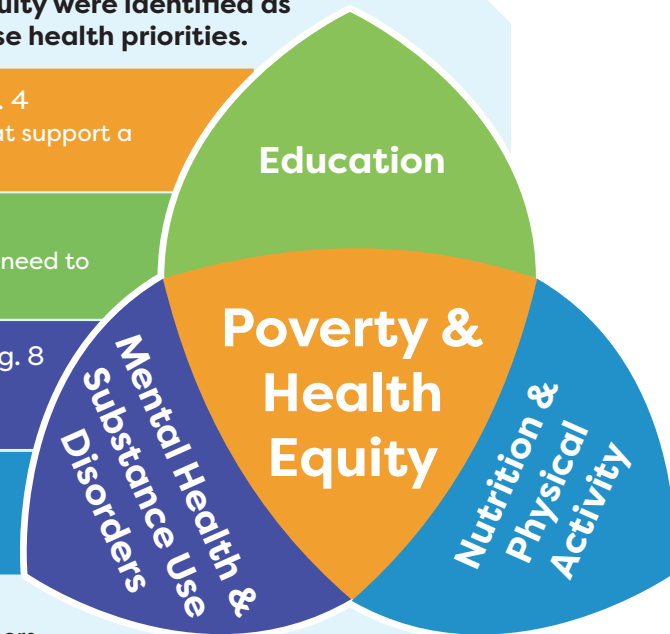
Priority: Mental Health and Substance Use Disorders - pg. 8
Assuring that mental health and substance use disorder services are available, accessible, and coordinated to meet the needs of all residents.

Priority: Nutrition and Physical Activity - pg. 9
Ensuring that all residents have access to healthy, affordable foods and safe, convenient places to be physically active.

How we determine health priorities:

The health priorities were determined through extensive input from partners and community members. The Community Health Assessment process included:

- convening an approximately 35-member committee that met monthly for over a year to oversee the process
- gathering primary data to understand community health issues (collected directly from the community) and secondary data (existing statistics)
- holding community forums with approximately 80 participants to gather input into the health priorities

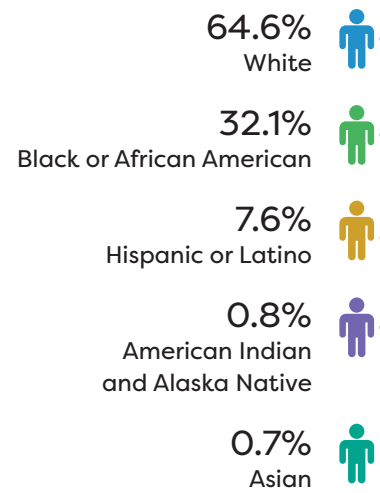


101 Hunt Drive
Oxford, NC 27565
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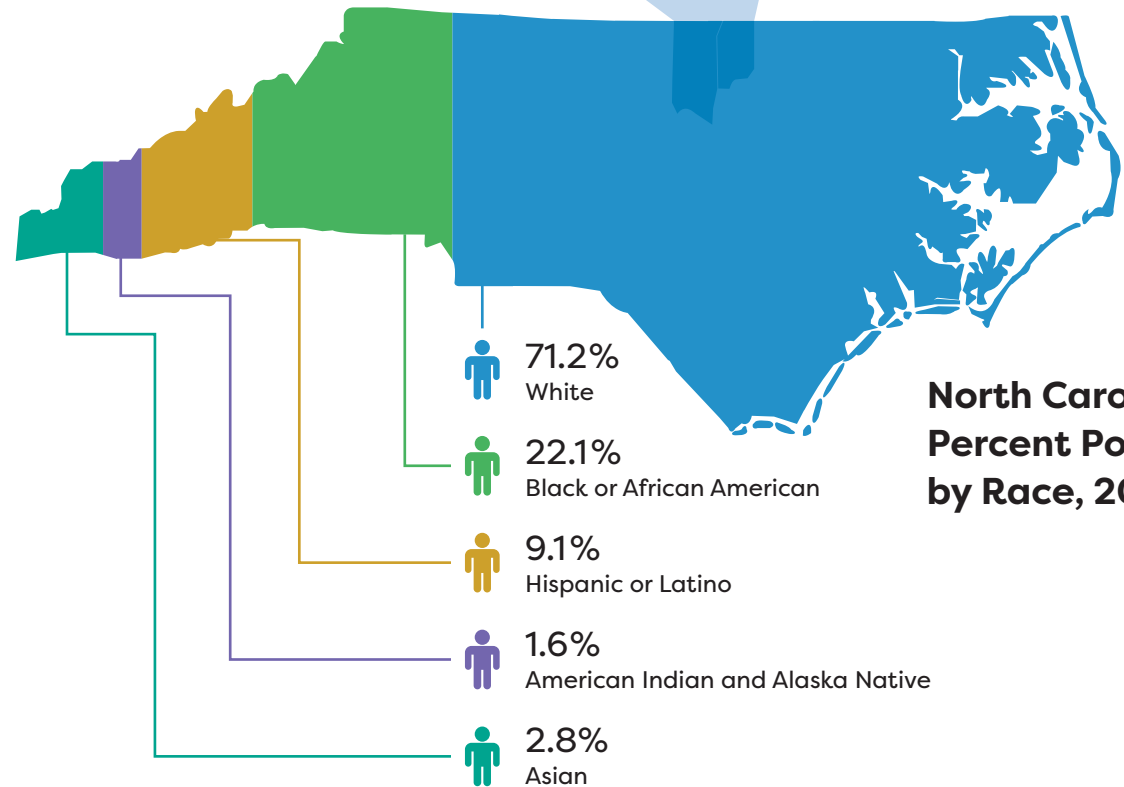
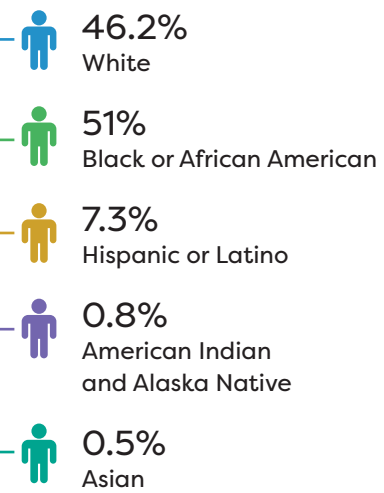
115 Charles Rollins Rd
Henderson, NC 27536
Phone: (252) 492-7915

Population Characteristics

Granville County Percent Population by Race, 2015¹



Vance County Percent Population by Race, 2015¹



Priority: Nutrition and Physical Activity

Progress in the Last Year: Healthy eating and physical activity are two key behaviors for helping people achieve and maintain a healthy body weight. This is important for decreasing the risk of developing type 2 diabetes, high blood pressure, heart disease, certain cancers and stroke. GVPH and partners are working to ensure all residents have access to healthy affordable foods and safe, convenient places to be physically active. This section highlights several of the efforts to address nutrition and physical activity as a priority in our community.

Healthy NC 2020 Objective



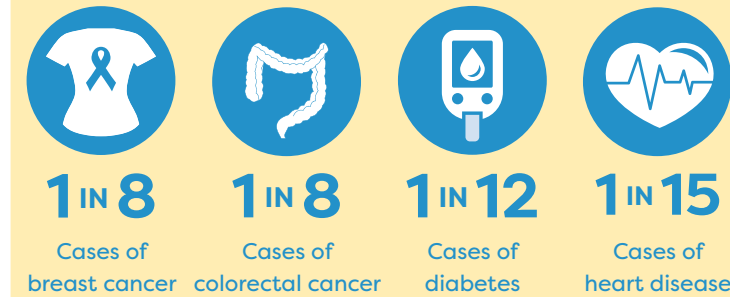
Increase the percentage of adults who are neither overweight nor obese to **38.1% or better.**

Granville: 34%, Vance: 29%, North Carolina: 34.2%

Source: Granville and Vance: The 2015 Granville Vance Community Health Opinion Survey. North Carolina: North Carolina State Center for Health Statistics, 2015. Available at: www.schs.state.nc.us/data/brfss/2015/nc/all/rf1.html

Physical Activity Saves Lives and Protects Health

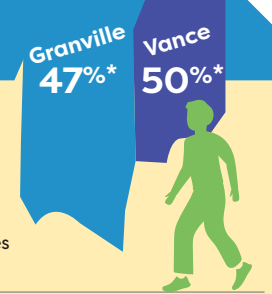
1 IN 10 Premature deaths could be prevented by getting enough exercise. It could also prevent:



Source: Centers for Disease Control and Prevention. Physical Activity Builds a Healthy and Strong America. Available at: www.cdc.gov/physicalactivity/downloads/healthy-strong-america.pdf.

Percentage of Adults Getting Recommended Physical Activity

The CDC recommends that adults get 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous activity each week, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. In addition, adults should do strength training 2 or more times per week that work all major muscle groups.



Source: Centers for Disease Control and Prevention. Available at: www.cdc.gov/physicalactivity/basics/index.htm; 2015 Health Opinion Survey of Granville and Vance Counties.

*During the 2015 Community Health Opinion Survey the recommendations were met if adults reported 20 minutes of vigorous aerobic activity three or more days a week or moderate aerobic activity at least 30 minutes five or more days a week.

1 out of 8 Granville and Vance County adults eat 5+ servings of fruit and veggies a day.

C.A.T.C.H. – a Coordinated Approach To Child Health

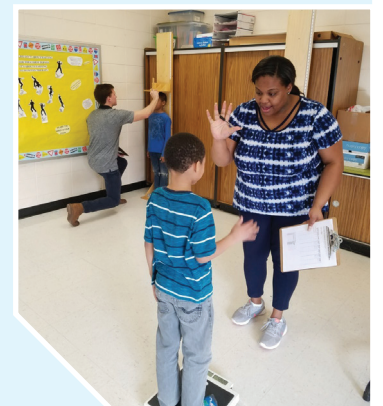
“At Stovall-Shaw we are committed to not only helping our students grow academically but also helping them to live healthier lives. As educators, we did not want to simply nurture our young students’ minds, only to have unhealthy bodies. We want to nurture the whole child, both brain and body so they grow to be productive citizens,” states Principal Amy Rice.



“A brighter, healthier future for our students is our vision”
Principal Amy Rice

In 2015 Granville County’s Stovall-Shaw Elementary became a Health and Wellness magnet and adopted the Coordinated Approach to Child Health (CATCH) program school-wide. Through the leadership of Principal Amy Rice, and with the support of Granville County’s Working on Wellness Coalition (funded by the Duke Endowment’s Healthy People, Healthy Carolina’s program) the school has taken important steps to improve school nutrition, increase physical activity, integrate health and wellness concepts into their academic curriculum, and engage parents to put learning to practice at home. For example, students learn about how to identify healthy foods with the “GO, SLOW, WOA!” approach, and teachers employ

classroom physical activity “energizers” every 20 minutes to help kids stay focused, engaged and use pent-up energy in a positive way. “I have now seen picky eaters try new things, and watched my kids with attention issues get more engaged – parents have even made comments about it!” said a first grade teacher. The school has also re-thought fundraisers and events to be more health-focused; instead of selling donuts, children held a walk-a-thon, and the Fall Carnival gained new life as a “Family Fit Day.”



Learn more: catchinfo.org

CATCH aims to impact messaging a child receives in physical education, the lunchroom, the classroom, and the home, to form an effective resource that impacts a child’s choices in school and at home, to develop healthy behaviors that will last a lifetime.

Source: Coordinated Approach to Child Health. Available at: catchinfo.org

Priority: Education

Progress in the Last Year: People with more years of education tend to have higher incomes and live in healthier and safer environments compared to those with less education. GVPH and partners are working to ensure that all residents have access to the education and information they need to lead healthy, productive lives. This section highlights several of the efforts to address education as a priority in our community.

Healthy NC 2020 Objective



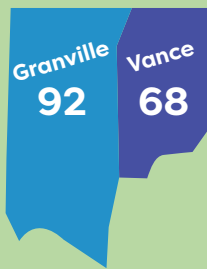
Increase the four-year high school graduation rate to 94.6% or better.

Granville: 83.2%, Vance: 81.9%, North Carolina: 85.9%

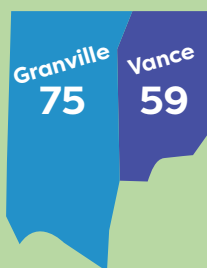
Source: North Carolina Department of Public Instruction. 4-year cohort Graduation Rate Report, 2012-2013 Entering 9th Graders Graduating in 2015-2016 or Earlier. Available at: <http://accrpt.ncpublicschools.org/app/2016/cgr/>

Number of School Dropouts⁵

2014-2015



2015-2016

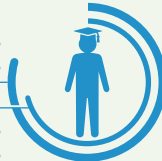


College Grads Expect Longer Lifespans, with Reduced Risks

College graduates can expect to live at least **5 years longer** than individuals who have not finished high school.

An additional 4 years of education reduces a range of health risks.

79.7 years
College Grads



72.9 years
HS Dropouts



83.5 years
College Grads

78.4 years
HS Dropouts

Diabetes
↓ 1.3%



Heart Disease
↓ 2.2%



Overweight
↓ 5%



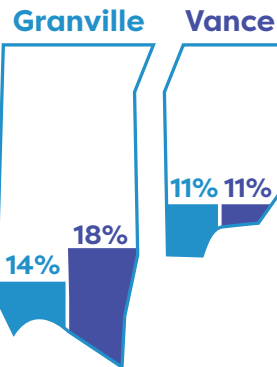
Smoking
↓ 12%



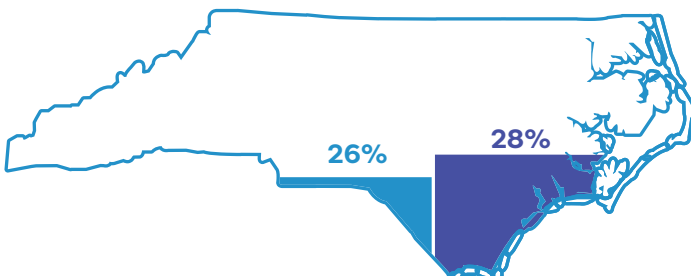
Source: Robert Wood Johnson Foundation. Infographic: Better Education = Healthier Lives. Available at: <http://www.rwjf.org/en/library/infographics/infographic--better-education---healthier%2520lives.html>

Residents with a Bachelor's Degree or Higher⁶

- 2010 (based on 2006-2010)
- 2015 (based on 2011-2015)



North Carolina



Poverty Rate for the Population 25 Years and Over for whom Poverty Status is Determined by Educational Attainment Level 2015⁶

	Granville	Vance
Less than High School	37%	31%
High School Graduate, includes GED	14%	21%
Some College or Associate's Degree	8%	12%
College Graduate Bachelor's Degree +	4%	6%

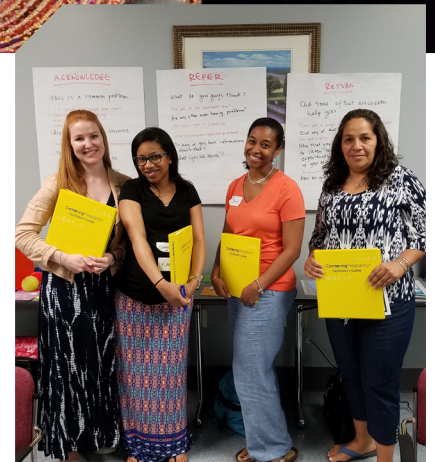


CenteringPregnancy®

CenteringPregnancy is group prenatal care bringing women who are due at the same time out of exam rooms and into a comfortable group setting.

Preterm birth is the leading cause of infant death, an outcome too devastating to consider for many expectant families. Disparities in birth outcome mean that African American mothers are significantly more likely to experience preterm birth, putting babies at greater risk for other poor health outcomes later in life. The CenteringPregnancy model is an alternative to traditional prenatal care that offers pregnant women the opportunity to receive, along with their regular care, additional time with a provider and other moms due around the same time to learn, share, and build positive social supports. This exciting program has been shown to result in decreased rates of preterm birth, as well as increases in important health-promoting behaviors.

“When I think about my pregnancy, right now I am feeling loved,” shared a mom participating in a recent Centering group. “We have gotten close over these past months, and...I’m just grateful to have had this opportunity!”



For more information about GVPH’s CenteringPregnancy program call: (919) 693-2141.

Human Supportive Services

The **Department of Social Services** in Granville and Vance counties provide an array of human supportive services to economically disadvantaged families to meet basic survival needs and to provide opportunities for self-sufficiency. For more information call Granville County: (919) 693-1511 or Vance County: (252) 492-5001.

Access to Quality Healthcare to Improve Health Equity

Ensuring that all residents have access to quality healthcare is an essential tenant of improving health equity. Community “safety net” providers such as **Granville Vance Public Health, Rural Health Group**, and the **Warren-Vance Community Clinic (WVCC)**, strengthen the health of the **WHOLE** community by meeting the health needs of our most vulnerable populations. For more information contact GVPH: www.gvph.org or the Rural Health Group: <http://rhgnc.org/> or WVCC at <http://warrenhc.org/>.

Improving Care for Children and Youth With Special Needs

The **Innovative Approaches** program, coordinated through GVPH, works through a cross-sector coalition of community stakeholders and family members to improve systems of care for children and youth with special healthcare needs, resulting in increased satisfaction with services and improved health outcomes for this population. For more information contact La’Shanda Daniels: (252) 492-7915 ext 248.

Priority: Mental Health and Substance Use Disorders

Progress in the Last Year: People with poor mental health may have difficulties with relationships, productivity, and overall sense of well-being. More than one in four adults living with a serious mental health problem also has a substance use disorder (U.S. Department of Health and Human Services, n.d.). GVPH is working with partners to assure that mental health and substance use disorder services are available, accessible, and coordinated to meet the needs of all residents. This section highlights several of the efforts to address mental health and substance use disorders as a priority in our community.

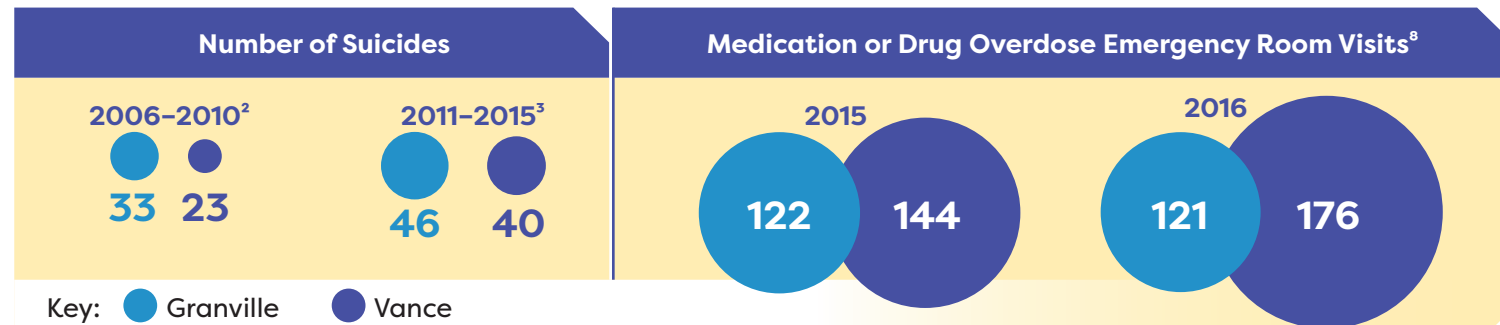
Healthy NC 2020 Objective



Reduce the suicide rate per 100,000 population to 8.3% or lower.

Granville: 15%, Vance: 17.9%, North Carolina: 12.7%

Source: North Carolina State Center for Health Statistics. Vital Statistics Volume 2. Leading Causes of Death 2015. Available at: schs.state.nc.us/data/vital/lcd/2015/pdf/Vol2_2015_PRT.pdf



Key: ● Granville ● Vance



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Source: U.S. Department of Health and Human Services. What is Mental Health? Available at: <http://www.mentalhealth.gov/basics/what-is-mental-health/>



Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failing to meet major responsibilities at work, school, or home.

Source: Substance Abuse and Mental Health Services Administration. Available at: www.samhsa.gov/disorders.

Harm Reduction Coalition & Project VIBRANT

Since 2015, Granville Vance Public Health has worked with the North Carolina Harm Reduction Coalition (NCHRC) on Project VIBRANT (Vance Initiates Bringing Resources and Naloxone Training), an engaged Coalition of partners dedicated to addressing the increase in opioid overdose and death, particularly in Vance County. In 2016, Project VIBRANT expanded Coalition activities and reach with the support of the Triangle North Healthcare Foundation. Through a coordinated effort, partners will increase the availability of Naloxone (the overdose reversal drug) in both counties and implement prevention/awareness, safe prescribing, and harm reduction initiatives. Since October 2015, more than 140 successful overdose reversals were reported to NCHRC in Vance and Granville counties, using naloxone kits distributed directly to individuals at risk of experiencing or witnessing an overdose. For more information on how to get Naloxone, call Loftin Wilson: (919) 370-0671. To get involved with VIBRANT efforts, call Tyisha Terry: (252) 492-7915.



Teen Court trials serve as a sentencing option for first offender youth who commit a misdemeanor crime, can admit guilt, accept responsibility, and be sentenced by a jury of their peers. Youth then participate in community service, or other forms of restitution, as a way to atone for their “crime,” and reconnect with the community. For more information contact Henderson–Vance Recreation, Youth Services Division: (252) 430-5700, or NC Cooperative Extension, Granville County: (919) 603-1350

The Stepping Up Initiative is a nation-wide effort to reduce the number of people with mental illness in jails. Based on this framework, GVPH will facilitate collaboration, data collection, planning, and action to address this need in the five-county region (Franklin, Granville, Vance, Halifax, and Warren Counties). For more information call: (919) 693-2141 or visit www.gvph.org

The Positive Parenting Program (Triple P) is an evidence-based program to build confidence and reduce parent stress so that children can experience the benefits of a safe and nurturing environment. This program prevents child abuse and maltreatment, reduces behavioral health diagnosis, and improves parental satisfaction. Learn more by calling: (919) 693-2141 or visit www.triplep-parenting.com

Morbidity and Mortality

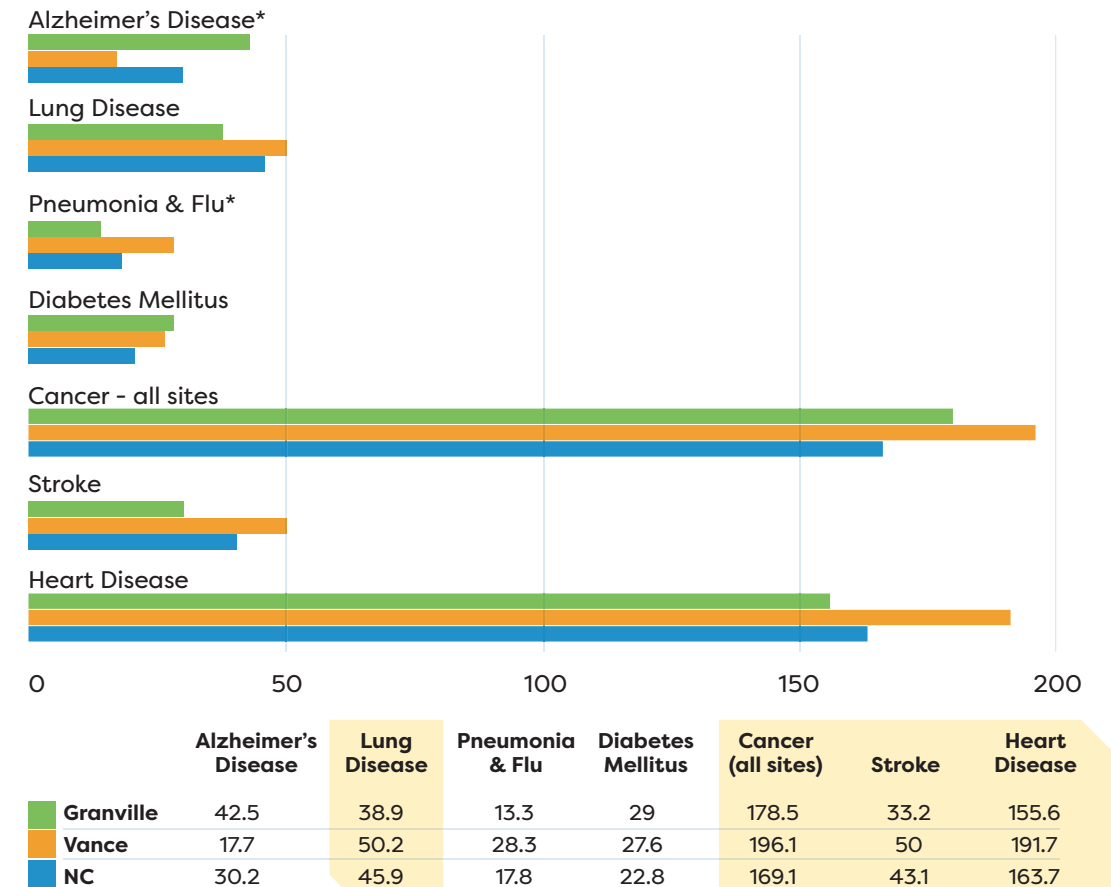
Morbidity refers to how many people are ill, while **mortality** refers to how many people have died from a health condition. Morbidity and mortality are important factors to consider when looking at the overall health of a community. Understanding the diseases that are causing the most illness and death and learning how to prevent and treat these diseases can help improve the health and prosperity of our communities.

Causes of Death

In Granville County the death rate for **Alzheimer’s Disease***, **diabetes** and **cancer** is **higher** than the rate for the state.

In Vance County the death rates from **lung disease**, **pneumonia*** and the **flu***, **diabetes**, **cancer**, **stroke** and **heart disease** are **higher** than for the state.

Age-adjusted Causes of Death per 100,000 Population in Granville and Vance Compared to North Carolina, 2011–2015³



*Note: In 2011–2015 the number of cases of pneumonia and flu in Granville and the number of cases of Alzheimer’s disease in Vance were small making these unstable rates.

Leading causes of death in Granville & Vance counties:
Cancer • Heart Disease • Lung Disease • Stroke

Changes in Age-adjusted Causes of Death between 2006–2010² and 2011–2015³

Cause of Death	Granville	Vance
Heart Disease	↓	↓
Stroke	↓	↓
Cancer - all sites	↓	↓
Diabetes	↓	↑
Pneumonia and Flu*	↓	↓
Lung Disease	↓	↓
Alzheimer’s Disease	↑	=

*Note: In 2011–2015 the number of cases of pneumonia and flu in Granville and the number of cases of Alzheimer’s disease in Vance were small making these unstable rates.

Cross-cutting Themes: Poverty and Health Equity

Progress in the Last Year:

GVPH and partners address health equity and poverty by ensuring that all residents have access to the resources they need to for good health including early childhood development, education, quality healthcare, employment, food security, and a safe environment. This section highlights several of the efforts to address health equity and poverty.

Health Equity:

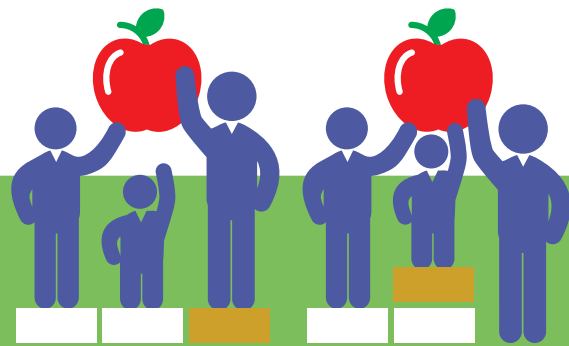
When everyone has the opportunity to attain their highest level of health.

Source: American Public Health Association. Available at: www.APHA.org

Poverty:

When a person or group of people lack human needs because they cannot afford them. Human needs include clean water, nutrition, health care, education, clothing, and shelter.

Source: Centers for Disease Control and Prevention. Available at: www.cdc.gov/nchstp/socialdeterminants/definitions.html

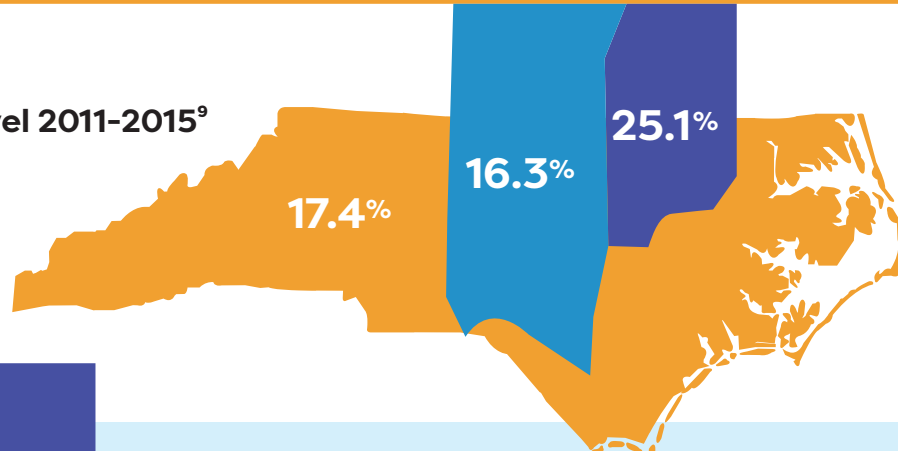


Equality

Equity

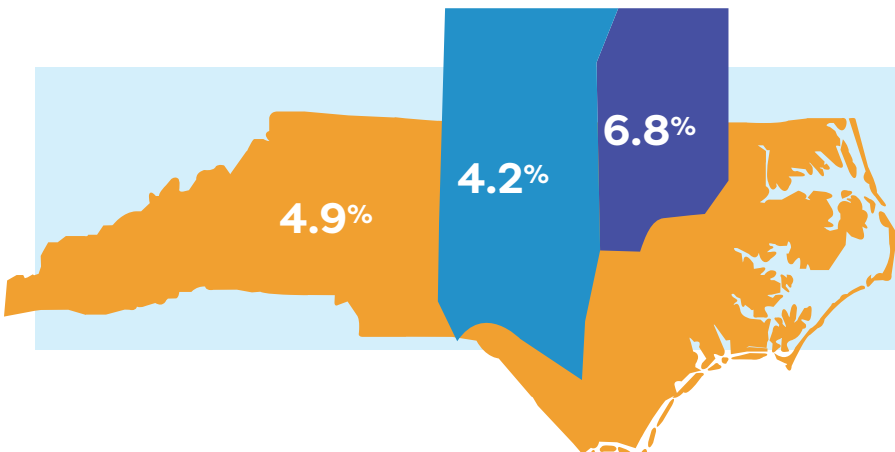
Percent below poverty level 2011-2015⁹

North Carolina: 17.4%
Granville: 16.3%
Vance: 25.1%



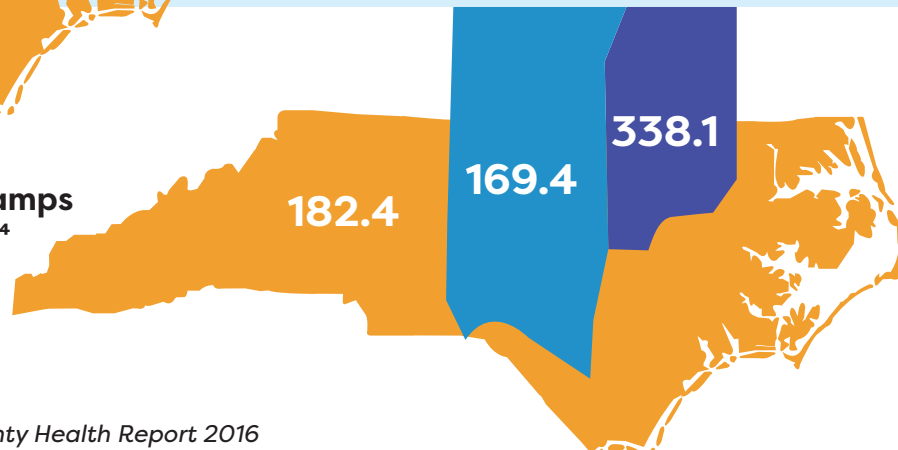
Percent unemployed - November 2016⁷

North Carolina: 4.9%
Granville: 4.2%
Vance: 6.8%



Persons receiving food stamps per 1000 population 2014⁴

North Carolina: 182.4
Granville: 169.4
Vance: 338.1



Students Without Limits

The Oxford Housing Authority supports children in the community to be successful in school, and in life.

Through the Students Without Limits program, children strengthen their literacy skills, and build confidence, community, and a love of learning. Mr. Xavier Wortham, the Executive Director, works with partners in the community to offer healthy snacks, and connect families with additional community resources and services. "We have been fortunate to have a partnership with teachers and parents that allows us to extend the learning beyond the classroom and to reinforce what happens at school," says Mr. Wortham. "It's great to see a student who was at a very low reading level rise to being at grade level after the 2nd grading period!"



Career and College Promise

Vance-Granville Community College offers three pathways for high school student success: College transfer courses, a Career/Technical Education track, and the Early College Program. For more information call: (252) 492-2061 or visit www.vgcc.edu.

Fun with a Focus

Boys and Girls Clubs provide quality, outcome driven programs for young people who need it most with a focus on three priority areas: academic success, good character and citizenship, and healthy lifestyles. For more information call: (919) 690-0036 or visit www.bgcncnc.com.

Second Chances for Learning Success

Western Vance High School and Granville County's **Center for Innovative Learning** are non-traditional schools that provides a second chance for students who were not able to be successful in a traditional school environment. These schools provide a space where specific student needs can be directly targeted, giving them the best chance for high school completion, and later success in life. For more information visit: <http://www.vcs.k12.nc.us/Domain/24> or <http://cil.gcs.k12.nc.us/>.

Smart Start Little Free Library

Franklin-Granville-Vance Smart Start has initiated the **Little Free Library** program as a way to promote reading for children, literacy for adults and libraries around the community. It is a "take a book, return a book" gathering place where people share their favorite literature and stories. Look for one of these cute "mini-libraries" in a neighborhood near you, or call: (252) 433-9110 to find out more.