

Perquimans County

2018 Community Health Needs Assessment



ALBEMARLE REGIONAL HEALTH SERVICES
Partners in Public Health

Dear Community Member,

Pasquotank
Perquimans

Your partnership in the Community Health Needs Assessment process is important to the health of our residents. Albemarle Regional Health Services, Sentara Albemarle Medical Center, Vident Bertie Hospital, Vident Chowan Hospital, Vidant Roanoke Chowan Hospital, and numerous other community partners continue to work together to provide this comprehensive report which illustrates the health status, health needs and improvements, as well as health resources in our communities. This document represents much time and effort by local health department staff, hospital staff, Healthy Carolinians members, and community members like you.

Camden
Chowan
Currituck

The rural landscape of our counties and the diversity of our population continue to make the Albemarle region an exciting place to live, work, and play. These factors also provide challenges in our systems of service delivery which drive the need for a continuum of programs. The Community Health Needs Assessment allows us the opportunity to analyze and prioritize our community's needs and strengths based on vital feedback from citizens of all eight counties.

Bertie
Gates
Hertford

The priority health rankings selection process identified strategies that can be implemented to target needs that were identified in the 2018 Community Health Needs Assessment. These priorities can help to create increased opportunities for healthier outcomes in our communities. Existing relationships will continue to be nurtured and strengthened as we join together to identify new partners to innovatively address the needs of our community.

Thank you for your continued interest in the health of our communities.

Sincerely yours,

R. Battle Betts, Jr., MPA
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Support of this document was also provided by many other entities. Albemarle Regional Health Services, Sentara Albemarle Medical Center, Vidant Chowan Hospital, Vidant Bertie Hospital, Vidant Roanoke Chowan Hospital, and Vidant Health greatly appreciates the help of our vital community stakeholders.

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Executive Summary

Albemarle Regional Health Services and community partners are pleased to present the 2018 Community Health Needs Assessment. This report provides an overview of the methods and process used to identify and prioritize significant health needs in Perquimans County.

Service Area

The service area for this report is defined as the geographical boundary of Perquimans County, North Carolina. Perquimans County is located along the coastal area of the state and has an area of over 329 square miles, of which 247 square miles is land and 82 square miles is water.

Methods for Identifying Community Health Needs

Secondary Data

Secondary data used for this assessment were collected and analyzed from Conduent HCI's community indicator database. The database, maintained by researchers and analysts at Conduent HCI, includes over 100 community indicators from various state and national data sources such as the North Carolina Department of Health and Human Services, the Centers for Disease Control and Prevention and the American Community Survey. See Appendix A for a full list of data sources used.

Indicator values for Perquimans County were compared to North Carolina counties and U.S. counties to identify relative need. Other considerations in weighing relative areas of need included comparisons to North Carolina state values, comparisons to national values, trends over time, Healthy People 2020 targets and Healthy North Carolina 2020 targets. Based on these seven different comparisons, indicators were systematically ranked from high to low need. For a detailed methodology of the analytic methods used to rank secondary data indicators see Appendix A.

Primary Data

The primary data used in this assessment consisted of (1) a community survey distributed through online and paper submissions and (4) focus group discussions. Almost 400 Perquimans County residents contributed their input on the community's health and health-related needs, barriers, and opportunities, with special focus on the needs of vulnerable and underserved populations.

See Appendix B for all primary data collection tools used in this assessment.

Summary of Findings

The CHNA findings are drawn from an analysis of an extensive set of secondary data (over 100 indicators from national and state data sources) and in-depth primary data from community leaders, health and non-health professionals who serve the community at large, vulnerable populations, and populations with unmet health needs. Through a synthesis of the primary and secondary data the significant health needs were determined for Perquimans County and are displayed in Table 1.

Table 1. Significant Health Needs

Access to Health Services
Diabetes
Economy
Exercise, Nutrition & Weight
Heart Disease & Stroke
Substance Abuse
Transportation

Selected Priority Areas

The prioritization process identified three focus areas: (1) Healthy Lifestyle Behaviors (2) Access to Healthcare and (3) Mental Health/Substance Misuse.

Conclusion

This report describes the process and findings of a comprehensive health needs assessment for the residents of Perquimans County, North Carolina. The prioritization of the identified significant health needs will guide community health improvement efforts of Perquimans County. Following this process, Albemarle Regional Health Services and community partners will outline how they plan to address the prioritized health needs in their community improvement plans.

Introduction

Albemarle Regional Health Services and community partners are pleased to present the 2018 Community Health Needs Assessment, which provides an overview of the significant community health needs identified in Perquimans County, North Carolina.

The goal of this report is to offer a meaningful understanding of the most pressing health needs across Perquimans County, as well as to guide planning efforts to address those needs. Special attention has been given to the needs of vulnerable populations, unmet health needs or gaps in services, and input gathered from the community.

Findings from this report will be used to identify, develop and target initiatives to provide and connect community members with resources to improve the health challenges in their communities.

The 2018 Community Health Needs Assessment was developed through a partnership between Albemarle Regional Health Services, Sentara Albemarle Medical Center, Health ENC and Conduent Healthy Communities Institute, with The Duke Endowment serving as the fiscal sponsor.

About Health ENC

Initiated in 2015 by the Office of Health Access at the Brody School of Medicine at East Carolina University, Health ENC grew out of conversations with health care leaders about improving the community health needs assessment (CHNA) process in eastern North Carolina. Health ENC, now a program of the Foundation for Health Leadership and Innovation (FHLI), coordinates a regional CHNA in 33 counties of eastern North Carolina. In addition, the Health ENC Program Manager works to build coalitions and partnerships that will address health issues identified through the regional CHNA process.

As part of the Affordable Care Act, not for profit and government hospitals are required to conduct CHNAs every three years. Similarly, local health departments in North Carolina are required by the Division of Public Health (DPH) in the NC Department of Health and Human Services (DHHS) to conduct periodic community health assessments as well. Local health departments have been required to submit their community health needs assessments once every four years. The particular year CHNA submissions are made by hospitals within a three-year cycle or by local health departments within a four-year cycle is not uniform across the state or region.

Additionally, although local health departments and hospitals have guidance from their respective oversight authorities on how to conduct and report the results of their CHNAs, that guidance allows for wide variations in the execution of these reports. The methodologies, specific data items gathered, the interpretation of the data as well as the general approach and scope of one CHNA may have little resemblance to a CHNA in another jurisdiction or conducted by another organization.

For these reasons, health care leaders across eastern North Carolina have partnered to standardize the CHNA process for health departments and hospitals in the region. This effort will also sync all participant organizations on to the same assessment cycle. Combining efforts of local health departments and hospitals in a regional CHNA will ultimately lead to an improvement in the quality and utility of population health data, the ability to compare and contrast information and interventions across geographic boundaries, and the reduction of costs for everyone involved, while maintaining local control and decision-making with regard to the selection of health priorities and interventions chosen to

address those priorities. Simultaneously, it will create opportunities for new and better ways to collaborate and partner with one another.

Upon receipt of generous funding support provided by The Duke Endowment, the Office of Health Access at ECU's Brody School of Medicine transferred administrative and operational responsibility for Health ENC to the Foundation for Health Leadership and Innovation in 2018. The project continues to be guided by a steering committee representing local health departments, hospitals and other stakeholders committed to improving the health of the people of eastern North Carolina.

Member Organizations

Health ENC is comprised of more than 40 organizations. Twenty-two hospitals, twenty-one health departments and two health districts participated in the regional CHNA.

Partner Organizations

- Foundation for Health Leadership & Innovation
- ECU Brody School of Medicine
- The Duke Endowment

Hospitals and Health Systems

- Cape Fear Valley Health (Cape Fear Valley Medical Center, Hoke Hospital and Bladen County Hospital)
- Carteret Health Care
- Halifax Regional Medical Center
- Johnston Health
- UNC Lenoir Health Care
- Nash Health Care System
- Onslow Memorial Hospital
- The Outer Banks Hospital
- Pender Memorial Hospital
- Sampson Regional Medical Center
- Sentara Albemarle Medical Center
- Vidant Beaufort Hospital
- Vidant Bertie Hospital
- Vidant Chowan Hospital
- Vidant Duplin Hospital
- Vidant Edgecombe Hospital
- Vidant Medical Center
- Vidant Roanoke-Chowan Hospital
- Wayne UNC Health Care
- Wilson Medical Center

Health Departments and Health Districts

- Albemarle Regional Health Services
- Beaufort County Health Department
- Bladen County Health Department
- Carteret County Health Department

- Cumberland County Health Department
- Dare County Department of Health and Human Services
- Duplin County Health Department
- Edgecombe County Health Department
- Franklin County Health Department
- Greene County Department of Public Health
- Halifax County Public Health System
- Hoke County Health Department
- Hyde County Health Department
- Johnston County Public Health Department
- Lenoir County Health Department
- Martin-Tyrrell-Washington District Health Department
- Nash County Health Department
- Onslow County Health Department
- Pamlico County Health Department
- Pitt County Health Department
- Sampson County Health Department
- Wayne County Health Department
- Wilson County Health Department

Steering Committee

Health ENC is advised by a Steering Committee whose membership is comprised of health department and hospital representatives participating in the regional CHNA, as well as other health care stakeholders from eastern North Carolina. The program manager oversees daily operations of the regional community health needs assessment and Health ENC.

Health ENC Program Manager

- Will Broughton, MA, MPH, CPH - Foundation for Health Leadership & Innovation

Health ENC Steering Committee Members

- Constance Hengel, RN, BSN, HNB-BC - Director, Community Programs and Development, UNC Lenoir Health Care
- James Madson, RN, MPH - Steering Committee Chair, Health Director, Beaufort County Health Department
- R. Battle Betts, Jr., MPA – Health Director, Albemarle Regional Health Services
- Caroline Doherty - Chief Development and Programs Officer, Roanoke Chowan Community Health Center
- Melissa Roupe, RN, MSN - Sr Administrator, Community Health Improvement, Vidant Health
- Davin Madden – Health Director, Wayne County Health Department
- Angela Livingood – Pharmacy Manager, Pender Memorial Hospital
- Lorrie Basnight, MD, FAAP - Executive Director, Eastern AHEC, Associate Dean of CME, Brody School of Medicine
- Anne Thomas- President/CEO, Foundation for Health Leadership & Innovation

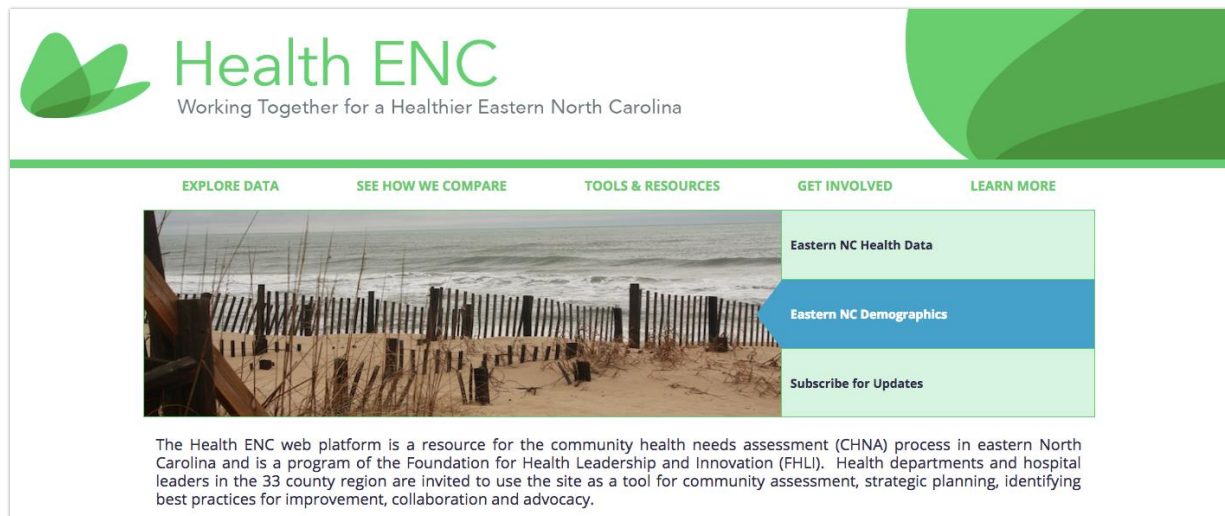
HealthENC.org

The [Health ENC](https://HealthENC.org) web platform, shown in Figure 1, is a resource for the community health needs assessment process in eastern North Carolina. The website serves as a “living” data platform, providing public access to indicator data that is continuously updated, easy to understand and includes comparisons for context. Much of the data used in this assessment is available on HealthENC.org and can be downloaded in multiple formats. Results of the 2018 Eastern North Carolina Community Health Survey can be downloaded by county or the entire Health ENC Region.

In addition to indicator data, the website serves as a repository for local county reports, funding opportunities, 2-1-1 resources and more. Health departments, hospital leaders and community health stakeholders in the 33-county region are invited to use the website as a tool for community assessment, strategic planning, identifying best practices for improvement, collaboration and advocacy.

Visit HealthENC.org to learn more.

Figure 1. Health ENC Online Data Platform



Consultants

Health ENC commissioned Conduent Healthy Communities Institute (HCI) to assist with its Community Health Needs Assessment.

Conduent Healthy Communities Institute is a multi-disciplinary team of public health experts, including healthcare information technology veterans, academicians and former senior government officials, all committed to help health-influencing organizations be successful with their projects. Conduent HCI uses collaborative approaches to improve community health and provides web-based information systems to public health, hospital and community development sectors, to help them assess population health.

Conduent HCI works with clients across 38 states to drive improved community health outcomes by assessing needs, developing focused strategies, identifying appropriate intervention programs, establishing progress monitoring systems, and implementing performance evaluation processes. Working with diverse clients nationwide has contributed to Conduent HCI's national knowledge base of population health solutions. In addition, by engaging directly with clients and communities through the primary data collection process and final workshops, Conduent HCI works on behalf of our clients to build trust between and among organizations and their communities.

To learn more about Conduent HCI, please visit <https://www.conduent.com/community-population-health/>.

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Community CHNA Collaborative

This document was developed by Albemarle Regional Health Services, in partnership with Sentara Albemarle Medical Center, Vidant Bertie Hospital, Vidant Chowan Hospital, and Vidant Roanoke Chowan Hospital as part of a local community health needs assessment process.

Healthy Carolinians of the Albemarle (HCOTA), serving Pasquotank, Perquimans, Camden, and Currituck counties, was also an active partner in the development of the CHNA. HCOTA is “a network of public-private partnerships across North Carolina that shares the common goal of helping all North Carolinians to be healthy.” The members of local partnerships are representatives of the agencies and organizations that serve the health and human service needs of the local population, as well as representatives from businesses, communities of faith, schools and civic groups.

Community Health Team Structure

For the CHNA, Albemarle Regional Health Services developed a CHNA Leaders Team to help lead the process. The CHNA Leaders Team consisted of 25 members that included county residents as well as representatives from various local agencies and organizations throughout the eight county service area. The CHA Leaders Team members brought a wealth of knowledge and expertise on a variety of issues and populations in the county, and the broad range of backgrounds ensured objectivity throughout the prioritization process. The CHA Leaders Team met three times between April 2018 and July 2018 to review strategies for conducting primary data collection for the CHNA, stay informed of the process, and provide feedback.

Collaboration between Albemarle Regional Health Services and other local partners made this assessment possible. Many collaborators spent numerous hours attending meetings, collecting survey data, promoting and serving as moderators for focus group discussions, and attending presentations. These partners also played an active role in the priority selection process.

Partners in the 2018 CHNA process for Albemarle Regional Health Services include:

- Albemarle Hospital Foundation
- Albemarle Regional Health Services
- Gates Partners for Health
- Healthy Carolinians of the Albemarle
- Pasquotank County Cooperative Extension
- Sentara Albemarle Medical Center
- Three Rivers Healthy Carolinians
- Town of Hertford
- Vidant Bertie Hospital
- Vidant Chowan Hospital
- Vidant Roanoke Chowan Hospital

Local Healthy Carolinians partnerships utilized grass root efforts to ensure community citizen's opinions were heard and demographic characteristics of participants were considered to ensure that results portrayed an accurate representation of each county as a whole.

Distribution

Healthy Carolinians of the Albemarle plans to share results from the Community Health Needs Assessment (CHNA) during meetings to county and city governments, local civic groups, faith organizations, business leaders, and through other community outreach events. The CHNA documents can be found on the Albemarle Regional Health Services website at www.arhs-nc.org. Efforts will be made with other agencies and local government, including county websites, to provide links to the information. ARHS also plans to work with the local newspapers to provide news releases to the public about the findings made in each county. HCOTA members will have access to the information found in the CHNA at their disposal to use in the community including evidence-based strategies, grant proposals, and program planning and implementation.

An electronic copy of this report is also available on HealthENC.org.

Methodology

Overview

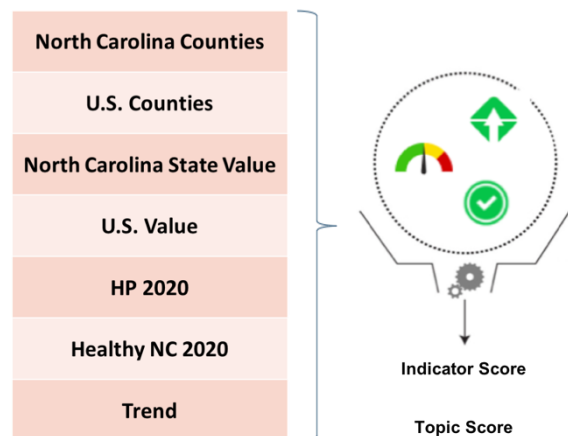
Two types of data are analyzed for this Community Health Needs Assessment: secondary data and primary data. Secondary data is data that has been collected from other sources while primary data has been collected directly as a part of this report. Each type of data is analyzed using a unique methodology, and findings are organized by health topic areas. These findings are then synthesized for a comprehensive overview of the health needs in Perquimans County.

Secondary Data Sources & Analysis

The main source of the secondary data used for this assessment is [HealthENC.org](http://www.healthenc.org/)¹, a web-based community health platform developed by Conduent Healthy Communities Institute. The Health ENC dashboard brings non-biased data, local resources, and a wealth of information in one accessible, user-friendly location. The secondary data analysis was conducted using Conduent HCI's data scoring tool, and the results are based on the 135 health and quality of life indicators that were queried on the Health ENC dashboard on July 18, 2018. The data are primarily derived from state and national public data sources. For each indicator on the platform, there exist several comparisons to assess Perquimans County's status, including how Perquimans County compares to other communities, whether health targets have been met, and the trend of the indicator value over time.

Conduent HCI's data scoring tool systematically summarizes multiple comparisons to rank indicators based on highest need (Figure 2). For each indicator, the Perquimans County value is compared to a distribution of North Carolina and U.S. counties, state and national values, Healthy People 2020 targets, Healthy North Carolina 2020 targets, and the trend over the four most recent time periods of measure. Each indicator is then given a score based on the available comparisons. The scores range from 0 to 3, where 0 indicates the best outcome and 3 indicates the worst outcome. Availability of each type of comparison varies by indicator and is dependent upon the data source, comparability with data collected from other communities, and changes in methodology over time. The indicators are grouped into topic areas for a higher-level ranking of community health needs.

Figure 2. Secondary Data Scoring



Please see [Appendix A](#) for further details on the secondary data scoring methodology.

¹ Health ENC is an online platform that provides access to health, economic and quality of life data, evidence-based programs, funding opportunities and other resources aimed at improving community health. The platform is publicly available and can be accessed at <http://www.healthenc.org/>.

Health and Quality of Life Topic Areas

Table 2 shows the health and quality of life topic areas into which indicators are categorized. These topic areas are broadly based on the Healthy People 2020 framework, with each topic area containing multiple indicators. The five topic areas exhibiting the most significant need as evidenced by the secondary data analysis are included for in-depth exploration in the data findings. Four topic areas specific to population subgroups, including Children's Health, Men's Health, Women's Health, and Older Adults & Aging, include indicators spanning a variety of topics. If a particular subgroup receives a high topic score, it is not highlighted independently as one of the top 5 findings, but is discussed within the narrative as it relates to highly impacted populations. Three additional categories (County Health Rankings, Mortality Data, and Wellness & Lifestyle) are not considered for in-depth exploration, since all three are general categories that include indicators spanning a wide variety of topics. Topic areas with fewer than three indicators are considered to have data gaps and do not receive topic scores. These topics are indicated by an asterisk in Table 2.

Table 2. Health and Quality of Life Topic Areas

Access to Health Services	Family Planning*	Prevention & Safety
Cancer	Food Safety*	Public Safety
Children's Health*	Heart Disease & Stroke	Respiratory Diseases
County Health Rankings	Immunizations & Infectious Diseases	Social Environment
Diabetes	Maternal, Fetal & Infant Health	Substance Abuse
Disabilities*	Men's Health*	Teen & Adolescent Health*
Economy	Mental Health & Mental Disorders	Transportation
Education	Mortality Data	Vision*
Environment	Older Adults & Aging	Wellness & Lifestyle
Environmental & Occupational Health	Other Chronic Diseases	Women's Health
Exercise, Nutrition, & Weight	Oral Health*	

*Topic area has fewer than 3 indicators and is considered a data gap. No topic score is provided.

Health ENC Region Comparison

When available, county-level data are compared to the state of North Carolina, as well as Health ENC Counties. The Health ENC region consists of 33 counties in eastern North Carolina participating in the regional CHNA: Beaufort, Bertie, Bladen, Camden, Carteret, Chowan, Cumberland, Currituck, Dare, Duplin, Edgecombe, Franklin, Gates, Greene, Halifax, Hertford, Hoke, Hyde, Johnston, Lenoir, Martin, Nash, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Sampson, Tyrrell, Washington, Wayne and Wilson. Values for the Health ENC region were calculated by aggregating data from these 33 counties.

Primary Data Collection & Analysis

To expand upon the information gathered from the secondary data, Health ENC Counties collected community input. Primary data used in this assessment consists of focus groups and both an English-language and Spanish-language community survey. All community input tools are available in [Appendix B](#).

Community Survey

Community input was collected via a 57-question online and paper survey available in both English and Spanish. Survey Monkey was the tool used to distribute and collect responses for the community survey. Completed paper surveys were entered into the Survey Monkey tool.

The community survey was distributed across Health ENC's entire survey area from April 18, 2018 – June 30, 2018.

Survey Distribution

Members of the ARHS CHNA Leaders Team, assisted by members of the region's Healthy Carolinians coalitions and community volunteers, conducted the community health survey using electronic/paper surveys and a "convenience sample" technique. Surveys were taken to places where people were gathered for other purposes, for example, meetings, workplaces, waiting rooms, community events, etc. The sample sites were deliberately chosen to assure that the participants would be representative of the demographic distribution of the community in each participating county. Surveys, which were available in English and Spanish versions, were distributed and retrieved by the volunteers in one sitting. Surveys plainly stated, and participants were reminded, that their responses would be confidential and not linked to them personally in any way.

Table 3 summarizes the number of survey respondents. A total of 18,917 responses were collected across all 33 counties, with a survey completion rate of 86.5%, resulting in 16,358 complete responses across the entire survey area. A total of 409 responses were collected from Perquimans County residents, with a survey completion rate of 84.8%, resulting in 347 complete responses from Perquimans County. The survey analysis included in this CHNA report is based on complete responses.

Table 3. Survey Respondents

Service Area	Number of Respondents*		
	English Survey	Spanish Survey	Total
All Health ENC Counties	15,917	441	16,358
Perquimans County	347	0	347

*Based on complete responses

Survey participants were asked a range of questions related - but not limited - to: what populations are most negatively affected by poor health outcomes in Perquimans County, what their personal health challenges are, and what the most critical health needs are for Perquimans County. The survey instrument is available in Appendix B.

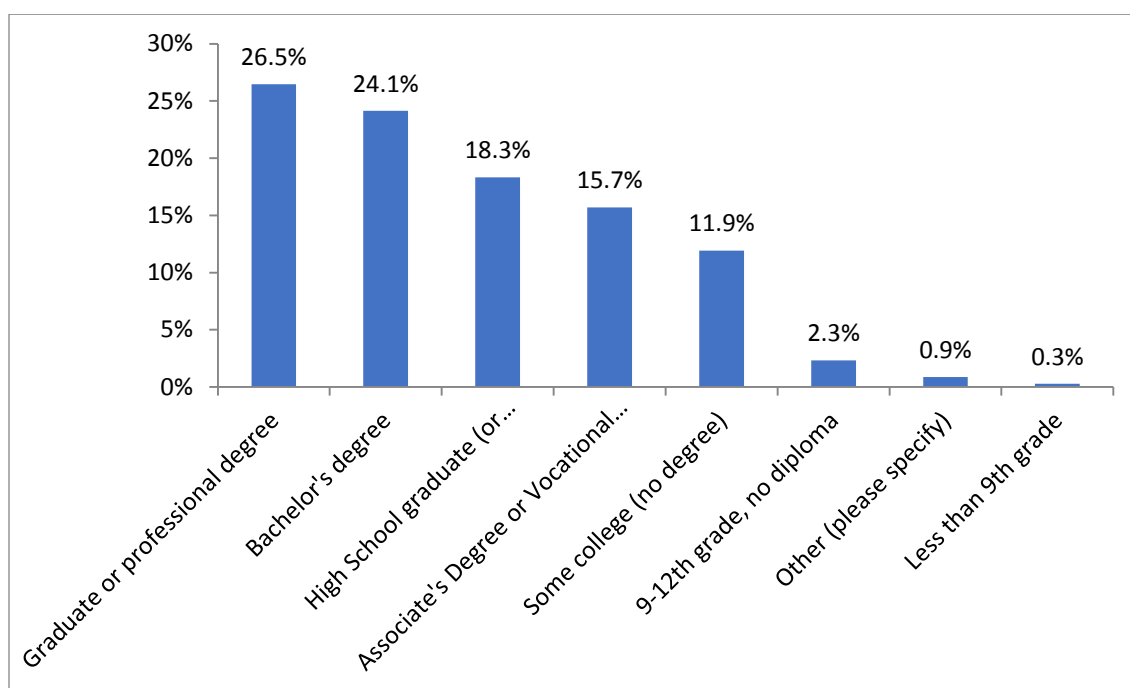
Demographics of Survey Respondents

The following charts and graphs illustrate Perquimans County demographics of the community survey respondents.

Among Perquimans County survey participants, 66% of respondents were over the age of 50, with the highest concentration of respondents (15.3%) grouped into the 70-74 age group. The majority of respondents were female (67.4 %), White (83.4%), spoke English at home (99.7%), and Not Hispanic (99.4%).

Survey respondents were well-educated, with the highest share of respondents (26.5%) having a graduate or professional degree and the next highest share of respondents (24.1 %) having a bachelor's degree (Figure 3).

Figure 3. Education of Community Survey Respondents



As shown in Figure 4, almost half of the respondents were employed full-time (48.5%) while 39.5% were retired. The highest share of respondents (27.6%) had household annual incomes that totaled over \$100,000 before taxes. The average household size was 2.4 individuals.

Figure 4. Employment Status of Community Survey Respondents

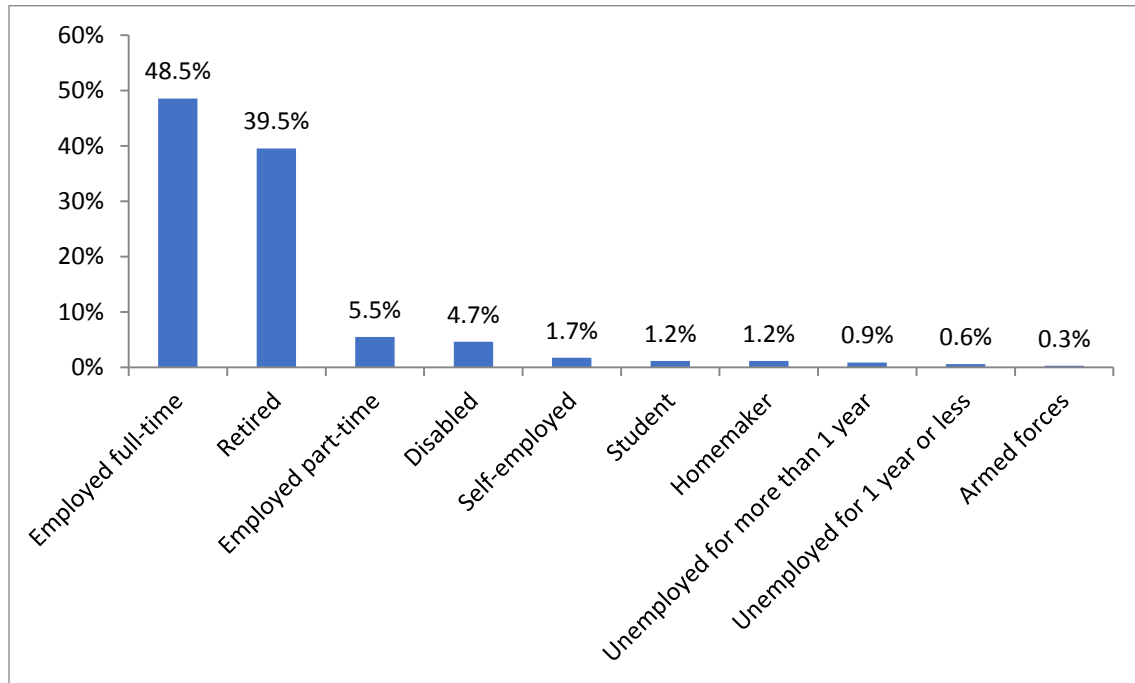
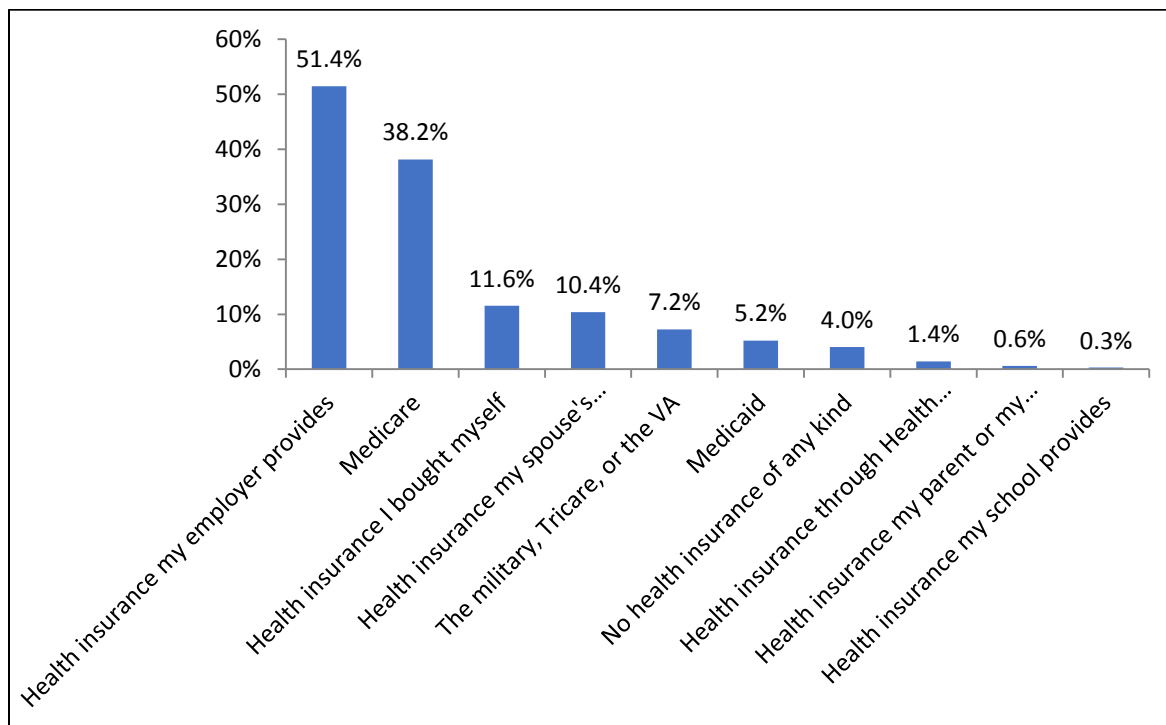


Figure 5 shows the health insurance coverage of community survey respondents. More than half of survey respondents have health insurance provided by their employer (51.4%), while 38.2% have Medicare and 4.0% have no health insurance of any kind.

Figure 5. Health Care Coverage of Community Survey Respondents



Overall, the community survey participant population consisted of older, white, well-educated women. The survey was a convenience sample survey, and thus the results are not representative of the community population as a whole.

Key findings from select questions on the community survey are integrated into this report by theme or topic area, with an emphasis on the most significant needs as evidenced by both primary and secondary data. This approach is intended to offer a meaningful understanding of health needs. A summary of full survey results (all 57 questions) is available on [HealthENC.org](https://www.healthenc.org). Full results can be downloaded by county or for the entire Health ENC Region.

Focus Group Discussions

Another form of community input was collected through focus groups. Focus groups are carefully constructed dialogues that invite diverse groups of people to discuss important and pressing issues. Focus groups provide community members an opportunity to engage in productive learning and sharing sessions. Focus group discussions focused on community strengths, opportunities for improvement, existing resources, health needs, and possible solutions for improving the health of Perquimans County. A list of questions asked at the focus groups is available in Appendix B.

The purpose of the focus groups for Health ENC's 2019 CHNA/CHA was to engage with a broad cross-section of individuals from each county, such as migrant worker groups, healthcare workers, or county employees, to name a few.

Conduent HCI consultants developed a Focus Group Guide and led training webinars for Health ENC members. Topics included facilitation techniques, moderator and note taker roles, as well as tips and expectations for documenting focus group discussions. The list of focus group questions was reviewed and a transcript was provided for documentation purposes.

ARHS partnered with Sentara Albemarle Medical Center to collect primary data for the 2018 CHNA process for Perquimans County. Focus groups were led by trained moderators to learn more about the community's definitions and understandings of health, illness, and services that affect health attitudes, beliefs, and behaviors. The CHNA Leaders Team collected data directly from county residents to better understand their health status, needs, and county resources. Data was collected from a wide variety of county residents to assure that the data represent all parts of the county population.

Four focus group discussions were completed within Perquimans County between July 12, 2018 – July 26, 2018 with a total of 26 individuals. Participants included community members of various ages. Table 4 shows the date, location, population type, and number of participants for each focus group.

Table 4. List of Focus Group Discussions

Date Conducted	Focus Group Location	Population Type	Number of Participants
7/12/2018	Perquimans County Health Department	General Population	6
7/12/2018	Perquimans County Senior Center	Senior Citizens	8
7/23/2018	Chapel on the Sound Church	Community Members	3
7/26/2018	Perquimans County Senior Center	Senior Citizens	9

Focus group transcripts were coded and analyzed by common theme. The frequency with which a topic area was discussed in the context of needs and concerns or barriers and challenges to achieving health was used to assess the relative importance of the need in the community. Key themes that emerged from the focus group discussions are integrated into this report by topic area, with an emphasis on the most significant needs as evidenced by both primary and secondary data. Additional analysis of focus group findings is available on HealthENC.org.

Results of the focus group dialogues further support the results from other forms of primary data collected (the community survey) and reinforces the findings from the secondary data scoring. By synthesizing the discussions that took place at the focus groups alongside the responses from the community survey, the primary data collection process for Perquimans County is rich with involvement by a representative cross section of the community.

Data Considerations

Several limitations of the data should be considered when reviewing the findings presented in this report. Although the topics by which data are organized cover a wide range of health and health-related areas, within each topic there is a varying scope and depth of data availability. In some topics there is a robust set of secondary data indicators, but in others there may be a limited number of indicators for which data is collected, or limited subpopulations covered by the indicators.

Data scores represent the relative community health need according to the secondary data that is available for each topic and should not be considered to be a comprehensive result on their own. In addition, these scores reflect what was found in the secondary data for the population as a whole, and do not factor in the health or socioeconomic need that is much greater for some subpopulations. In addition, many of the secondary data indicators included in the findings are collected by survey, and though methods are used to best represent the population at large, these measures are subject to instability—especially among smaller populations. The infant mortality rate indicator was corrected after the development of the content for this report. The values have been updated here and the impact was determined to be minimal to the analysis overall.

The disparities analysis, used to analyze the secondary data, is also limited by data availability. In some instances, data sources do not provide subpopulation data for some indicators, and for other indicators, values are only available for a select number of race/ethnic groups. Due to these limitations, it is not possible to draw conclusions about subpopulation disparities for all indicators.

The breadth of primary data findings is dependent on several factors. Focus group discussion findings were limited by which community members were invited to and able to attend focus group discussions, as well as language barriers during discussion for individuals whose native language is not English. Because the survey was a convenience sample survey, results are vulnerable to selection bias, making findings less generalizable for the population as whole.

Prioritization

A vital phase of the Community Health Needs Assessment (CHNA) involves reporting out to the communities being served and to those residents who participated in the data gathering process. Community health presentations were held to provide the opportunity for community residents and key stakeholders to learn about the health-related primary and secondary data from the 2018 CHNA process. The data was presented by ARHS, Sentara, and Vidant Health through presentations geographically dispersed throughout the Albemarle Region.

The presentations were widely promoted through email invitations, newspaper announcements, the ARHS website, social media outlets, and by partnering organizations in an effort to bring the community together and strengthen an environment where the individuals were empowered in the decisions highlighted through the prioritization process.

Below is the list of presentations:

Monday, January 14, 2019:

Roanoke Chowan Community Health Clinic, Ahoskie, NC (Hertford County)

Wednesday, January 16, 2019:

Vidant Bertie Hospital, Windsor, NC (Bertie County)

Friday, January 18, 2019:

Shepard Pruden Library, Edenton, NC (Chowan County)

Monday, February 11, 2019:

Merchants Millpond State Park, Gatesville, NC (Gates County)

Friday, February 15, 2019:

Sentara Albemarle Medical Center (Camden, Currituck, Pasquotank, & Perquimans Counties)

In addition to Community Members, Community Agencies in Attendance Include:

Alliance for Children and Families

Behavioral Health

Board of Education/School System

City Government

Community College/University

Community Health Centers

Cooperative Extension

County Government

County Commissioners

Hospital Foundations

Law Enforcement

Local Health Departments

Local Hospitals

Local Treatment Centers

NC Partnership for Public Health

Rescue/Emergency Management Services

Smart Start

United Way

After reviewing the CHNA presentation for each county, discussion took place among the participants to determine community priority issues relating to the following criteria:

- Magnitude of the Problem: The size or extent of the problem as it relates to your county.
- Consequences of the Problem: How the economic, social, cultural, and political issues within your county might be influenced by addressing this issue.
- Feasibility: Are there enough resources in the county to address this issue and is the community ready to address this issue?
- Duplication: Is this issue already being addressed by other community stakeholders/programs?

After discussions, participants were then asked to use the priority list that was developed for each county to vote on their top three priority issues by placing a colored sticker next to their choices. After the post-presentation results were collected, the health issues were tallied. For Healthy Carolinians of the Albemarle (Camden, Currituck, Pasquotank and Perquimans Counties) those were, in no particular order:

- Healthy Lifestyle Behaviors
- Access to Healthcare
- Mental Health/Substance Misuse

It is important to note that these three priorities have been selected for a diverse four-county coalition, so certain priorities may be more applicable to some counties than to others.

Overview of Perquimans County

About Perquimans County

Perquimans County is a narrow, primarily rural county located in the Coastal Plain region of northeastern NC. Perquimans County is adjacent to Pasquotank County on the east, Chowan County on the southwest, and Gates County on the northwest. The county seat is the town of Hertford. Perquimans County encompasses a land area of 329 square miles, including 82 square miles of waterfront. US Highway 17 runs through Hertford northeast (toward the Outer Banks) and southwest (towards Wilmington, NC), joining US 64. NC Highway 37 runs northwest and leads towards the state of VA. The nearest major interstate to the county is I-95, which is 60 miles to the west.

Norfolk International Airport is located 65 miles from Hertford in Norfolk, VA. Also within 100 miles from Hertford are: Pitt-Greenville Airport (Greenville, NC), and the Newport News/Williamsburg International Airport (Newport News, VA). The Coastal Carolina Regional Airport in New Bern, NC is 106 miles from Hertford. Also, US Highway 64 provides access to the Raleigh-Durham International Airport 165 miles to the west. There are three Amtrak stations within a 100 mile radius of Hertford; the closest is in Norfolk, VA (46 miles), followed by Newport News, VA (58 miles) and Williamsburg, VA (76 miles). Greyhound has two bus stations nearby, both in NC. The Edenton station is the closest, followed by the one in Elizabeth City.

The earliest inhabitants of what is now Perquimans County were the Yeopim Indians, who deeded Perquimans County to George Durant, one of the first settlers in what is present-day Perquimans County, in 1661. Today Perquimans County covers lowland between the Albemarle Sound and the Dismal Swamp. Communities and townships within the region include Hertford, Winfall, Chapanoke, Belvidere, Durants Neck and Snug Harbor. By the early 1700s farming, livestock and fur trade had become major industries in the region.

Hertford, one of the oldest towns in NC, was established as the county seat of Perquimans County in 1758. In the 1900s, Hertford was a busy lumber town, largely due to the Perquimans River, which provided a direct link between the railroads, lumber barges and commercial ships that traversed the Albemarle Sound and nearby Intracoastal Waterway. Agriculture remains one of the principal industries of the area today with corn, peanuts, and soybeans as major crops. Hertford is a picturesque and well-preserved quintessential small town with antique shops, cafes and friendly people. Belvidere offers a pristine agricultural setting and is rich in Quaker heritage and history. Old Neck has rural landscape reminiscent of the antebellum south, with open farmland and five major plantation homes. Winfall was the busiest crossroads in Perquimans County before the bridge crossed the Perquimans River and was the commercial center for those on the north side of the river, even before the Civil War. The county is noted for nearly 100 miles of shoreline which attracts hunters, fishermen, and boaters to Perquimans. Also offered annually are The Perquimans County Indian Summer Festival, the Spring Fling and Old-Timers Game, and the Hearth and Harvest Festival.

Demographic Profile

The demographics of a community significantly impact its health profile. Population growth has an influence on the county's current and future needs. Specific population subgroups, including veterans and different age, gender, race and ethnic groups, may have unique needs and require varied approaches to health improvement efforts. The following section explores the demographic profile of Perquimans County, North Carolina.

Population

According to the U.S. Census Bureau's 2016 population estimates, Perquimans County has a population of 13,335 (Figure 6). The population of Perquimans County has decreased from 2013 to 2016.

Figure 6. Total Population (U.S. Census Bureau)

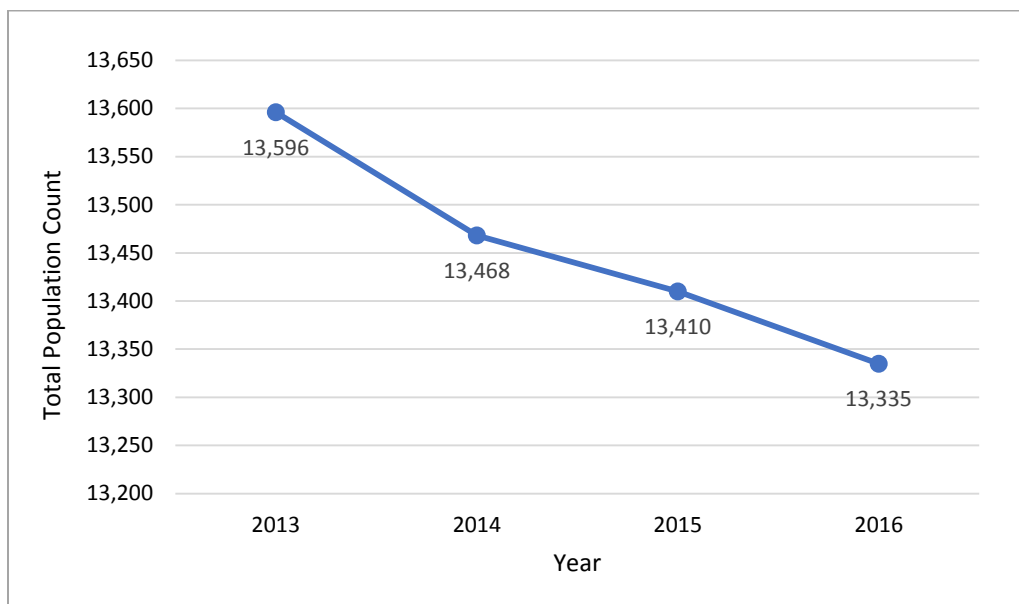
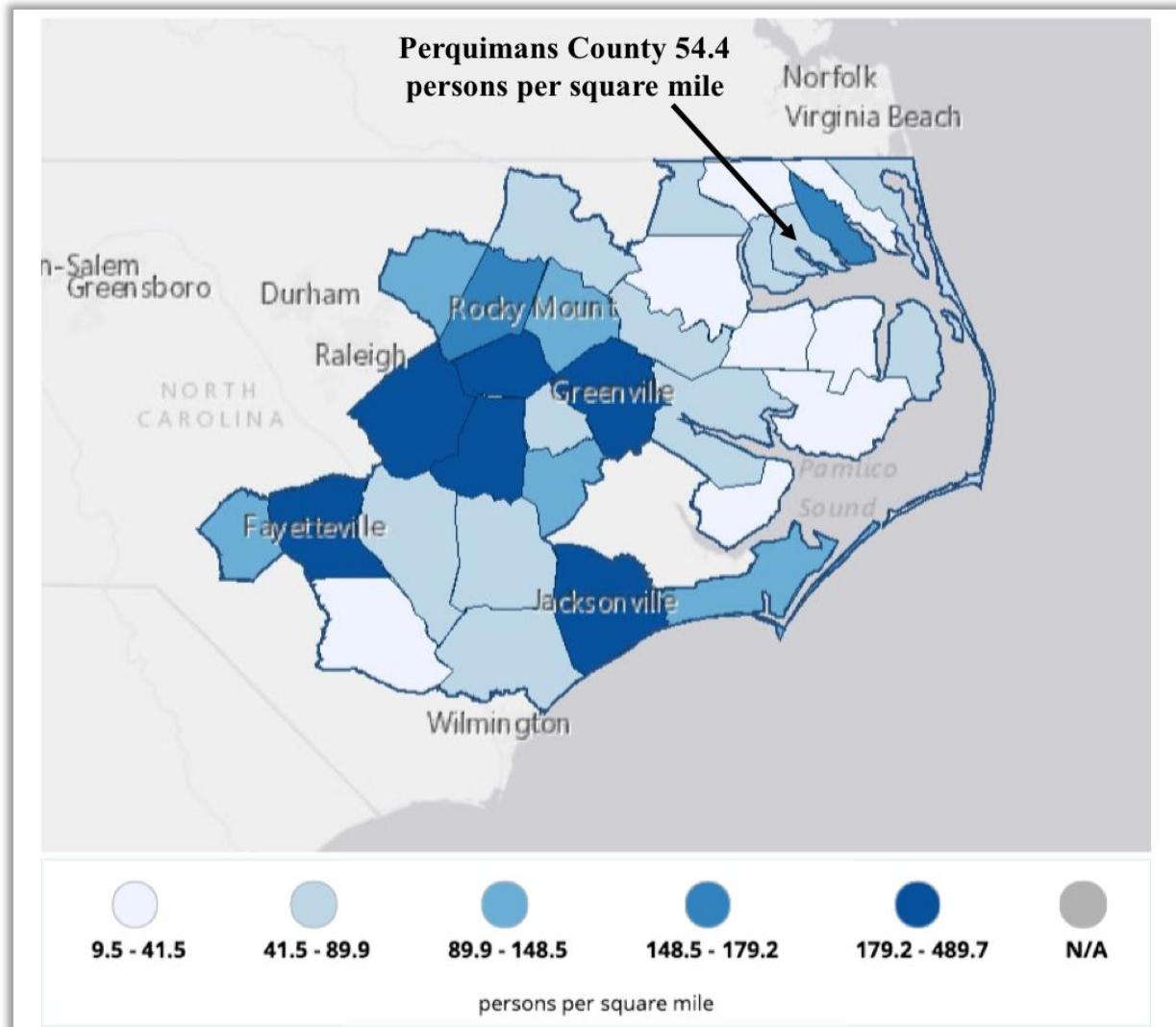


Figure 7 shows the population density of Perquimans County compared to other counties in the Health ENC region. Perquimans County has a population density of 54.4 persons per square mile.

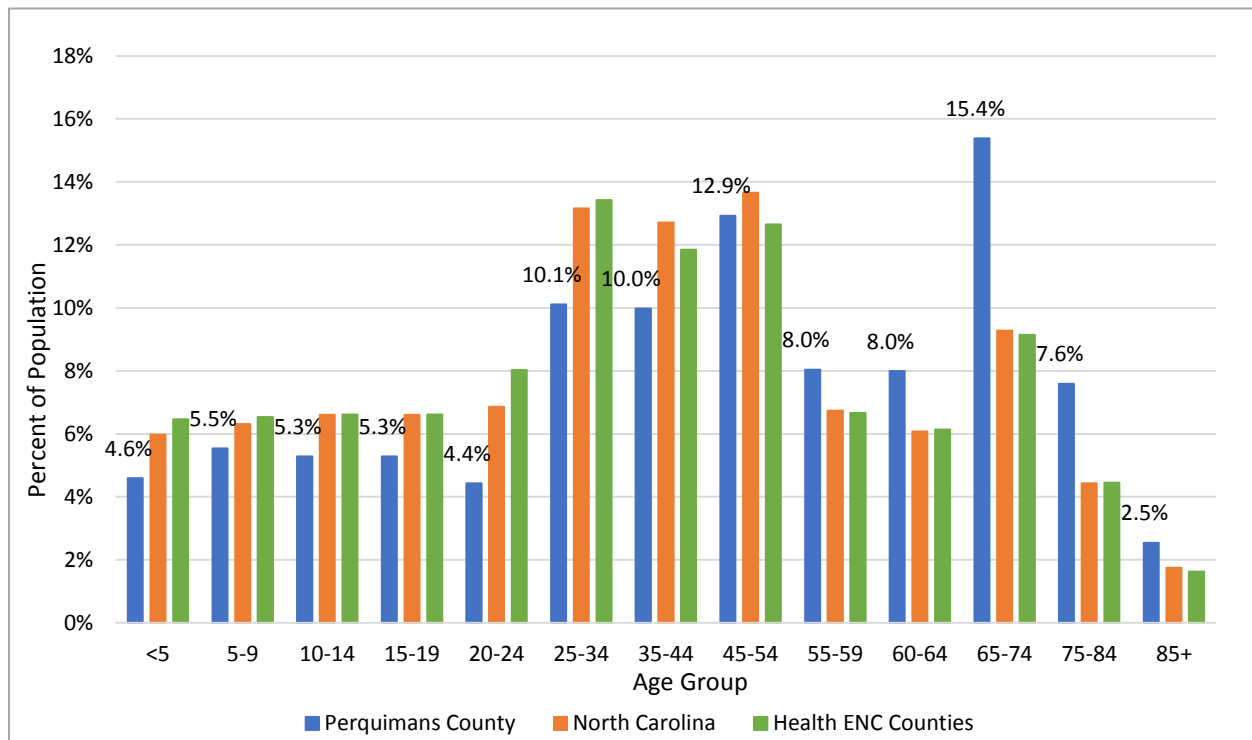
Figure 7. Population Density of Health ENC Counties (U.S. Census Bureau, 2010)



Age and Gender

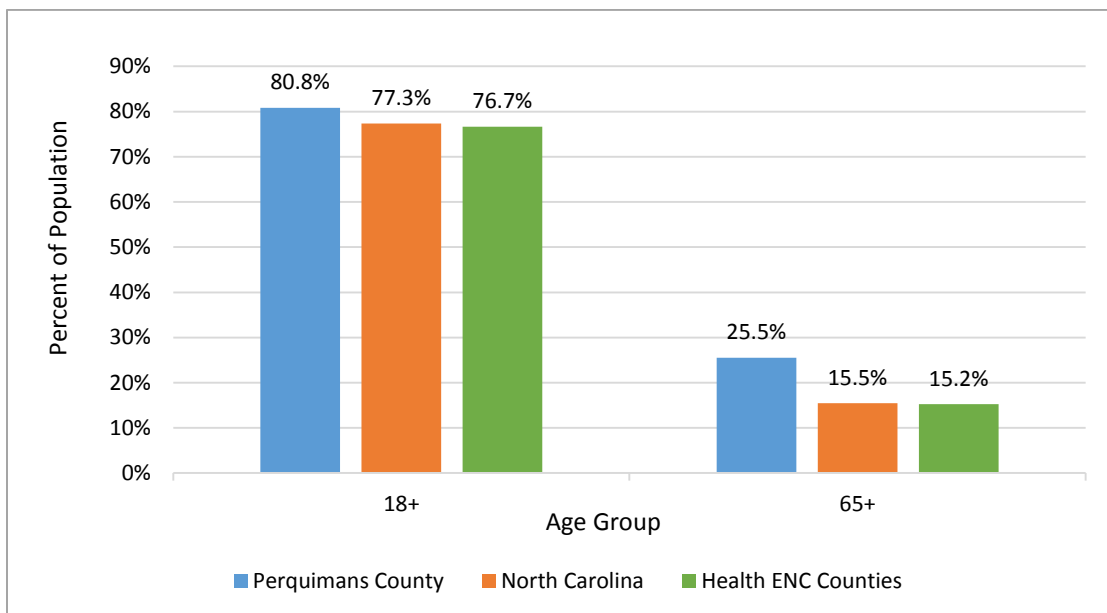
Overall, Perquimans County residents are older than residents of North Carolina and the Health ENC region. Figure 8 shows the Perquimans County population by age group. The 65-74 age group contains the highest percent of the population at 15.4%, while the 45-54 age group contains the next highest percent of the population at 12.9%.

Figure 8. Population by Age (U.S. Census Bureau, 2016)



People 65 years and older comprise 25.5% of the Perquimans County population, compared to 15.5% in North Carolina and 15.2% in the Health ENC counties (Figure 9).

Figure 9. Population 18+ and 65+ (U.S. Census Bureau, 2016)



Males comprise 48.0% of the population, whereas females comprise 52.0% of the population (Table 5). The median age for males is 47.4 years, whereas the median age for females is 50 years. Both are higher than the North Carolina median age (37.2 years for males and 40.1 years for females).

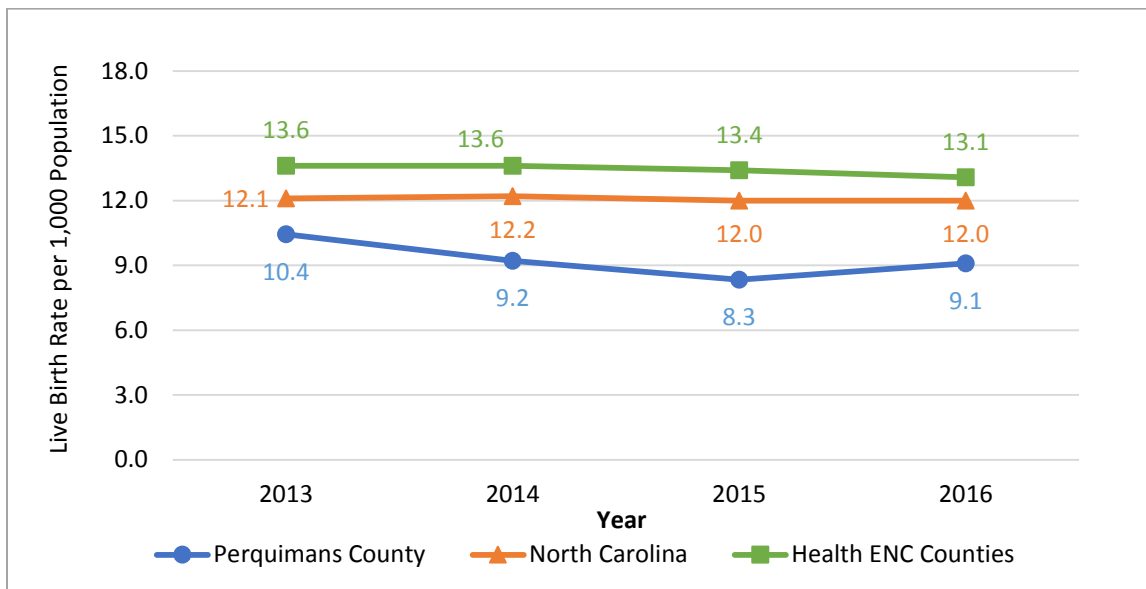
Table 5. Population by Gender and Age (U.S. Census Bureau, 2016)

	Percent of Total Population		Percent of Male Population		Percent of Female Population		Median Age (Years)	
	Male	Female	18+	65+	18+	65+	Male	Female
Perquimans County	48.0%	52.0%	80.1%	24.1%	81.4%	26.8%	47.4	50.0
North Carolina	48.6%	51.4%	76.3%	13.9%	78.4%	17.0%	37.2	40.1
Health ENC Counties	49.2%	50.8%	75.8%	13.5%	77.5%	16.9%	N/A	N/A

Birth Rate

Birth rates are an important measure of population health. The birth rate is usually the dominant factor in determining the rate of population growth; however, population growth is also driven by the age structure of the population (e.g., deaths), immigration and emigration. Figure 10 illustrates that the birth rate in Perquimans County (9.1 live births per 1,000 population in 2016) is lower than the birth rate in North Carolina (12.0) and Health ENC counties (13.1).

Figure 10. Birth Rate (North Carolina State Center for Health Statistics)



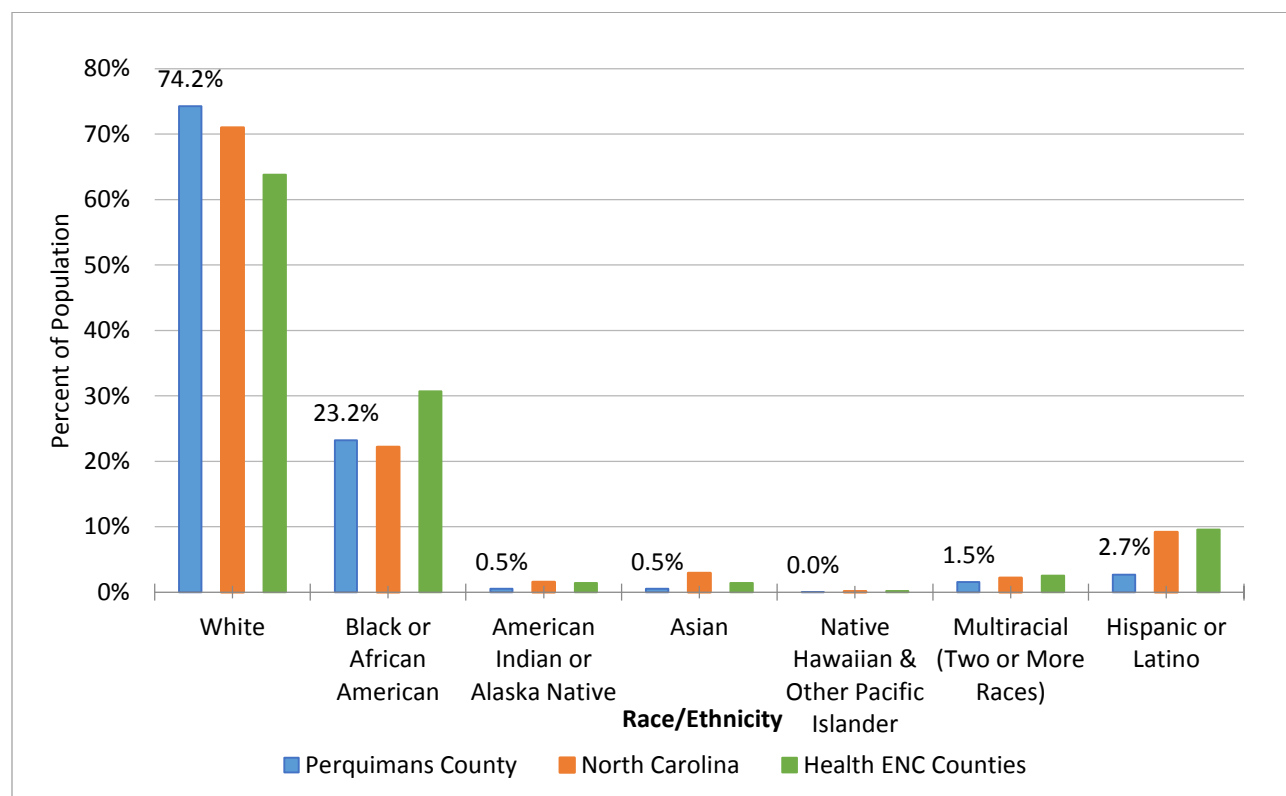
Race/Ethnicity

The race and ethnicity composition of a population is important in planning for future community needs, particularly for schools, businesses, community centers, health care and child care. Race and ethnicity data are also useful for identifying and understanding disparities in housing, employment, income and poverty.

Figure 11 shows the racial and ethnic distribution of Perquimans County compared to North Carolina and Health ENC counties. The first six categories (White, Black or African American, American Indian or Alaska Native, Asian, Native Hawaiian & Other Pacific Islander and Multiracial) are racial groups and may include persons that identify as Hispanic or Latino. The seventh category (Hispanic or Latino) is an ethnic group and may include individuals that identify as any race.

The proportion of residents that identify as White is larger in Perquimans County (74.2%) as compared to North Carolina (71.0%) but lower than those in Health ENC counties (63.8%). Perquimans County has a slightly larger share of residents that identify as Black or African American (23.2%) when compared to North Carolina (22.2%) but a smaller share than in Health ENC counties (30.7%). The Hispanic or Latino population comprises 2.7% of Perquimans County, which is a smaller proportion than the Hispanic or Latino population in North Carolina (9.2%) and Health ENC counties (9.6%).

Figure 11. Population by Race/Ethnicity (U.S. Census Bureau, 2016)



Tribal Distribution of Population

The U.S. Census Bureau collects population estimates for various American Indian and Alaska Native (AIAN) tribes. While population estimates of tribal data are not available at the county level, Table 6 shows the population estimates of eight tribal areas throughout the state of North Carolina.

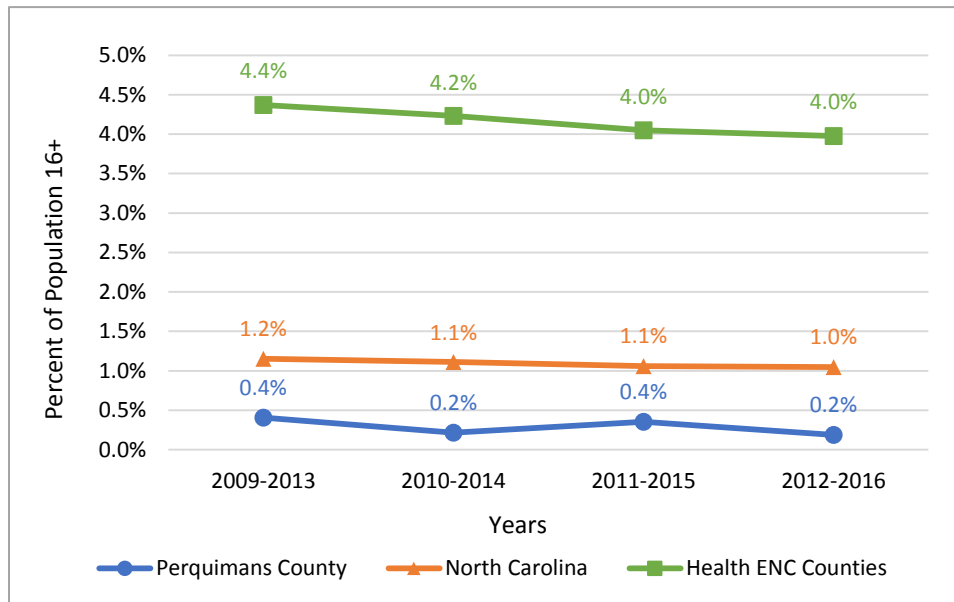
Table 6. Named Tribes in North Carolina (American Community Survey, 2012-2016)

State Designated Tribal Statistical Area (SDTSA)	Total Population
Coharie SDTSA	62,160
Eastern Cherokee Reservation	9,613
Haliwa-Saponi SDTSA	8,700
Lumbee SDTSA	502,113
Meherrin SDTSA	7,782
Occaneechi-Saponi SDTSA	8,938
Sappony SDTSA	2,614
Waccamaw Siouan SDTSA	2,283

Military Population

Figure 12 shows the percent of the population 16 years of age and older in the military (armed forces). In 2012-2016, Perquimans County has a smaller share of residents in the military (0.2%) compared to North Carolina (1.0%) and counties in the Health ENC region (4.0%). Figure 12 also shows the trend analysis of the military population over the 4 most recent measurement periods. Across four-time periods, the percent of the population in the military for Perquimans County is lower than in North Carolina and the Health ENC region.

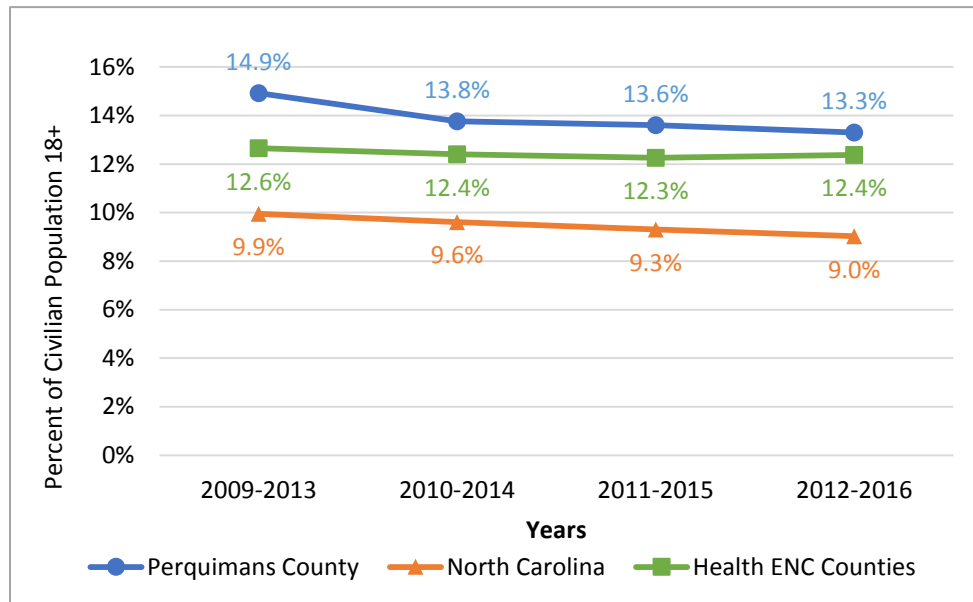
Figure 12. Population in Military / Armed Forces (American Community Survey)



Veteran Population

The veteran population is given as a percent of the civilian population aged 18 years and older and this data is used for policy analyses, to develop programs, and to create budgets for veteran programs and facilities. Perquimans County has a veteran population of 13.3% in 2012-2016, compared to 9.0% in North Carolina and 12.4% in Health ENC counties (Figure 13). The veteran population of Perquimans County, North Carolina, and the Health ENC region is decreasing slightly across four-time periods from 2009-2013 to 2012-2016.

Figure 13. Veteran Population (American Community Survey, 2012-2016)



Socioeconomic Profile

Social and economic factors are well known to be strong determinants of health outcomes – those with a low socioeconomic status are more likely to suffer from chronic conditions such as diabetes, obesity and cancer. Community health improvement efforts must determine which subpopulations are most in need in order to effectively focus services and interventions.

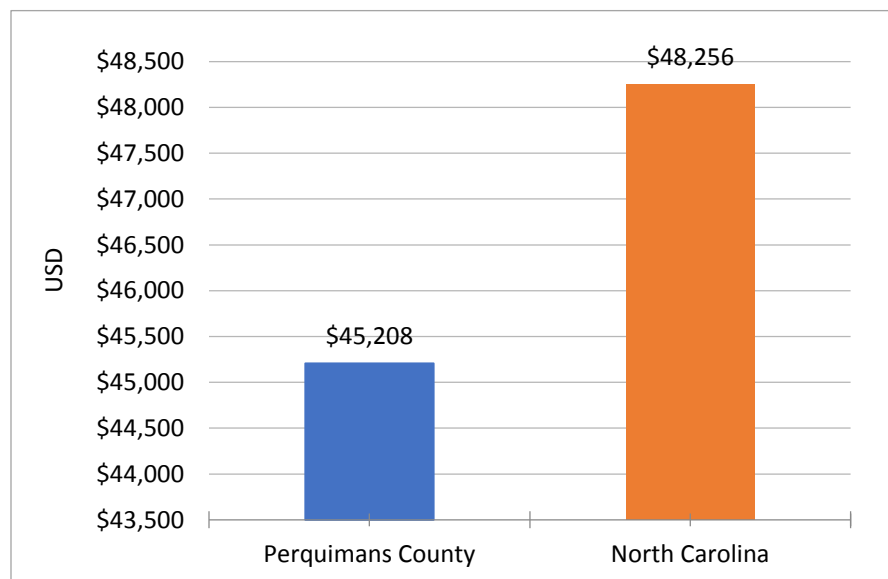
NC Department of Commerce Tier Designation

The North Carolina Department of Commerce annually ranks the state's 100 counties based on economic well-being and assigns each a Tier designation. The 40 most distressed counties are designated as Tier 1, the next 40 as Tier 2 and the 20 least distressed as Tier 3. Perquimans County has been assigned a Tier 1 designation for 2018.

Income

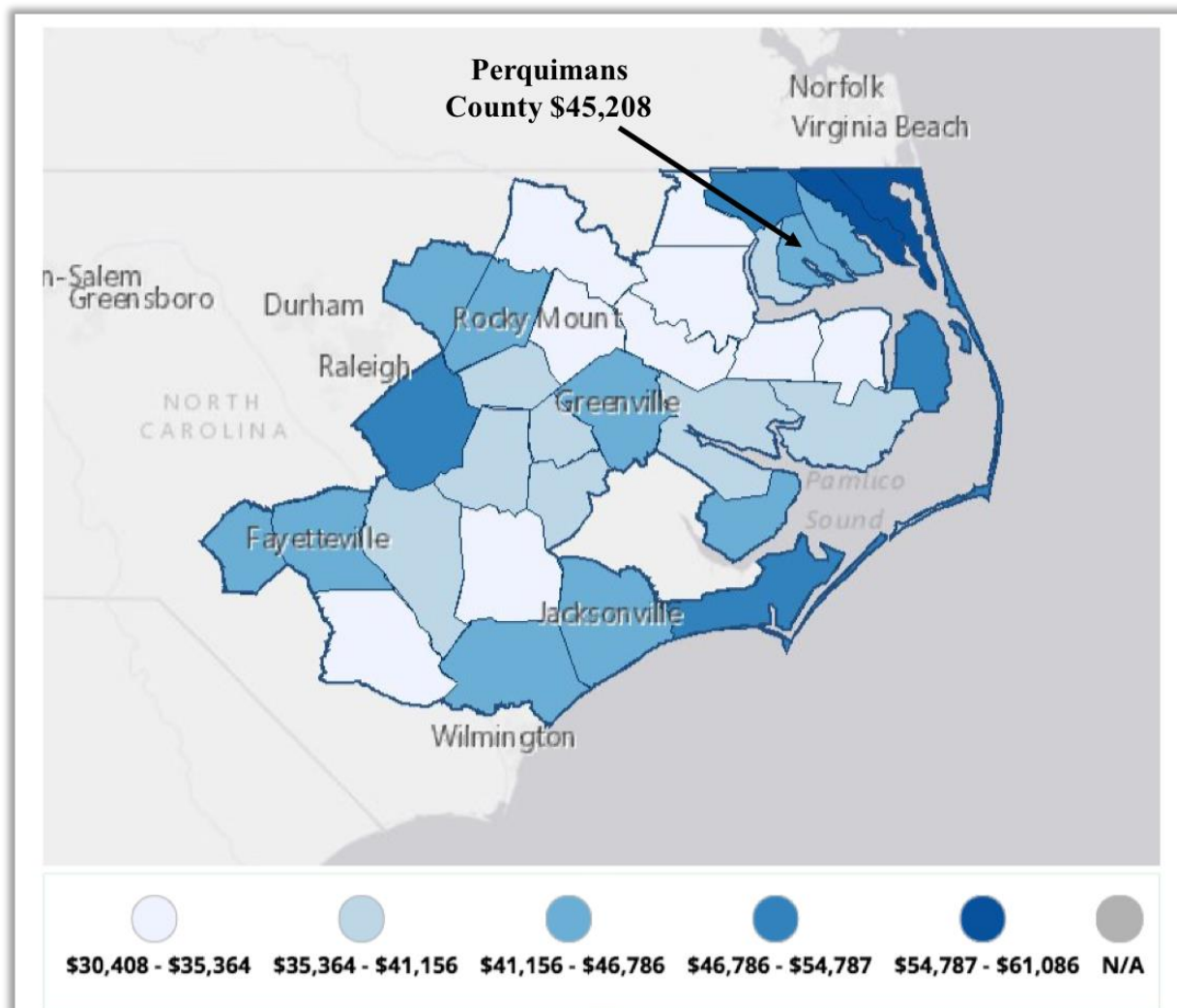
Median household income reflects the relative affluence and prosperity of an area. Areas with higher median household incomes are likely to have a greater share of educated residents and lower unemployment rates. Figure 14 shows the median household income in Perquimans County (\$45,208), which is lower than the median household income in North Carolina (\$48,256).

Figure 14. Median Household Income (American Community Survey, 2012-2016)



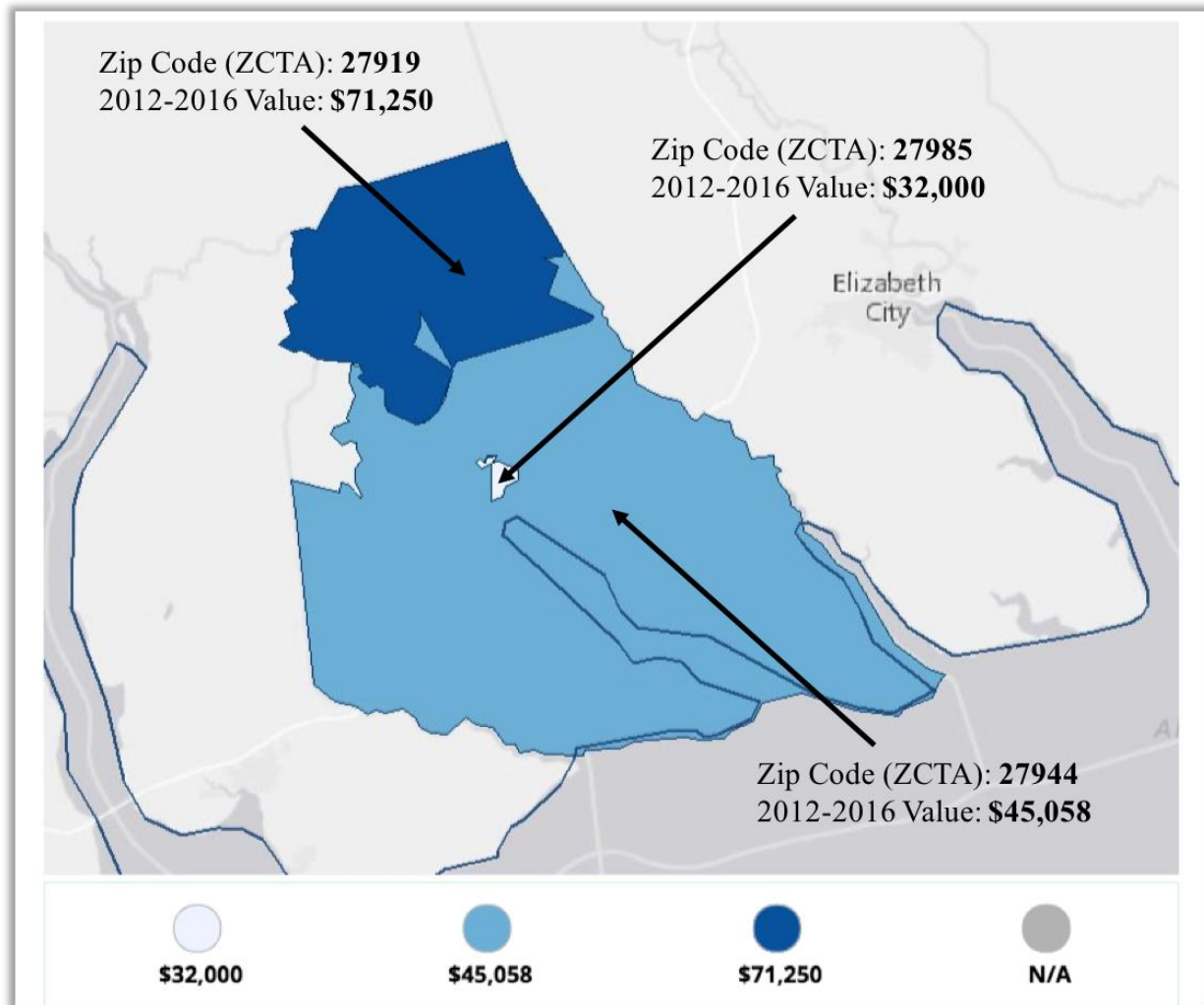
Compared to counties in the Health ENC region, Perquimans County has a slightly higher than average median household income. There are nine (9) counties with a higher median household income than Perquimans County; the remaining 23 counties in the Health ENC region have a lower median household income (Figure 15).

**Figure 15. Median Household Income of Health ENC Counties
(American Community Survey, 2012-2016)**



Within Perquimans County, zip code 27985 has the lowest median household income (\$32,000) while zip code 27919 has the highest median household income (\$71,250) (Figure 16).

Figure 16. Median Household Income by Zip Code
(American Community Survey, 2012-2016)

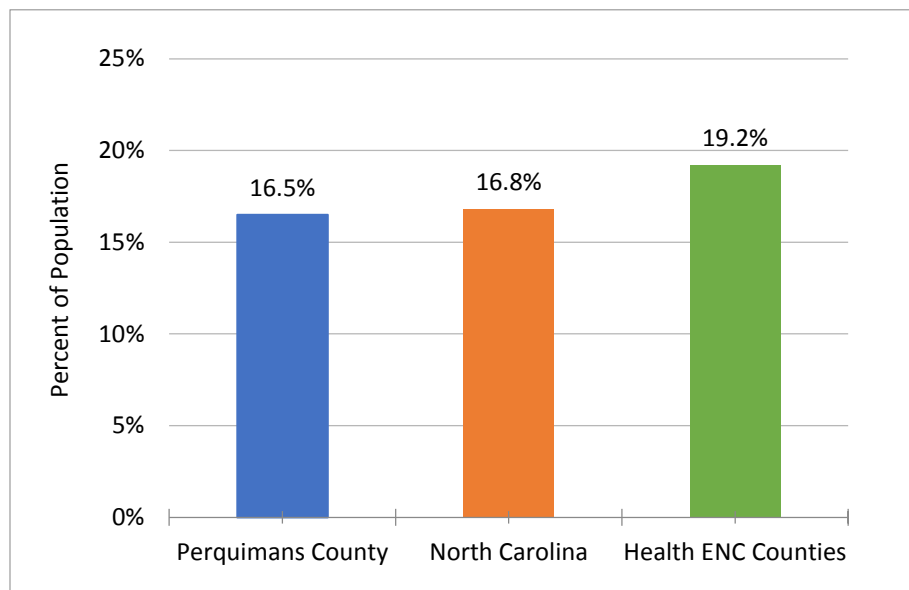


Poverty

Federal poverty thresholds are set every year by the Census Bureau and vary by size of family and ages of family members. A high poverty rate is both a cause and a consequence of poor economic conditions. Children in poverty are more likely to have physical health problems, behavioral problems and emotional problems. Seniors who live in poverty are an especially vulnerable group due to increased physical limitations, medical needs, and social isolation. Persons with a disability are more likely to live in poverty compared to the rest of the population. Without adequate income, individuals with disabilities may not be able to afford necessary expenses, such as rent or mortgage, utility bills, medical and dental care, and food.

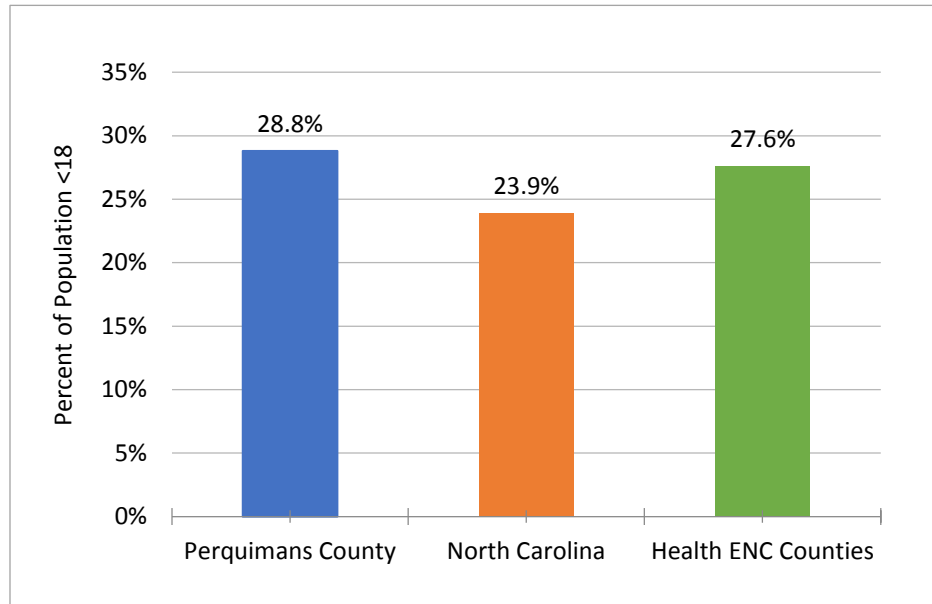
As seen in Figure 17, 16.5% percent of the population in Perquimans County lives below the poverty level, which is similar to the rate for North Carolina (16.8% of the population) and lower than the Health ENC region (19.2%).

**Figure 17. People Living Below Poverty Level
(American Community Survey, 2012-2016)**



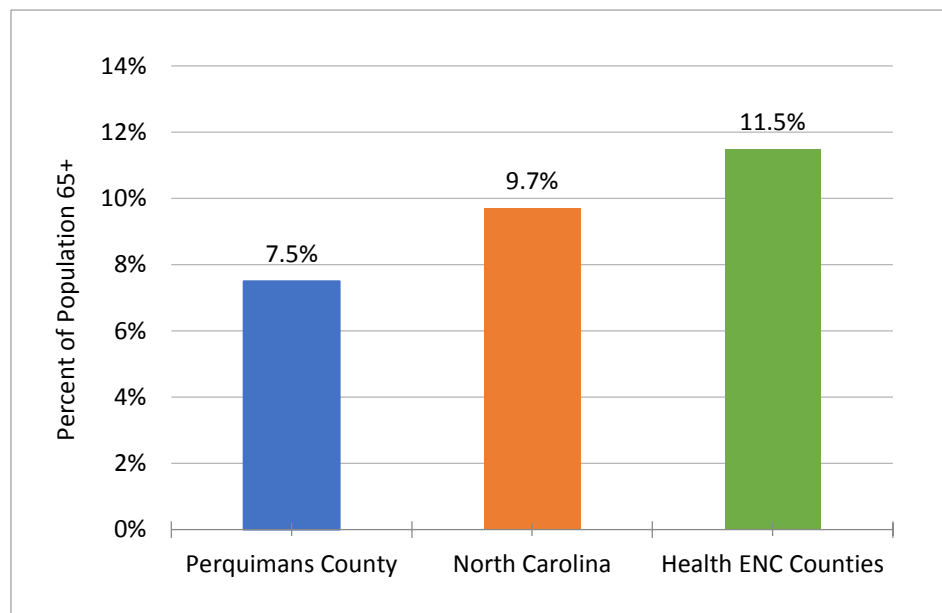
As shown in Figure 18, the rate of children living below the poverty level is higher in Perquimans County (28.8%) when compared to North Carolina (23.9%) and Health ENC counties (27.6%).

**Figure 18. Children Living Below Poverty Level
(American Community Survey, 2012-2016)**



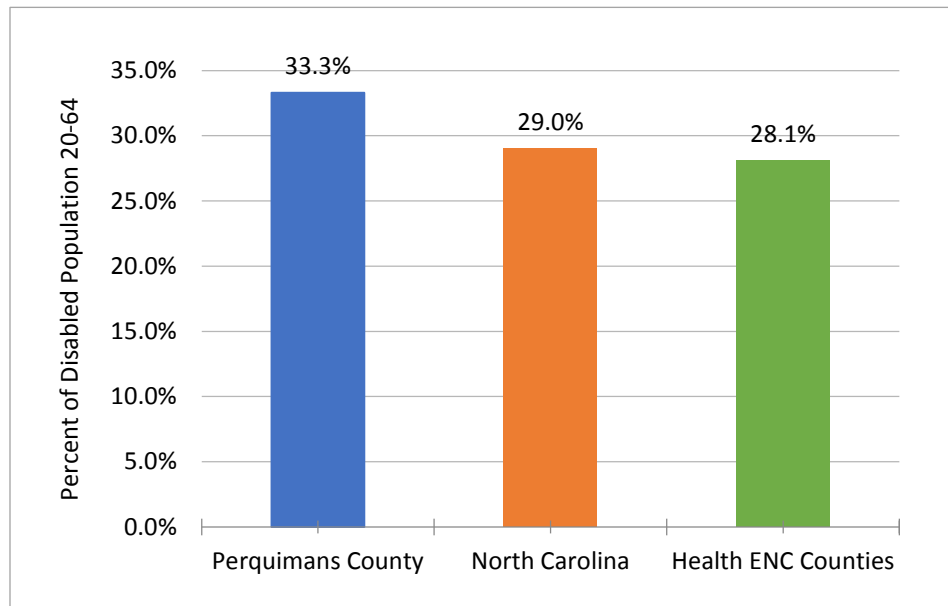
The rate of older adults living below the poverty level, however, is lower in Perquimans County (7.5%) than in North Carolina (9.7%) and the Health ENC region (11.5%) (Figure 19).

**Figure 19. People 65+ Living Below Poverty Level
(American Community Survey, 2012-2016)**



As shown in Figure 20, the percent of disabled people living in poverty in Perquimans County (33.3%) is higher than the rate in North Carolina (29.0%) and Health ENC counties (28.1%).

**Figure 20. Persons with Disability Living in Poverty
(American Community Survey, 2012-2016)**

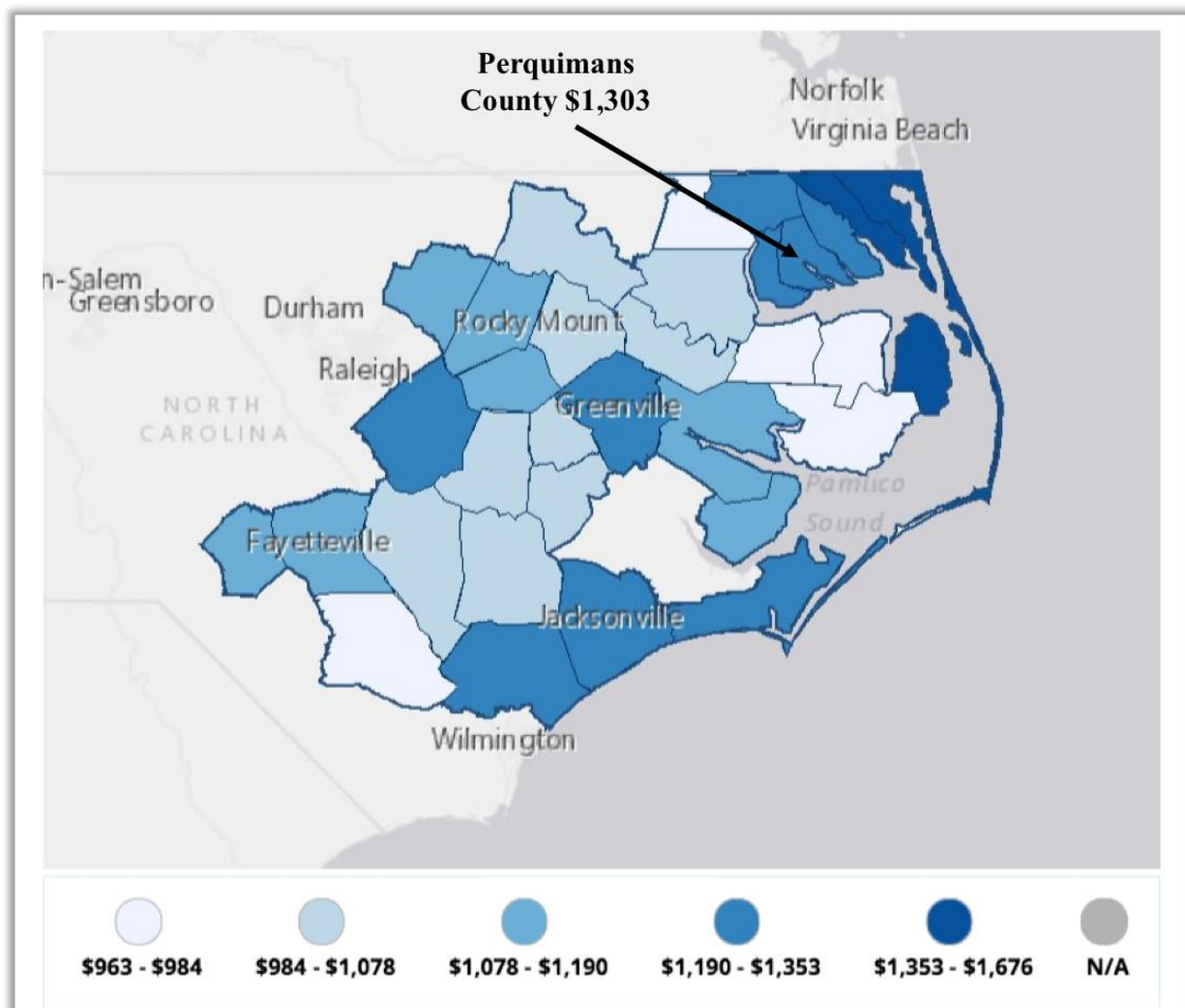


Housing

The average household size in Perquimans County is 2.3 people per household, which is similar to the North Carolina value of 2.5 people per household.

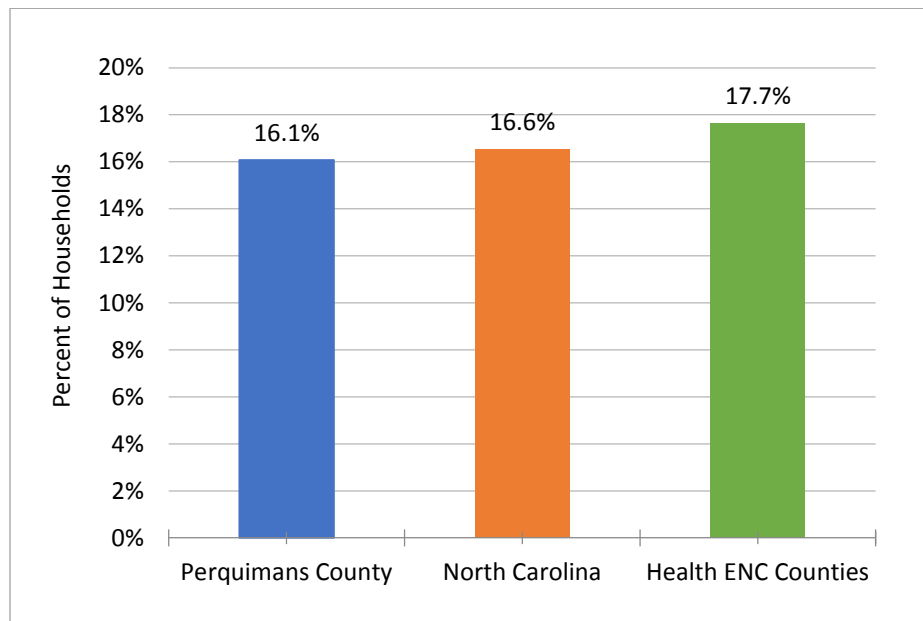
High costs of homeownership with a mortgage can strain both homeowners and the local housing market. Figure 21 shows mortgaged owners median monthly household costs in the Health ENC region. In Perquimans County, the median housing costs for homeowners with a mortgage is \$1,303, which is higher than the North Carolina value of \$1,243 and higher than all but five counties in the Health ENC region.

**Figure 21. Mortgaged Owners Median Monthly Household Costs, Health ENC Counties
(American Community Survey 2012-2016)**



Safe and affordable housing is an essential component of healthy communities, and the effects of housing problems are widespread. Figure 22 shows the percent of households with at least one of the following problems: overcrowding, high housing costs, lack of kitchen, or lack of plumbing facilities. Countywide, 16.1% of households have severe housing problems, compared to 16.6% in North Carolina and 17.7% in Health ENC counties.

Figure 22. Severe Housing Problems (County Health Rankings, 2010-2014)

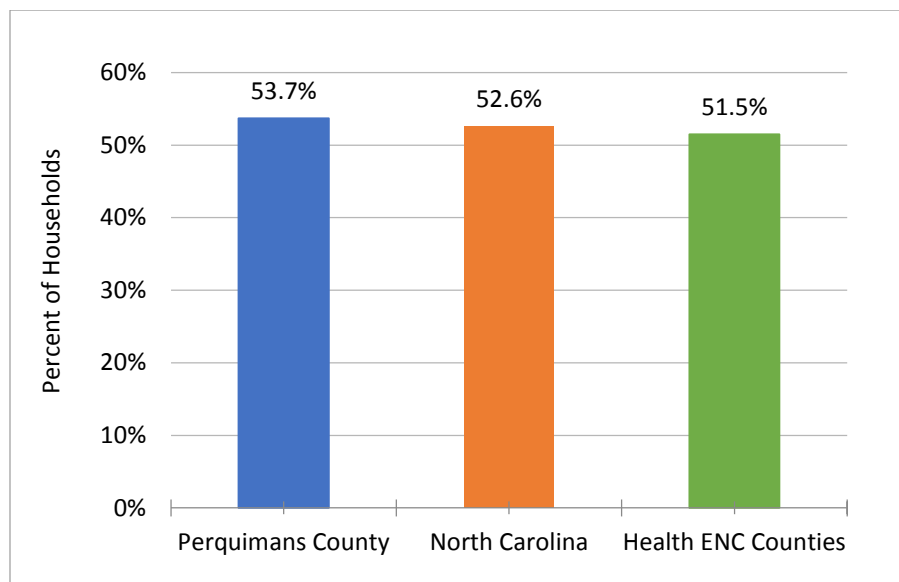


Food Insecurity

The Supplemental Nutrition Assistance Program (SNAP) is a federal assistance program that provides low-income families with electronic benefit transfers (EBTs) that can be used to purchase food. The goal of the program is to increase food security and reduce hunger by increasing access to nutritious food.

Figure 23 shows the percent of households with children that participate in SNAP. The rate for Perquimans County, 53.7%, is higher than the state value of 52.6% and the Health ENC region value of 51.5%.

**Figure 23. Households with Children Receiving SNAP
(American Community Survey, 2012-2016)**



Access to Grocery Stores and Farmers' Markets

- In 2014, there were two grocery stores listed in Perquimans County.
<https://www.ers.usda.gov/FoodAtlas/>
- From 2010 to 2015, Perquimans County households with no car and therefore low access to grocery stores increased from 4.4% to 8.4%.
- From 2010 to 2015 persons in Perquimans County with low income and low access to grocery stores increased from 0.5% to 1.1%.
- Despite the rural, agrarian nature of much of the ARHS region, there are very few farmers' markets anywhere in the region. In 2016, The US Department of Agricultural listed the following counties in the ARHS region with having markets:
Chowan County: 1
Currituck County: 11
Hertford County: 1
Pasquotank County: 1

SocioNeeds Index

Conduent Healthy Communities Institute developed the SocioNeeds Index® to easily compare multiple socioeconomic factors across geographies. This index incorporates estimates for six different social and economic determinants of health – income, poverty, unemployment, occupation, educational attainment, and linguistic barriers – that are associated with poor health outcomes including preventable hospitalizations and premature death.

Zip codes within Perquimans County are assigned an index value from 0 (low need) to 100 (high need), based on how those zip codes compare to others in the U.S. Within Perquimans County, the zip codes are then ranked from 1 (low need) to 5 (high need) to identify the relative level of need. Zip codes with populations under 300 persons are excluded. Zip code 27944, with an index value of 77.4, has the highest level of socioeconomic need within Perquimans County. This is illustrated in Figure 24. Index values and the relative ranking of each zip code within Perquimans County are provided in Table 7.

Figure 24. SocioNeeds Index® (Conduent Healthy Communities Institute, 2018)

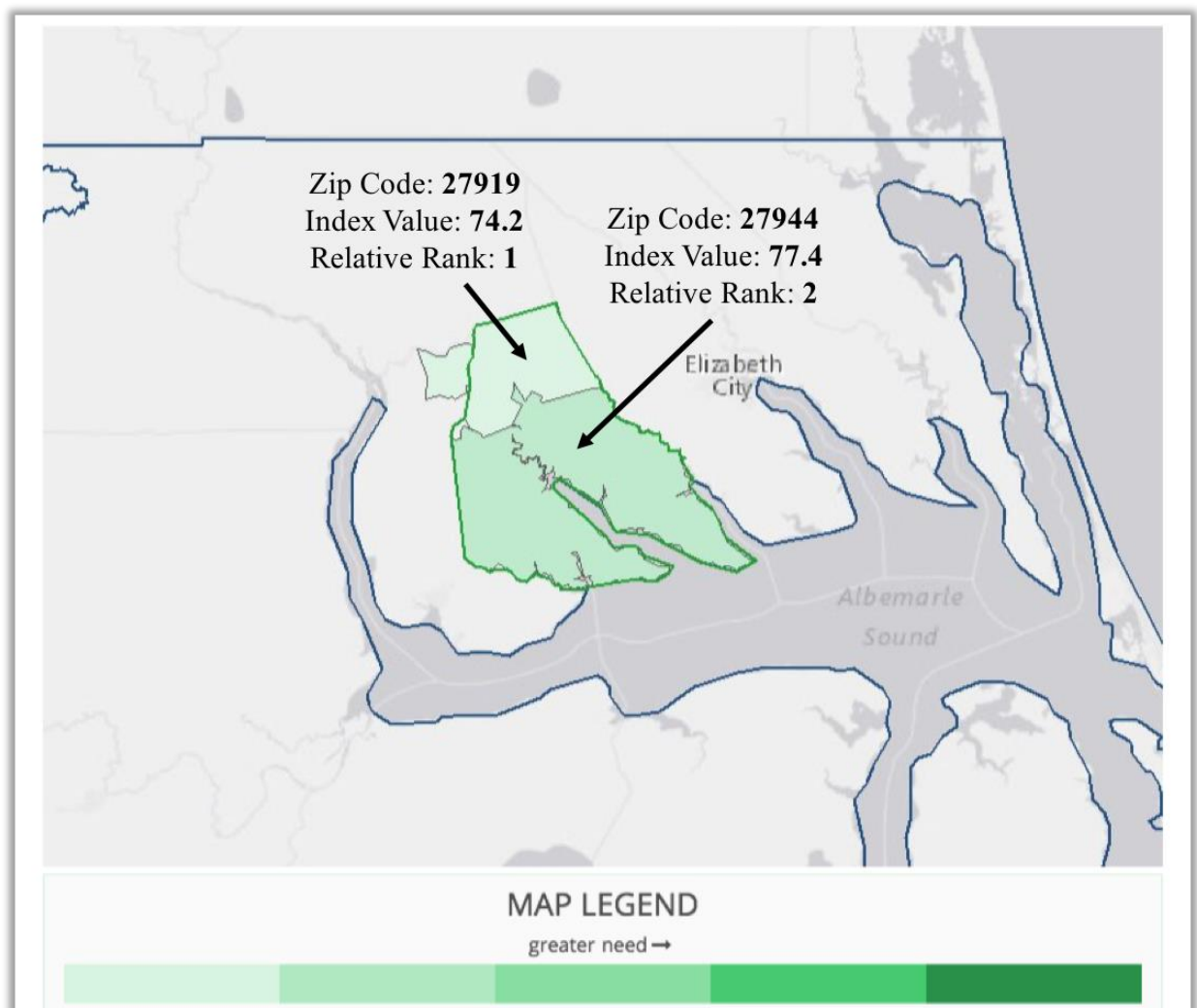


Table 7. SocioNeeds Index® (Conduent Healthy Communities Institute, 2018)

Zip Code	Index Value	Relative Rank
27944	77.4	2
27919	74.2	1

Source: <http://www.healthenc.org/socioneeds>

Understanding where there are communities with high socioeconomic need is critical to forming prevention and outreach activities.

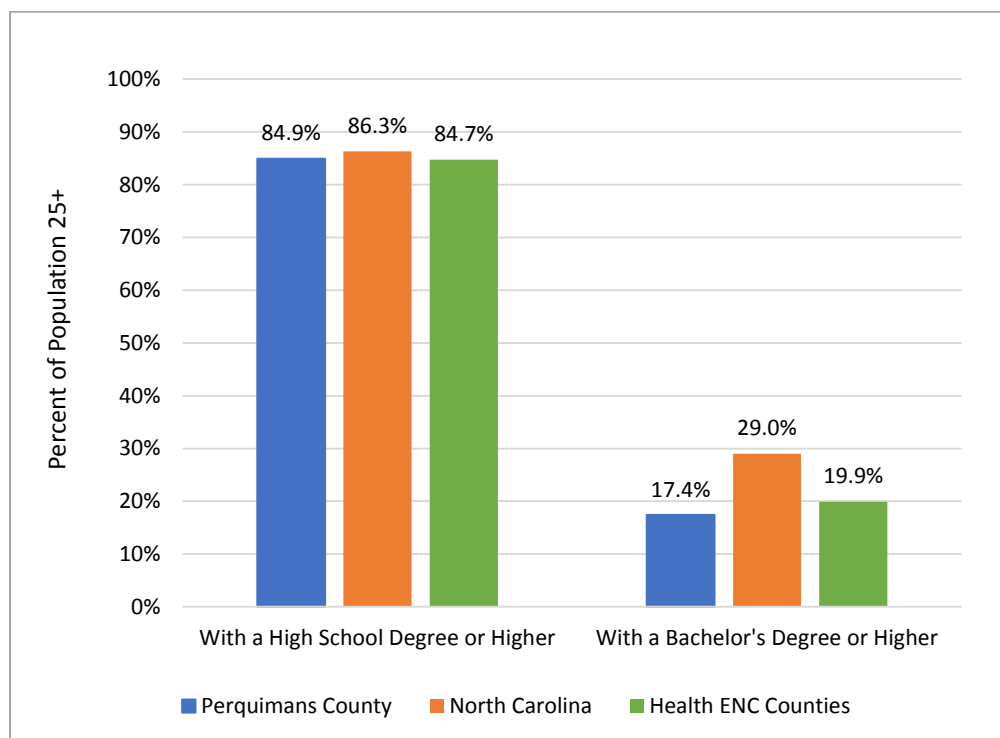
Educational Profile

Educational Attainment

Graduating from high school is an important personal achievement and is essential for an individual's social and economic advancement. Graduation rates can also be an important indicator of the performance of an educational system. Having a bachelor's degree opens up career opportunities in a variety of fields and is often a prerequisite for higher-paying jobs.

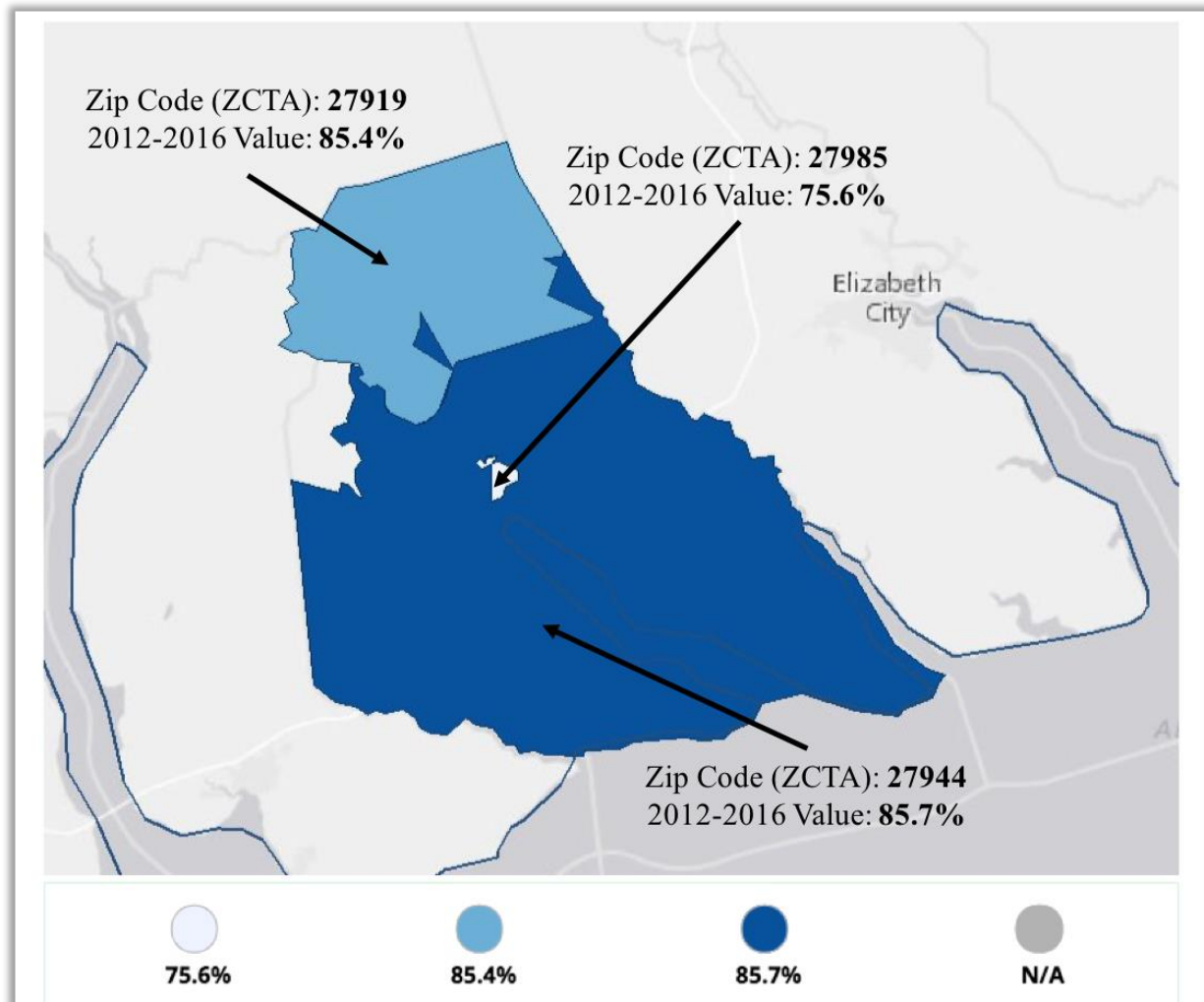
Countywide, the percent of residents 25 or older with a high school degree or higher (84.9%) is slightly lower than the state value (86.3%) and similar to the regional value (84.7%) (Figure 25). Higher educational attainment in Perquimans County is lower than the state and regional value. While 29.0% of residents 25 and older have a bachelor's degree or higher in North Carolina, the rate drops to 19.9% in Health ENC counties and 17.4% in Perquimans County (Figure 25).

Figure 25. People 25+ with a High School Degree or Higher and Bachelor's Degree or Higher (American Community Survey, 2012-2016)



Countywide, the high school degree attainment rate varies. For example, in zip code 27985, which has a high poverty rate, the high school degree attainment rate is 75.6% (Figure 26).

**Figure 26. People 25+ with a High School Degree or Higher by Zip Code
(American Community Survey, 2012-2016)**

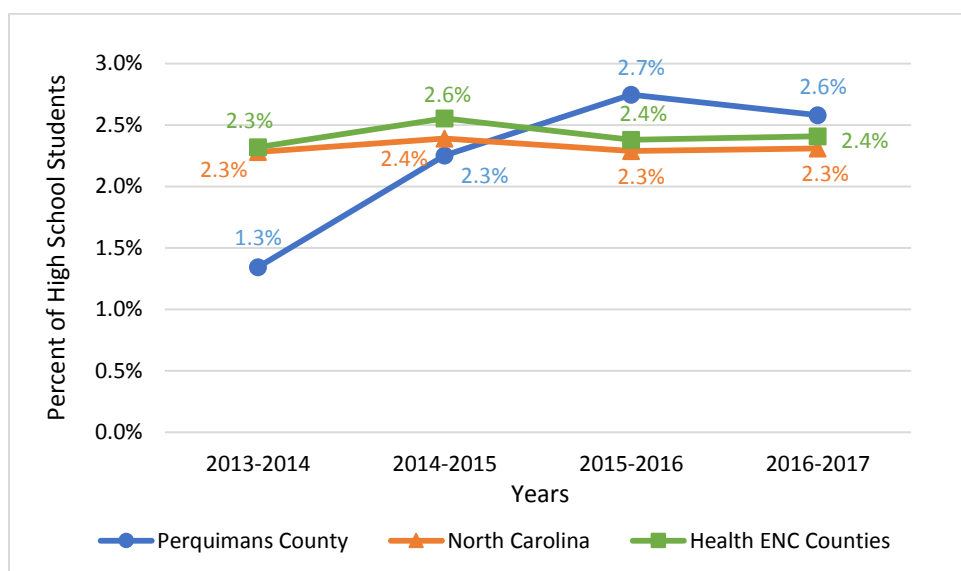


High School Dropouts

High school dropouts earn less income than high school and college graduates, and are more likely to be unemployed. High school dropouts are generally less healthy and require more medical care. Further, high school dropout rates are linked with heightened criminal activity and incarceration rates, influencing a community's economic, social, and civic health.

Perquimans County's high school dropout rate, given as a percent of high school students in Figure 27, was 2.6% in 2016-2017, which is higher than the rate in North Carolina (2.3%) and the Health ENC region (2.4%). Further, the high school dropout rate in Perquimans County has increased from 1.3% in 2013-2014 to 2.6% in 2016-2017.

Figure 27. High School Dropout Rate (North Carolina Department of Public Instruction)

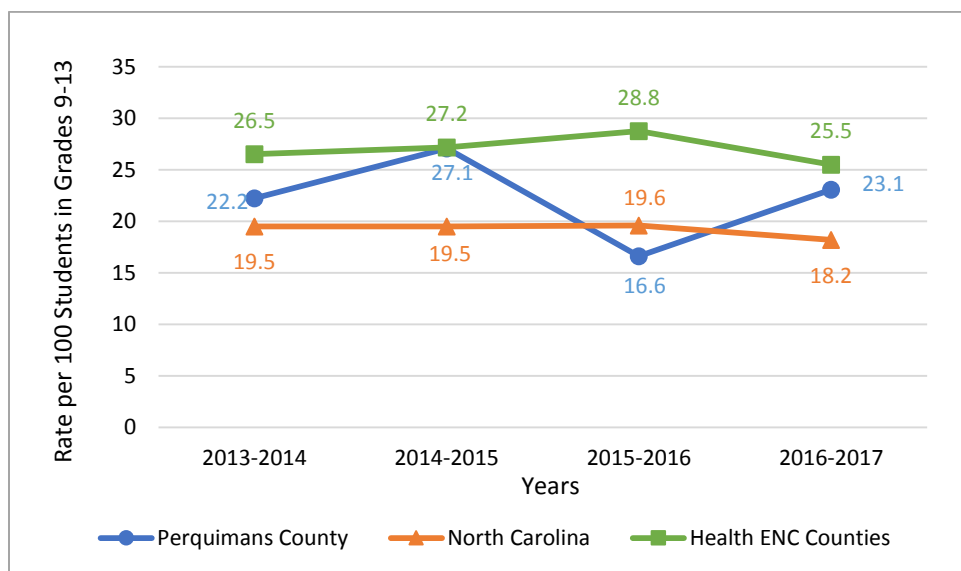


High School Suspension Rate

High school suspension is a form of discipline in which a student is temporarily removed from a classroom and/or school due to a violation of school conduct or code. Higher rates of suspension can be related to high rates of antisocial or delinquent behaviors, which may further contribute to potential future involvement in the juvenile justice system. Additionally, schools with higher suspension rates have higher rates of law or board of education violations and generally spend more money per student.

Perquimans County's rate of high school suspension (23.1 suspensions per 100 students) is higher than North Carolina's rate (18.2) but lower than the rate of Health ENC counties (25.5) in 2016-2017. (Figure 28)

Figure 28. High School Suspension Rate (North Carolina Department of Public Instruction)



Environmental Profile

AIR QUALITY

The US Environmental Protection Agency (EPA) maintains air quality monitoring stations throughout the country to continuously measure the air pollutants that most affect the health and wellbeing of the public: carbon monoxide, nitrous oxide, sulfates, ozone and particulate matter. These stations tend to be located in populous areas or along highway routes that carry significant traffic loads, but none are located in or near Perquimans County, so there is no Air Quality Index (AQI) data for this locale.

http://www.epa.gov/airdata/ad_rep_aqi.html

DRINKING WATER

The EPA's Safe Drinking Water Information System (SDWIS) contains information about public water systems and their violations of EPA's drinking water regulations, as reported to EPA by the states. The EPA establishes maximum contaminant levels, treatment techniques, and monitoring and reporting requirements to ensure that water systems provide safe water to their customers.

As of October 10, 2018, SDWIS listed three active water systems in Perquimans County, all of which were *Community Water Systems* that served an estimated 13,648 people. A community water system is one with at least 15 service connections used by year-round residents or one that regularly serves 25 year-round residents. This category includes municipalities, subdivisions, and mobile home parks. Among these three CWS, there were no health violations in the past 10 years.

<https://www3.epa.gov/enviro/facts/sdwis/search.html>

SOLID WASTE

Albemarle Regional Solid Waste Management Authority is a county-level legal entity serving the Counties of Perquimans, Chowan, Gates, Dare, Currituck, Hyde, and Tyrrell. This area currently has approximately 107,000 permanent residents and several hundred thousand visitors each year. Through a 26-year contract signed in 2009 with Republic Services of NC, LLC, the Authority aims to provide cost-effective and efficient solid waste disposal for the region.

All municipal wastes and most of the construction and demolition debris from the Authority's members are landfilled in the East Carolina Environmental Landfill in Bertie County (owned by Republic Services of NC). The waste is primarily sent there through the three transfer stations located in Dare County, Currituck County, and Perquimans County. The towns and counties operate their own solid waste and recycling collection programs.

RABIES

According to the Epidemiology Section of NC DPH, there were 5 confirmed cases of rabies in animals in Pasquotank County between 2008 and 2018. Rabies is not common in the ARHS region, with only 43 cases identified region-wide over the ten year period presented.

<http://epi.publichealth.nc.gov/cd/rabies/figures.html#tables>

Transportation Profile

Public transportation offers mobility, particularly to people without cars. Transit can help bridge the spatial divide between people and jobs, services, and training opportunities. Public transportation also reduces fuel consumption, minimizes air pollution, and relieves traffic congestion. Walking to work helps protect the environment, while also providing the benefit of daily exercise.

Countywide, 1.8% of residents walk to work, which is the same as the state value (1.8%) but lower than the regional value (2.4%). Public transportation is rare in Perquimans County, with an estimated 0% of residents commuting by public transportation, compared to the state value of 1.1% and the regional value of 0.4% (Figure 29). In Perquimans County, 82.4% of workers 16 and older drive alone to work, compared to 81.1% in North Carolina and 81.4% in Health ENC counties (Figure 30).

Figure 29. Mode of Commuting to Work (American Community Survey, 2012-2016)

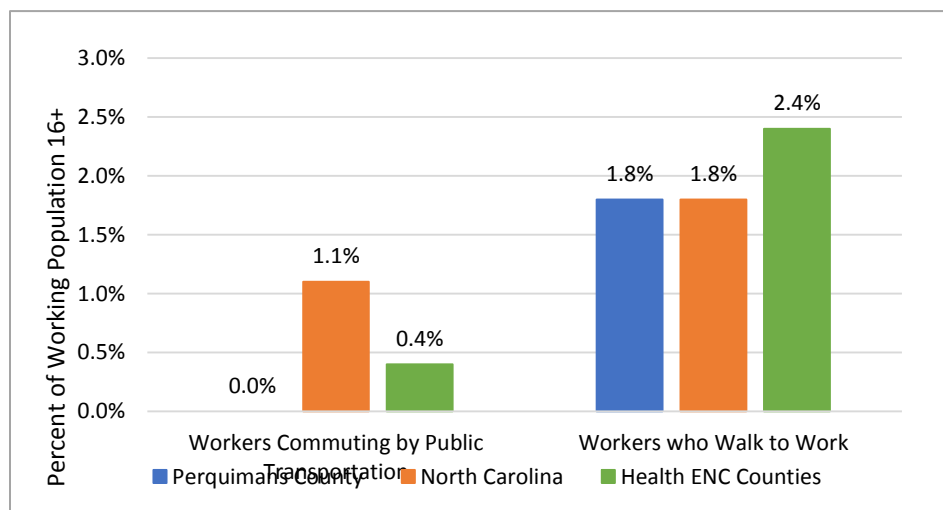
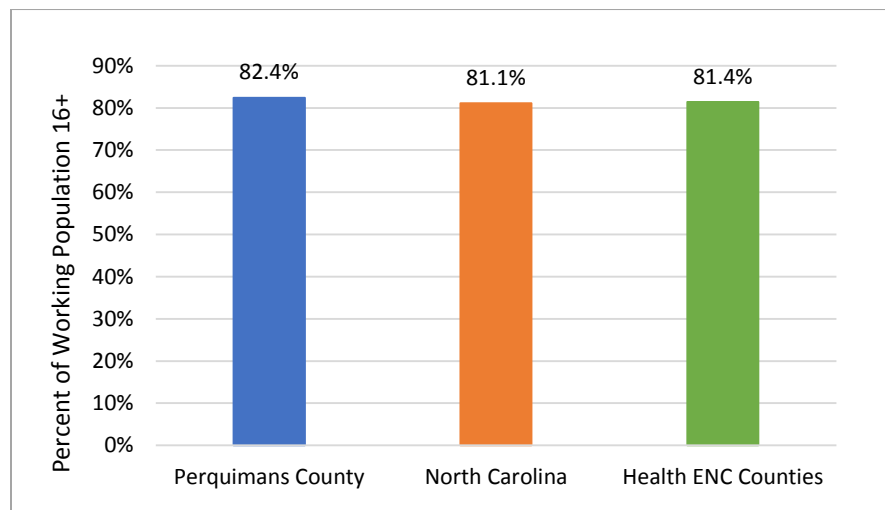


Figure 30. Workers who Drive Alone to Work (American Community Survey, 2012-2016)



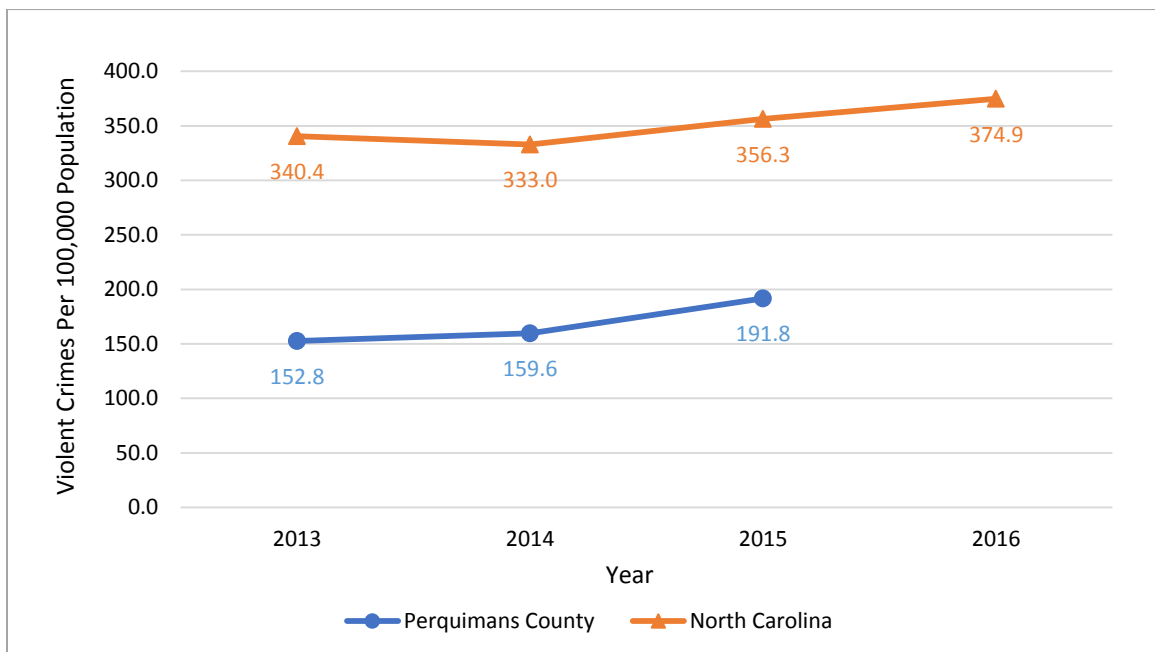
Crime and Safety

Violent Crime and Property Crime

Both violent crime and property crime are used as indicators of a community's crime and safety. Violence negatively impacts communities by reducing productivity, decreasing property values and disrupting social services. Violent crime includes four offenses: murder and non-negligent manslaughter, rape, robbery, and aggravated assault. Property crime includes the offenses of burglary, larceny-theft, motor vehicle theft, and arson.

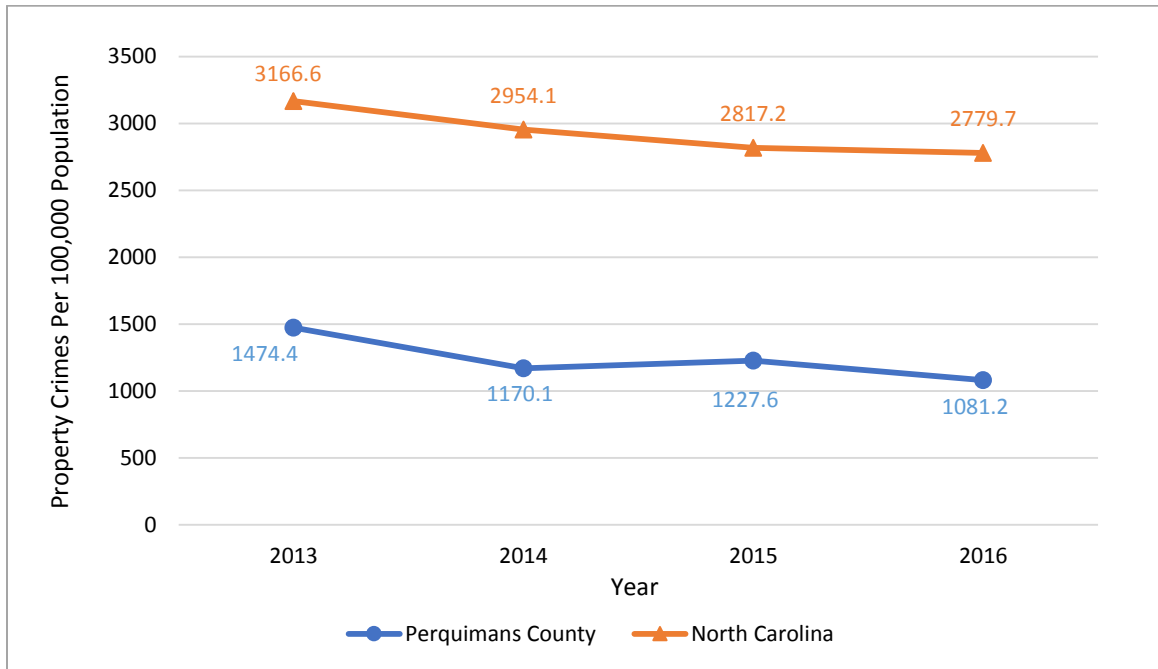
The violent crime rate in Perquimans County in 2015 was 191.8 per 100,000 population, compared to 356.3 per 100,000 people in North Carolina (Figure 31). Further, the rate of violent crime in Perquimans County has increased from 152.8 in 2013 to 191.8 in 2015.

Figure 31. Violent Crime Rate (North Carolina Department of Justice)



The property crime rate in Perquimans County (1,081.2 per 100,000 people) is lower than the state value (2,779.7 per 100,000 people) (Figure 32). Over the past four measurement periods, the property crime rate has decreased in both the county and state.

Figure 32. Property Crime Rate (North Carolina Department of Justice)



Juvenile Crime

Youth who commit a crime may not gain the educational credentials necessary to secure employment and succeed later in life. Negative peer influences, history of abuse/neglect, mental health issues, and significant family problems increase the risk of juvenile arrest. The juvenile justice system aims to reduce juvenile delinquency through prevention, intervention, and treatment services.

Figure 33 shows the juvenile undisciplined rate per 1,000 youth ages 6-17 years old. The undisciplined rate describes juveniles who are unlawfully absent from school, regularly disobedient and beyond disciplinary control of the parent/guardian, are regularly found where it is unlawful for juveniles to be, or have run away from home for more than 24 hours. The 2017 juvenile undisciplined rate in Perquimans County (0.6) is lower than the rate in North Carolina (1.5) and the Health ENC region (1.1).

Figure 33. Juvenile Undisciplined Rate (North Carolina Department of Public Safety)

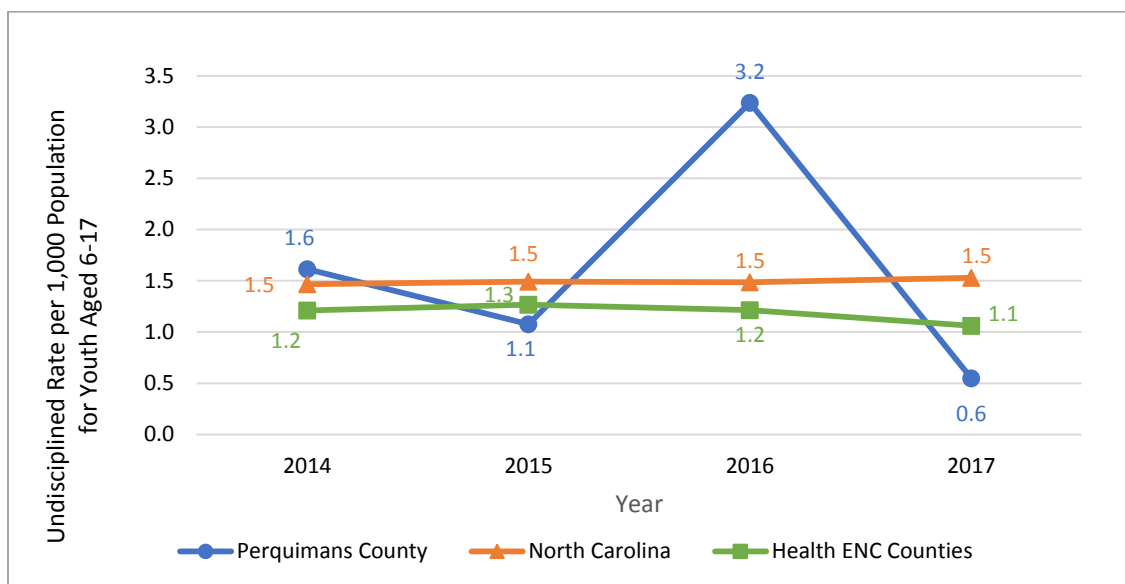
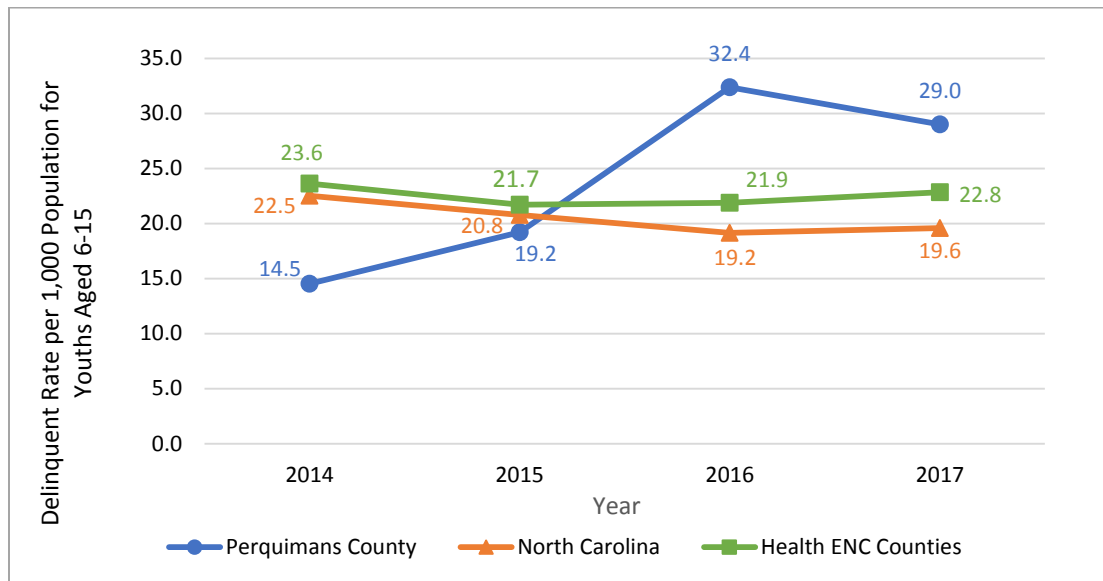


Figure 34 shows the juvenile delinquent rate, or juvenile crime rate, per 1,000 youth ages 6-15 years old. The 2017 juvenile delinquent rate in Perquimans County (29.0) is higher than the rate in North Carolina (19.6) and the Health ENC region (22.8). While the county rate increased noticeably, from 14.5 in 2014 to 32.4 in 2016, the rate slightly decreased from 2016 to 2017.

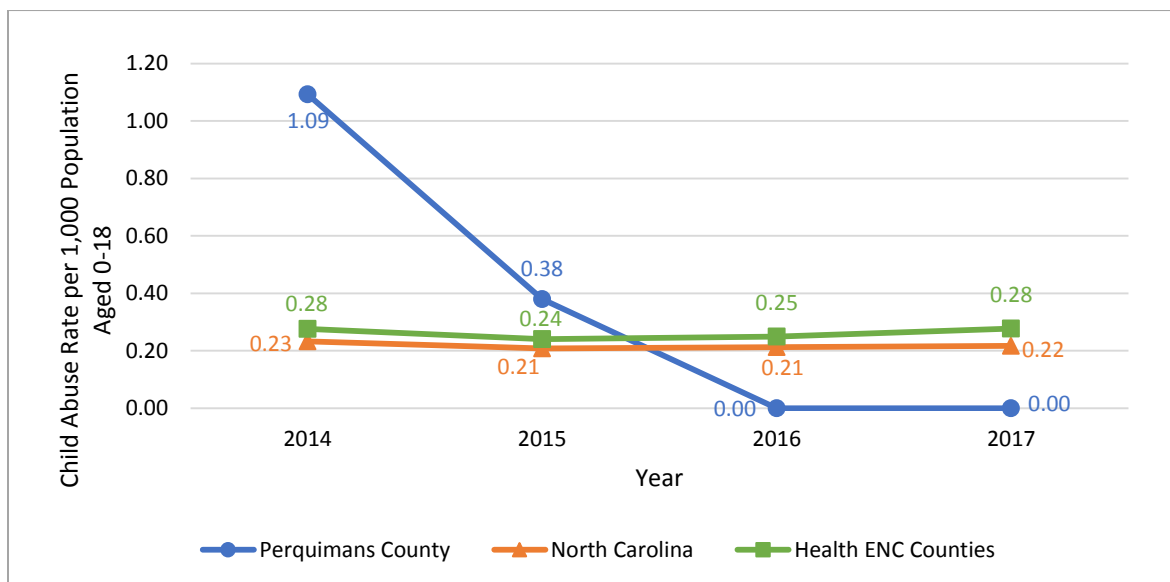
Figure 34. Juvenile Delinquent Rate (North Carolina Department of Public Safety)



Child Abuse

Child abuse includes physical, sexual and emotional abuse. All types of child abuse and neglect can have long lasting effects throughout life, damaging a child's sense of self, ability to have healthy relationships, and ability to function at home, at work, and at school. Figure 35 shows the child abuse rate per 1,000 population aged 0-18. The child abuse rate in Perquimans County has decreased over the past four measurement periods. The 2017 child abuse rate in Perquimans County (0.00 per 1,000 population) is lower than the rate in North Carolina (0.22) and the Health ENC region (0.28).

Figure 35. Child Abuse Rate
(Management Assistance for Child Welfare, Work First, and Food & Nutrition Services in North Carolina & University of North Carolina at Chapel Hill Jordan Institute for Families)

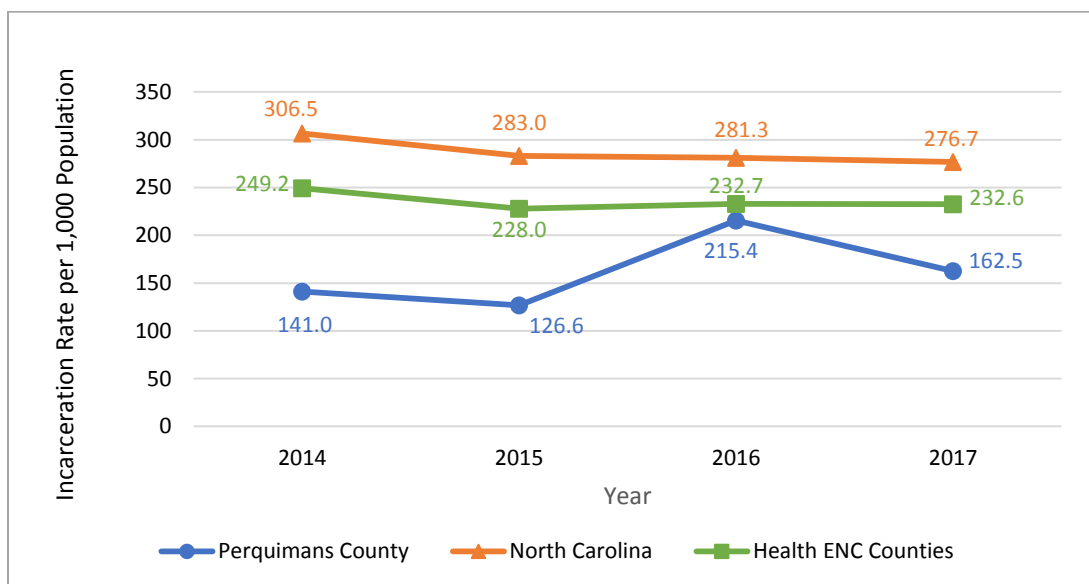


Incarceration

According to the U.S. Bureau of Justice Statistics, approximately one out of 100 adults in the U.S. are in jail or prison. Conditions in jails and prisons can lead to an increased risk of infectious diseases such as tuberculosis and hepatitis C, as well as assault from other inmates. After incarceration, individuals are likely to face a variety of social issues such as employment discrimination, disruption of family relationships and recidivism.

Figure 36 shows the incarceration rate per 1,000 population. The 2017 incarceration rate in Perquimans County (162.5 per 1,000 population) is lower than the rate in North Carolina (276.7) and the Health ENC region (232.6). While the county's incarceration rate has fluctuated over the past four measurement periods, it has remained lower than the state and regional rate from 2014 to 2017.

Figure 36. Incarceration Rate (North Carolina Department of Public Safety)



Access to Healthcare, Insurance and Health Resources Information

Health Insurance

Medical costs in the United States are very high. People without health insurance may not be able to afford medical treatment or prescription drugs. They are also less likely to get routine checkups and screenings, so if they do become ill they may not seek treatment until the condition is more advanced, and therefore more difficult and costly to treat.

Figure 37 shows the percent of people aged 0-64 years old that have any type of health insurance coverage. The rate for Perquimans County, 87.6%, is similar to the rate for North Carolina (87.8%) and the Health ENC region (87.2%).

Figure 37. Persons with Health Insurance (Small Area Health Insurance Estimates, 2016)

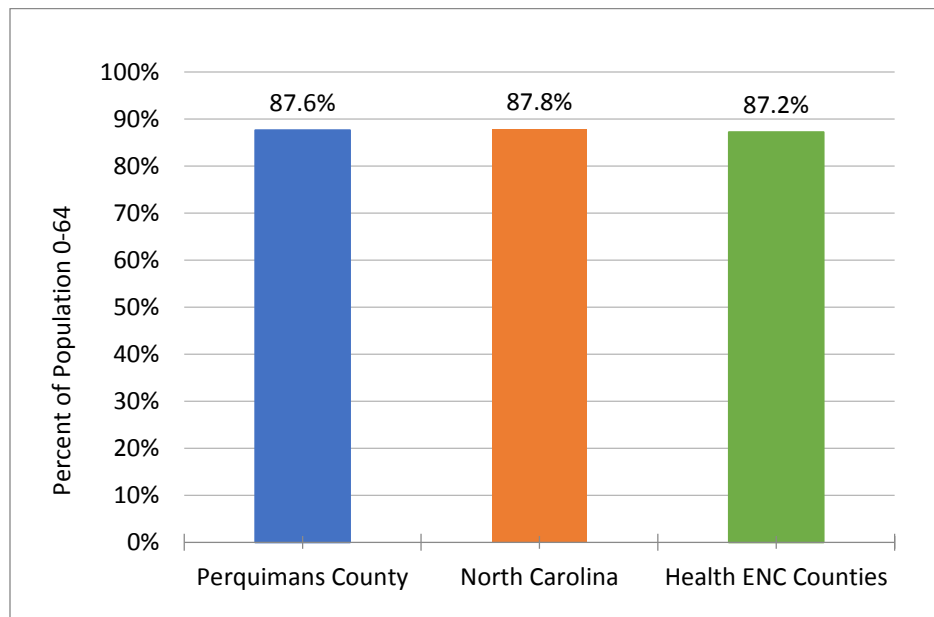
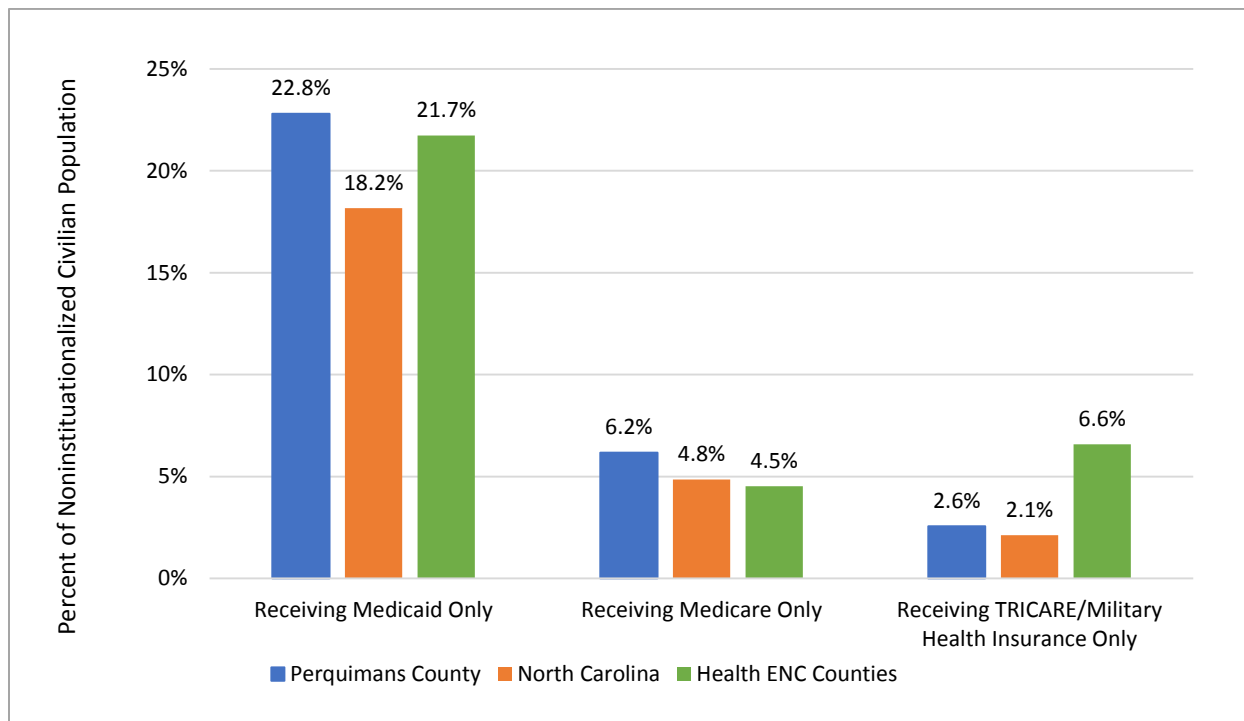


Figure 38 shows the percent of the population only receiving health insurance through Medicaid, Medicare, or military healthcare (TRICARE). Perquimans County has a higher percent of people receiving Medicaid (22.8%) than North Carolina (18.2%) and Health ENC counties (21.7%). The percent of people receiving Medicare is also higher in Perquimans County (6.2%) when compared to North Carolina (4.8%) and Health ENC counties (4.5%). The percent of people receiving military health insurance is higher in Perquimans County (2.6%) than in North Carolina (2.1%) but lower than in Health ENC counties (6.6%).

Figure 38. Persons Only Receiving Health Insurance through Medicaid, Medicare or Military Healthcare (American Community Survey, 2012-2016)



People without health insurance are often the segment of the population least likely to seek and/or to be able to access necessary health care. Countywide, 12.4% of residents are uninsured.

Civic Activity

Political Activity

Exercising the right to vote allows a community to choose elected officials and hold them accountable. Voting ensures that all citizens have the opportunity to voice their opinions on issues such as the use of tax dollars, civil rights and foreign policy. By voting, individuals shape their communities and influence the next generation of society. A high level of voter turnout indicates that citizens are involved and interested in who represents them in the political system.

Figure 39 shows the voting age population, or percent of the population aged 18 years and older. Perquimans County has a higher percent of residents of voting age (80.8%) than North Carolina (77.3%) and Health ENC counties (76.7%).

Figure 39. Voting Age Population (American Community Survey, 2012-2016)

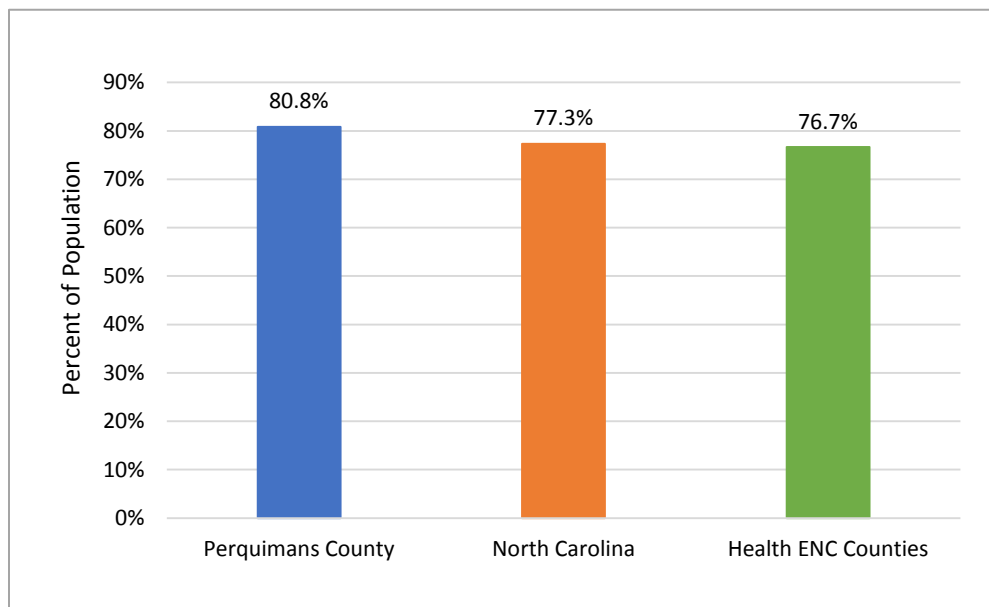
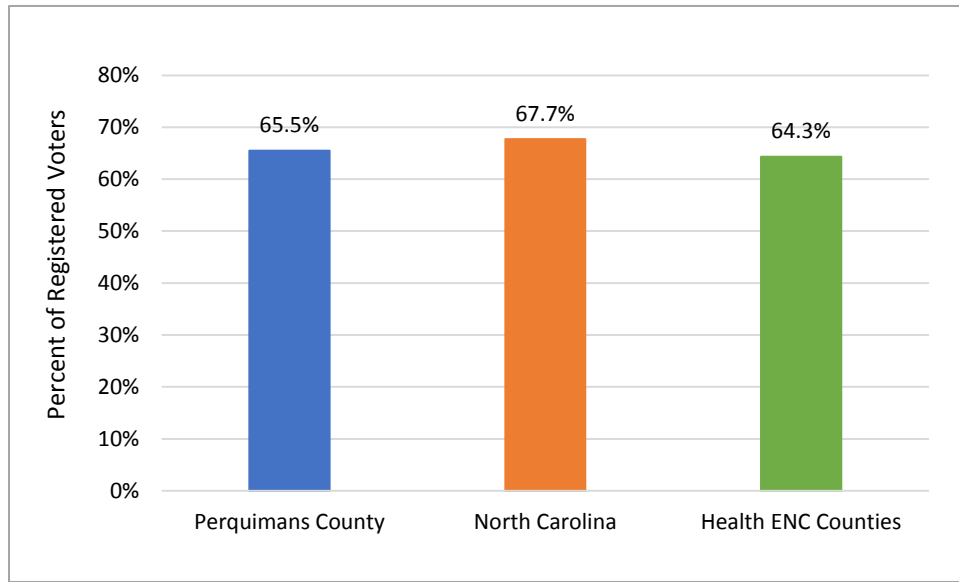


Figure 40 shows the percent of registered voters who voted in the last presidential election. The rate in Perquimans County was 65.5%, which is slightly lower than the state value (67.7%) and slightly higher than Health ENC counties (64.3%).

**Figure 40. Voter Turnout in the Last Presidential Election
(North Carolina State Board of Elections, 2016)**



Findings

Secondary Data Scoring Results

Table 8 shows the data scoring results for Perquimans County by topic area. Topics with higher scores indicate greater need. Transportation is the poorest performing health topic for Perquimans County, followed by Access to Health Services, Heart Disease & Stroke, Economy and Diabetes.

Table 8. Secondary Data Scoring Results by Topic Area

Health Topic	Score
Transportation	2.16
Access to Health Services	1.92
Heart Disease & Stroke	1.64
Economy	1.63
Diabetes	1.60

*See Appendix A for additional details on the indicators within each topic area

Primary Data

Community Survey

Figure 41 shows the list of community issues that were ranked by residents as most affecting the quality of life in Perquimans County. Low income/poverty was the most frequently selected issue and was ranked by 58.7% of survey respondents, followed by drugs/substance abuse. Less than 1% of survey respondents selected homelessness, hopelessness, neglect and abuse, elder abuse, child abuse, domestic violence, violent crime theft, and rape / sexual assault as issues most affecting the quality of life in Perquimans County.

Figure 41. Top Quality of Life Issues, as Ranked by Survey Respondents

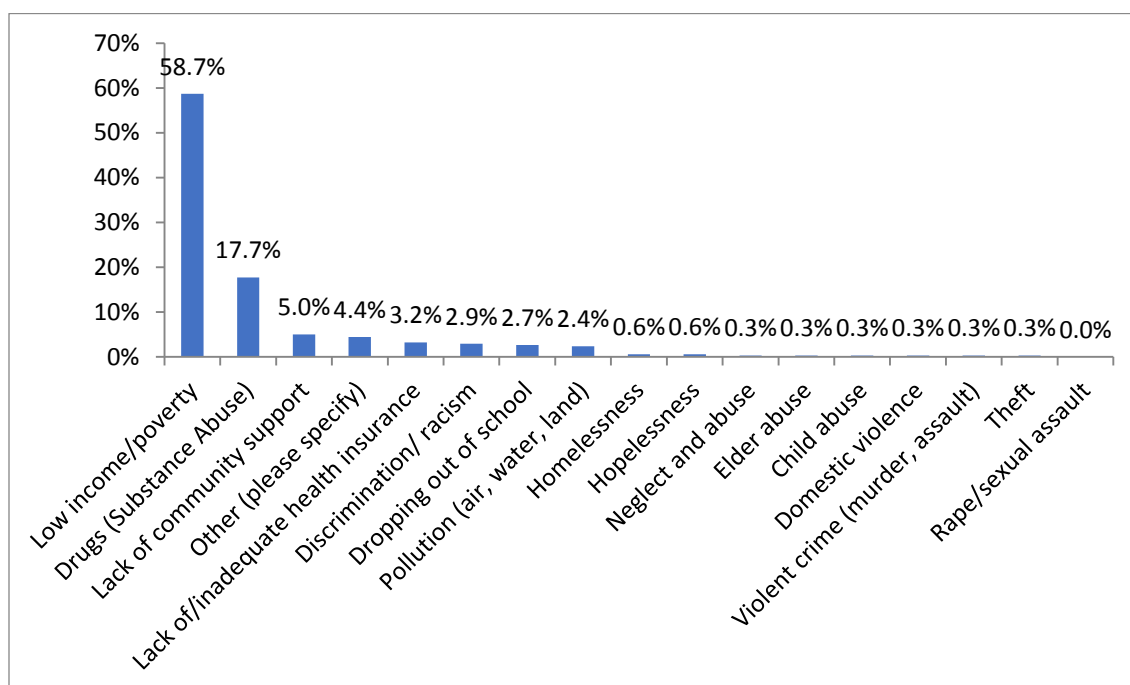


Figure 42 displays the level of agreement among Perquimans County residents in response to nine statements about their community. More than half of survey respondents agreed or strongly agreed that the county is a good place to raise children, is a good place to grow old, is a safe place to live, has good parks and recreation facilities and is an easy place to buy healthy foods. Almost three quarters of survey respondents disagreed (41%) or strongly disagreed (33%) that the county has plenty of economic opportunity.

Figure 42. Level of Agreement Among Perquimans County Residents in Response to Nine Statements about their Community

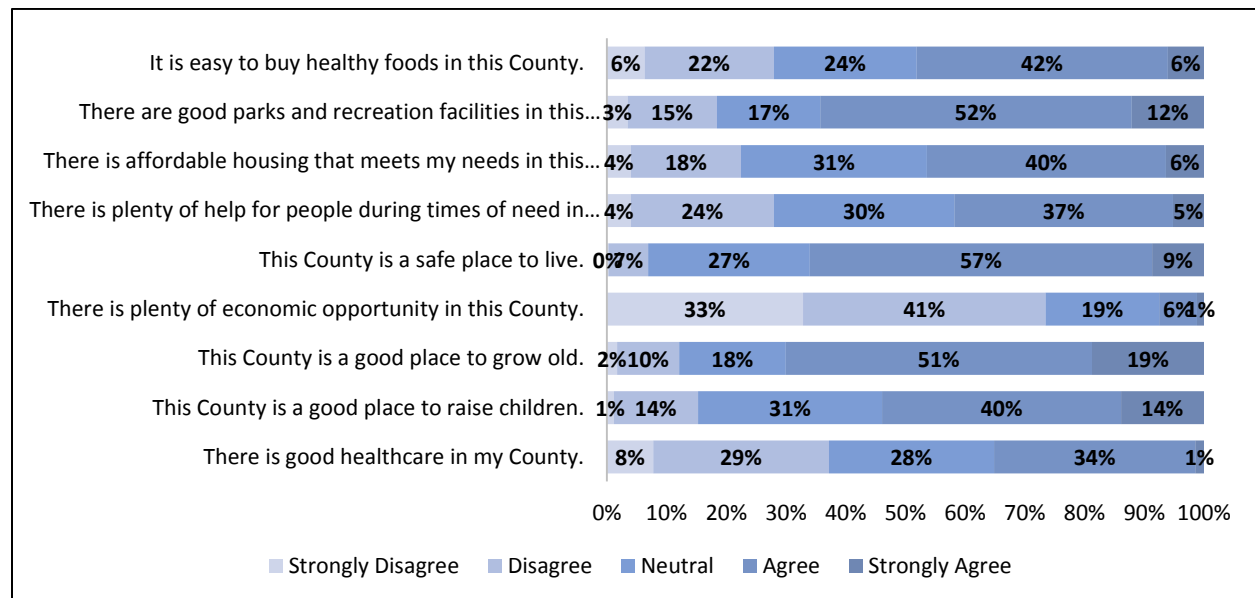


Figure 43 shows the list of services that were ranked by residents as needing the most improvement in Perquimans County. Availability of employment was the most frequently selected issue, followed by higher paying employment, positive teen activities, number of healthcare providers and elder care options.

Figure 43. Services Needing the Most Improvement, as Ranked by Survey Respondents

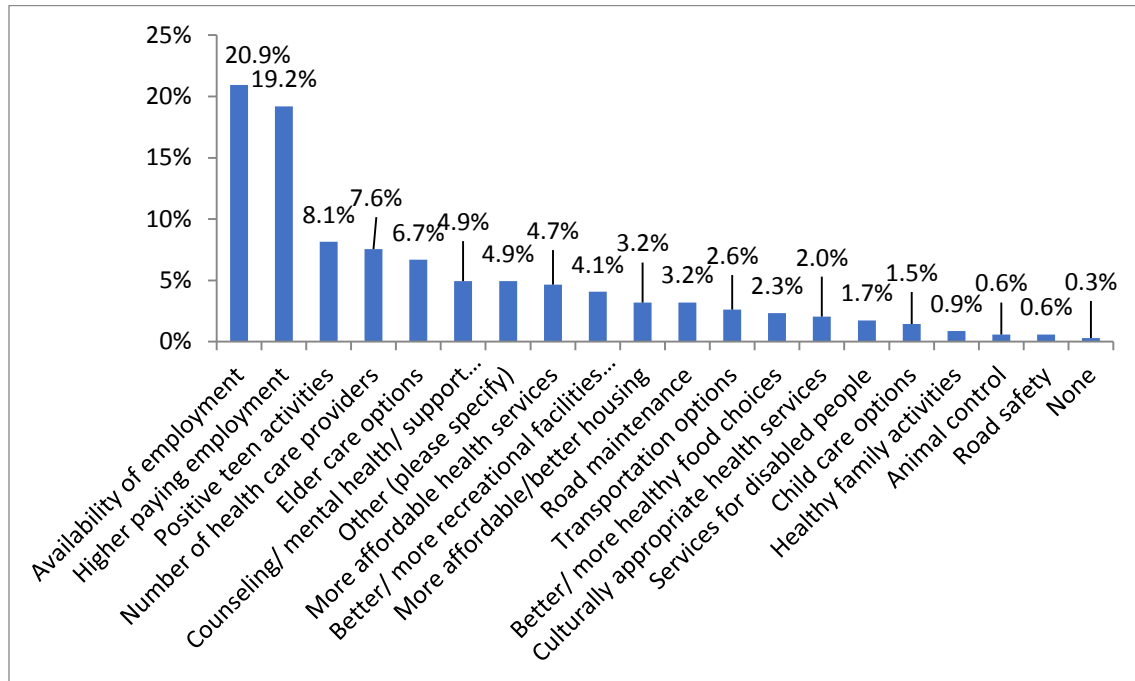
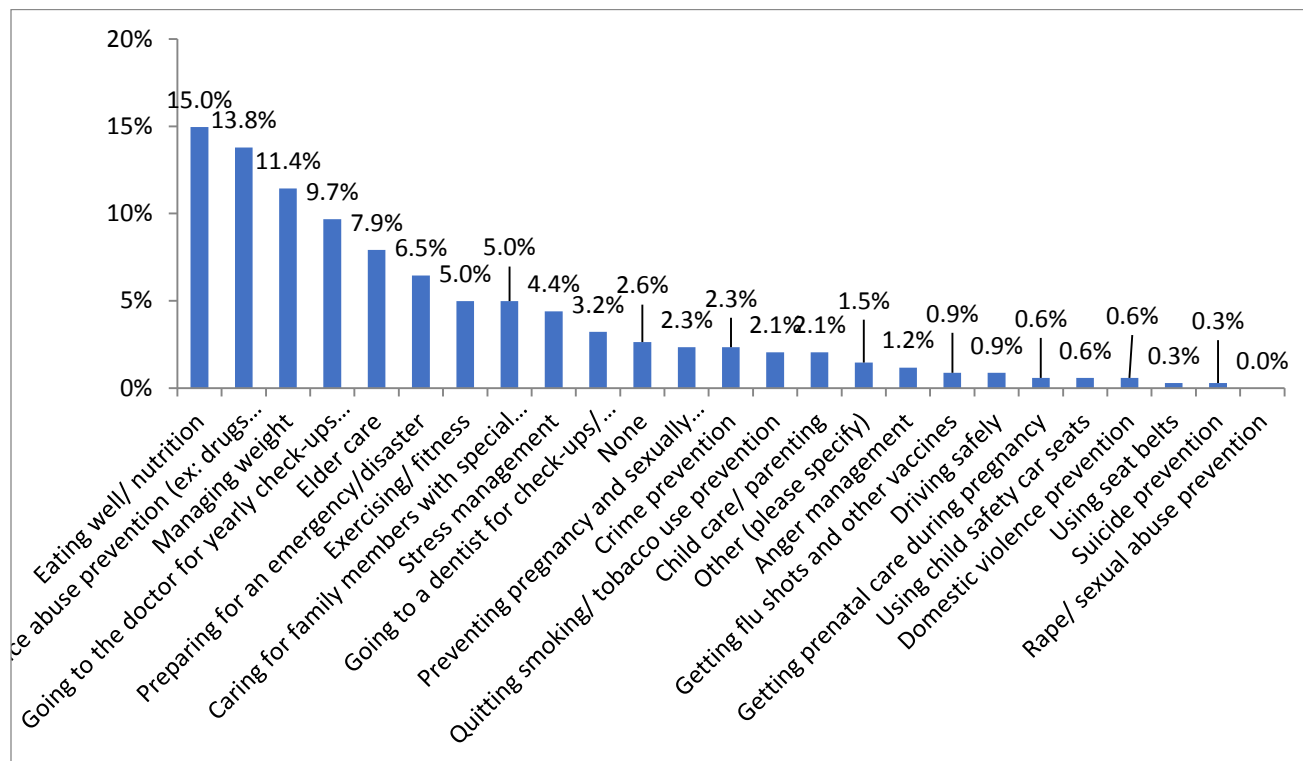


Figure 44 shows a list of health behaviors that were ranked by residents as topics that Perquimans County residents need more information about. Eating well/nutrition was the most frequently selected issue, being ranked by 15% of survey respondents. This was followed by substance abuse, managing weight, going to the doctor for yearly check-ups and screenings and elder care.

Figure 44. Health Behaviors that Residents Need More Information About, As Ranked by Survey Respondents



Focus Group Discussions

Table 9 shows the focus group results for Perquimans County by topic area or code. Focus Group transcript text were analyzed by the Conduent HCI team using a list of codes that closely mirror the health and quality of life topics used in the data scoring and community survey processes. Text was grouped by coded excerpts, or quotes, and quantified to identify areas of the highest need per the focus group participants. All excerpts/quotes were also categorized as a strength or a barrier/need based on the context in which the participant mentioned the topic. Topics with higher frequency and mentioned in the context of needs/concerns or barriers/challenges suggests greater need in the community. Topics with a frequency more than 20 are included in the overall list of significant health needs.

Table 9. Focus Group Results by Topic Area

Topic Area (Code)	Frequency
Exercise, Nutrition, & Weight	35
Access to Health Services	16
Economy	12
Children's Health	11
Older Adults & Aging	11

Data Synthesis

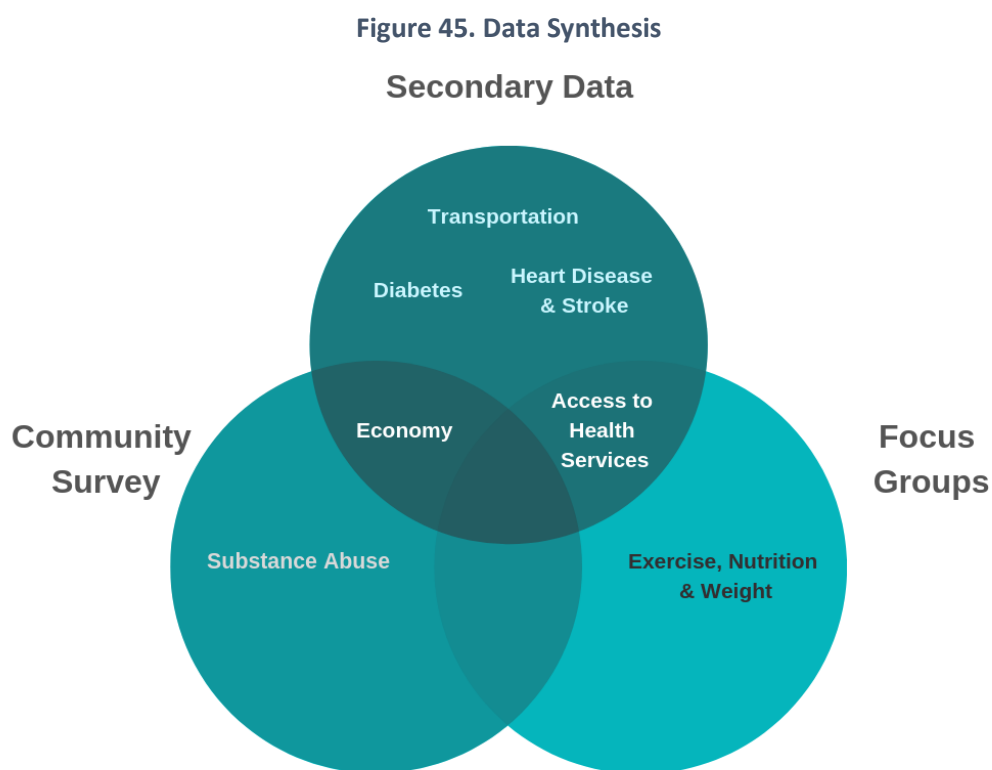
All forms of data have strengths and limitations. In order to gain a comprehensive understanding of the significant health needs for Perquimans County, findings from the secondary data, community survey and focus group discussions were compared and analyzed for areas of overlap. The top needs from each data source were identified using the criteria displayed in Table 10.

Table 10. Criteria for Identifying the Top Needs from each Data Source

Data Source	Criteria for Top Need
Secondary Data	Topics receiving highest data score
Community Survey	Community issues ranked by survey respondents as most affecting the quality of life*
Focus Group Discussions	Topics discussed most frequently by participants in context of needs/concerns or barriers/challenges to achieving health

*Community Survey Q4: Please look at this list of community issues. In your opinion, which one issue most affects the quality of life in this County?

Figure 45 displays the top needs from each data source in the Venn diagram.



Across all three data sources, there is strong evidence of need to assess Access to Health Services and Economy. As seen in Figure 45, the survey results and focus group discussion analysis cultivated additional topics not ranked as top priorities in the secondary data findings. A mixed-methods approach

is a strength when assessing a community as a whole. This process ensures robust findings through statistical analysis of health indicators and examination of constituent’s perceptions of community health issues.

Topic Areas Examined in This Report

Seven topic areas were identified across the three data sources. These topics are listed in Table 11.

Table 11. Topic Areas Examined In-Depth in this Report







Access to Health Services*
Diabetes*
Economy*
Exercise, Nutrition & Weight
Heart Disease & Stroke*
Substance Abuse
Transportation*

The five topic areas with the highest secondary data scores (starred*) are explored in-depth in the next section and include corresponding data from community participants when available. Following the five topic areas is a section called ‘Other Significant Health Needs’ which includes discussion of the additional topics that were identified specifically in the community survey and focus group discussions. The additional topics in ‘Other Significant Health Needs’ includes Exercise, Nutrition & Weight and Substance Abuse.

Navigation Within Each Topic

Findings are organized by topic area. Within each topic, key issues are summarized followed by a review of secondary and primary data findings. Special emphasis is placed on populations that are highly impacted, such as older adults, race/ethnic groups or low-income populations. Figures, tables and extracts from quantitative and qualitative data substantiate findings. Each topic includes a table with key indicators from the secondary data scoring results. The value for Perquimans County is displayed alongside relevant comparisons, gauges and icons which are color-coded with green indicating good, red indicating bad and blue indicating neutral. Table 12 describes the gauges and icons used to evaluate the secondary data.

Table 12. Description of Gauges and Icons used in Secondary Data Scoring

Gauge or Icon	Description
	Green represents the "best" 50th percentile.
	Yellow represents the 50th to 25th quartile
	Red represents the "worst" quartile.
	There has been a non-significant increase/decrease over time.
	There has been a significant increase/decrease over time.
	There has been neither a statistically significant increase nor decrease over time.

Transportation

Key Issues






- Workers do not commute to work via public transportation in the community
- There is a high percentage of households that do not have access to a vehicle

Transportation received a data score of 2.16. Some of the poorest performing indicators related to Transportation are displayed in Table 14. 0% of workers reported commuting to work via public transportation in 2012-2016. There is an indication of a great need for addressing this issue in the community since 8.4% of households also do not have access to a vehicle, though there may be geographic challenges in doing so. The Healthy People 2020 goal is 5.5% of workers commuting by public transportation.

Secondary Data

Table 13. Data Scoring Results for Transportation

Score	Indicator (Year) (Units)	Perquimans County	North Carolina	U.S.	North Carolina Counties	U.S. Counties	Trend	Healthy NC 2020	HP 2020
2	Households without a Vehicle (2012-2016) (percent)	8.4	6.3	9				-	-
2.85	Workers Commuting by Public Transportation (2012-2016) (percent)	0	1.1	5.1				-	5.5
1.95	Households with No Car and Low Access to a Grocery Store (2015) (percent)	8.4	-	-				-	-
1.75	Workers who Drive Alone to Work (2012-2016) (percent)	82.4	81.1	76.4				-	-
2.5	Mean Travel Time to Work (2012-2016) (minutes)	30.1	24.1	26.1				-	-

2.35	Solo Drivers with a Long Commute (2012-2016) (percent)	39.7	31.3	34.7			-	-
1.7	Workers who Walk to Work (2012-2016) (percent)	1.8	1.8	2.8				3.1

**See Appendix A for full list of indicators included in each topic area*

Primary Data

According to survey results, transportation did not rank as one of the top services individuals in Perquimans County feel need the most improvement compared to other issues in the community. Less than 3% of participants selected transportation options needing improvement in their neighborhood. Transportation was brought up multiple times in the focus group discussions sharing that they found accessing transportation difficult specifically for getting to medical appointments. A few people were very concerned with emergency transport services in the community, sharing personal stories of neighbors or friends not getting to medical centers quickly.

Highly Impacted Populations

The elderly were identified in the primary data sources as a group that may potentially be highly impacted.

Access to Health Services

Key Issues

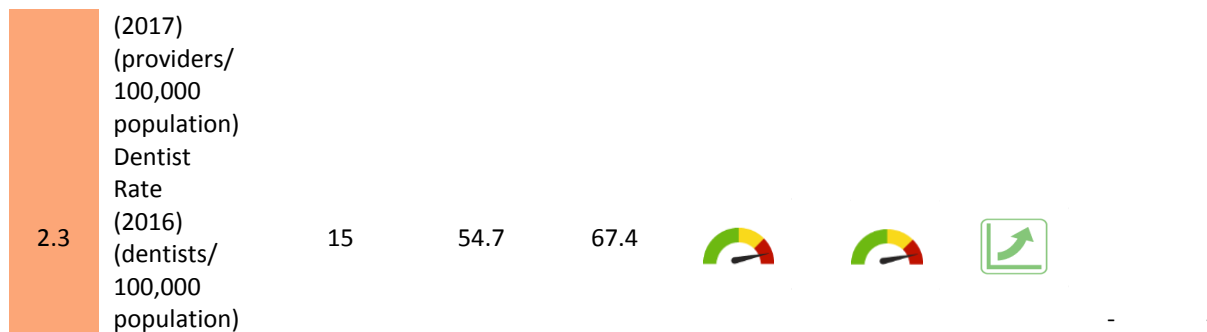
- The health provider rate, including primary care, mental health, non-physician mental health and dental, is much lower than the state overall
- Perquimans County does have an upward trend in the provider rate, an indication that it is increasing over time

Secondary Data

Access to Health Services received a data score of 1.92. This category includes indicators related to provider rates in relation to the population which impacts people's ability to access timely medical services as well as insurance coverage and preventable hospital stays. The rates of different categories providers are between 3.1 to 4.7 times lower than the state rates. The mental health provider rate in the county in 2015 which is 45.0 providers per 100,000 population is much lower than the state provider rate. The rate of dental providers in 2016 is 15 per 100,000 population, while the county had 22.3 primary care providers per 100,000 population. The trend is that providers in Perquimans County is increasing over time, though lower than the state performance..

Table 14. Data Scoring Results for Access to Health Services

Score	Indicator (Year) (Units)	Perquimans County	North Carolina	U.S.	North Carolina Counties	U.S. Counties	Trend	Healthy NC 2020	HP 2020
2.3	Primary Care Provider Rate (2015) (providers/ 100,000 population)	22.3	70.6	75.5				-	-
2.15	Mental Health Provider Rate (2017) (providers/ 100,000 population)	45	215.5	214.3				-	-
2.3	Non- Physician Primary Care Provider Rate	22.5	102.5	81.2				-	-



**See Appendix A for full list of indicators included in each topic area*

Primary Data

As previously summarized, half of community survey respondents have health insurance through an employer (51.5%) followed by Medicare (38.2%). Participants were asked where they most often go to seek medical treatment, the majority sought care at a doctor's office 82.6%. The majority of participants did not report any problems getting the health care they needed in the past 12 months (85.4%). For those who reported have difficulties accessing health care services, the most common reported providers that they had trouble getting services from were a specialist (37.3%), general practitioner (35.3%), dentist (25.5%) or eye care (15.7%). The top reasons participants reported not being able to get the necessary health care they needed were insurance not covering what they needed (36%), they couldn't get an appointment (32%) or their share of the cost was too high (26%). 18.1% of participants reported being able to see the medical provider they needed within Perquimans County while the majority sought care in other places such as Pasquotank County (46.7%), Chowan County (21.9%) and Perquimans County (18.1%).

"Assistance for retired military, navy, etc. and dependents in regards to obtaining prescriptions. The coast guard base in Elizabeth City stopped doing this. They should promote mail order service for prescriptions for this group of people."
-Focus Group Participant

Focus Group participants discussed financial barriers to accessing health services specifically with being able to afford co-pays and medications. One participant felt that there should be more programs and services for mental health. Two groups emerged during the conversation as lacking access to needed medical service: veterans and the elderly. Specifically for veterans was the need to have more convenient services whether that be geographically for appointments or remotely through mail for prescriptions. For the elderly issues came up such as needing reliable transportation to appointment or better options for home care.

Highly Impacted Populations

Veterans, active military and the elderly were populations raised in the primary data as highly impacted populations.

Economy
















Key Issues

- All the economic indicators of Hertford county demonstrated an improvement from the trends
- The change in employment is negative indicating that economic conditions are likely to remain a cause of concern
- All the economic indicators performed poorly in comparison to the state

Secondary Data

From the secondary data scoring results, economy received a data score of 1.63. Some of the poorest performing indicators related to Economy are displayed in Table 14. In 2012-2016, 28.8% of children in the county lived below the poverty level in comparison to 23.9% of children in the state. The total employment change indicator had a score of 2.4 and was the indicator of most concern. Fewer persons in the county were employed than previous years.

Table 15. Data Scoring Results for Economy

Score	Indicator (Year) (Units)	Perquimans County	North Carolina	U.S.	North Carolina Counties	U.S. Counties	Trend
2.15	Children Living Below Poverty Level (2012-2016) (percent)	28.8	23.9	21.2			
2	Female Population 16+ in Civilian Labor Force (2012-2016) (percent)	49.6	57.4	58.3			
2.1	Households with Cash Public Assistance Income (2012-2016) (percent)	3.4	1.9	2.7			
2.3	Renters Spending 30% or More of Household Income on Rent (2012-2016) (percent)	52.1	49.4	47.3			
2.4	Total Employment Change (2014-2015) (percent)	-6	3.1	2.5			

*See Appendix A for full list of indicators included in each topic area

Primary Data

Community survey participants were asked to rank the issues most negatively impacting their community's quality of life. According to the data, both poverty and the economy were the top issues in Perquimans County that negatively impact quality of life. Community survey participants were also asked to weigh-in on areas of community services that needed the most improvement. With the highest share of responses, availability of employment (20.9%) and higher paying employment (19.2%). When asked to expand on services that could be improved the need for more economic activity in the community and jobs offering higher salaries.

Focus group participants also touched on key economic stressors: challenges with being able to afford healthy behaviors or activities and delays in seeking health care due to costs. Multiple participants were concerned with the cost to access recreation facilities not being realistic for many people in the community.

Highly Impacted Populations

Secondary data indicate that the women and children may be highly impacted populations. The primary data did not indicate any groups highly impacted within the Economy topic area indicators.

Heart Disease & Stroke











Key Issues

- All the indicators of Heart Disease and Stroke have an upward trend indicating that the rates are increasing over time
- The Heart Disease and Stroke rates for Perquimans County is higher in comparison to the state and country

Secondary Data

The secondary data analysis identified Heart Disease and Stroke as a top quality of life issue and received a data score of 1.64. Some of the highest scoring indicators are listed in Table 15. The age-adjusted death rate due to Heart Disease, at 189.1 per 100,000 population in 2012-2016, is higher than in the state and U.S. and does not meet the Healthy People Goal of 161.5 deaths per 100,000 population. The strong upward trend in hypertension in the Medicare population is an issue of concern.

Table 16. Data Scoring Results for Heart Disease & Stroke

Score	Indicator (Year) (Units)	Perquimans County	North Carolina	U.S.	North Carolina Counties	U.S. Counties	Trend	Healthy NC 2020	HP 2020
2.4	Hypertension: Medicare Population (2015) (percent)	60.6	58	55				-	-
2.05	Age-Adjusted Death Rate due to Heart Disease (2012-2016) (deaths/ 100,000 population)	189.1	161.3	-				161.5	-
2.5	Atrial Fibrillation: Medicare Population (2015) (percent)	9.6	7.7	8.1				-	-
2.28	Age-Adjusted Death Rate due to Cerebrovascular Disease (Stroke) (2012-2016) (deaths/ 100,000 population)	48.9	43.1	36.9				-	34.8

**See Appendix A for full list of indicators included in each topic area*

Primary Data

45% of survey participant reported being told by a health care professional that they had high blood pressure and 45% had been told they have high cholesterol. When asked about challenges to accessing health services for themselves or a family member, 13.1% community survey respondents indicated that they had an issue in the past 12 months accessing health care services or provider. For those respondents who had experienced challenges accessing health care services or providers in the past 12 months, 37.3% indicated that they had trouble accessing a specialist. Indirectly related, community survey respondents rated eating well/nutrition, going to the doctor for yearly checkups and screenings and managing weight as topics the community needs more information about which may impact the population living with conditions related to heart disease and stroke.

Heart Disease and Stroke came up in all focus groups and was mentioned specifically by five participants as a primary concern in the community. Most participants discussed heart disease related conditions as a result of poor nutrition and exercise habits in the community. One participant shared that healthy eating education is offered through a cardiac rehabilitation program but that many people do not participate

Highly Impacted Populations

Data scoring analysis identified the Medicare population as a potential highly impacted group and there were no highly impacted groups identified within the Economy topic area in the primary data.

Diabetes




Key Issues

- The percent of Adults 20+ with Diabetes is higher in Perquimans County than the state and U.S.
- The trend in Adults 20+ that report Diabetes is decreasing which is favorable

Secondary Data

The secondary data scoring results reveal Diabetes as the top need in Perquimans County with a score of 1.60. Additional analysis is performed to find specific indicators that contribute to this area of concern as shown in Table 13. The indicator score for Adults 20+ with Diabetes for Perquiman County is 2.3 with a value of 14.2% of the population in 2014. This is higher than the rate in both North Carolina (11.14% of the population) and the United States (10.0% of the population).

Table 17. Data Scoring Results for Diabetes

Score	Indicator (Year) (Units)	Perquimans County	North Carolina	U.S.	North Carolina Counties	U.S. Counties	Trend
2.3	Adults 20+ with Diabetes (2014) (percent)	14.2	11.1	10			

**See Appendix A for full list of indicators included in each topic area*

Primary Data

Community survey respondents rated eating well/nutrition, going to the doctor for yearly checkups and screenings and managing weight as topics the community needs more information about which may also impact the adult population living with Diabetes. 18.6% of community survey participants reported being told by a medical professional that they has diabetes and 41.3% had been told that they were overweight or obese.

Diabetes was discussed four times during the focus group discussions as an issue the community was facing. One participant raised their concerns that free resources and supplies are needed in the community for those who cannot afford them on their own. Another participant discussed the need in the community to educate people about nutrition and exercise.

Highly Impacted Populations

The data scoring identified adults over 20 years of age as a highly impacted group. There were no groups indicated in the primary data.

Mortality

Knowledge about the leading causes of death in a population is critical to understanding how to target interventions to maximize population health. Table 18 shows the leading causes of mortality in Perquimans County, North Carolina, and Health ENC Counties in 2014-2016, where the rate is age-adjusted to the 2000 U.S. standard population and is given as an age-adjusted death rate per 100,000 population.

Table 18. Leading Causes of Mortality (2014-2016, CDC WONDER)

Perquimans County				North Carolina			Health ENC Counties		
Rank	Cause	Deaths	Rate*	Cause	Deaths	Rate*	Cause	Deaths	Rate*
1	Heart Diseases	127	180.1	Cancer	58,187	165.1	Cancer	12,593	177.5
2	Cancer	118	174.7	Heart Diseases	54,332	159	Heart Diseases	12,171	178.8
3	Cerebrovascular Diseases	26	42.4	Chronic Lower Respiratory Diseases	15,555	45.1	Cerebrovascular Diseases	3,247	48.5
4	Chronic Lower Respiratory Diseases	24	32.4	Accidental Injuries	15,024	48.2	Accidental Injuries	3,136	50.1
5	Accidental Injuries	21	56.1	Cerebrovascular Diseases	14,675	43.6	Chronic Lower Respiratory Diseases	3,098	44.9
6	Influenza and Pneumonia	16	Unreliable	Alzheimer's Disease	11,202	34.2	Diabetes	2,088	29.9
7	Diabetes	16	Unreliable	Diabetes	8,244	23.6	Alzheimer's Disease	1,751	27.3
8	-	-	-	Influenza and Pneumonia	5,885	17.5	Influenza and Pneumonia	1,148	17.2
9	-	-	-	Kidney Diseases	5,614	16.5	Kidney Diseases	1,140	16.8
10	-	-	-	Septicemia	4,500	13.1	Septicemia	1,033	15.1

**Age-adjusted death rate per 100,000 population*

Other Significant Health Needs

Exercise, Nutrition & Weight

Secondary Data

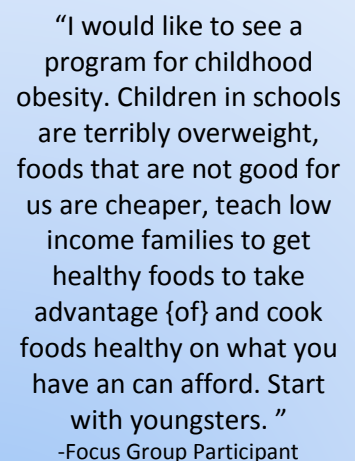
From the secondary data scoring results, the Exercise, Nutrition & Weight topic had a score of 1.55 and was the 11th highest scoring health and quality of life topic. High scoring related indicators include: Access to Exercise Opportunities (2.10), Child Food Insecurity Rate (1.95) and Households with No Care and Low Access to a Grocery Store (1.95).

A list of all secondary indicators within this topic area is available in Appendix A.

Primary Data

Among community survey respondents, 41.7% rated their health is good and 33.9% rated their health as very good. However, 41.3% of respondents reported being told by a health professional that they were overweight and/or obese. This was closely followed by high reports of high blood pressure (45%), high cholesterol (45.2%) and diabetes (18.6%). Additionally, data from the community survey participants show that 36.3% of community members do not engage in any physical activity or exercise during the week that lasts at least 30 minutes. Among individuals that do not exercise, respondents reported not having enough time (41.4%), being too tired (25.6%) and not liking exercise (23.3%). For those individuals that do exercise, 67% reported exercising or engaging in physical activity at home while 22.2% do so at a private gym followed by a 'other' locations (21.7%) such as walking outside and golfing.

Exercise, Nutrition & Weight was discussed in all focus groups as a primary issue in the community. Participants shared their concerns for obesity amongst both young people and adults in the community. One participant shared concerns with young children staying active and described the need to intervene early with influencing healthy habits. Suggestions included providing more services or activities to help families stay physically active in the community. They shared that they struggled with not knowing how to eat healthy or what to select as healthy food choices when eating away from home. To emphasize this point, when community members were asked about specific topic areas they were interested in learning more about in the community survey, managing weight and nutrition were high frequency responses.



"I would like to see a program for childhood obesity. Children in schools are terribly overweight, foods that are not good for us are cheaper, teach low income families to get healthy foods to take advantage {of} and cook foods healthy on what you have an can afford. Start with youngsters."

-Focus Group Participant

Substance Abuse

Secondary Data

From the secondary data scoring results, the Substance Abuse topic had a score of 1.47 and was the 14th highest scoring health and quality of life topic. High scoring related indicators include: Liquor Store Density (2.35) and Adults who Smoke (1.95).

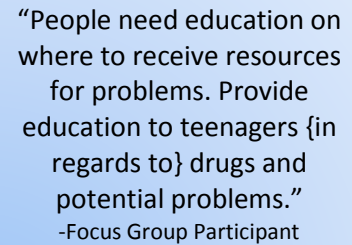
A list of all secondary indicators within this topic area is available in Appendix A.

Primary Data

Community survey participants ranked substance abuse (17.7%) as a top issue affecting quality of life in Perquimans County. Additionally, 13.8% of community survey respondents reported wanting to learn more about substance abuse prevention.

11.3% of survey participants reported currently use tobacco products. Of those who reported tobacco product use, 34.2% would go to a doctor if they wanted to quit, 34.2% do not know where they would go and 25.9% stated that they did not want to quit. 36.4% of survey participants reported having been exposed to secondhand smoke in the last year. Of those who indicated that they had been exposed to secondhand smoke, 36% were exposed in the home and 40% selected 'other', mostly adding that they had been exposed in other people's homes. Most participants (75.7%) reported that in the past 30 days, there were zero times where they drank more than 4/5 drinks on a single occasion and 7.6% had one time. Reported illicit drug use amongst survey participants in the past 30-days was low, 98% reported no illegal drug use and 99.7% reported no use of prescription drugs they did not have a prescription for. Of those who reported any illegal drug use (<2%) in the past 30 days, 100% reported marijuana use.

Focus group discussion did not focus heavily on substance abuse, however, one participant specifically raised teen smoking as an issue they see as a problem that needs to be addressed in the community. Another participant mentioned that there is a lack of substance abuse education for teenagers in the community.



"People need education on where to receive resources for problems. Provide education to teenagers {in regards to} drugs and potential problems."
-Focus Group Participant

A Closer Look at Highly Impacted Populations

Several subpopulations emerged from the primary and secondary data for their disparities in access to care, risk factors, and health outcomes. This section focuses on these subpopulations and their unique needs.

Disparities by Age, Gender and Race/Ethnicity

Secondary data are further assessed to determine health disparities for race/ethnic, age, or gender groups. Table 19 identifies indicators in which a specific population subgroup differs significantly and negatively from the overall population in Perquimans County, with significance determined by non-overlapping confidence intervals. The list of indicators with significant disparities should be interpreted with caution. Indicators beyond those displayed in Table 19 may also negatively impact a specific subgroup; however, not all data sources provide subpopulation data, so it is not possible to draw conclusions about every indicator used in the secondary data analysis.

Table 19. Indicators with Significant Race/Ethnic, Age, or Gender Disparities

Health Indicator	Group(s) Disparately Affected*
Children Living Below Poverty Level	Black or African American
Families Living Below Poverty Level	Black or African American
People Living Below Poverty Level	12-17, 6-11, Black or African American
Median Household Income	Black or African American
Per Capita Income	Black or African American
Workers who Drive Alone to Work	55-59, Female, American Indian or Alaska Native

*See [HealthENC.org](https://www.healthenc.org) for indicator values for population subgroups

Geographic Disparities

Geographic disparities are identified using the SocioNeeds Index®. Zip code 27944, with an index value of 77.4, has the highest socioeconomic need within Perquimans County, potentially indicating poorer health outcomes for its residents. See the [SocioNeeds Index®](#) for more details, including a map of Perquimans County zip codes and index values.

Conclusion

The Community Health Needs Assessment utilized a comprehensive set of secondary data indicators measuring the health and quality of life needs for Perquimans County. The assessment was further informed with input from Perquimans County residents through a community survey and focus group discussions that included participants from broad interests of the community. The data synthesis process identified seven significant health needs: Access to Health Services, Diabetes, Economy, Exercise, Nutrition & Weight, Heart Disease & Stroke, Substance Abuse and Transportation. The prioritization process identified three focus areas: (1) Healthy Lifestyle Behaviors (2) Access to Healthcare and (3) Mental Health/Substance Misuse.

Priority 1: Healthy Lifestyle Behaviors

Health Indicators: Cardiovascular disease (including heart disease and stroke), diabetes, and respiratory diseases (such as COPD and asthma) are all long-term, or chronic, conditions that limit quality of life, require medical management and treatment, and are among the leading causes of death in Perquimans County. Committing to a healthy, active lifestyle is one of the most important ways to prevent chronic diseases.

Population At Risk: The Poor, Uninsured

Health Resources Available and/or Needed:

Available Resources:

Partnerships to Improve Community Health (PICH) Grant

Farmers Markets and Roadside Stands

Walking Trails

Perquimans County Senior Center

Perquimans County Recreation Department

Perquimans Get FIT!

Albemarle Regional Health Services

Perquimans County Health Department - Health Educators

Perquimans Cooperative Extension

Perquimans County Schools

Healthy Carolinians of the Albemarle (HCOTA)

Resources Still Needed:

Availability of healthier food options

Healthy corner stores

Fitness options for individuals with limited financial resources

Priority 2: Access to Healthcare

Health Indicators: Participants in the small group discussions identified the limited availability of healthcare services as a barrier to good health in Perquimans County. With the small number of providers making scheduling difficult, respondents cited increasing wait times and travel barriers. Respondents reported struggling with the high cost of insurance, medications and doctor visits.

Population At Risk: Uninsured, Those with limited transportation options.

Health resources available/needed:

Available Resources:

Albemarle Regional Health Services

Vidant Chowan Hospital

Coastal Carolina Family Practice

Vidant Family Medicine
Internal Medicine - Dr. Neil Denunzio

Resources Still Needed:

Free-standing Urgent Care Center
More local health care providers

Priority 3: Mental Health/Substance Misuse

Health Indicators: While some data is available pertaining to utilization of services pertaining to substance misuse, there is not much data describing the prevalence of individual diagnoses. During the focus group discussions, substance abuse prevention was the most frequently selected issue.

Population At Risk: The Poor, Uninsured, Elderly, Youth

Health resources available/needed:

Available Resources:

Trillium Health Resources
Integrated Family Services – Mobile Crisis
Community Care Plan of Eastern North Carolina
RI International
Family Resource Center
Quitline and ARHS Tobacco Prevention program to address youth substance misuse issues related to tobacco

Resources Still Needed:

More local mental health resources, counseling services
Inpatient treatment facilities

Following this process, Perquimans County will outline how it plans to address these health needs in its implementation plan.

We hope to incorporate any feedback on this report into the next CHNA process. Please send your feedback and comments to www.arhs-nc.org.

Appendix A. Secondary Data Scoring

Overview

Data scoring consists of three stages, which are summarized in Figure 46:

Comparison Score

For each indicator, Perquimans County is assigned up to 7 comparison scores based on its comparison to other communities, whether health targets have been met, and the trend of the indicator value over time. Comparison scores range from 0-3, where 0 indicates the best outcome and 3 indicates the worst outcome (Figure 47).

Indicator Score

Indicator scores are calculated as a weighted average of comparison scores. Indicator scores range from 0-3, where 0 indicates the best outcome and 3 indicates the worst outcome (Figure 47).

Topic Score

Indicators are then categorized into topic areas. Topic scores are calculated by averaging all relevant indicator scores, with indicators equally weighted. Topic scores range from 0-3, where 0 indicates the best outcome and 3 indicates the worst outcome (Figure 47). Indicators may be categorized into more than one topic area.

Figure 46. Secondary Data Scoring

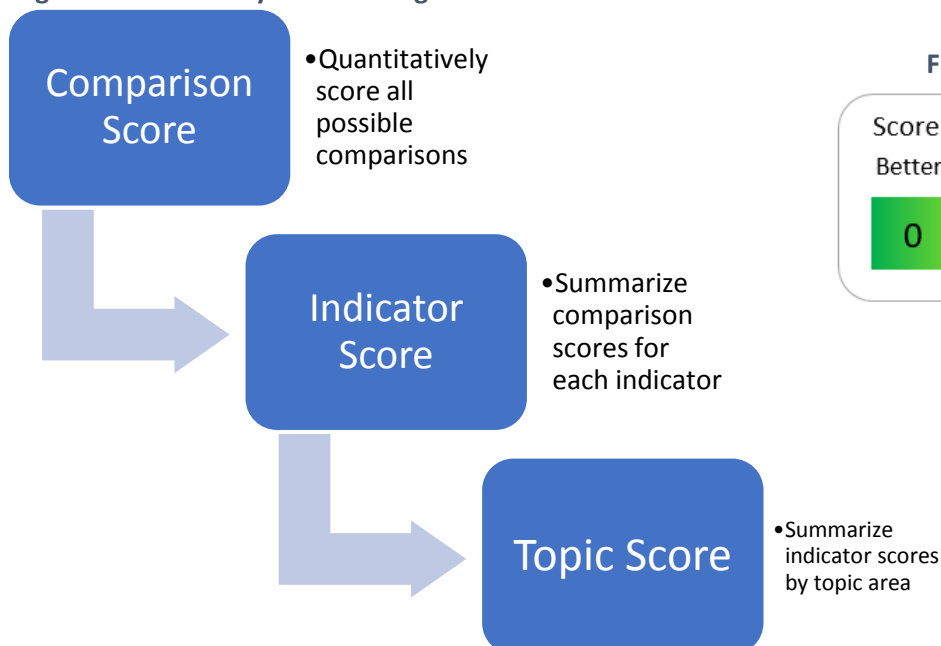
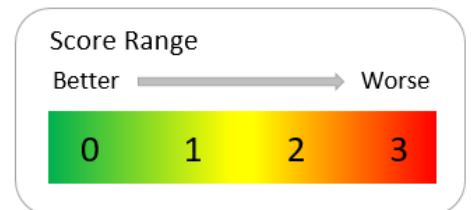


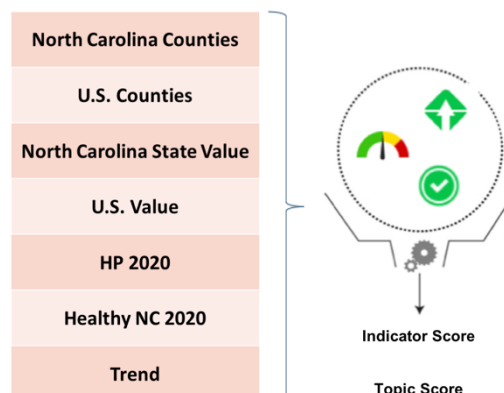
Figure 47. Score Range



Comparison Scores

Up to 7 comparison scores were used to assess the status of Perquimans County. The possible comparisons are shown in Figure 48 and include a comparison of Perquimans County to North Carolina counties, all U.S. counties, the North Carolina state value, the U.S. value, Healthy People 2020 targets, Healthy North Carolina 2020 targets, and the trend over time. Availability of each type of comparison varies by indicator and is dependent upon the data source, comparability with data collected for other communities, and changes in methodology over time. The determination of comparison scores for each type of comparison is discussed in more detail below.

Figure 48. Comparisons used in Secondary



Comparison to a Distribution of North Carolina Counties and U.S. Counties

For ease of interpretation and analysis, indicator data on [HealthENC.org](https://www.healthenc.org) is visually represented as a green-yellow-red gauge showing how Perquimans County is faring against a distribution of counties in North Carolina or the U.S. (Figure 49).

Figure 49. Compare to Distribution Indicator



A distribution is created by taking all county values within the state or nation, ordering them from low to high, and dividing them into four equally sized groups based on their order (Figure 50). The comparison score is determined by how Perquimans County falls within these four groups or quartiles.

Figure 50. Distribution of County Values



Comparison to North Carolina Value and U.S. Value

As shown in Figure 51, the diamond represents how Perquimans County compares to the North Carolina state value and the national value. When comparing to a single value, the comparison score is determined by how much better or worse the county value is relative to the comparison value.

Figure 51. Comparison to Single Value



Comparison to Healthy People 2020 and Healthy North Carolina 2020 Targets

As shown in Figure 52, the circle represents how Perquimans County compares to a target value. Two target values are taken into consideration for this analysis: Healthy People 2020 and Healthy North

Carolina 2020. Healthy People 2020² goals are national objectives for improving the health of the nation set by the Department of Health and Human Services' (DHHS) Healthy People Initiative. Healthy North Carolina 2020³ objectives provide a common set of health indicators that the state can work to improve. The North Carolina Institute of Medicine, in collaboration with the Governor's Task Force for Healthy Carolinians; the Division of Public Health, North Carolina Department of Health and Human Services (NC DHHS); the Office of Healthy Carolinians and Health Education, NC DHHS; and the State Center for Health Statistics, NC DHHS, helped lead the development of the Healthy NC 2020 objectives. When comparing to a target, the comparison score is determined by whether the target is met or unmet, and the percent difference between the indicator value and the target value.

Figure 52. Comparison to Target Value



Trend Over Time

As shown in Figure 53, the square represents the measured trend. The Mann-Kendall statistical test for trend is used to assess whether the value for Perquimans County is increasing or decreasing over time and whether the trend is statistically significant. The trend comparison uses the four most recent comparable values for the county, and statistical significance is determined at the 90% confidence level. For each indicator with values available for four time periods, a comparison score is determined by the trend's direction and its statistical significance.

Figure 53. Trend Over Time



Missing Values

Indicator scores are calculated using the comparison scores, availability of which depends on the data source. If an indicator does not have data for a specific comparison type that is included for indicator score calculations, the missing comparison is substituted with a neutral score. When information is unknown due to lack of comparable data, the neutral value assumes that the missing comparison score is neither good nor bad and does not impact the indicator's weighted average.

Indicator Scoring

Indicator scores are calculated as a weighted average of all included comparison scores. If none of the included comparison types are possible for an indicator, no score is calculated, and the indicator is excluded from the data scoring results.

Topic Scoring

Indicator scores are averaged by topic area to calculate topic scores. Each indicator may be included in up to three topic areas if appropriate. Resulting scores range from 0-3, where a higher score indicates a

² For more information on Healthy People 2020, see <https://www.healthypeople.gov/>

³ For more Information on Healthy North Carolina 2020, see: <https://publichealth.nc.gov/hnc2020/>

greater level of need as evidenced by the data. A topic score is only calculated if it includes at least three indicators.

Age, Gender and Race/Ethnicity Disparities

When a given indicator has data available for population subgroups – such as age, gender and race/ethnicity – and values for these subgroups include confidence intervals, we are able to determine if there is a significant difference between the subgroup's value and the overall value. A significant difference is defined as two values with non-overlapping confidence intervals. Confidence intervals are not available for all indicators. In these cases, disparities cannot be determined because there is not enough data to conclude whether two values are significantly different from each other.

Topic Scoring Table

Table 20 shows the Topic Scores for Perquimans County, with higher scores indicating a higher need.

Table 20. Topic Scores for Perquimans County

Health and Quality of Life Topics	Score
Transportation	2.16
Access to Health Services	1.92
Mortality Data	1.67
Heart Disease & Stroke	1.64
Economy	1.63
Diabetes	1.60
Wellness & Lifestyle	1.58
Public Safety	1.57
Social Environment	1.56
Environment	1.56
Exercise, Nutrition, & Weight	1.55
Maternal, Fetal & Infant Health	1.48
Prevention & Safety	1.48
Substance Abuse	1.47
Immunizations & Infectious Diseases	1.46
Mental Health & Mental Disorders	1.44
County Health Rankings	1.43
Education	1.34
Environmental & Occupational Health	1.21
Cancer	1.13
Older Adults & Aging	1.11
Women's Health	1.10
Respiratory Diseases	1.06
Other Chronic Diseases	1.00

Indicator Scoring Table

Table 21 (spanning multiple pages) presents the indicator data used in the quantitative data analysis. Indicators are grouped into topic areas and sorted by indicator score, with higher scores indicating a higher need. Perquimans County values are displayed alongside various comparison values and the period of measurement. Additional data can be found on HealthENC.org.

Table 21. Indicator Scores by Topic Area

ACCESS TO HEALTH SERVICES	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*	SOURCE
Dentist Rate	2016	15.0		67.4		54.7	2.30		3
Non-Physician Primary Care Provider Rate	2017	22.5		81.2		102.5	2.30		3
Primary Care Provider Rate	2015	22.3		75.5		70.6	2.30		3
Mental Health Provider Rate	2017	45.0		214.3		215.5	2.15		3
Persons with Health Insurance	2016	87.6	100.0		92.0	87.8	1.68		16
Clinical Care Ranking	2018	49					1.43		3
Preventable Hospital Stays: Medicare Population	2014	49.2		49.9		49.0	1.25		17

CANCER	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*	SOURCE
Prostate Cancer Incidence Rate	2010-2014	129.1		114.8		125.0	2.20		6
Age-Adjusted Death Rate due to Colorectal Cancer	2010-2014	16.5	14.5	14.8	10.1	14.1	2.10		6
Cancer: Medicare Population	2015	8.1		7.8		7.7	1.95		2
Breast Cancer Incidence Rate	2010-2014	118.1		123.5		129.4	1.20		6
Colorectal Cancer Incidence Rate	2010-2014	38.5	39.9	39.8		37.7	1.20		6
Mammography Screening: Medicare Population	2014	70.4		63.1		67.9	0.85		17
Lung and Bronchus Cancer Incidence Rate	2010-2014	60.1		61.2		70.0	0.80		6
All Cancer Incidence Rate	2010-2014	409.1		443.6		457.0	0.75		6
Age-Adjusted Death Rate due to Cancer	2010-2014	156.3	161.4	166.1		172.0	0.55		6
Age-Adjusted Death Rate due to Lung Cancer	2010-2014	43.7	45.5	44.7		50.7	0.55		6
Bladder Cancer Incidence Rate	2010-2014	14.0		20.5		20.1	0.30		6

*High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

CHILDREN'S HEALTH	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Child Food Insecurity Rate	2016	23.7		17.9		20.9	1.95	4
Children with Low Access to a Grocery Store	2015	0.6					1.05	20

COUNTY HEALTH RANKINGS	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Social and Economic Factors Ranking	2018	61					1.58	3
Clinical Care Ranking	2018	49					1.43	3
Health Behaviors Ranking	2018	36					1.43	3
Morbidity Ranking	2018	50					1.43	3
Mortality Ranking	2018	33					1.43	3
Physical Environment Ranking	2018	14					1.28	3

DIABETES	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Adults 20+ with Diabetes	2014	14.2		10.0		11.1	2.30	3
Diabetes: Medicare Population	2015	28.0		26.5		28.4	1.60	2
Diabetic Monitoring: Medicare Population	2014	86.2		85.2		88.8	1.55	17
Age-Adjusted Death Rate due to Diabetes	2012-2016	18.1		21.1		23.0	0.93	15

DISABILITIES	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Households with Supplemental Security Income	2012-2016	6.8		5.4		5.0	2.20	1
Persons with Disability Living in Poverty (5-year)	2012-2016	33.3		27.6		29.0	2.03	1

ECONOMY	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Total Employment Change	2014-2015	-6.0		2.5		3.1	2.40	19
Renters Spending 30% or More of Household Income on Rent	2012-2016	52.1		47.3	36.1	49.4	2.30	1

*High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

Households with Supplemental Security Income	2012-2016	6.8	5.4	5.0	2.20		1
Children Living Below Poverty Level	2012-2016	28.8	21.2	23.9	2.15	Black or African American	1
Households with Cash Public Assistance Income	2012-2016	3.4	2.7	1.9	2.10		1
Persons with Disability Living in Poverty (5-year)	2012-2016	33.3	27.6	29.0	2.03		1
Female Population 16+ in Civilian Labor Force	2012-2016	49.6	58.3	57.4	2.00		1
Population 16+ in Civilian Labor Force	2012-2016	54.2	63.1	61.5	2.00		1
Child Food Insecurity Rate	2016	23.7	17.9	20.9	1.95		4
Food Insecurity Rate	2016	16.3	12.9	15.4	1.80		4
People Living 200% Above Poverty Level	2012-2016	58.8	66.4	62.3	1.80		1
Unemployed Workers in Civilian Labor Force	April 2018	4.5	3.7	3.7	1.80		18
Median Monthly Owner Costs for Households without a Mortgage	2012-2016	423	462	376	1.78		1
Families Living Below Poverty Level	2012-2016	12.6	11.0	12.4	1.70	Black or African American	1
Median Household Income	2012-2016	45208	55322	48256	1.70	Black or African American	1
Social and Economic Factors Ranking	2018	61			1.58		3
People Living Below Poverty Level	2012-2016	16.5	15.1	12.5	1.55	12-17, 6-11, Black or African American	1
SNAP Certified Stores	2016	0.9			1.55		20
Students Eligible for the Free Lunch Program	2015-2016	51.9	42.6	52.6	1.55		7
Median Housing Unit Value	2012-2016	165000	184700	157100	1.53		1
Per Capita Income	2012-2016	25407	29829	26779	1.50	Black or African American	1
Median Household Gross Rent	2012-2016	779	949	816	1.38		1
Mortgaged Owners Median Monthly Household Costs	2012-2016	1303	1491	1243	1.28		1
Severe Housing Problems	2010-2014	16.1	18.8	16.6	1.10		3
Low-Income and Low Access to a Grocery Store	2015	1.1			1.05		20
Homeownership	2012-2016	62.2	55.9	55.5	0.65		1
People 65+ Living Below Poverty Level	2012-2016	7.5	9.3	9.7	0.65		1
Young Children Living Below Poverty Level	2012-2016	18.1	23.6	27.3	0.65		1

EDUCATION	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
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•High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

People 25+ with a Bachelor's Degree or Higher	2012-2016	17.4	30.3	29.0	2.20	1
People 25+ with a High School Degree or Higher	2012-2016	84.9	87.0	86.3	1.55	1
8th Grade Students Proficient in Reading	2016-2017	47.2		53.7	1.50	12
High School Graduation	2016-2017	90.8	87.0	94.6	1.30	12
4th Grade Students Proficient in Reading	2016-2017	63.4		57.7	1.25	12
8th Grade Students Proficient in Math	2016-2017	49.1		45.8	1.05	12
4th Grade Students Proficient in Math	2016-2017	68.8		58.6	0.95	12
Student-to-Teacher Ratio	2015-2016	14.4	17.7	15.6	0.95	7

ENVIRONMENT	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Liquor Store Density	2015	14.9		10.5		5.8	2.35	19
Access to Exercise Opportunities	2018	56.3		83.1		76.1	2.10	3
Households with No Car and Low Access to a Grocery Store	2015	8.4					1.95	20
Farmers Market Density	2016	0.0					1.90	20
Grocery Store Density	2014	0.1					1.90	20
Houses Built Prior to 1950	2012-2016	16.4		18.2		9.1	1.90	1
Recreation and Fitness Facilities	2014	0.0					1.90	20
SNAP Certified Stores	2016	0.9					1.55	20
Fast Food Restaurant Density	2014	0.4					1.30	20
Drinking Water Violations	FY 2013-14	1.1			5.0	4.0	1.28	3
Physical Environment Ranking	2018	14					1.28	3
Food Environment Index	2018	7.5		7.7		6.4	1.25	3
Severe Housing Problems	2010-2014	16.1		18.8		16.6	1.10	3
Children with Low Access to a Grocery Store	2015	0.6					1.05	20
Low-Income and Low Access to a Grocery Store	2015	1.1					1.05	20
People 65+ with Low Access to a Grocery Store	2015	0.7					1.05	20

ENVIRONMENTAL & OCCUPATIONAL HEALTH	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
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•High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

Age-Adjusted Hospitalization Rate due to Asthma	2014	89.1		90.9	1.50	9
Physical Environment Ranking	2018	14			1.28	3
Asthma: Medicare Population	2015	7.0	8.2	8.4	0.85	2

EXERCISE, NUTRITION, & WEIGHT	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Access to Exercise Opportunities	2018	56.3		83.1		76.1	2.10	3
Child Food Insecurity Rate	2016	23.7		17.9		20.9	1.95	4
Households with No Car and Low Access to a Grocery Store	2015	8.4					1.95	20
Farmers Market Density	2016	0.0					1.90	20
Grocery Store Density	2014	0.1					1.90	20
Recreation and Fitness Facilities	2014	0.0					1.90	20
Food Insecurity Rate	2016	16.3		12.9		15.4	1.80	4
Adults 20+ who are Obese	2014	32.2	30.5	28.0		29.6	1.70	3
Workers who Walk to Work	2012-2016	1.8	3.1	2.8		1.8	1.70	1
SNAP Certified Stores	2016	0.9					1.55	20
Health Behaviors Ranking	2018	36					1.43	3
Fast Food Restaurant Density	2014	0.4					1.30	20
Food Environment Index	2018	7.5		7.7		6.4	1.25	3
Children with Low Access to a Grocery Store	2015	0.6					1.05	20
Low-Income and Low Access to a Grocery Store	2015	1.1					1.05	20
People 65+ with Low Access to a Grocery Store	2015	0.7					1.05	20
Adults 20+ who are Sedentary	2014	23.7	32.6	23.0		24.3	0.75	3

FAMILY PLANNING	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Teen Pregnancy Rate	2009-2013	17.0	36.2			22.7	0.60	15

GOVERNMENT & POLITICS	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
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•High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

Voter Turnout: Presidential Election	2016	65.5			67.7	1.65		13
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HEART DISEASE & STROKE	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Atrial Fibrillation: Medicare Population	2015	9.6		8.1		7.7	2.50	2
Hypertension: Medicare Population	2015	60.6		55.0		58.0	2.40	2
Age-Adjusted Death Rate due to Cerebrovascular Disease (Stroke)	2012-2016	48.9	34.8	36.9		43.1	2.28	15
Age-Adjusted Death Rate due to Heart Disease	2012-2016	189.1			161.5	161.3	2.05	15
Heart Failure: Medicare Population	2015	12.5		13.5		12.5	1.30	2
Ischemic Heart Disease: Medicare Population	2015	24.1		26.5		24.0	1.05	2
Hyperlipidemia: Medicare Population	2015	40.8		44.6		46.3	1.00	2
Stroke: Medicare Population	2015	3.0		4.0		3.9	0.50	2

IMMUNIZATIONS & INFECTIOUS DISEASES	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Age-Adjusted Death Rate due to HIV	2012-2016	4.5	3.3	2.0		2.2	2.63	15
Age-Adjusted Death Rate due to Influenza and Pneumonia	2012-2016	23.1		14.8	13.5	17.8	2.43	15
AIDS Diagnosis Rate	2016	17.4				7.0	1.95	10
HIV Diagnosis Rate	2014-2016	11.6			22.2	16.1	1.50	10
Gonorrhea Incidence Rate	2016	120.0		145.8		194.4	0.98	10
Chlamydia Incidence Rate	2016	397.5		497.3		572.4	0.88	10
Tuberculosis Incidence Rate	2014	0.0	1.0	3.0		2.0	0.68	10
Syphilis Incidence Rate	2016	0.0		8.7		10.8	0.60	8

MATERNAL, FETAL & INFANT HEALTH	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Preterm Births	2016	11.5	9.4	9.8		10.4	2.18	14
Babies with Very Low Birth Weight	2012-2016	1.8	1.4	1.4		1.7	1.93	14
Infant Mortality Rate	2012-2016	7.8	6.0		6.3	7.2	1.85	15
Babies with Low Birth Weight	2012-2016	7.7	7.8	8.1		9.0	0.83	14
Teen Pregnancy Rate	2009-2013	17.0	36.2			22.7	0.60	15

*High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

MEN'S HEALTH	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Prostate Cancer Incidence Rate	2010-2014	129.1		114.8		125.0	2.20	6
Life Expectancy for Males	2014	75.0		76.7	79.5	75.4	1.60	5

MENTAL HEALTH & MENTAL DISORDERS	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Age-Adjusted Death Rate due to Suicide	2012-2016	16.2	10.2	13.0	8.3	12.9	2.43	15
Poor Mental Health: Average Number of Days	2016	4.3		3.8	2.8	3.9	2.25	3
Mental Health Provider Rate	2017	45.0		214.3		215.5	2.15	3
Frequent Mental Distress	2016	13.4		15.0		12.3	1.50	3
Depression: Medicare Population	2015	12.8		16.7		17.5	0.70	2
Age-Adjusted Death Rate due to Alzheimer's Disease	2012-2016	18.3		26.6		31.9	0.53	15
Alzheimer's Disease or Dementia: Medicare Population	2015	7.3		9.9		9.8	0.50	2

MORTALITY DATA	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Age-Adjusted Death Rate due to HIV	2012-2016	4.5	3.3	2.0		2.2	2.63	15
Age-Adjusted Death Rate due to Homicide	2012-2016	12.5	5.5	5.5	6.7	6.2	2.58	15
Age-Adjusted Death Rate due to Influenza and Pneumonia	2012-2016	23.1		14.8	13.5	17.8	2.43	15
Age-Adjusted Death Rate due to Suicide	2012-2016	16.2	10.2	13.0	8.3	12.9	2.43	15
Age-Adjusted Death Rate due to Cerebrovascular Disease (Stroke)	2012-2016	48.9	34.8	36.9		43.1	2.28	15
Age-Adjusted Death Rate due to Motor Vehicle Collisions	2012-2016	28.5				14.1	2.25	15
Age-Adjusted Death Rate due to Colorectal Cancer	2010-2014	16.5	14.5	14.8	10.1	14.1	2.10	6
Age-Adjusted Death Rate due to Heart Disease	2012-2016	189.1			161.5	161.3	2.05	15
Infant Mortality Rate	2012-2016	3.2	6.0		6.3	7.2	1.85	15
Premature Death	2014-2016	7387.3		6658.1		7281.1	1.55	3

•High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

Mortality Ranking	2018	33				1.43	3
Alcohol-Impaired Driving Deaths	2012-2016	25.0	29.3	4.7	31.4	1.15	3
Age-Adjusted Death Rate due to Unintentional Injuries	2012-2016	31.4	36.4	41.4	31.9	1.08	15
Age-Adjusted Death Rate due to Diabetes	2012-2016	18.1		21.1	23.0	0.93	15
Age-Adjusted Death Rate due to Cancer	2010-2014	156.3	161.4	166.1	172.0	0.55	6
Age-Adjusted Death Rate due to Lung Cancer	2010-2014	43.7	45.5	44.7	50.7	0.55	6
Age-Adjusted Death Rate due to Alzheimer's Disease	2012-2016	18.3		26.6	31.9	0.53	15

OLDER ADULTS & AGING	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Atrial Fibrillation: Medicare Population	2015	9.6		8.1		7.7	2.50	2
Hypertension: Medicare Population	2015	60.6		55.0		58.0	2.40	2
Cancer: Medicare Population	2015	8.1		7.8		7.7	1.95	2
Diabetes: Medicare Population	2015	28.0		26.5		28.4	1.60	2
Diabetic Monitoring: Medicare Population	2014	86.2		85.2		88.8	1.55	17
Heart Failure: Medicare Population	2015	12.5		13.5		12.5	1.30	2
Rheumatoid Arthritis or Osteoarthritis: Medicare Population	2015	27.8		30.0		29.1	1.30	2
Ischemic Heart Disease: Medicare Population	2015	24.1		26.5		24.0	1.05	2
People 65+ with Low Access to a Grocery Store	2015	0.7					1.05	20
Chronic Kidney Disease: Medicare Population	2015	16.9		18.1		19.0	1.00	2
Hyperlipidemia: Medicare Population	2015	40.8		44.6		46.3	1.00	2
Asthma: Medicare Population	2015	7.0		8.2		8.4	0.85	2
Mammography Screening: Medicare Population	2014	70.4		63.1		67.9	0.85	17
Depression: Medicare Population	2015	12.8		16.7		17.5	0.70	2
Osteoporosis: Medicare Population	2015	3.8		6.0		5.4	0.70	2
People 65+ Living Alone	2012-2016	22.3		26.4		26.8	0.70	1
People 65+ Living Below Poverty Level	2012-2016	7.5		9.3		9.7	0.65	1
COPD: Medicare Population	2015	9.5		11.2		11.9	0.60	2
Age-Adjusted Death Rate due to Alzheimer's Disease	2012-2016	18.3		26.6		31.9	0.53	15

•High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

Alzheimer's Disease or Dementia: Medicare Population	2015	7.3		9.9		9.8	0.50		2
Stroke: Medicare Population	2015	3.0		4.0		3.9	0.50		2

ORAL HEALTH	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Dentist Rate	2016	15.0		67.4		54.7	2.30	3

OTHER CHRONIC DISEASES	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Rheumatoid Arthritis or Osteoarthritis: Medicare Population	2015	27.8		30.0		29.1	1.30	2
Chronic Kidney Disease: Medicare Population	2015	16.9		18.1		19.0	1.00	2
Osteoporosis: Medicare Population	2015	3.8		6.0		5.4	0.70	2

PREVENTION & SAFETY	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Age-Adjusted Death Rate due to Motor Vehicle Collisions	2012-2016	28.5				14.1	2.25	15
Severe Housing Problems	2010-2014	16.1		18.8		16.6	1.10	3
Age-Adjusted Death Rate due to Unintentional Injuries	2012-2016	31.4	36.4	41.4		31.9	1.08	15

PUBLIC SAFETY	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Age-Adjusted Death Rate due to Homicide	2012-2016	12.5	5.5	5.5	6.7	6.2	2.58	15
Age-Adjusted Death Rate due to Motor Vehicle Collisions	2012-2016	28.5				14.1	2.25	15
Alcohol-Impaired Driving Deaths	2012-2016	25.0		29.3	4.7	31.4	1.15	3
Property Crime Rate	2016	1081.2				2779.7	0.95	11
Violent Crime Rate	2016	153.4		386.3		374.9	0.93	11

RESPIRATORY DISEASES	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
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•High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

Age-Adjusted Death Rate due to Influenza and Pneumonia	2012-2016	23.1		14.8	13.5	17.8	2.43	15
Age-Adjusted Hospitalization Rate due to Asthma	2014	89.1				90.9	1.50	9
Asthma: Medicare Population	2015	7.0		8.2		8.4	0.85	2
Lung and Bronchus Cancer Incidence Rate	2010-2014	60.1		61.2		70.0	0.80	6
Tuberculosis Incidence Rate	2014	0.0	1.0	3.0		2.0	0.68	10
COPD: Medicare Population	2015	9.5		11.2		11.9	0.60	2
Age-Adjusted Death Rate due to Lung Cancer	2010-2014	43.7	45.5	44.7		50.7	0.55	6

SOCIAL ENVIRONMENT	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Mean Travel Time to Work	2012-2016	30.1		26.1		24.1	2.50	1
Total Employment Change	2014-2015	-6.0		2.5		3.1	2.40	19
People 25+ with a Bachelor's Degree or Higher	2012-2016	17.4		30.3		29.0	2.20	1
Children Living Below Poverty Level	2012-2016	28.8		21.2		23.9	2.15	Black or African American
Single-Parent Households	2012-2016	38.2		33.6		35.7	2.05	1
Female Population 16+ in Civilian Labor Force	2012-2016	49.6		58.3		57.4	2.00	1
Population 16+ in Civilian Labor Force	2012-2016	54.2		63.1		61.5	2.00	1
Median Monthly Owner Costs for Households without a Mortgage	2012-2016	423		462		376	1.78	1
Median Household Income	2012-2016	45208		55322		48256	1.70	Black or African American
Persons with Health Insurance	2016	87.6	100.0		92.0	87.8	1.68	16
Voter Turnout: Presidential Election	2016	65.5				67.7	1.65	13
Social and Economic Factors Ranking	2018	61					1.58	3
People 25+ with a High School Degree or Higher	2012-2016	84.9		87.0		86.3	1.55	1
People Living Below Poverty Level	2012-2016	16.5		15.1	12.5	16.8	1.55	12-17, 6-11, Black or African American
Median Housing Unit Value	2012-2016	165000		184700		157100	1.53	1
Per Capita Income	2012-2016	25407		29829		26779	1.50	Black or African American
Median Household Gross Rent	2012-2016	779		949		816	1.38	1
Mortgaged Owners Median Monthly Household Costs	2012-2016	1303		1491		1243	1.28	1
Social Associations	2015	12.7		9.3		11.5	0.75	3
People 65+ Living Alone	2012-2016	22.3		26.4		26.8	0.70	1

•High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

Homeownership	2012-2016	62.2		55.9		55.5	0.65		1
Linguistic Isolation	2012-2016	0.6		4.5		2.5	0.65		1
Young Children Living Below Poverty Level	2012-2016	18.1		23.6		27.3	0.65		1

SUBSTANCE ABUSE	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Liquor Store Density	2015	14.9		10.5		5.8	2.35	19
Adults who Smoke	2016	18.7	12.0	17.0	13.0	17.9	1.95	3
Health Behaviors Ranking	2018	36					1.43	3
Alcohol-Impaired Driving Deaths	2012-2016	25.0		29.3	4.7	31.4	1.15	3
Adults who Drink Excessively	2016	13.7	25.4	18.0		16.7	0.45	3

TEEN & ADOLESCENT HEALTH	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Teen Pregnancy Rate	2009-2013	17.0	36.2			22.7	0.60	15

TRANSPORTATION	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Workers Commuting by Public Transportation	2012-2016	0.0	5.5	5.1		1.1	2.85	1
Mean Travel Time to Work	2012-2016	30.1		26.1		24.1	2.50	1
Solo Drivers with a Long Commute	2012-2016	39.7		34.7		31.3	2.35	3
Households without a Vehicle	2012-2016	8.4		9.0		6.3	2.00	1
Households with No Car and Low Access to a Grocery Store	2015	8.4					1.95	20
Workers who Drive Alone to Work	2012-2016	82.4		76.4		81.1	1.75	55-59, Female, American Indian or Alaska Native
Workers who Walk to Work	2012-2016	1.8	3.1	2.8		1.8	1.70	1

WELLNESS & LIFESTYLE	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Self-Reported General Health Assessment: Poor or Fair	2016	18.8		16.0	9.9	17.6	2.10	3
Poor Physical Health: Average Number of Days	2016	4.1		3.7		3.6	1.95	3

•High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

Frequent Physical Distress	2016	12.7	15.0	11.3	1.65	3	
Life Expectancy for Males	2014	75.0	76.7	79.5	75.4	1.60	5
Morbidity Ranking	2018	50				1.43	3
Life Expectancy for Females	2014	80.9	81.5	79.5	80.2	1.25	5
Insufficient Sleep	2016	32.8	38.0	33.8	1.05	3	

WOMEN'S HEALTH	MEASUREMENT PERIOD	PERQUIMANS COUNTY	HP2020	U.S.	HEALTHY NC 2020	NORTH CAROLINA	SCORE	HIGH DISPARITY*
Life Expectancy for Females	2014	80.9		81.5	79.5	80.2	1.25	5
Breast Cancer Incidence Rate	2010-2014	118.1		123.5		129.4	1.20	6
Mammography Screening: Medicare Population	2014	70.4		63.1		67.9	0.85	17

•High Disparity includes differences in which subgroups do significantly better or significantly worse than the overall county value. Subgroup values are given in parentheses.

Sources

Table 22 displays the list of sources used in secondary data scoring. Number keys are referenced alongside each indicator in the Indicator Scoring Table.

Table 22. Indicator Sources and Corresponding Number Keys

Number Key	Source
1	American Community Survey
2	Centers for Medicare & Medicaid Services
3	County Health Rankings
4	Feeding America
5	Institute for Health Metrics and Evaluation
6	National Cancer Institute
7	National Center for Education Statistics
8	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
9	North Carolina Department of Health and Human Services
10	North Carolina Department of Health and Human Services, Communicable Disease Branch
11	North Carolina Department of Justice
12	North Carolina Department of Public Instruction
13	North Carolina State Board of Elections
14	North Carolina State Center for Health Statistics
15	North Carolina State Center for Health Statistics, Vital Statistics
16	Small Area Health Insurance Estimates
17	The Dartmouth Atlas of Health Care
18	U.S. Bureau of Labor Statistics
19	U.S. Census - County Business Patterns
20	U.S. Department of Agriculture - Food Environment Atlas

Appendix B. Primary Data

Primary data used in this assessment was collected through a community survey and focus groups. The survey instruments and focus group questions are provided in this Appendix:

- [English Survey](#)
- [Spanish Survey](#)
- [Focus Group Questions](#)

Eastern North Carolina Community Health Survey 2018

Welcome to the Community Health Survey for Eastern North Carolina!

We are conducting a Community Health Assessment for your county. This assessment is being undertaken by a partnership of 33 counties, hospitals, health systems, and health departments in Eastern North Carolina. It allows these partners to better understand the health status and needs of the community they serve and use the knowledge gained to implement programs that will benefit the community.

We can better understand community needs by gathering voices from the community. This survey allows community members like you to tell us about what you feel are important issues for your community. We estimate that it will take about 20 minutes to complete this ~60 question survey. Your answers to these questions will be kept confidential and anonymous.

Thank you very much for your input and your time! If you have questions about this survey, please contact Will Broughton at will.broughton@foundationhli.org.

Part 1: Quality of Life

First, tell us a little bit about yourself...

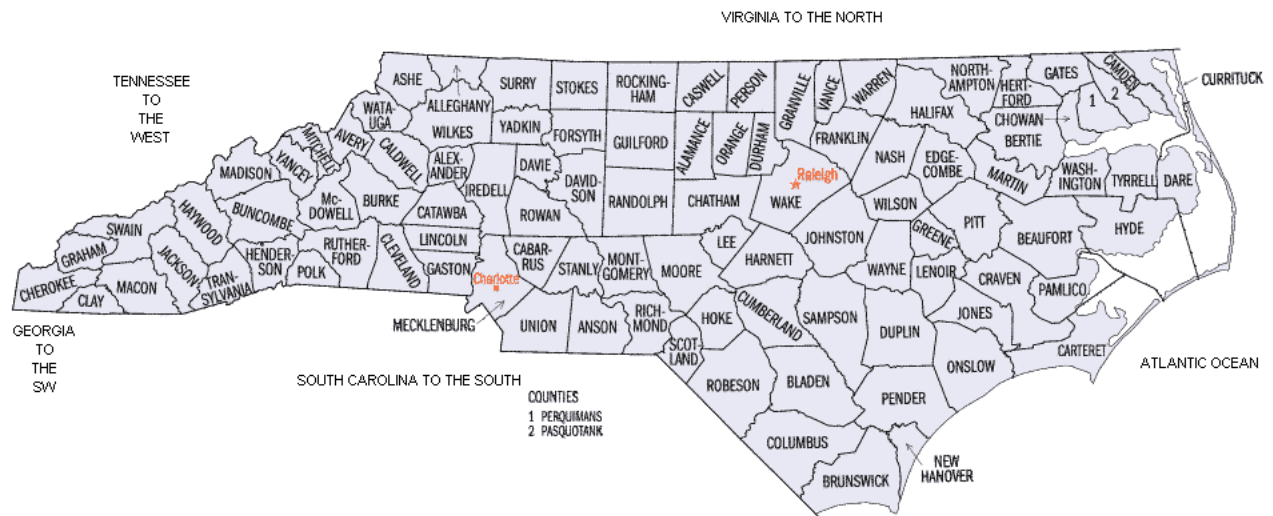
1. Where do you currently live?

ZIP/Postal Code

2. What county do you live in?

<input type="checkbox"/> Beaufort	<input type="checkbox"/> Franklin	<input type="checkbox"/> Onslow
<input type="checkbox"/> Bertie	<input type="checkbox"/> Gates	<input type="checkbox"/> Pamlico
<input type="checkbox"/> Bladen	<input type="checkbox"/> Greene	<input type="checkbox"/> Pasquotank
<input type="checkbox"/> Camden	<input type="checkbox"/> Halifax	<input type="checkbox"/> Pender
<input type="checkbox"/> Carteret	<input type="checkbox"/> Hertford	<input type="checkbox"/> Perquimans
<input type="checkbox"/> Chowan	<input type="checkbox"/> Hoke	<input type="checkbox"/> Pitt
<input type="checkbox"/> Cumberland	<input type="checkbox"/> Hyde	<input type="checkbox"/> Sampson
<input type="checkbox"/> Currituck	<input type="checkbox"/> Johnston	<input type="checkbox"/> Tyrrell
<input type="checkbox"/> Dare	<input type="checkbox"/> Lenoir	<input type="checkbox"/> Washington
<input type="checkbox"/> Duplin	<input type="checkbox"/> Martin	<input type="checkbox"/> Wayne
<input type="checkbox"/> Edgecombe	<input type="checkbox"/> Nash	<input type="checkbox"/> Wilson

North Carolina County Map



3. Think about the county that you live in. Please tell us whether you “strongly disagree”, “disagree”, “neutral”, “agree” or “strongly agree” with each of the next 9 statements.

Statements	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
There is good healthcare in my County.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
This County is a good place to raise children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
This County is a good place to grow old.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is plenty of economic opportunity in this County.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
This County is a safe place to live.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is plenty of help for people during times of need in this County.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is affordable housing that meets my needs in this County.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are good parks and recreation facilities in this County.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It is easy to buy healthy foods in this County.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PART 2: Community Improvement

The next set of questions will ask about community problems, issues, and services that are important to you. Remember your choices will not be linked to you in any way.

4. Please look at this list of community issues. In your opinion, which one issue most affects the quality of life in this County? (Please choose only one.)

- | | | |
|--|--|--|
| <input type="checkbox"/> Pollution (air, water, land) | <input type="checkbox"/> Discrimination/ racism | <input type="checkbox"/> Domestic violence |
| <input type="checkbox"/> Dropping out of school | <input type="checkbox"/> Lack of community support | <input type="checkbox"/> Violent crime (murder, assault) |
| <input type="checkbox"/> Low income/poverty | <input type="checkbox"/> Drugs (Substance Abuse) | <input type="checkbox"/> Theft |
| <input type="checkbox"/> Homelessness | <input type="checkbox"/> Neglect and abuse | <input type="checkbox"/> Rape/sexual assault |
| <input type="checkbox"/> Lack of/inadequate health insurance | <input type="checkbox"/> Elder abuse | |
| | <input type="checkbox"/> Child abuse | |
| <input type="checkbox"/> Hopelessness | | |
| <input type="checkbox"/> Other (please specify) | | |

5. In your opinion, which one of the following services needs the most improvement in your neighborhood or community? (Please choose only one.)

- | | | |
|--|--|---|
| <input type="checkbox"/> Animal control | <input type="checkbox"/> Number of health care providers | <input type="checkbox"/> Positive teen activities |
| <input type="checkbox"/> Child care options | <input type="checkbox"/> Culturally appropriate health services | <input type="checkbox"/> Transportation options |
| <input type="checkbox"/> Elder care options | | <input type="checkbox"/> Availability of employment |
| <input type="checkbox"/> Services for disabled people | <input type="checkbox"/> Counseling/ mental health/ support groups | <input type="checkbox"/> Higher paying employment |
| <input type="checkbox"/> More affordable health services | <input type="checkbox"/> Better/ more recreational facilities (parks, trails, community centers) | <input type="checkbox"/> Road maintenance |
| <input type="checkbox"/> Better/ more healthy food choices | <input type="checkbox"/> Healthy family activities | <input type="checkbox"/> Road safety |
| <input type="checkbox"/> More affordable/better housing | | <input type="checkbox"/> None |

☐ Other (please specify)

PART 3: Health Information

Now we'd like to hear more about where you get health information...

6. In your opinion, which one health behavior do people in your own community need more information about? (Please suggest only one.)

- | | | |
|---|--|---|
| <input type="checkbox"/> Eating well/
nutrition | <input type="checkbox"/> Using child safety
car seats | <input type="checkbox"/> Substance abuse
prevention (ex: drugs and
alcohol) |
| <input type="checkbox"/> Exercising/ fitness | <input type="checkbox"/> Using seat belts | <input type="checkbox"/> Suicide prevention |
| <input type="checkbox"/> Managing weight | <input type="checkbox"/> Driving safely | <input type="checkbox"/> Stress
management |
| <input type="checkbox"/> Going to a dentist
for check-ups/ preventive
care | <input type="checkbox"/> Quitting smoking/
tobacco use prevention | <input type="checkbox"/> Anger
management |
| <input type="checkbox"/> Going to the
doctor for yearly check-
ups and screenings | <input type="checkbox"/> Child care/
parenting | <input type="checkbox"/> Domestic violence
prevention |
| <input type="checkbox"/> Getting prenatal
care during pregnancy | <input type="checkbox"/> Elder care | <input type="checkbox"/> Crime prevention |
| <input type="checkbox"/> Getting flu shots
and other vaccines | <input type="checkbox"/> Caring for family
members with special
needs/ disabilities | <input type="checkbox"/> Rape/ sexual
abuse prevention |
| <input type="checkbox"/> Preparing for an
emergency/disaster | <input type="checkbox"/> Preventing
pregnancy and sexually
transmitted disease (safe
sex) | <input type="checkbox"/> None |

☐ Other (please specify)

7. Where do you get most of your health-related information? (*Please choose only one.*)

- | | | |
|---|--|--|
| <input type="checkbox"/> Friends and family | <input type="checkbox"/> Internet | <input type="checkbox"/> Employer |
| <input type="checkbox"/> Doctor/nurse | <input type="checkbox"/> My child's school | <input type="checkbox"/> Help lines |
| <input type="checkbox"/> Pharmacist | <input type="checkbox"/> Hospital | <input type="checkbox"/> Books/magazines |
| <input type="checkbox"/> Church | <input type="checkbox"/> Health department | |
| <input type="checkbox"/> Other (please specify) | | |

8. What health topic(s)/ disease(s) would you like to learn more about?

9. Do you provide care for an elderly relative at your residence or at another residence?
(Choose only one.)

☐ Yes

☐ No

10. Do you have children between the ages of 9 and 19 for whom you are the caretaker?
(Includes step-children, grandchildren, or other relatives.) (Choose only one.)

☐ Yes

☐ No *(if No, skip to question #12)*

11. Which of the following health topics do you think your child/children need(s) more information about? (Check all that apply.)

☐ Dental hygiene

☐ Diabetes

☐ Drug abuse

☐ Nutrition

☐ management

☐ Reckless

☐ Eating disorders

☐ Tobacco

☐ driving/speeding

☐ Fitness/Exercise

☐ STDs (Sexually

☐ Mental health

☐ Asthma

☐ Transmitted Diseases)

☐ issues

☐ management

☐ Sexual intercourse

☐ Suicide prevention

☐ Alcohol

☐ Other (please specify)

PART 4: Personal Health

These next questions are about your own personal health. Remember, the answers you give for this survey will not be linked to you in any way.

12. Would you say that, in general, your health is... (Choose only one.)

- ☐ Excellent
- ☐ Very Good
- ☐ Good
- ☐ Fair
- ☐ Poor
- ☐ Don't know/not sure

13. Have you ever been told by a doctor, nurse, or other health professional that you have any of the following health conditions?

	Yes	No	Don't Know
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression or anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High cholesterol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes (not during pregnancy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overweight/obesity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Angina/heart disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

14. Which of the following preventive services have you had in the past 12 months? (Check all that apply.)

- | | | |
|--|--|---|
| <input type="checkbox"/> Mammogram | <input type="checkbox"/> Bone density test | <input type="checkbox"/> Vision screening |
| <input type="checkbox"/> Prostate cancer screening | <input type="checkbox"/> Physical exam | <input type="checkbox"/> Cardiovascular screening |
| <input type="checkbox"/> Colon/rectal exam | <input type="checkbox"/> Pap smear | <input type="checkbox"/> Dental cleaning/X-rays |
| <input type="checkbox"/> Blood sugar check | <input type="checkbox"/> Flu shot | <input type="checkbox"/> None of the above |
| <input type="checkbox"/> Cholesterol check | <input type="checkbox"/> Blood pressure check | |
| <input type="checkbox"/> Hearing screening | <input type="checkbox"/> Skin cancer screening | |

15. About how long has it been since you last visited a dentist or dental clinic for any reason? Include visits to dental specialists, such as orthodontists. (Choose only one.)

- ☐ Within the past year (anytime less than 12 months ago)
- ☐ Within the past 2 years (more than 1 year but less than 2 years ago)
- ☐ Within the past 5 years (more than 2 years but less than 5 years ago)
- ☐ Don't know/not sure
- ☐ Never

16. In the past 30 days, have there been any days when feeling sad or worried kept you from going about your normal activities? (Choose only one.)

- ☐ Yes
- ☐ No
- ☐ Don't know/not sure

17. The next question is about alcohol. One drink is equivalent to a 12-ounce beer, a 5 ounce glass of wine, or a drink with one shot of liquor.

Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks (if male) or 4 or more drinks (if female) on an occasion?

<input type="checkbox"/> 0	<input type="checkbox"/> 4	<input type="checkbox"/> 8	<input type="checkbox"/> 12	<input type="checkbox"/> 16	<input type="checkbox"/> 20	<input type="checkbox"/> 24	<input type="checkbox"/> 28
<input type="checkbox"/> 1	<input type="checkbox"/> 5	<input type="checkbox"/> 9	<input type="checkbox"/> 13	<input type="checkbox"/> 17	<input type="checkbox"/> 21	<input type="checkbox"/> 25	<input type="checkbox"/> 29
<input type="checkbox"/> 2	<input type="checkbox"/> 6	<input type="checkbox"/> 10	<input type="checkbox"/> 14	<input type="checkbox"/> 18	<input type="checkbox"/> 22	<input type="checkbox"/> 26	<input type="checkbox"/> 30
<input type="checkbox"/> 3	<input type="checkbox"/> 7	<input type="checkbox"/> 11	<input type="checkbox"/> 15	<input type="checkbox"/> 19	<input type="checkbox"/> 23	<input type="checkbox"/> 27	

☐ Don' t know / not sure

18. Now we will ask a question about drug use. The answers that people give us about their use of drugs are important for understanding health issues in the county. We know that this information is personal, but remember your answers will be kept confidential.

Have you used any illegal drugs within the past 30 days? When we say illegal drugs this includes marijuana, cocaine, crack cocaine, heroin, or any other illegal drug substance. On about how many days have you used one of these drugs? (*Choose only one.*)

<input type="checkbox"/> 0	<input type="checkbox"/> 4	<input type="checkbox"/> 8	<input type="checkbox"/> 12	<input type="checkbox"/> 16	<input type="checkbox"/> 20	<input type="checkbox"/> 24	<input type="checkbox"/> 28
<input type="checkbox"/> 1	<input type="checkbox"/> 5	<input type="checkbox"/> 9	<input type="checkbox"/> 13	<input type="checkbox"/> 17	<input type="checkbox"/> 21	<input type="checkbox"/> 25	<input type="checkbox"/> 29
<input type="checkbox"/> 2	<input type="checkbox"/> 6	<input type="checkbox"/> 10	<input type="checkbox"/> 14	<input type="checkbox"/> 18	<input type="checkbox"/> 22	<input type="checkbox"/> 26	<input type="checkbox"/> 30
<input type="checkbox"/> 3	<input type="checkbox"/> 7	<input type="checkbox"/> 11	<input type="checkbox"/> 15	<input type="checkbox"/> 19	<input type="checkbox"/> 23	<input type="checkbox"/> 27	

☐ Don' t know / not sure

(if you responded 0, skip to question #20)

19. During the past 30 days, which illegal drug did you use? (*Check all that apply.*)

- ☐ Marijuana
- ☐ Cocaine
- ☐ Heroin
- ☐ Other (please specify)

20. During the past 30 days, have you taken any prescription drugs that you did not have a prescription for (such as Oxycontin, Percocet, Demerol, Adderall, Ritalin, or Xanax)? How many times during the past 30 days did you use a prescription drug that you did not have a prescription for? (Choose only one.)

- | | | | | | | | |
|--|----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 4 | <input type="checkbox"/> 8 | <input type="checkbox"/> 12 | <input type="checkbox"/> 16 | <input type="checkbox"/> 20 | <input type="checkbox"/> 24 | <input type="checkbox"/> 28 |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 5 | <input type="checkbox"/> 9 | <input type="checkbox"/> 13 | <input type="checkbox"/> 17 | <input type="checkbox"/> 21 | <input type="checkbox"/> 25 | <input type="checkbox"/> 29 |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 6 | <input type="checkbox"/> 10 | <input type="checkbox"/> 14 | <input type="checkbox"/> 18 | <input type="checkbox"/> 22 | <input type="checkbox"/> 26 | <input type="checkbox"/> 30 |
| <input type="checkbox"/> 3 | <input type="checkbox"/> 7 | <input type="checkbox"/> 11 | <input type="checkbox"/> 15 | <input type="checkbox"/> 19 | <input type="checkbox"/> 23 | <input type="checkbox"/> 27 | |
| <input type="checkbox"/> Don't know / not sure | | | | | | | |

21. The next question relates to veteran's health. Have you ever served on active duty in the US Armed Forces (not including active duty only for training in the Reserves or National Guard)? (Choose only one.)

- ☐ Yes
- ☐ No *(if No, skip to question #23)*

22. Has a doctor or other health professional ever told you that you have depression, anxiety, or post traumatic stress disorder (PTSD)? (Choose only one.)

- ☐ Yes
- ☐ No

23. Now we'd like to know about your fitness. During a normal week, other than in your regular job, do you engage in any physical activity or exercise that lasts at least a half an hour? (Choose only one.)

- ☐ Yes
- ☐ No *(if No, skip to question #26)*
- ☐ Don't know/not sure *(if Don't know/not sure, skip to question #26)*

24. Since you said yes, how many times do you exercise or engage in physical activity during a normal week?

25. Where do you go to exercise or engage in physical activity? (Check all that apply.)

- | | |
|---|--|
| <input type="checkbox"/> YMCA | <input type="checkbox"/> Worksite/Employer |
| <input type="checkbox"/> Park | <input type="checkbox"/> School Facility/Grounds |
| <input type="checkbox"/> Public Recreation Center | <input type="checkbox"/> Home |
| <input type="checkbox"/> Private Gym | <input type="checkbox"/> Place of Worship |
| <input type="checkbox"/> Other (please specify) | |

Since you responded YES to #23 (physical activity/exercise), skip to question #27.

26. Since you said "no", what are the reasons you do not exercise for at least a half hour during a normal week? You can give as many of these reasons as you need to.

- | | |
|--|---|
| <input type="checkbox"/> My job is physical or hard labor | <input type="checkbox"/> I don't like to exercise. |
| <input type="checkbox"/> Exercise is not important to me. | <input type="checkbox"/> It costs too much to exercise. |
| <input type="checkbox"/> I don't have access to a facility that has the things I need, like a pool, golf course, or a track. | <input type="checkbox"/> There is no safe place to exercise. |
| <input type="checkbox"/> I don't have enough time to exercise. | <input type="checkbox"/> I would need transportation and I don't have it. |
| <input type="checkbox"/> I would need child care and I don't have it. | <input type="checkbox"/> I'm too tired to exercise. |
| <input type="checkbox"/> I don't know how to find exercise partners. | <input type="checkbox"/> I'm physically disabled. |
| | <input type="checkbox"/> I don't know |

☐ Other (please specify)

27. Not counting lettuce salad or potato products such as french fries, think about how often you eat fruits and vegetables in an average week.

How many cups per week of fruits and vegetables would you say you eat? (*One apple or 12 baby carrots equal one cup.*)

Number of Cups of Fruit

Number of Cups of Vegetables

Number of Cups of 100% Fruit Juice

28. Have you ever been exposed to secondhand smoke in the past year? (*Choose only one.*)

☐

Yes

☐

No (*if No, skip to question #30*)

☐

Don't know/not sure (*if Don't know/not sure, skip to question #30*)

29. If yes, where do you think you are exposed to secondhand smoke most often? (*Check only one.*)

☐

Home

☐

Workplace

☐

Hospitals

☐

Restaurants

☐

School

☐

I am not exposed to secondhand smoke.

☐

Other (please specify)

30. Do you currently use tobacco products? (This includes cigarettes, electronic cigarettes, chewing tobacco and vaping.) (Choose only one.)

- ☐ Yes
- ☐ No *(if No, skip to question #32)*

31. If yes, where would you go for help if you wanted to quit? (Choose only one).

- | | |
|--|---|
| <input type="checkbox"/> Quit Line NC | <input type="checkbox"/> Health Department |
| <input type="checkbox"/> Doctor | <input type="checkbox"/> I don't know |
| <input type="checkbox"/> Pharmacy | <input type="checkbox"/> Not applicable; I don't want to quit |
| <input type="checkbox"/> Private counselor/therapist | |
| <input type="checkbox"/> Other (please specify) | |

32. Now we will ask you questions about your personal flu vaccines. An influenza/flu vaccine can be a "flu shot" injected into your arm or spray like "FluMist" which is sprayed into your nose. During the past 12 months, have you had a seasonal flu vaccine? (Choose only one.)

- ☐ Yes, flu shot

- ☐ Yes, flu spray
- ☐ Yes, both
- ☐ No
- ☐ Don' t know/not sure

[Part 5: Access to Care/Family Health](#)

33. Where do you go most often when you are sick? (*Choose only one.*)

- | | |
|---|---|
| <input type="checkbox"/> Doctor's office | <input type="checkbox"/> Medical clinic |
| <input type="checkbox"/> Health department | <input type="checkbox"/> Urgent care center |
| <input type="checkbox"/> Hospital | |
| <input type="checkbox"/> Other (please specify) | |

34. Do you have any of the following types of health insurance or health care coverage? (*Choose all that apply.*)

- ☐ Health insurance my employer provides
- ☐ Health insurance my spouse's employer provides
- ☐ Health insurance my school provides
- ☐ Health insurance my parent or my parent's employer provides
- ☐ Health insurance I bought myself
- ☐ Health insurance through Health Insurance Marketplace (Obamacare)
- ☐ The military, Tricare, or the VA
- ☐ Medicaid
- ☐ Medicare
- ☐ No health insurance of any kind

35. In the past 12 months, did you have a problem getting the health care you needed for you personally or for a family member from any type of health care provider, dentist, pharmacy, or other facility? (Choose only one.)

- ☐ Yes
- ☐ No *(if No, skip to question #38)*
- ☐ Don't know/not sure

36. Since you said "yes," what type of provider or facility did you or your family member have trouble getting health care from? You can choose as many of these as you need to.

- | | | |
|---|---|---|
| <input type="checkbox"/> Dentist | <input type="checkbox"/> Pharmacy/
prescriptions | <input type="checkbox"/> Hospital |
| <input type="checkbox"/> General practitioner | <input type="checkbox"/> Pediatrician | <input type="checkbox"/> Urgent Care Center |
| <input type="checkbox"/> Eye care/
optometrist/
ophthalmologist | <input type="checkbox"/> OB/GYN | <input type="checkbox"/> Medical Clinic |
| | <input type="checkbox"/> Health
department | <input type="checkbox"/> Specialist |

☐ Other (please specify)

37. Which of these problems prevented you or your family member from getting the necessary health care? You can choose as many of these as you need to.

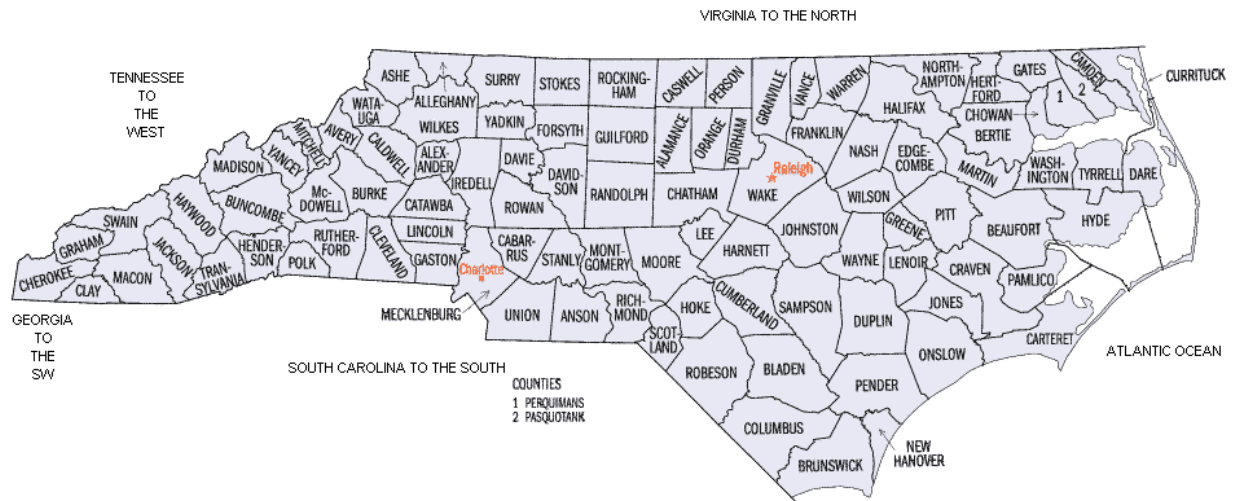
- ☐ No health insurance.
- ☐ Insurance didn't cover what I/we needed.

- ☐ My/our share of the cost (deductible/co-pay) was too high.
- ☐ Doctor would not take my/our insurance or Medicaid.
- ☐ Hospital would not take my/our insurance.
- ☐ Pharmacy would not take my/our insurance or Medicaid.
- ☐ Dentist would not take my/our insurance or Medicaid.
- ☐ No way to get there.
- ☐ Didn't know where to go.
- ☐ Couldn't get an appointment.
- ☐ The wait was too long.
- ☐ The provider denied me care or treated me in a discriminatory manner because of my HIV status, or because I am an LGBT individual.

38. In what county are most of the medical providers you visit located? (*Choose only one.*)

<input type="checkbox"/> Beaufort	<input type="checkbox"/>	<input type="checkbox"/> Martin	<input type="checkbox"/> Pitt
<input type="checkbox"/> Bertie	<input type="checkbox"/> Edgecombe	<input type="checkbox"/> Moore	<input type="checkbox"/> Richmond
<input type="checkbox"/> Bladen	<input type="checkbox"/> Franklin	<input type="checkbox"/> Nash	<input type="checkbox"/> Robeson
<input type="checkbox"/> Brunswick	<input type="checkbox"/> Gates	<input type="checkbox"/> New	<input type="checkbox"/> Sampson
<input type="checkbox"/> Camden	<input type="checkbox"/> Granville	<input type="checkbox"/> Hanover	<input type="checkbox"/> Scotland
<input type="checkbox"/> Carteret	<input type="checkbox"/> Greene	<input type="checkbox"/>	<input type="checkbox"/> Tyrrell
<input type="checkbox"/> Chowan	<input type="checkbox"/> Halifax	<input type="checkbox"/> Northampton	<input type="checkbox"/> Vance
<input type="checkbox"/> Columbus	<input type="checkbox"/> Harnett	<input type="checkbox"/> Onslow	<input type="checkbox"/> Wake
<input type="checkbox"/> Craven	<input type="checkbox"/> Hertford	<input type="checkbox"/> Pamlico	<input type="checkbox"/> Warren
<input type="checkbox"/>	<input type="checkbox"/> Hoke	<input type="checkbox"/>	<input type="checkbox"/> Washington
<input type="checkbox"/> Cumberland	<input type="checkbox"/> Hyde	<input type="checkbox"/> Pasquotank	<input type="checkbox"/> Wayne
<input type="checkbox"/> Currituck	<input type="checkbox"/> Johnston	<input type="checkbox"/> Pender	<input type="checkbox"/> Wilson
<input type="checkbox"/> Dare	<input type="checkbox"/> Jones	<input type="checkbox"/>	<input type="checkbox"/> The State of
<input type="checkbox"/> Duplin	<input type="checkbox"/> Lenoir	<input type="checkbox"/> Perquimans	<input type="checkbox"/> Virginia
<input type="checkbox"/> Other (please specify)			

North Carolina County Map



39. In the previous 12 months, were you ever worried about whether your family's food would run out before you got money to buy more? (*Choose only one.*)

- ☐ Yes
- ☐ No
- ☐ Don't know/not sure

40. If a friend or family member needed counseling for a mental health or a drug/alcohol abuse problem, who is the first person you would tell them to talk to? (*Choose only one.*)

- | | |
|--|---|
| <input type="checkbox"/> Private counselor or therapist | <input type="checkbox"/> Don't know |
| <input type="checkbox"/> Support group (e.g., AA, Al-Anon) | <input type="checkbox"/> Doctor |
| <input type="checkbox"/> School counselor | <input type="checkbox"/> Pastor/Minister/Clergy |
| <input type="checkbox"/> Other (please specify) | |

Part 6: Emergency Preparedness

41. Does your household have working smoke and carbon monoxide detectors? (Choose only one.)

- ☐ Yes, smoke detectors only
- ☐ Yes, both
- ☐ Don't know/not sure
- ☐ Yes, carbon monoxide detectors only
- ☐ No

42. Does your family have a basic emergency supply kit? (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlight and batteries, non-electric can opener, blanket, etc.)

- ☐ Yes
- ☐ No
- ☐ Don't know/not sure

If yes, how many days do you have supplies for? (Write number of days)

43. What would be your main way of getting information from authorities in a large-scale disaster or emergency? (Check only one.)

- | | |
|--|--|
| <input type="checkbox"/> Television | <input type="checkbox"/> Social networking site |
| <input type="checkbox"/> Radio | <input type="checkbox"/> Neighbors |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Family |
| <input type="checkbox"/> Telephone (landline) | <input type="checkbox"/> Text message (emergency alert system) |
| <input type="checkbox"/> Cell Phone | <input type="checkbox"/> Don't know/not sure |
| <input type="checkbox"/> Print media (ex: newspaper) | |

☐ Other (please specify)

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

(Check only one.)

☐ Yes *(if Yes, skip to question #46)*

☐ No

☐ Don't know/not sure

45. What would be the main reason you might not evacuate if asked to do so? (Check only one.)

☐ Lack of transportation

☐ Concern about leaving pets

☐ Lack of trust in public officials

☐ Concern about traffic jams and inability to get out

☐ Concern about leaving property behind

☐ Health problems (could not be moved)

☐ Concern about personal safety

☐ Concern about family safety

☐ Don't know/not sure

☐ Other (please specify)

Part 7: Demographic Questions

The next set of questions are general questions about you, which will only be reported as a summary of all answers given by survey participants. Your answers will remain anonymous.

46. How old are you? (Choose only one.)

- | | | |
|--------------------------------|--------------------------------|--------------------------------------|
| <input type="checkbox"/> 15-19 | <input type="checkbox"/> 40-44 | <input type="checkbox"/> 65-69 |
| <input type="checkbox"/> 20-24 | <input type="checkbox"/> 45-49 | <input type="checkbox"/> 70-74 |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> 50-54 | <input type="checkbox"/> 75-79 |
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> 55-59 | <input type="checkbox"/> 80-84 |
| <input type="checkbox"/> 35-39 | <input type="checkbox"/> 60-64 | <input type="checkbox"/> 85 or older |

47. What is your gender? (Choose only one.)

- ☐ Male
- ☐ Female
- ☐ Transgender
- ☐ Gender non-conforming
- ☐ Other

48. Are you of Hispanic, Latino, or Spanish origin? (Choose only one).

- ☐ I am not of Hispanic, Latino or Spanish origin
- ☐ Mexican, Mexican American, or Chicano
- ☐ Puerto Rican
- ☐ Cuban or Cuban American
- ☐ Other Hispanic or Latino (please specify)

49. What is your race? (*Choose only one.*)

- ☐ White or Caucasian
- ☐ Black or African American
- ☐ American Indian or Alaska Native
- ☐ Asian Indian
- ☐ Other Asian including Japanese, Chinese, Korean, Vietnamese, and Filipino/a
- ☐ Other Pacific Islander including Native Hawaiian, Samoan, Guamanian/Chamorro
- ☐ Other race not listed here (please specify)

50. Is English the primary language spoken in your home? (*Choose only one.*)

- ☐ Yes
- ☐ No. If no, please specify the primary language spoken in your home.

51. What is your marital status? (*Choose only one.*)

- ☐ Never married/single
- ☐ Married
- ☐ Unmarried partner
- ☐ Divorced
- ☐ Widowed
- ☐ Separated

☐ Other (please specify)

--

52. Select the highest level of education you have achieved. (Choose only one.)

- ☐ Less than 9th grade
- ☐ 9-12th grade, no diploma
- ☐ High School graduate (or GED/equivalent)
- ☐ Associate's Degree or Vocational Training
- ☐ Some college (no degree)
- ☐ Bachelor's degree
- ☐ Graduate or professional degree
- ☐ Other (please specify)

53. What was your total household income last year, before taxes? (Choose only one.)

- | | |
|---|---|
| <input type="checkbox"/> Less than \$10,000 | <input type="checkbox"/> \$35,000 to \$49,999 |
| <input type="checkbox"/> \$10,000 to \$14,999 | <input type="checkbox"/> \$50,000 to \$74,999 |
| <input type="checkbox"/> \$15,000 to \$24,999 | <input type="checkbox"/> \$75,000 to \$99,999 |
| <input type="checkbox"/> \$25,000 to \$34,999 | <input type="checkbox"/> \$100,000 or more |

54. Enter the number of individuals in your household (including yourself).

55. What is your employment status? (Check all that apply.)

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Employed full-time | <input type="checkbox"/> Armed forces |
| <input type="checkbox"/> Employed part-time | <input type="checkbox"/> Disabled |
| <input type="checkbox"/> Retired | <input type="checkbox"/> Student |

- ☐ Homemaker
- ☐ Self-employed
- ☐ Unemployed for 1 year or less
- ☐ Unemployed for more than 1
year

56. Do you have access to the Internet at home (including broadband, wifi, dial-up or cellular data)?
(Choose only one.)

- ☐ Yes
- ☐ No
- ☐ Don't know/not sure

57. (Optional) Is there anything else you would like us to know about your community? Please feel free to tell us below.

[Thank you for your time and participation!](#)

If you have questions about this survey, please contact us at will.broughton@foundationhli.org.

Encuesta de salud de la comunidad del Este de Carolina del Norte 2018

¡Bienvenido a la encuesta de salud comunitaria para el Este de Carolina del Norte!

Estamos llevando a cabo una evaluación de salud comunitaria para su condado. Esta evaluación está siendo realizada por una asociación de 33 condados, hospitales, sistemas de salud y departamentos de salud en el Este de Carolina del Norte. Esta evaluación les permite a estos socios comprender mejor el estado de salud y las necesidades de la comunidad a la que sirven y utilizar el conocimiento adquirido para implementar programas que beneficiarán a esta comunidad.

Podemos entender mejor las necesidades de la comunidad reuniendo las voces de los miembros de su comunidad. Esta evaluación permite que los miembros de la comunidad como usted, nos cuente sobre lo que considera son asuntos importantes para su comunidad. De ante mano le agradecemos por los 20 minutos que tomará completar esta encuesta de 57 preguntas. Sus respuestas a estas preguntas se mantendrán confidenciales y anónimas.

¡Muchas gracias por su aporte y su tiempo! Si tiene preguntas sobre esta encuesta, puede enviar un correo electrónico a Will Broughton en will.broughton@foundationhli.org.

PARTE 1: Calidad de vida

Primero, cuéntenos un poco sobre usted:

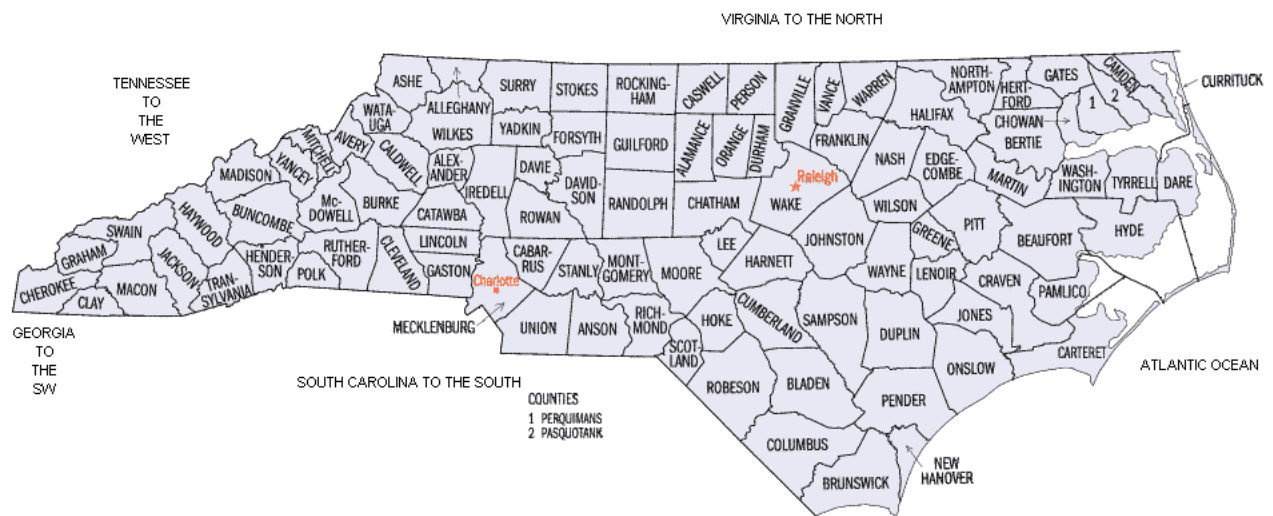
3. ¿Dónde vive actualmente?

Código postal

4. ¿En qué condado vive?

<input type="checkbox"/> Beaufort	<input type="checkbox"/> Franklin	<input type="checkbox"/> Onslow
<input type="checkbox"/> Bertie	<input type="checkbox"/> Gates	<input type="checkbox"/> Pamlico
<input type="checkbox"/> Bladen	<input type="checkbox"/> Greene	<input type="checkbox"/> Pasquotank
<input type="checkbox"/> Camden	<input type="checkbox"/> Halifax	<input type="checkbox"/> Pender
<input type="checkbox"/> Carteret	<input type="checkbox"/> Hertford	<input type="checkbox"/> Perquimans
<input type="checkbox"/> Chowan	<input type="checkbox"/> Hoke	<input type="checkbox"/> Pitt
<input type="checkbox"/> Cumberland	<input type="checkbox"/> Hyde	<input type="checkbox"/> Sampson
<input type="checkbox"/> Currituck	<input type="checkbox"/> Johnston	<input type="checkbox"/> Tyrrell
<input type="checkbox"/> Dare	<input type="checkbox"/> Lenoir	<input type="checkbox"/> Washington
<input type="checkbox"/> Duplin	<input type="checkbox"/> Martin	<input type="checkbox"/> Wayne
<input type="checkbox"/> Edgecombe	<input type="checkbox"/> Nash	<input type="checkbox"/> Wilson

Mapa del condado de Carolina del Norte



3. Piense en el condado en el que vive. Por favor díganos si está "totalmente en desacuerdo", "en desacuerdo", "neutral", "de acuerdo" o "muy de acuerdo" con cada una de las siguientes 9 declaraciones.

Declaración	Muy en desacuerdo	En desacuerdo	Neutral	De acuerdo	Muy de acuerdo
Hay una buena atención médica en mi condado.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Este condado es un buen lugar para criar niños.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Este condado es un buen lugar para envejecer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hay buenas oportunidades económicas en este condado.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Este condado es un lugar seguro para vivir.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hay mucha ayuda para las personas durante los momentos de necesidad en este condado.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hay viviendas accesibles que satisfacen mis necesidades en este condado.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hay buenos parques e instalaciones de recreación en este condado.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Es fácil adquirir comidas saludables en este condado.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PARTE 2: Mejora de la comunidad

La siguiente serie de preguntas le preguntará sobre problemas y servicios de la comunidad que son importantes para usted. Recuerde que sus respuestas son privadas y no serán relacionadas con usted en ninguna manera.

4. Mire esta lista de problemas de la comunidad. En su opinión, ¿qué problema afecta más la calidad de vida en este condado? (Elija solo una respuesta)

- | | | |
|--|--|---|
| <input type="checkbox"/> Contaminación
(aire, agua, tierra) | <input type="checkbox"/> Discriminación /
racismo | <input type="checkbox"/> Violencia
doméstica |
| <input type="checkbox"/> Abandono de la
escuela | <input type="checkbox"/> Falta de apoyo de
la comunidad | <input type="checkbox"/> Delito violento
(asesinato, asalto) |
| <input type="checkbox"/> Bajos ingresos /
pobreza | <input type="checkbox"/> Drogas (Abuso de
sustancias) | <input type="checkbox"/> Robo |
| <input type="checkbox"/> Falta de hogar | <input type="checkbox"/> Descuido y abuso | <input type="checkbox"/> Violación /
agresión sexual |
| <input type="checkbox"/> Falta de un seguro
de salud adecuado | <input type="checkbox"/> Maltrato a
personas mayores | |
| <input type="checkbox"/> Desesperación | <input type="checkbox"/> Abuso infantil | |
| <input type="checkbox"/> Otros (especificar) | | |

5. En su opinión, ¿cuál de los siguientes servicios necesita la mayor mejoría en su vecindario o comunidad? (Por favor elija solo uno)

- | | | |
|--|---|---|
| <input type="checkbox"/> Control Animal | <input type="checkbox"/> Número de | <input type="checkbox"/> Actividades |
| <input type="checkbox"/> Opciones de | proveedores de atención | positivas para |
| cuidado infantil | médica | adolescentes |
| <input type="checkbox"/> Opciones de | <input type="checkbox"/> Servicios de salud | <input type="checkbox"/> Opciones de |
| cuidado para ancianos | apropiados de acuerdo a | transporte |
| <input type="checkbox"/> Servicios para | su cultura | <input type="checkbox"/> Disponibilidad de |
| personas con | <input type="checkbox"/> Consejería / salud | empleo |
| discapacidad | mental / grupos de apoyo | <input type="checkbox"/> Empleos mejor |
| <input type="checkbox"/> Servicios de salud | <input type="checkbox"/> Mejores y más | pagados |
| más accesibles | instalaciones recreativas | <input type="checkbox"/> Mantenimiento de |
| <input type="checkbox"/> Mejores y más | (parques, senderos, | carreteras |
| opciones de alimentos | centros comunitarios) | <input type="checkbox"/> Carreteras seguras |
| saludables | <input type="checkbox"/> Actividades | <input type="checkbox"/> Ninguna |
| <input type="checkbox"/> Más accesibilidad / | familiares saludables | |
| mejores vivienda | | |
| <input type="checkbox"/> Otros (especificar) | | |

PARTE 3: Información de salud

Ahora nos gustaría saber un poco más sobre dónde usted obtiene información de salud.

6. En su opinión, ¿sobre qué área de salud necesitan más información las personas de su comunidad? (Por favor sugiera solo uno)

- | | | |
|--|--|--|
| <input type="checkbox"/> Comer bien /
nutrición | <input type="checkbox"/> Usar asientos de
seguridad para niños | <input type="checkbox"/> transmisión sexual (sexo
seguro) |
| <input type="checkbox"/> Ejercicio | <input type="checkbox"/> Usar cinturones de
seguridad | <input type="checkbox"/> Prevención del
abuso de sustancias (por
ejemplo, drogas y
alcohol) |
| <input type="checkbox"/> Manejo del peso | <input type="checkbox"/> Conducir
cuidadosamente | <input type="checkbox"/> Prevención del
suicidio |
| <input type="checkbox"/> Ir a un dentista
para chequeos / cuidado
preventivo | <input type="checkbox"/> Dejar de fumar /
prevención del uso de
tabaco | <input type="checkbox"/> Manejo del estrés |
| <input type="checkbox"/> Ir al médico para
chequeos y exámenes
anuales | <input type="checkbox"/> Cuidado de niños /
crianza | <input type="checkbox"/> Control de la
ira/enojo |
| <input type="checkbox"/> Obtener cuidado
prenatal durante el
embarazo | <input type="checkbox"/> Cuidado de
ancianos | <input type="checkbox"/> Prevención de
violencia doméstica |
| <input type="checkbox"/> Recibir vacunas
contra la gripe y otras
vacunas | <input type="checkbox"/> Cuidado de
miembros de familia con
necesidades especiales o
discapacidades | <input type="checkbox"/> Prevención del
crimen |
| <input type="checkbox"/> Prepararse para
una emergencia /
desastre | <input type="checkbox"/> Prevención del
embarazo y
enfermedades de | <input type="checkbox"/> Violación /
prevención de abuso
sexual |
| | | <input type="checkbox"/> Ninguna |

☐

Otros (especificar)

7. De dónde saca la mayor parte de su información relacionada con la salud? (Por favor elija solo una respuesta)

- | | | |
|--|---|---|
| <input type="checkbox"/> Amigos y familia | <input type="checkbox"/> La escuela de mi | <input type="checkbox"/> Líneas telefónicas |
| <input type="checkbox"/> Doctor / | hijo | de ayuda |
| enfermera | <input type="checkbox"/> Hospital | <input type="checkbox"/> Libros / revistas |
| <input type="checkbox"/> Farmacéutico | <input type="checkbox"/> Departamento de | |
| <input type="checkbox"/> Iglesia | salud | |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Empleador | |
| <input type="checkbox"/> Otros (especificar) | | |

8. ¿De qué temas o enfermedades de salud le gustaría aprender más?

9. ¿Cuida de un pariente anciano en su casa o en otra casa? (Elija solo una).

- ☐ Sí
- ☐ No

10. ¿Tiene hijos entre las edades de 9 y 19 de los cuales usted es el guardián? (Incluye hijastros, nietos u otros parientes). (Elija solo una).

- ☐ Sí
- ☐ No *(Si su respuesta es No, salte a la pregunta numero 12)*

11. ¿Cuáles de los siguientes temas de salud cree que sus hijos necesitan más información?
(*Seleccione todas las opciones que corresponden*).

- | | | |
|--|--|--|
| <input type="checkbox"/> Higiene dental | <input type="checkbox"/> Manejo de la | <input type="checkbox"/> Abuso de drogas |
| <input type="checkbox"/> Nutrición | diabetes | <input type="checkbox"/> Manejo |
| <input type="checkbox"/> Trastornos de la | <input type="checkbox"/> Tabaco | imprudente / exceso de |
| alimentación | <input type="checkbox"/> ETS | velocidad |
| <input type="checkbox"/> Ejercicios | (enfermedades de | <input type="checkbox"/> Problemas de |
| <input type="checkbox"/> Manejo del asma | transmisión sexual) | salud mental |
| | <input type="checkbox"/> Relación sexual | <input type="checkbox"/> Prevención del |
| | <input type="checkbox"/> Alcohol | suicidio |
| <input type="checkbox"/> Otros (especificar) | | |

PARTE 4: Salud personal

Las siguientes preguntas son sobre su salud personal. Recuerde, las respuestas que brinde para esta encuesta no serán ligadas con usted de ninguna manera.

12. En general, diría que su salud es... (Elija solo una).

- ☐ Excelente
- ☐ Muy buena
- ☐ Buena
- ☐ Justa
- ☐ Pobre
- ☐ No sé / no estoy seguro

13. ¿Alguna vez un médico, enfermera u otro profesional de la salud le dijo que tiene alguna de las siguientes condiciones de salud?

	Sí	No	No lo sé
Asma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depresión o ansiedad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alta presión sanguínea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Colesterol alto	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes (no durante el embarazo)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sobrepeso / obesidad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Angina / enfermedad cardíaca	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cáncer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

14. ¿Cuál de los siguientes servicios preventivos ha tenido usted en los últimos 12 meses?
(Seleccione todas las opciones que corresponden).

- | | | |
|--|--|---|
| <input type="checkbox"/> Mamografía | <input type="checkbox"/> Prueba de | <input type="checkbox"/> Examen de la vista |
| <input type="checkbox"/> Examen de cáncer | densidad de los huesos | <input type="checkbox"/> Evaluación |
| de próstata | <input type="checkbox"/> Examen físico | cardiovascular (el |
| <input type="checkbox"/> Examen de colon / | <input type="checkbox"/> Prueba de | corazón) |
| recto | Papanicolaou | <input type="checkbox"/> Limpieza dental / |
| <input type="checkbox"/> Control de azúcar | <input type="checkbox"/> Vacuna contra la | radiografías |
| en la sangre | gripe | <input type="checkbox"/> Ninguna de las |
| <input type="checkbox"/> Examen de | <input type="checkbox"/> Control de la | anteriores |
| Colesterol | presión arterial | |
| <input type="checkbox"/> Examen de | <input type="checkbox"/> Pruebas de cáncer | |
| audición (escucha) | de piel | |

15. ¿Cuánto tiempo hace desde la última vez que visitó a un dentista o clínica dental por algún motivo? Incluya visitas a especialistas dentales, como ortodoncista. (Elija solo una).

- ☐ En el último año (en los últimos 12 meses)
- ☐ Hace 2 (más de un año pero menos de dos años)
- ☐ Hace más de 5 años (más de 2 años pero menos de 5 años)
- ☐ No sé / no estoy seguro
- ☐ Nunca

16. En los últimos 30 días, ¿ha habido algún día que se ha sentido triste o preocupado y le haya impedido realizar sus actividades normales? (Elija solo una).

- ☐ Sí

☐

No

☐

No sé / no estoy seguro

17. La siguiente pregunta es sobre el alcohol. Un trago es equivalente a una cerveza de 12 onzas, una copa de vino de 5 onzas o una bebida con un trago de licor.

Considerando todos los tipos de bebidas alcohólicas, ¿cuántas veces durante los últimos 30 días tomó 5 o más bebidas (si es hombre) o 4 o más bebidas (si es mujer) en una ocasión?

<input type="checkbox"/> 0	<input type="checkbox"/> 4	<input type="checkbox"/> 8	<input type="checkbox"/> 12	<input type="checkbox"/> 16	<input type="checkbox"/> 20	<input type="checkbox"/> 24	<input type="checkbox"/> 28
<input type="checkbox"/> 1	<input type="checkbox"/> 5	<input type="checkbox"/> 9	<input type="checkbox"/> 13	<input type="checkbox"/> 17	<input type="checkbox"/> 21	<input type="checkbox"/> 25	<input type="checkbox"/> 29
<input type="checkbox"/> 2	<input type="checkbox"/> 6	<input type="checkbox"/> 10	<input type="checkbox"/> 14	<input type="checkbox"/> 18	<input type="checkbox"/> 22	<input type="checkbox"/> 26	<input type="checkbox"/> 30
<input type="checkbox"/> 3	<input type="checkbox"/> 7	<input type="checkbox"/> 11	<input type="checkbox"/> 15	<input type="checkbox"/> 19	<input type="checkbox"/> 23	<input type="checkbox"/> 27	
<input type="checkbox"/> No sé / no estoy seguro							

18. Ahora le vamos a hacer una pregunta sobre el uso de drogas. Las respuestas que nos dan las personas sobre su uso de drogas son importantes para comprender los problemas de salud en el condado. Sabemos que esta información es personal, pero recuerde que sus respuestas se mantendrán confidenciales.

¿Has usado alguna droga ilegal en los últimos 30 días? Cuando decimos drogas, incluimos marihuana, cocaína, crack, heroína o cualquier otra sustancia ilegal. ¿Aproximadamente cuántos días has usado una de estas drogas ilegales? (*Elija solo una*).

<input type="checkbox"/> 0	<input type="checkbox"/> 4	<input type="checkbox"/> 8	<input type="checkbox"/> 12	<input type="checkbox"/> 16	<input type="checkbox"/> 20	<input type="checkbox"/> 24	<input type="checkbox"/> 28
<input type="checkbox"/> 1	<input type="checkbox"/> 5	<input type="checkbox"/> 9	<input type="checkbox"/> 13	<input type="checkbox"/> 17	<input type="checkbox"/> 21	<input type="checkbox"/> 25	<input type="checkbox"/> 29
<input type="checkbox"/> 2	<input type="checkbox"/> 6	<input type="checkbox"/> 10	<input type="checkbox"/> 14	<input type="checkbox"/> 18	<input type="checkbox"/> 22	<input type="checkbox"/> 26	<input type="checkbox"/> 30
<input type="checkbox"/> 3	<input type="checkbox"/> 7	<input type="checkbox"/> 11	<input type="checkbox"/> 15	<input type="checkbox"/> 19	<input type="checkbox"/> 23	<input type="checkbox"/> 27	
<input type="checkbox"/> No sé / no estoy seguro							

(Si su respuesta es 0, salte a la pregunta numero 20)

19. Durante los últimos 30 días, ¿qué droga ilegal ha usado? (*Marque todas las que corresponden*).

<input type="checkbox"/>	Mariguana
<input type="checkbox"/>	Cocaína

- ☐ Heroína
- ☐ Otros (especificar)

20. Durante los últimos 30 días, ¿ha tomado algún medicamento recetado para el que no tenía una receta (por ejemplo, Oxycontin, Percocet, Demerol, Adderall, Ritalin o Xanax)? ¿Cuántas veces durante los últimos 30 días usó un medicamento recetado para el cual no tenía una receta? (Elija solo una).

- | | | | | | | | |
|----------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 4 | <input type="checkbox"/> 8 | <input type="checkbox"/> 12 | <input type="checkbox"/> 16 | <input type="checkbox"/> 20 | <input type="checkbox"/> 24 | <input type="checkbox"/> 28 |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 5 | <input type="checkbox"/> 9 | <input type="checkbox"/> 13 | <input type="checkbox"/> 17 | <input type="checkbox"/> 21 | <input type="checkbox"/> 25 | <input type="checkbox"/> 29 |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 6 | <input type="checkbox"/> 10 | <input type="checkbox"/> 14 | <input type="checkbox"/> 18 | <input type="checkbox"/> 22 | <input type="checkbox"/> 26 | <input type="checkbox"/> 30 |
| <input type="checkbox"/> 3 | <input type="checkbox"/> 7 | <input type="checkbox"/> 11 | <input type="checkbox"/> 15 | <input type="checkbox"/> 19 | <input type="checkbox"/> 23 | <input type="checkbox"/> 27 | |
- ☐ No sé / no estoy seguro

21. La siguiente pregunta se relaciona con la salud de una persona que ha servido en las fuerzas Armadas. ¿Alguna vez ha estado en servicio activo en las Fuerzas Armadas de los Estados Unidos (Sin incluir el servicio activo de solo entrenamientos en las Reservas o la Guardia Nacional)? (Elija solo una).

- ☐ Sí
- ☐ No *(Si su respuesta es No, salte a la pregunta numero 23)*

22. ¿Alguna vez un médico u otro profesional de la salud le ha dicho que tiene depresión, ansiedad o trastorno por estrés postraumático (TEPT)? (Elija solo una).

- ☐ Sí
- ☐ No

23. Ahora nos gustaría saber sobre su estado físico. Durante una semana normal, aparte de su trabajo habitual, ¿realiza alguna actividad física o ejercicio que dure al menos media hora? (Elija solo una).

☐

Sí

☐

No *(Si su respuesta es No, salte a la pregunta numero 26)*

☐

No sé / no estoy seguro *(Si su respuesta es No se / no estoy seguro, salte a la pregunta numero 26)*

24. Como dijo que sí, ¿cuántas veces hace ejercicio o se involucra en alguna actividad física durante una semana normal?

25. ¿A dónde va a hacer ejercicio o participa en actividad físicas? (Marque todas las que corresponden).

- | | |
|---|---|
| <input type="checkbox"/> YMCA | <input type="checkbox"/> Sitio de trabajo / Empleador |
| <input type="checkbox"/> Parque | <input type="checkbox"/> Terrenos escolares / instalaciones |
| <input type="checkbox"/> Centro de Recreación Pública | <input type="checkbox"/> Casa |
| <input type="checkbox"/> Gimnasio privado | <input type="checkbox"/> Iglesia |
| <input type="checkbox"/> Otros (especificar) | |

Como su respuesta fue Si a la pregunta 23 (actividad física / ejercicio), salte a la pregunta numero 27

26. Ya que dijo "no", ¿cuáles son las razones por las que no hace ejercicio por media hora durante una semana normal? Puedes dar tantos de estos motivos como necesite.

- | | |
|--|--|
| <input type="checkbox"/> Mi trabajo es trabajo físico o trabajo duro | <input type="checkbox"/> Necesitaría cuidado de niños y no lo tengo. |
| <input type="checkbox"/> El ejercicio no es importante para mí. | <input type="checkbox"/> No sé cómo encontrar compañeros de ejercicio. |
| <input type="checkbox"/> No tengo acceso a una instalación que tenga las cosas que necesito, como una piscina, un campo de golf o una pista. | <input type="checkbox"/> No me gusta hacer ejercicio |
| <input type="checkbox"/> No tengo suficiente tiempo para hacer ejercicio. | <input type="checkbox"/> Me cuesta mucho hacer ejercicio. |
| | <input type="checkbox"/> No hay un lugar seguro para hacer ejercicio. |

☐ Necesito transporte y no lo tengo.

☐ Estoy físicamente deshabilitado.

☐ Estoy demasiado cansado para hacer

☐ No lo sé.

ejercicio.

☐ Otros (especificar)

27. Sin contar ensalada de lechuga o productos de papa como papas fritas, piense en la frecuencia con la que come frutas y verduras en una semana normal.

¿Cuántas tazas por semana de frutas y vegetales dirías que comes? (*Una manzana o 12 zanahorias pequeñas equivalen a una taza*).

Cantidad de tazas de fruta

Número de tazas de verduras

Cantidad de tazas de jugo de fruta 100%

28. ¿Alguna vez estuvo expuesto al humo del cigarro de alguien que fumó cerca de usted durante el último año? (*Elija solo una*).

☐

Sí

☐

No (*Si su respuesta es No, salte a la pregunta numero 30*)

☐

No sé / no estoy seguro (*Si su respuesta es No se / no estoy seguro, salte a la pregunta numero 30*)

29. En caso afirmativo, ¿dónde cree que está expuesto al humo de segunda mano con mayor frecuencia? (*Marque solo uno*)

☐

Casa

☐

Lugar de trabajo

☐

Hospitales

☐

Restaurantes

☐

Colegio

☐

No estoy expuesto al humo de segunda mano.

☐

Otros (especificar)

30. ¿Actualmente usa algún producto que contiene tabaco? (Esto incluye cigarros, cigarros electrónicos, masticar tabaco o cigarro de vapor.) (Elija solo una).

☐

Sí

☐

No *(Si su respuesta es No, salte a la pregunta numero 32)*

31. En caso afirmativo, ¿a dónde iría en busca de ayuda si quisiera dejar de fumar? (Elija solo una).

☐

QUITLINE NC (ayuda por teléfono)

☐

Departamento de salud

☐

Doctor

☐

No lo sé

☐

Farmacia

☐

No aplica; No quiero renunciar

☐

Consejero / terapeuta privado

☐

Otros (especificar)

32. Ahora le haremos preguntas sobre sus vacunas personales contra la gripe. Una vacuna contra la influenza / gripe puede ser una "inyección contra la gripe" inyectada en su brazo o también el espray "FluMist" que se rocía en su nariz. Durante los últimos 12 meses, ¿se vacunó contra la gripe o se puso el espray "FluMist"? (Elija solo una).

☐

Sí, vacuna contra la gripe

☐

Sí, FluMist

- ☐ Si ambos
- ☐ No
- ☐ No sé / no estoy seguro

PARTE 5: Acceso a la atención / Salud familiar

33. ¿A dónde va más a menudo cuando está enfermo? (Elija solo uno)

- | | |
|--|--|
| <input type="checkbox"/> Oficina del doctor | <input type="checkbox"/> Clínica Médica |
| <input type="checkbox"/> Departamento de salud | <input type="checkbox"/> Centro de cuidado urgente |
| <input type="checkbox"/> Hospital | |
| <input type="checkbox"/> Otros (especificar) | |

34. ¿Tiene alguno de los siguientes tipos de seguro de salud o cobertura de atención médica? (Elija todos los que aplique)

- ☐ Seguro de salud que mi empleador proporciona
- ☐ Seguro de salud que proporciona el empleador de mi cónyuge
- ☐ Seguro de salud que mi escuela proporciona
- ☐ Seguro de salud que proporciona mi padre o el empleador de mis padres
- ☐ Seguro de salud que compré
- ☐ Seguro de salud a través del Mercado de Seguros Médicos (Obamacare)
- ☐ Seguro Militar, Tricare o el VA
- ☐ Seguro de enfermedad
- ☐ Seguro médico del estado
- ☐ Sin plan de salud de ningún tipo

35. En los últimos 12 meses, ¿tuvo problemas para obtener la atención médica que necesitaba para usted o para un familiar de cualquier tipo de proveedor de atención médica, dentista, farmacia u otro centro? (Elija solo uno)

- ☐ Sí
- ☐ No *(Si su respuesta es No, salte a la pregunta numero 38)*
- ☐ No sé / no estoy seguro

36. Dado que usted dijo "sí", ¿Con cual tipo de proveedor o institución tuvo problemas para obtener atención médica? Puede elegir tantos de estos como necesite.

- | | | |
|--|---|---|
| <input type="checkbox"/> Dentista | <input type="checkbox"/> Pediatra | <input type="checkbox"/> Centro de atención |
| <input type="checkbox"/> Médico general | <input type="checkbox"/> Ginecologo | <input type="checkbox"/> urgente |
| <input type="checkbox"/> Cuidado de los ojos /
optometrista / oftalmólogo | <input type="checkbox"/> Departamento
de salud | <input type="checkbox"/> Clínica Médica |
| <input type="checkbox"/> Farmacia / recetas
médicas | <input type="checkbox"/> Hospital | <input type="checkbox"/> Especialista |
| <input type="checkbox"/> Otros (especificar) | | |

37. ¿Cuáles de estos problemas le impidieron a usted o a su familiar obtener la atención médica necesaria? Puede elegir tantos de estos como necesite.

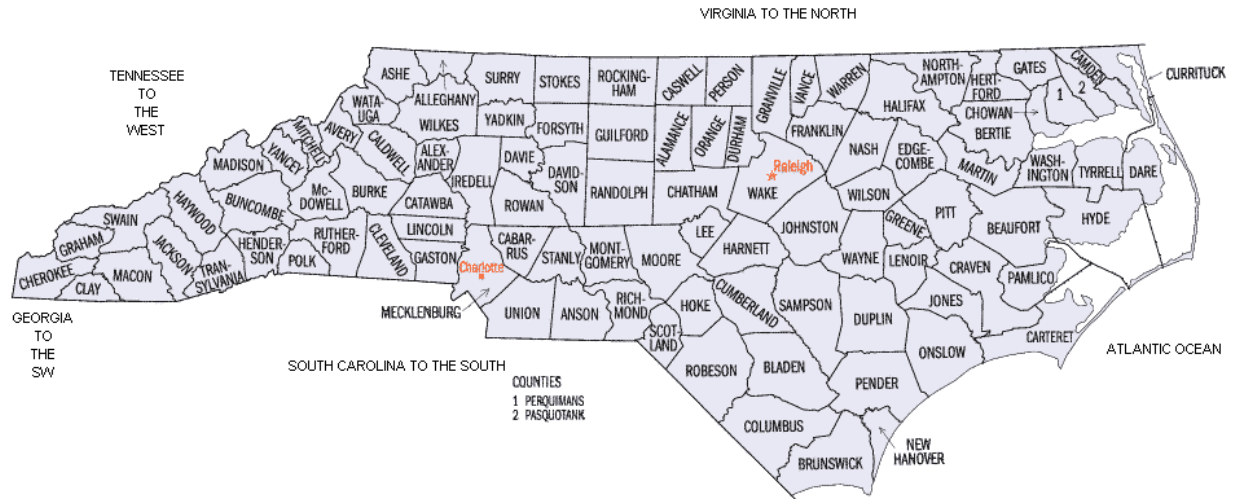
- ☐ No tiene seguro medico
- ☐ El seguro no cubría lo que necesitaba

- ☐ El costo del deducible del seguro era demasiado alto
- ☐ El doctor no aceptaba el seguro ni el Medicaid.
- ☐ El hospital no aceptaba el seguro.
- ☐ La farmacia no aceptaba el seguro ni el Medicaid.
- ☐ El dentista no aceptaba el seguro ni el Medicaid.
- ☐ No tengo ninguna manera de llegar allí.
- ☐ No sabía a dónde ir.
- ☐ No pude conseguir una cita.
- ☐ La espera fue demasiado larga.
- ☐ El proveedor me negó atención o me trató de manera discriminatoria debido a mi estado de VIH, o porque soy lesbiana, gay, bisexual o transexual.

38. ¿En qué condado se encuentra la mayoría de los proveedores médicos que visita? (*Elija solo uno*)

<input type="checkbox"/> Beaufort	<input type="checkbox"/>	<input type="checkbox"/> Martin	<input type="checkbox"/> Pitt
<input type="checkbox"/> Bertie	Edgecombe	<input type="checkbox"/> Moore	<input type="checkbox"/> Richmond
<input type="checkbox"/> Bladen	<input type="checkbox"/> Franklin	<input type="checkbox"/> Nash	<input type="checkbox"/> Robeson
<input type="checkbox"/> Brunswick	<input type="checkbox"/> Gates	<input type="checkbox"/> New	<input type="checkbox"/> Sampson
<input type="checkbox"/> Camden	<input type="checkbox"/> Granville	Hanover	<input type="checkbox"/> Scotland
<input type="checkbox"/> Carteret	<input type="checkbox"/> Greene	<input type="checkbox"/>	<input type="checkbox"/> Tyrrell
<input type="checkbox"/> Chowan	<input type="checkbox"/> Halifax	Northampton	<input type="checkbox"/> Vance
<input type="checkbox"/> Columbus	<input type="checkbox"/> Harnett	<input type="checkbox"/> Onslow	<input type="checkbox"/> Wake
<input type="checkbox"/> Craven	<input type="checkbox"/> Hertford	<input type="checkbox"/> Pamlico	<input type="checkbox"/> Warren
<input type="checkbox"/>	<input type="checkbox"/> Hoke	<input type="checkbox"/>	<input type="checkbox"/> Washington
Cumberland	<input type="checkbox"/> Hyde	Pasquotank	<input type="checkbox"/> Wayne
<input type="checkbox"/> Currituck	<input type="checkbox"/> Johnston	<input type="checkbox"/> Pender	<input type="checkbox"/> Wilson
<input type="checkbox"/> Dare	<input type="checkbox"/> Jones	<input type="checkbox"/>	<input type="checkbox"/> El Estado de
<input type="checkbox"/> Duplin	<input type="checkbox"/> Lenoir	Perquimans	Virginia
<input type="checkbox"/> Otros (especificar)			

Mapa del condado de Carolina del Norte



39. En los últimos 12 meses, ¿alguna vez le preocupó saber si la comida de su familia se agotaría antes de obtener dinero para comprar más? (Elija solo uno)

- ☐ Sí
- ☐ No
- ☐ No sé / no estoy seguro

40. Si un amigo o miembro de la familia necesita asesoría para un problema de salud mental o de abuso de drogas o alcohol, ¿quién es la primera persona con la que les diría que hablen? (Elija solo uno)

- | | |
|--|---|
| <input type="checkbox"/> Consejero o terapeuta privado | <input type="checkbox"/> No sé |
| <input type="checkbox"/> Grupo de apoyo | <input type="checkbox"/> Doctor |
| <input type="checkbox"/> Consejero de la escuela | <input type="checkbox"/> Pastor o funcionario religioso |
| <input type="checkbox"/> Otros (especificar) | |

PARTE 6: Preparación para emergencias

41. ¿Tiene en su hogar detectores de humo y monóxido de carbono en funcionamiento? (Elija solo uno)

- ☐ Sí, solo detectores de humo
- ☐ Si ambos
- ☐ No sé / no estoy seguro
- ☐ Sí, sólo detectores de monóxido de carbono
- ☐ No

42. ¿Su familia tiene un kit básico de suministros de emergencia? (Estos kits incluyen agua, alimentos no perecederos, cualquier receta necesaria, suministros de primeros auxilios, linterna y baterías, abrelatas no eléctrico, cobijas, etc.)

- ☐ Sí
- ☐ No
- ☐ No sé / no estoy seguro

En caso que sí, ¿cuántos días tiene suministros? (Escriba el número de días)

43. ¿Cuál sería su forma principal de obtener información de las autoridades en un desastre o emergencia a gran escala? (Marque solo uno)

- | | |
|--|---|
| <input type="checkbox"/> Televisión | <input type="checkbox"/> Sitio de red social |
| <input type="checkbox"/> Radio | <input type="checkbox"/> Vecinos |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Familia |
| <input type="checkbox"/> Línea de teléfono en casa | <input type="checkbox"/> Mensaje de texto (sistema de alerta de emergencia) |
| <input type="checkbox"/> Teléfono celular | <input type="checkbox"/> No sé / no estoy seguro |
| <input type="checkbox"/> Medios impresos (periódico) | |
| <input type="checkbox"/> Otros (especificar) | |

44. Si las autoridades públicas anunciaran una evacuación obligatoria de su vecindario o comunidad debido a un desastre a gran escala o una emergencia, ¿Ustedes evacuarían? (Elija solo uno)

- ☐ Sí *(Si su respuesta es Sí, salte a la pregunta numero 46)*

☐

No

☐

No sé / no estoy seguro

45. ¿Cuál sería la razón principal por la que no evacuaría si le pidieran que lo hiciera?
(*Marque solo uno*)

☐

Falta de transporte

☐

Preocupación por la seguridad

☐

La falta de confianza en los
funcionarios públicos

☐

familiar

☐

Preocupación por dejar mascotas

☐

Preocupación por dejar atrás la
propiedad

☐

Preocupación por los atascos de
tráfico y la imposibilidad de salir

☐

Preocupación por la seguridad
personal

☐

Problemas de salud (no se
pudieron mover)

☐

Otros (especificar)

☐

No sé / no estoy seguro

PARTE 7: Preguntas demográficas

La siguiente serie de preguntas son preguntas generales sobre usted, que solo se informarán como un resumen de todas las respuestas dadas por los participantes de la encuesta. Tus respuestas permanecerán en el anonimato.

46. ¿Qué edad tiene? (Elija solo uno)

- | | | |
|--------------------------------|--------------------------------|-----------------------------------|
| <input type="checkbox"/> 15-19 | <input type="checkbox"/> 40-44 | <input type="checkbox"/> 65-69 |
| <input type="checkbox"/> 20-24 | <input type="checkbox"/> 45-49 | <input type="checkbox"/> 70-74 |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> 50-54 | <input type="checkbox"/> 75-79 |
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> 55-59 | <input type="checkbox"/> 80-84 |
| <input type="checkbox"/> 35-39 | <input type="checkbox"/> 60-64 | <input type="checkbox"/> 85 o más |

47. ¿Cuál es tu género? (Elija solo uno)

- ☐ Masculino
- ☐ Femenino
- ☐ Transgénero
- ☐ Género no conforme
- ☐ Otro

48. ¿Eres de origen hispano, latino o español? (Elija solo uno)

- ☐ No soy de origen hispano, latino o español
- ☐ Mexicano, mexicoamericano o chicano
- ☐ Puertorriqueño
- ☐ Cubano o cubano americano
- ☐ Otro - hispano o latino (por favor especifique)

49. ¿Cuál es su raza? (*Elija solo uno*)

- ☐ Blanco
- ☐ Negro o Afroamericano
- ☐ Indio Americano o nativo de Alaska
- ☐ Indio Asiático
- ☐ Otros- Asiáticos, incluidos Japonés, Chino, Coreano, Vietnamita y Filipino
- ☐ Otros isleños del Pacífico, incluidos los nativos de Hawaii, Samoa, Guamanian / Chamorro
- ☐ Otra raza no incluida aquí (especifique)

50. ¿El inglés es el idioma principal que se habla en su hogar? (*Elija solo uno*)

- ☐ Sí
- ☐ No. En caso negativo, especifique el idioma principal que se habla en su hogar.

51. ¿Cuál es tu estado civil? (*Elija solo uno*)

- ☐ Nunca casado / soltero
- ☐ Casado
- ☐ Pareja- soltera
- ☐ Divorciado
- ☐ Viudo

☐

Separado

☐

Otros (especificar)

52. Seleccione el nivel más alto de educación que ha alcanzado. (Elija solo uno)

- ☐ Menos de 9no grado
- ☐ 9-12 grado, sin diploma
- ☐ Graduado de secundaria (o GED / equivalente)
- ☐ Grado Asociado o Formación Profesional
- ☐ Un poco de universidad (sin título)
- ☐ Licenciatura
- ☐ Licenciado o título profesional
- ☐ Otros (especificar)

53. ¿Cuál fue el ingreso total de su hogar el año pasado, antes de impuestos? (Elija solo uno)

- | | |
|--|--|
| <input type="checkbox"/> Menos de \$10,000 | <input type="checkbox"/> \$35,000 a \$49,999 |
| <input type="checkbox"/> \$10,000 a \$14,999 | <input type="checkbox"/> \$50,000 a \$74,999 |
| <input type="checkbox"/> \$15,000 a \$24,999 | <input type="checkbox"/> \$75,000 a \$99,999 |
| <input type="checkbox"/> \$25,000 a \$34,999 | <input type="checkbox"/> \$100,000 o más |

54. Ingrese el número de personas en su hogar (incluyéndose a usted)

55. ¿Cuál es su estado laboral? (Seleccione todas las opciones que corresponden).

- | | | |
|--|--|--|
| <input type="checkbox"/> Empleado de tiempo completo | <input type="checkbox"/> Empleado a tiempo parcial | <input type="checkbox"/> Fuerzas Armadas |
| | <input type="checkbox"/> Retirado | <input type="checkbox"/> Discapacitado |
| | | <input type="checkbox"/> Estudiante |

<input type="checkbox"/>	Ama de casa	<input type="checkbox"/>	Desempleado 1	<input type="checkbox"/>	Desempleado por más de 1
<input type="checkbox"/>	Trabajadores por	año o menos		año	
cuenta propia					

56. ¿Tiene acceso al internet en su casa (Esto incluye alta velocidad, wifi, acceso telefónico o datos móviles)? (Elija solo uno)

- ☐ Sí
- ☐ No
- ☐ No sé / no estoy seguro

57. (Opcional) ¿Hay algo más que le gustaría que sepamos sobre su comunidad? Por favor, siéntase libre de decirnos a continuación.

[¡Gracias por su tiempo y participación!](#)

Si tiene preguntas sobre esta encuesta, envíenos un correo electrónico a will.broughton@foundationhli.org.

Focus Group Questions

Participants' Resident County(ies):

Focus Group Name / Number:

Date Conducted:

Location:

Start Time:

End Time:

Number of Participants:

Population Type (if applicable):

Moderator Name:

Moderator Email:

Note Taker Name:

Note Taker Email:

Core Questions

1. Introduce yourself and tell us what you think is the best thing about living in this community.

2. What do people in this community do to stay healthy?

Prompt: What do you do to stay healthy?

3. In your opinion, what are the serious health related problems in your community? What are some of the causes of these problems?

4. What keeps people in your community from being healthy?

Prompt: What challenges do you face that keep you from being healthy? What barriers exist to being healthy?

5. What could be done to solve these problems?

Prompt: What could be done to make your community healthier? Additional services or changes to existing services?

6. Is there any group not receiving enough health care? If so, what group? And why?

7. Is there anything else you would like us to know?

Additional Questions

1. How do people in this community get information about health? How do you get information about health?

2. Have you or someone close to you ever experienced any challenges in trying to get healthcare services? If so, what happened?

3. What is the major environmental issue in the county?

4. Describe collaborative efforts in the community. How can we improve our level of collaboration?

5. What are the strengths related to health in your community?

Prompt: Specific strengths related to healthcare?

Prompt: Specific strengths to a healthy lifestyle?

6. If you had \$100,000 to spend on a healthcare project in the county, how would you spend it?

Key Themes

Summarize the top 2-3 themes from this focus group discussion.

1.

2.

3.

Appendix C. Community Resources

Perquimans County, NC Department Directory of Services provided in the county. Portal—
<http://www.co.perquimans.nc.us/departments.html>

Perquimans County Chamber of Commerce and Tourism Authority has a resource section with links to tourism and recreation opportunities, government agencies, churches, and local organizations. Portal - <https://www.visitperquimans.com/>

Perquimans County Chamber of Commerce and Perquimans County Visitor's Center
118 W. Market Street, Hertford, NC 27944
Phone (252) 426-5657
Fax (252) 426-7542

North Carolina Arts Council maintains a resource list of cultural, arts, and civic organizations that is searchable by county. Portal:
<https://www.ncarts.org/>

Perquimans Arts League
109 N. Church Street
Hertford, NC 27944
10am to 3pm
Monday - Saturday
252-426-3041
Email: office@perquimansarts.org
Website: <http://perquimansarts.org/>

Perquimans County Recreation Department
P.O. Box 538 / 310 Granby Street, Hertford, NC 27944
Phone (252)426-5695
Fax (252)426-7684

NC Cooperative Extension – Perquimans County
PO Box 87 / 601A Edenton Road St, Hertford, NC 27944
Phone (252)426-5428
Fax (252)426-1646

Perquimans County Library

514 S. Church Street., Hertford, NC 27944

Phone (252) 426-5319

Fax (252) 426-1556

<http://www.pettigrewlibraries.org/>

Public Transportation

Public Transportation is provided in Perquimans County by the Inter-County Public Transportation Authority (ICPTA), operated by Albemarle Regional Health Services, which serves the five county area of Camden, Chowan, Currituck, Pasquotank and Perquimans counties.

Perquimans County Sheriff's Office

110 N Church St. / P.O. Box 3, Hertford, NC 27944

Phone (252) 426-5615

Hertford Police Department

114B W. Grubb Street, Hertford, NC 27944

P. O. Box 275, Hertford, NC 27944

Phone 252-426-5587

Fax 252-426-8169

Perquimans County EMS (CEMS)

P.O. Box 563 / 159 Creek Drive, Hertford NC 27944

Phone (252) 426-5646

Fire Departments: (6)**Belvidere-Chappell Hill Volunteer Fire Department**

143 Drinking Hole Road, Belvidere, NC 27919

P.O. Box 55, Belvidere, NC 27919

Phone: (252) 297-2166

Bethel Volunteer Fire Department

462 Snug Harbor Road, Hertford, NC 27944

Phone (252) 426-5110

www.bethelfd.org

Durants Neck Volunteer Fire Department

2087 New Hope Road, Hertford, NC 27944

Phone (252) 264-2047

Hertford Volunteer Fire Department

328 West Grubb Street, Hertford, NC 27944

P.O. Box 32, Hertford, NC 27944

Phone (252) 426-8389

Inter-County Volunteer Fire Department

118 Woodville Road, Hertford, NC 27944

Phone (252) 264-4600

Winfall Volunteer Fire Department

341 Wiggins Road, Winfall, NC 27985

P.O. Box 25, Winfall, NC 27985

Phone (252) 426-1745

Albemarle Alliance for Children and Families—Formerly known as Albemarle Smart Start Partnership, INC.

Chowan/Perquimans Smart Start Partnership

409 Old Hertford Road, Edenton, NC 27932

252-482-3035

Fax: 252-482-1324

Website: <http://cp-smartstart.org/>

Email: cpsmartstart@gmail.com

Albemarle Smart Start Partnership Community Resource Guide

Searchable on-line directory of programs and services available throughout the Albemarle Region. Currently catalogs annotated listings for 125 local and regional agencies and organizations. Portal; <http://albemarleacf.org/news-events/links.html> Also available as a printable version—scroll down to Resource Guide PDF to view the Community Resource Guide below or [download it](#).

Childcare Centers

https://childcarecenter.us/north_carolina/27944_childcare

FAITH CHILD DEVELOPMENT CENTER

1213 Harvey Point Road

Hertford, NC 27944

(252) 426-1133

PRECIOUS GIFTS CHILD DEVELOPMENT CENTER

1132 Don Juan Road
Hertford, NC 27944
(252) 426-1364

THE LEARNING CENTER OF PERQUIMANS COUNTY

103 Bear Garden Road
Hertford, NC 27944
(252) 426-5014

PERQUIMANS COUNTY HEAD START

296 Winfall Blvd., Winfall, NC 27985
(252) 426-5949

Public Schools**Perquimans Central School**

181 Winfall Blvd. Winfall, NC 27985
(252) 426-5332
Pre-K—2

Hertford Grammar

603 Dobbs Street
Hertford, NC 27944
252-426-7166

Perquimans County Middle School

312 W. Main Street
P.O. Box 39
Winfall, NC 27985
Phone: (252)426-7355

Perquimans County High School

305 Edenton Road St.
Hertford, NC 27944
(252) 426-5778
Phone: 252-482-8426
Website: <https://sites.google.com/a/pcs.k12.nc.us/pchs/>

Higher Education**Chowan University**

One University Dr.
Murfreesboro, NC 27855
Phone: 252-398-6436
Toll-Free: 1-888-4-CHOWAN
Fax: 252-398-1190
Website: <https://www.chowan.edu/>

Martin Community College - Bertie Campus

409 West Granville St.
Windsor, NC 27983
Phone: 252-794-4861
Website: <http://www.martincc.edu/>

Martin Community College - Williamston Campus

1161 Kehukee Park Rd.
Williamston, NC 27892
Phone: 252-792-1521
Fax: 252-792-0826
Website: <http://www.martincc.edu/>

Roanoke Chowan Community College

109 Community College Rd.
Ahoskie, NC 27910
Phone: 252-862-1200
Website: <https://www.roanokechowan.edu/>

Elizabeth City State University

1704 Weeksville Rd.
Elizabeth City, NC 27909
252-335-3400
Website: <http://www.ecsu.edu/>

College of the Albemarle - Elizabeth City Campus

1208 N. Road St
PO Box 2327
Elizabeth City, NC 27909

Phone: 252-335-0821
Fax: 252-335-2011
Website: <http://www.albemarle.edu/about-coa/elizabeth-city-campus>

College of the Albemarle - Dare County Campus

132 Russell Twiford Road
Manteo, NC 27954
Phone: 252-473-2264
Fax: 252-473-5497
Website: <https://www.albemarle.edu/for-the-community/locations/dare-county-campus/>

College of the Albemarle - Roanoke Island Campus

205 Highway 64 S.
Manteo, NC 27954
Fax: 252-473-6002
Website: <https://www.albemarle.edu/for-the-community/locations/dare-county-campus/>

College of the Albemarle - Edenton-Chowan Campus

800 N. Oakum St
Edenton, NC 27932
Phone: 252-482-7900
Fax: 252-482-7999
Website: <https://www.albemarle.edu/for-the-community/locations/edenton-chowan-campus/>

Regional Aviation & Technical Training Center

107 College Way
Barco, NC 27917
Phone: 252-453-3035
Fax: 252-453-3215
Website: <https://www.albemarle.edu/for-the-community/locations/regional-aviation-technical-training-center/>

East Carolina University

East Fifth Street
Greenville, NC 27858
Phone: 252-328-6131
Website: <http://www.ecu.edu/>

Albemarle Hopeline, Inc.

Albemarle Hopeline, a private, non-profit organization founded in 1981, is the only program of its kind in the Albemarle region, with outreach through four satellite offices (Chowan, Currituck, Gates and Perquimans counties), a shelter/direct service facility, and a thrift store. The agency is guided by the mission of “providing comprehensive direct and preventive services to victims of family violence, sexual assault and teen dating violence” in the counties of Camden, Chowan, Currituck, Gates, Pasquotank and Perquimans.

Services include: 24-hour crisis line; emergency Hope House shelter; food, clothing and transportation; crisis intervention; court advocacy; individual and group counseling for adults and children; Displaced Homemaker Program; information and referral; outreach; and prevention through awareness and education to school, church and civic groups and the community-at-large. Since the opening of an enlarged 14,200 square foot Hope House facility in 2006, Hopeline has been able to consolidate services to both residential and non-residential victims, and improve coordination and effectiveness. All services are designed to meet basic safety needs of victims of domestic and sexual violence, empowering them to establish and maintain healthy, violence-free lives.

Mailing address:

PO Box 2064

Elizabeth City, NC 27906

Phone: 252-338-5338

24-hour crisis line: 252-338-3011

Fax: 252-338-2952

Website: www.albemarlehopeline.org

Community Care of Eastern North Carolina (CCPEC)/ Carolina ACCESS

Phone: 252-847-9428

<https://www.accesseast.org/ae-contact-us/>

Social Services

Perquimans County Social Services

P.O. Box 107 / 103 Charles Street

Hertford, NC 27944

Phone (252)426-7373

Fax (252)426-1240

Tri-County Animal Shelter (Perquimans, Gates, Chowan)

138 Icaria Road

Tyner, NC 27980

252-221-8514

Fax: 252-221-4101

Hours:

Mon-Fri 1pm-5pm

Saturday 10am-1pm
Closed Sundays

Veterans Services
P.O. Box 133, Hertford, NC 27944
104 Dobbs Street, Hertford NC 27944
Phone (252)426-1796

Farmers Markets and Roadside Stands (5)
<http://healthync.org/healthy-foods/markets-and-stands/#Perquimans-County>

Haven Acres Farms
107 Beech Springs Rd, Hertford, 27944
Phone (252) 209-1954

Jesse Byrum's Produce
Corner of Church and Grubbs St. Hertford, 27944
Phone (252) 312-5938

Manley Produce
1839 E. Bear Swamp Road, Hertford, 27944
Phone (252) 333-4123

Perquimans County High School FFA Farmer's Market
2000 Ocean Blvd, Hertford, NC 27944
(252) 340-0798

Produce Hut
Ocean Hwy and E. Bear Swamp Rd Hertford, 27944
Phone (252) 828-1716

Hospital/Medical Facilities
Vidant Chowan Hospital
211 Virginia Road
P.O. Box 629

Edenton, NC 27932
252-482-8451

Coastal Carolina Family Practice
600 S Church St, Hertford, NC 27944
Phone (252) 426-5711

Vidant Family Medicine – Hertford
1124 Harvey Point Road
Hertford, NC 27944
Phone (252) 426-2946
Fax (252) 426-2924

Perquimans County Medical Center
333 Winfall Blvd, Winfall, NC 27985
Phone (252) 426-9172

Public Health Department
Albemarle Regional Health Services

Albemarle Regional Health Services (ARHS) is a regional Public Health agency in rural, northeastern NC serving the eight counties of Bertie, Camden, Chowan, Currituck, Gates, Hertford, Pasquotank and Perquimans. ARHS has provided over 70 years of service to the Albemarle Region.

The regional Public Health agency provides the following healthcare services: immunizations, diabetes care and management, women's preventive health, maternal health, including high-risk perinatal services, pregnancy care management, child health, WIC and nutrition counseling, pediatric asthma management, services for people with communicable diseases including STDs, HIV disease specialty clinic, adult day health care, behavioral health, children's developmental services, Public Health preparedness and response, public information, and interpreter assistance.

Albemarle Regional Health Services also administers the following programs: Environmental Health, Regional Landfill, Solid Waste Authority and Recycling, LifeQuest Worksite Wellness, and the Inter-County Public Transportation Authority. The more than 29 ARHS operational sites are completely networked by technology to increase the efficiency and effectiveness of service delivery across the agency.

Local Health Department

The Perquimans County Health Department is part of ARHS, an eight-county regional, accredited Public Health Department headquartered in Elizabeth City, NC. The local health department is located in Hertford at 103 ARPDC Street. Comprehensive clinical services include Women's Preventive Health, Adult Health, Communicable Disease programming, Immunizations, School and Community Health Education, Breast and Cervical Cancer Control Program, Diabetes Management, Child Health, WIC, Albemarle

Hospice, Albemarle Home Care, Albemarle LifeQuest/Health Promotion, Environmental Health, Preparedness and Response Solid Waste Management Authority, and the Regional Landfill services.

Perquimans County Health Department

103 ARPDC St, Hertford, NC 27944

Phone: (252) 426-2100

Trillium

Manages mental health, substance use, and intellectual/development disability services in a 24-county area. Trillium partners with agencies and licensed therapists to offer services and support to people in need within their community.

Crisis Care & Service Enrollment: 1-877-685-2415

Email: info@trilliumnc.org

Website: <http://www.trilliumhealthresources.org/>

Trillium Access Point

Anonymous, evidence-based, self-conducted screenings online 24hrs a day for depression, bipolar disorder, post-traumatic stress disorder, eating disorders, and alcohol use disorders.

Available in English and Spanish, provides local referral information, and includes learning and resource section.

Website: <http://www.trilliumhealthresources.org/en/Community-Partnerships/Trillium-Initiatives/Access-Point/>

Quitline NC

Free, confidential, one-on-one support, nicotine replacement therapy - patch, gum and lozenge - is now available for every person who enrolls.

Telephone Service is available 24/7 toll-free at

1-800-QUIT-NOW (1-800-784-8669)

<https://www.quitlinenc.com/>

Long Term Care Facilities

Brian Center Health and Rehabilitation Center

1300 Don Juan Rd, Hertford, NC 27944

Phone (252) 426-5391

Perquimans County Senior Center

P.O. Box 615 / 1072 Harvey Point Road

Hertford, NC 27944

Phone (252) 426-5404
Fax (252) 426-1296

Housing Resources

Chowan/Perquimans Habitat for Humanity

P.O. Box 434
Edenton, NC 27932
252-482-2686

Section 8 Economic Improvement Council, Inc.

Section 2 Housing Choice Vouchers
712 Virginia Road
Edenton, NC 27932
252-482-4458

Adult Services, Perquimans County Department of Social Services

Supported Living Services for Adults with Disabilities, Representative Payee Services, Adult Day Programs, Adult Protective Intervention/Investigation, and Public Guardianship/Conservatorship Programs.

P.O. Box 107 / 103 Charles Street
Hertford, NC 27944
Phone (252)426-7373
Fax (252)426-1240

Dentists

Dr. Fang, Yiping Nmi DDS

212 Ainsley Ave, Hertford, NC 27944
Phone (252) 426-5585

Dr. Douglas W Perry PA

181 Perry Long Rd., Hertford, NC 27944
Phone (252) 426-9140

Additional Organizations

- American Association of Poison Control Centers
1-800-222-1222
- Carolinas Poison Center

- 1-800-222-1222
- Children's Home Society of North Carolina
1-800-632-1400
 - East Carolina Behavioral Health
1-877-685-2415
 - Emergency Contraception
1-800-584-9911
 - Healthy Start Foundation
1-800-FOR-BABY (367-2229)
 - National Domestic Violence Hotline
1-800-799-SAFE (7233)
 - National Sexual Assault Hotline
1-800-656-HOPE
 - Planned Parenthood
1-800-230-7526
 - National Alliance on Mental Illness
1-800-950-6264
 - National Drug Abuse Hotline
1-800-662-HELP (4357)
 - National Gay Task Force
(202) 393-5177
 - National Mental Health Association
1-800-969-6642
 - National Suicide Prevention Lifeline
1-800-784-2433
 - Rape Crisis Center
1-800-656-4673
 - Real Crisis Center
(252) 758-HELP (4357)