

2023

# Health 2023

DATA COMPILATION

EDSTAR ANALYTICS



**Beaufort County  
United Way**

Table of Contents

Health Data Report

Comparison to State and US Average. .... 2  
Vital Statistics and Health..... 3  
Uninsured Population ..... 4  
Medicaid Enrollment.....5  
Health Care Workforce.....6  
Opioids and Overdoses.....7  
Maternal and Child Health.....8

Mental Health Data Report

Anxiety ..... 10  
Depression ..... 11  
Self-Inflicted Injury.....12  
Suicidal Ideation.....13  
Trauma/Stress.....14

# Health Data Report

In the 2023 health rankings among North Carolina's 100 counties, Beaufort occupies the 76th position. This ranking situates Beaufort within the lowest quartile (0%-25%), signifying it as one of the least healthy counties in the state. This assessment is determined by current evaluations of both life expectancy and the quality of life in the county.

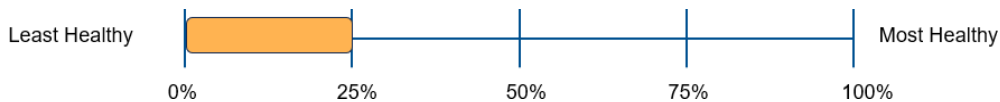


Table 1

## Comparison to State and U.S. Averages

Category	Beaufort County	North Carolina	USA
Years of potential life lost per 100,000 due to premature death	10,400	8,000	7,300
Self-Reported Poor or Fair Health	15%	14%	12%
Obesity	36%	34%	32%
Smoking	20%	17%	16%
Sexually Transmitted Infections per 100,000	653.3	616.3	481.3
Percentage of Driving Deaths Caused by Alcohol	15%	26%	27%
Excessive Drinking	16%	17%	19%

Source: <https://www.countyhealthrankings.org/explore-health-rankings/north-carolina/beaufort?year=2023>

Category	Beaufort County	North Carolina
Heart Disease Death Rate (2018-2020)	163.9 deaths per 100,000	158.7 deaths per 100,000

Source: <https://www.cdc.gov/dhdsp/maps/atlas/index.htm>

Category	Beaufort County	North Carolina
Life Expectancy (2018-2020)	75.9	77.7

Source: <https://www.countyhealthrankings.org/explore-health-rankings>

Table 2

**Vital Statistics and Health in Beaufort County and North Carolina (2020)**

Category	Beaufort Number	Beaufort Rate Per 1,000	NC Number	NC Rate Per 1,000
Resident Live Births	428	9.6	116,755	11.2
Resident Deaths	668	14.9	109,677	10.5
Marriages	281	6.3	64,832	6.2
Divorces	159	3.6	32,862	3.2
Beds in General Hospitals	120	2.7	21,950	2.1
Nursing Facility Beds	278	6.2	49,277	4.7
Infant Deaths	6	<1	803	<1
Active Primary Care Physicians	18	<1	7,420	<1
Active Dentists	17	<1	11,396	1.1
Active Primary Care Physicians	24	<1	7,980	<1

Source: <https://linc.osbm.nc.gov/pages/vital-statistics-health/>

Table 3

**Uninsured Population in Beaufort County and North Carolina (5-year Estimates, 2021)**

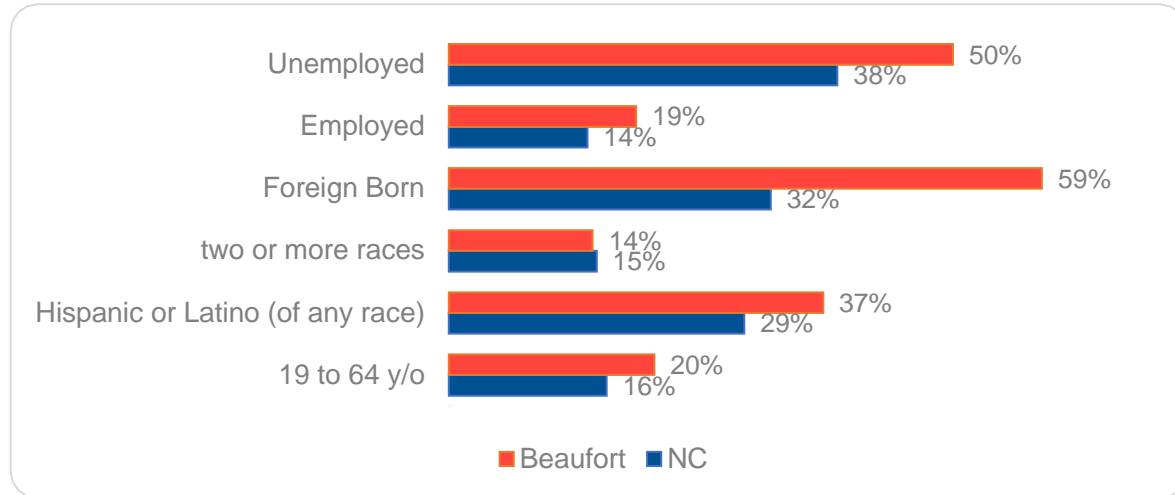
Category	Beaufort County	North Carolina
Under 19 y/o	5.1%	5.5%
19 to 64 y/o	20.3%	15.6%
White Alone	11.9%	9.1%
Black Alone	12.5%	11.0%
Hispanic or Latino (of any race)	37.0%	29.2%
Native Born	10.5%	8.9%
Foreign Born	58.6%	31.8%
Employed	18.5%	13.7%
Unemployed	49.8%	38.4%

Source:

<https://data.census.gov/table/ACSST5Y2021.S2701?q=health+insurance+beaufort+NC&g=040XX00US3>

Figure 1

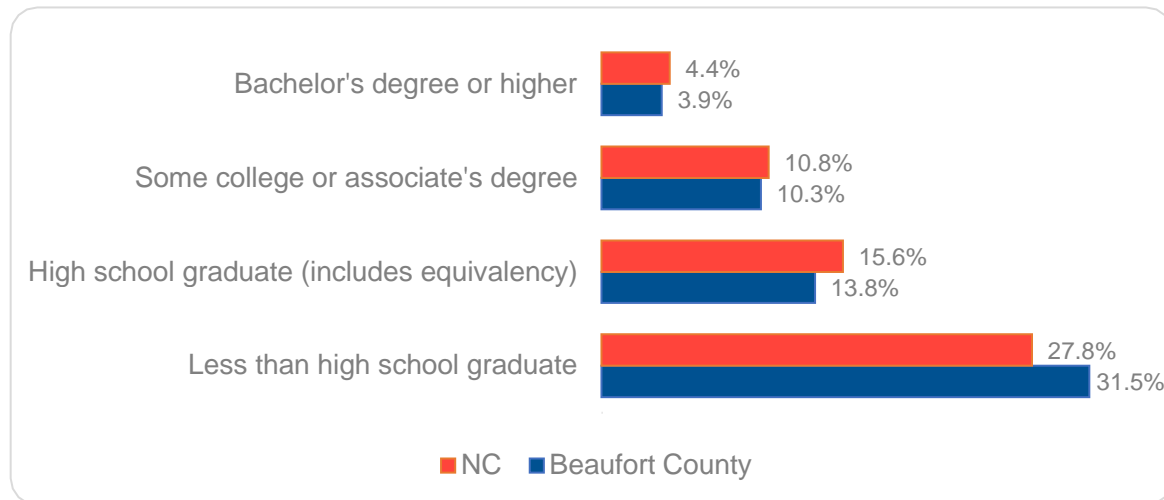
### Uninsured Population in Beaufort County and North Carolina (5-year Estimates, 2021)



Source: <https://data.census.gov/table/ACSST5Y2021.S2701?q=health+insurance+beaufort+NC&g=040XX00US37>

Figure 2

### Uninsured by Educational Attainment, Beaufort County vs North Carolina



Source: <https://data.census.gov/table?q=health+insurance+beaufort+NC&g=040XX00US37&tid=ACSST5Y2021.S2701>

## Medicaid

The Children's Health Insurance Program (CHIP) is a U.S. initiative providing low-cost health coverage to children in families with incomes too high for Medicaid. North Carolina's CHIP program is called NC Health Choice. On April 1, 2023, 55,000 children receiving NC Health Choice were moved to NC Medicaid. North Carolina joins 17 other states that have combined Medicaid/CHIP programs for children.

Table 4

### Medicaid Enrollees in Beaufort County and North Carolina

Year	Beaufort County	North Carolina
2022	34.0%	27.4%
2021	29.7%	24.8%
2020	28.6%	23.3%

Source: <https://medicaid.ncdhs.gov/reports/dashboards/annual-report-tables-dashboard>

### CHIP/NC Health Choice Enrollees (merged with Medicaid in April 2023)

Year	Beaufort County
2022	249
2021	441
2020	573

Source: <https://medicaid.ncdhs.gov/reports/nc-medicaid-enrollment-reports#FiscalYear2023EnrollmentReports-2074>

### Medicare Chronic Conditions Dashboard (2018)

Category	Beaufort County % Prevalence	State County Rank	NC % Prevalence
Alcohol Abuse	2.16	37	2.05
Alzheimer's Disease/Dementia	7.91	97	10.38
Arthritis	35.40	28	33.25
Asthma	4.55	56	4.76
Atrial Fibrillation	8.10	51	8.06
Autism Spectrum Disorders	0.18	51	0.27
Cancer	8.10	49	8.27
Chronic Kidney Disease	25.49	52	25.11
COPD	10.83	80	11.97
Depression	15.83	88	19.03
Diabetes	29.35	55	28.53
Drug/Substance Abuse	2.62	86	3.87
Heart Failure	12.70	68	13.25
Hepatitis (Chronic Viral B & C)	0.67	38	0.70
HIV/AIDS	0.26	52	0.41

Hyperlipidemia	46.81	65	48.82
Hypertension	63.21	37	60.04
Ischemic Heart Disease	23.80	67	24.53
Osteoporosis	6.20	32	6.08
Schizophrenia and Other Psychotic Disorders	2.95%	50	3.03%
Stroke	3.68%	45	3.69%

Source: <https://www.cms.gov/data-research/statistics-trends-and-reports/chronic-conditions/dashboard>

## Health Care Workforce

Table 5

### Health Care Workforce in Beaufort County and North Carolina (Per 10,000 Population, 2022)

Category	Beaufort County	North Carolina
Physicians	12.4	25.3
Dentists	3.6	5.52
Psychologists	0	2.7
Optometrists	1.58	1.2
Certified Nurse Midwife	.45	.36

Source: <https://nhealthworkforce.unc.edu/interactive/supply>

## Opioids and Overdoses

Table 6

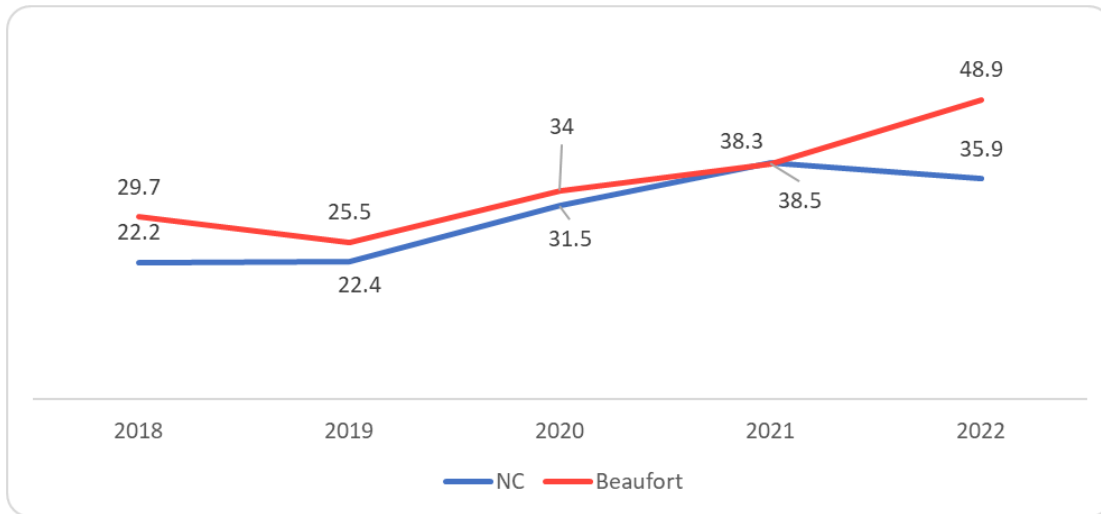
### Opioids and Substance Abuse in Beaufort County and North Carolina

Category	Beaufort County	North Carolina
Drug Overdose Deaths (2022)	48.9 per 100,000 population	36.9 per 100,000 population
% Overdose Deaths Involving Illicit Opioids (2022)	78.3%	79.4%
% Residents Receiving Opioid Pills (2021)	16.5%	12.9%

Source: <https://www.ncdhhs.gov/opioid-and-substance-use-action-plan-data-dashboard>

Figure 3

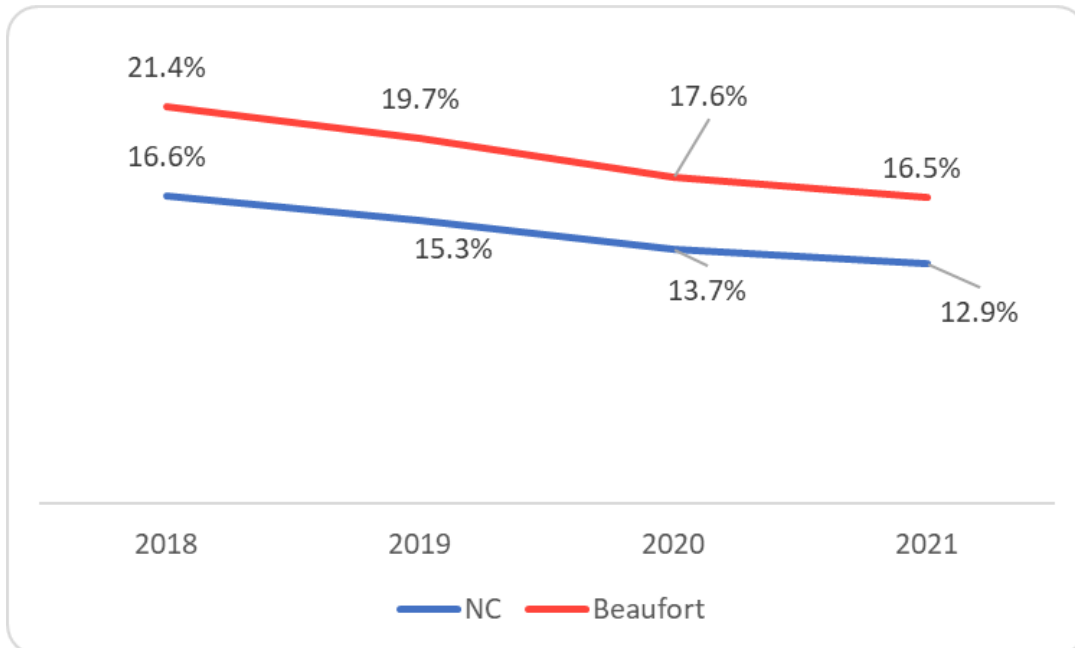
**Drug Overdose Deaths, Beaufort County vs NC (Per 100,000 Residents)**



Source: <https://www.ncdhhs.gov/opioid-and-substance-use-action-plan-data-dashboard>

Figure 4

**Percent of Residents Dispensed Opioids in Beaufort County vs NC**



Source: <https://www.ncdhhs.gov/opioid-and-substance-use-action-plan-data-dashboard>



## Maternal and Child Health

Table 7

### Maternal and Child Health in Beaufort County

Category	2019	2020	2021
Women Receiving Very Late or No Prenatal Care	4.2%	N/A	3.5%
Women Who Received Early Prenatal Care	74.4%	75.9%	73.9%
Babies born with low birthweight	12.5%	13.1%	10.7%
Babies born pre-term < 37 weeks	14.8%	12.9%	12%
Infant Mortality Rate	11.5 per 1,000 live births	N/A	10 per 1,000 live births

Source: ncchild.org

Table 8

### Beaufort County vs North Carolina (2021)

Category	Beaufort County	North Carolina
Teen Birthrate (ages 15-19)	28.1 per 1,000	22.1 per 1,000

Source: <https://schs.dph.ncdhhs.gov/data/vital/pregnancies/2021/Table2B-2021-pregpubrates-1519Preg.pdf>

Category	Beaufort County	North Carolina
Low Birthweight (2017-2021)	11.5%	9.4%

Source: <https://schs.dph.ncdhhs.gov/data/databook/CD6A-B-LBW-VLBW-ByRace-2017-2021.html>

Category	Beaufort County	North Carolina
Infant Mortality Rate 2021	10.0 per 1,000 live births	6.8 per 1,000 live births

Source: ncchild.org

Category	Beaufort County	North Carolina
Racial Disparity in Infant Mortality Rate	White : Black 9.0 : 14.8	White : Black 4.8 : 12.6

Source: <https://schs.dph.ncdhhs.gov/data/vital/ims/2021/2021-IMR-TABLE-1A-FINAL.htm>

## Mental Health Data Report

This data compilation offers a comprehensive overview of recent patterns in visits to Emergency Departments (EDs) pertaining to specific mental health conditions.

Crude rates are computed by dividing the total count of ED visits by the population and then scaling by a factor of 10,000. Caution is advised when interpreting crude rates that are based on counts fewer than 10, as they may lack statistical robustness.

Table 1

**Annual Trends for Mental Health Conditions (Crude Rate per 10,000)**

Category	Beaufort County 2021	North Carolina 2021
Anxiety	288	147
Depression	208	107
Self-Inflicted Injury	9.22	11
Suicidal Ideation	56.4	46
Trauma/Stressors	33.5	25

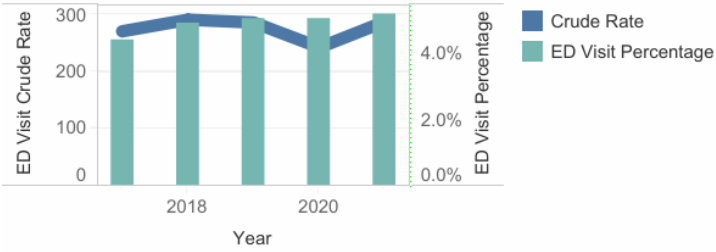
Source: <https://ncdetect.org/mental-health-dashboard/>

Beaufort County experienced notably higher crude rates of mental health conditions per 10,000 individuals compared to the averages observed across North Carolina. These differences in crude rates suggest that Beaufort County faces a heightened mental health burden compared to the broader North Carolina population. The elevated rates of anxiety, depression, suicidal ideation, and trauma/stress-related cases in the county indicate a potential need for increased mental health support and resources tailored to the local population. Further investigation into the underlying factors contributing to these discrepancies would provide valuable insights into the specific challenges faced by Beaufort County and enable more targeted interventions to address its unique mental health concerns.

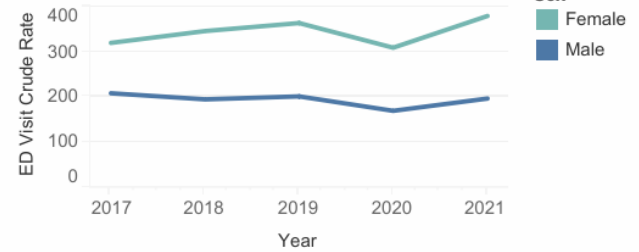
# Anxiety

**Figure 1**  
**Anxiety Trends: Beaufort**

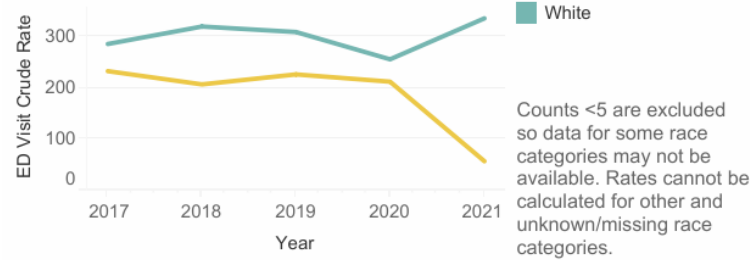
**Annual Trends for Anxiety: Beaufort**



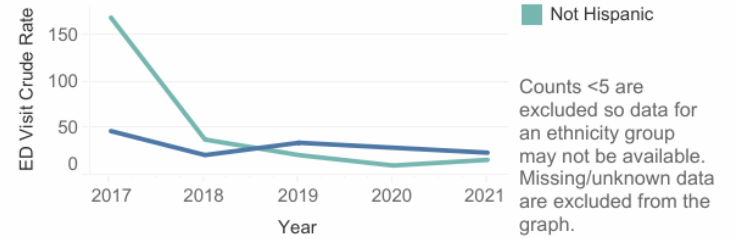
**Trends by Patient Sex for Anxiety: Beaufort**



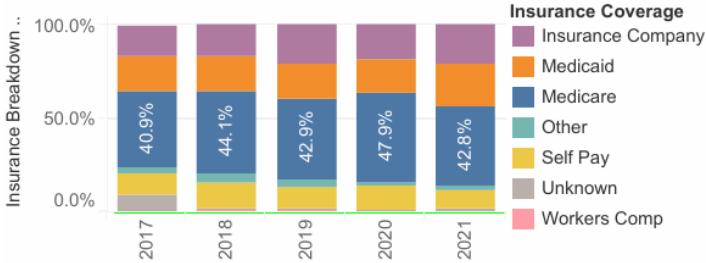
**Trends by Race for Anxiety: Beaufort**



**Trends by Ethnicity for Anxiety: Beaufort**



**Insurance Breakdown for Anxiety: Beaufort**



**Trends by Age Group for Anxiety: Beaufort**

	2017	2018	2019	2020	2021
Ages 10-14	35.9	36.8	48.1	22.4	34.4
Ages 15-17	130.1	105.1	141.3	121.4	135.7
Ages 18-24	235.9	197.9	226.2	257.6	212.6
Ages 25-44	363.2	420.9	385.3	305.9	353.3
Ages 45-64	323.6	376.2	355.2	319.0	362.7
Ages 65+	384.0	383.9	399.0	341.1	383.7

Counts <5 are excluded for rates may not be available for all age groups.

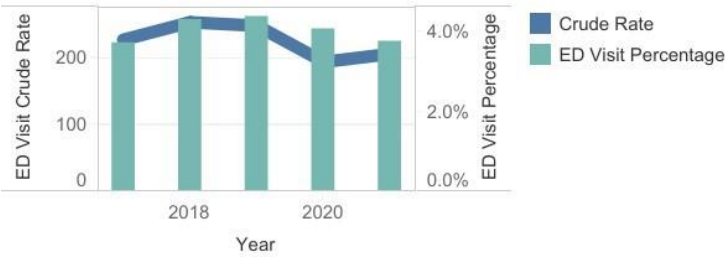
Source: <https://ncdetect.org/mental-health-dashboard/>

# Depression

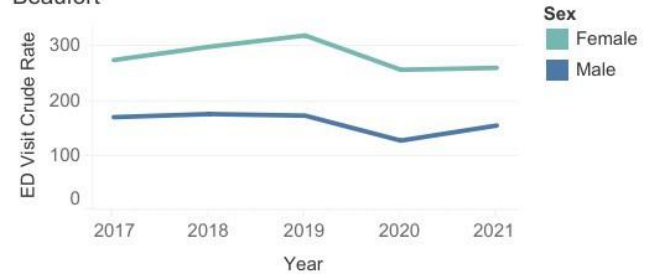
Figure 2

## Depression Trends: Beaufort

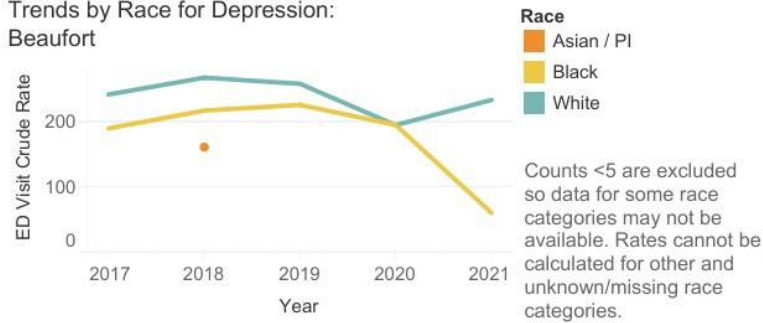
Annual Trends for Depression: Beaufort



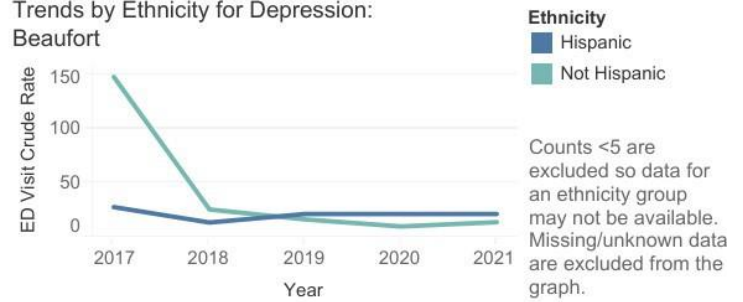
Trends by Patient Sex for Depression: Beaufort



Trends by Race for Depression: Beaufort



Trends by Ethnicity for Depression: Beaufort



Insurance Breakdown for Depression: Beaufort



Trends by Age Group for Depression: Beaufort

	2017	2018	2019	2020	2021
Ages 10-14	39.5	58.9	81.4	26.1	38.3
Ages 15-17	113.8	116.2	76.6	115.3	135.7
Ages 18-24	166.0	224.1	220.4	260.5	133.2
Ages 25-44	294.5	322.5	326.5	213.5	228.4
Ages 45-64	304.8	330.2	322.7	263.1	266.2
Ages 65+	309.2	352.8	338.0	267.8	293.2

Counts <5 are excluded for rates may not be available for all age groups.

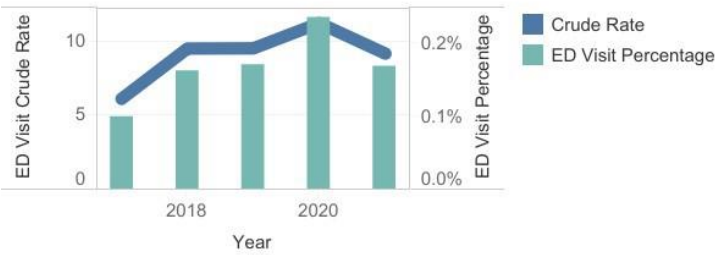
Source: <https://ncdetect.org/mental-health-dashboard>

# Self-Inflicted Injury

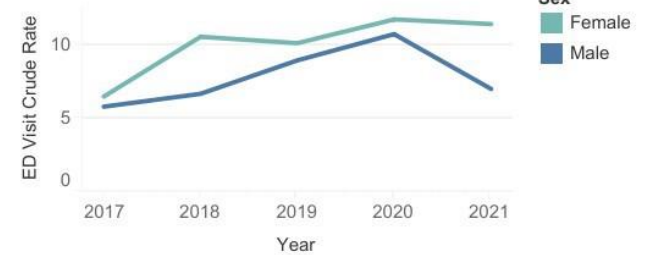
Figure 3

## Self-Inflicted Injury Trends: Beaufort

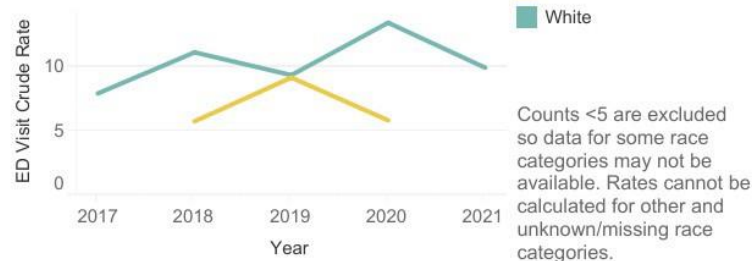
Annual Trends for Self-Inflicted Injury: Beaufort



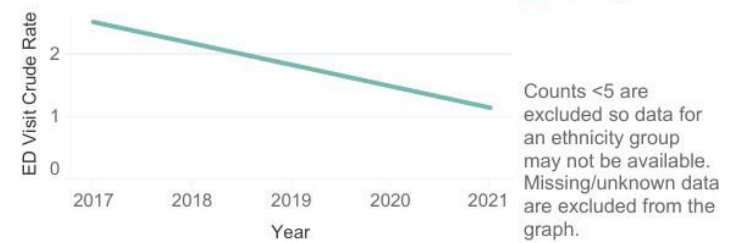
Trends by Patient Sex for Self-Inflicted Injury: Beaufort



Trends by Race for Self-Inflicted Injury: Beaufort



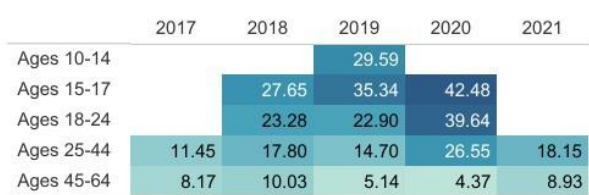
Trends by Ethnicity for Self-Inflicted Injury: Beaufort



Insurance Breakdown for Self-Inflicted Injury: Beaufort



Trends by Age Group for Self-Inflicted Injury: Beaufort



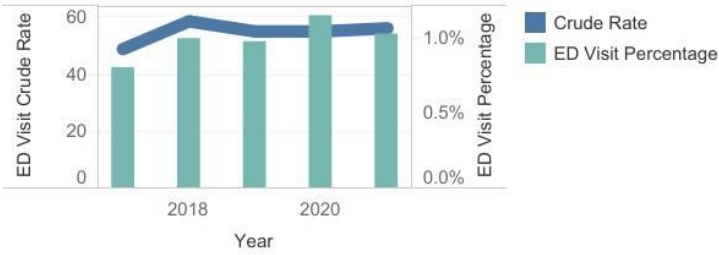
Counts <5 are excluded for rates may not be available for all age groups.

Source: <https://ncdetect.org/mental-health-dashboard>

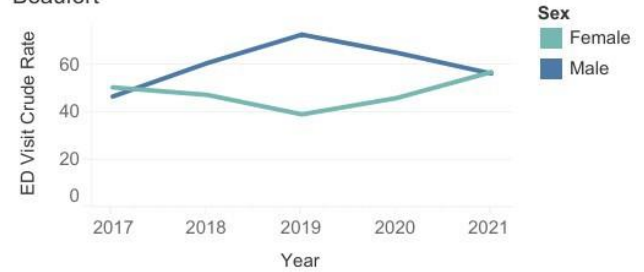
# Suicidal Ideation

**Figure 4**  
**Suicidal Ideation Trends: Beaufort**

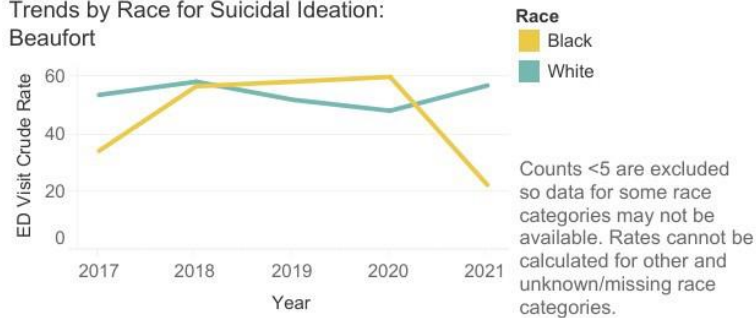
Annual Trends for Suicidal Ideation: Beaufort



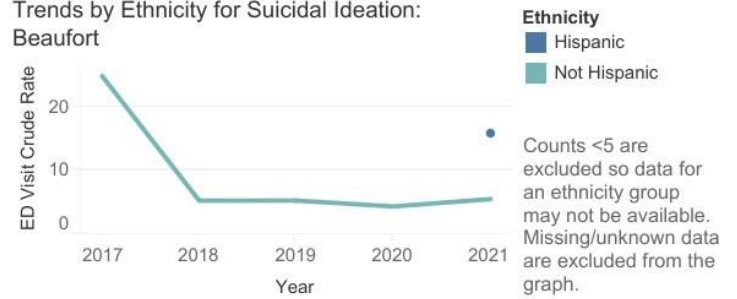
Trends by Patient Sex for Suicidal Ideation: Beaufort



Trends by Race for Suicidal Ideation: Beaufort



Trends by Ethnicity for Suicidal Ideation: Beaufort



Insurance Breakdown for Suicidal Ideation: Beaufort



Trends by Age Group for Suicidal Ideation: Beaufort

	2017	2018	2019	2020	2021
Ages 10-14	46.6	110.4	81.4	63.4	65.1
Ages 15-17	54.2	99.6	82.4	133.5	141.9
Ages 18-24	87.4	107.7	111.7	167.0	85.0
Ages 25-44	111.4	117.3	107.1	81.8	112.1
Ages 45-64	48.2	60.2	61.6	55.9	55.4
Ages 65+	9.3	4.6	8.1	12.4	10.5

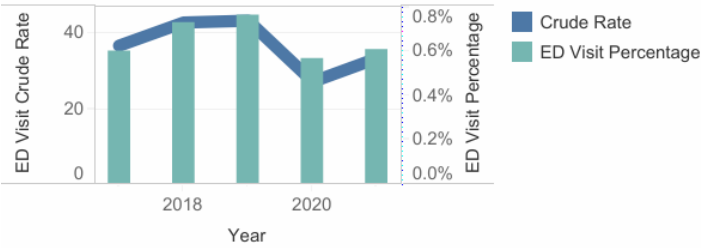
Counts <5 are excluded for rates may not be available for all age groups.

Source: <https://ncdetect.org/mental-health-dashboard>

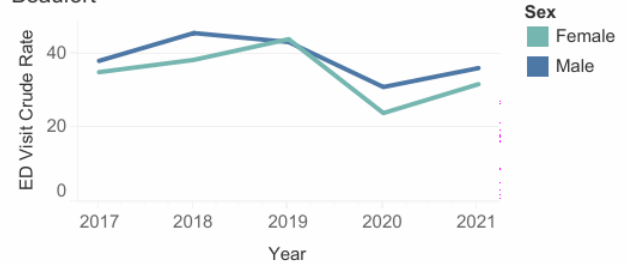
# Trauma/Stress

**Figure 5**  
**Trauma/Stress Trends: Beaufort**

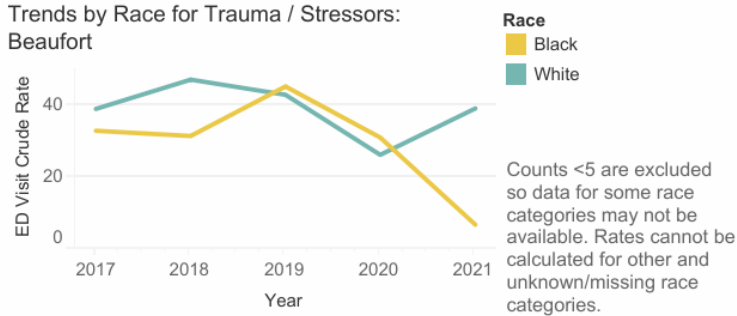
Annual Trends for Trauma / Stressors:  
Beaufort



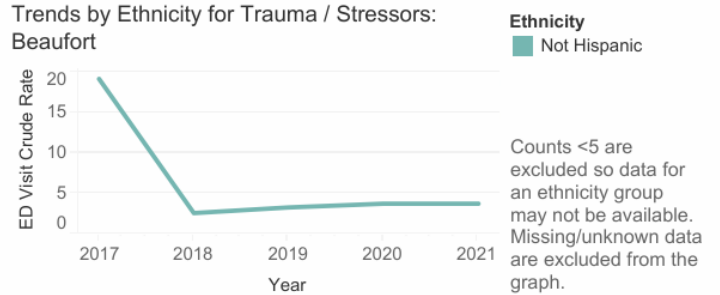
Trends by Patient Sex for Trauma / Stressors:  
Beaufort



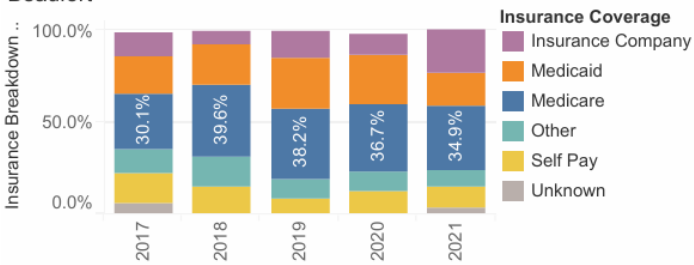
Trends by Race for Trauma / Stressors:  
Beaufort



Trends by Ethnicity for Trauma / Stressors:  
Beaufort



Insurance Breakdown for Trauma / Stressors:  
Beaufort



Trends by Age Group for Trauma / Stressors:  
Beaufort

	2017	2018	2019	2020	2021
Ages 10-14		22.08	22.19		
Ages 15-17	27.10		35.34		37.01
Ages 18-24	40.78	29.10	37.22	28.31	36.85
Ages 25-44	58.28	82.71	79.79	49.92	48.04
Ages 45-64	38.41	51.00	47.94	26.22	32.16
Ages 65+	42.04	38.39	42.14	29.16	41.26

Counts <5 are excluded for rates may not be available for all age groups.

Source: <https://ncdetect.org/mental-health-dashboard/>