

2023 2024 Rockingham County Community Health Assessment Health Disparities



The Issue

The Rockingham County community has identified **health disparities** as a top issue in the Rockingham County Community Health Assessment (CHA). Health disparities are differences in health outcomes for large groups of people, usually because of **unfair treatment, unequal access, or barriers to resources**. We see the effects of health disparities when we measure things like how long people **live**, how often people get certain **diseases**, and how often people suffer from certain **medical complications**.

Health Disparities in Rockingham County

The **COVID-19 pandemic** has put many health disparities in the spotlight. Individuals with **compromised immune systems** or **chronic respiratory diseases** are more likely to get COVID-19 and to have worse cases. Racial and ethnic **minority groups** have also suffered worse outcomes. As far as the pandemic's effects on **mental health** across the United States, **youth** in particular have been more likely to report having serious thoughts of suicide. Other examples of health disparities in Rockingham County include the higher rates of **diabetes** and **some cancers** among **Black residents**. Due to these and other disparities, the **life expectancy** for local Black residents is 3 years shorter than for White residents.



Community Health Opinion Survey

340 Rockingham County residents participated in the CHA process by responding to the Community Health Opinion Survey. Since many health disparities are seen when comparing different groups, we can get insight into those disparities by comparing survey responses from those groups. Among survey respondents:

- **Black** respondents were more likely to have concerns about **stress management** and **homelessness**.
- **Hispanic** respondents were more likely to have concerns about **culturally appropriate** health services.
- Respondents with a **diagnosed disability** were more likely to have concerns about **elder care, lack of community support, and the cost of food**.



Achieving Health Equity

By counteracting health disparities, we can achieve **health equity** in our community. This would mean **fair** and **just** opportunities for everyone to live a **healthy life**. Organizations that are promoting health equity in Rockingham County include:

- **Reidsville Area Foundation**
- **NC 100**
- **Rockingham County Public Health**

Read the
entire CHA:

