Assessing the Social Determinants of Health in Grifton, NC
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INTRODUCTION

• Despite significant investments to improve access and delivery of high-quality health care, patients who live in rural communities tend to have worse health outcomes.
• Studies suggest clinical care impacts only 20% of variation in health outcomes, while social determinants of health (SDOH) affect up to 50%.1
• We traveled to Grifton, North Carolina and spoke with community members to directly observe how SDOH influence health in rural NC communities.

METHODS

Step 1: Compared Grifton versus NC census data
Step 2: Interviewed community members about their experiences and challenges living in Grifton
Step 3: Identified SDOH likely impacting the health of Grifton residents

DEMOGRAPHICS

• Population: 2,448 (6.5% from 2010)

DATA

<table>
<thead>
<tr>
<th>Place of Work</th>
<th>2000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number of Residents Working</td>
</tr>
<tr>
<td>Worked in place of residence</td>
<td>132</td>
</tr>
<tr>
<td>Worked in County, not in Town</td>
<td>565</td>
</tr>
<tr>
<td>Worked Outside County of Residence</td>
<td>268</td>
</tr>
<tr>
<td>Worked Outside State</td>
<td>6</td>
</tr>
<tr>
<td>Total</td>
<td>971</td>
</tr>
</tbody>
</table>

RESULTS

Income and Housing: 2

<table>
<thead>
<tr>
<th></th>
<th>Grifton</th>
<th>North Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Household income</td>
<td>$46,476</td>
<td>$60,516</td>
</tr>
<tr>
<td>Median Household Income</td>
<td>$31,903</td>
<td>$84,888</td>
</tr>
<tr>
<td>Poverty Rate</td>
<td>31.83%</td>
<td>13.4%</td>
</tr>
<tr>
<td>Rate of Home Ownership</td>
<td>42.8%</td>
<td>65.7%</td>
</tr>
</tbody>
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Food

• Only 1 grocery store, opened in 2022
• No local grocery store from 2018-2022
• 4 restaurants, all fast food and no healthy options
• Grifton School is a recipient of USDA Fruit and Vegetable grant

Health care

• Only 1 pediatric clinic, member of Kinston Pediatric Associates
• Physicians East Family Medicine Clinic closed several years ago
• Closest adult primary care clinics are in Kinston and Ayden
• Closest hospitals in Kinston (Lenoir Hospital) and Greenville (ECU Health)
• Previous pharmacy closed several years ago, closest pharmacy is in Ayden

Transportation:

• No public transit system; Pitt Area Transit System (PATS) available for medical care
• Interviewees cited transportation access as a major local issue
• Most residents do not work in Grifton 3

EDUCATION

• Grifton School; K-8
• Efforts to address food insecurity: USDA Fruit and Vegetable grant recipient; free breakfast and lunch for all students; free meals for all kids under 18 in the summer
• Grifton-Ayden High School
• 4-year graduation rate (90.4%) comparable to NC average (86.4%) 4
• Low college graduation rate: 11% with bachelors or higher vs. NC average of 33% 2

KEY INTERVIEW TAKEAWAYS

• Lots of money and jobs leaving the town
  • DuPont in Kinston was a major source of income for the town, but it closed several years ago
  • Larger commercial chains do not want to invest in the area—they tend to prefer Ayden or Kinston
• Recurrent flooding is a major challenge
  • No local grocery store from 2018-2022 due to Hurricane Florence
• Transportation is a big issue locally, PATS can be unreliable for medical appointments
• Leads to many “no-shows”
• Illicit drug use is a significant problem

DISCUSSION

• The SDOH affecting Grifton are complex and affect multiple facets of life, especially health
• SDOH affect up 50% of health outcomes. Of this 50%, 47% can be attributed to socioeconomic factors, 34% to health behaviors, 16% to clinical access, and 3% to physical environment. Interview responses and census data suggest Grifton struggles in all these categories.1
• Further research should be conducted to identify strategies that mitigate the SDOH affecting the residents of Grifton, which will ultimately improve health outcomes.

REFERENCES