**INTRODUCTION**

- Healthcare infrastructure in North Carolina is growing yet rural populations continue to face challenges inhibiting their health improvement.
- Understanding social determinants of health allows for initiatives to be tailored specifically for communities needs.
- Bethel, NC is a rural community with several social determinants of health including finances, healthcare access, food access, and spiritual health.

**METHODS**

Before: Researched Bethel demographics and compared to NC data.

During: Interviewed Mrs. Rose Parker and observed Bethel first-hand.

After: Analyzed data and interview notes. Brainstormed possible solutions to major social determinants of health.

**RESULTS**

### Income and Housing

<table>
<thead>
<tr>
<th></th>
<th>Bethel</th>
<th>NC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Median Household Income</td>
<td>$53,093</td>
<td>$67,481</td>
</tr>
<tr>
<td>Poverty Rate</td>
<td>15.8%</td>
<td>12.8%</td>
</tr>
<tr>
<td>Cost of Living Index</td>
<td>78.6</td>
<td>98.5</td>
</tr>
<tr>
<td>Median Home Value</td>
<td>$129,894</td>
<td>$280,600</td>
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</tbody>
</table>

### Food

- There are no local grocery stores.
- There are three locally owned restaurants, Da-Nite Lunch, La Casetta Italian Restaurant, and MB Grill.

### Healthcare

- There are no local physician’s offices.
- There is one local dentist office, Bethel Family Dentistry.
- There is one local pharmacy, Bethel Pharmacy.

### Spiritual Health

- There are 12 Christian churches in Bethel, NC.
- Greenville is the closest location for other places of worship.

### Education

- Bethel Elementary School PreK-8th Grade
- North Pitt High School 9th-12th grade
- Pitt County Schools Early College High School
- Pitt Community College
- East Carolina University

**INTERVIEW REFLECTION**

Mrs. Rose Parker is a Bethel community member who is originally from Oak City and currently lives in Scotland Neck. She grew up on a chicken farm with 3 siblings and attended ECU for her teaching degree. She provided her perspective on spiritual health in the Bethel community:

- People are so busy that they aren’t thinking of eternity.
- People say they are more spiritual than they are.
- Spirituality is not a priority in the same way as her childhood.

**SOLUTION RECOMMENDATIONS**

- Grocery store that stocks fresh meat, produce, and healthy food choices.
- Pre-K through 12th grade Bethel School.
- ECU Health rural primary care clinic in Bethel.
- Community events including all Christian churches.

**DISCUSSION**

- Bethel is a close-knit community with high levels of religious engagement.
- The individuals that live in Bethel have many opportunities for community engagement including the Rotary club, senior center, and youth center.
- Two major determinants that were identified were the absence of formal grocery stores and primary care offices.
- There are solution goals the city of Bethel could work towards to help reduce social determinates of health within the community.

**REFERENCES**

1. NC B. Bethel, NC. Bethel, NC. Accessed July 24, 2024. [https://bethelnc.org/residents](https://bethelnc.org/residents)