



# Caswell County

## State of the County Health Report

Volume 1, Issue 2

December 7, 2009

### Top 10 Leading Causes of Death in Caswell County:

- 1 Diseases of the Heart
- 2 Cancer - all sites
- 3 Cerebrovascular Disease
- 4 Chronic Lower Respiratory Diseases
- 5 Diabetes Mellitus
- 6 Other Unintentional Injuries
- 7 Nephritis, Nephrotic Syndrome, & Nephrosis
- 8 Alzheimer's disease
- 9 Motor Vehicle Accidents
- 10 Pneumonia & Influenza

Source: NC State Center for Health Statistics

The purpose of the State of the County Health Report (SOTCH) is to relate current information on the health status of Caswell County and to measure progress the county has made since the last Community Health Assessment, which was completed in 2007. The SOTCH helps local officials develop strategies to meet health needs. It is also a way to solicit help from the community in meeting goals related to health issues. Copies of this SOTCH Report will be distributed to key stakeholders and to community members. Copies of the SOTCH and the 2007 Community Health Assessment can be found at Gunn Memorial Library or by contacting the Caswell County Health Department. In addition, both documents can be found on the health departments website [www.cchd.caswellnc.us](http://www.cchd.caswellnc.us).

Demographics	Caswell	NC
Population Estimates, 2008	23,248	9,222,414
Ethnicity		
White Persons, not Hispanic	64.6%	73.9%
Black Persons	34%	21.6%
Hispanic Persons	2.9%	
Median Household Income	\$37,765	\$44,775
Persons Below Poverty	15.8%	14.3%
Children in Poverty	18.3%	15.7%
Elderly in Poverty	21.1%	N/a
Children Enrolled in Free and Reduced Lunch		
Children Enrolled in Regulated Child Care		
Children Enrolled in Regulated Child Care, Receiving Subsidies		
Unemployment Rate, 2008	8.3%	6.3%
Crime Rate, 2008	25.8%	45.1%
Voting Rate, 2008	73.4%	71.9%

Sources: US Census Bureau; CATCH-NC, State Center for Health Statistics, Department of Public Instruction, and NC Rural Economic Development Center

## A Message from the Health Director

2009 has been a busy and challenging year in Caswell County and 2010 promises to give us many more opportunities to serve our county and make Caswell County a healthier place to live, raise a family, work and play.

As with the rest of the state and nation, our Health Department has been working its way through a difficult year where the poor economy has caused layoffs and required a tight budget just like it has with the county's residents. However, with the support of the Board of Health and hard work of our staff, we have been able to find alternate and less expensive ways to accomplish our goals and have tried to make the most of our limited resources. I am very proud of the way the Health Department's staff have responded to this year's challenges.

The spring and fall of this year were particularly busy here at the Health Department. During that time, in addition to our other routine duties, we were working on preparing for the North Carolina Local Public Health Accreditation and were trying to address the H1N1 (swine) flu pandemic. After many hours of work by most of our staff this spring, we were very proud to become one of only 50 accredited Health Departments in North Carolina. We hope that the efforts and changes that took place during the accreditation process will help us serve our county in a more efficient, effective and transparent manner.

This fall, the second wave of the H1N1 flu pandemic hit Caswell County, just as it has the rest of North Carolina, the country and world. While we would have preferred to avoid the pandemic, it has given us the chance to put into practice some of the plans that we have worked on for many years. It has also given us a chance to develop closer relationships and work cooperatively with the schools and other county agencies. Our staff have worked hard trying to meet the demands of this pandemic outbreak and I think they have done an outstanding job.

Malnutrition in the form of obesity continues to be a focus of our efforts at the Caswell County Health Department and will be for years to come. We are continuing to work with the school system to improve the eating and exercise habits of our children and were pleased to work with our community partners to open the first section of a walking trail at the Senior Center.

The Health Department will continue to work every day to serve the people of Caswell County and we are asking for your help in making our community a better place to live. If you have any ideas, suggestions, or comments on the work we are doing, please do not hesitate to contact me. Working together we can accomplish our goals and meet the needs of our families, friends and neighbors.



Frederick E. Moore, M.D.  
Caswell County Health Director

Cancer Type	Incidence Rates Caswell County (2005)	Incidence Rates North Carolina (2005)	Death Rate Caswell County (2007)	Death Rate North Carolina (2007)
Lung-Bronchus	52.1	76.8	56.0	58.6
Colorectal	52.0	53.6	17.8	17.8
Prostate	123.2	149.1	58.0	26.5
Breast	86.7	149.0	12.2	24.3
Total "All Cancers"	356.7	515.4	169.9	192.1

Statistics from 2001-2005 shows a continued decline in the incidence of all types of cancer in Caswell County, whereas cancer incidence in North Carolina leveled off. 2007 data shows that, with the exception of Prostate Cancer, death rates from various forms of Cancer has dropped lower than the state. The death rate for Prostate Cancer is more than double that of the state. This trend may be the result of lack of early detection and treatment. It is important to remember that the population of Caswell County is small, which can cause data to be unreliable when determining significance. The Health Department will continue to monitor cancer data to determine trends.

## Communicable Disease in Caswell County

The Communicable Disease Program at Caswell County Health Department reports the following information regarding Communicable Disease in Caswell County from January 1 - November 1, 2009:

**Chlamydia:** There have been 72 cases of Chlamydia reported.

**Gonorrhea:** There have been 24 cases of Gonorrhea reported.

**Hepatitis B:** There is 1 confirmed case of chronic Hepatitis B and one probable case. In addition there are 3 cases currently under investigation. There are no cases of Acute Hepatitis B.

**Pertussis "Whooping Cough":** There was 1 case of Pertussis in the county this year.

**Tuberculosis:** There was 1 case of TB reported.

**Campylobacter:** There was one case reported.

**Salmonella:** There was one case reported

**Rabies:** There were no cases of rabies this year in the county.

There are currently 8 suspected cases of **Rocky Mountain Spotted Fever** under investigation. In addition there were 4 cases of **Lyme's Disease**, with 5 additional suspected cases under investigation.

Data for **Syphilis** and **HIV** are not currently available, but can be obtained at a later time by calling the Health Department (336) 694-4129.

## Caswell County Environmental Health

### Water Quality Program

Since January 2009, the Environmental Health Division has tested 98 water samples for chemical contaminants. Thirty-five percent (35%) tested positive. The most common chemical contaminants are Iron, Magnesium, and Manganese. Even at elevated



levels, these chemicals do not typically lead to health problems.

Likewise, 172 samples were tested for

microbiological samples. As with the 2008 sampling, a quarter of the samples tested positive for coliforms. In most cases, coliforms themselves do not cause sickness, but they are easy to culture and their presence is used to indicate that other pathogenic organisms of fecal origin may be present. Of the 43 samples that tested positive for coliforms, only 2 cases also tested positive for e-coli bacteria. No trends can be detected by the microbiological or chemical sample results.

### Restaurants in Caswell

Since January 1, 2009, Environmental Health has performed 115 restaurant inspections. Of these inspections 113 resulted in a grade of "A" and 2 resulted in a "B" grade.



In the coming year Environmental Health will be responsible for the enforcement of recently passed legislation (House Bill 24) that prohibits smoking in restaurants and bars. The law become effective on January 2, 2010. Environmental Health will work with restaurant owners to help them prepare to make the necessary changes as well as enforcing the new law.

### Childhood Lead Investigations

In 2009, there have been 3 cases of children with elevated levels of lead in their blood. Environmental Health is currently conducting investigations in these cases.

## New Trails in Caswell County

In August 2009 the Stream Walk Trail opened at the Caswell Senior Center. This trail is the first phase of a series of trails linking the Senior Center to key locations in Yanceyville. And, this is just the beginning. Eventually, the Caswell Trail Committee envisions a trail system throughout the county

The trail was a partnership project between several county agencies including Dan River Basin Association, Caswell Senior Center, Caswell County Health Department, and the Recreation Commission-Trails Committee. Funding from the trail came from two different foundations. In July 2008, the Health & Wellness Trust Fund of North Carolina through the Fit Community Grant. The grant is a two-year grant that, in addition to the trail project, will help seniors to incorporate more physical activity into



their daily lives. In September 2008, the Danville Regional Foundation awarded \$177,400 to the Dan River Basin Association for the purposes of developing a heritage trail plan in Caswell County.

The program will support trails, heritage programs, and promotion of Caswell's heritage. At the beginning of the award period the Dan River Basin Association hired a trail planner who was instrumental in the design and construction of the Stream Walk Trail.

As the partnership moves into year two of its funding, there are plans for further construction of trails around the senior center and well as construction of raised beds and planter boxes for a community garden. All of which will help Caswell residents lead more physically active lives.

## Health Department Awarded Accreditation

In 2002, the North Carolina Division of Public Health and the North Carolina Association of Local Health Directors undertook an initiative to develop a mandatory, standards-based system for accrediting local public health departments throughout the state. The focus of NC's Local Health Department Accreditation is on the capacity of the local health department to perform at a prescribed, basic level of quality within the three core functions of assessment, assurance, and policy development and the ten essential services as detailed in the National Public Health Performance Standards Program.

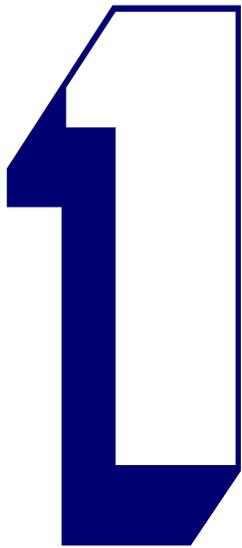


Dr. Fred Moore, CCHD Health Director receives official NC Accreditation plaque from David Stone, State Accreditation Director at a Board of County Commissioners Meeting.

Caswell County Health Department went through the Accreditation process for the first time in Spring of 2009. Health Department staff worked on the process for 18 months prior to the site visit. The Site Visit was a 3 day process, during which a four-person team of peers from other health departments in the state reviewed documentation and evidence. The site visit ended with a recommendation for accreditation. The State Accreditation Board awarded official accreditation status to CCHD on July 17, 2009 and a plaque was later presented to the Health Department at the November 2, 2009 Board of Commissioners Meeting. The Accreditation status is effective for four years.

## Community Health Assessment Progress Notes

Nearly two years after completing the most recent Community Health Assessment Process (CHAP), Caswell County continues to focus on the health of its residents. The purpose of the State of the County Health Report is to relate current information on the Health status of Caswell County and to measure the progress we have made since the Community Health Assessment (CHA) was completed. The 2007 CHA identified key issues that should be addressed. These issues include obesity, diabetes education, recreational activities, and a development of a Healthy Carolinians to address health issues.

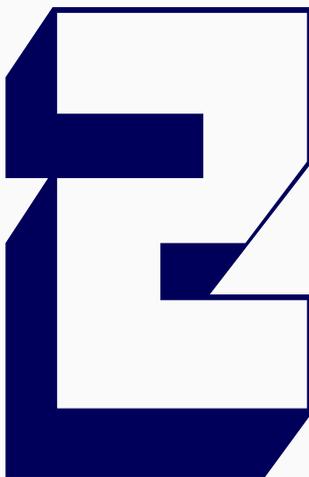


### Obesity

The obesity epidemic continues to receive national attention as well as local attention. Caswell County Health Department is participating in discussion groups hosted by the Danville Regional Foundation in an attempt to develop a plan to combat obesity in the Dan River Region.

The Mileage Club program at Oakwood has grown to include all 4th graders in the school and 4H hopes to continue to partner with the Health Department to offer this program to all 4th grade classes countywide.

Seniors at the Senior Center are also participating in their own version of the Mileage Club as they also earn rewards for miles of physical activity and health programs they participate in. The Caswell Seniors Moving More Program is in its infancy, but plans to expand services in the coming year are underway. Some of these plans include the development of weight loss support groups, physical activity groups, as well as community gardens. Partnerships continue to be vital in the fight against obesity.



### Diabetes

Diabetes remains a high priority in Caswell County. At the time of the 2008 State of the County Health Report Diabetes was ninth on the "Top Ten Leading Causes of Death in Caswell County" list. This year it has crept back into the number five spot.

In 2008 the Caswell County Board of Commissioners allowed the Health Department to create a Diabetes Educator Program. The Health Department hired a Diabetes Educator who began working to provide education through a variety of methods including educational workshops as well as individual counseling.

Currently the Diabetes Education position is vacant, but the Health Department is actively recruiting a qualified person to coordinate this program. In the meantime, the Health Department continues to provide services to the community as appropriate. In addition, CCHD continues to seek funding when available to further Diabetes Education efforts in Caswell.

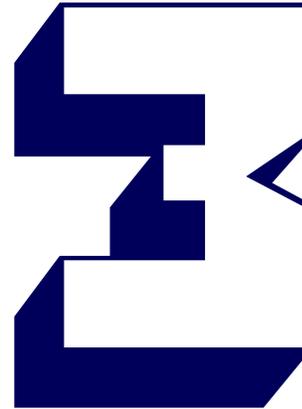
## Recreational Opportunities

According to the 2007 CHA Survey more than half of the respondents indicated that they would be more physically active if there were more recreational opportunities, specifically trails, greenways, and bike paths.

As previously mentioned, the first phase of the trail construction project was completed this summer and the second phase is currently being planned. This next phase will bring construction of another new trail. The Loop Trail will connect to the Stream Walk Trail and will circle through the area near the Senior Center.

In addition, the Dan River Basin Association continues to seek funding for further trail development as part of its Heritage Trails Program.

While the key partners in these projects envision a countywide network of trails, they understand that this is a long-term goal and that trail development must be made one step at a time. These first two trails serve as a strong foundation to begin building and linking future trails.



## Formation of Healthy Carolinians Partnership

One recurring idea from the 2003 CHA was the lack of communication between agencies and the lack of information regarding resources available in Caswell county. Forming the Healthy Carolinians Partnership has proven to be difficult because in a small, rural county like Caswell partnerships frequently share the same pool of members. However, the Health Department continues to be an active member at the table of other partnerships and committees as they work in Caswell County. In addition, the Health Department will continue to investigate Healthy Carolinians and determine the best way to form this group.



## Community Health Assessment 2011

**The next Community Health Assessment Process will begin in the late spring of 2010. Key partners of the Health Department will be invited to participate in this process. In addition, however, general members of the public are welcome to become a part of the process. If you are interested in health issues in Caswell County and would like to take an active role in the next CHA Process contact Jennifer Eastwood at (336) 694-4129.**

# 2009-2010 Flu Season

CASWELL COUNTY  
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## 2009 Caswell County Board of Health Members

Jack Turner, MD  
Donald Fuller, DVM  
Peggy Baldwin, RN  
Edith Gentry  
Jimmy Koger  
Vernon Massengill, RPh  
Rick McVey  
Susan McWhorter, RD  
Gordon Satterfield  
Edith Totten  
Jesse Wall, DDS

This year's flu season has been different and much of this difference has to do with the H1N1 (swine) flu. People began getting sick this spring and summer but when school started this fall, the number of cases really took off. Based on studies by the NC Division of Public Health, most of the flu cases this year have been due to the H1N1 virus.

Another difference this year is that there are two different flu vaccines. One for the regular seasonal flu and one for the H1N1 flu. To confuse matters more, there are also two different delivery methods for each of these vaccine: the traditional shot and the nasal spray. While the vaccine manufacturers say that there will eventually be enough vaccine for everyone who wants it, there is currently a shortage of all types of this vaccine.

The H1N1 vaccine has been available in small amounts to a limited number of providers. Based on the recommendation of the Centers for Disease Control (CDC) the Health Department and other providers have

been using the limited supply those who are at risk for developing the serious complications of flu. This includes: pregnant women, people who live with or provide care for infants younger than 6 months (e.g., parents, siblings, and day care providers), health care and emergency medical services personnel, people 6 months through 24 years of age, and, people 25 years through 64 years of age who have certain medical conditions (asthma, diabetes, immunocompromised, etc.) that put them at higher risk for influenza-related complications.

The health department has gone to all of the public schools and several of the child care providers to administer the vaccine, and has also given vaccination to other at risk groups through its clinic services. Over the coming months the health department will be holding mass vaccination clinics for the public. Watch the health department's website [www.cchd.caswellnc.us](http://www.cchd.caswellnc.us) for more information on upcoming flu clinics. In addition, you can call the health department at (336) 694-4129.

**The mission of the Caswell County Health Department is to protect the health and welfare of Caswell County citizens and to meet the county's health needs through direct services, assessment and evaluation, and community partnerships.**

We hold the following core values to fulfill this mission:

<b><i>Health Promotion</i></b>	We emphasize the importance of healthy lifestyles and behaviors that lead to an enhanced quality of life and lower health risk.
<b><i>Prevention</i></b>	We act promptly to prevent the spread of communicable diseases and lower risk factors that lead to chronic disease.
<b><i>Sanitation</i></b>	We work to ensure food safety, clean drinking water, clean air and a safe environment.
<b><i>Partnerships</i></b>	We cooperate with community, state, and national partners to meet the needs of the citizens.
<b><i>Quality</i></b>	We strive to meet the highest standards of quality as we provide services to our citizens.