

Caswell County**Public Health**

Prevent. Promote. Protect.

Top 10 Leading Causes of Death in Caswell County:

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease
4. Cerebrovascular Disease
5. Unintentional Injury Deaths
6. Unintentional Deaths from Motor Vehicle Accident Injuries
7. Nephritis
8. Pneumonia
9. Diabetes
10. Suicide

Source: CATCH-NC

Caswell County

State of the County Health Report

Volume 1, Issue 1

December 1, 2008

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 the SOTCH will be distributed to key stakeholders and to community members

Caswell County—At A Glance

<u>Demographics</u>	<u>Caswell</u>	<u>NC</u>
Population Estimates, 2007	23,625	8,875,404
Ethnicity		
White persons, Not	63%	70%
Black Persons:	34%	22%
Hispanic:	3%	6.7%
Median Household Income	\$35,018	\$39,184
Persons Below Poverty	14.4%	12.3%
Percent of Children:		
In poverty (2005)	23%	21%
Children Enrolled in Free and Reduced Lunch (2007)	58.49%	48.39%
Children Enrolled in Regulated Child Care (2005)	10%	17%
Enrolled in Regulated Child Care, Receiving Subsidies (2005)	64%	37%

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

With the support of the community and the Board of Health as well as the local and state government, the employees of the Caswell County Health Department work every day to make Caswell County a healthier and more active place to live, raise a family, work and play.

In addition to providing routine public health , primary medical care, home health and environmental health services, one of the top priorities of the Caswell County Health Department, as well as North Carolina and the nation is to fight the growing trend of malnutrition in the form of obesity. We are joining this effort by working on several fronts: with the school system to improve the eating and exercise habits of our children, with the Senior Center to create more opportunities to exercise within the county and we have started a Diabetes Education program to help reduce the damage caused by this common disease that is often related to obesity.

While the Home Health agency has been accredited for many years, we are now seeking accreditation status for the rest of the Health Department programs. Over the years, the state has performed many routine audits but as a part of a statewide effort to assure that all health departments meet a consistent standard of service, we have started the accreditation process that will end with a site visit in the spring of 2009.

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.

Cancer in Caswell County

Did You Know?
Caswell County has a "Road to Recovery" Program. This program offers transportation to and from cancer related medical and treatment appointments using volunteer drivers. For more information call the Caswell Senior Center at (336) 694-7447.

Cancer Type	Incidence Rates Caswell County (2005)	Incidence Rates North Carolina (2005)	Death Rate Caswell County (2006)	Death Rate North Carolina (2006)
Lung-Bronchus	52.2	76.4	67.3	60.4
Colo-rectal	52.0	48.8	20.6	17.2
Prostate	124.9	147.8	35.6	28.6
Breast	87.7	147.5	25.1	24.9
Total "All Cancers"	353.1	511.8	213.1	195.8

Statistics from 2001-2005 show a continued decline in the incidence of all types of Cancer in Caswell County, whereas cancer incidence in North Carolina continues to rise. One exception to this is that the incidence of colo-rectal cancer has risen in Caswell. However, according to 2006 data death rates from Cancer in Caswell County continue to be higher than the state death rates. 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

Caswell County has seen a general decrease in the number of Gonorrhea and Chlamydia cases since 2006

Communicable Disease	# in Caswell (2007)	Rate in Caswell (2007)	Rate for NC (2007)
Chlamydia	33	140.2	345.6
Gonorrhea	29	123.2	188.2
HIV	5	21.2	21.9
Tuberculosis	2	8.3	3.8

mirroring the same trend statewide. While HIV rates have increased to 5 cases in Caswell, from a Public Health perspective, the numbers are too small to be statistically significant. The Communicable Disease Nurse continues to monitor for disease outbreaks within the county.

Since January 1, 2008 Caswell has seen 3 cases of Salmonella, however the

investigation was unable to determine the specific source of the illness. In addition, the county has seen one case of campylobacter. Again the investigation was unable to determine the specific source of the illness.

One case of Rocky Mountain Spotted Fever and one case of Lyme Disease were also reported within the county.

There were two cases non-human rabies, both found in raccoons in 2008. This compares to four cases in 2007 which were found in raccoons, a skunk, and a bat. The Health Department continues to work with animal control to monitor rabies in the county.

Caswell County Environmental Health

Water Quality Program

Since July 2007 the Environmental Health Division has tested 80 water samples from county wells with 45% testing positive for chemical contaminants. The most common chemical contaminants are Iron, Magnesium, and Manganese which, even at elevated levels, do not typically lead to health problems. Likewise, 178 samples were tested for microbiological contaminants. Almost 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 one case in 2007 also tested positive for fecal contamination. No trends can be detected by the microbiological or chemical sample results.



Restaurants in Caswell

Since September of 2006, Environmental Health has performed 266 individual inspections of restaurants. Of these inspections 264 resulted in a grade of "A" and 2 resulted in a "B" grade.



In 2007-2008 Caswell County participated in the Restaurant Heart Health Survey. This is a survey tool used by local health departments and the NC Division of Public Health to assess the smoking and dining policies and practices of individual restaurants in each county. 32 of Caswell's restaurants participated in the survey. By participating in the survey, the Caswell County restaurants were able to request data from the state on smoke-free dining, advertising nutritional information on the menu and information materials

Childhood Lead

Investigations

In 2007, there were been 3 cases of children with elevated levels of lead in their blood. Environmental Health is currently conducting investigations in these cases.

Teen Pregnancy in Caswell County

According to the Adolescent Pregnancy Prevention Campaign of North Carolina, "North Carolina's teen pregnancy rates continue to hold steady, with 2007 state rates nearly the same as those over the previous four years. The five-year plateau follows a 13-year decline that resulted in the state's lowest-ever rates in 2003. The state's adolescent pregnancy rate has declined by 36 percent since 1992."

Caswell County ranks 86 out of North Carolina's 100 counties for teen pregnancy. In 2007, 33 babies were born to Caswell women 19 years old or younger, one of these babies was born to a woman younger than 15. Five of these women had had a pregnancy before. "These statistics indicate that while high profile first pregnancies such as Jamie Lynn Spears or Bristol Palin make the evening news, it is teen parents that we ought to be focusing on," said Kay Phillips, Executive Director of the Adolescent Pregnancy

Prevention Campaign of North Carolina. "Teen mothers need special attention: only a third graduate from high school and by the age of 30, they're earning only 58 percent of the amount that women who delayed childbirth will earn. We need to teach our teens to delay pregnancy and if they don't, encourage them in finishing their education and delaying a second pregnancy until they're financially ready to support a family."

The Caswell County Partnership for Children (CCPC) has been instrumental in providing programs addressing teen pregnancy in the county. Through grants to fund the Adolescent Pregnancy Prevention Program, CCPC offers two programs TOP—Teen Outreach Program and Can We Talk.

Through TOP, CCPC reaches about 50 at-risk youth in the 6th through 12th grades. The teens meet twice a week to participate in group activities. These activities include discussion of topics important to them, field trips, recreational activities, computer classes, and service learning projects.

TOP allows teens to make healthy decisions about their lives, learn more about themselves and others, and to use their ideas and energy to impact their community in a positive way.

"Can We Talk?" takes a different approach by targeting parents of youth and teaching them how to effectively communicate about self-esteem, sexuality, and peer pressure. Parents have an opportunity to learn about and share ideas for beginning and continuing conversations with their children about these tough issues. "Can We Talk?" helps parents identify family values and then to communicate those values effectively to their children.

For more information about these programs call CCPC at 694-1538.



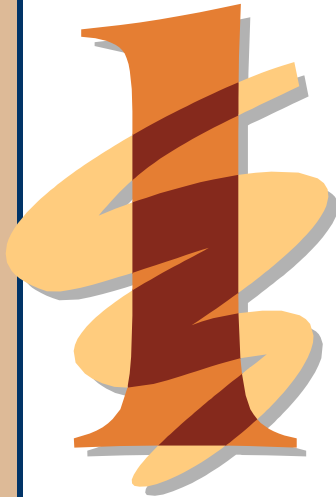


Community Health Assessment Progress Notes

Nearly one year 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 Coalition to address health issues.



Obesity

The obesity epidemic continues to receive national attention. According to the CHA report the total percentage of Overweight children in Caswell County is **26%**. This is barely higher than the state rate of **25.2%**, however it is consid-

erably higher than the national rate of **19%**.

Caswell County 4-H has joined the fight against childhood obesity by sponsoring a pilot project in one 4th grade class. This Mileage Club project rewards students for the number of miles they

have walked. If the pilot is successful 4-H hopes other teachers will implement the program helping children to become more physically active throughout the day. Partnerships such as this one are vital in the fight against obesity.



Diabetes

At the time of the 2007 CHA death rates in Caswell County associated with Diabetes were double that of North Carolina. Likewise, death rates among African Americans was double that of the white population. More recent statistics show that the death rate has declined in

Caswell since last year and is now lower than the state rate. However, diabetes related deaths among African Americans continues to be significantly higher than in the white population.

To combat this issue the Caswell County Board of Commissioners allowed the health

department to create a Diabetes Education Program. This program will provide education through a variety of methods including screenings, group education and support groups, as well as individual counseling. For more information call Stephanie Lung at (336) 694-4129.

Recreational Opportunities

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

In 2008 Caswell County received a \$60,000 two-

year Fit Community Grant from the Health & Wellness Trust Fund.

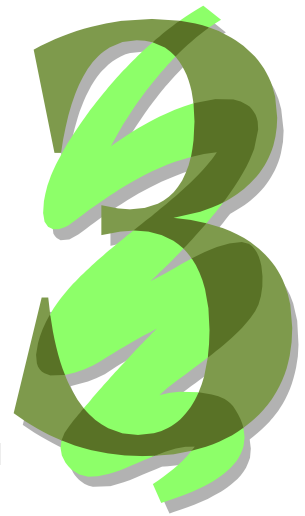
This grant will construct walking trails adjacent to the new Senior Center.

Though this program primarily targets the senior population, these trails will be open to all residents.

In addition, the Dan

River Basin Association received \$117,000 from the Danville Regional Foundation to develop a comprehensive trail plan for the entire county.

If you are interested in volunteering to plan, develop, construct, or maintain these trails please contact Jennifer Eastwood at (336) 694-4129.



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. Developing a Healthy Carolinians Partnership would offer a forum to bring all health issues to the table and would continue

the teamwork that was established through the 2007 Community Health Assessment Process. Until recently the regional consultant position for Caswell's region has been vacant. This has delayed the formation of this coalition. However, the position has since been filled and work will soon begin to implement

this objective. In October 2008 the health educator from the Health Department attended the annual Healthy Carolinians Conference to learn techniques for building sustainable community partnerships. If you would like to be a part of the coalition please call Jennifer Eastwood at (336) 694-4129.



Caswell County Board of Health Passes Smoking Rule

According to the 2007 Community Health Assessment Survey 75% of respondents believed there should be regulations on smoking in public places. Although most county employees had voluntarily agreed not to smoke inside their buildings there was no formal rule to require that county buildings be smoke free. On July 22, 2008, the Caswell County Board of Health adopted a rule to ban smoking inside all governmentally owned or

leased buildings in Caswell County, including those owned by the Towns of Milton and Yanceyville. In addition, the rule banned smoking in county owned or leased vehicles used to transport the public, such as law enforcement, emergency medical services, and county department of transportation vehicles.

While the Board of Health respects the rich agricultural

heritage of Caswell County, the overwhelming information regarding exposure to secondhand smoke prompted them to take action on this public health issue.

As a result of this rule smoking in government owned buildings or vehicles is now a misdemeanor and may result in a fine of up to \$200.

CASWELL COUNTY
HEALTH
DEPARTMENT

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We're on the web!
www.cchd.caswellinc.us

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Caswell County Health Department Begins Accreditation Process

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 the three core functions of assessment, assurance, and policy development and the ten essential services as detailed in the National Public Health Performance Stan-

dards Program.

Health Departments will go through the accreditation process every four years in accordance with state guidelines. The Caswell County Health Department will go through accreditation for the first time in the Spring of 2009. Health Department staff have been busy gathering evidence to prove that they have met the benchmarks set before them.

So far 44 counties have been accredited in North Carolina. All Health Departments must go through accreditation by the end of 2012.

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:

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

The Health Department would like to thank our community partners. Their support and collaboration are essential to the work we accomplish. Special thanks to:

2008 Caswell County Board of Commissioners

- Bill Carter
- Nate Hall
- Larry Gene Hamlett
- Jeremiah Jeffries
- Kenneth Travis
- Hester Vernon
- George Ward, Chairman

Caswell County Schools.



Caswell County Senior Center

Caswell County Parks & Recreation and Recreation Commission

Caswell Family Medical Center

Caswell County Partnership for Children

Yanceyville Primary Care

Prospect Hill Community Health Clinic

Caswell County Emergency Management

North Carolina Health & Wellness Trust Fund

Town of Yanceyville

The Caswell Messenger