

Caswell County

State of the County Health Report

Volume 1, Issue 3

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Top 10 Leading Causes of Death in Caswell County:

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease
4. Unintentional Injuries
5. Cerebrovascular Disease
6. Nephritis, Nephrotic Syndrome, & Nephrosis
7. Alzheimer's Disease
8. Diabetes Mellitus
9. Influenza & Pneumonia
10. Intentional Self-harm (Suicide)

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 department website www.cchd.caswellnc.us

Demographics	Caswell	NC
Population Estimates, 2009	23,004	9,380,884
Ethnicity		
White Persons, not Hispanic	62.6%	66.8%
Black Persons	33.6%	21.6%
Hispanic Persons	2.7%	7.7%
Median Household Income	\$39,693	\$46,574
Persons Below Poverty	18.9%	14.6%
Children in Poverty	18.6%	15.7%
Elderly in Poverty	21.1%	N/A
Children Enrolled in Free and Reduced Lunch, 2008	55%	31.3%
Unemployment Rate, 2009	10.1%	9.6%
Crime Rate, 2008	25.8%	45.1%
Voting Rate, 2009	73.4%	71.9%

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

Source: NC State Center for Health Statistics

A Message from the Health Director

2010 has been a busy and challenging year in Caswell County and 2011 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.

Caswell County as well as the rest of the state and nation have been working their way through a difficult economic situation that has caused layoffs and a tight budget at the Caswell County Health Department. Just like the residents of Caswell County, we have struggled to find alternate, less expensive ways to accomplish our goals and have attempted to make the most of our limited resources. While we are hopeful that the worst of the economic down-turn is over, we are still struggling to provide cost effective services to the county.

Last year we successfully completed our first Health Department Accreditation and this year we have been preparing for re-accreditation of our Home Health agency. A lot of time and energy has been spent meeting these standards and we are proud of the high quality care we provide to Caswell County.

The Caswell County Health Department continues to attack the obesity problem in our community on several fronts. Our Health Promotion staff are educating the public about the need to eat healthier and exercise more. In addition they are working to provide a variety of opportunities to lead healthier lives including walking trails, exercise programs and classes on eating more nutritious food and weight loss. On another front, our Health Department clinic staff work to prevent or treat obesity and the complications of this nationwide epidemic.

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 with the Board of Health, Board of County Commissioners and every resident of the county, we can accomplish our goals and meet the needs of our families, friends and neighbors.



Frederick E. Moore, M.D.

Cancer Types	Incidence Rates Caswell County (2003-2007)	Incidence Rates North Carolina (2003-2007)	Death Rates Caswell County (2007)	Death Rates North Carolina (2007)
Lung-Bronchus	79.4	75.8	56.0	58.6
Colorectal	46.3	47.5	17.8	17.8
Prostate	160.1	153.8	58.0	26.5
Breast	157.9	149.6	12.2	24.3
Total "All Can- cers"	487.9	484.7	169.9	192.1

Statistics from 2003-2007 shows incidence for most types of cancer are higher in Caswell than that of the state. 2007 data shows that, with the exception of Prostate Cancer, death rates from various forms of cancer has dropped lower than the state. It is important to remember that the population of Caswell County is small, which can cause data to be unreliable when determining a significance. Cedar Grove Baptist Association, Caswell County Health Department, the NC Institute of Minority Economic Development, Nia's Ark Inc. and other local community-based agencies will join the UNC Program on Ethnicity, Culture, and Health Outcomes to provide a program called Prostate Cancer Ambassadors Project. This project will help educate men in Caswell about prostate cancer. In the coming year, the project will begin recruiting lay-health ambassadors.

Communicable Disease in Caswell County

The Communicable Disease Program at Caswell County Health Department reports the following information regarding Communicable Disease in the County from November 1, 2009 - November 1, 2010.

Clamylia: There have been 87 cases of Chlamydia reported.

Gonorrhea: There have been 31 cases of Gonorrhea reported.

Syphilis: There were 2 cases of Syphilis reported.

HIV/AIDS: There are 3 cases of HIV and one case of AIDS reported.

Hepatitis B: There is 1 case of chronic Hepatitis B.
Tuberculosis: There are no cases of TB reported

Pertussis "Whooping Cough": There were no

cases of Pertussis in the county this year.

Campylobacter: There were no case reported.

Salmonella: There were three cases reported.

Legionellosis: There was one case reported

Vibrio Infection: There was one case reported

Non-gonococcal Urethritis: There were 5 cases reported.

Rabies: There were two cases of rabies this year in the county. One from Prospect Hill and one in Providence

There are currently six probable cases of Rocky Mountain Spotted Fever and seven more suspect cases under investigation. In addition, there was one suspected cases of Lyme's Disease.

Caswell County Environmental Health

Water Quality Program

Since January 2010, Environmental Health Division has tested 56 water samples for chemical contaminants. Fifty-two percent (52%) fell within the state recommended guidelines. Of the 48% that exceeded the state recommended parameters, the most common contaminants were Iron, Magnesium, Manganese. Even at elevated levels, these chemicals do not typically lead to health problems.

Likewise, 115 water samples for microbiological contaminants. Sixty-three percent (63%) of the samples were clean. 42 samples contained 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 42 samples that tested positive for coliforms, only 4 cases also tested positive for fecal coliform.

No trends can be detected by microbiological or chemical sample results.

Restaurants in Caswell

Since January 1, 2010 our department has completed 100 food service inspections all of which produced "A" grades.

This year Environmental Health has gained the responsibility for the enforcement of House Bill 24 that prohibits smoking in restaurants and bars. The law became effective on January 2, 2010. This rule is not connected to regular food services establishment inspections. There has been 1 official complaint in 2010. The complaint was investigated and was resolved with education.

Childhood Lead Investigations

No lead inspections were conducted in 2010 so far.

Diabetes Education Program

Diabetes Education is up and running in Caswell County. In 2010 various innovative and unique education programs were introduced in group education settings and with individual appointments.

The Caswell County Health Department developed and conducted a program called "Focus on Diabetes". This seven-week program is designed for people who have diabetes, their spouses or caregivers, to help manage the daily challenges of living with this chronic condition. Topics included: Healthy Eating, Being Active, Monitoring, Medication, Problem Solving, Reducing Risks and Healthy Coping.

Food was the mainstay of two additional diabetes programs offered. "Shopping with Diabetes in your Cart" first provided an overview of the healthy diabetic diet in a classroom setting and was followed up with a two-hour personalized tour in the grocery store. This class was very popular as participants compared the products they were currently using and discovered new items that would better support a

healthy diet.

"Dining Out with Diabetes" was held at the renowned Yancey House Restaurant. After an introduction to carbohydrate counting, insider secrets were provided to help you get a restaurant meal needed to support personal dietary requirements. To reinforce the concepts, participants were served a delicious heart healthy, carbohydrate friendly meal.

Customized presentations have been conducted at churches and to senior citizen groups. They continue to be available to these targeted groups as well as to other civic, community, schools and businesses at no charge. In addition to the group workshops, diabetes education is available by appointment to help individuals self manage the disease.

To schedule an appointment or arrange for a presentation on diabetes prevention topics such as losing weight or starting an exercise program, call Donna Kopec at 694-4129 ext. 123.

Physical Activity in Caswell County

New Trails in Caswell

Trail Development continues to progress in Caswell County thanks to the Dan River Basin Association (DRBA) through a grant from the Danville Regional Foundation. DRBA Trail Planner, Chad Hall, has recently relocated his office in Caswell County to make him more available and accessible for trail development.

During 2010, an additional 900 feet of trail was constructed at the Senior Center. This trail was built as part of the Fit Community Grant from the NC Health & Wellness Trust Fund. This extends the Steam Walk trail that was constructed in 2009 for a loop that totals about 1800 feet. The newest section of trail is a natural surface that features three bridge structures. This will serve as a hub for further natural trail development at the senior center. Yes, we added another 900 feet of trail at the senior center this summer.

Dan River Basin Association has also received a grant in the amount of \$59,500 from NCDENR to develop another 1200-1400 feet of trail. This will mostly be crusher run trail and it will complete a loop around the senior center. This section of trail has great potential to increase future connectivity by offering access for trail use to Rainbow Educational Center. Additionally, the trailhead will be located at the driveway entrance to the Senior Center, just across the street from Oakwood Elementary School, offering a link not only to the

school, but also to Gatewood Park.

In addition, DRBA is ready to begin construction on just over 2 miles of trail located west of Oakwood School. DRBA will be working with the Southern Virginia Mountain Bike Association to construct this trail. DRBA is set to begin construction shortly after the new year.

Zumba Classes

During the 2007 Community Health Assessment survey participants indicated they would be more active if fitness classes were offered. Caswell County Health Department has teamed up with Parks & Recreation and Get Fit in the Dan River Region to offer one of the hottest fitness crazes, Zumba. Zumba is a fitness program inspired by Latin Dance. Classes began October 4th at the Parks and Recreation Gym, and there have been over a hundred participants for most of the classes. A new round of classes will begin in January.



Community Health Assessment Progress Notes

Nearly three years after completing the most recent Community Health Assessment Progress (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 Partnership to address health issues.



Obesity

Within the Dan River Region community partners have begun to work together to develop a plan for lowering the rate of obesity in Danville and Pittsylvania and Caswell Counties. The Danville Regional Foundation funded the Get Fit in the Dan River Region initiative in early 2010 to promote “healthy people in healthy communities.” Get Fit focuses on offering community programs that encourage and enable consistent physical activity and assist citizens in making healthier nutrition choices. In Caswell County, Get Fit, Caswell County Health Department, Caswell County Parks & Recreation teamed up to offer a weekly Zumba class.

Caswell County Cooperative Extension, Family and Consumer Science Agent, Sonya Patterson, offered the Eat Smart, Move More, Weigh Less (ESMMWL) Program twice during the year. ESMMWL is a 15-week weight-management program. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. The program provides opportunities for participants to track their progress and keep a journal of healthy eating and physical activity behaviors. During the inaugural class, that began January 2010, the 26 participants lost a total of 279.6 pounds. In addition, participants lost an average of three inches from their waists and some noticed a reduction in blood pressure and blood glucose.

In addition, Ms. Patterson worked with Caswell County Schools to offer the Steps to Health Program to 3rd graders at Oakwood and South Elementary Schools. Steps to Health is a 9-week nutrition education program. The ultimate goal of the program was to increase knowledge allowing for positive behavioral change leading to improvements in nutrition and physical activity. According to post-tests results 88.5% of participants increased their overall knowledge of nutrition. 58.6% of students say they intend to make nutritional changes, while 21% intend to play more outside. Parents also noticed the changes in their child’s behavior, and indicated that they will make changes in their own nutritional and physical activity behaviors as a result of this program.

The Caswell Senior Center added a new means of physical activity for their participants. In August, through a Fit Community grant from the NC Health & Wellness Trust Fund, the Senior Center added raised planter boxes and gardening tables. Since gardening is considered to be a form of moderate physical activity, seniors will be responsible for maintaining the gardens and will receive physical activity credit through the Caswell Seniors Moving More project. The seniors “adopted” boxes to plant and maintain. So far the seniors have enjoyed delicious broccoli and other fall/winter vegetables. In addition, the flowers planted have added beauty to the courtyard area.

Diabetes

Diabetes remains a high priority in Caswell County. In 2010 Caswell County Health Department hired Donna Kopec as the Health Educator focusing on Diabetes. Caswell County residents with diabetes who are facing challenges managing their disease are encouraged to call the Health Department to schedule a coaching session. During the session, Donna can work with the individual and their family members to achieve a greater understanding of living with diabetes.



In addition to individual sessions, Donna will be conducting group workshops on various topics related to diabetes risk factors including obesity, exercise and smoking. Church, civic, community groups, schools and businesses can host a presentation. Opportunities exist for Donna to work directly with your organization or business to create a targeted program that will improve overall health and lessen your risk of diabetes. To learn more about the Diabetes Education Program,



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, bike paths, and fitness classes.

As previously mentioned trail construction has continued this year, and 900 feet of new trail have been constructed. CCHD has also worked with community partners to offer a Zumba class. The Recreation Commission is beginning the process of creating a Master Recreational Plan for the county, which will lead to further opportunities in Caswell.

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 Health 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 Caswell County Board of Health has asked to have a consultant from the state-level Healthy Carolinians attend one of its regular meetings to educate them on the benefits of the partnership as well as the process involved to become certified.



Community Health Assessment 2011

The next Community Health Assessment Process is beginning NOW. 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 the health department at (336) 694-4129.

2009 Caswell County Board of Health Members

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Edith Gentry
Jimmy Koger
Vernon Massengill, RPh
Rick McVey
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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 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.