



# Caswell County

## State of the County Health Report

### Top 10 Leading Causes of Death in Caswell County (2006-2010)

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease
4. Unintentional Injuries
5. Cerebrovascular Disease
6. Diabetes Mellitus
7. Alzheimer's Disease
8. Motor Vehicle Injuries
9. Kidney Disease
10. Influenza & Pneumonia

Source: NC State Center for Health Statistics

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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 2011. 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 2011 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](http://www.cchd.caswellnc.us)

Demographics	Caswell	NC
Population Estimates, 2011	23,403	9,656,401
Ethnicity		
White Persons, not Hispanic	64.0%	72.1%
Black Persons	33.8%	22.0%
Hispanic Persons	3.3%	8.6%
Median Household Income (2006-2010)	\$36,927	\$45,570
Persons Below Poverty (2006-2010)	21.7%	15.5%
Children in Poverty	35.7%	N/A
Elderly in Poverty	17.4%	N/A
Children Enrolled in Free and Reduced Lunch, 2011-2012	69.44%	56.0%
Unemployment Rate, 2012Q1	9.5%	9.6%
Crime Index Rate, 2011	2432.8	3919.8
Voting Rate, 2010	13.7%	N/A%

Sources: US Census Bureau; State Center for Health Statistics, Department of Public Instruction; NC Employment Security Commission, and NC Department of Justice

## A Message from the Health Director

2012 has been a busy year in Caswell County and 2013 promises to give us many more opportunities to serve Caswell County and make it 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 over the last few years but there are signs that brighter times may not be far off. Just like the residents of Caswell County, the Health Department has struggled to find alternate, less expensive ways to accomplish our goals and have attempted to make the most of our limited resources. Some difficult choices have had to be made but we have tried to guide our decisions by keeping our primary mission in mind. We hope that these choices have made us a more efficient and productive steward of the funds that have been entrusted to us. As the economy improves, perhaps we will be able to focus more attention on creatively addressing the health needs of Caswell County.

We continue to provide a wide range of clinical and support services to Caswell County and during the past year we also began our collaboration with the regional Community Transformation Grant Program as they work to help us reduce our use of tobacco, eat healthier and become more active. By doing this we will hopefully reduce the two main causes of premature death: tobacco use and obesity. We look forward to the next several years of working with this federally funded health promotion project and becoming inspired by their creativity and enthusiasm.

In the next year we will be working on renewing our accreditation in both our Home Health and traditional Health Department programs. This process requires us to meet a long list of state and national standards that help us show how well we do our jobs and how we compare to other similar programs across the state and nation. Normally we go through one accreditation at a time but this time we will be working on both processes. A lot of time and energy will be spent meeting these standards and we are proud of the high quality care we provide to Caswell County.

The Health Department will continue to work every day to serve the people of Caswell County and we ask for your help to make 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.

A handwritten signature in black ink that reads "Frederick E. Moore MD". The signature is written in a cursive, flowing style.

Frederick E. Moore, M.D.

## Cancer Rates in Caswell County

Cancer Types	Incidence Rates Caswell County (2005-2009)	Incidence Rates North Carolina (2005-2009)	Death Rates Caswell County (2010)	Death Rates North Carolina (2010)
Lung-Bronchus	67.2	75.9	42.2	57.8
Colorectal	39.0	45.4	8.4	15.7
Prostate	138.1	158.3	33.1	19.7
Breast	135.0	154.5	42.9	27.5
Total "All Can- cers"	435.3	500.1	215.0	188.2

Statistics from 2005-2009 show the incidence for most types of cancer are lower in Caswell than that of the state. This is a change from previous years where the incidence in Caswell were higher. Data from 2010, however, shows that death rates for prostate cancer and breast cancer is higher 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.

## Communicable Disease in Caswell County

*By: Loretta Nichols, RN*

The Communicable Disease Program at Caswell County Health Department reports the following information regarding Communicable Disease in the County from November 1, 2011 - November 1, 2012.

Clamydia: There have been 79 cases of reported.

Gonorrhea: There have been 23 cases reported.

Syphilis: There were 0 cases reported.

HIV/AIDS: There are 2 cases of HIV and no cases of AIDS reported.

Hepatitis B: There is 1 case reported.

Tuberculosis: There is 1 case reported

Pertussis ("Whooping Cough"): There were no confirmed cases in the county this year.

Salmonella: There were 4 cases reported.

Ehrlichia: There was 1 case reported

Rabies: There were two cases of rabies this year in racoons. One from Pelham and one in Blanch.

Creutzfeldt-Jakob: 1 case/death

There are currently 7 probable cases of Rocky Mountain Spotted Fever. In addition, there was 1 probable case of Lyme's Disease.

# Caswell County Environmental Health

*By: Donnie Powell, RS*

## Water Quality Program

Since January 2012, The Environmental Health Department has tested 53 water samples for chemical contaminants. Fifty-one percent (51%) fell inside the state recommended guidelines. Of the 49% that did not meet the states quality standards, the most common outliers were Iron and Manganese. These compounds, even at slightly elevated levels do not normally pose any substantial health risk.

Likewise, 114 samples were collected to test for bacteriological contaminants. Seventy-five percent of the samples were clean. 25 samples tested positive for coliform bacteria. 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 25 samples that tested positive for coliforms, only three then tested positive for fecal coliform.

No trends can be determined from these microbiological and chemical sample results.

## Restaurants and Facilities in Caswell

Since January 1, 2012, Environmental Health has

completed 151 total inspections at Restaurants and facilities, which include but are not limited to day cares, residential care homes, camps, lodging places, and swimming pools. Of the inspections completed all but 3 produced grades of "A" or "Approved" status. The 3 outliers all received grades of "B". There were also follow-up inspections that were conducted to obtain clean water samples at 4 different facilities during this period. The Department also conducted follow-up visits to restaurants to ensure that any critical or "priority" items that were out of compliance were been corrected.

September 1, 2012, North Carolina adopted the FDA Food Code. Caswell's Environmental Health Unit, like others across the state, has been given the task of implementing this new Food Code in our Restaurants. The new rules will be phased in over the next several years and will not reach full implementation until January 1, 2019.

## Childhood Lead Investigations

There have been no lead investigations conducted in 2012 to date.

# Community Transformation Grant Project

*By: Candace West*

The NC Community Transformation Grant Project is funded by the CDC's Community Transformation Grants Program. It supports public health efforts to reduce preventable chronic diseases by decreasing tobacco use, increasing physical activity, improving nutrition and increasing access to evidence-based clinical preventive services. The aim of the project is to create equal access to healthy living opportunities for all North Carolinians including racial and ethnic minorities, those of low socioeconomic status and individuals living in rural NC.

Under the project, North Carolina counties were divided into multi-county regions. Caswell County will collaborate with Region 5, which also includes Alamance, Chatham, Durham, Guilford, Orange, Person, and Rockingham counties. Starting in 2012, and moving through the five year grant, the Region will work together to plan activities and share experiences.



**Communities  
Transforming**

*To make healthy living easier*

## Community Transformation Grant Project *(continued)*

### Caswell County Objectives:

- Increase the number of governmental grounds, including parks and recreational areas, that are smoke-free or tobacco-free
- Increase the number of people with access to physical activity opportunities through joint use agreements
- Enhance or develop new farmers' markets, mobile markets, farm stands and community supported agriculture programs
- Increase the number of community organizations offering support for individuals identified with high blood pressure/cholesterol and tobacco use

## Caswell County Trail Project Report

*By: Chad Hall*

In early 2012, the Dan River Basin Association (DRBA) assisted in the development of a trail system linking the Caswell County Senior Center to Yoder's Market and Millay Real Estate. The overall trail additions total 1 mile in length and each 1/2 mile segment is significant in its own way.

The first half mile of new trail is located on county owned property and is a portion of the Senior Center Outer Loops. This portion links the bridge on the existing Flatland Trail at the senior center to the terminus of the trail at Clubhouse Road. This portion is phase one of the Hillside Trail.

The other trail segment is a meandering half mile (one way) nature trail that follows a spring along part of its route between the orchard and Yoder's Market and the lake along Clubhouse Road. This trail features a 100-foot boardwalk near the lake and 3 bridges define the trail's center point. A link from this trail provides a connection to the Days Inn in Yanceyville, giving guests an opportunity to park their cars and walk to the market for exercise.

The most significant feature of this portion of the trail between Yoder's Market and Clubhouse Road, however, cannot be seen. This is the first public trail across private property in Yanceyville. Jack Hooper, Barry Smith, and the State of North Carolina all allowed for the development of this

trail with the understanding that the trail is open to the public - free of charge - for the purpose of recreation and education. DRBA will be producing literature and maps that will eventually be placed at kiosks near the trail.

For convenience purposes, the entirety of these two trail segments will be called the Orchard-Lake Trail.

In addition to providing immediate health and education benefits, the connection to Yoder's Market may provide an economic boost to their business by providing an additional amenity at their location. The timing is favorable as the Heritage Driving Tour is also about to be unveiled, which also features Yoder's Market. In the long term, the trails at the senior center will also connect to Maud Gatewood Park, which is slated to be a trailhead for the Rattlesnake Creek Heritage Trail.

In addition, this year volunteers have been working throughout the late winter and early spring to clear the corridor for another 1.5 miles of trail on the Oakwood site. This time, trail corridor has been cleared on the other side of a ravine to provide a trail for Caswell County Animal Shelter. Here, volunteers are able to take dogs on walks through the woods. This trail will also be open to the public.



# Prostate Cancer Ambassadors for Caswell County

*By: Brandolyn White, MPH*

African American men in Caswell County are more likely to die from prostate cancer than White men in the county. In recognition of this disparity, the Carolina Community Network Center to Reduce Cancer Disparities based at UNC-Chapel Hill partnered with various community-based and faith-based organizations in the county to launch the Prostate Cancer Ambassadors for Caswell County Project (supported by the UNC School of Government). The goal of the Prostate Cancer Ambassadors for Caswell County was to build local community capacity within the African American church to address prostate cancer disparities among African American men in Caswell County through training, education and research.

In 2011, fifteen community members representing churches affiliated with the Cedar Grove Missionary Baptist Association underwent training to become Prostate Cancer Ambassadors based on an existing prostate cancer curriculum developed by the NC Institute for Minority Economic Development. Through the training, Ambassadors were equipped with information, resources and tools to provide prostate cancer education & outreach in the Caswell community. As a result, the Ambassadors reached over 1,000 community members with prostate cancer

& prostate health information within a five-month period. Education was provided through churches, the workplace, community agencies and other venues. In addition to conducting prostate cancer education and outreach activities, the Ambassadors also surveyed 129 church members to assess their cancer screening behaviors, interests and concerns regarding cancer risk factors, and other topics such as participation in research and venues for accessing cancer health information. Related to prostate cancer screening, rather than asking male survey respondents if they had ever been screened for prostate cancer, the project team decided to find out specifically if someone had ever spoken to respondents about the PSA and DRE tests used for screening. With recent debates over prostate cancer screening among medical experts, a man's ability to make an informed decision with a healthcare provider about whether screening is appropriate for him has become increasingly important. From the survey, fifty percent (50%) of individuals responded that they had been spoken to about the screening tests, whether with their physician, an Ambassador, or someone else. Among cancer risk factors, family history and diet were among the top two concerns. The main cancer topics of interest expressed were prevention, diagnosis, and treatment options. In the area of research, fifty percent

(50%) of cancer survivor respondents stated that they had participated in a clinical trial as a part of their cancer treatment. Screening behaviors for breast and colorectal cancer were surveyed as well.

The Ambassadors continue to be engaged in prostate cancer education and outreach efforts, specifically around developing and using decision-making aids to help men make informed decisions about prostate cancer screening.



# 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 2011CHA identified key issues that should be addressed. These issues include obesity, hypertension, lack of mental health services, and the need for a health educator.

## Obesity

In 2012 there was progress in the fight against obesity through the construction of a one-mile walking trail in Caswell. The Dan River Basin Association worked with local partners and landowners to construct the Orchard Lake Trail. In addition, construction began on the Oakwood Trails, a set of bike trails on Firetower Rd beside Oakwood School.

1

Virginia Tech continued its research efforts in the Dan River Region, including Caswell, by studying the “built environment.” Specifically, this research included an inventory of food establishments to assess the availability of nutritious foods. Likewise, the project staff will assess access to environments that promote physical activity. In addition, Virginia Tech is applying for funding from the National Institute of Health to continue weight loss research in the region.

In the coming year, CCHD will work with community partners to establish walking groups who will meet and walk at various places in the county. CCHD will recruit volunteers to lead these groups.

## Hypertension

Over the next three years CCHD will work with community partners to address the incidence of hypertension in Caswell County. This will be accomplished through a variety of methods. First, CCHD will recruit at least 10 members of the African-American community to form an advisory committee to plan activities to decrease cardiovascular disease in Caswell and focus on hypertension. In addition, CCHD will work with the NC Heart Disease and Stroke Prevention Branch to train congregational nurses and community volunteers about blood pressure measurement. Finally, CCHD will work with its clinical staff and other healthcare providers to ensure that they are accurately measuring blood pressure.

23

## Mental Health Services

In 2012 Caswell Family Medical Center began to investigate tele-mental health program. Upon careful consideration, CFMC found a great deal of liability with such programs. Therefore, CFMC has begun to explore other avenues of bringing mental health resources to Caswell. CFMC has begun to recruit mental health professionals to mental health and substance abuse counseling at their facility.

## Health Educator

While Caswell County Health Department has not added a Health Educator/Health Promotion Coordinator to its staff at this time, some of the health education services are being provided through the regional staff working as part of the Community Transformation Grant Project. In addition, the Health Department will continue to investigate funding opportunities to reinstate the Health Educator position in the county.

4

## Caswell County



### Public Health

Prevent. Promote. Protect.

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Gordon Satterfield  
Rose Satterfield, DMD  
Sally Wallace

# Get Involved

In the coming years there will be various opportunities to become involved in projects targeting the priority issues. If you would like to volunteer to be a part of these efforts mentioned in this report, please call (336) 694-4129.

## CASWELL COUNTY HEALTH DEPARTMENT

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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.