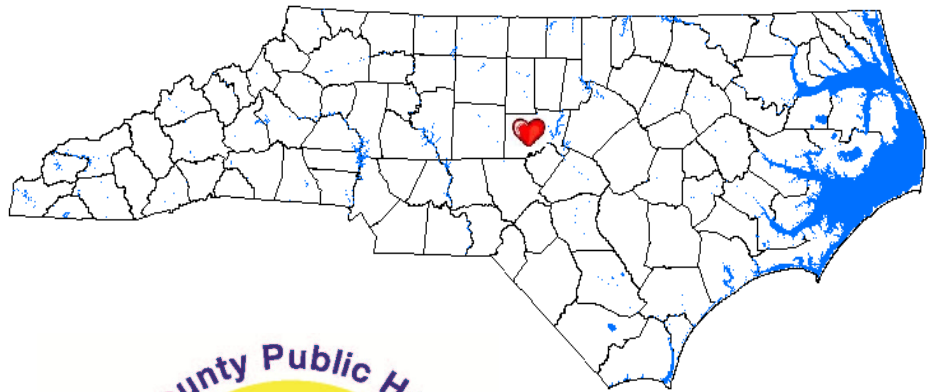


Health of Chatham

Chatham County Board of Health Members

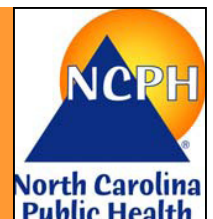
- William Browder, Jr., Public Member, Chair
- Linda Brewer Ellington, RN Vice Chair
- Mary Jackson, Public Member
- John M. Kessler, PharmD
- Gregory King, PE
- James Kurz, MD
- Walter Petty, County Commissioner
- Van S. Romine, OD
- Timothy Scheetz, DDS
- Rachel Stevens, Public Member
- Joanna Tysor, DVM

2011



Chatham County Public Health Department

www.chathamnc.org/publichealth



Note from the Health Director

The Chatham County Public Health Department is pleased to release the annual State of Chatham County's Health Report for 2011. Every four years, a community health assessment is conducted. The assessment combines residents' opinions and concerns about health and quality of life with data that reflects the actual health of our residents. Chatham County conducted the most recent community health assessment in 2010 and will annually report on our challenges and progress in addressing the community's health priorities. In the future, the community health assessment will be a joint effort between the health department and Chatham Hospital. This collaboration is anticipated to benefit the community.

I am pleased to share with you some recently released public health impacts. It was recently announced that North Carolina has reached its lowest infant mortality rate in state history. Of significance is the reduction of 19.6 percent from the previous year among African American infants. Infant mortality data indicates that for the past three years, Chatham has had zero minority infant deaths. Last year, there were three total infant deaths. Also noteworthy, since the January 2010 start of the state's Smoke-Free Restaurants and Bars Law, (the public health legislation banning smoking in restaurants and bars,) there has been a 21 percent reduction in emergency room visits by North Carolinians experiencing heart attacks.

The past year has been challenging as governmental agencies, including the health department, and non-profit organizations which work to improve the health of our community members, have been impacted by shrinking budgets. Despite this, our focus continues to be on the priorities of the community: obesity, physical inactivity/safe areas to walk and bike, lack of adequate and affordable health insurance, and diabetes. We continue to look for innovative ways to incorporate proven interventions and programs to improve health outcomes related to our community's needs.

This report provides information on the activities and progress made during the past year. We strive to meet the needs of the community and welcome your input.

Holly Coleman, Health Director

Health Priorities

Purpose

Health of Chatham 2011 is a report of current information on the health status of Chatham County as compared to the 2010 Community Health Assessment. The report updates the actions taken to address the priorities of the assessment.

Health Priorities

Defining the community's health priorities is instrumental to the planning of Chatham County public health programs and activities. This year's Health of Chatham report is an update on progress made in 2011.

The four current health priorities (seen at right) were identified during the 2010 Community Health Assessment process. Representatives of local agencies, organizations, as well as community members worked together to review and analyze quantitative health data (statistics) and qualitative data (surveys, focus groups, community interviews and forums) to establish the top priorities.

The priority list included 10 quality of life issues. From this list, four health priorities emerged. The full 2010 Community Health Assessment can be viewed at www.chathamnc.org/publichealth.

The health department in collaboration with Healthy Chatham, a county-wide coalition of human service organizations and community members working together to improve the health and quality of life of Chatham County residents, has prioritized four areas with potential for the greatest impact given the resources available. These priority areas are: **1) obesity, 2) physical inactivity/safe areas to walk/bike, 3) lack of adequate/affordable health insurance 4) diabetes.**

Current Health Priorities

(In order of importance)

1. **Obesity**
2. **Physical Inactivity/ Safe Areas to Walk/Bike**
3. **Lack of Adequate/Affordable Health Insurance**
4. **Diabetes**

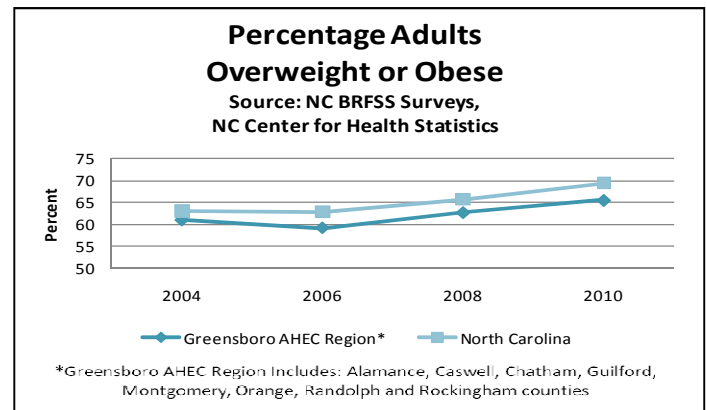
Health of Chatham 2011

1. Obesity

Description: Obesity is seen as a “big problem” by approximately 49.6% of people surveyed for the Community Health Assessment in 2010. Obesity is a complex problem requiring a complex solution. The obesity epidemic needs evidence based strategies that address more than just individual level lifestyle factors. Solutions should include a comprehensive and coordinated approach that use policy and environmental change to increase opportunities for healthy eating and physical activity.

2011: The Chatham County Public Health Department has initiated monthly Obesity Prevention Network meetings to develop relationships and partnerships among government, businesses, nonprofits, and community members to work together to address obesity. The health department provides monthly technical assistance to six African American Churches to support their LIGHT (Living in God’s Holy Temple) Way programs. LIGHT Way is spiritual based health and wellness program. Individual nutrition counseling is provided by the Chatham County Public Health Department’s registered dietician. The Chatham County Partnership for Children was awarded a Shape NC grant to initiate a project on obesity prevention in children ages 0-5.

Chatham Objectives: By 2015, decrease the percentage of adults who are overweight or obese by 2%. Original baseline: 61% of adults are overweight or obese.

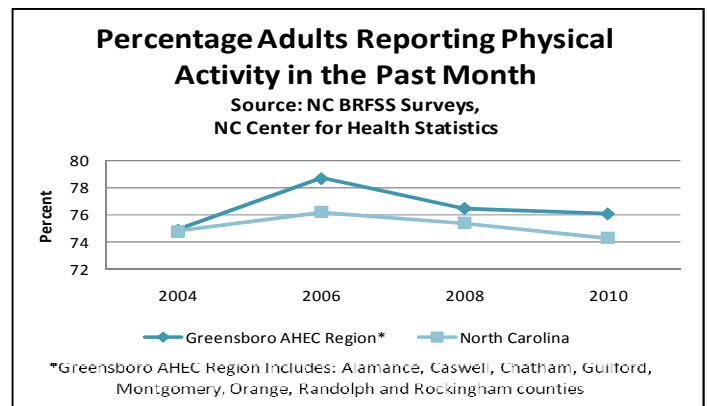


2. Physical Inactivity/Safe Places to Walk and Bike

Description: Being physically active is one of the best ways that all people can improve their health. In 2010, 74 % of adults in the Greensboro Area Health Education Center (AHEC) region reported being physically active in the past month.

2011: The Chatham County Public Health Department in partnership with the Town of Pittsboro and several other organizations have initiated the Robeson Creek Greenway Pilot Project. A quarter of a mile was completed in 2011. Siler City has been awarded a \$1.2 million grant to build a greenway along Love’s Creek. Pittsboro has opened two new parks, Mary Hayes Barber Holmes Park and Southern Park. Each of these parks provides playground equipment for children and walking paths. Mary Hayes Barber Holmes Park has a multiuse field for variety of physical activity opportunities. Chatham County Parks and Recreation has opened two new parks in the county—Northwest District Park located in Silk Hope and Northeast District Park located near Jordan Lake. Chatham County Public Health Department in collaboration with the Chatham County Schools was awarded an Eat Smart Move More grant to create school staff wellness teams and built environment projects to promote physical activity among students.

Chatham Objective: By 2015, increase by 5% to 53% , the percentage of adults getting the recommended amount of physical activity daily. Original baseline: 45.3%-48.4 % of North Carolina adults meeting the daily physical activity requirements by Area Health Education Center (AHEC) regions (Greensboro region).



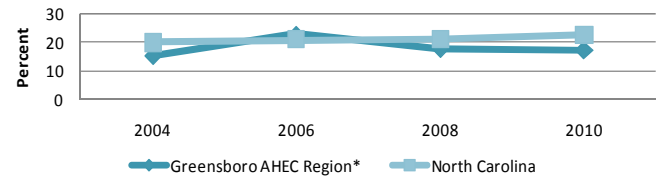
3. Lack of Adequate/Affordable Health Insurance

Description: Lack of Adequate/Affordable health insurance is one of the barriers to health care faced by United States residents. The Affordable Care Act has begun to eliminate some of the health insurance barriers. It includes a Patient's Bill of Rights that protects consumers through policies like prohibiting insurers from denying coverage to children with pre-existing conditions and ending lifetime dollar limits on coverage. Since the act was passed on March 23, 2010, one million young adults have insurance through their parents' policy until they are 26 years of age. Nineteen million seniors have received one or more preventive services and 1.3 million have received a free Annual Wellness Visit.

2011: Representatives of Chatham Hospital and the Health Department developed a business plan to establish an urgent care center in the hospital. This plan has been proposed to the Hospital Board for its consideration. Urgent Care Centers provide health care at a lower cost than hospital emergency departments.

Percentage of Uninsured, Under Age 65

Source: NC BRFS Surveys,
NC Center for Health Statistics



*Greensboro AHEC Region Includes: Alamance, Caswell, Chatham, Guilford, Montgomery, Orange, Randolph and Rockingham counties

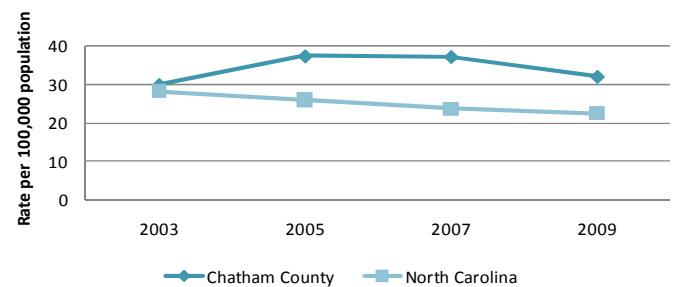
4. Diabetes

Description: According to 2011 National Diabetes Fact Sheet, 25.8 million people in the United States have diabetes. About 1 in every 400 children and adolescents has diabetes. In Chatham County the diabetes death rate is 32 per 100,000 population. Type II diabetes is increasing nationally and in Chatham County. Once diagnosed with type II diabetes, management is important to reduce complications, including heart disease, and nerve and kidney damage.

2011: The Chatham County Public Health Department sponsors a monthly diabetes support group meeting in Siler City. Several other organizations throughout the county hold monthly support group meetings as well— Chatham County Council on Aging in Pittsboro and New Hope Missionary Baptist Church located in Northeast Chatham County. By attending the support group meetings, participants receive reliable diabetes information, support from other people living with diabetes, inspiration, and encouragement. Both the Chatham County Public Health Department and Chatham Hospital continue to offer diabetes self-management classes. These programs use a team approach to provide clients the knowledge and skills needed to better control diabetes and improve health outcomes. An individual approach to diabetes management is Medical Nutrition Therapy (MNT). The Chatham County Public Health Department, Chatham Hospital and Piedmont Health Services all offer nutritional counseling and MNT services. In 2011 many local churches offered programs and health presentations focused around type 2 diabetes, including First Missionary Baptist Church (Siler City), Holy Trinity (Siler City) and many of the churches that participate in the LIGHT (Living in God's Holy Temple) Way program- a health ministry program sponsored by the Chatham County Public Health Department. Cooperative Extension also helped sponsor a new program in 2011: 'Living Healthy with Diabetes'. This six week series was held at Evergreen Methodist Church in Chapel Hill. In late 2011, the Chatham County Public Health Department was selected by the NC Diabetes Prevention and Control Branch and the Wake Forest School of Medicine to start a pilot diabetes prevention program. The evidence-based program called 'Healthy Living Partnerships to Prevent Diabetes' (HELP-PD) will begin in 2012.

Diabetes Death Rate, Chatham County

Source: NC Vital Statistics, Volume 2



Chatham Objective: By 2015, decrease the percentage of adults diagnosed with diabetes by 10%, from 8%-7%. Original baseline: 3,610 Chatham County residents diagnosed with diabetes, 2,380 at risk of developing diabetes in 2003 according to North Carolina Diabetes Prevention and Control Branch. Updated Information: 4,066 Chatham County residents diagnosed with diabetes in 2008 according to North Carolina Diabetes and Control Branch.

Emerging Health Issue: Unemployment

Chatham County has consistently maintained a lower unemployment rate than the state of North Carolina. According to the North Carolina Economic Security Commission's October 2011 statistics, Chatham County's unemployment rate was 8.4% , as compared to the state rate of 9.7%. The 8.4% unemployment rate translates to 2,861 unemployed residents. Unemployment statistics do not reflect the number of persons who are no longer actively searching for jobs.

These numbers are a slight increase over the September 2011 unemployment rate of 7.4% possibly as a result of the October 2011 closing of Townsend's Processing Plant. The closure impacted approximately 1300 employees and 170 contract growers, 30 of which live in Chatham County. In the meantime, Chatham County officials and business leaders continue to work diligently to bring employment opportunities to the county. One such opportunity, Acme-McCrary, could bring nearly 110 jobs to a vacated building in Siler City.

Unemployment is not the only measure of economic stability of our residents. With the economic downturn of the past few years, many employed residents have had their work hours reduced or are underemployed, working at jobs that pay less than those for which they have the education, skills or qualifications. In addition, many employers have reduced benefits, such as health insurance coverage, in order to keep their workers employed.

Economic conditions, including individual income, impact the circumstances in which people are born, grow up, live, work, and age, as well as the systems put in place to deal with illness. Governmental agencies, such as the Chatham County Public Health Department, Chatham Department of Social Services and many non-profit organizations prioritize services to assist those in need.

Equity in Health

In Healthy People 2020, one of the overarching goals is: Achieve health equity, eliminate disparities, and improve the health of all groups. Equity in Health is striving for equal opportunities for all social groups to be as healthy as possible. A key principle of this idea is that no one is disadvantaged from achieving one's full health capability due to one's social position or other social determinants.

To pursue equity in health for all requires us to address both the historical and current forces of oppression, domination, and discrimination. We need to focus on improving conditions and removing obstacles for those groups of people who historically have faced greater challenges to realizing their rights to health and other human rights. To address those issues may require new policies for the distribution of resources and access opportunities—a global approach focusing on environmental change.

Addressing equity in health cannot be achieved through one on one interventions, but must be addressed by working together to remove those obstacles to achievement of full health, consistent with how any diverse group may define it and elect to pursue it.

In Chatham County, organizations are having discussions about equity in health. The Chatham Latino Collaborative hosted a training which focused on understanding cultural differences and Hispanic heritage. The Partnership for Children held a *Leading for Equity Initiative Chatham County Retreat* in October. The Chatham County Public Health Department provides staff with opportunities to understand and learn about equity in health through cultural competency trainings, and opportunities in the community such as attending the Life and Science Museum exhibit *Race: Are We So Different?* Open dialogues on the issue of equity in health provoke new strategies that address the larger social context. To achieve equity in health, a comprehensive approach is essential.

Chatham County Snapshot

Chatham County Demographics

Source: U.S. Census Bureau, American Community Survey

2010 Population Estimate	63,505
2007-2009 Median Household Income	\$58,634
2007-2009 Per Capita Personal Income	\$28,953
2007-2009 Families Below Poverty Level	8.1%
2007-2009 Individuals Below Poverty Level	11%

Chatham County Leading Causes of Death 2005-2009

Source: North Carolina Center for Health Statistics

1. Diseases of the Heart
2. Cancer
3. Cerebrovascular Disease (Stroke)
4. Chronic Lower Respiratory Disease
5. Diabetes Mellitus
6. Unintentional Motor Vehicle Injuries
7. All Other Unintentional Injuries
8. Alzheimer's Disease
9. Pneumonia and Influenza
10. Diseases of the Kidneys

Get Involved

Active Chatham Coalition: A collaborative effort of community members and agencies advocating for health through active living. *Advocate* for active communities. *Create* opportunities for physical activity in communities. *Educate* communities about the importance of physical activity and active lifestyles. *Encourage* and support each other and others in the community to promote active living. **Advocate, Create, Educate, & Encourage for an active Chatham.**

Contact person: Megan Bolejack, megan.bolejack@chathamnc.org, 919-545-8442

Chatham County Public Health Department Change Team: The Change Team is a group of staff and community members who proactively understand and address racism in the organization and in the community in order to eliminate health disparities and create equity in health.

Contact person: Megan Bolejack, megan.bolejack@chathamnc.org, 919-545-8442

Obesity Prevention Network: The Chatham County Public Health Department sponsors quarterly (at a minimum) Obesity Prevention Network meetings. The meetings provide an opportunity for community organizations and community members to connect on obesity prevention strategies, programs, and initiatives. Meetings are the first Thursday of the month from 8:30 am- 9:30 am. The meeting location moves around the county to feature obesity prevention efforts throughout the county. The feature location organization shares their program and all present have an opportunity to announce upcoming events and ideas.

Contact person: Megan Bolejack, megan.bolejack@chathamnc.org, 919-545-8442

Board of Health: The Board of Health makes and adopts policies and rules for the county health department, provides guidance on health issues in the county and appoints the Health Director. The Board of Health meets on the 4th Monday of each month. Community members are welcome to attend meetings and apply for board appointment.

Contact person: Holly Coleman, holly.coleman@chathamnc.org, 919-542-8215

Chatham County Public Health Department
80 East Street/PO Box 130
Pittsboro, NC 27312
919-542-8220
www.chathamnc.org/publichealth
Holly Coleman, Health Director