



Health of Chatham

2012

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Chatham County Public Health Department

Mission

To protect and promote the health and safety of Chatham County residents.

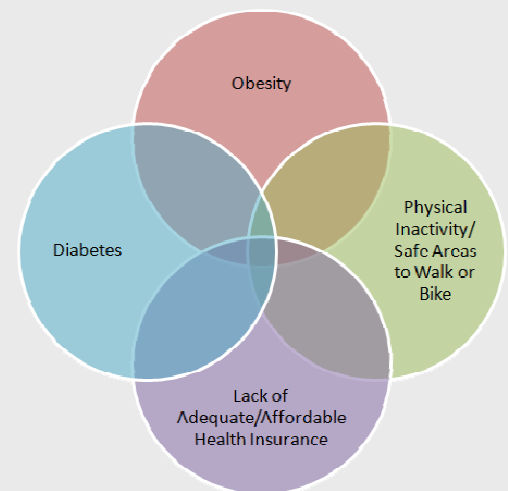
Vision

All residents of Chatham County have achieved and sustain optimal physical, mental and emotional health. They consistently practice healthy lifestyles and place high value on prevention.

Health of Chatham 2012 Report

Health Priorities

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



Health of Chatham 2012 is an annual report of information on the health of Chatham County's residents. This report compares Chatham County's current health status to the 2010 Community Health Assessment. This report summarizes the status of the combined efforts of the health department, our partners, and the community to address the four priorities identified in the 2010 Community Health Assessment.

The full 2010 Community Health Assessment can be viewed at:
www.chathamnc.org/publichealth

Chatham County Public Health Department
www.chathamnc.org/publichealth

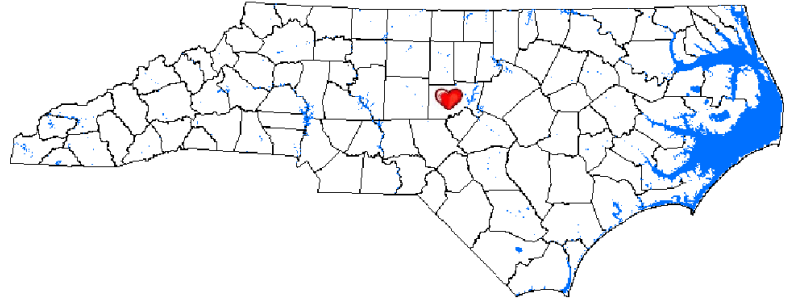


Chatham County Snapshot

Population (2011 est.)	64,195
Per Capita Income (2006-2010)	\$29, 991
Median Household income (2006-2010)	\$56,038
Individuals Below Poverty Level (2006-2010)	12.2%
Families Below the Poverty Line (2010)	9.1%
Children in Poverty (2012)	22%
High School Graduation Rate	77%

Sources:

www.census.gov; www.countyhealthrankings.org/



What's Killing People in Chatham County?

The leading causes of death in Chatham County are similar to those across the nation, though there are a few noteworthy differences. While a lower percentage of deaths in Chatham County are caused by accidents or unintentional injuries, a greater percentage of Chatham County residents die from diabetes than those living in other parts of the country. Also, although heart disease is the leading cause of death nationwide, cancer is atop the list in Chatham County. The top five causes of death for Chatham County are listed to the right.

While reports on the causes of death are useful, they often fail to give a complete picture of the circumstances or factors that contributed to the ultimate cause of death, particularly those that are preventable. For example, although lung cancer may be listed on a death certificate, the underlying factor that caused the lung cancer to develop is usually tobacco use. These underlying factors that can be changed are known as “preventable causes of death.”

Leading Causes of Death Chatham County 2011

1. Cancer
2. Diseases of Heart
3. Cerebrovascular Diseases (Stroke)
4. Chronic Lower Respiratory Disease
5. Diabetes Mellitus

Source: <http://www.schs.state.nc.us/SCHS/data/lcd/lcd.cfm>

Preventable Causes of Death United States 2005

1. Smoking
2. High Blood Pressure
3. Overweight/Obesity
4. Physical Inactivity
5. High Blood Glucose

Source: Danaei, G et al. (2009). “The Preventable Causes of Death in the United States,” *PLOS Medicine*.

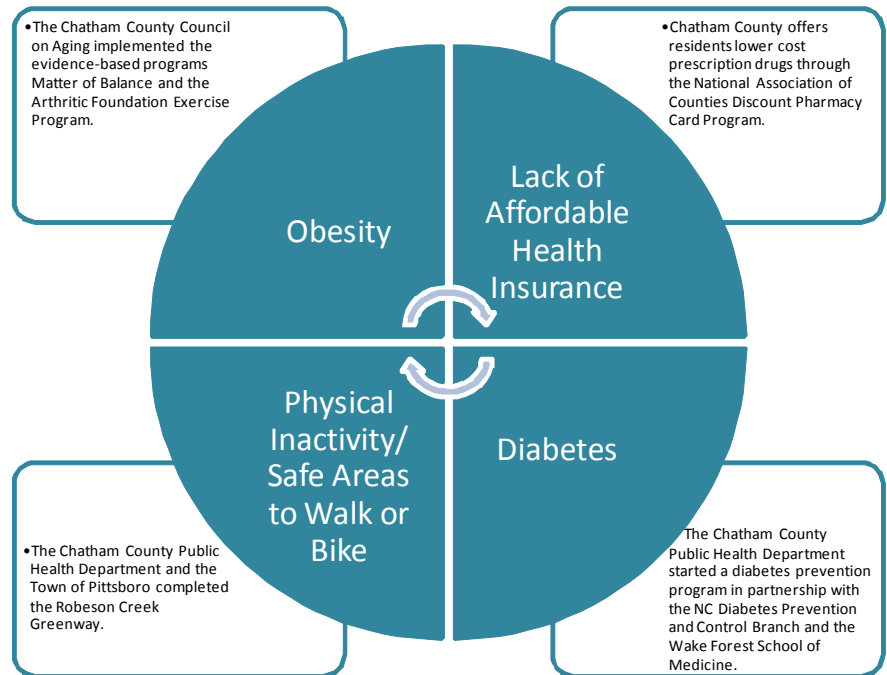
Knowing the “preventable cause of death” gives us clues about effective ways to help individuals and communities change behaviors and policies to improve health. In the example given, a community with high rates of lung cancer deaths may focus on addressing tobacco use behaviors and policies that reduce tobacco use.

For Chatham County, this means targeting the changeable behaviors related to obesity, physical inactivity, access to adequate insurance, and diabetes. Throughout this report, we aim to show how the county’s focus on interventions, programs, and services are targeted at improving these changeable behaviors to help prevent unnecessary and premature death.

Key Initiatives and Successes

In 2012, the *Chatham County Public Health Department* and partner organizations have taken important steps towards improving the health of the county's residents, particularly with regard to the four priority areas. While detailed activities targeting each priority area are discussed in the following sections of this report, some of the major initiatives are highlighted in the diagram to the right.

When available, current data on each health issue is presented. For some of the priority issues, data has been excluded because it predates the most recent community health assessment in 2010.



1. Obesity

Chatham Objective: Decrease the number of Chatham County adults and children that are overweight or obese by 5%.

Description: Obesity is a contributing factor to four of Chatham County's five leading causes of death, namely cancer, heart disease, stroke, and diabetes. These diseases are often preventable through behavior changes, such as increased physical activity, healthy eating, and regular health screenings. However, individual behavior change may be difficult, or impossible, unless the environment provides opportunities to make these changes. The *Chatham County Public Health Department* and its partners have worked hard in 2012 to improve individual health behaviors and environments.

2012 Progress: The following are organizations that have worked to increase opportunities for Chatham County residents to be active, eat a nutritious diet, and make healthy behavior choices.

- The *Chatham County Public Health Department* and the *Chatham County Parks and Recreation Department* hosted National Walk Day in April. 100 people joined the four-week program to "walk" across Chatham.
- The *Chatham County Council on Aging* implemented the evidence-based program, *Matter of Balance* and *Arthritic Foundation Exercise Program*. The *Council* has also hosted monthly nutritional talks, daily exercise classes, and walking groups.
- The *Chatham County Partnership for Children's (CCPC) Shape NC* program launched a *Family Farmers' Market* series for children ages 3 to 13 to encourage children to taste healthy local foods and play active games. Approximately 40 children from *Sonflower Seeds Preschool and Child Care* and the *Silk Hope YMCA* afterschool program attend each week.
- The *NC Kids Eat Smart Move More* program provided funds to the *Children's Early School* in Pittsboro for physical activity equipment, a curriculum on healthy eating and physical activity, and a garden.
- *Chatham County Together* worked with community partners to coordinate summer camp placements for 41 children ages 6 to 15.
- Through the help of the *Carolina Tarwheels Bike Club*, *Chatham County Together* has distributed 26 new bikes to children in need with the goal of increasing physical activity.
- *Chatham County Schools* achieved the first level in working towards *Zone Health*, a *North Carolina Prevention Partners'* program that promotes nutrition and physical activity before, during, and after school.

2. Physical Inactivity/Safe Areas to Walk or Bike

Chatham Objective: The *Chatham County Public Health Department* will increase the percentage of Chatham County adults, youth, and children age 2 and up who participate in the recommended amounts of physical activity by 5% by 2016.

Description: During the 2010 Community Health Assessment, participants discussed challenges to getting the recommended 2.5 hours of moderately intensive physical activity a week, such as lack of time and safe locations to exercise. Physical activity is one of the key modifiable behaviors that can help prevent obesity and diabetes, two of the priorities areas covered in this report.

2012 Progress:

- The *Chatham County Public Health Department* and the *Town of Pittsboro* completed the Robeson Creek Greenway.
- The *Town of Goldston* constructed a 0.6 mile trail around the town park.
- The *Town of Siler City* started to hold free “open gym” hours at both Braxton and Ramsey gymnasiums to provide a safe places to walk.
- The *Town of Siler City* secured funding to construct a 0.25 mile track at Paul Braxton fields and a 1.5 mile bike/walking trail adjacent to Bray Park. Both will be completed in 2013.



Robeson Creek Greenway

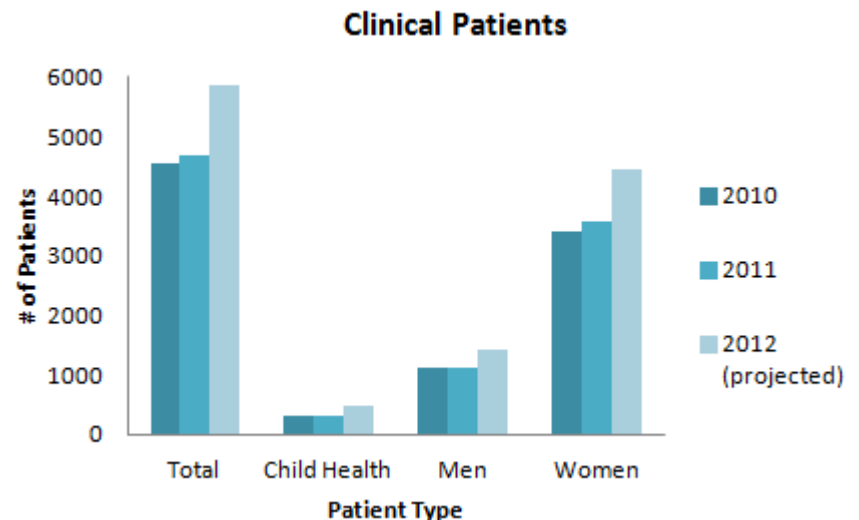
3. Lack of Adequate/Affordable Health Insurance

Chatham Objective: Increase the number of women, men, and children served through *Chatham County Public Health Department* services by 5% by 2016.

Description: In the 2010 Community Health Assessment, 48% of Chatham County residents identified lack of adequate health insurance as a “big problem.” Furthermore, between 2009 and 2011, 14.2% of county residents were uninsured. Lack of access to health care is a major factor in the progression of a disease. The 2012 County Health Rankings reported that, as of 2010, 18% of Chatham County residents could not see a doctor due to cost.

2012 Progress:

- As a result of the *Affordable Care Act*, most insurance plans are now required to offer preventative coverage for women without co-pays; also, nearly 4,000 North Carolinians with pre-existing health conditions gained access to insurance.
- The *Pittsboro Urgent Care Center* opened in January and provides medical care six days per week.
- The *Hispanic Liaison* and *Vidas de Esperanza* opened a free medical clinic in Siler City.
- Qualifying individuals can access public options, such as *Medicaid*, *NC Health Choice*, and *Medicare* at the *Department of Social Services* in Pittsboro, NC.
- Free or sliding scale medical services are available at the *Chatham County Public Health Department*, *Piedmont Health Services*, and *Chatham Cares Pharmacy*.
- Through October 2012, Chatham County residents have used the *National Association of Counties (NACo) Discount Pharmacy* card to fill 2,324 prescriptions, saving \$41,262 on the retail price and 30% on average. For more information on the program, see <http://www.chathamnc.org/index.aspx?page=1079>.



From 2010 to 2012, the number of clinical patients receiving *Public Health Department* services increased by 29%

4. Diabetes

Chatham Objective: Reduce Chatham County's diabetes mortality rate by 5% by 2016.

Description: Diabetes was identified as a priority health issue in the past two community health assessments. Only twelve states have a higher percentage of people living with diabetes than North Carolina. In Chatham County from 2007-2011, the diabetes mortality rate was 33.7 deaths per 100,000 people, a 5% increase over the 2006-2010 rate. Uncontrolled diabetes can cause damage to the heart, kidneys, eyes, and nerves. In addressing the diabetes epidemic, it is important to focus on both the prevention of diabetes, which includes physical activity and healthy eating, as well as management for individuals living with diabetes.

Prevention	Management
<ul style="list-style-type: none"> The Chatham County Public Health Department began a new diabetes prevention program in partnership with the <i>North Carolina Diabetes Prevention and Control Branch</i> and the <i>Wake Forest School of Medicine</i> called 'Healthy Living Partnerships to Prevent Diabetes' (HELP-PD). Participants, now six months into the program, have lost on average nearly 16 pounds. Five churches involved in the LIGHT Way (Living In God's Holy Temple) program observed National Diabetes Month this November and shared information on diabetes with their congregations and community members. 	<ul style="list-style-type: none"> The <i>Chatham County Public Health Department</i> offers a monthly diabetes support group in Siler City as well as a Diabetes Self-Management Training program in both Siler City and Pittsboro. The <i>Chatham County Cooperative Extension</i> offers <i>Living Healthy with Diabetes</i>, a six-week program that provides techniques and support to manage diabetes. The <i>Chatham County Council on Aging</i> provides monthly diabetes support groups. The <i>Chatham County Public Health Department, Chatham County Hospital, and Piedmont Health Services</i> offer nutritional counseling and Medical Nutrition Therapy.

2012 Progress: In Chatham County, there are a variety of programs to both prevent and manage diabetes, some of which are presented in the table above.

Emerging Health Issue: Tick-Borne Illnesses

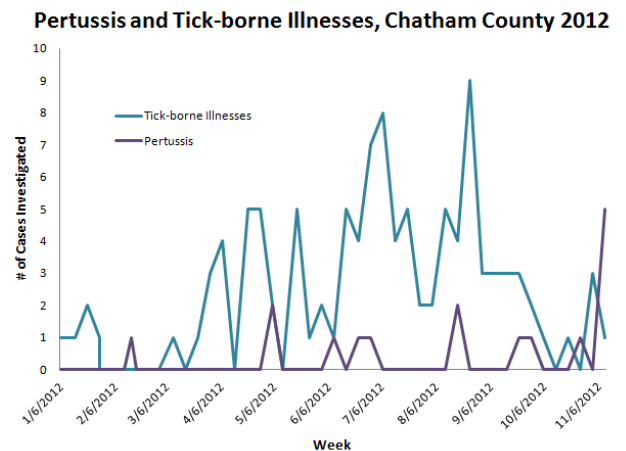
Chatham Objective: Achieve a 5% reduction in the number of probable tick-borne illnesses by 2016.

Description: An ongoing concern in Chatham County is tick-borne illness (TBI). TBIs include Rocky Mountain spotted fever, Southern tick associated rash illness, ehrlichiosis, anaplasmosis, and Lyme disease. Undiagnosed TBIs can lead to permanent health problems and even death.

As of November, there have been 110 cases of TBIs investigated in 2012. Over 70% of these investigated cases are Rocky Mountain spotted fever.

To address this, the *Chatham County Public Health Department* has initiated a number of measures, including:

- The construction of 13 kiosks containing information on TBIs and five computer kiosks in various public spaces across Chatham County.
- The distribution of information on TBIs in English and Spanish through tax bills and materials at community events.
- Hosting a Tick Education Media Event in July 2012 which had approximately 200 attendees.



Emerging Health Issue: Pertussis

Description: Another emerging health issue in Chatham County, as well as across the country, is pertussis. Pertussis is a highly contagious respiratory infection spread person to person by coughing and sneezing. Pertussis gets its common name, whooping cough, from the violent coughing fits it causes.

As of November, there have been 16 cases of pertussis investigated in Chatham County in 2012. Vaccination is the most effective way to prevent pertussis. Currently, the *Chatham County Public Health Department* offers the Tdap vaccination at both the Siler City and Pittsboro locations. As of November, 755 people have received the Tdap vaccination this year.

Emerging Initiative: Lead Poisoning Prevention Program

The *Chatham County Public Health Department's Childhood Lead Poisoning Prevention Program* is important to protect Chatham County's children. Blood lead levels as low as 3 micrograms per deciliter (mcg/dL) pose a significant health risk and can lead to learning disabilities, antisocial behavior, and increased risk of Alzheimer's disease.

In 2010, the Chatham County Board of Health established an action level for elevated blood lead levels to 4mcg/dL, well below the state action level of 10mcg/dL. The rule, which took effect in 2011, requires educating parents and follow-up to eliminate the source of exposure. It also established protocols for increased screenings for county children, follow-up for children with elevated levels, and community education.

2012 has noted many successes for the *Childhood Lead Poisoning Prevention Program*:

- A total of 154 home visits to children who tested at 4 mcg/dL or higher, including ten who had blood lead levels at 6 mcg/dL or above. Through education and follow up, all of the blood lead levels have lowered.
- Lead testing of all children at Telamon Head Start in Siler City.

Emerging Initiative: Community Transformation Grant Project

In September 2011, the *Centers for Disease Control and Prevention (CDC)* awarded \$7.2 million dollars to the *North Carolina Division of Public Health* for the Community Transformation Grant Project (CTG Project). The CTG Project focuses on promoting tobacco-free living, active living and healthy eating, and implementing evidence-based clinical and other preventive services. These activities will target the leading causes of death and sickness in Chatham County, and also align closely with existing Health Department and county goals.

Starting in 2012 and moving through the five-year grant period, multi-county regions will work together to plan activities and share experiences. Health Department staff will collaborate closely with individuals, businesses, and community organizations to:

- Increase access to and affordability of healthy foods, especially for low-income populations.
- Decrease the use of tobacco products and exposure to second-hand smoke.
- Increase safe places for physical activity through the creation of joint-use agreements.



Get Involved!

Active Chatham Coalition: Active Chatham is a community-based coalition that advocates for health through physical activity and fitness. This group works in schools, worksites, and communities. Active Chatham plans the 5K Reindeer Run and Rudolph's Family Fun Run that has grown to over 300 participants to promote physical activity in Chatham County. **Contact Person:** Jennifer Park, jennifer.park@chathamnc.org, (919) 545-8444

Obesity Prevention Network: Quarterly Obesity Prevention Network meetings provide an opportunity for community organizations and community members to connect on obesity strategies, programs, and initiatives. **Contact Person:** Jennifer Park, jennifer.park@chathamnc.org, (919) 545-8444

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 appointments. **Contact Person:** Holly Coleman, holly.coleman@chathamnc.org, (919) 542-8215

If you would like more information about the Chatham County Public Health Department's programs and services, health related data, or community resources, please call (919) 542-8220 or visit www.chathamnc.org/publichealth.

Please complete our Community Survey at <http://www.surveymonkey.com/s/CommunitySurvey2012CCPHD>.

As well as our Customer Satisfaction Survey: <http://www.surveymonkey.com/s/5ZNB2LZ>



Chatham County Public Health Department

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