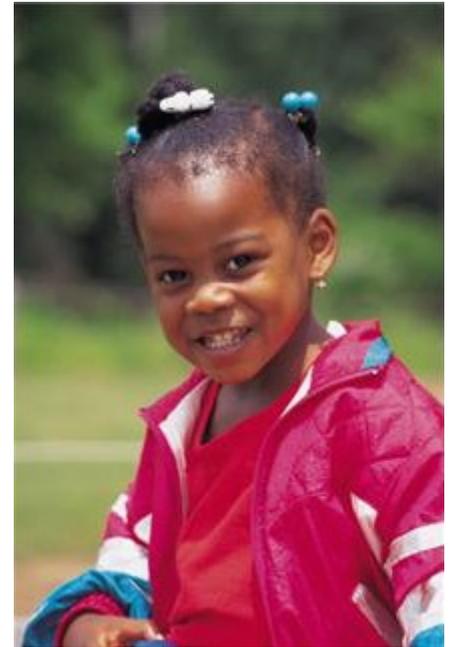


Caldwell County Health Department

2010 State of the County

Health Report



*“A yearly progress report that gives a review
of the health status of our county”*

The Caldwell County Health Department is pleased to present the 2010 State of the County Health Report. This document provides updated data on key indicators for Caldwell County, for the comparison of local and state health data of our community's health and well-being.

This report includes information on the identified priority areas: Obesity, Cancer, Asthma, Tobacco Use, Physical Activity, Nutrition, and Dental Health.

This information is designed to educate and update community members, community leaders, agencies, organizations and others on progress in addressing certain health issues. This update is also intended to influence the development of new policies that affect the health of the community, guide the planning of health programs and recruit interested community members to participate in future activities.

The Caldwell County Health Department seeks to “promote, protect and the improve the health of our community” by focusing on long-term health priorities identified in the 2007 Community Health Assessment. Our mission is to improve the health of all residents of Caldwell County.

If you would like more information on the services and programs offered by the Caldwell County Health Department or would like to be involved in community health programming, please contact the Health Education and Health Promotion Department at 828-426-8462. For additional information on Caldwell County please visit the county's website at www.caldwellcountync.org.

Sincerely,

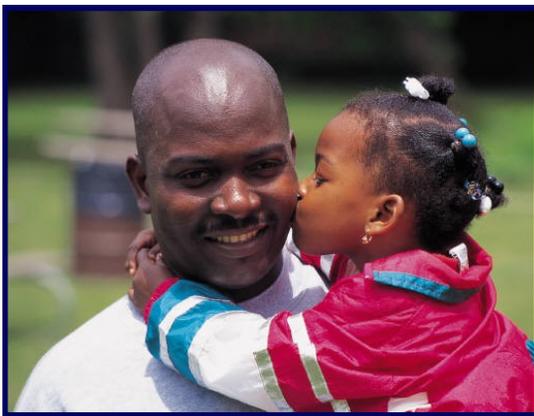
Denise Michaud

Denise Michaud, MPH, RD, IBCLC
Health Director
Caldwell County Health Department

Chronic Diseases and Unhealthy Behaviors

Caldwell County Health Department School Nurses and Caldwell County Schools have worked together to develop emergency action plans for students diagnosed with asthma. The school nurses encourage all parents of children with asthma to complete an Asthma Action Plan with greater emphasis on those students at high risk for asthma complications. School nurses work with the parent, the child's physician and teachers to provide the best plan possible in the event of an emergency. In the 2009-2010 school year, Caldwell County School Nurses identified 496 elementary, 173 middle school, and 213 high school students with asthma. Of those identified with the illness, 211 emergency plans were completed (Caldwell County Health Department, 2010).

Helping Hands Clinic, a free clinic in Caldwell County, has established a partnership with Caldwell Memorial Hospital to provide asthma education and case management to patients receiving medical care from the clinic. A local respiratory therapist will be providing case management and education to asthma patients enrolled in the chronic disease management program at Helping Hands. The program is expected to be implemented by February 2011.



Did You Know ...

**Approximately 14%
of children under
the age of 18
in North Carolina
have been
diagnosed with
Asthma**

**1 out of every 10 North
Carolina children has
Asthma**

**Asthma has been the
leading chronic health
condition reported by
North Carolina Schools,
affecting more than
83, 440 students in 2006-
2007 school year**

**1 out of every 5 North
Carolina adults with
Asthma has visited the
emergency room**

* The Burden of Asthma in
North Carolina, 2007

* 2010 Asthma
Epidemiological Update

Chronic Diseases and Unhealthy Behaviors



Caldwell County Government continues their efforts to reduce the incidence of obesity among county employees. The Caldwell County Wellness Committee wrapped up their *Get Fit, Get Hip, Get Healthy* Program in March 2010. *Get Fit, Get Hip, Get Healthy* was a six month competition requiring participants to attend monthly physical activity challenges and participate in educational classes to remain in the program. Participants were also weighed monthly. The winner of the program was April Hilario, MOA/Interpreter, who lost 47 pounds and was awarded a \$400.00 Visa gift card for her efforts. In October 2010, the Wellness Committee launched *Passport to Wellness*, a program designed to help employees become an active participant in their personal health by completing their on-line Health Risk Assessment, utilizing preventative care programs,

increasing their physical activity, and healthy eating. The Caldwell County Health Department received an Eat Smart Move More grant in the fall of 2009 to implement healthy eating and physical activity initiatives including stairwell enhancements, weight loss classes and cooking classes. A “stairwell of awareness” was created in four county stairwells. The walls were decorated with creative and colorful “healthy” messages for people to enjoy and learn from as they used the stairs. We also added a decorative table and plant to each stairwell to enhance the environment. Employees enjoyed the new atmosphere and an increase in stairwell use has been observed. The Health Education department collaborated with Cooperative Extension to provide Cook Smart Eat Smart to county employees and Caldwell Memorial Hospital employees. This healthy cooking class was provided to 20 employees at each site. To assist Caldwell Memorial Hospital in their wellness efforts, a 15-week Eat Smart Move More Weigh Less class was offered to their employees. This class provided participants with the tools and encouragement needed to lose weight and be healthy.



North Carolina Cooperative Extension provided Eat Smart Move More Weigh Less classes for the Caldwell Community College and Technical Institute employee wellness program. A total of 41 participants signed up: 37 completed the program for a total weight loss of 214 pounds and a loss of 57.5 inches in waist circumference. One participant was concerned about the increased cost of health insurance for 2011 and knew she needed to lose 10% of her weight to continue the 80-20 plan. She lost 30 pounds and is continuing to lose. Research shows that a person can save an average of \$2,000 dollars in health care costs per year by losing just 10 percent of their body weight. There were four bariatric surgery patients in the class who successfully dropped the weight they had regained. Another participant was encouraged to see her doctor regarding high blood pressure that she

was unaware she had. She was placed on medicine to control it. High Blood Pressure often goes undetected for people who do not regularly see a physician. Several of the participants from this class followed up and joined the Cook Smart Eat Smart Class after the weight loss.

Chronic Diseases and Unhealthy Behaviors

The Caldwell County Gardens Project, started as a chance encounter among like-minded people in 2009 has developed into a way to gain new friends and plots of garden space. The Beall Street Garden adjacent to Mt. Pilgrim Baptist Church was the first project and included 24 raised beds and 8 lasagna beds. The garden has been providing fresh produce for those gardeners for two growing seasons. Communities in Schools initiated a student garden and provided space for four (4) L-shaped wheelchair-accessible gardens surrounded by pavers to promote easy access. Caldwell Memorial Hospital created a CMH Family Community Garden with 24 beds for employees, friends and families. To draw attention to the benefits of gardening, CMH placed a raised bed beside the hospital entrance that was planted as a demonstration project by Dr. John Scroggin, a Master Gardener in Lenoir.



The City of Lenoir and Caldwell Memorial Hospital, in partnership with the Caldwell Community Gardens group, successfully competed for and received a Fit Community Grant from the NC Health and Wellness Trust Fund. The grant will be used to construct Unity Park and Community Gardens on the site of the former Singer Furniture Company Factory in Lenoir. The first year grant award is for thirty thousand dollars and will be used to construct the park and walking path. Year two of the grant is also for a maximum of thirty thousand

dollars and will provide funding for raised garden beds and a part-time garden manager. When completed, Unity Park will have 102 raised garden beds and an orchard with 80 fruit and nut trees that will provide fresh food for the gardeners participating in this project. The Fit Community initiative recognizes and rewards North Carolina municipality and county partnership efforts to promote physical activity and healthy eating programs, policies, environments, and lifestyles.



Did You Know...

20.7 % of children in Caldwell County ages 2-17 years of age are overweight

20.4% of children in Caldwell County ages 2-18 are obese

80% of Adults in North Carolina eat less than 5 servings of fruits and vegetables per day

20% of North Carolina's school-aged children do not meet the minimum recommended 60 minutes of daily physical activity

* Eat Smart Move More NC, 2007

Chronic Diseases and Unhealthy Behaviors

In September 2010, the Caldwell County Health Department and Caldwell Memorial Hospital held the 13th annual Prostate Screening. The event was open to all men aged 40 or older and consisted of a digital rectal exam (DRE) and a Prostate Specific Antigen (PSA) test. The event was successful with 251 men participating in the screening! The results of the screening revealed 67 men had an enlarged prostate and 8 men had an abnormal prostate. The PSA results showed 10 men had an elevated PSA level and 36 had a high PSA level. Those men having an abnormal or enlarged prostate and elevated or high PSA levels were referred to a local oncologist for follow up and treatment.

The association between cancer deaths and income is consistent for women. Low income women had 28% lower rates of breast cancer but were less often diagnosed with early stage cancer than high-income women and had similar death rates. (Cancer in North Carolina, 2008 Report) According to the most recent U.S. Census sponsored American Community Survey, (2006-2008 report) 11.7% of Caldwell County families were living below federal poverty guidelines. This is significant when discussing the association between an individual's income and how likely they are to survive a cancer diagnosis. Caldwell County is fortunate to have strong partnerships and programs in place to provide free screenings to low income families, particularly low-income women. The Caldwell County Health Department receives funding from the Breast and Cervical Cancer Control Program of North Carolina (BCCCP) to provide mammograms and pap tests to uninsured and under-insured women. In the past year, 150 women were enrolled in the program; ten of those women were referred for additional breast biopsies due to an abnormal mammogram. Of the initial 150 enrollees, 2 were diagnosed with breast cancer in the past year. (Caldwell County Health Department Clinic Data, 2010)



Tobacco use continues to be the leading cause of preventable death in the United States. We are excited to report that tobacco use in Caldwell County is declining and with additional policies adopted, expect to see steady declines over the next few years. There have been numerous programs directed at reducing the smoking rate across the county. Quest-4-Life Wellness Center offers free FreshStart classes to any interested community member. Caldwell County Health Department adopted a new tobacco cessation policy changing the way our clinic processes patient tobacco cessation referrals: clinic staff fax a referral to the NC Quit Line for a trained tobacco cessation coach to follow up with each patient referred. The policy went into effect on September 1, 2010 with 25 referrals to the Quit Line.

Did You Know...

5 in 10 high school students have used tobacco

26% of students currently use some form of tobacco

17% currently smoke cigarettes

9% currently use spit, chew or dip

More than 40% of students want to quit

*2009 NC Youth Tobacco Survey

Oral Health

Dental decay has been dramatically reduced over the last 20 years, but almost 50% of North Carolina children still have tooth decay. In the mid 1990's, the North Carolina Oral Health Section began assigning public health dentists to local health departments on a part-time basis in order to provide clinical support services to the newly established safety-net dental clinics.

Caldwell County Health Department Dental Clinic continues to find innovative ways to provide dental services to the most vulnerable populations in our community. Through October 2010, Dr. Davis and his team have provided nearly 2,150 Medicaid-eligible children with full service dental care. The dental clinic has partnered with the Happy Valley Medical Center and Collettsville Medical Center to provide basic emergency dental care, extractions, fillings, and other emergency services for uninsured and underinsured adults in Caldwell County. There are currently 10,091 children eligible for NC Health Choice and Medicaid in our county but only 45% of those eligible use the Medicaid and Health Choice services. The average child in Caldwell County received \$607 worth of dental services last year.



Emerging Issues

Breastfeeding in Caldwell County has become the exception rather than the rule for many new moms. Most women plan on breastfeeding their baby but with influence of family, lack of community support and misconceptions that formula is equal to breast milk, they rarely succeed past the first few weeks. Although current state breastfeeding rates have slightly improved from previous years, Caldwell County continues to struggle with improving the breastfeeding and initiation rate through six months of age. Another area of concern is the lack of or limited availability of community support structures for breastfeeding moms. Our agency recognizes the importance of these in relation to breastfeeding success and has made breastfeeding a priority for the coming year.

Did You Know...

Caldwell County has 2.5 dentists per 10,000 people (the national average is 6 dentists per 10,000 people)

Nearly 40% of 5th graders are reported to have un-treated tooth decay

In the 2007 Community Health Assessment, nearly 52% of Caldwell County residents said they could not afford dental care

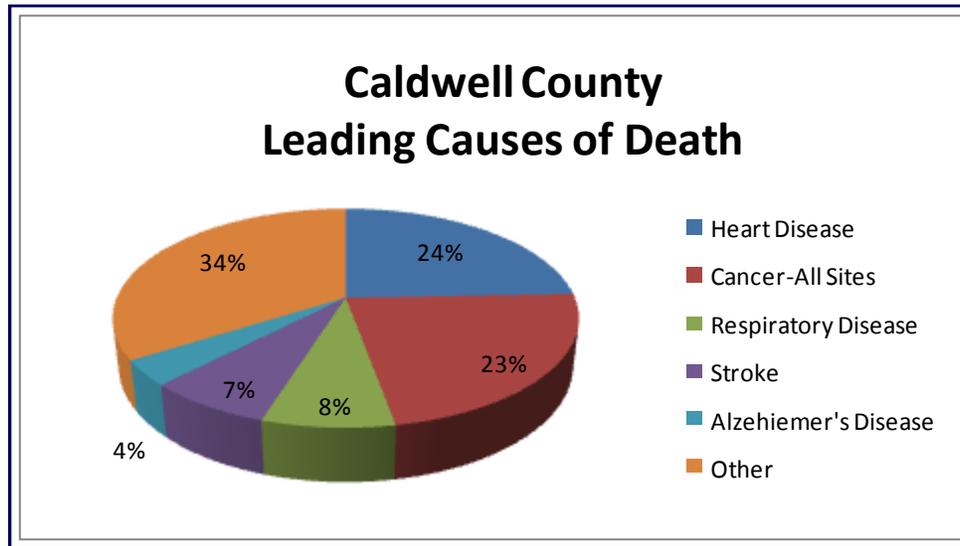
* NC Medicaid Paid Claims Data, 2008

* NC CATCH Data, 2005

* Caldwell County CHA Data, 2007

Impact of Chronic Disease in Caldwell County

2002-2006 Leading Causes of Death
 NC State Center for Health Statistics



Adult Medicaid Enrollment
 2010 Caldwell County DSS Annual Report

