

Three Rivers Healthy Carolinians

Bertie and Chowan Counties

State of the County Health (SOTCH) Report 2011

Chowan River and Western Bank of Bertie



Bertie County Three Leading Causes of Death:

•**Cancer (all sites):**

Bertie Rate: **235.0** NC Rate: 185.6

•**Heart Disease:**

Bertie Rate: **214.0** NC Rate: 191.7

•**Diabetes Mellitus:**

Bertie Rate: **60.5** NC Rate: 24.1



Chowan County Three Leading Causes of Death:

•**Cancer (all sites):**

Chowan Rate: **214.9** NC Rate: 185.6

•**Heart Disease:**

Chowan Rate: **198.2** NC Rate: 191.7

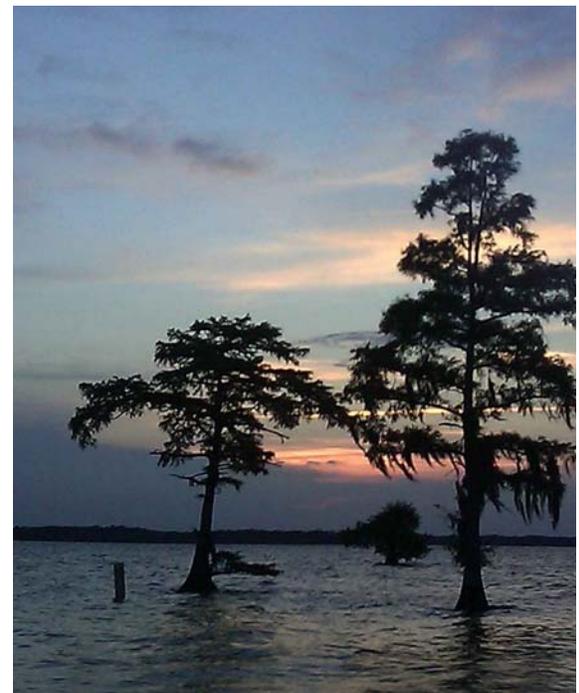
•**Cerebrovascular Disease:**

Chowan Rate: **73.8** NC Rate: 50.5

*2005-2009, Age-Adjusted Death Rates per 100,000 population
NC State Center for Health Statistics*

Three Rivers Healthy Carolinians (TRHC) of Bertie and Chowan counties is a collaborative, community-based network dedicated to improving the quality of life for all our residents by addressing and evaluating community issues, supporting health education, awareness, and resource accessibility. This is accomplished through planning, implementing, and evaluating wellness programs and encouraging overall healthier lifestyle choices. Specific health priorities for Bertie and Chowan counties include reducing the death rate from chronic diseases including heart disease and diabetes, ensuring the health and safety of our children, and reducing the incidence of childhood obesity in our counties. We are pleased to present the steps we have taken in 2010 and 2011 to accomplish these goals.

For more information, please contact Nancy Morgan, TRHC Coordinator, at (252) 482-1199



 **ALBEMARLE REGIONAL HEALTH SERVICES**
Partners in Public Health

www.arhs-nc.org



Bertie County At-A-Glance:

- Estimated Population (2010): 21,282
- Per Capita Income (2009): \$17,058
- Land Area (2000): 699.19 sq. miles
- Total households (2010): 7,700
- Licensed Child Care Facilities (3/2011): 25 (with 480 enrollments)
- % Estimate of uninsured Ages 0-64 (2008-09):
Bertie: 20.4% (NC: 19.7%)

Chowan County At-A-Glance:

- Estimated Population (2010): 14,793
- Per Capita Income (2009): \$19,994
- Land Area (2000): 172.64 sq. miles
- Total households (2010): 5,981
- Licensed Child Care Facilities (3/2011): 16 (with 563 enrollments)
- % Estimate of uninsured Ages 0-64 (2008-09):
Chowan: 20.8% (NC: 19.7%)

Data source: <http://quickfacts.census.gov>

NC Department of Commerce August 2011 Data Accessed 10/2011

New Initiatives:

•Bertie County is one of four counties in NC chosen to implement the Empower! Trial. Initiated by East Carolina University, this is a lifestyle modification program to empower rural African American women and communities to improve diabetes outcomes. Implementation will begin January 2012.

•The Living Healthy Chronic Disease Self-Management Program continues to be offered in Bertie and Chowan counties. This program teaches self-management skills to people with chronic health conditions, so they may live full and active lives.

•University Health Systems' Chowan Hospital Foundation and Bertie Memorial Development Council funded \$11,000.00 for the ongoing initiative to provide breast health screenings and follow-up care to qualifying women residing in Bertie, Chowan, and Perquimans counties. In total, 48 women received care in Bertie and 57 women in Chowan. This funding was depleted within six months.

•ARHS received funding from the Chowan Hospital and Bertie Memorial Hospital Foundations to begin the Healthy Mom Project that will work to improve the health of the mother throughout her pregnancy and reward her for attaining goals such as quitting smoking, maintaining a healthy weight, and taking a prenatal vitamin daily. The program will target 20 pregnant women in both Bertie and Chowan counties during 2011-12.

•Three Rivers Healthy Carolinians is working with the NC Farm Bureau Living Healthy Initiative to bring a 50-foot, handicap accessible Mobile Health Screening Unit to Bertie and Chowan counties. Free health screenings, educational materials, and a path towards a healthier lifestyle will be provided. These events are scheduled for the Spring of 2012.

Bertie County home destroyed by tornado April 2011



New and Emerging Issues:

- Tornadoes on April 16, 2011 devastated Bertie County:
 - Taking 12 lives and injuring 63 others.
 - Destroyed 67 homes and one business, and caused major damage to 20 homes and three businesses/governmental buildings.
 - Tetanus shots were given (309) at dispensing sites and Albemarle Regional Health Services' nurses went into the affected area to deliver shots to individuals who could not leave their property.
- Bertie Relief and Recovery Team was established in May 2011 in response to the tornadoes. This partnership among local nonprofits, churches, and government agencies works to help meet the needs of citizens following disasters.
- Tropical Storm Nicole damaged 83 homes, 40 businesses, four churches, and 12 governmental buildings in Bertie County.
- Hurricane Irene destroyed five homes, and damaged 143 homes and five businesses in Chowan County. In Bertie County, Irene destroyed four homes and caused major damage to ten homes, four businesses, and six governmental/other buildings.
- Bertie County suffered over \$24 million in agricultural losses due to Hurricane Irene.
- NC Department of Commerce designated Chowan County a Tier 2 County for 2011, up from a Tier 1 in 2009 and 2010.
- In 2010, the Community Care Clinic received grant funding to be a Federally Qualified Health Center (FQHC). Gateway Community Health Center served a total of 2,933 unduplicated patients. This is a 35% increase from 2009. The continuing trend of need for services has increased 5% over the past eight months in 2011.
- Bertie County's unemployment rate for 9/2011 was 12.5 and Chowan County's rate was 10.9 (NC rate: 10.0).

Maternal and Child Health Subcommittee Report:

The Maternal and Child Health Subcommittee (MCH) includes representatives from both Chowan and Bertie counties and agencies including Albemarle Smart Start Partnership (ASSP), Chowan-Perquimans Smart Start (CPSS), Edenton-Chowan School System, Bertie and Chowan Cooperative Extension Agencies, Albemarle Crisis Pregnancy Center, Albemarle Regional Health Services and Chowan and Bertie Memorial Hospitals. From these partnerships, programs have been successfully implemented in 2010 and 2011 that have strengthened our goals to improve the health of mother and child.

Action Plan: Reduce infant mortality rate within the first year of life in Bertie and Chowan counties.

°The Albemarle Crisis Pregnancy Center (ACPC) receives private donations to bring the Creative Parenting Classes to Chowan County. Mothers are encouraged to attend parenting classes and receive points for use at the center's boutique. In 2011, 113 mothers have contacted the ACPC either through walk-ins or phone calls and 46 of these mothers have attended the Creative Parenting Class. Child care was provided to 51 children in 2011 while their parent attended parenting classes.

°MCH applied for funding from both the Chowan Hospital Foundation and Bertie Memorial Development Council to provide car seats for eight Child Passenger Safety Events (four for each county) from October 2010 through September 2011. In total, MCH checked 108 car seats and replaced 64 seats that were damaged, expired, or inappropriate for the child. MCH also sponsored an essay writing contest during Safe Kids Week, April 17-23, 2011. Children from elementary schools in Bertie and Chowan counties were asked to submit entries explaining how they helped to keep their family safe. Winning essays writers received a \$50 gift certificate to Sound Feet Shoes. Three gift certificates were distributed in Chowan and two in Bertie to increase physical activity with families.

Action Plan: Reduce the percent of children (each age category) who are overweight or obese by 10%.

(This action plan has been discontinued and is being addressed by the HW subcommittee.)

°During the Week of the Young Child, Albemarle Smart Start, and Chowan-Perquimans Smart Start partnered to host the Young Child Children's Festival at Perquimans Recreation Center where 1,069 people attended. Booths included: fire safety, first aid, boat safety, wildlife and game safety, pet safety, child car seat checks, seed planting, nutrition, asthma, and Health Choice/Health Check.

°The Bertie County Cooperative Extension Agency offered The Expanded Food, Nutrition and Education Program (EFNEP) to children 18 years and under and their parents. During 2010-11, 143 adults and 313 children received nutrition education through the 22 lessons provided by the program. Participants learned efficient ways to grocery shop and cook nutritious and affordable foods.

°Chowan County received funding from the US Dept. of Agriculture to provide students in PreK-5th grade with a fresh fruit or vegetable each day as a snack. This is part of the initiative for students to eat healthier and introduce new and healthy foods to students.



Action Plan: Reduce teen pregnancy (ages 15-19) in Bertie County by 5%.

°ARHS received funding to bring the Making Proud Choices curriculum to Bertie Middle School in an effort to reduce teenage pregnancy. MPC is an evidence-based curriculum that addresses teen pregnancy, as well as HIV/AIDS prevention and confidence building. So far this year, 35 seventh graders have participated in the curriculum and approximately 70 will participate in the fall semester. An additional 150 students will complete the intervention totaling approximately 300 participants.

"If you have a baby now then you cannot do the things you want to do in life. Your child has to come first instead of you. I learned about how to keep protected and the best way of all is to wait until you are married. But if you do have sex, you have to stay protected." Quote from student upon completion of the MPC program, 2011

	Total	White	Minority
NC	78.9	74.0	85.4
Bertie	72.3	41.7	89.5
Chowan	78.2	78.0	75.2

	Total	White	Minority
NC	8.3	6.0	14.0
Bertie	17.5	9.4	20.5
Chowan	9.7	4.0	16.2

NC	9.1	1.8
Bertie	13.9	3.0
Chowan	12.3	2.2

	Total	White	Minority
NC	13.4	7.7	21.9
Bertie	13.5	1.4	20.3
Chowan	11.3	10.8	8.8

2009 NC Pregnancy Rates per 1,000 Population Females Ages 15-19 years old

NC State Center for Health Statistics

	Total Pregnancy Rate	White Pregnancy Rate	Minority Pregnancy Rate
NC	56.0	45.4	74.3
Bertie	77.0	36.1	94.5
Chowan	65.6	50.6	77.9

Health & Wellness Subcommittee Report:

The objectives of the Health & Wellness Subcommittee are to reduce the prevalence of diabetes in Chowan and Bertie counties and to decrease the number of high school students overweight or obese by 20% in both counties. We are a collaborative effort of members from the local hospitals, health department, recreation department, Mid-East Commission Area Agency on Aging, and YMCA .

Action Plan: Diabetes Education and Support Group

◦Diabetes Support Groups are offered in Bertie and Chowan counties to individuals living with diabetes and their family/caretaker. Oral and written education on diabetes-related topics are provided to enhance self-management skills. Participants provide each other with support, encouragement, and advice. Community resources are identified and shared.

Bertie: Albemarle Regional Health Services' Health Education staff, along with guest speakers, facilitates and hosts the support groups at Bertie County Health Department on the 2nd Monday night and 4th Tuesday of each month. From December 2010 to October 2011, a total of 73 participants attended the Bertie Diabetes Support Group.

Chowan: A Certified Diabetes Educator facilitates and hosts the Chowan Hospital Diabetes Support Group. This support group meets the 4th Thursday of the month at 7:00 pm at Chowan Hospital. Approximately 88 participants attended the 11 support groups offered in 2010. Classes have also been provided at Gateway Community Care Clinic beginning in May 2010. Nine classes have been offered with 63 participants.

Action Plan: Coordinate annual diabetes educational conference for community members in Chowan and Bertie counties

◦Diabetes Day is a conference where people with diabetes and family/caregivers meet to fellowship, enhance their knowledge on chronic health diseases, learn self-management skills, as well as gain knowledge related to available resources in the community. Educational booths and health screenings with consultations are provided at no cost. For the 3rd Annual Diabetes Day 2011, the topic featured advocacy for diabetes. This event was held at Edenton Baptist Church on February 26, 2010 with a total of 88 participants. The 4th Annual Diabetes Day will be held in Bertie County on February 18, 2012.

Action Plan: Provide 20 events in which free or low cost health screenings are offered in Bertie and Chowan counties

◦Three Rivers Healthy Carolinians in partnership with Chowan and Bertie Hospitals provided free health screenings at several locations in and around Bertie and Chowan counties. Screenings included; blood sugar, total cholesterol, and blood pressure. In 2010-2011, screenings were provided to 1,834 participants (Chowan - 1,246 and Bertie - 588).

◦The Bertie Health Fair is a collaborative effort of Three Rivers Healthy Carolinians, Bertie Memorial Hospital, Albemarle Regional Health Services, Bertie Rural Health, and the Town of Windsor. The goal of the health fair is to provide free screenings and education on prevention and maintenance of chronic health conditions, as well as promote available community resources. Health screenings included; skin cancer, prostate cancer, breast, HIV, bone density, kidney function, depression, blood pressure, cholesterol, and blood sugar.

Action Plan: Provide BMI screenings to students in grades 3rd-12th in Chowan and Bertie counties

◦In Chowan County, BMIs have been completed on students attending DF Walker (grades 3-5). Parents received BMI information and the school nurse was available to answer questions at TRACK Night, or by appointment.

◦In Chowan County for 2010-2011, 1,575 students in grades K-8 participated in EFNEP and 184 students in the 3rd grade participated in SNAP Ed. Both are nutrition education programs offered through collaborative efforts with Chowan Cooperative Extension Agency and Edenton-Chowan Recreation Department. Students learned about fruits, vegetables, and physical activity through taste tests, food demonstrations, and interactive games and activities.

◦In Chowan County for 2010-2011, 1,075 students in grades K-5 took part in the Project TRACK (Teaching, Reaching, and Collaborating for Knowledge), 550 students in grades 3-5 participated in the Fitness Arcade, and 2,275 students in grades K-12 participated in the Energizer Program. The goal of all three programs is to increase physical activity.

◦Students and their families took part in TRACK Family Day, a special event aimed at educating and promoting healthy eating and increased physical activity. A total of 700 participated at White Oak Elementary (PreK-2) and DF Walker (3-5).

◦In Bertie County, BMIs have been completed on students attending Colerain Elementary (grades 3-5).

◦In Bertie County for 2010-2011, 313 K-8th grade students took part in EFNEP and 46 third graders took part in SNAP Ed nutrition education programs. Forty Bertie County High School students took part in the Cook Smart, Eat Smart SNAP Ed program.

Action Plan: Administer pre-and-post test to measure knowledge gained through SNAP Ed and EFNEP programs.

◦For Bertie and Chowan counties, the SNAP-Ed & EFNEP programs utilized the pre-and-post test evaluation method to monitor knowledge gained as well as behaviors adopted.

Action Plan: Allow participation in recreation department programs for free or at a reduced rate for adolescents upon referral by physician.

◦For Bertie and Chowan counties, after administering the BMI screening, local physicians can give "prescriptions/referrals" for physical activity to overweight or obese youth. The parent can bring that referral to the recreation department and receive a reduced rate or free program for athletic or physical activity programs offered by either recreation department.