



Three Rivers Healthy Carolinians Bertie and Chowan Counties State of the County Health (SOTCH) Report 2012

Key Points to Remember

- A Community Health Assessment (CHA) is conducted every 4 years and presents opinions and facts about the health of the community.
- A State of the County Health (SOTCH) Report is conducted during the years that a CHA is not completed and gives an update on what is being accomplished with the communities to address issues identified during the CHA process.
- All data presented in this SOTCH report were collected from the North Carolina State Center for Health Statistics (NC SCHS).
- To view the entire 2010 CHA for Bertie or Chowan counties, visit www.arhs-nc.org

Included in this report

- Chowan and Bertie Top 5 Health 1
- Health and Wellness 2
- Maternal and Child Health 3
- Issues 4
- New Initiatives 4

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

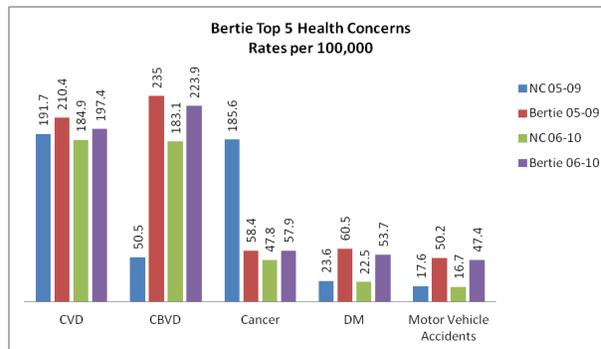
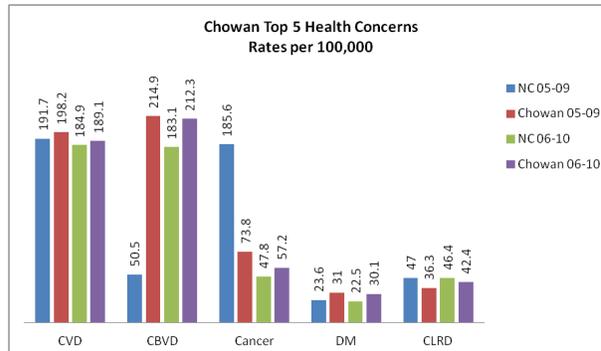
Mission Statement

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 rates 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.



Dining with Diabetes 2012
Diabetes Support Group
Bertie County Health Department



HEALTH PRIORITIES IDENTIFIED IN THE 2010 COMMUNITY HEALTH ASSESSMENT

Cardiovascular Disease (CVD), Cerebrovascular Disease (CBVD), Cancers, and Diabetes Mellitus (DM) continue to be the top four leading causes of death in both Bertie and Chowan counties. Chronic Lower Respiratory Disease (CLRD) was the fifth leading cause of death in Chowan and Motor Vehicle Accidents was fifth for Bertie. Overweight and obesity rates among adults and youth continue to rise to epidemic proportions. The 2011 Behavioral Risk Factor Surveillance System data reported 36% of adults were overweight and 32% were obese in the Eastern Region of North Carolina including Bertie and Chowan.

North Carolina State Center for Health Statistics. (2012, October 25). 2011 County Health Data Book. Retrieved November 29 2012, from NCSCHS Web Site: <http://www.schs.state.nc.us/schs/data/databook/2011/>

Health & Wellness

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

Free or low cost health screenings were conducted in partnership with Vidant Chowan and Bertie Hospitals. Screenings included blood sugar, total cholesterol, and blood pressure. Between October 2011 and October 2012, a total of 2,135 screenings were conducted (Chowan 1,316 and Bertie 819), an increase from last year of 301.

Also, in 2012, NC Farm Bureau networked with TRHC to offer the Healthy Living for a Lifetime events in both counties that of-

fered health screenings along with bone density screening and vascular ultrasound. From these events, a total of 249 participants were screened (Chowan 126 and Bertie 122). TRHC was awarded \$2500 from the NC Farm Bureau Healthy Living for a Lifetime Initiative to address the health concerns identified from the screenings. TRHC distributed co-pay vouchers to Bertie Rural Health, Vidant Family Medicine, and Gateway Community Care Clinic to those participants that were

identified with health issues and claimed to be uninsured.



NC Farm Bureau and TRHC Team
March 3, 2012



Participant at Chowan's Farm Bureau Healthy Living for a Lifetime Event.

March 17, 2012

Action Plan: Diabetes Education, Support Groups, and Annual Diabetes Educational Conference for community members in Chowan and Bertie

The Diabetes Education Day- **Diabetes-It's a Family Affair**- was held Saturday, February 18, 2012, at the Cashie Convention Center/ HTM Conference Center, Windsor. A total of 90 participants attended the day-long event with guest speakers including Bertie Commissioner Charles Smith followed by keynote speaker Dr. Calvin Ellison and Dr. Doyle Cummings. Dr. Ellison is a minister and nutritionist who specializes in

motivational speaking on healthy living. Dr. Cummings is a Professor of Family Medicine, Pediatrics and Public Health at East Carolina University. An "Ask The Expert" table section was available to answer questions participants may have had along with exhibitors supporting such programs as the Bertie Diabetes Support Group, the Regional Heart Disease and Stroke Prevention program, and The EMPOWER! Diabetes Project representatives.

Diabetes Day 2013 is scheduled for February 16 at Edenton Baptist Church. For more information on Diabetes Day 2013, call Nancy Morgan at 252-482-1199.

Diabetes Support Groups are offered in Bertie and Chowan counties to individuals living with diabetes and their family/care givers. Oral and written education on diabetes-related topics are provided to enhance self-management skills.

A Certified Diabetes Educator facilitates and hosts the Chowan Hospital Diabetes Support Group. This group meets the 4th Thursday of the month at 7:00 pm at Chowan Hospital.

The Bertie Diabetes Support Group meets the 2nd Monday and 4th Tuesday morning each month at Bertie Health Department.

Childhood Obesity

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

- 525 students in Chowan have received body mass index (BMI) screenings.
- 1,090 students from Chowan and 291 students from Bertie participated in the Expanded Food, Nutrition and Educational Program (EFNEP).
- 535 students in grades 3-5 participated in the Fitness Arcade located at DF Walker Elementary School in Chowan.
- The Bertie County Cooperative Extension hosted Cooking Camp that featured "Zumbatonics" which focused on healthy cooking and fun physical activity which reached 20 children throughout the county.



Project TRACK (Teaching, Reaching, and Collaborating for Knowledge) reached 1,050 students in grades K-5, and their families in Chowan County. The program is designed to educate and promote healthy eating and increase physical activity.

Action Plan: Reduce Infant Mortality rates within the first year of life in Bertie and Chowan counties

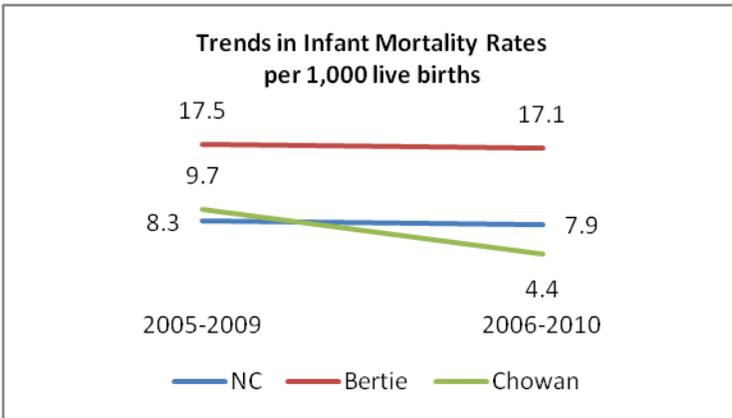
- In 2012, 23 mothers have contacted the Albemarle Pregnancy Resource Center either through walk-ins or phone calls and 13 of these mothers have attended the Creative Parenting Class. Child care was provided to four children in 2012 while their parent attended the classes.
- The Maternal and Child Health Subcommittee (MCH) applied for and received funding from both

the Vidant Chowan and Vidant Bertie Hospital Foundations to offer the Healthy Mom Project (HMP) in Bertie and Chowan counties. The HMP is a program that provides additional education and tools to expecting mothers on topics such as nutrition and exercise, pre-term labor, and breastfeeding. Mothers set goals and are given rewards for reaching their goals. Goals include maintaining a healthy

BMI and reducing or quitting smoking, which all correlate with the delivery of a healthy baby.

- In May 2012, Bertie Health Department was approved to be a Permanent Checking Station for Bertie and Chowan counties. This service allows families to make appointments with a Certified Passenger Safety Technician

and have their child’s seat inspected for safety and appropriateness. Since becoming a Permanent Checking Station, 18 families in Bertie and Chowan counties have received this service as well as educational resources.

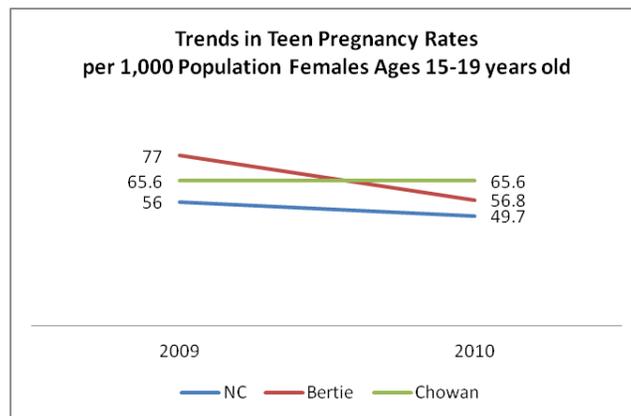


Participants at a Child Passenger Safety Event held in Bertie

North Carolina State Center for Health Statistics. (2012, October 25). 2011 County Health Data Book. Retrieved November 29 2012, from NCSCHS Web Site: <http://www.schs.state.nc.us/schs/data/databook/2011/>

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

ARHS received funding to offer the Making Proud Choices (MPC) 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. MPC was implemented six times during the 2011-12 school year to 212 seventh graders.



North Carolina State Center for Health Statistics. (2012, October 25). 2011 County Health Data Book. Retrieved November 29 2012, from NCSCHS Web Site: <http://www.schs.state.nc.us/schs/data/databook/2011/>

“To achieve my goals I have to stay free of STDs and having children.”
Quote from a student who completed the MPC program



Bertie and Chowan Counties

A Certified NC Governor's Task Force Healthy Carolinians Since 1992

Bertie and Chowan counties are one of the original six pilot programs in North Carolina.

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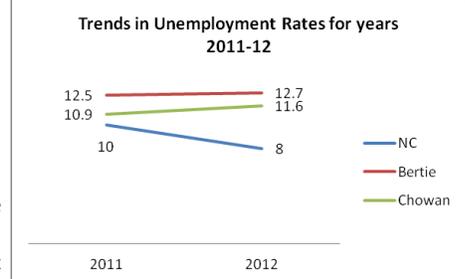
“What changes have you made in your diabetes management as a result of the annual TRHC Diabetes Day?”

- *“I check my blood sugar.”*
- *“I eat smaller food portions.”*
- *“I read labels now when shopping.”*
- *“I eat a wider variety of healthier foods.”*

Actual responses from 2012 Diabetes Day participants

Issues

- In recent years, the agriculture community has suffered crop losses due to tornadoes and hurricanes. This year the Cooperative Extension Agents report that both counties have excellent yields in peanuts, cotton and corn. Hurricane Sandy's wet weather hampered harvesting this year, however, yields have remained stable. Vegetable farmers also had a successful season.
- NC Department of Commerce rated Chowan County as a Tier 1 county for 2012, changing its status from a Tier 2 for 2011. Bertie remained a Tier 1 county. Both counties experienced high unemployment rates, slow growths in population, and low median household incomes for the year 2012.
- The NC Department of Commerce reports that Bertie County's unemployment rates is 12.7%, and Chowan's rate is 11.6% for the year 2012. The NC unemployment rate is 8.0%.



NC Department of Commerce. (2012). Retrieved 30 November, 2012, from NC Department of Commerce Web site.



2012 Peanut Festival Parade in Downtown Edenton (Chowan County). Staff from ARHS and TRHC promoted early detection against breast cancer.

New Initiative

- Certified instructors continue to offer the Living Healthy Chronic Disease Self-Management program in Bertie and Chowan counties. People with chronic health conditions learn self-management skills so they may live full and active lives.
- The Gateway Community Care Clinic in Tyner (Chowan County) served 629 uninsured and underinsured patients.
- TRHC will support efforts to work with the Community Transformation Grant Project (CTGP) to increase availability of healthy living options such as access to walking trails, healthy food choices and tobacco-free environments.
- TRHC received funding from the Vidant Bertie and Chowan Hospital Foundations to provide a part-time coordinator for the partnership and support costs associated with the 2013 Community Health Assessment. Vidant Bertie Hospital and Vidant Chowan Hospital continue their close working relationship to coordinate and prepare the Community Health Assessment.
- ARHS received funding from the Vidant Bertie and Chowan Hospital Foundations to provide breast health screenings to the uninsured and underinsured in Bertie and Chowan counties. This funding provides prevention educational resources for other cancers.
- TRHC has worked to spread the word about the American Cancer Society's Cancer Research Study, CPS-3, that will study the genetic, environmental and lifestyle factors that cause or prevent cancer.



www.arhs-nc.org

