



# 2009

## • State of the County •

# Health Report

Building Healthier Communities in Pasquotank, Perquimans, Camden and Currituck Counties

### • MISSION •

A community-based network of agencies and citizens dedicated to improving the quality of life through health and wellness. Counties represented by HCOTA are Camden, Currituck, Pasquotank and Perquimans.

### • 2009 HIGHLIGHTS •

HCOTA focused on the Action Plans for two Subcommittees in 2009. The Action to Benefit Chronic Disease subcommittee (ABCD) provided education through outreach to address cardiovascular disease including stroke, heart disease, and diabetes. This Subcommittee featured monthly health tips

published in local news media and through local government email groups. Topics correlated with National Health Monthly Observances.

Know your Numbers health messages were



OUTSTANDING PARTNERSHIP AWARD JUNE 2009

presented at two regional business expos in Currituck, Camden and Pasquotank and at community health fairs in Perquimans County. HCOTA partnering agencies combined their efforts to screen a total of 1,381 residents at 23 events for cholesterol, blood pressure, and blood sugar in 2009. ABCD also collaborated with the second committee, Albemarle Fitness and Nutrition Council (AFNC) to provide a new program, Albemarle We Can which addressed the prevention of chronic

disease. Each of eight sessions focused on cardiovascular disease, nutrition education, and physical activity. A total of 76 participants completed the program.

This program's success was not only statistically significant in health improvements, but also because sessions were held in local African American churches and reached the target populations.

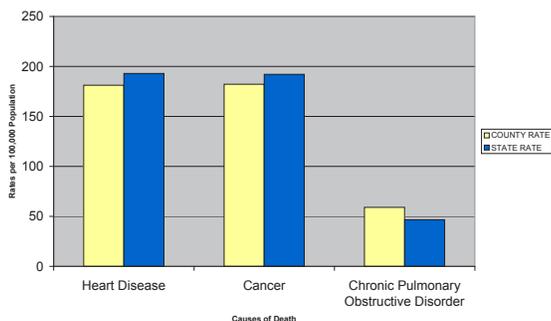


PASQUOTANK/CAMDEN BUSINESS EXPO MARCH 2009

Results included 17% with reduction in weight, 32% reduction in blood pressure, and 17% increased utilization of primary care physicians. Six churches adopted healthy food and beverage policies to be incorporated at all church events. HCOTA will continue to work with partnering agencies to offer this program to faith communities.

Currituck County was awarded the FIT Community grant in 2009 as a result of the intense collaboration of county officials, Parks and Recreation Department, Health Department and Cooperative Extension. The award of \$60,000 will be used over the next two years. This funding will establish a Spring/Summer Mobile Farmers Market with locally grown fruits and vegetables. This area has no grocery stores within 15 miles. It will also assist in extending the walking trail at the Governmental Center that is used by employees and community members.

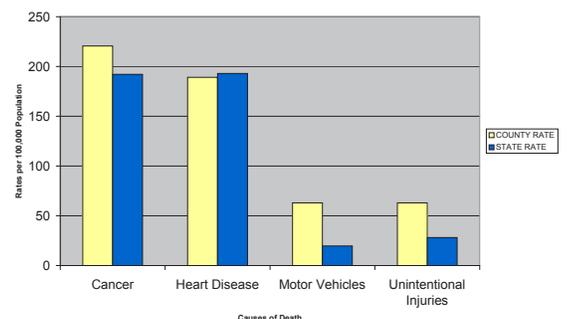
Currituck County  
Leading Causes of Death in 2007



2007 established Population: 24,682 | Land Area: 262 square miles  
Median Income: \$52,893 | Poverty Rate: 10.1%

Data from the NC Center for Health Statistics and the US Census Bureau

Camden County  
Leading Causes of Death in 2007



2007 established Population: 9667 | Land Area: 241 square miles  
Median Income: \$55,089 | Poverty Rate: 8.3%

Data from the NC Center for Health Statistics and the US Census Bureau

This walking trail is another addition to the Walking Communities Program, which posts maps, distances of subdivisions, trails and parks on county Parks and Recreation web sites. Walking trails and access to recreational resources continues to be an issue due to the ruralism of the region. To continue this effort, HCOTA will be represented at upcoming community forums in Currituck County. These forums will assess the need for recreation in that county and work on the county's Master Recreation plan.

In Pasquotank County, 33 attended the first Latina Women's Day which was funded with a grant by the Healthy Start Foundation. The event provided health screenings, educational presentations on nutrition and fire safety as well as other culturally appropriate educational materials presented in a nonthreatening environment.

The 2008 State of the County Health report was presented at all four County Commissioners Meetings, City and Town Council meetings and Interagency Council meetings. Individual meetings were also held with Department of Social Services in each county, the Community Care Clinic and Albemarle Hospital Foundation. Largely due to outreach provided by the Partnership during the year, seven new members have joined HCOTA.



## PLANNING FOR CURRENT AND EMERGING HEALTH CONCERNS

STRATEGIC PLANNING SESSION 2009

A number of events have contributed to a new focus on access to care and cancer education and awareness. In June 2009, 33 participants representing community members and other partnering agencies attended the annual HCOTA strategic planning luncheon. During the planning session, access to available health care resources was identified as a leading community concern. Meetings with Albemarle Hospital Foundation and the Community Care Clinic alerted the partnership to the increased number of individuals presenting for care. Health Screenings provided throughout the region also identified residents with untreated health issues and those

without a medical home. HCOTA continues to work with our partners to provide free health screenings and refer patients to free clinics in order to encourage residents to continue their medical care during these difficult economic times.

In 2009, Mental Health management changed in the Albemarle region. Clients needing these services had a period of fragmented treatment resources. This resulted in an increase of individuals presenting at the local non-profits and Emergency



ALBEMARLE WE CAN PROGRAM APRIL 2009

Departments for care. This crisis has been resolved with the reorganization of mental health services in the region; however, it remains an access to care issue.

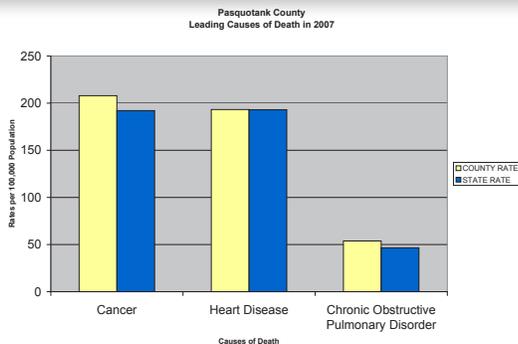
In an effort to raise awareness of community issues affecting health, each segment of the documentary, Unnatural Causes, was shown and discussed at HCOTA partnership meetings. Discussions that took place after viewing the series and the previously noted events will influence the creation of additional action plans for HCOTA in 2010.

Recent statistical data has shown an increase in the rate of cancer in three of the four counties. Cancer awareness and education can easily be incorporated into the Albemarle We Can series. HCOTA will also examine and analyze cancer resources in the area to determine any gaps in cancer awareness. Access to Care is an emerging issue which includes dental care.

A short term solution for dental care was provided by Mission of Mercy dental clinic in Dare County for adults throughout the region. New Dental services will be available through East Carolina University in the near future. In the past, this region has experienced a shortage of dental services for the adult population.

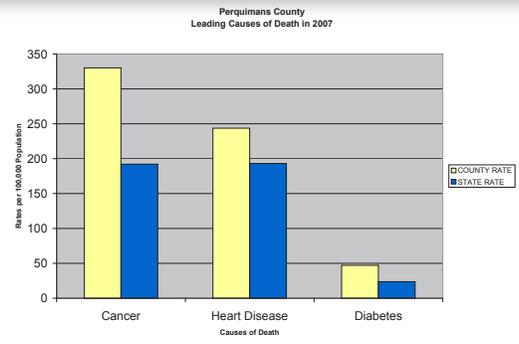
HCOTA will be providing results from the 2009 State of the County Health Report to the county commissioners during their public meetings as well as sharing information with city and town councils, at interagency meetings, as well as providing the report to partnering agencies and distributing the reports at HCOTA events, community care clinic, health department and health fairs, as well as publishing the results on the Albemarle Regional Health Services website.

For more Information about HCOTA contact Ann Roach, Coordinator • 252-338-4440 • email: aroach@arhs-nc.org



2007 established Population: 39,656 | Land Area: 227 square miles  
Median Income: \$39,270 | Poverty Rate: 18.2%

Data from the NC Center for Health Statistics and the US Census Bureau



2007 established Population: 12,376 | Land Area: 227 square miles  
Median Income: \$39,108 | Poverty Rate: 15.9%

Data from the NC Center for Health Statistics and the US Census Bureau