



A certified Healthy Carolinians Partnership



For more information, contact Esther Lassiter at (252) 357-1380 or visit the website: gp4h.com

Physical Activity & Nutrition

The GP4H Eat Smart & Move More Coalition targets the priority area of physical activity and nutrition through community health events, the walking club and promoting county-wide projects that deal with obesity. Health professionals at the 2009 annual **Family Fun & Fitness Day** conducted educational sessions addressing the priority health issues identified in the 2006 Community Health Assessment. The estimated attendance for this third annual event was 350. There were 25 educational booths that also featured the priority health issues. Outdoor physical activity stations attracted 70 plus youth in attendance. Two new spotlights were “Healthy Recipe Showcase” and the “Healthy Grill Cook-off.” The goal of these events was to encourage healthier food preparations.



In November 2009, the **ViQuest Fitness Room** opened at the newly renovated Gates County Community Center. As of December 2009, there were 118 registered and an average of 45 using the fitness equipment daily. The goal was to register 35 before the fitness room could become operational. The

fitness equipment was funded by Roanoke-Chowan Hospital Foundation. The Golden Leaf Foundation awarded a \$780,000 grant for renovations which included a skateboard park for the youth.



The walking club programs continue. “**Holy Soles**” encourage walking and physical activity competition among local churches. “**Energized Educators = Accelerated Achievers**” challenges the public school staffs. Evaluations from school participants in the spring of 2009 reported 100% increase in stamina, 55.5% lower cholesterol, 33.3% decrease in blood pressure, and 27% reported weight loss.

Obesity among our Gates County youth is being addressed through funding from the Obici Healthcare Foundation targeting diabetes prevention and physical activity.

New Initiatives

Access to Health Care has become a new initiative for the Gates Partners for Health with the focus on health care services for the uninsured and the underinsured. This new emphasis is a result of a Health Needs and Solutions Assessment completed in January 2009. Additional research is being conducted with the aid of a federal planning grant. The data gathered will help Gates County apply for a federally qualified community health center that addresses primary care, mental health, and dental care.

State of the County Health Report



2009

Overview The Gates Partners for Health, GP4H, a recertified Healthy Carolinians Partnership, embodies its mission: “improving the health and quality of life with people of all ages.” GP4H continues its partnership with local agencies, organizations and the faith-based communities to address priority health issues as identified in the 2006 Community Health Assessment. The priority areas are chronic diseases, physical activity and nutrition, and injury prevention.

The purpose of this State of the County Health Report is to share local demographics, leading causes of death, and 2009 projects specific to the priority health issues affecting Gates County residents. A formal new community health assessment will be conducted in 2010.

We invite you to join our efforts to make Gates County a healthy and safe community for all. Contact information and meeting dates for the GP4H Board and committees may be found on the website: gp4h.com.

Gates County Facts-At-A-Glance



Estimated Population: 11,836 (2008)
Per Capita Income: \$ 24,245 (2006)
Land Area: 341 sq. miles
% Estimate of uninsured (ages 0-64): 33.7% (2005)

Leading Causes of Death From 2007 Data NC State Center for Health Statistics		
Cause	Number	Percent
Cancer	31	24.4%
Heart Disease	29	22.8%
Cerebrovascular Disease	11	8.7%
Chronic Lower Respiratory Disease	11	8.7%

Mental Health:	
Estimated persons with Severe Emotional Disturbance:	
Ages 0-17 298	Ages 18+ 495
Estimated Adults Dealing with Substance Abuse:	
Age 18-25 216	Age 26+ 546
2008 Data North Carolina State Center for Health Statistics	

Chronic Diseases

An “Air Quality Flag Program ” was fully implemented in Gates County in May of 2009. An asthma awareness curriculum was provided for all grade levels. A different flag color for each level of air quality was distributed to schools and local government buildings along with the website contact information for air quality readings. The flags are used from May to the end of September or during the peak problem season for persons living with asthma. The 2006 data showed 500 students with known asthma in grades 1-8, representing 35% of the students.



Diabetes education, another priority area under chronic disease, was implemented in five African-American churches with **Diabetes & Nutrition Education** reaching more than 120 individuals. This was possible through a grant from the Roanoke Chowan Community Health Center. The end result was informed individuals regarding the management of diabetes and a request from participants to continue diabetes education and support groups.



Project Power Training

Project Power, a diabetes education program by the American Diabetes Association, was introduced. Twenty-one county residents representing thirteen African-American churches were trained on October 24 as Project Power Ambassadors. Diabetes education modules will begin in January 2010.

Diabetes was listed as the third leading cause of death in the 2006 Community Health Assessment and identified as a priority issue.

Injury Prevention

The GP4H Injury Prevention Committee continues to address child passenger safety. Due to the lack of funding for infant car seats, our trained car seat technicians are limited in the services that can provide to parents in need. Seatbelt safety was stressed in 2009 with signage posted at exits of all schools.



Future Health Concerns

Job closures and the continued state of the economy will render additional citizens in need of health care services which are not readily available.