

CATAWBA COUNTY 2008

STATE OF THE COUNTY HEALTH REPORT

The purpose of the State of the County Health Report (SOTCH) is to heighten awareness of the health issues affecting the citizens of Catawba County by compiling and summarizing important health indicators related to illness, death, and high-risk behaviors. The SOTCH can be used in establishing priorities, leveraging current resources, and/or developing additional resources such as grants and partnerships, to address health needs in Catawba County. The 2008 SOTCH serves as a supplement to the 2007 Catawba County Community Health Assessment (CHA) by providing updated health indicator data. The 2007 comprehensive Community Health Assessment can be found at the Catawba County Health Partners web site under “links” at: <http://www.catawbacountyhp.org>.

Data are presented for the most current year or time period available for Catawba County compared with averaged data for North Carolina. The year or period of time is noted on the report card along with the data. The health indicators were chosen not only because of their importance, but also because of data availability, consistency and validity.

In addition to comparing Catawba County to North Carolina, the SOTCH also compares the data to the Healthy Carolinians 2010 objectives when available. Health care providers, governmental representatives, university faculty and research center staff, advocacy groups, and other experts, through an extensive process and analysis developed health indicators and health objectives for the state of North Carolina to achieve by the year 2010.

When reviewing the SOTCH, use the following information as a reference:

- For each health indicator, you will find a definition, time period, and data source.
- Shading in the 2010 objective column indicates that there is no 2010 objective specifically for that health indicator.
- Abbreviated terms are defined at the bottom of the data charts.

Data within the SOTCH indicates that Catawba County has health risks associated with the following indicators:

- ***Minority populations are at a greater risk for disease and death***
- Neonatal mortality within minority populations although the NC 2010 total population objective was met
- Percent very low birth weight for black/African American
- Percent prenatal care initiated in 1st trimester
- Percent pregnant women who smoke
- Childhood overweight rates in 2-4 year olds and 2-18 year olds
- Suicide
- Pneumonia/flu deaths ages 64-85, ages >85, and total population
- Stroke deaths for white and minority populations
- Diabetes deaths for white, minority, and total populations
- Colon, rectum, and anus cancer deaths for white and minority females and white males

Catawba County Health Partners (CCHP), a Healthy Carolinians partnership, was formed in November, 2004. Four committees have been created to address the health priorities of Catawba County: access to health care, obesity, substance abuse, and cancer. CCHP received “official” certification by the Governor’s Task Force for Healthy Carolinians in 2005 and was recertified in 2008. CCHP also received 501 (c) (3) non-profit status in August 2006.



Vision Statement

Partnering together to enhance the quality of life for all people in Catawba County.

Mission Statement

Partners joining together to improve the health and well being of Catawba County residents by identifying and addressing health priorities and disparities through public awareness and education, community involvement, maximizing resources, and influencing public policy.

CATAWBA COUNTY HEALTH PRIORITIES, 2008-2012

1. Access to Health Care

More than 17,000 Catawba County adults lack health insurance, without which the ability to access health care is fundamentally jeopardized. Identified in 2004 as a community health priority, substantial progress has been made toward increasing the number of primary care visits for adults at free/reduced fee clinics.

Accomplishments to date include:

- Expanding hours of operation for Greater Hickory Cooperative Christian Ministry Health Care Center, which provides medical, dental and pharmaceutical care to County residents that do not have access to those services;
- Implementing Medical Access to Catawba County (MACC), a commitment by area doctors to volunteer as primary physicians to members of the underserved community;
- Developing and disseminating a brochure of free or reduced-cost primary care services;
- And offering a medical interpreter class to improve communication and enhance cultural competence of service providers that work with populations with limited English-language skills.

Continued efforts will be directed at improving transportation services to and from medical appointments throughout the County. The committee will also continue to address communication among minority populations and medical providers. Discussions have also occurred about the possibility of creating a lay health worker program to help serve the County’s rural and underserved populations.

2. Childhood Obesity

Because overweight and obesity are primary risk factors for the leading causes of death and disability, the topic continues to be a priority health concern in Catawba County. In Catawba County, the number of children with a Body Mass Index considered “overweight” exceeds both the North Carolina measures and NC 2010 targets. Since 2004, the Eat Smart, Move More (ESMM) subcommittee has focused on decreasing the number of overweight and obese children in Catawba County.

Accomplishments to date include:

- Developing and adopting wellness policies in all three school systems;
- Developing and disseminating an ESMM resource guide for children ages 2-18 throughout the community;
- Participating in several local health fairs to disseminate ESMM information;
- Organizing Family Day, an annual event to raise awareness of the benefits of eating together as a family (2006, 2007, 2008);
- Implementing Take 10 in 15 elementary schools. Take 10 is a curriculum based program for classroom teachers to address overweight;
- Implementing Generation Fit programs at two high schools. Generation Fit is an innovative curriculum designed by the American Cancer Society to infuse physical activity into the school day;
- Implementing grant funded after school program (SPARK) to 30 schools (23 elementary and 8 middle and high schools);
- Implemented Families Fit for Life program;
- Facilitating the adoption of wellness policies in all 3 school systems and community schools after school Program;
- And providing a childhood obesity workshop for over 60 healthcare providers.

The ESMM committee will partner with African American churches in the future to train ambassadors and adopt policies for healthy behavior.

3. Substance Abuse

With nearly 8% of the population having addiction issues, and another 39% affected by them, the community agreed that SA continues to present a challenge to Catawba County.

Accomplishments to date include:

- Developing and disseminating Substance Abuse Services brochures throughout the community;
- Holding a Substance Abuse workshop on accessing services for over 90 concerned citizens;
- Holding a forum about Substance Abuse issues/ resources for 50 local Human Resources Directors.

The committee is currently involved in a 15-month, \$45,000 North Carolina Coalition Initiative capacity building grant. Surveys are being conducted throughout all three school systems to assess the utilization and accessibility of illegal substances for 6th, 8th, 10th and 12th graders.

4. Cancer

Data gathered for the 2007 CHA showed that cancer is a critical issue in Catawba County. Minority deaths from prostate cancer, white female deaths from lung cancer and white male deaths from colorectal cancer all exceed the State measures. For that reason, the community selected cancer as a priority area, ensuring that community resources would be coordinated in a comprehensive and focused manner.

The focus is on reducing prostate cancer among minority men over 40 and colorectal cancer for all populations over 50 by 10%. Strategies include education, prevention efforts and enhanced screenings. Partners include Greater Hickory Cooperative Christian Ministry, Frye Regional Medical Center, Catawba Valley Medical Center, American Cancer Society, and community volunteers.



Catawba County Public Health

2008 State of the County Health Report

Demographics

	Catawba County 2008	North Carolina 2008
Population	155,646	9,061,032
Percent Female	50.9%	51.0%
Percent Male	49.1%	49.0%
Percent Under 5 yrs old	6.6%	6.8%
Percent 65 yrs old and over	13.1%	12.1%
Percent White	82.2%	70.3%
Percent Black/African American	7.7%	21.4%
Percent Asian	2.9%	1.8%
Percent Hispanic/Latino	8.4%	6.7%

US Census Bureau, 2006 (population data from 2007)

Leading Causes of Death

	Catawba County 2008	North Carolina 2008	US
Cancer	1	1	2
Heart Disease	2	2	1
Stroke	3	3	3
COPD	4	4	4
Alzheimers	5	6	7
Diabetes	6	7	6
Unintentional Injury	7	5	5
Influenza and Pneumonia	8	8	8
Motor Vehicle Injuries	9	9	N/A
Kidney Disease	10	10	9

Leading Cause of Death by Age Group

Catawba County 2008

0-19	Conditions originating in the perinatal period
	Motor vehicle injury
	Congenital anomalies (Birth defects)
20-39	Other unintentional injuries
	Motor vehicle injury
	Suicide
40-64	Cancer - All sites
	Heart Disease
	Other unintentional injuries
65-85	Cancer - All sites
	Heart Disease
	COPD
85+	Heart Disease
	Cancer - All sites
	Stroke

Leading Cause of Death by Sex

Catawba County 2008

Males	1. Cancer
	2. Heart Disease
	3. Stroke
	4. COPD
	5. Diabetes
	6. Influenza and pneumonia
	7. All other unintentional injuries
	8. Motor vehicle injuries
	9. Intentional self-harm (suicide)
	10. Alzheimers

Females	1. Cancer
	2. Heart Disease
	3. Stroke
	4. COPD
	5. Alzheimers
	6. Diabetes
	7. All other unintentional injuries
	8. Influenza and pneumonia
	9. Kidney Disease, Parkinson's

Leading Cause of Death by Race	Catawba County 2008
Whites	1. Cancer
	2. Heart Disease
	3. Stroke
	4. COPD
	5. Alzheimers
	6. All other unintentional injuries
	7. Diabetes
	8. Influenza and pneumonia
	9. Motor vehicle injuries
	10. Intentional self-harm (suicide), Kidney Disease
Other Races	1. Cancer
	2. Heart Disease
	3. Stroke
	4. Diabetes
	5. Motor vehicle injuries
	6. Alzheimers, COPD, Kidney Disease
	9. Unintentional injuries, Flu and pneumonia

State Center for Health Statistics, 2003-2007 (Rates per 100,000)

Unemployment

	Catawba County 2008	North Carolina 2008
Unemployment Rate	8.1% (August)	6.8% (August)

The Employment Security Commission of NC, 2008

Cancer

	Catawba County 2008	North Carolina 2008	NC Target 2010
Total Cancer Deaths	201.2	194.9	166.2
Prostate Cancer (Male)			
White Population	26.0	22.6	
Minority Population	55.8	58.4	
Total Population	27.8	28.3	
Breast Cancer (Female)			
White Population	25.4	23.3	
Minority Population	20.5	32.6	
Total Population	25.0	25.2	22.6
Trachea, Bronchus, & Lung			
White Population	60.1	60.2	
Females	44.8	44.7	
Males	81.9	81.5	
Minority population	51.0	55.8	
Females	37.6	33.6	
Males	66.6	90.6	
Total Population	59.0	59.6	
Colon, Rectum, & Anus			
White Population	22.6	16.7	
Females	15.5	13.9	
Males	29.1	20.4	
Minority population	32.6	22.7	
Females	27.1	19.4	
Males	23.5	27.6	
Total Population	21.2	17.8	16.4

State Center for Health Statistics, 2003-2007, deaths per 100,000 (age adjusted)

Heart Disease and Stroke

	Catawba County 2008	North Carolina 2008	NC Target 2010
Heart Disease			
White Population	192.5	202.6	
Females	155.4	160.5	
Males	254.8	258.0	
Minority population	224.3	241.4	
Females	184.5	198.1	
Males	329.2	303.6	
Total Population	195.7	210.7	219.8
Stroke			
White Population	60.7	53.0	
Females	58.6	51.8	
Males	72.1	53.7	
Minority population	82.1	76.3	
Females	81	70.8	
Males	77.3	82.5	
Total Population	64.5	57.6	61.0

State Center for Health Statistics, 2003-2007, deaths per 100,000 (age adjusted)

Diabetes

	Catawba County 2008	North Carolina 2008	
White Population	26.7	20.7	
Females	21.0	17.3	
Males	33.7	25.0	
Minority population	73.7	51.8	
Females	82.5	49.4	
Males	85.4	53.8	
Total Population	30.6	26.4	

State Center for Health Statistics, 2003-2007, deaths per 100,000 (age adjusted)

HIV and AIDS

	Catawba County 2008	North Carolina 2008	
HIV - Cases	20		
HIV - Rate per 100,000	13.3	14.7	
AIDS - Cases	12		
AIDS - Rate per 100,000	7.8		

North Carolina HIV/STD Surveillance Report, 2007

STD (Sexually Transmitted Diseases)

	Catawba County 2008	North Carolina 2008	NC Target 2010
Chlamydia cases	425		
Chlamydia rate (per 100,000)	275.7	345.6	
Gonorrhea cases	233		
Gonorrhea rate (per 100,000)	151.5	188.2	191
Syphilis Primary and Secondary - Cases	2		
Syphilis Primary and Secondary - Rate	1.3	3.7	9.6

North Carolina HIV/STD Surveillance Report, 2007

Infant Mortality			
	Catawba County 2008	North Carolina 2008	NC Target 2010
Neonatal Mortality (Deaths under 28 days per 1,000 live births)			
White Population	3.7	4.1	
Minority Population	11.9	10.3	
Total Population	4.9	5.8	5.9
Infant Mortality (Deaths under 1 year per 1,000 live births)			
White Population	5.9	6.1	
Minority Population	12.5	14.5	
Total Population	6.9	8.4	7.4
Infant Mortality (Deaths under 1 year per 1,000 live births)			
Black	14.8	15.9	
Percent Low Birth Weight (% of live births weighing less than 5lbs 8oz)			
White Population			
Minority Population			
Total Population	8.4%	9.1%	7.0%
Percent Very Low Birth Weight (% of live births weighing less than 3lbs 3oz)			
Black	4.6%	3.6%	
Prenatal Care Initiated in 1st Trimester			
Black	68.1%	75.4%	
Total Population	80.3%	83.0%	90.0%
Pregnant Women Who Smoke	15.2%	12.4%	7.0%

State Center for Health Statistics, 2003-2007

Childhood Overweight			
	Catawba County 2008	North Carolina 2008	NC Target 2010
2-4 year olds	18.50%	15.30%	11.80%
5-11 year olds	18.80%	24.90%	16.70%
12- 18 year olds	32.90%	29.90%	20.30%
Total for 2-20 year olds	23.70%	17.30%	

Eat Smart Move More, 2007

Teenage Pregnancy			
	Catawba County 2008	North Carolina 2008	
White Pregnancy Rate	29.1	28.5	
Minority Pregnancy Rate	48.3	51.3	
Total Pregnancy Rate	33.1	36.1	

State Center for Health Statistics, 2003-2007, per 1,000 (15-17 years old)

Adult Tobacco Use			
	Catawba County 2008	North Carolina 2008	
Current Smoker			
Females	22.3%	22.9%	
Males	16.5%		
Tried to quit for 1 day or longer in the last year			
Females	28.9%	56.8%	
Males	59.2%		
	55.9%		
	64.2%		

State Center for Health Statistics, 2007 BRFSS Survey (over age 18)

Influenza and Pneumonia			
	Catawba County 2008	North Carolina 2008	
65-84 years of age	106.4	84.2	
Over the age of 85	923.5	673.2	
Total Population	26.6	21.2	

State Center for Health Statistics, 2003-2007, deaths per 100,000 (age adjusted)

Violence			
	Catawba County 2008	North Carolina 2008	NC Target 2010
Homicide	5.7	7.1	5.0
Suicide	14.2	11.7	8.0

State Center for Health Statistics, 2003-2007, deaths per 100,000 (age adjusted)

Access to Health Care

	Catawba County 2008	North Carolina 2008	
Dentist per 10,000	4.4	4.4	
Physicians per 10,000	23.5	20.8	
Primary Care Physician per 10,000	9.1	9	
Uninsured Estimates for Children (0-18)	13.7	11.3	
Uninsured Estimates for Adults (19-64)	20	19.5	
Uninsured Estimates for Non-elderly (0-64)	18	19.5	

NC Institute of Medicine, 2006

Communicable Disease

	Catawba County 2008	North Carolina 2008	
Hepatitis A cases	1	445	
Hepatitis A rate (per 100,000)	0.1	1	
Hepatitis B cases	9	658	
Hepatitis B rate (per 100,000)	1.2	1.5	
Pertussis cases	12	885	
Pertussis rate (per 100,000)	1.6	2	
Salmonellosis cases	123	7689	
Salmonellosis rate (per 100,000)	16.4	17.6	

State Center for Health Statistics, 2003-2007, rates per 100,000