



Public Health

CATAWBA COUNTY 2009 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 for that particular year. 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 2009 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 “Community Health Assessment” at: <http://www.catawbacountyhealthpartners.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.

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***
- Percent prenatal care initiated in 1st trimester
- Percent pregnant women who smoke
- Childhood overweight rates
- Male suicide
- Pneumonia/flu deaths ages 64-85, ages \geq 85, and total population
- Stroke deaths for white males and females
- Diabetes deaths for white and minority populations
- Colon, rectum, and anus cancer deaths for white and minority populations
- Trachea, bronchus, and lung cancer for white males
- Cancer and heart disease deaths are significantly higher than the NC Target 2010 objective

Catawba County Health Partners (CCHP), a certified Healthy Carolinians partnership, was formed in November, 2004. Four committees have been created to address health priorities in 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

It is estimated that more than 20,000 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 care physicians to members of the underserved community who suffer from chronic diseases;
- Developing and disseminating a brochure of free or reduced-cost primary care services;
- And offering a medical interpreter class each year 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 service delivery and access for the uninsured in Catawba County.

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, Eat Smart, Move More (ESMM) 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 and Community Schools after school program;
- 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 area 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 7 middle and high schools);
- Implementing the Families Fit for Life program in collaboration with the YMCA;
- Implementing the America on the Moves “Steptember” initiative to encourage families to eat smart and move more during the month of September;
- And providing a childhood obesity workshop for over 60 healthcare providers.

The ESMM committee has formed two sub-committees, Schools and Community, to accomplish their goals. The focus continues to be on providing resources in the community and encouraging environmental change to influence healthy behaviors.

3. Substance Abuse

With nearly 8% of the population having addiction issues, and another 39% affected by them, the community agreed in 2004 that substance abuse continues to present a challenge in Catawba County. To reduce underage drinking in Catawba County, the Alcohol & Substance Abuse Prevention (A.S.A.P.) Coalition is collaborating with community partners to implement a comprehensive plan aimed at impacting the causes of the problem: easy availability of alcohol to minors and permissive community attitudes toward youth alcohol use.

Accomplishments to date include:

- Conducting surveys throughout all three school systems to assess the utilization and accessibility of illegal substances for 6th, 8th, 10th and 12th graders;
- And implementing the Not Here Initiative which is comprised of several components, each involving a sector of the community that plays a key role in changing the environment that enables and encourages underage drinking.

A.S.A.P. will continue to engage the various sectors of the community to address this issue.

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 of the Cancer Task Force is on reducing prostate cancer among minority men over 40 and colorectal cancer for all populations over 50 by 10%.

Accomplishments to date include:

- Implementing the American Cancer Society's "Get Your Tests!" program in local medical practices to encourage patients to be proactive about annual cancer screenings;
- Conducting a media awareness campaign for Colon Cancer Awareness month;
- Promoting Prostate Cancer screenings throughout the community;
- And hosting community education and awareness events such as the Man to Man Prostate Health Breakfast and Screening and the Prostate Cancer Survivor's Dinner.

Continued efforts will be directed at education and early detection.



Catawba County Public Health

2009 State of the County Health Report

Demographics

	Catawba County 2009	North Carolina 2009
Population	155,646	9,222,414
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, 2008 population estimates (Total population 2009)

Leading Causes of Death

	Catawba County 2009	North Carolina 2009	US
Cancer	1	2	2
Heart Disease	2	1	1
COPD	3	3	4
Stroke	4	4	3
Alzheimers	5	6	7
Unintentional Injury	6	5	5
Diabetes	7	7	6
Influenza and Pneumonia	8	8	8
Motor Vehicle Injuries	9	10	N/A
Suicide	10	N/A	N/A

Leading Cause of Death by Age Group

	Catawba County 2009
0-19	Conditions originating in the perinatal period
	Motor vehicle injury
	Congenital anomalies (Birth defects)
20-39	Other unintentional injuries
	Motor vehicle injury
	Cancer - All sites
40-64	Cancer - All sites
	Heart Disease
	COPD
65-85	Cancer - All sites
	Heart Disease
	COPD
85+	Heart Disease
	Cancer - All sites
	Alzheimer's Disease

Leading Cause of Death by Sex

	Catawba County 2009
Males	1. Cancer
	2. Heart Disease
	3. COPD
	4. All other unintentional injuries
	5. Stroke
	6. Intentional self-harm (suicide)
	7. Diabetes
	8. Motor vehicle injuries
	9. Influenza and pneumonia
	10. Alzheimers

Females	1. Heart Disease
	2. Cancer
	3. COPD
	4. Stroke
	5. Alzheimers
	6. Influenza and pneumonia
	7. Diabetes
	8. All other unintentional injuries
	9. Kidney Disease
	10. Motor vehicle injuries

Leading Cause of Death by Race

Catawba County 2009

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

State Center for Health Statistics, 2004-2008 (Rates per 100,000)

Unemployment

	Catawba County 2009	North Carolina 2009	
Unemployment Rate	14.4% (August)	10.7% (August)	

The Employment Security Commission of NC, 2009

Cancer

	Catawba County 2009	North Carolina 2009	NC Target 2010
Total Cancer Deaths	201.6	192.5	166.2
Prostate Cancer (Male)			
White Population	27.4	21.8	
Minority Population	48.3	56.3	
Total Population	28.8	27.3	
Breast Cancer (Female)			
White Population	26.9	22.8	
Minority Population	17.4	31.3	
Total Population	26.2	25.0	22.6
Trachea, Bronchus, & Lung			
White Population	60.6	59.8	
Females	42.1	44.9	
Males	89.5	80.2	
Minority population	44.3	54.9	
Females	26.8	33.2	
Males	73.8	88.7	
Total Population	59.7	59.1	
Colon, Rectum, & Anus			
White Population	22.8	16.0	
Females	17.2	13.5	
Males	31.7	19.4	
Minority population	28.7	22.5	
Females	22.6	19.4	
Males	37.3	27.0	
Total Population	23.3	17.3	16.4

State Center for Health Statistics, 2004-2008, deaths per 100,000 (age adjusted)

Heart Disease and Stroke

	Catawba County 2009	North Carolina 2009	NC Target 2010
Heart Disease:			
White Population	190.1	195	
Females	144.8	154.1	
Males	253.9	248.4	
Minority population	208.4	228.4	
Females	177.4	186.1	
Males	236.7	289.1	
Total Population	192.6	202.2	220.0
Stroke:			
White Population	57.4	50.1	
Females	57.1	48.9	
Males	57.6	50.9	
Minority population	69.9	71.5	
Females	65.9	65.7	
Males	77.7	78.5	
Total Population	58.5	54.4	61.0

State Center for Health Statistics, 2004-2008, deaths per 100,000 (age adjusted)

Diabetes

	Catawba County 2009	North Carolina 2009	
White Population	26.2	19.7	
Females	19.0	16.2	
Males	36.8	24.1	
Minority population	68.0	49.2	
Females	67.0	46.9	
Males	68.3	51.3	
Total Population	29.4	25.2	

State Center for Health Statistics, 2004-2008, deaths per 100,000 (age adjusted)

HIV and AIDS

	Catawba County 2009	North Carolina 2009	
HIV - Cases	19	2,650	
HIV - Rate per 100,000	13.3	14.7	
AIDS - Cases	8	1,379	
AIDS - Rate per 100,000	7.8	9.8	

North Carolina HIV/STD Surveillance Report, 2008

STD (Sexually Transmitted Diseases)

	Catawba County 2009	North Carolina 2009	NC Target 2010
Chlamydia cases	422	37,555	
Chlamydia rate (per 100,000)	271.1	414.5	
Gonorrhea cases	184	14,866	
Gonorrhea rate (per 100,000)	118.2	164.1	191
Syphilis Primary and Secondary - Cases	1	287	
Syphilis Primary and Secondary - Rate	0.6	3.2	9.6

North Carolina HIV/STD Surveillance Report, 2008

Infant Mortality			
	Catawba County 2009	North Carolina 2009	NC Target 2010
Neonatal Mortality (Deaths under 28 days per 1,000 live births)			
White Population	4.1	4.1	
Minority Population	7.6	9.9	
Total Population	4.6	5.7	5.9
Infant Mortality (Deaths under 1 year per 1,000 live births)			
White Population	6.8	6.2	
Minority Population	8.9	14.3	
Total Population	7.1	8.4	7.4
Infant Mortality (Deaths under 1 year per 1,000 live births)			
Black	9.0	15.5	
Percent Low Birth Weight (% of live births weighing less than 5lbs 8oz)			
White Population	7.9%	7.4%	
Minority Population	12.0%	13.6%	
Total Population	8.5%	9.1%	7.0%
Percent Very Low Birth Weight (% of live births weighing less than 3lbs 3oz)			
Black	2.9%	3.5%	
Prenatal Care Initiated in 1st Trimester			
Black	73.3%	75.0%	
Total Population	81.7%	82.1%	90.0%
Pregnant Women Who Smoke			
Total Population	14.7%	11.5%	7.0%

State Center for Health Statistics, 2004-2008

Childhood Overweight and Obesity			
	Catawba County 2009	North Carolina 2009	NC Target 2010
2-4 year olds	37.40%	31.70%	11.80%
5-11 year olds	42.80%	42.70%	16.70%
12- 18 year olds	48.60%	45.70%	20.30%
Total for 2-18 year olds	40.00%	33.90%	
<i>Eat Smart Move More, 2008 (overweight and obesity combined)</i>			
1st Graders	32.77%		
5th Graders	42.24%		
7th Graders	40.36%		
9th Graders	36.04%		
Total	37.56%		

Catawba County Public School Nurse Data, 2008-2009 (>85%)

Teenage Pregnancy			
	Catawba County 2009	North Carolina 2009	
White Pregnancy Rate	28.9	27.4	
Minority Pregnancy Rate	43.5	48.2	
Total Pregnancy Rate	32.5	34.7	

State Center for Health Statistics, 2004-2008, per 1,000 (15-17 years old)

Adult Tobacco Use			
	Catawba County 2009	North Carolina 2009	
Curent Smoker	22.1%	20.9%	
Females	21.8%	18.3%	
Males	22.5%	23.7%	
Tried to quit for 1 day or longer in the last year	50.4%	58.3%	
Females	51.3%	56.4%	
Males	49.6%	59.8%	

State Center for Health Statistics, 2008 BRFSS Survey (over age 18)

Influenza and Pneumonia			
	Catawba County 2009	North Carolina 2009	
65-84 years of age	91.2	75.4	
Over the age of 85	828.2	592.7	
Total Population	24.3	19.4	

State Center for Health Statistics, 2004-2008, deaths per 100,000 (age specific)

Violence

	Catawba County 2009	North Carolina 2009	NC Target 2010
Homicide	6.9	7.2	5.0
Suicide	14.8	11.9	8.0

State Center for Health Statistics, 2004-2008, deaths per 100,000 (age adjusted)

Access to Health Care

	Catawba County 2009	North Carolina 2009	
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 2009	North Carolina 2009	
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 (updated data not available)

Rates based on small numbers (fewer than 20 cases) are unstable and should be interpreted with caution.