



Iredell County 2009 State of the County Health Report

• Contents:

- Iredell County Healthy Carolinians (1)
- Cancer (2)
- Dental Health (2)
- Youth Wellness (3)
- Overweight/Obesity (3)
- Mental Health (4)
- Infant Mortality (4)
- Morbidity and Mortality (4)
- Join Iredell County Healthy Carolinians (4)

Top 5 Health Concerns of Iredell County Citizens

1. Overweight/Obesity
2. Diabetes
3. Cancer
4. Teen Pregnancy
5. Dental Health

The Iredell County Healthy Carolinians (IHC) are pleased to present the 2009 State of the County Health Report (SOTCH), with a focus on the county's top health issues. The annual SOTCH report provides current information on the accomplishments and on-going actions to address the community's health needs. Iredell County completed their most recent Community Health Assessment (CHA) in 2007. The top health priorities identified by the 2007 CHA were: Overweight/Obesity, Diabetes, Cancer, Teen Pregnancy, and Dental Health. The SOTCH report will give an update on how we are working to address these health issues. It will also serve to educate Iredell County residents about the health issues in their community.

Iredell County Healthy Carolinians (IHC)

The Iredell County Healthy Carolinians are a group of Iredell County Citizens, working together to emphasize preventive health practices to improve the quality of life and health status of all individuals. Iredell County Healthy Carolinians was established in 2004. It is made up of community members, leaders and organizations who are committed to improving the health of Iredell County residents. Iredell County Healthy Carolinians has received recertification and is working toward the next Community Health Assessment (CHA) due in 2011. An additional subcommittee will be formed to address the 2011 CHA creation and data collection.

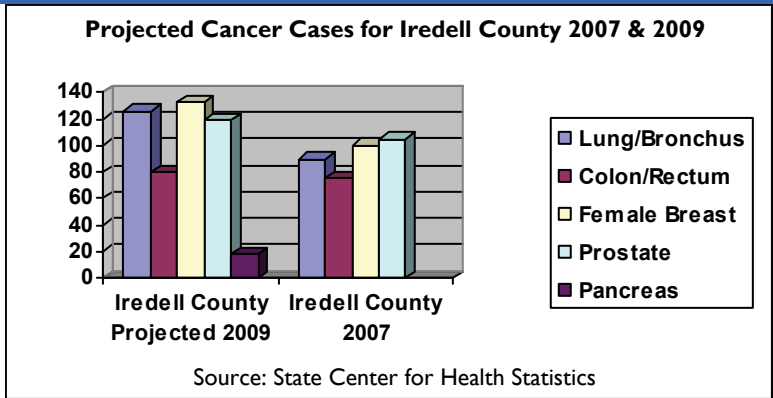
There are four IHC Subcommittees who are currently implementing interventions based on detailed action plans. These action plans addressed the following issues:

- Cancer
- Overweight/Obesity
- Mental Health
- Teen Pregnancy

This report will be available to community partners and the general population on the Iredell County Website and at the Iredell County Health Department front desk. The Iredell County Board of Health will be presented with this information and the Iredell County Commissioners will receive this report through a direct mailing. This report will highlight the projects that each subcommittee is currently working on, future projects and their accomplishments.

Cancer

During the 2003 Community Health Assessment it was noted that minority males in Iredell County had a prostate cancer death rate five times higher than the Caucasian population. Through a grant from the American Cancer Society and partnership with the three local hospitals, the prostate cancer screening program was started. Currently, the Cancer Subcommittee is working



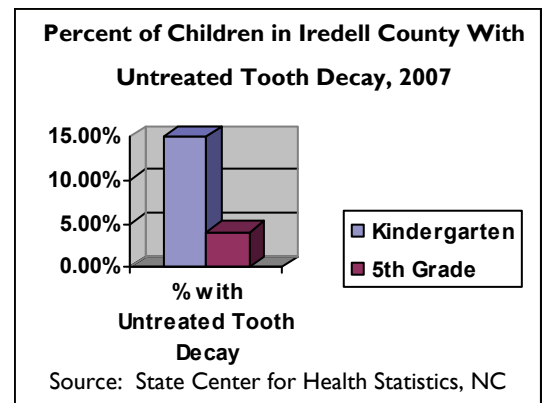
toward their goal of reducing prostate cancer within the minority populations by 10% by December 2011. This committee has continued their prostate cancer education efforts through the work of the Male Peer Educators, with four educators participating in the program this year. These men educated Iredell County residents about prostate cancer and informed them of prostate cancer screening opportunities throughout the month of September. Prostate screenings were offered at no charge on nine different occasions at the local hospitals and various community locations. In total, 240 men were screened through a PSA or DRE exam. Of the total men screened, 27 had abnormal prostate test results and 50 were African-American.

The goal of this committee is to include the faith community for 2010's prostate cancer intervention. Local pastors will be invited to attend an educational seminar during the month of July 2010. These pastors would then encourage their congregation to participate in the screenings offered during the month of September.

For the Spring of 2010, this committee will be focused on educating the public on colorectal cancer. Pamphlets will be placed throughout Iredell County at local doctors' offices. These offices will keep track of the number of patients who indicate their need for a colonoscopy and the results of the procedure.

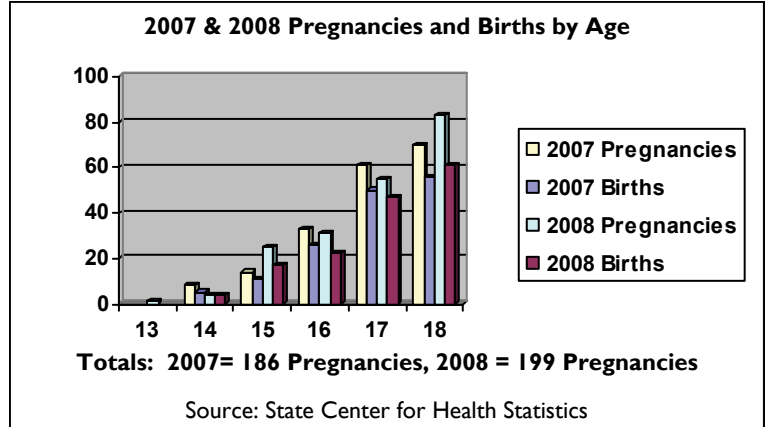
Dental Health

Following the October 2007 renovation of the dental clinic, the number of patients seen has continued to increase yearly. A total of 1,818 patients were seen in 2007. In 2008, a total of 2,603 patients were seen in the dental clinic with most patients being children under 18 years of age. Treating youth is important because Iredell County's youth continue to suffer from untreated tooth decay with children in kindergarten at an increased risk. North Carolina's percent of tooth decay is higher for kindergarteners at 18%. Iredell County has a higher ratio of dentists to population than many of its neighboring counties. A higher percentage of adults in Iredell County have reported receiving dental care than in Iredell County's peer counties (Davidson, Catawba, New Hanover, Gaston) or in the state.



Youth Wellness

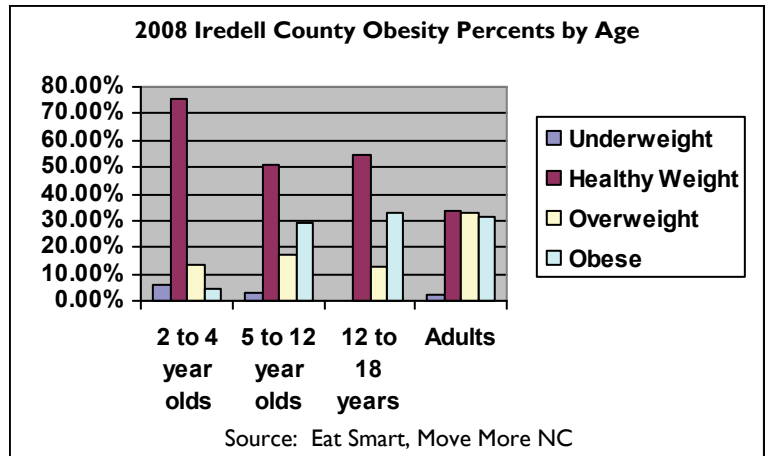
The Youth Wellness Subcommittee successfully hosted a Youth-Focused Health Fair in the Spring of 2009. At this event 300 attendees received health information and health screenings. Through partnership with the local Boys & Girls Club, the Statesville NAACP, the Iredell County YMCA and the MLK Celebration Committee, this event will occur yearly with next year's health fair occurring in January 2010.



Other objectives for this committee include presentations throughout local schools and the community regarding healthy relationship building, STD avoidance and the dangers of teen pregnancy. The chart shows the number of teen pregnancies and births, by age, for 2007 and 2008. The goal is to lower the number of pregnancies to Iredell County's teens.

Overweight/Obesity

In our 2007 Community Health Assessment, overweight/obesity was identified as the top health concern of Iredell County residents. The Eat Smart, Move More Coalition (ESMM, formerly LPAN) is responsible for educating citizens of Iredell County about physical activity and nutrition and how it relates to the overweight and obesity problem within Iredell County.



The chart to the right shows the percentage of Iredell County residents who are considered

underweight, healthy weight, overweight and obese. In Iredell County, children have the highest rates of obesity from the ages of 12 to 18 years old. The Eat Smart, Move More coalition (formerly LPAN) is seeking to lower the rate of overweight and obese children through educating local child care centers. These child care centers will participate in NAP-SACC training which includes information on obesity, nutrition, physical activity and staff personal health. Each participating center will be asked to make small changes to better the health of their clients. Ten local centers who had not previously been educated through NAP-SACC were chosen for this year's program. This committee is also working towards the creation of walking loops within the city limits of Statesville, Mooresville and Troutman to increase the opportunities for physical activity in Iredell County.

Mental Health

The Mental Health Subcommittee was formed following the 2007 Community Health Assessment. Women in Iredell County that participated in the CHA survey identified mental health as one of their top 5 areas of concern. Mental health was ranked as the sixth top health concern in the county overall. Mental health access to care was a large focus of participants in the mental health focus group. The focus group identified finding mental health care in Iredell County as extremely difficult. The state of North Carolina has just reduced mental health funding, leading to even more difficulties finding mental health care. The Mental Health Subcommittee is currently partnering with local doctors' offices in order to educate their staff on how to help their patients access the care they need. The committee is also working closely with a local Substance Abuse Initiative Academy to create a mental health/substance abuse resource list for Iredell County. Overall, mental health concerns continue to be highlighted throughout government both on a local and federal level. For example, the U.S. Department of Health and Human Services has included 16 health objectives dealing specifically with mental health issues as a part of their "Healthy People 2020" goals.

Births and Infant Mortality Rates

In 2008, there were a total of 1,980 births in Iredell County. Iredell County's infant death count for 2008 was 8 compared to 11 in 2007. The North Carolina death rate for infants is 8.2. Iredell County's infant mortality rate stands at 4.0.

Source: State Center for Health Statistics,

Morbidity and Mortality

Leading Causes of Death in Iredell County 2004-2008

Rank	Cause	Number	Death Rate
1	Diseases of heart	1,582	218.0
2	Cancer	1,343	185.1
3	Cerebrovascular Disease	393	54.2
4	Chronic Lower Respiratory Diseases	375	51.7
5	Alzheimer's Disease	320	44.1
6	Other Unintentional Injuries	220	30.3
7	Diabetes Mellitus	182	25.1
8	Pneumonia and Influenza	178	24.5
9	Motor Vehicle Injuries	141	19.4
10	Nephritis, Nephrotic Syndrome & Nephrosis	124	17.1
	Total Deaths - All Causes	6,300	868.3
Source: State Center for Health Statistics, North Carolina			

Help us work toward a healthier Iredell County.

Please join Iredell County Healthy Carolinians! 704-878-5337

<http://www.co.iredell.nc.us/Departments/Health/carolina.asp>