

# 2013

## Anson County



# State of the County Health Report

December, 2013

# State-of-the-County Health Report 2013

The Anson County Health Department, through this report (SOTCH), is presenting current information on the status of Anson County's most pressing health issues as determined in the 2012 Community Health Assessment, and demographics of Anson County. The SOTCH report gives an update of progress made, information gained, and lessons learned during this year. Partnering with numerous stakeholders and others, our main focus currently is diabetes education and obesity awareness, two of the concerns raised in the 2012 Community Health Assessment.



Anson County Courthouse



## **OBESITY**

**Obesity continues to be a major problem in the state of North Carolina as well as in Anson County. The adult obesity rate in Anson County is currently 33.1 percent. Locally, continued efforts are being made to help decrease the problems associated with this serious threat to society. Anson County Health Department, Anson County Schools, Anson County Cooperative Extension as well as private partners are just a few of the county agencies that are involved in this endeavor. County government offices offered “Take a Walk during Lunch” to their employees to encourage a more active daily routine. A 15 week program on healthy diet and exercise was launched on January 31<sup>st</sup> by the local Agriculture Extension Office director. One local community center in Morven offers aerobic as well as kickboxing and weight lifting. These classes are offered three times per week with a certified instructor directing them. In February, the “Frosty Feet 5K/Walk” was held. This program was offered to adults and children in the community. Prizes were awarded to the participants as an incentive to attend. One of Anson County’s local newspapers has begun offering tips on healthy recipes, exercise, and other healthy lifestyle information to the public through their “Health Mind and Body Connection” articles. Continued efforts are being made to teach elementary kids in our local schools about healthy eating, diabetes and other health issues related to a healthier lifestyle. These classes are being taught by the Health Promotions Nurse from Anson County Health Department. “Energizers” are also included to promote exercise as well in a fun way. Five churches in our community were offered brochures on healthy diet, exercise, and weight management. Opportunities were given for questions related to health which were answered by a Registered Nurse from the local health department. A Health Fair was offered to county employees with brochures on diet, exercise, smoking cessation and other health issues along with blood pressure checks, “weigh in’s”, blood sugar checks and other healthy options. Registered nurses were also present to answer health related questions and offer referrals. A dancercise class was begun this year at the local library that offers a fun way to stay in shape to community residents.**

The local Cooperative Extension office launched a multi-county and two state partnerships to bring farmers together to sell subscriptions for their produce. This effort was an 18 week long project. The goal is to provide consumers with fresh, local produce at peak season while creating new marketing outlets for our area farmers. One of the local fire departments held the Five Alarm 5K Run/Walk. Participants were presented with awards at the completion of the event. In May, Anson County Health Department staff participated in a "Healthy Dish Day". Employees were asked to bring their "healthy" dishes to share in a luncheon. During lunch, a trivia quiz was presented to participants that tested their knowledge on nutrition. A gift certificate to "Subway" was presented to the participant that got the most correct answers. Also in May, health department staff was encouraged to do a thirty minute walk on Friday evenings after work. The Parks and Recreation program initiated their annual program for the community in the spring. This program focused on a walking program this year with a prize being awarded to the participants that completed all benchmark requirements. Swimming classes were also offered three times per week for a cost of only one dollar. The TIPS local program participated in a class at Anson County Health Department that focused on nutrition, STD prevention, Family Planning Services, etc. This program was to make teens aware of the many services available at the health department as well as offering education on many health topics of interest. In July, Pathway to Peace Ministries and HOLLA! partnered together for the summer to provide a health "youth force", which focused on Bible study and life style health issues. Obesity, Exercise and diabetes as well as academic preparation for the new school year were the topics discussed to mention a few. Harvest Ministries of Anson County held a health fair for the community in July. Various booths were erected which offered brochures on weight management, diet, exercise hypertension and smoking cessation. Anson County Health Department participated with making brochures available on these health topics. A local entrepreneur "Buff Monkey" continues to offer fitness classes six days per week for the community with state-of-the-art equipment and trained personnel available to participants. The Discover Anson Bike Ride for bike enthusiasts continues to be a welcome annual event for beginners as well as the more experienced bikers. The Town of Wadesboro continues to offer a much needed park for kids and adults to enjoy. Walking trails are available as are a playground for children and

picnic shelters. Walking tracks are available in Lilesville, Polkton, and Peachland. Anson County Health Department offers an aerobics class three times per week after working hours. The class is offered to employees of the health department as well as interested citizens of the community. The class lasts for one hour and is taught by a Registered Nurse employed by the health department. In the autumn, exercise classes were begun at a local Methodist church in the county on Monday and Thursday evenings that focused on use of the “hoola hoop”, walking, and jogging. These classes last for one and one half hours each week. Also, the Parish Nurse Ministry of Anson County has a class for senior adults at a local church each Monday and Wednesday mornings at 10:00. Free blood pressure and weight checks are offered as are light exercise and health and diet information. The Ebenezer Baptist Church offered its annual parking lot ministry effort on September 28<sup>th</sup> from 10:00 a: m until 2:00 p: m. Health information and health checks are offered without cost to the public. In September, Anson County Health Department offered “Healthy Hump Day” snacks for employee participation. The snacks consisted of veggies, fruits and other healthy options. On September 16<sup>th</sup>, a health fair was held at South Piedmont Community College for staff members. Anson County Health Department participated by doing blood pressure checks and offering health information on hypertension and weight management. On September 21<sup>st</sup>, a health fair was presented at the grand opening of the new hospital in Anson County. Various booths were erected with many topics of health interests. Anson County Health Department offered free blood pressure checks by nursing staff as well as brochures on hypertension, weight management, Family Planning Services and WIC. Approximately 100 people from varied age groups attended and were offered these services. In September through October, Grace Senior Center has “Living Healthy” classes going on for senior adults of Anson County. The main focus is on chronic diseases such as hypertension, obesity and diabetes. The classes are one day per week for two and one half hours. They are led by a Registered Nurse from the local hospital. Also, a fall prevention class is being held at the site which focuses on strength exercises. In November, Anson County Health Department and The March of Dimes presented a “walk” for the babies at the local high school. It was a time for the community to support these little ones and get exercise at the same time. Also in November, a health fair was held in Morven by

**HOLLA.** The health department participated by having a nurse present to answer questions about health and to pass out brochures on various health topics. Many programs continue in the community of Anson to help better the health and educational needs of the county. Positive lifestyle changes promote wellness. Change may not always be easy; however, without change growth is impossible.

## **DIABETES**

**Diabetes continues to be a problem throughout our nation. In Anson County 11.6% of adults are diagnosed with this chronic disease. Many factors attribute to this chronic ailment, but poor diet and a sedentary lifestyle appear to be two of the main culprits. Type Two Diabetes continues to be most prevalent with 95% of diabetic cases falling in this category. Anson County Health Department continues to provide diabetic counseling for indigent clients that involve repeat sessions every three months. Funds are also spent for diabetes supplies and medications for these clients also. This program has been offered to those who qualify for over twenty years. Diabetes classes are offered at Anson Community Hospital to newly diagnosed clients. These classes offer the “basics” for living with this disease and assistance with adjusting to altered lifestyle changes brought about with diabetes. Each month in Anson County, a group of citizens with diabetes meets as a “support” group. Topics of interest related to diabetes are discussed by various qualified presenters. Annually, senior adult fairs are held locally at Lockhart Taylor Building with various brochures and other materials made available to participants on diabetes prevention and care. During the winter, Grace Senior Center held six week classes on “Living Well with Diabetes”. These classes were conducted by trained individuals in diabetes care and assisted the senior adults on how to better manage their diabetes in a home care setting. The classes were two and one half hours in length at each session. In the elementary schools annually, third graders are taught on diabetes prevention through better lifestyle choices focusing on diet and exercise by health promotion nurse from Anson County Health Department. The local health department also offers brochures and or presentations to churches,**

senior sites, clubs or other local establishments as requested. These are presented by staff that has been trained in diabetic education. In the Spring of this year, Dr. Kitchen joined the staff at Anson County Health Department. He works with adults in treating or management of diabetes, hypertension and other acute or chronic illnesses. In the upcoming year, a new diabetes program could be on the “horizon” at Anson County Health Department. Currently, nursing staff are being trained for this program. The new program will focus on recruiting clients with insurance, Medicaid and Medicare. These new clients will undergo eight hours of diabetes education when newly diagnosed and will continue follow up for counseling every three months or as needed. Diabetes is an evolving disease with many “characteristics” and it behooves us as a community to stay abreast of the many changes this disease continues to present.

#### **OTHER AREAS OF INTEREST**

Healthy and nutritious meals continue to be provided for the senior citizens of Anson County five days each week through the Anson County Council on Aging at three sites.

An Adult Health Clinic at Anson County Health Department continues to assist clients with control of hypertension through education on exercise and diet as well as smoking cessation.

A new hospital will be seeing clients beginning in 2014. The hospital will offer the latest in technological advances for our community. It is hoped that more clients will be seen and treated for various illnesses that were at one time treated outside of the county in neighboring facilities.

In the summer the asthma camp “Camp Summer Breathe,” was attended by one of the nurses at the health department. This program continues to

**focus on helping children and their caregivers with instruction on asthma care management in a relaxed environment conducive for learning.**

**Anson County Health Department continues to play an important role in promotion of good health through immunizations. WIC and nursing staff educate and provide clients with the injections required to prevent and maintain the overall health of the patients.**

**The Anson County website has now initiated Facebook to the community and other interested parties. This new avenue offers a variety of health topic information focusing on education and prevention. In November, diabetes was one of the central topics of interest focused on for adults and kids. It is hoped that more individuals and families will be reached with important educational messages to improve their health and prevent disease.**

#### **OTHER AREAS OF CONCERN**

**The economy has improved from the previous two years; however, jobs are still difficult to find. In August of 2013, the unemployment rate was still elevated at 10.10%. Many will care for their family's basic needs instead of seeking medical care when they so desperately need it. The providers of the county must make a concerted effort to find ways to assist these with the care they need.**

**The Affordable Care Act has now been initiated. There are still many unanswered questions with this new change in insurance care. This could potentially help a large number of the citizens of Anson County when all issues are addressed.**

**Community leaders as well as concerned citizens and local health providers must continue to work together as a team to address the concerns of the residents of Anson County for the benefit of all.**

**ANSON COUNTY HEALTH DEPARTMENT**  
Our community's health is our priority.

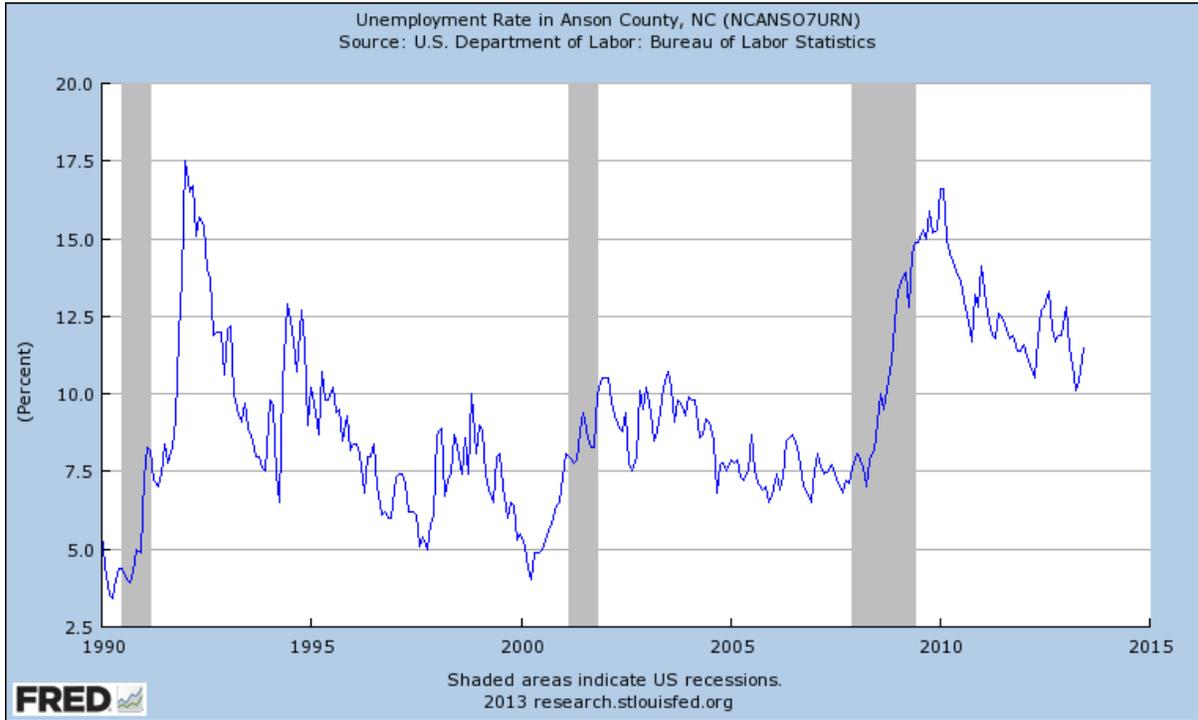


Pee Dee River, Anson County



NC Wildlife in Anson County

**ANSON COUNTY UNEMPLOYMENT RATE – JUNE 2013: 11.5%**



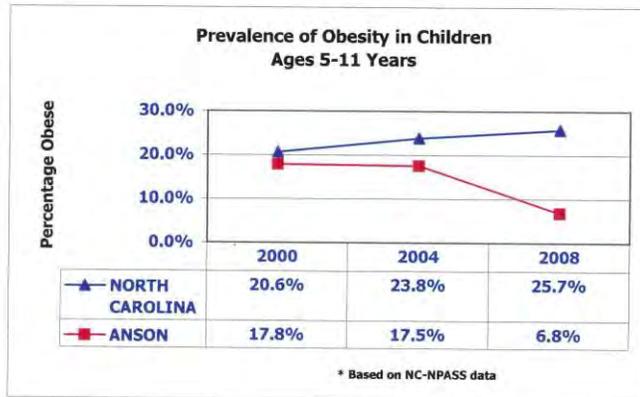
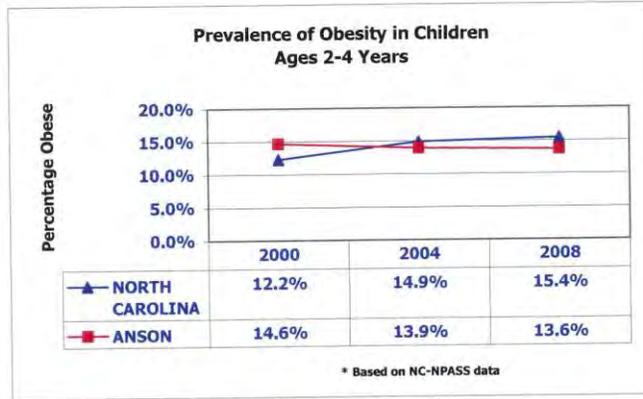
**ANSON COUNTY DEMOGRAPHICS:**

<b>TOTAL POPULATION</b>	25,056
WHITE	49.7%
NONWHITE	50.3%

SOURCE: US CENSUS BUREAU

ANSON COUNTY'S TOTAL LAND AREA ENCOMPASSES 531.57 SQUARE MILES.

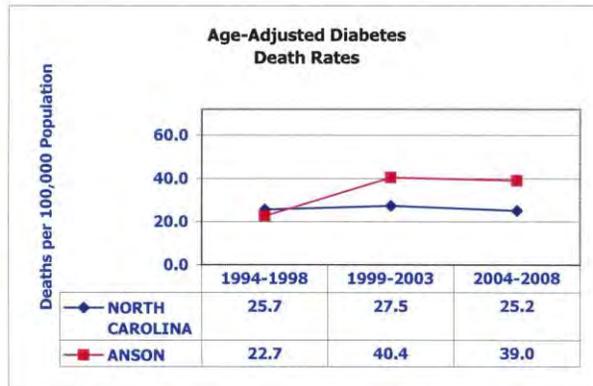
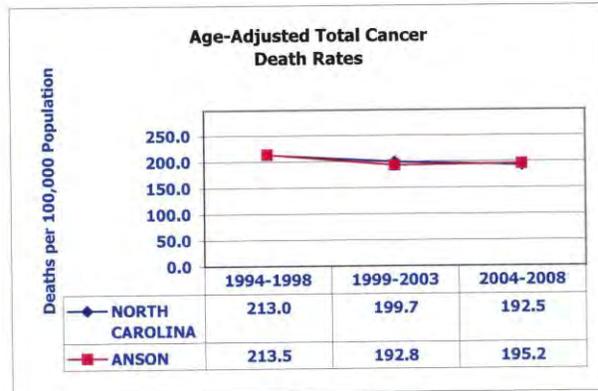
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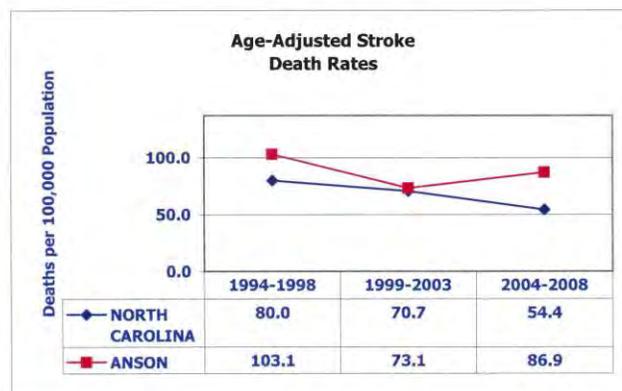
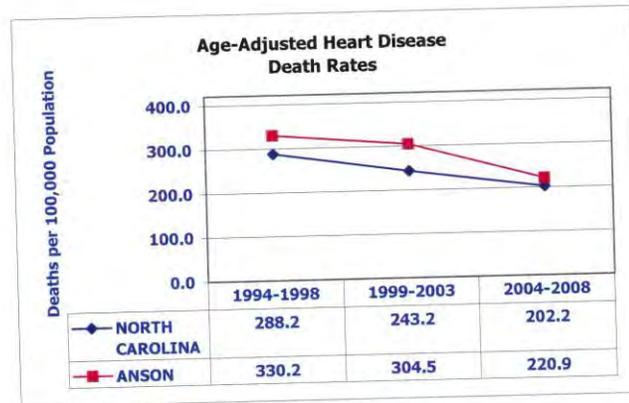
North Carolina County Trends Reports  
North Carolina Department of Health and Human Services

Division of Public Health  
State Center for Health Statistics

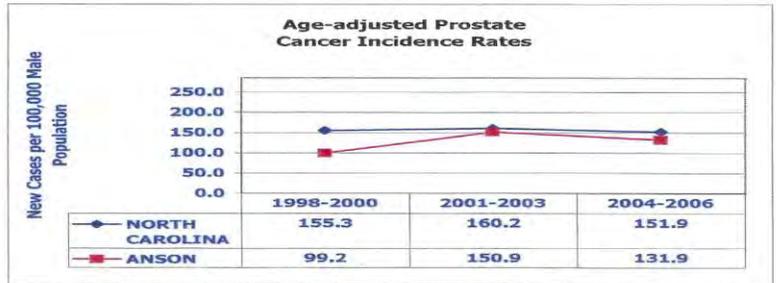
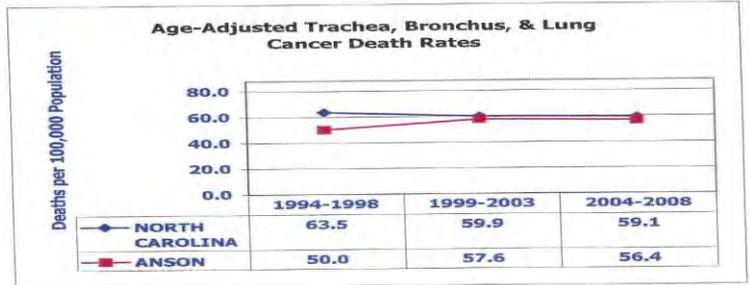
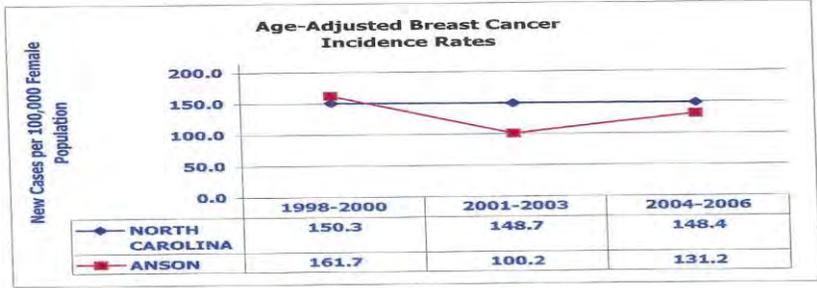
**NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS:  
ANSON COUNTY**



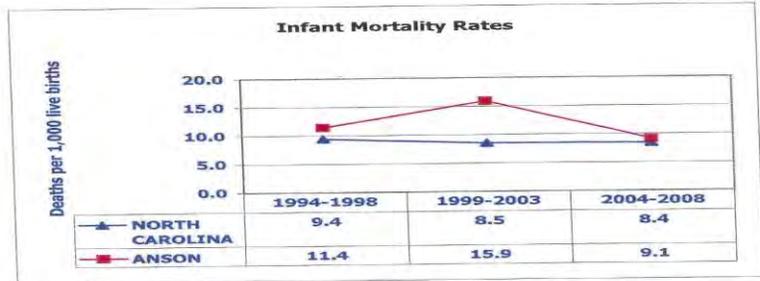
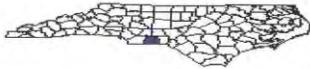
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**2005-2009 Ten Leading Causes of Death by County of Residence and Age Group: Ranking, Number of Deaths, and Unadjusted Death Rates per 100,000 Population**

RESIDENCE=ANSON

AGE GROUP:	RANK	CAUSE OF DEATH:	# OF DEATHS	DEATH RATE
TOTAL - ALL AGES	0	TOTAL DEATHS --- ALL CAUSES	1,427	1123.4
	1	Diseases of the heart	323	254.3
	2	Cancer - All Sites	287	225.9
	3	Cerebrovascular disease	119	93.7
	4	Chronic lower respiratory diseases	68	53.5
	5	Diabetes mellitus	52	40.9
	6	Other Unintentional injuries	44	34.6
	7	Atherosclerosis	38	29.9
		Nephritis, nephrotic syndrome, & nephrosis	38	29.9
	9	Pneumonia & influenza	37	29.1
	10	Septicemia	36	28.3
	Motor vehicle injuries	36	28.3	
00-19 YEARS	0	TOTAL DEATHS --- ALL CAUSES	30	89.0
	1	Conditions originating in the perinatal period	10	29.7
	2	Motor vehicle injuries	6	17.8
	3	Other Unintentional injuries	4	11.9
	4	Homicide	2	5.9
		SIDS	2	5.9
	6	Septicemia	1	3.0
		Cancer - All Sites	1	3.0
	Pneumonia & influenza	1	3.0	
20-39 YEARS	0	TOTAL DEATHS --- ALL CAUSES	72	220.1
	1	Motor vehicle injuries	17	52.0
	2	Cancer - All Sites	8	24.5
		Diseases of the heart	8	24.5
		Homicide	8	24.5
	5	Other Unintentional injuries	7	21.4
	6	Suicide	6	18.3
	7	Diabetes mellitus	4	12.2
	8	HIV disease	3	9.2
	9	Cerebrovascular disease	2	6.1
	Nephritis, nephrotic syndrome, & nephrosis	2	6.1	

TECHNICAL NOTE: RATES BASED ON SMALL NUMBERS (FEWER THAN 20 CASES) ARE UNSTABLE AND SHOULD BE INTERPRETED WITH CAUTION

North Carolina County Health Data Book - 2011  
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**2005-2009 Ten Leading Causes of Death by County of Residence and Age Group: Ranking, Number of Deaths, and Unadjusted Death Rates per 100,000 Population**

RESIDENCE=ANSON

			# OF DEATHS	DEATH RATE
<b>40-64 YEARS</b>	<b>0</b>	<b>TOTAL DEATHS --- ALL CAUSES</b>	355	831.6
	<b>1</b>	<b>Cancer - All Sites</b>	95	222.5
	<b>2</b>	<b>Diseases of the heart</b>	85	199.1
	<b>3</b>	<b>Diabetes mellitus</b>	21	49.2
	<b>4</b>	<b>Cerebrovascular disease</b>	19	44.5
	<b>5</b>	<b>Other Unintentional injuries</b>	17	39.8
	<b>6</b>	<b>Chronic liver disease &amp; cirrhosis</b>	13	30.5
	<b>7</b>	<b>Motor vehicle injuries</b>	10	23.4
	<b>8</b>	<b>Chronic lower respiratory diseases</b>	9	21.1
	<b>Nephritis, nephrotic syndrome, &amp; nephrosis</b>	9	21.1	
	<b>Suicide</b>	9	21.1	
<b>65-84 YEARS</b>	<b>0</b>	<b>TOTAL DEATHS --- ALL CAUSES</b>	598	3928.8
	<b>1</b>	<b>Cancer - All Sites</b>	142	932.9
	<b>2</b>	<b>Diseases of the heart</b>	126	827.8
	<b>3</b>	<b>Cerebrovascular disease</b>	48	315.4
	<b>4</b>	<b>Chronic lower respiratory diseases</b>	42	275.9
	<b>5</b>	<b>Diabetes mellitus</b>	21	138.0
	<b>6</b>	<b>Pneumonia &amp; influenza</b>	20	131.4
	<b>7</b>	<b>Nephritis, nephrotic syndrome, &amp; nephrosis</b>	18	118.3
	<b>8</b>	<b>Septicemia</b>	16	105.1
	<b>9</b>	<b>Atherosclerosis</b>	15	98.5
<b>10</b>	<b>Hypertension</b>	14	92.0	
<b>85+ YEARS</b>	<b>0</b>	<b>TOTAL DEATHS --- ALL CAUSES</b>	372	13859.9
	<b>1</b>	<b>Diseases of the heart</b>	104	3874.8
	<b>2</b>	<b>Cerebrovascular disease</b>	50	1862.9
	<b>3</b>	<b>Cancer - All Sites</b>	41	1527.6
	<b>4</b>	<b>Atherosclerosis</b>	23	856.9
	<b>5</b>	<b>Chronic lower respiratory diseases</b>	17	633.4
	<b>6</b>	<b>Septicemia</b>	16	596.1
	<b>7</b>	<b>Alzheimer's disease</b>	15	558.9
	<b>8</b>	<b>Pneumonia &amp; influenza</b>	14	521.6
<b>9</b>	<b>Hypertension</b>	9	335.3	
	<b>Nephritis, nephrotic syndrome, &amp; nephrosis</b>	9	335.3	

TECHNICAL NOTE: RATES BASED ON SMALL NUMBERS (FEWER THAN 20 CASES) ARE UNSTABLE AND SHOULD BE INTERPRETED WITH CAUTION

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**ANSON COUNTY RESIDENT GONORRHEA CASES & RATES PER 100,000 POPULATION,  
2005-2009**

<b>RESIDENCE</b>	<b>TOTAL CASES</b>	<b>RATE PER 100,000</b>	<b>MINORITY CASES</b>	<b>RATE PER 100,000</b>
<b>NC</b>	<b>78,778</b>	<b>174.2</b>	<b>61,230</b>	<b>528.0</b>
<b>ANSON</b>	<b>535</b>	<b>421.2</b>	<b>471</b>	<b>730.3</b>

[www.schc.state.nc.us/SCHS](http://www.schc.state.nc.us/SCHS)

there was no confirmed syphilis cases during this period in Anson County.



**Public Health**  
Prevent. Promote. Protect.



2013 SOTCH report presented by the Anson County Health Department in collaboration with community partners

December 2013