

2015

Anson County



State of the County Health Report

December, 2015

State-of-the-County Health Report 2015

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. The SOTCH report gives an update of progress made, information gained, and lessons learned during this year. Partnering with numerous stakeholders in the community, our main focus currently is diabetes education and obesity.



Anson County Courthouse



OBESITY

Obesity continues to be an epidemic in our country today as well as in our state and county. Continued efforts are being made in the fight against this potentially dangerous and fatal plague of 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 involved in this endeavor. According to health rankings, 35% of adults are obese in Anson County. Much work is yet to be done.

Local churches are focusing more on healthy challenges with their congregations and the community. New Grove Missionary Church offers one hour exercise classes weekly as well as transportation. "Gospel Aerobics" is being offered in January on Tuesday nights for one hour. Hopewell United Methodist Church offers morning exercise classes on Thursdays as well as evening classes on Wednesdays and Thursdays. Arthritis exercise classes are offered in February and March on Tuesdays and Thursdays for one hour. Pathway to Peace continues to provide classes on a variety of healthy topics from diet and cooking classes to chronic disease management. In May, a health fair was held at a local church with a variety of health topics available to the public.

The Field of Dreams continues to offer a variety of sports for the youth of Anson County which offer much opportunity for exercise and activity.

Ongoing efforts are being made to teach third graders in the local school system about "healthy heart" habits by encouraging a healthier lifestyle through proper diet, exercise, obesity and diabetes prevention. Three schools in the county were targeted this year. Prior to the presentation, the kids are given a pretest to determine their level of knowledge and of need for education. At the completion of the session, the educator returns in a few days or weeks to give the post test. The students continue to score highly with an average to an above average score. Energizers are also incorporated in to the learning experience to encourage exercise and make the experience a fun-filled one.

At a local senior citizen site, ongoing exercise classes for arthritis management and balance continue. A Diabetes workshop began in April and will go on for 6 weeks. These are two hour classes that are being presented by a trained professional in diabetes care and management.

The Discover Anson Bike Ride for bike enthusiasts continues to be a welcome annual event for novices as well as more experienced bikers. Walking trails are available at Anson's local public parks as well as playgrounds for the kids and swimming lessons in summer months. Lilesville, Polkton, and Peachland offer walking tracks to accommodate the walking enthusiasts of the county.

Aerobics classes are offered each week at the local health department in the afternoons each week. Two nurses employed by the health center lead them. This class is being offered to the citizens of the county of Anson. Each participant is encouraged to have their doctor's approval before beginning an exercise class.

HOLLA in Morven had a 5K run on May 9th for the community and surrounding county and beyond. This is a "kick-off" to aid kids with improving scores in school by encouraging reading. It also teaches them about how to deal with bullying and other interests and concerns for the kids and their parents. HOLLA provides Anson County with a variety of needed services to encourage a healthier lifestyle via diet and exercise as well as other educational tools to improve the lives of the citizens of the county.

The Anson Athletics Strength & Conditioning program at the local country club had the second annual golf tournament. Monies are continuing to be raised to support this activity by purchase of needed equipment to continue and improve this needed activity.

In May, the annual health fair for senior citizens was held at Lockhart Taylor Center. Approximately 100 senior citizens and "workers" were presented with brochures on healthy living. These brochures were on smoking cessation, diabetes, hypertension, weight management via exercise and healthy diet. Blood pressure checks were done for the citizens by nurses from the local health department.

In June, the local health department had a "healthy" luncheon for the employees and staff. Participants bought healthy dishes to encourage a healthier focus on food choices and activity.

During summer months, farmers offer their produce in different locations of the county. A variety of wonderful veggies and fruits are sold at reasonable prices and are enjoyed by many.

In September, two churches in the county offered health fairs that centered on healthy diet and chronic disease prevention.

In October, HOPE ministries had a 5K walk/run to support young women with their pregnancies through education and supplies for their babies. In October also, a dinner was held at the First United Methodist Church of Anson County with a guest speaker giving a presentation on diabetes.

In December, discussion was held at the health department about beginning a walking program in the Spring of 2016 for county employees along with educational tools available such as brochures to aid with exercise and healthy choices.

DIABETES

Diabetes continues to be a main concern in our county and or community. Type Two clients are most often seen in the clinics. Most if not all often present with obesity and poor lifestyle habits. Efforts continue to educate these on healthier choices with diet, exercise and better health care habits. Seeing their physician every 3 months for follow up care and implementation of the plan of care discussed with them at each visit, is often encouraged. Slowly, progress is being made as blood sugars improve along with better weight management and other symptoms associated with the disease. The local health department continues to offer diabetes counseling for clients on a weekly basis or more often as indicated. The local hospital continues to offer counseling as well as ongoing treatment for the disease. The elementary schools in the community are offered presentations that address diabetes as part of the educational program. These presentations are offered by a local nurse from the health department that has been trained on diabetes education. Few Type One Diabetic cases are seen, but those that are find their disease to be a very serious one requiring lifelong insulin dependence. The dangers of developing chronic issues with health are stressed along with prevention and or treatment if needed. Financial concerns are a primary issue with many diabetics of this poor rural county. Health Quest is often mentioned to these to assist in attaining their medicines and supplies. The Yost Fund Foundation continues to assist indigent

clients in the county to get medicines and supplies as well. This local funding program has been helping citizens for over 20 years with various needs of the community and has been well received by many. Other avenues of outreach are used to educate the community via health fairs for the senior adults annually as well as presentations given by trained professionals to senior sites, churches, clubs and or businesses if requested. In September, Grace Senior Center offered two and one half hour classes on Thursday evenings on diabetes and other health issues. These classes last for 6 weeks.

In the weeks to come, public health endeavors to not only assist those with diabetes, but to also focus on diabetes prevention through education, exercise, and healthy food choices to our county employees and others interested in making healthier lifestyle changes will be implemented.

In October, Yost Diabetes Program was officially closed due to insufficient funding. Clients were referred to Healthquest for help with attaining medicines and supplies. Meetings were held with Healthquest and the local health department to partner with them in assisting with counseling of their diabetic clients. The new program has now opened at the health department with the primary focus of counseling diabetics on management of the disease without purchasing medicines or supplies. Efforts continue in assistance with referrals of these clients to the resources available to them.

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OTHER AREAS OF INTEREST ARE LISTED BELOW:

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. The Anson County Transportation System (ACTS) continues to provide transportation to those citizens who need it.

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

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. Prevention is our main objective rather than treatment of disease. Education is an important focus. Knowledge is certainly power when implemented in the prevention of disease.

The Anson County website now has a Facebook page for the community and other interested parties. This avenue offers a variety of health information focusing on education and prevention. Many “likes” and or participants are reading the information offered. Topics from primary adult care to family planning issues are two of interest as well as the resources by which those interested can find the assistance needed.

POTENTIAL CONCERNS

The Affordable Care Act (ACA) has now been implemented. While there are still many unanswered questions with this new law, it can potentially help a large number of the citizens of Anson County. However, many citizens continue to have questions which need to be addressed if the ACA is to be implemented as needed. In 2015, the local health department is seeing approximately 15% of the clients with this new plan. However, there are so many more that could benefit from it. Education about the plan seems to encourage them to actively use this tool to assist them with health care needs.

Unemployment continues to be a concern even though some improvement has been noted over the past year. Job postings are being offered in the local newspapers and at the Job Link Center at the Lockhart Taylor Center. There are many individuals who are still seeking employment. Many report that the jobs found in Anson County are only part time positions with no benefits. As a result, many citizens remain on public assistance struggling with poverty. In 2015, this continues to be a concern with many selling homes and leaving the county. Ways must be found to develop interests in the preservation and growth of the county. Much thought and work has been done but more needs to continue. It will take teamwork and multiple short term goal realization accomplishments before the long term goal of vibrant growth can be achieved.

OUR COMMUNITY'S HEALTH IS OUR PRIORITY

ANSON COUNTY





Pee Dee River, Anson County, NC



Wildlife in Anson County

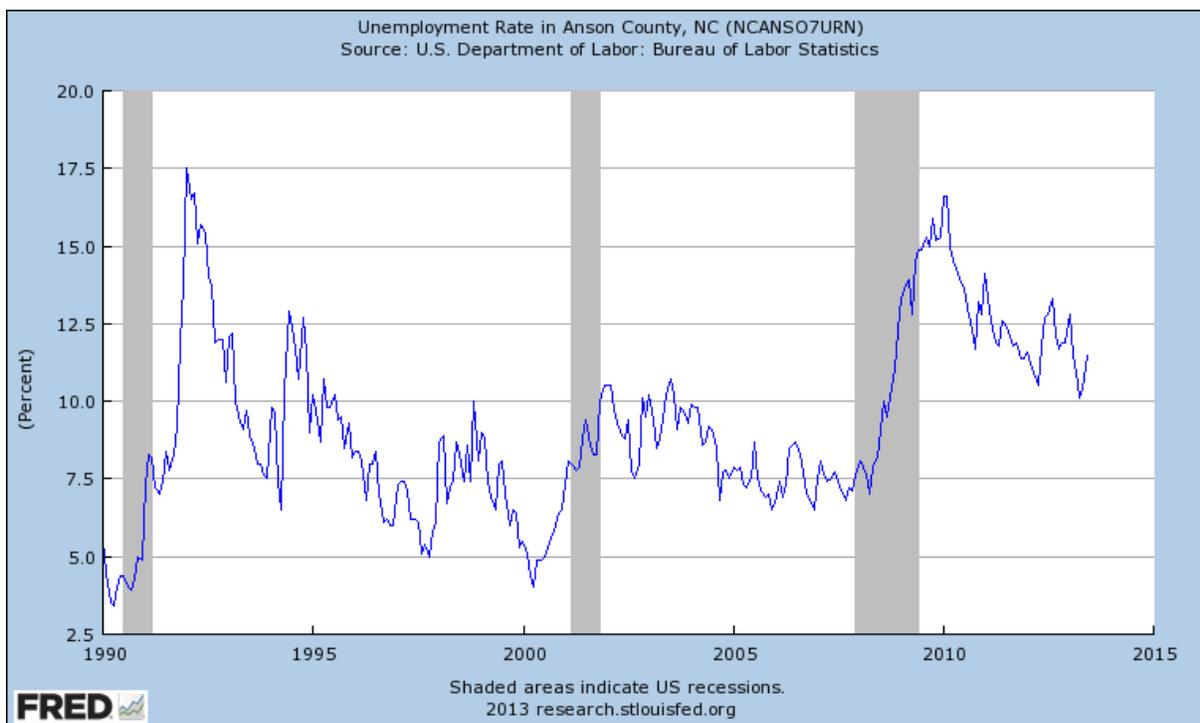


www.walkwadesboro.com



www.farmfreshventures.com

LET'S DO DATA!



ANSON COUNTY DEMOGRAPHICS:

TOTAL POPULATION	25,056
WHITE	48.2% in 2013-2014
NONWHITE	48.5%

SOURCE: US CENSUS BUREAU

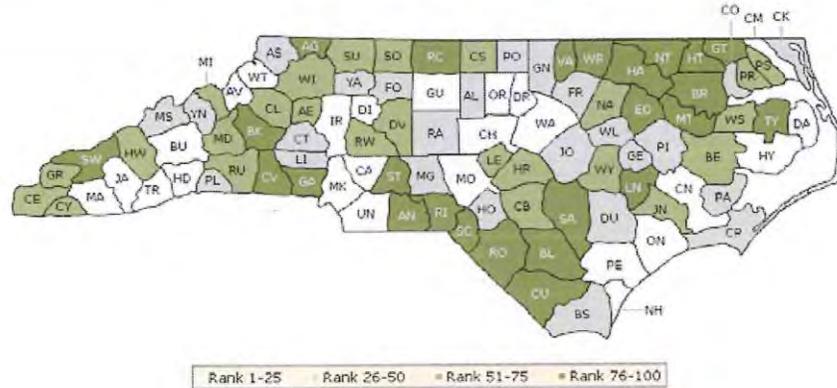
ANSON COUNTY'S TOTAL LAND AREA ENCOMPASSES 531.57 SQUARE MILES.

County Health Rankings 2013: North Carolina

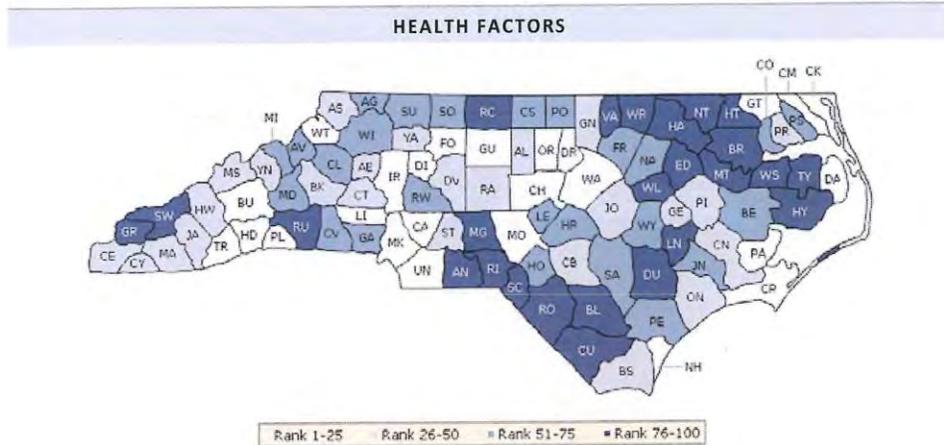
The maps on this page and the next display North Carolina's counties divided into groups by health rank. Maps help locate the healthiest and least healthy counties in the state. The lighter colors indicate better performance in the respective

summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

HEALTH OUTCOMES



County	Rank	County	Rank	County	Rank	County	Rank
Alamance	31	Cumberland	74	Johnston	30	Randolph	36
Alexander	58	Currituck	29	Jones	62	Richmond	89
Alleghany	79	Dare	7	Lee	51	Robeson	97
Anson	86	Davidson	56	Lenoir	94	Rockingham	78
Ashe	42	Davie	8	Lincoln	32	Rowan	68
Avery	22	Duplin	44	Macon	16	Rutherford	69
Beaufort	73	Durham	17	Madison	45	Sampson	80
Bertie	92	Edgecombe	88	Martin	91	Scotland	93
Bladen	98	Forsyth	28	McDowell	66	Stanly	82
Brunswick	37	Franklin	35	Mecklenburg	6	Stokes	65
Buncombe	19	Gaston	81	Mitchell	59	Surry	61
Burke	76	Gates	84	Montgomery	40	Swain	96
Cabarrus	10	Graham	63	Moore	11	Transylvania	14
Caldwell	70	Granville	46	Nash	60	Tyrrell	87
Camden	4	Greene	38	New Hanover	9	Union	5
Carteret	43	Guilford	13	Northampton	90	Vance	95
Caswell	57	Halifax	99	Onslow	25	Wake	1
Catawba	47	Harnett	53	Orange	2	Warren	85
Chatham	15	Haywood	55	Pamlico	34	Washington	54
Cherokee	72	Henderson	12	Pasquotank	52	Watauga	3
Chowan	41	Hertford	77	Pender	20	Wayne	64
Clay	67	Hoke	39	Perquimans	71	Wilkes	75
Cleveland	83	Hyde	18	Person	33	Wilson	49
Columbus	100	Iredell	21	Pitt	48	Yadkin	50
Craven	24	Jackson	23	Polk	26	Yancey	27



County	Rank	County	Rank	County	Rank	County	Rank
Alamance	45	Cumberland	50	Johnston	38	Randolph	39
Alexander	44	Currituck	14	Jones	65	Richmond	97
Alleghany	54	Dare	17	Lee	67	Robeson	100
Anson	89	Davidson	49	Lenoir	77	Rockingham	85
Ashe	47	Davie	23	Lincoln	25	Rowan	63
Avery	52	Duplin	76	Macon	26	Rutherford	83
Beaufort	69	Durham	15	Madison	27	Sampson	71
Bertie	90	Edgecombe	98	Martin	80	Scotland	99
Bladen	93	Forsyth	24	McDowell	70	Stanly	37
Brunswick	32	Franklin	58	Mecklenburg	12	Stokes	68
Buncombe	8	Gaston	61	Mitchell	53	Surry	51
Burke	48	Gates	21	Montgomery	81	Swain	91
Cabarrus	13	Graham	84	Moore	6	Transylvania	16
Caldwell	59	Granville	34	Nash	72	Tyrrell	86
Camden	5	Greene	46	New Hanover	9	Union	4
Carteret	22	Gulford	18	Northampton	94	Vance	96
Caswell	64	Halifax	95	Onslow	31	Wake	2
Catawba	28	Harnett	75	Orange	1	Warren	88
Chatham	10	Haywood	35	Pamlico	20	Washington	87
Cherokee	43	Henderson	7	Pasquotank	57	Watauga	3
Chowan	62	Hertford	79	Pender	56	Wayne	55
Clay	30	Hoke	74	Perquimans	33	Wilkes	73
Cleveland	66	Hyde	82	Person	60	Wilson	78
Columbus	92	Iredell	19	Pitt	40	Yadkin	41
Craven	29	Jackson	42	Polk	11	Yancey	36

Diagnosed Diabetes Incidence

Year=2011

			2011						
State	FIPS Code	County	Number of New Cases	Rate per 1000	Lower Confidence Limit	Upper Confidence Limit	Age-adjusted Rate per 1000	Age-adjusted Lower Confidence Limit	Age-adjusted Upper Confidence Limit
North Carolina	37001	Alamance County	1128	11.3	8.7	14.5	10.9	8.3	14.0
North Carolina	37003	Alexander County	234	9.3	6.2	13.6	8.6	5.7	12.9
North Carolina	37005	Alleghany County	73	9.5	6.3	14.3	8.2	5.3	12.4
North Carolina	37007	Anson County	232	13.2	8.7	18.5	12.7	8.3	17.9
North Carolina	37009	Ashe County	163	8.4	5.5	12.3	7.3	4.7	10.9
North Carolina	37011	Avery County	112	8.7	5.9	12.6	8.1	5.3	12.0
North Carolina	37013	Beaufort County	381	12.0	8.3	16.7	10.7	7.2	15.2
North Carolina	37015	Bertie County	190	13.5	9.2	20.1	12.3	8.2	18.7
North Carolina	37017	Bladen County	323	14.3	10.0	19.6	13.2	9.0	18.2
North Carolina	37019	Brunswick County	752	9.5	6.7	12.9	8.2	5.7	11.3
North Carolina	37021	Buncombe County	1415	8.3	6.4	10.7	7.8	5.9	10.0
North Carolina	37023	Burke County	696	11.6	8.3	15.5	10.7	7.7	14.3
North Carolina	37025	Cabarrus County	1027	8.8	6.7	11.6	8.8	6.7	11.5
North Carolina	37027	Caldwell County	636	11.6	8.3	16.0	10.8	7.5	15.2
North Carolina	37029	Camden County	66	10.1	6.5	14.6	9.3	6.0	13.5
North Carolina	37031	Carteret County	469	9.9	6.9	14.1	8.8	6.0	12.7
North Carolina	37033	Caswell County	199	12.4	8.5	17.6	11.1	7.5	15.9
North Carolina	37035	Catawba County	1067	10.5	7.9	13.8	9.9	7.4	13.2
North Carolina	37037	Chatham County	402	8.9	6.2	12.1	7.8	5.4	10.7
North Carolina	37039	Cherokee County	220	11.7	8.0	16.8	10.2	6.7	15.1
North Carolina	37041	Chowan County	126	12.9	8.8	18.3	11.4	7.6	16.3
North Carolina	37043	Clay County	69	9.1	5.9	13.6	7.7	4.8	11.6
North Carolina	37045	Cleveland County	734	11.5	8.3	15.4	10.7	7.6	14.5
North Carolina	37047	Columbus County	491	13.1	8.9	18.3	12.3	8.3	17.3
North Carolina	37049	Craven County	693	9.9	7.1	13.7	9.7	6.9	13.3
North Carolina	37051	Cumberland County	2221	10.9	8.5	14.0	11.7	9.3	14.9
North Carolina	37053	Currituck County	153	9.5	6.2	13.8	8.8	5.8	12.6
North Carolina	37055	Dare County	195	8.0	5.3	11.6	7.2	4.7	10.7
North Carolina	37057	Davidson County	1096	10.1	7.6	13.4	9.4	7.1	12.7
North Carolina	37059	Davie County	283	10.3	7.0	14.7	9.2	6.3	13.2
North Carolina	37061	Duplin County	487	12.9	9.1	17.9	12.3	8.6	17.4
North Carolina	37063	Durham County	1718	9.3	7.1	11.6	9.8	7.6	12.2
North Carolina	37065	Edgecombe County	539	15.2	10.5	21.8	14.2	9.8	20.7
North Carolina	37067	Forsyth County	2182	9.3	7.2	11.9	9.0	7.0	11.6
North Carolina	37069	Franklin County	412	10.3	7.0	14.6	9.7	6.5	13.8
North Carolina	37071	Gaston County	1777	13.3	10.3	17.0	12.9	10.0	16.5
North Carolina	37073	Gates County	93	11.7	7.7	16.9	10.6	6.9	15.3
North Carolina	37075	Graham County	63	10.6	7.2	14.9	9.4	6.2	13.4
North Carolina	37077	Granville County	467	11.6	8.0	16.2	11.1	7.6	15.4
North Carolina	37079	Greene County	171	11.9	7.7	17.1	11.6	7.6	17.0
North Carolina	37081	Guilford County	3055	9.2	7.4	11.5	9.1	7.3	11.3
North Carolina	37083	Halifax County	518	14.9	10.5	21.1	13.6	9.5	19.6
North Carolina	37085	Harnett County	726	9.7	7.1	13.1	10.0	7.3	13.5
North Carolina	37087	Haywood County	383	9.2	6.4	12.7	8.1	5.6	11.5
North Carolina	37089	Henderson County	663	8.8	6.4	11.7	7.7	5.5	10.4

References

The Anson Express Newspaper

The Anson Record Newspaper

North Carolina County Health Rankings.Org

http://www.cdc.gov/diabetes/atlas/countydata/dmincid/data_NorthCarolina.pdf

WWW.FARMFRESHVENTURES.COM

WWW.WALKWADESBORO.ORG

2015 SOTCH report presented by the Anson County Health Department in collaboration
with community partners



December, 2015

