



# Gates County 2015 State of the County Health Report

**What is the State of the County Health (SOTCH) Report?** The SOTCH Report is a supplemental report to the Community Health Assessment (CHA). The CHA is conducted every four years. The State of North Carolina requires every local health department in collaboration with Healthy Carolinians Partnerships to conduct a community health assessment. A community health assessment is a process that allows the members of the community and stakeholders to gain a better understanding of the health needs and concerns of the community. The purpose of the SOTCH Report is to track priority issues identified in the 2013 CHA, identify emerging issues, and highlight new initiatives. During the three interim years, the local health department is responsible for submitting the State of the County Health (SOTCH) report through Gates Partners for Health Healthy Carolinians Coordinator.

**Mission Statement for Gates Partners for Health (GP4H)** is a network of community partners dedicated to promoting healthy lifestyles for all ages. This is obtained by networking with health departments, area hospitals, health and human service agencies, schools, churches, businesses, civic groups, media, community members, and elected officials to address health objectives.

To find out how you can become involved in the initiatives of GP4H, please call (252) 357-1380 or (252) 357-4521 or visit [www.arhs-nc.org](http://www.arhs-nc.org) (Albemarle Regional Health Services).

## Health Priorities Identified in the 2013 Community Health Assessment

**Cancer** is identified as a priority in Gates County's 2014-2016 Community Health Action Plan. Our objective by 2016: is to secure two cancer focused partnerships to provide three educational forums targeting prostate and/or breast cancers. Our target number of individuals to reach for awareness is 450.

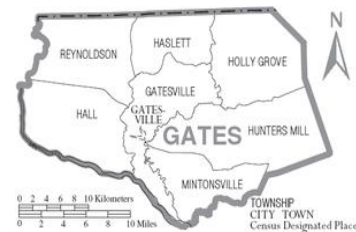
**Chronic Disease Management** of respiratory issues, cancer, diabetes, and heart disease, obesity and overweight, can lower quality of life, as well as increase the risk of complications and disability. In Gates County, cancer, heart disease, and diabetes have been the leading causes of death for the past three years. Our objective by 2016: is to increase the number of partnerships to three in underserved townships providing screenings and chronic disease prevention programs.

**Behavioral Health (Substance Abuse & Mental Health)** to address the Community Health Action Plan 2014-2016, was established toward the end of 2014. Trillium Behavioral Health serves approximately 26,250 adults and children annually who seek services to address Mental Health and Substance Abuse challenges. To ensure people receive the services they need in a timely manner, they employ clinically trained and licensed staff to manage and authorize those services. Behavioral Health will establish four behavioral health partnerships and execute a task force engaged in developing interventions to address substance abuse and mental health.

# Gates County At-A-Glance

Estimated Population (2014)	11,567
Age & Sex Persons 65 Year & Over	17.8%
Health – Persons with a Disability Under Age 65 Years	10.8%
Health - Persons without Health Insurance Under Age 65 Years	16.7%
Transportation Median Travel Time to Work (Minutes) Age 16 Years Plus	35.6
Median Household Income (2010-2014)	\$49,894
Per Capital Income in Past 12 Months (2014)	\$22,207
Persons in Poverty	15.6%
Population Per Square Miles 2010	35.8
Land Area in Square Miles 2010	340.45
<i>Data source: <a href="http://quickfacts.census.gov">http://quickfacts.census.gov</a> NC Department of Commerce 2009-2013</i>	

<b>Leading Causes of Death</b>		
NC State Center for Health Statistics October 2014 Age adjusted Death Rates per 100,000 Population		
Cause	County Rate 2010-2014	State Rate 2010-2014
Cancer	165.4	171.8
Heart Disease	170.8	165.9
Chronic Lower Respiratory	51.3	46.0
Diabetes Mellitus	41.2	22.1
Alzheimer's Disease	31.4	29.2



## Leading Causes of Death in North Carolina 2014

Rank	Cause (Race-all, Gender-both, Age-0-99)	Gates County	%	Rank	State of North Carolina	%
1	Cancer	25	21.2	1	19301	22.7
2	Diseases of heart	24	20.3	2	17547	20.6
3	Chronic lower respiratory diseases	10	8.5	3	5020	5.9
	Diabetes mellitus	10	8.5	7	26885	3.2
5	Motor vehicle injuries	6	5.1	10	1386	1.6
6	All other unintentional injuries	5	4.2	6	3152	3.7
7	Alzheimer's disease	4	3.4	5	3240	3.8
8	Chronic liver disease and cirrhosis	3	2.5			
	Essential (primary) hypertension and hypertensive renal disease	3	2.5			
10	Cerebrovascular diseases	2	1.7	4	4691	5.5
	Nephritis, nephrotic syndrome and nephrosis	2	1.7	9	1790	2.1
	Influenza and pneumonia			8	1869	2.2
	All other causes (Residual)	24	20.4		24531	28.7
<b>Gates County Total Deaths -- All Causes</b>		<b>118</b>	<b>100.0</b>		<b>85212</b>	<b>100.0</b>

Source: State Center for Health Statistics, North Carolina

**Inpatient Hospital Utilization and Charges by Principal  
Diagnosis and County of Residence, North Carolina, 2014  
(Excluding Newborns & Discharges From Out of State Hospitals)  
Residence: Gates County**

DIAGNOSTIC CATEGORY	TOTAL CASES	DISCHARGE RATE (PER 1,000 POP)	AVERAGE DAYS STAY	DAYS STAY RATE (PER 1,000 POP)	TOTAL CHARGES	AVERAGE CHARGE PER DAY	AVERAGE CHARGE PER CASE
<b>INFECTIOUS &amp; PARASITIC DISEASES</b>	40	3.5	9.9	34.1	\$2,381,345	\$6,044	\$59,534
-- Septicemia	35	3.0	10.7	32.4	\$2,290,491	\$6,108	\$65,443
<b>MALIGNANT NEOPLASMS</b>	15	1.3	8.4	10.9	\$881,581	\$6,997	\$58,772
-- Colon, Rectum, Anus	3	0.3	13.7	3.5	\$163,906	\$3,998	\$54,635
<b>BENIGN, UNCERTAIN &amp; OTHER NEOPLASMS</b>	1	0.1	2.0	0.2	\$36,977	\$18,488	\$36,977
<b>ENDOCRINE, METABOLIC &amp; NUTRIT. DISEASES</b>	20	1.7	4.0	6.9	\$602,492	\$7,531	\$30,125
-- Diabetes	9	0.8	4.3	3.4	\$385,378	\$9,881	\$42,820
<b>BLOOD &amp; HEMOPOETIC TISSUE DISEASES</b>	13	1.1	5.1	5.7	\$418,589	\$6,342	\$32,199
<b>NERVOUS SYSTEM &amp; SENSE ORGAN DISEASES</b>	11	1.0	8.6	8.2	\$422,252	\$4,445	\$38,387
<b>CARDIOVASCULAR &amp; CIRCULATORY DISEASES</b>	104	9.0	4.7	42.2	\$4,883,293	\$10,007	\$46,955
-- Heart Disease	81	7.0	4.6	31.9	\$3,832,742	\$10,387	\$47,318
-- Cerebrovascular Disease	11	1.0	5.3	5.0	\$425,548	\$7,337	\$38,686
<b>RESPIRATORY DISEASES</b>	49	4.2	6.3	26.6	\$1,792,644	\$5,820	\$36,585
-- Pneumonia/Influenza	12	1.0	5.5	5.7	\$407,707	\$6,177	\$33,976
-- Chronic Obstructive Pulmonary Disease (excl. Asthma)	13	1.1	4.2	4.8	\$266,158	\$4,839	\$20,474
-- Asthma	5	0.4	3.8	1.6	\$74,448	\$3,918	\$14,890
<b>DIGESTIVE SYSTEM DISEASES</b>	55	4.8	6.1	28.8	\$1,833,672	\$5,507	\$33,339
-- Chronic Liver Disease/Cirrhosis	2	0.2	6.0	1.0	\$268,797	\$22,400	\$134,399
<b>GENITOURINARY DISEASES</b>	19	1.6	3.6	5.9	\$334,442	\$4,918	\$17,602
-- Nephritis, Nephrosis, Nephrotic Synd.	11	1.0	4.5	4.2	\$208,511	\$4,255	\$18,956
<b>PREGNANCY &amp; CHILDBIRTH</b>	45	3.9	2.7	10.6	\$529,279	\$4,303	\$11,762
<b>SKIN &amp; SUBCUTANEOUS TISSUE DISEASES</b>	10	0.9	5.3	4.6	\$261,975	\$4,943	\$26,198
<b>MUSCULOSKELETAL SYSTEM DISEASES</b>	29	2.5	3.8	9.4	\$1,689,232	\$15,498	\$60,330
-- Arthropathies and Related Disorders	16	1.4	3.0	4.1	\$570,447	\$11,884	\$35,653
<b>PERINATAL COMPLICATIONS</b>	1	0.1	2.0	0.2	\$7,091	\$3,546	\$7,091
<b>SYMPTOMS, SIGNS &amp; ILL-DEFINED CONDITIONS</b>	11	1.0	3.0	2.9	\$213,729	\$6,477	\$19,430
<b>INJURIES &amp; POISONING</b>	39	3.4	8.2	27.6	\$3,297,347	\$10,337	\$84,547
<b>OTHER DIAGNOSES (INCL. MENTAL DISORDERS)</b>	55	4.8	7.5	35.9	\$931,753	\$2,245	\$16,941
<b>ALL CONDITIONS</b>	517	44.7	5.8	260.6	\$20,517,692	\$6,807	\$39,763

\* NOTE: PROVISIONAL NORTH CAROLINA HOSPITAL DISCHARGE DATA.

DATA INCLUDES ONLY NC RESIDENTS SERVED IN NC HOSPITALS. NUMBERS AND RATES SHOWN  
HERE MAY BE SMALLER THAN THE ACTUAL HOSPITAL USE FOR COUNTIES THAT BORDER OTHER STATES.

## **Addressing Local Priority Issues through Gates Partners for Health**

The local priority issue is to address Chronic Disease Prevention and Reduction. Our objective by 2016 is to increase the number of partnerships to three in underserved townships or communities by providing screenings, educational topics on chronic disease prevention, and supporting local community health fairs sponsored by the faith-based communities.

**Cancer: Gates County's Cancer Support Group** meets on the second Monday of each month at Merchant Millpond State Park Visitor Center at 4:00pm. The group continues to meet monthly with educational resources, support, and speakers provided by Vidant Roanoke-Chowan Hospital, Roanoke-Chowan Community Health Center, Vidant Chowan Hospital, Albemarle SmartStart, American Cancer Society with Relay for Life, and Innovations Recovery. Attendance ranges from 12 to 15 per month. In August, Vidant Roanoke-Chowan Hospital was the host to the Cancer Support Group. They provided a tour of the Cancer Center and a VIP luncheon. Transportation was provided by Gates InterRegional Transportation Services (GITS). In October, the group individually attended the Pink Power luncheon or dinner provided by Vidant Roanoke-Chowan Hospital and Vidant Chowan Hospital. Our target audience is county residents living with and/or survivors of cancer or a caregiver.

Intervention is established by partnering with some of our local Barber & Beauty Salons in Gates County. Each shop received a letter of agreement along with display holder with literature and resources on colon, prostate and breast cancers. Target audiences are male and female clients of local barber & beauty shops.

**Chronic Disease Prevention and Management: Gates County Diabetes Support Group** meets on the second Wednesday of each month at Gates County Community Center. The group focuses on educational sessions for the "Healthy Living" Diabetes Self-Management program. The current sessions are being conducted by Ashley Miller, Health Educator with ARHS. Attendance ranges from 14 to 18 per month. Target audiences are individuals living with diabetes or pre-diabetes.

The county is fortunate to have the **Gates County Diabetes Program** that is funded by Obici Health Care Foundation. The goal of the program is to provide education and support for individuals with diabetes. Individuals are counseled to improve glycemic control through skills application in blood sugar monitoring, by increasing physical activity, and assessing nutritional habits. Self-care is enhanced through individualized counseling as individuals with diabetes are empowered to assume responsibility for improved health. Consultations are provided by Registered Nurses, Registered Dietitians and Certified Diabetes Educators. Contact person for more details on the program is Lisa Lassiter-Jordan at Gates County Health Department.

**"Rethink Diabetes" Event** took place on Friday, November 13, at 5:30 p.m., at Faith Outreach Church in Gatesville, NC. Management of diabetes was the focus of the event. Our target audience was individuals living with diabetes and 35 were in attendance. The event was supported by our sponsors: Vidant Roanoke-Chowan Hospital, Roanoke Chowan Community Health Center, Albemarle Regional Health Services, Gates County Diabetes Program, and Body Align. Educational materials and brochures on diabetes were given out to participants or distributed.

Merchant Millpond State Park Day takes place each year in April. The event kicks off with a 5K Run/Walk. Health care professionals are available as vendors or sponsors to provide healthy educational brochures and health screenings provided by Vidant Wellness Center. The **Holy Soles**

**Walking Challenge** activities were offered to the faith communities. The challenge is among the local churches to record the number of steps walked from May 1 to August 31. New Middle Swamp Missionary Baptist Church was the 2015 winner with over 10,443 miles and 34 participants. We look forward to more churches joining in the challenge this year.

**Gates County Farmers Market** opened on May 30<sup>th</sup> at Gates County Community Center. Local vendors provided fresh produce from local and area farmers, fresh baked goods, health education, and hand-crafted products. The market was also open on special Saturdays in October and November to provide some of the fall produce for the Thanksgiving season. GITS is advertising the Farmers Market on four of its vehicles from May to September.

**Healthy Tips for families** were provided by the Eat Smart Move More Coalition every three months to 56 local churches. The mailing included a letter to the pastor with GP4H upcoming events. Churches use the healthy tips each Sunday for the church bulletin, church newsletter and/or announcement period.

The 9<sup>th</sup> annual **Family Fun & Fitness Day** was scheduled for Saturday, October 3<sup>rd</sup> at Gates County Community Center. Due to adverse weather conditions, the event had to be cancelled. The goal is to offer physical activity, health screenings and education that related to the 2013 health priorities. GP4H is in the planning stage now for the event to take place on Saturday, October 1, 2016.

**“Heart Health Symposium”** was held on Friday, February 6, 2015 at Beulah Baptist Church in Sunbury, NC. The focus area was the prevention and management of heart disease. The target audience was individuals in Sunbury and surrounding townships. We had 72 in attendance along with the support of our sponsors and vendors.

#### **Behavioral Health (Substance Abuse & Mental Health):**

The Behavioral Health Committee was established the end of 2014. The objective by 2016 is to establish four behavioral health partnerships and execute a task force engaged in developing interventions to address substance abuse and mental health. GP4H has partnered with Trillium, Recovery Innovations, Albemarle Commission Area Agency on Aging, Gates County School System, and Albemarle Regional Health Services.

GP4H participated with Gates County Community Collaborative and Trillium who sponsored **“Anonymous People” – Gates** on February 11, 2015, at 2:00 p.m. at Merchant Millpond State Park Visitor Center. Target audience reached was 35. Trillium sponsored the launching of **“Compassion Reaction”** on August 25, 2015, at Kermit E. White Building at Elizabeth City State University. **What is Compassion Reaction?** Trillium Health Resources is committed to increasing mental health awareness within our schools and communities by applying Medicaid Reinvestment Dollars to *give back*. The Compassion Reaction initiative encompasses the four-pronged program of education and training for high school and middle school students, administrators, teachers, and their communities. Compassion Reaction will inspire, equip and empower a permanent positive cultural change in schools and communities.

During the Compassion Reaction Launch Celebration, the four components making up this initiative were presented:

### **Rachel's Challenge**

- Create a safe and productive learning environment by delivering proactive antidotes to violence and bullying
- Stimulate real culture change by actively involving the entire "community" in the process
- Change lives by providing culturally relevant social/emotional training
- Improve achievement and ensure results by engaging the participants' heart, head and hands
- Gates County Schools participated on September 17<sup>th</sup> and 18<sup>th</sup> for the Middle and High School students.

### **Youth Move National**

- Youth led national organization devoted to improving services and systems that support positive growth and development
- Develop a youth-peer-support model
- Encourage youth with experience of life struggles to support and advocate for the wellness of their peers
- Encourage youth to take an active role in community meetings that encourage and develop change around mental health policy

### **myStrength**

- Tailored online mental health resource
- Online resource for families, students, counselors, and providers
- A web-based approach to wellness and self-motivation

### **Youth Mental Health First Aid**

- Presents an overview of mental illnesses and substance use disorders in the US
- Introduces participants to risk factors and warning signs of mental health challenges
- Builds understanding of the impact of those challenges
- Overviews common treatments

**Recovery Innovations** provided recovery education and peer support in Gates County at Down East Rehabilitation Center on Fridays from 10:30 a.m. to 11:30 a.m. The mission of RI is to create opportunities and environments that empower people to recover, to succeed in accomplishing their goals, and to reconnect with themselves, and others with meaning and purpose in life.

**Gates County Alzheimer's/Dementia Caregiver Support Group** meets the 4<sup>th</sup> Tuesday of each month at 2:00 p.m. at Merchant Millpond State Park Visitor Center. The group focus is to share information about dementia and resources for caregivers. Albemarle Commission Area Agency on Aging is the sponsoring agency that provides leadership and speakers.

**Project Lazarus** was formed the first of last year with key stakeholders from the surrounding seven counties. The **Community Coalition members** are the decision makers from key sectors that can assign resources (human, financial, etc.) to the coalition members. Examples include regional health director, public health, parents, superintendents of schools, sheriffs and/or chiefs of police, directors of local substance abuse treatment facilities, heads of mental health services for the jurisdiction, hospital leaders, and physician leaders. Project Lazarus is a collaborative with Community Care of North Carolina to prevent drug overdoses and meet the needs of those living with chronic pain.

## New Initiatives – Upcoming Projects

- GP4H will be the host site for Pink Power Luncheon in October 2016 for the awareness of breast cancer with Vidant Roanoke-Chowan Hospital. The luncheon will be held at New Hope Missionary Baptist Church, Gates.
- Project Lazarus National Medication Take Back Day scheduled in April 30, 2016 at Merchant Millpond State Park Visitor Center. Gates County Sheriff Department will attend the event to receive the collection of all medication.
- Keepin' It Real is planned for implementation at Central Middle School this year.
- Kick Butt Day is scheduled for Monday, March 7, 2016 at 9:45 a.m. at Gates County High School. The speaker is Reena Roberts.
- Cancer Support Group will tour and visit Hope House in Greenville, NC.
- Cancer Support Group will tour and visit with the residents at Gates House.

## Emerging Issues

- Providing educational awareness of the outcome of heroin or prescribed prescription medication due to the higher number of cases reported in Gates County.
- Increase in suicide rates reported in Gates County.
- Lack of fresh fruit and vegetables at the only two local grocery stores. Incentive to citizens to use the Farmers Market when open for the season.
- Establish special dates at the Farmers Market for transportation with GITS service.
- Transportation to non-medical appointments for senior population.
- Health care cost associated with patient accessing non-emergency healthcare.
- Lack of community participants at sponsored events by GP4H.
- Lack of established Senior Center in Gates County.
- Lack of affordable and subsidized housing for seniors and younger adults.
- Lack of community programs for youth at the Community Center that do not require a fee for the youth.
- How to get our area churches of 56 or more to participate in outreach projects with the community.
- Continue to establish groups like 'Friends of Rachel' at the school level to show kindness and compassion to one another.

GP4H, in 2014-2016, will develop stronger partnerships with area agencies, hospitals, churches, civic organizations and community partnerships to design and plan interventions specifically targeting the identified health disparities in the Community Health Action Plan for 2014-2016. Below are sponsoring agencies that provide services, support, and partnership to GP4H.



2015 Gates County SOTCH Report

