



Gates County

2012 State of the County Health Report

What is the State of the County Health (SOTCH) Report?

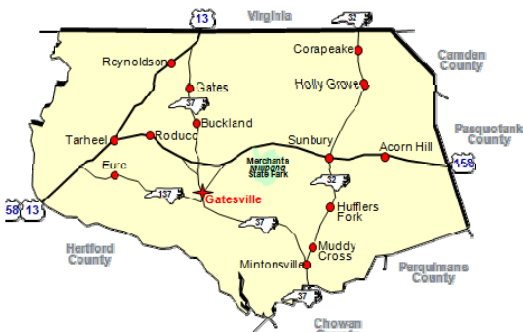
The SOTCH Report is a supplemental report to the Community Health Assessment (CHA). The CHA is conducted every four years. The SOTCH Report is distributed during the years that a CHA is not completed and its purpose is to provide current updates and information that pertain to priority areas identified in the Community Health Assessment.

The 2010 Community Health Assessment can be viewed at www.arhs-nc.org

Health Priorities Identified in the 2010 Gates County Community Health Assessment

- **Obesity** is a leading risk factor for chronic disease and was identified as the number one priority issue. The lack of exercise and unhealthy eating habits were listed in the top five unhealthy behaviors/concerns. The number of adults overweight or obese is greater than 66%.
- **Chronic Disease Management** of respiratory issues, cancer, diabetes, and heart disease 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.
- **Prevention/Early Detection-Access to Health Care** is one key to a healthier community. Two of the top social issues indentified by the Gates community health survey were lack of affordable care/insurance and lack of health care providers. In 2010, 80.8% traveled outside the county to seek medical care.

Gates County At-A-Glance



Estimated Population (2010): 12,197

Per Capita Income (2010): \$19,893

Land Area (2010): 340.45 sq. miles

Persons per square mile (2010): 35.8

Housing Units (2011): 5,293

Data source: <http://quickfacts.census.gov>
NC Department of Commerce

Leading Causes of Death
NC State Center for Health Statistics October 2012

Cause	County Rate 2006-10	County Rate 2010	State Rate 2010
Cancer	258.1	295.2	188.9
Heart Disease	207.2	139.4	179.2
Chronic Lower Respiratory	64.5	98.4	47.1
Diabetes Mellitus	59.4	57.4	21.4
Cerebrovascular Disease	47.5	41.0	44.9



ALBEMARLE REGIONAL HEALTH SERVICES
Partners in Public Health



Mission Statement

Gates Partners for Health (GP4H) is a network of agencies and citizens dedicated to improving the health and quality of life in our community.



To find out how you can become involved in the initiatives of GP4H, please call (252) 357-1380 or visit www.arhs-nc.org

Addressing Obesity

Initiatives led by GP4H Eat Smart Move More Coalition



The **Gates County Farmers Market** opened for its second year on May 26, 2012, providing fresh produce from local and area farmers, fresh baked breads and sweets, locally raised pork, homemade jams, goat's milk soaps, seafood, and hand crafted products. The regular season ended September 1st, October 6th and November 17th were specialty days for the market featuring fall produce.

Walking Challenge activities were offered to school staff and the faith communities. "Energized Educators equal Accelerated Achievers" (E²=A²) entered their 3rd year of walking challenge among the schools. The Holy Soles Walking Challenge offers walking competition among the faith communities. The winning group, New Middle Swamp MBC, recorded 13,286.57 miles that were

Give Your Heart a Healthy Beat is a 15-week program that focuses on nutrition and physical activity. This program works to promote behavior change among participants in order to decrease the risk of cardiovascular disease by lowering blood pressure, as well as body weight, and triglyceride levels. The program is taught through partnership with NC Cooperative Extension Services and the Gates County Community Center. The program has served 21 adults addressing obesity. There is a request from the community for additional classes.

New Initiative

"A Heart Healthy Community" - Rescue & EMS partnered with GP4H to address the need for Automated External Defibrillators (AED) for first responders at fire departments and public school buildings. To date, all six volunteer fire departments are equipped with AEDs and 75% of volunteers were trained in its usage. Two public schools are now equipped and responders trained. The equipment was made possible through grants from Vidant Roanoke Chowan Hospital. A "Heart Healthy Community Day" was conducted in February providing free stroke assessments for citizens and educational sessions on being heart healthy. Each fourth Saturday of the Farmers Market season, blood pressure checks and information from the NC Heart Disease & Stroke Prevention Program were available. Services were offered by Rescue & EMS, Roanoke Chowan Community Health Center, and Down East Health & Rehabilitation Services.

Emerging Issues

1. Gates County was classified as a Tier 1 county for several years. In 2012, the status of the county changed to Tier 2. This re-classification shows improvement, however limits the county to grant possibilities that could help further develop its growth.
2. The estimated uninsured population of adults, ages 19-64, is 25.2%. This percentage places Gates County in the top 25 counties of NC with a ranking of high for uninsured. The opening of the Gateway Community Health Center is helpful, however the lack of additional physicians proves difficult to satisfy the burden of the uninsured and underinsured.

Prevention & Early Detection Addressed through Access to Health Care

Gateway Community Health Centers, Inc. Doors have been opened under the new name for one year in three locations: former Gates County Medical Center, Adolescent Care Center and Tyner Clinic serving Gates, Chowan and Perquimans County residents. Albemarle Hospital is the Co-Applicant and provides fiscal, and personnel support. New services that are now available as a Federally Qualified Health Center include a sliding fee scale and medication assistance program. The patient load in Gates County as of October 2012 was 2,392.

Dental Services were welcomed in 2011 by Dr. John'e Epps, DDS. The office, Heavenly Hands Dentistry, is located at 28 Medical Center Road and has a patient load of over 1,500. Office hours are Tuesday - Thursday from 9am to 6pm. The office is also open every other Monday 9am to 6pm and every other Friday from 9am to 3pm.

Initiatives for Chronic Disease Management Directed by GP4H Chronic Disease Awareness Committee

In 2012, **Living Healthy** Lay Leaders taught two classes in Chronic Disease Self-Management and two classes in Diabetes Self-Management reaching 34 individuals and their families. Living Healthy is a highly participatory workshop that takes place once a week for six weeks. Each 2 ½ hour session is facilitated by two trained leaders who follow a detailed manual. The goal of "Living Healthy" is to improve participants' confidence in their ability to become positive "self-managers" who are able to manage their health and the many ways chronic health conditions impact their lives.

Gates County's **Cancer Support Group** continues to meet each second Monday of the month with an average of 15 in attendance. Attendance has increased by 50% in the past 12 months. The support group sponsors include Roanoke-Chowan Community Health Center, Vidant Roanoke Chowan Hospital, ResCare HomeCare, and GP4H.

Diabetes Day was conducted March 24th with educational sessions by health professionals and A1c screenings conducted by Strelitz Diabetes Center of Norfolk, VA. There were 54 in attendance.

GP4H has received a planning grant from Obici Healthcare Foundation to develop a **Comprehensive Diabetes Plan** for Gates County. Local agencies have come together to work as a Diabetes Task Force to develop the plan.

For more information about Gates Partners for Health, call 252-357-4521