

2011 State of the County Health Report

Gates County



Gates County Top Three Leading Causes of Death:

Cancer (all sites): Gates Rate: **230.7** NC Rate: 185.6

Heart Disease: Gates Rate: **205.1** NC Rate: 191.7

Cerebrovascular Disease: Gates Rate: **56.1** NC Rate: 50.5

*2005-2009, Age-Adjusted Death Rates per 100,000 population
NC State Center for Health Statistics*

Gates County At-A-Glance:

- Estimated Population (2010): 12,197
- Per Capita Income (2009): \$19,337
- Land Area (2000): 341 sq. miles
- Total households (2010): 4,595
- Licensed Child Care Facilities (2011): 18 (with 187 enrollments)
- % Estimate of uninsured for Ages 0-64 (2008-09): 19.7% (NC: 19.7%)

Data source: <http://quickfacts.census.gov>

NC Department of Commerce August 2011 Data Accessed 10/2011



The Gates Partners for Health, (GP4H) a 2011 recertified Healthy Carolinians Partnership, embodies its mission: "improving the health and quality of life with people of all ages." GP4H continues its partnership with local agencies, organizations, and the faith-based communities to address priority health issues as identified in the 2010 Community Health Assessment.

The three priority health areas are:

Prevention & Early Detection - Access to Health Care, Obesity, and Chronic Disease Management.

We invite you to join our efforts to make Gates County a healthy and safe community for all. For contact information and meeting dates for the GP4H go to: www.arhs-nc.org and click the Healthy Carolinians link.

For more information, please contact Esther Lassiter, GP4H Coordinator, at (252) 357-1380.



Chronic Disease Management

- Four health screenings were provided in Gates County, with 188 individuals screened. Educational consultations and materials were available for each participant. Educational sessions were also presented covering dental hygiene, exercise, cancer, heart disease, stroke, and medication usage.
- The Cancer Support Group continues in its second year and meets at 4:30 p.m. on the second Monday of the month at the Visitors Center at Merchants Mill Pond State Park.
- The first Diabetes Day was held on January 29, 2011. The event addressed diabetes topics and was taught by health care professionals. A second Diabetes Day is planned for March 24, 2012.
- Lay leaders were trained by Albemarle Commission Area Agency on Aging to offer the Chronic Disease Self-Management Program. This program teaches self-management skills to individuals with chronic health conditions to live full and active lives. Lay Leaders have also been trained to teach the Diabetes Self-Management Program.



- Farm Bureau's Healthy Living for a Lifetime 50-foot, handicap accessible Mobile Health Screening Unit visited Gates County providing free health screenings, educational materials, and a path towards a healthier lifestyle. A total of 110 residents were screened during Gates County's Family Fun & Fitness Day. GP4H received \$2,500 from Farm Bureau for participating in this event. The local Farm Bureau donated \$250. Funding is being used to support current programs addressing chronic disease management.

New and Emerging Issues

- NC Department of Commerce designated Gates County a Tier 1 County for 2011.
- Emergency Preparedness; Hurricane Irene reminded residents to register with Emergency Management if they have special needs and to be prepared for disaster events.

New Initiative

The **Farmers Market** opened June 1, 2011. The goal is to improve the health and quality of life in the community by incorporating agriculture through the work of county farmers and growers and by serving as a center for fresh, local food for consumers. Coupons for produce at the Gates County Farmers Market are being provided to participants of the Eat Smart Move More and Chronic Disease Self-Management classes. The Health Bucks initiative is sponsored by grants received from the Roanoke-Chowan Foundation and the Albemarle Hospital Foundation. Coupons are to encourage healthy local produce purchases.

Gates Partners for Health received its second recertification by the NC Governor's Task Force. The Partnership also was awarded the William G. Anlyan Award for 2011. This award acknowledges a Healthy Carolinians partnership that is distinguished in the community work that it has accomplished.



Addressing Obesity

The GP4H Eat Smart Move More Coalition has addressed obesity through the following activities:

- The 5th Annual Family Fun & Fitness Day on September 24th expanded to cover new health care resources for the community and innovative physical activities.
- The Holy Soles Walking Challenge kick off was part of the 200 year celebration of Merchants Mill Pond. Holy Soles is a faith-based walking club designed to encourage adults to become more physically active. The 2011 church winner was New Middle Swamp Missionary Baptist Church.
- Energized Educators = Accelerated Achievers Walking Challenge continues at the schools encouraging staff members to help maintain good health through exercise. This is the third year of the challenge.
- "Git Fit for Families" is a program offered through NC Cooperative Extension Gatesville Center that addresses eating smart and moving more. Families completing the program receive Health Bucks redeemable at the Farmers Market for fresh produce. A similar class is offered at the high school teaching healthier lifestyles to interested teens.



Prevention & Early Detection Addressed Through Access To Health Care

Ribbon cutting for the re-opening of the dental office was held in January 2011. *Heavenly Hands Dentistry* was opened by Dr. John E. Epps, DDS. Office hours are Tuesday -Thursday 9:00am - 6:00pm and every other Monday and Friday 9:00am - 3:00pm. This dental service is a welcomed asset to the community.

Gateway Community Health Centers Become a Reality

In November 2010, Gateway Community Health Centers, Inc. (GCHC, Inc.) was formed merging Gates County Medical Center, Adolescent Care Center, and the Community Care Clinic at Tyner, to serve low income and uninsured residents of Gates, Chowan, and Perquimans Counties. Albemarle Hospital Authority was notified of a \$544,667 Federally Qualified Health Center (FQHC) grant to develop GCHC, Inc. This is an ongoing annual award. Albemarle Health provides fiscal, financial, and personnel support.

- The benefits of becoming a FQHC include:
 1. Ability to serve uninsured and underinsured patients through a sliding fee scale;
 2. Expansion of the types of services available to patients;
 3. Delivery of services to migrant, seasonal farm workers;
 4. Enhanced Medicaid and Medicare reimbursement for services which expands funding opportunities for additional services.
- Several aspects of developing the service array are underway and will take time. Not all benefits will be realized immediately.

For more information, call Gateway Community Health Center, Inc. at 252-357-1226, or visit the main center at 501 Main St. Gatesville.