

## Bertie and Chowan County Facts-At-A-Glance



Estimated Population (2008): **20,074**  
 Per Capita Income (2006): **\$25,482**  
 Land Area: **741 sq. miles**  
 % Estimate of uninsured (Age 0-64): **21.9%** (2005)  
*Data from the NC State Center for Health Statistics, CATCH-NC Portal*  
*Data Accessed 11-23-2009*

### Leading Causes of Death from 2007 Data NC State Center for Health Statistics

Cause	Number	Percent
Heart Disease	56	23.0%
Cancer	53	21.8%
Cerebrovascular Disease	18	7.4%



Estimated Population (2008): **14,687**  
 Per Capita Income (2006): **\$28,933**  
 Land Area: **233 sq. miles**  
 % Estimate of uninsured (Age 0-64): **20.4%** (2005)  
*Data from the NC State Center for Health Statistics, CATCH-NC Portal*  
*Data Accessed 11-23-2009*

### Leading Causes of Death from 2007 Data NC State Center for Health Statistics

Cause	Number	Percent
Heart Disease	51	29.8%
Cancer	46	26.9%
Cerebrovascular Disease	9	5.3%

## Chronic Disease Management

The Chronic Disease Management (CDM) Subcommittee of the Three Rivers Healthy Carolinians continues to place emphasis on long-term health issues, including hypertension, diabetes, heart disease and cancer. The goal of the CDM is to create an awareness of these chronic illnesses through screenings, health fairs, and other educational opportunities. The CDM Subcommittee strives to educate community members in healthy lifestyle practices as a means to decrease the risk of developing or reducing the potential negative outcomes that may occur, due to poor management of these types of chronic disease. The first **Diabetes Education Day** took place in March 2009 and 96 people attended. Participants were involved in screenings and educational events on subjects related to the disease and gained knowledge related to available resources. This event was funded by the Bertie Memorial Hospital Development Council and the Chowan Hospital Foundation. Funding from the two foundations for a second event, scheduled for March 2010 was granted. The **Bertie Diabetes Support Group** provides continuous outreach to help members manage this disease. The **Body and Soul Program**, funded by the American Cancer Society, continues to reach African-American church congregations in Bertie and Chowan counties with eight churches participating to date. Educational opportunities continue with the goal of decreasing the incidence of chronic illnesses in Bertie and Chowan.



## State of the County Health Report 2009 Bertie/Chowan Edition

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## GOALS AND EMERGING ISSUES

The Three Rivers Healthy Carolinians (TRHC) Partnership is continuing its mission to improve the health status of Bertie and Chowan residents. TRHC works through partnerships with local community agencies to reduce the death rate from chronic diseases, such as heart disease and diabetes, to ensure the health and safety of our children, and to reduce the incidence of childhood obesity in our counties. We are pleased to present the steps we have taken in 2009 to accomplish these goals.

The Chronic Disease Management Subcommittee held an incredibly successful TRHC Diabetes Education Day in March of 2009. This day-long event included health education from a variety of local speakers, as well as health education booths and free screenings. With funding from the American Cancer Society, TRHC continues to provide the Body and Soul Program in African-American churches in both counties in an effort to teach healthier lifestyle choices that will result in reduced rates of chronic illnesses.

The Maternal-Child Health Subcommittee has worked this year to ensure the health and safety of our children. Through partnerships with agencies such as Safe Kids, Smart Start, schools and recreation departments, this committee has offered several educational opportunities which are described in the following highlights. The committee participates in a variety of community activities promoting health and safety for young children and works with expectant mothers in both counties to promote breastfeeding and healthy habits.

The Fitness and Wellness Subcommittee has been focused on reducing the incidence of both childhood and adult obesity this year. The Subcommittee planned, organized and executed successful "Chowan Goes the Distance" and "Bertie Goes the Distance" campaigns in concert with County Recreation Departments to encourage physical activity of adults in both counties. We are also excited about the success of Project TRACK, which promotes walking and other healthy activities for elementary school children in Edenton-Chowan Schools.

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TRHC worked with a host of community partners to hold the first annual Bertie County Health Fair in October 2009. This free event offered a wide variety of health screenings, health education, and entertainment to local citizens. Thank you to all community partners and attendees for making this Fair such a success.

TRHC continues to address issues related to the economic losses of employment, health insurance, and other family needs. It is hoped that TRHC's support of and participation in community events in which free screenings and assistance are offered will be continued. Citizens are referred to needed health care in support of their needs and in order to take care of their health during this financial downturn.

TRHC is a participating member of the 2010 Community Health Assessment Team for Bertie County and Chowan County to be performed in the spring of 2010. We are excited to gauge our success by comparing these results with prior health assessment results. This comparison will also allow us to identify any health issues that have developed since the last assessment, so we can determine how TRHC can address these indicators through its Partnership. We want to thank all our partners for the assistance they provide and we look forward to continuing to promote the health of our community in 2010 and beyond.

## Wellness

Over the past few years, the Fitness and Wellness Subcommittee has created several programs and venues to promote physical activity and healthy eating for the citizens of Bertie and Chowan counties. The overall objective is to increase the amount of physical activity in the daily routine and make that a part of the individual's lifestyle.

The **Walkable Communities Program** identifies popular walking routes and trails in public areas and neighborhoods throughout each county. These routes are measured and marked for the user's convenience. Maps are posted at strategic locations along with basic information on walking and exercising. Through a grant from the NC Health and Wellness Trust Fund, the Edenton-Chowan Recreation Department was able to have the Town of Edenton designated as a **Fit Community**. This designation allowed the two elementary schools to secure a paved walking track. TRHC partnered with the Recreation Department to create **Project TRACK** to develop a curriculum in the schools to promote walking and nutrition education. As cited in the 2009 analysis of the State of the County Health report as well as the regional Community Health Assessment, these tracks will be accessible to all community members for physical activity after school hours in a well lit, secure environment.



Grants from the Kate B. Reynolds Foundation and the University Health Systems Community Benefits Program funded **Project Fit Track** to provide fitness stations, benches and a water fountain. It is estimated that 800 students will participate in the combined projects in the first year.

Other walking programs co-sponsored by the Wellness Subcommittee include "**Chowan Goes the Distance**" and "**Bertie Goes the Distance**". These two, six-month programs served 138 participants with a documented 53,800 miles. In addition, 30 middle school students joined the **5Kids Program** and trained to run the Race of Grace in Raleigh, while 94 runners entered the **6th Annual Edenton Peanut Run 5k Race**, in conjunction with the Edenton Peanut Festival. The Fitness and Wellness Subcommittee continues to support various community programs such as the **Wellness Van Community Screenings**, the **Interactive Fitness Arcade**, and **public event displays**. TRHC believes that working together, we can all make a difference in helping people choose and create healthier lifestyles. Policies will continue to reflect the existing health resources as well as assessing the need for initiating other resources in the two counties.

## Maternal and Child Health

The Maternal-Child Health Subcommittee (MCH) sponsored Bertie County's first **Teen Pregnancy Prevention Day**. Students from Bertie County High School and 8th graders from

the Middle School were invited to a day filled with education and fun. Eighty teens and twenty parents were educated on forms of protection against STDs and pregnancy, as well as tips to improve self-esteem. The teens attended workshops discussing the importance of staying in school and how to avoid peer pressure. Parents received information on how to communicate with their teens about sex and pregnancy. MCH also worked with Albemarle Regional Health Services to secure rooms in the Bertie and Chowan Health Departments to be designated as **breastfeeding rooms**. These private rooms



have comfortable gliding rocking chairs and footrests. Signage informing mothers about ARHS's breastfeeding-friendly policy is displayed. MCH partnered with **Chowan-Perquimans Smart Start** and **Chowan County Safe Kids for the Week of the Young Child/Safe Kids Festival** in April. MCH joined the Edenton-Chowan Schools and the Recreation Department in a grant award from UHS Chowan Hospital Foundation to provide a **Project TRACK Family Fun Day** for spring 2010. Funding will provide demonstrations as well as samples of nutritious snacks. MCH sponsored a certification training for **Child Passenger Safety technicians** representing Bertie Memorial Hospital, Chowan Hospital, and ARHS. Technicians are now available to train parents on proper seat installation. Planned projects for 2010 will continue efforts to reduce teen pregnancy, infant mortality, and childhood obesity.