



Submitted by
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MONTGOMERY COUNTY

STATE OF THE COUNTY HEALTH REPORT-2011

DECEMBER 2011

Montgomery County At A Glance



Demographics	Montgomery County	North Carolina
*Population, 2010 estimate	27,798	9,535,483
* <u>Ethnicity</u> (2010) White Persons, Not Hispanic: Black Persons: Hispanic or Latino Persons: Asian Persons: Other:	64.3% 18.8% 14.1% 1.6% 1.2%	65.3% 21.5% 8.4% 2.2% 2.6%
*Median Household Income (2008) (2009)	\$37,180 \$33,787	\$46,574 \$43,754
*Per Capita Income, ('05-'09)	\$17,308	\$24,547
*Persons Below Poverty, 2009	21.3%	16.2%
**Unemployment Rate— (September 2011) (July 2011)	12.7% 13.1%	10.0% 10.4%
Percent of Children:		
***In Poverty (2008) (2009)	28.3% 31.2%	19.9% 22.5%
***Without Health Insurance (2009)	15.5%	11.5%
***Enrolled in Free and Reduced Lunch ('09-'10)	77.3%	53.7%

*Source: US Census Bureau

**Source: www.ncesc.com

***Source: www.ncchild.org

Montgomery County Priority Areas

In 2008, representatives from many agencies and organizations in the county collaborated to complete a Community Health Assessment. This multi-phase project included collection and analysis of data gathered from community opinion as well as state and local sources. Once this information was gathered, a community forum was held, and the following three areas were chosen as priority health issues for Montgomery County: **(1) Teen Pregnancy (2) Obesity and (3) Physical Activity and Recreation Opportunities.** Although the county does not have a certified Healthy Carolinians organization in place, a collaborative group initiated by FirstHealth of the Carolinas is in place and meets regularly. Members of this committee are listed on page 12 of this publication. This group, called the Montgomery 2020 Vision Committee, partnered in June 2009 to develop action plans to address these key areas. These plans can be viewed by visiting the Montgomery County website. Progress toward these goals is highlighted in this report, along with a review of mortality and morbidity data and other emerging health issues.

Priority Issue: Teen Pregnancy

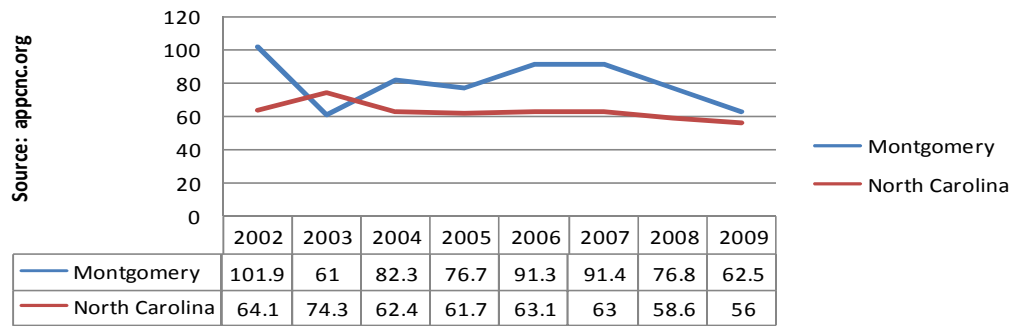
Community Objective:

Reduce the teen pregnancy rate in Montgomery County by 10%.

Status:

The teen pregnancy rate was 91.4% in 2007 and is listed as 62.5% in 2009.

Teen Pregnancies, aged 15-19



Teen pregnancy has been a source of concern in Montgomery County for quite some time, and was identified as a priority health issue during the community assessment process conducted in 2008.

In 2002, the county ranked 4th in the state for having the highest teen pregnancy rate. Although the rate has fluctuated over time, county rates have consistently been higher than state rates. Despite decreases in teen

pregnancy rates for the years 2008 and 2009, consultation with school nurses, social workers, and Health Department staff indicates that the data will most definitely show an increase in the rates for 2010 and 2011 when that data becomes available.

Montgomery County has a small population, so a difference of just a couple of pregnancies makes a huge difference in the numbers. Perhaps of more importance than

the rate or the numbers, is the fact that the problem is not going away.

Indeed, the problem persists even among teens who have already given birth once. Data from the Adolescent Pregnancy Prevention Campaign of North Carolina shows a repeat rate in Montgomery that is just slightly lower than the state rate in 2009 (25.9-Mtg, and 28.6-NC) and higher than state rates in 2008 (36.8-Mtg, and 28.4-NC).

Teen Outreach Program (TOP)

TOP was initiated into the Montgomery County High Schools' Family and Consumer Science classes in September 2007. The first three years TOP was funded by the Kate B. Reynolds Charitable Trust Foundation. The past two years, TOP has been funded by the Teen Pregnancy Prevention Initiative (TPPI). Funding through TPPI has been secured for a total of four years. Since its inception in 2007, approximately 425 students have graduated from TOP. TOP has proven to be successful by increasing students' knowledge about the various consequences of sexual intercourse (emotional, social, financial, and physical) and contraception. TOP has also taught students that they can make a positive impact in their community through authentic community service. Some of the challenges identified, that continue to influence TOP, are interruptions in the classroom during TOP, and students' struggle with self-centeredness, at least initially, with community service projects. **For more information about TOP, please contact Doshia Haywood at the Montgomery County Health Department by emailing doshia.haywood@montgomerycountync.com.**

TOP in the Faith Community

The Teen Outreach Program (TOP) was implemented in the faith community for the first time during the summer of 2011. The Youth Committee at Hamer Creek Baptist Church in Mt. Gilead, North Carolina approached the TOP facilitator in early May with a request to conduct the sexuality education portion of TOP with the group at the church. The TOP facilitator then met with the youth committee as well as parents of teens in the church. The Youth Committee also sent letters to nearby churches, inviting their youth groups to participate in TOP at Hamer Creek. The group met a total of 10 times throughout the summer, beginning June 29, 2011. A total of 10 youth participated. **For more information or to discuss the possibility of bringing TOP to your church or organization, please contact Doshia Haywood at the Montgomery County Health Department by calling (910) 572-1393.**

Community Outreach

The TOP Teen Advisory Council completed a community outreach project in February 2011 at the East/West Basketball game. The target population for this outreach was parents of high school students, although all ages and groups were served. Parents were given a pamphlet that was developed by the TOP Teen Advisory Council. The pamphlet included Montgomery County statistics, such as the drop out and teen pregnancy rates, and also identified characteristics that make some teens at a higher risk for pregnancies. Approximately 75 parents and 100 students and or other adults were reached through this project.



Montgomery County Teen Pregnancy Prevention Community Advisory Council

The Montgomery County Teen Pregnancy Prevention Community Advisory Council (CAC) was initiated in November 2009 and includes representatives from the Health Department, the Department of Social Services, Guidance from both county high schools, school social worker, school nurses, Montgomery County Partnership for Children, and New Dawn Counseling Center (Mental Health). The group meets quarterly and serves as the advisory council to the Teen Outreach Program as well as to identify and

implement other interventions to reduce teen pregnancies. In the spring of 2011, this council identified the need for affordable pregnancy testing for teens. At the time, the fee for testing at the Health Department was \$15. Shortly thereafter, a \$1000 grant was sought and received from the Montgomery Fund to provide free pregnancy testing for teens at the Health Department. The goal of this program is to then introduce teens to the Family Planning program (if the test is negative) or link them to needed follow up services and care. Recently,

the group has also identified the need for prevention education in the middle schools as well as a targeted effort with males. Health educators in Montgomery and Richmond counties met in October 2011 to pursue the possible implementation of a Wise Guys program. Although it is not feasible at this time, the groups will continue to seek other opportunities in the future. **For more information about the council, please contact Cathy Kennedy at the Health Department at 910-572-1393.**

Priority Issue: Child and Adult Obesity

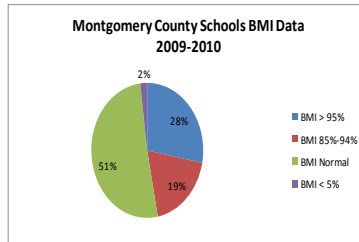
Community Objective:

Reduce the adult overweight and obesity rate by 3% and the childhood overweight and obesity rate by 5%.

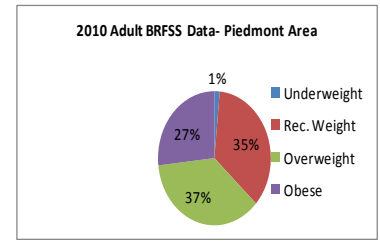
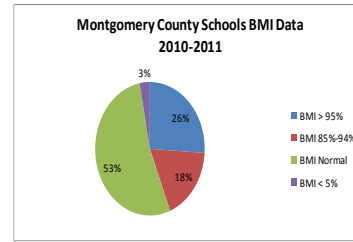
Status:

2008 Adult Rate: 65.2% overweight/obese
2008 Child Rate: 46% overweight/obese

2010 Adult Rate: 63.2% overweight/obese
'10-'11 Child Rate: 44% overweight/obese



Source: Regina Smith, MSN, FNP-C; FirstHealth of the Carolinas; Montgomery County School Health Centers, East and West



Source: North Carolina State Center for Health Statistics

For the past several years, the Montgomery County School nurses have collaborated with the FirstHealth School Health Centers at East and West Middle Schools to collect and analyze the body mass indices on all students in the Montgomery County School system. As the charts above depict, the number of children who are overweight or obese has decreased from 47% in the 2009-2010 school year to 44% in the 2010-2011 school year. Out of 10 public schools in the county, West Montgomery High School and West Middle School have the highest rates of overweight and obesity, both having 48%. The same data also reveals increased rates for fifth graders at both Green Ridge Elementary School and at Candor Elementary school (64% and 63% respectively). The first grade at Mt. Gilead Elementary School has the largest percentage of students at a normal weight in the entire county, at 78%. Participating in nutrition visits with the School Health Centers definitely helps improve student weights. 91% of students at East Middle School who completed two or more nutrition visits decreased their BMI to some degree, and 80% of the students at West Middle did as well. Overall, 47% of adolescents in Montgomery County Schools were overweight/obese in 2008 and that number has decreased to 46% in 2011. The rates for North Carolina remained stable during the same time frame, at 33.9% in 2008 and 33.9% in 2011. For more information on youth data in Montgomery County, contact Regina Smith, MSN, FNP-C with FirstHealth of the Carolinas and Montgomery County School Health Centers by emailing RSmith@firsthealth.org. Gathering data on adults is a little more challenging. However, results from the Behavioral Risk Factor Surveillance System indicate that the number of adults self-reporting as being at the recommended weight has increased from 33.3% in 2008 to 35.3% in 2010 for those in the Piedmont section. With obesity being on the top of the radar for the 2020 group as well as many other community partners, there has been a vast amount of interventions and programs conducted to help counteract the rising trend of obesity. For more information on adult data, visit www.schs.state.nc.us/SCHS/.



Candor Food Solutions

Community members, along with business and agency representatives, came together in early August of 2011 to discuss ways of getting healthier foods into the town of Candor and the surrounding community. Candor has no grocery store closer than the next town north, which is approximately 5 miles. Recognizing Candor as a food desert, the Healthy Kids, Healthy Communities program promoted the forum and gave participants an opportunity to assess the situation and formulate ideas for a solution to the problem. Candor Food Solutions, a group of concerned community representatives, also took part in the statewide "food desert" discussion held in Raleigh later in the fall. For more information about Candor Food Solutions, please contact Cindy Laton by emailing claton@firsthealth.org.

Child Nutrition Program Highlights

The Child Nutrition Program, under the leadership of Frank Fiorella, has diligently worked to help reduce obesity for children in Montgomery County Schools by promoting access and availability of more nutritional foods. For the 2011-2012 school year, the program has been awarded a fresh fruit and vegetable grant for all six elementary schools in the county. The program has maintained a lunch participation rate of 78% and now offers a garden salad as a daily vegetable choice at all schools. A chef salad is also an entrée choice at all schools. Montgomery County Schools Child

Nutrition Program also participates monthly in the NC Farm to School Program. Additionally, the department has expanded the breakfast program and received breakfast grants from No Kid Hungry and the South East Dairy Industry Association to provide morning nutrition in three elementary schools, one middle school, and one high school. The No Kid Hungry grant winners received \$500 toward a staff Healthy Breakfast Modeling Program. Breakfast is now available in the child's classroom at Candor, Troy, Star and for 6th graders at East Middle School. A Second Chance Breakfast is available at East Montgomery High School, and a Grab



and Go breakfast is available at West Montgomery High School and Mt. Gilead Elementary. As a result of the grants and staff support, breakfast participation is up to 55% from 38% and the Montgomery County School system has been recognized by NC Child Nutrition DPI as a "Breakfast Champion." For more information about child nutrition, contact Frank Fiorella by emailing frank.fiorella@montgomery.k12.nc.us.

Montgomery County Farmers' Market



Montgomery County Farmers' Market Association partnered with the Montgomery County Cooperative Extension in 2011 to create two local only farmers' markets in Star and Troy. The markets only allow producers from Montgomery and connecting counties to participate. Farmers participating in the farmers' markets must also have a signed grower certificate to certify that they are providing locally grown products to sell at the market. Anyone providing value added goodies such as breads, candies, jams and jellies must provide their kitchen certification paperwork before they can sell at any of the market locations. The Star

Market is open Tuesdays from 2:30 pm to 6:00 pm at the Star Heritage Center beside the Town Hall and the Troy Market is open Thursdays from 3:00 pm to 6:00 pm at 417 N. Main Street. The markets are open mid April and they close the market season in mid November. By creating these markets, they have provided the community with easier access to fresh local produce and goods for a healthier lifestyle. For more information on the markets, please contact Danelle McKnight at the Montgomery Cooperative Extension or by emailing her at dnmcknig@ncsu.edu.

Educational Outreach.

Recognizing obesity as a priority issue for the county, many county agencies have adapted their programming to include obesity education in various ways. In 2011, the Cooperative Extension Service conducted Color Me Healthy classes to 170 students in the county. 4-H Summer Fun Programs included classes such as "Simple Snacks" in which participants aged 5-9 became familiar with MyPyramid for kids, food safety facts, measuring skills and the importance of incorporating healthy snacks in their diets. Family Consumer Science Agents and Agriculture Agents have also taught "Cooking with Herbs" to various audiences in the county. The main focus of this class is to help people understand the nutritional value in seasoning their food with herbs and spices instead of heavy gravy, sugar or salt. Also in 2011, FirstHealth of the Carolinas conducted 7 PLAY classes with 88 participants and 11 Happy Kitchen classes, with a total of 164 participants. Additionally, obesity reduction messages were given during many community events such as Operation Inasmuch, Senior Fun Day, Family Fun Day, Relay for Life, various health fairs and the Back To School Rallies in Troy and Candor.



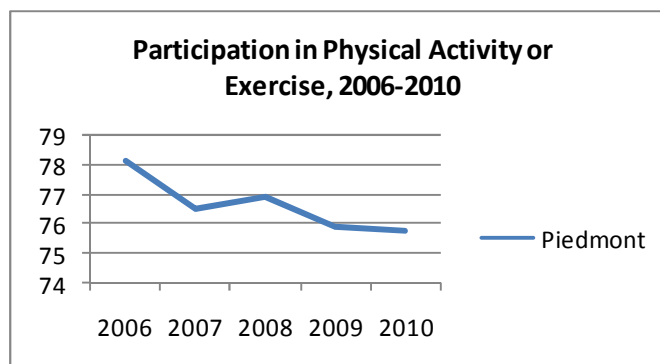
Priority Issue: Physical Activity Opportunities

Community Objective:

Increase by three, the number of opportunities for physical activity/recreation in the county.

Status:

A total of seven opportunities for physical activity or recreation were listed in the 2009 and 2010 State of the County Health Report. This 2011 report includes 4 more opportunities.



Source: North Carolina State Center for Health Statistics

Montgomery County is part of the “piedmont” section of respondents to the Behavioral Risk Factor Surveillance System survey. As can be seen in the chart to the left, the number of people in our area who report having participated in physical activity or exercise, other than that required for that job, has steadily declined over the past several years. As part of the 2008 Montgomery County Community Health Assessment, community members noted that there just were not opportunities to be physically active in this county. Taking all of this into account, members of the 2020 Vision Committee have actively sought and been awarded grants to make changes in the built environments of the county as well as to implement programs and projects to increase accessibility to physical activity and recreation options.

Seniors on the Move

In an effort to help address the issues of obesity and lack of physical activity in the older adult population, the Troy/Montgomery Senior Center has successfully introduced two evidence based exercise programs into the senior community, in addition to the regular exercise activities provided by the Center on a weekly basis. **Fit and Strong**, an eight week course that meets three times each week, is made up of a 60 minute exercise component followed by 30 minutes of group discussion and education for sustained behavior change. Fit and Strong has been offered as a free program, on an annual basis for the past three years, with an average of 10-15 partici-

pants in each class. Seniors shared that they have experienced more energy, better attitude, better balance, weight control and motivation as a result of participating in the program. **Walk with Ease**, is a six week course that meets three times a week, was established for the Arthritis Foundation to establish walking groups. Although the program was written for people with arthritis, it is a practical and useful resource for anyone. Walk with Ease has been offered annually for the last three years. As a result, the Center established a weekly walking program offered on 3 days of the week at a local church facility. Currently, 6-8 seniors utilize this facility on a weekly ba-

sis. **For more information on these programs, contact Theresa Thomas at 572-4464.**



“I am an 85 year old Fit and Strong participant. I have fallen several times in the past and have been unable to get up by myself and have had to wait for someone to help me up. However, I fell during the same time I was taking this class, and am excited to say that I was able to get up all by myself. I really believe it was because this class helped me to strengthen my muscles and taught me the proper way to get up if I fell. I am very glad this opportunity was available.”

~Fit and Strong participant

Master Gardener's Project

Montgomery County has graduated their first Master Gardeners who have now developed seven community gardens around the county, volunteered over 150 hours on county projects, and have assisted the Montgomery Cooperative Extension office in developing new innovative programs. Some of their projects have been creating a Veteran's Garden at the Veteran's Office utilizing the red, white and blue theme, Xeriscaping modules at the Densons Creek Golf Course, and building community gardens. They have built community relationships by partnering with FirstHealth of the Carolinas, Youth Empowered Solutions,

Town of Troy, and the Troy Senior Center in creating a community garden. With this partnership, the Master Gardeners helped secure a \$3,000 grant from Nourishing NC to create the community garden at the senior center. The grant is a 3 year project and they can receive an additional \$500 annually for development. Currently, the association has had three raised beds built so seniors, youth and Montgomery County Master Gardeners can be physically active while they work together to provide the county with fresh produce. For more information, contact Danelle McKnight by emailing dnmcknig@ncsu.edu.



East Middle School Walking Club.

East Middle School began an afterschool walking club on November 17, 2011 with an amazing 47 participants. The walking club meets twice per week on Mondays and Thursdays from 3 until 4 pm. All students participating in the club are responsible for their own transportation home. The club is open for students in all grades. As part of the club, students walk at least thirty minutes per session and record their participation on a walking log. Prizes are awarded at specified intervals; the more a student walks, the more the student wins. The project is funded through the North Carolina Eat Smart, Move More Community grants project, which was awarded to Montgomery County Health Department and community partners. Monies will be used to construct a walking trail on the campus of East Middle School as well as to fund the afterschool walking program. Questions about the grant can be directed to Rhonda Peters at the Montgomery County Health Department by emailing rhonda.peters@montgomerycountync.com.

Town of Mt. Gilead Older Adults Pedal Power Program

In December 2011, the town of Mt. Gilead will launch an older adults "Pedal Power Program". The goal of the project is to promote the use of non-motorized transportation (trikes) as a safe, efficient and environmentally sound means of transportation for seniors. This program will work to inspire people to incorporate cycling into a healthy and sustainable lifestyle. The town will establish a Trike Library to provide trikes to individuals who, because of economic situations, would not otherwise have access to one. The library trikes are provided under the

Physical Activity and Policy Action Campaign through the N.C. Department of Health and Human Services with funds secured under the American Recovery and Reinvestment Act. The library trikes are essentially "free" to all community members 55 years or older, or disabled, and are "checked out" to an individual for a six month time period. As an adult, cycling offers many benefits for the body as well as the spirit. Cycling is a good cardiovascular exercise that increases the health of one's heart. Cycling is not tough on the joints. Cycling offers exercise with

minimal pain. The aerobic benefits of cycling are comparable to running or jogging without the impact. The seat height can be adjusted to accommodate a full range of motion with each revolution, which also promotes better circulation in the lower extremities. For more information, contact Katrina Tatum, Town Manager of Mt. Gilead, by emailing her at ktatum@mtgileadnc.com



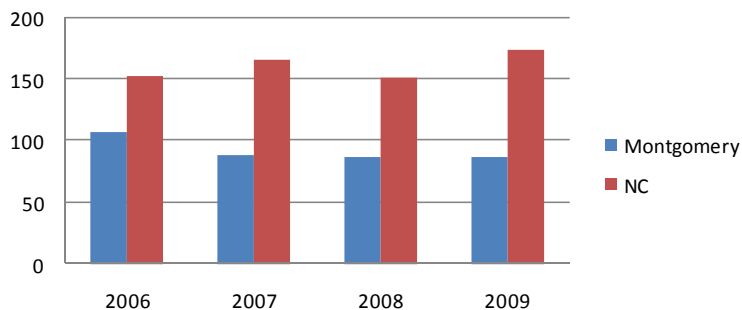
Asthma on the Rise

Although the number and rate of hospital discharges in children ages 0-14 with a primary diagnosis of

asthma is lower for Montgomery County than North Carolina, school nurses with the Montgomery County Schools indicate that they are seeing an increase, especially in the middle schools.

Approximately 12.9% of adult respondents to the 2010 Behavioral Risk Factor Surveillance System in the Piedmont area indicated that they have been diagnosed with asthma, which is up from 11.1% in 2008. According to the Centers for Disease Control and Prevention's (CDC) National Asthma Control Program, asthma is when air can't get into your lungs and you have trouble breathing. An asthma attack is when you have trouble catching your breath. Many different asthma "triggers" can cause this to happen. Some common triggers are: dust in your house, tobacco smoke, dirty air outside, cockroach droppings, pets, mold, hard exercise that makes you breathe really fast, some medicines, bad weather, and some kinds of foods. Several different kinds of medicine help people with asthma. A doctor can help make a plan to control asthma. A good plan means that people who are asthmatic won't have as many asthma attacks, won't wheeze and cough as much (and maybe not at all), will sleep better, won't miss school, can play sports and games outside and at school, and won't have to go to the hospital.

Hospital Discharges in Children Ages 0-14 with Primary Diagnosis of Asthma, 2006-2009



Preventive Oral Care in Children

In the summer of 2011, Montgomery County School Health Centers were awarded an Oral Health grant by Kaiser Permanente and the National Assembly of School-Based Health Care to provide 150 oral screenings, anticipatory guidance, application of dental varnish and to facilitate referral for untreated dental caries and other oral health problems. The grant, which provides a \$15,000 stipend, runs from July 2011 through March 2012. Seventy-seven percent of School Health Center registrants are considered economically disadvantaged and

are either uninsured, have Medicaid or NC Health Choice. Compared to those with private insurance, children on Medicaid/SCHIP are more than four times as likely to be in need of urgent dental care. Fifty percent of tooth decay in low income children goes untreated. 1 in 8 children never see the dentist. Only 20-30% of Medicaid-eligible children receive preventive oral health care. A large number of students seen at the School Health Centers have untreated dental caries. When the current 8th grade students in Montgomery County were 5th graders, they had a greater percentage of untreated dental caries than state averages. With the oral health grant, the School Health Centers are

targeting these students. As of November 2011, the centers had already provided 50

oral screenings with application of dental fluoride varnishing. For more information on the grant, contact Regina Smith, MSN, FNP-C, with FirstHealth of the Carolinas, Montgomery County School Health Centers, East and West by calling (910) 428-9392 on the East Side, or (910) 572-1979 on the West Side. She can also be reached by email at

RPSmith@firsthealth.org.



Much To Do About Scabies

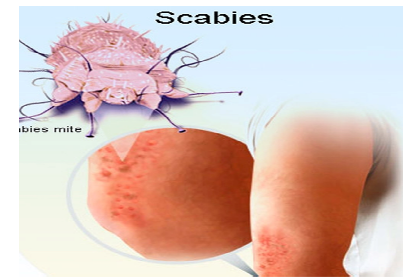
Over the last five years, there have been several incidents of scabies in Montgomery County. In November 2011, a presentation was provided to a local facility in an effort to assist staff in understanding what scabies is and how scabies is transmitted. Topics of discussion also included prevention of the spread and treatment of scabies. During the presentation, staff were provided with information regarding proper use of personal protective equipment and proper handling of linens and personal items. They were shown pictures of scabies lesion and given the opportunity to visually compare scabies lesions to other skin rashes. Scabies awareness education is important to make certain in the event of an infestation, proper procedures will be followed to reduce the spread of scabies.

Scabies continues to be a major public health problem. Recent findings reveal that these mites produce substances that alter the host's immune response resulting in the latency period prior to occurrence of symptoms. Human scabies is a common public health problem worldwide with an estimated 300 million infected individuals. The associated mite, *Sarcoptes scabiei* var

humanus, lives its entire lifespan under the skin of the human host. The adult female mite, which measures 0.4 by 0.3 mm and is too small to be seen by the naked eye, burrows a 1-cm long tunnel slightly under the skin. She lays her eggs within this burrow, where the emerging larvae complete their maturation.

Most common places of occurrence are crowded areas or unsanitary conditions, big cities hospitals, child care centers, prisons and nursing homes. For unknown reasons scabies in nursing homes is more severe than with typical cases.

Classic scabies is manifested as nocturnal itching. The itching associated with scabies results from immunologic reaction to the mite, its secretions, or its fecal pellets. The incubation period prior to symptoms can be as little as 3 days to 6 weeks, but prolonged latency periods of 7 months or more are now acknowledged. Moreover, asymptomatic scabies-infested people are not uncommon and can be considered to be carriers. Similar to the human response to other insects such as fleas, yellow jackets, and mosquitoes, there is a wide range of



clinical responses to an infestation with scabies. There are numerous atypical presentations of this entity. Thus, within the same household, some of the occupants may be totally asymptomatic, while others demonstrate skin lesions and considerable itching.

The standard treatment of scabies has been the application of a prescription scabicide overnight to the entire body surface. The scalp is normally excluded with adults, but treatment of this body region is important in infants. To reduce the incidence of re-infestation and fomite transmission, clothing, linens, and towels used within the previous week should be washed in hot water and dried on high heat. All family members and close contacts must be treated simultaneously, even if they have not developed itching or other clinical signs of scabies.

For more information on scabies, contact Mary Perez with the Montgomery County Health Department by emailing mary.perez@montgomerycountync.com.

Mental Health Struggles in Children



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In November 2011, Montgomery County School nurses, Health Department staff and a licensed clinical social worker all identified mental health struggles in children as an emerging issue in Montgomery County. Cristina De Aguilar, LCSW with New Dawn Counseling Services reports seeing a trend toward poor coping skills in children and adolescents. These poor coping skills can sometimes lead to depression, anxiety, and post traumatic stress disorder. Furthermore, De Aguilar also noticed an increase in suicide ideations—averaging two assessments monthly, an increase in self-injury, and reported sexual abuse. Youth compliance toward authority figures has also become a concern. In the past, youth have become angry or defiant and been diagnosed as Oppositional Defiant Disorder or Conduct Disorder, but are now more likely to become aggressive or depressed. Many families are struggling economically, with substance abuse issues, emotionally, and being from blended families. As a result, the youth do not always have the support they need at home. For more information, please contact Cristina De Aguilar at the numbers listed to the left or by emailing cristinawdawn@aol.com.

Mortality and Morbidity

Mortality and Morbidity in Montgomery

2010 Montgomery County Ten Leading Causes of Death	# of Deaths
TOTAL DEATHS– ALL CAUSES	267
Diseases of the Heart	55
Cancer	48
Chronic Lower Respiratory Diseases	16
Alzheimer's Disease	15
Cerebrovascular Disease	11
Other Unintentional Injuries	11
Pneumonia and Influenza	9
Motor Vehicle Injuries	9
Diabetes Mellitus	7
Septicemia	6

More specific death rates for both Montgomery County and the state of North Carolina for 2010 are currently unavailable, but will be available in the near future by visiting www.schs.state.nc.us. However, the data presented indicates that at least for Montgomery County, heart disease has once again replaced cancer as the leading cause of death.

2009 North Carolina and Montgomery County Death Rates	Mtg. County	NC
Total Deaths	889.8	820.1
Cancer	221.6	186.3
Heart Disease	175.1	182.6
Chronic Lower Respiratory Disease	60.8	46.1
Cerebrovascular Disease	50.0	46.8
Alzheimer's Disease	42.9	28.2
All Other Unintentional Injuries	39.3	29.5
Diabetes Mellitus	28.6	22.5
Unintentional Motor Injuries	28.6	14.9
Kidney Disease	17.9	19.5
Suicide	17.9	12.4
Septicemia	14.3	14.0
Homicide	14.3	6.0
Pneumonia/Influenza	10.7	18.3
Chronic Liver Disease	3.6	9.9
HIV Disease	0.0	3.8

Source: North Carolina State Center for Health Statistics

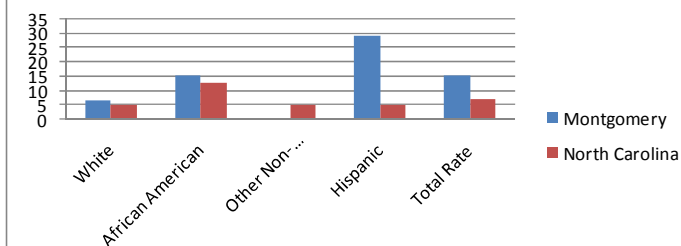
2005-2009 Leading Causes of Death by Age Group

Source: North Carolina State Center for Health Statistics

Rank	00-19 Years	20-39 Years	40-64 Years	65+ Years
1	Perinatal Conditions	Motor Vehicle Injuries	Cancer	Heart Disease
2	Motor Vehicle Injuries	Unintentional Injuries	Heart Disease	Cancer
3	Birth Defects	Homicide	Unintentional Injuries	Chronic Lower Respiratory Disease
4	Unintentional Injuries SIDS	Cancer	Chronic Lower Respiratory Disease	Cerebrovascular Disease
5	Heart Disease/ Chronic Lower Respiratory Disease/Suicide	HIV Heart Disease	Diabetes Suicide	Alzheimer's Disease

The table above reveals that heart disease is a leading cause of death for all age groups in Montgomery County.

2010 North Carolina Infant Mortality Report



Source: North Carolina State Center for Health Statistics

Risk Factors (2005-2009)	Montgomery County	North Carolina
Births to Mothers Who Smoked Prenatally	12.7%	11.0%
Percent of Women Receiving Care in the First Trimester	77.6%	82.1%
Percent of Short Intervals Between Births	12.3%	12.9%
Mothers Under 30 with High Parity	22.1%	17.9%
Mothers Over 30 with High Parity	26.1%	20.4%

INFANT MORTALITY According to a press release out of Raleigh, dated November 1, 2011, North Carolina's infant mortality rate declined sharply in 2010. Data shows that the rate reached its lowest level in state history at only seven deaths for every 1,000 births, which represents an 11.4 percent drop from the state's 2009 rate of 7.9 deaths. Data from the North Carolina State Center for Health Statistics show that infants in Montgomery County didn't fare as well, with the total infant mortality rate for the county being just over twice the rate for the state (15.1 and 7.0, respectively). Of particular interest is the Hispanic infant mortality rate which is five times as high as the state Hispanic rate (28.8 and 5.0, respectively). The table above illustrates that 2005-2009 risk factors are very similar for the county and the state.

Morbidity

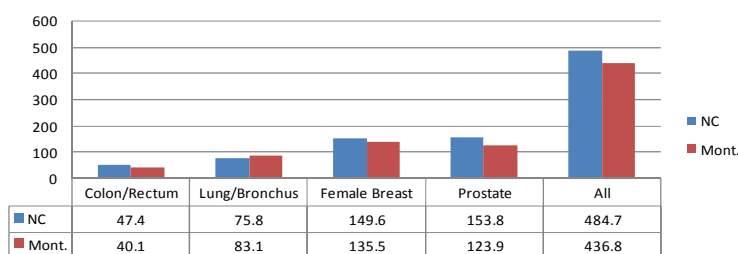
	Mont.	NC
2009 Hospital Discharges with Primary Diagnosis of ASTHMA *		
• All Ages	75.0	117.7
• 0-14 years	86.9	175.0
AIDS Rates (2010) **	7.2	15.9
Chlamydia Rates (2010)**	335.2	449.5
Gonorrhea Rates (2010)**	68.5	150.9
Primary and Secondary Syphilis Rates* (2005-2009)	0.7	3.9
Tuberculosis Rates***		
2006	59.6	4.6
2007	14.1	3.8
2008	10.7	3.6
2009	3.5	2.7
2010	10.5	3.1

*Source: North Carolina State Center for Health Statistics

**Source: North Carolina 2010 HIV/STD Surveillance Report, Communicable Disease Branch

***Source: North Carolina TB Control

2003-2007 Cancer Incidence Rates, Per 100,000



As can be seen in the table on page 10, the cancer death rate in 2009 was much higher (221.6) in Montgomery County than the state death rate for cancer (186.3). However, cancer **incidence** rates for Montgomery County are **lower** than incidence rates for the state in all areas- except for lung/bronchus. Thus, people in Montgomery County are less likely to be diagnosed with cancer, but once they are diagnosed, they are more likely to die from the disease.

Tobacco free grounds and other tobacco cessation efforts are undertaken as the opportunities present themselves in Montgomery County. The County Employee Wellness Committee set aside \$300 of the wellness program grant funds to support employees in their efforts to quit tobacco use. The committee proposed reimbursing any county employee for co-pays for doctor's visits, medications, and other cessation services for a specified period of time. One Department of Social Services employee took advantage of the incentive and used the funds to quit smoking. In May 2011, a Health Department representative expressed support to the Town of Biscoe's Board of Commissioners for a tobacco free parks ordinance. Even though the town mayor expressed his desire for such an ordinance and two of the board members were in agreement, it did not meet with the support of the majority of the commissioners and therefore did not pass. However, smoke-free laws are effective throughout the state of North Carolina, as reported in a press release from Raleigh dated November 9, 2011. The report indicates that emergency room visits by North Carolinians experiencing heart attacks have declined by 21% since the January 2010 start of the state's Smoke-Free Restaurants and Bars law.

In addition to the other initiatives already presented which aim to reduce teen pregnancy, reduce obesity, and increase physical activity and recreation, Montgomery County has enjoyed the initiation of two programs aimed at reducing barriers to health care.

New Initiatives

Montgomery County Community Paramedic Program

The Community Paramedic Pilot Program helps patients with chronic medical illnesses such as diabetes, heart failure, COPD and high blood pressure. The program provides health assessment, maintenance and education as well as help with navigating the health care system. Specially trained paramedics from Montgomery County EMS make home visits as requested by the patient's doctor. In the home, the paramedic checks blood pressure, reviews the home for fall risks, teaches the patient about his/her medications, and checks blood sugars of diabetic patients. Paramedics provide the patient's doctor with a written report on their findings and connect the patient with other community resources as needed. For more information, call the Community Paramedic office at (910) 571-5494.



HealthNet. HealthNet is a collaborative safety net program funded through the North Carolina Office of Rural Health and Community Care. HealthNet partner agencies include the Community Care of the Sandhills, FirstHealth of the Carolinas, Montgomery County Free Care Clinic, Moore County Free Care Clinic, St. Joseph's of the Pines, the Department of Social Services, and provider practices. FirstHealth has several departments that participate in HealthNet to include Diabetes Self-Management, Home Health, Montgomery Paramedics, Medication Assistance Program, Mobile Health Services, Emergency Department Discharge Planning for both hospitals and Community Health Services. The program serves uninsured individuals who live at or below 200 percent of the Federal Poverty Level and reside in Moore or Montgomery County. Services provided to uninsured include linkage to primary and specialty care, medication assistance, gap medications, gap medical supplies, translation/interpretation services and chronic disease case management. As of August 15, 2011, the HealthNet has linked 2,172 people to primary care, has referred 1,813 patients to specialty care, case manages 1,743 patients, has assisted 3,555 individuals to obtain prescription medications and has provided interpretation/translation services to 1,101 patients. HealthNet has received year five funding for Nov. 16, 2011 to Nov. 15, 2012 and will incorporate Moore, Montgomery, and Richmond counties into the target population. For more information, please contact Roxanne Leopper by emailing RLeopper@firsthealth.org.

Dissemination Plan.

Copies of this publication will be disseminated to key stakeholders and community partners, including members of the 2020 Vision Committee, the Montgomery County Board of Commissioners, the Montgomery County Board of Health, and other contributors. The report will also be available to the general population for viewing at public libraries throughout the county and on the Montgomery County website: www.montgomerycountync.com. Press releases about this data will be distributed to local newspapers, and copies will be available for no charge, upon request by contacting Rhonda Peters at the Montgomery County Health Department- (910) 572-1393x265 or by emailing rhondapeters@montgomerycountync.com.

Members of the FirstHealth 2020 Vision Committee include representatives from the following agencies/organizations:

Community and Faith-Based Representatives, FirstHealth of the Carolinas, FirstHealth School Based Health Centers, Montgomery County Cooperative Extension Service, Montgomery County Health Department, Montgomery County Partnership for Children, Montgomery County Schools, Town of Mt. Gilead, Troy/Montgomery Senior Center, Worksites

WANT TO BECOME INVOLVED?

See contact names and numbers included in this publication, or call the Health Education Staff at the Montgomery County Health Department for more information. (910) 572-1393 x264.

