

Beyond the Horizon

Davie Hospital

The state of Davie County Hospital was a significant issue in the 2007 Community Health Assessment (CHA). At the time of this printing, the Certificate of



Need for a new Davie County Hospital in

Bermuda Run has been approved. The Certificate of Need has been challenged, however, and the future of the Mocksville Davie Hospital is uncertain.

The number of healthcare providers practicing in Davie is effected by the debate. The 2007 CHA showed the level that Davie County is underserved medically. In terms of primary care doctors and nurses, the situation has improved somewhat. The dental need in Davie County is enormous.

Ratio of People Per Provider in Davie County

	2005	2007
Primary Care Doctor	2,595	2,247
Registered Nurse	348	270
Dentist	3,244	4,045

The Obesity Crisis

% Adults in NC and in the NC Piedmont by Recommended Weight, 2007

	NC	Piedmont
Recommended Weight	34%	35%
Unhealthy Weight	66%	65%

According to calculation based on the 2007 Piedmont Region (Davie, Rockingham, Stokes, Surry and Yadkin)

Behavioral Risk Factor

Surveillance System (BRFSS) survey, roughly two out of every 3 people in NC and in the NC Piedmont do not fall into the recommended weight for their ages and heights. Although this is a very unhealthy situation with no clear solution on the horizon, it does follow the national trend. Updated data from the CHA on children was not available at this time.

Obesity in Children

- According to 2006 NC Nutrition and Physical Activity Surveillance System (NC-NPASS) data, the proportion of **overweight** children in Davie County:
 - 2-4 year olds = **13.5%** (NC = 15.2%)
 - 5-11 year olds = **26.7%** (NC = 25.2%)
 - 12-18 year olds = **32.6%** (NC = 29.5%)
- Proportion of children in Davie County **at risk of being overweight:**
 - 2-4 year olds = **15.6%** (NC = 15.7%)
 - 5-11 year olds = **16.4%** (NC = 16.8%)
 - 12-18 year olds = **15.2%** (NC = 17.3%)

The Economy

Over the past year there have been regional lay-offs and plant closures. Year 2007 data show a 4.9% unemployment rate. Davie County's per capita income is driven by the two largest cities, Mocksville and Cooleemee where a majority of people are employed.

Average Age in Years and Per Capita Income For Davie County's Cities

	Average Age	Per Capita
Mocksville	37	\$ 34,800
Cooleemee	40	\$ 29,300
Bermuda Run	60	\$ 82,800

State of the County Health Report

2008



Health and Behavior Concerns Identified in the 2007 Community Health Assessment

- **Obesity/ Diabetes**
- **Heart Disease**
- **Breast Cancer**
- **Stroke**
- **Aging**
- **Poor Eating Habits**
- **Lack of Exercise/ Sedentary Lifestyles**
- **Smoking/ Tobacco Use**
- **Drug Abuse**
- **Unaffordable/ Inadequate Health Insurance**

To become involved in Healthy Carolinians of Davie County or one of our subcommittees, please contact the Healthy Carolinians Coordinator located within Davie County Health Department at (336) 751-8700.

Davie County's "Big 3"

Heart Disease, Cancer, and Stroke

Heart disease, cancer and stroke are the leading causes of death across NC and in Davie County. Although Davie County residents are dying at lower rates from these top 3 than NC

Age-Adjusted Rates (2002-2006)	# of Davie Deaths	% Higher or Lower From NC Rate
1. Diseases of Heart	410	-10%
2. Cancer	374	-11%
3. Stroke	107	-16%
4. Chronic Lower Respiratory Diseases	105	7%
5. Diabetes Mellitus	49	-14%
6. Unintentional Non-Motor Vehicle Injuries	57	9%
7. Alzheimer's disease	78	37%
8. Pneumonia and Influenza	43	-8%
9. Unintentional Motor Vehicle Injuries	45	30%
10. Nephrotic Syndromes	31	-18%
11. Septicemia	29	-3%
12. Suicide	30	31%
13. Chronic Liver Disease and Cirrhosis	10	-48%
14. Homicide	5	-64%
15. AIDS	4	-57%

as a whole, Healthy Carolinians of Davie County (HCDC) is committed to reducing these diseases' risk factors. The Physical Activity and Nutrition Subcommittee is working with employers to offer health programs and create healthier work environments. Healthy snacks, walking routes and smoke-free

environments have been adopted at worksites to help those employees choose and maintain healthy lifestyles.

Because minorities are more likely to die from these top 3 diseases, among a few others, the Chronic Disease Subcommittee is working with Black-American churches to encourage participants to adopt healthy lifestyles that prevent or delay these causes of death, especially diabetes. Building on the diabetes support groups from the previous years, funding now has been received to create an educational brochure to increase access to diabetes nutrition education and counseling; and educational sessions are planned in cooperation with the Centers for Diabetes Excellence across our region through the spring.

% Difference in Death Rate By Race For Leading Causes of Death

2002-2006 Deaths	# Davie Minority Deaths	% minority death rate over white death rate
Diseases of Heart	34	22%
Stroke	12	84%
Unintentional Non-Motor Vehicle Injuries	6	56%
Diabetes Mellitus	5	40%

The Big 3 Continued...

The Chronic Disease Subcommittee is also working on reducing Davie County's deaths from cancer. When found early, cancer can be treated and survived. Subcommittee members are working on plans to increase participation in screenings, especially for breast cancer. In the 2007 Community Health Assessment (CHA), only about half of men age 40 or higher got an annual prostate exam and close to 3/4 of women over 40 got mammograms. The subcommittee has plans to increase awareness of screenings and increase access to screenings. Mammograms are available even if insurance or cost is an issue through the Susan Komen Foundation and the state's Breast and Cervical Cancer Control Program (called "BCCCCP").

Personal Health Behaviors

- **Prostate Exams (Age > 40)**
- Get an annual prostate exam: 54%
- **Mammograms (Age > 40)**
- Get an annual mammogram: 73%

Emerging Trends

As mentioned in the 2007 Community Health Assessment (CHA), Davie's population is aging. Age is another uncontrollable risk factors for heart disease, cancer and stroke. The number of people living with a risk or diagnosis of heart disease or stroke is increasing, thus HCDC expects to see an increased demand for both physical and mental health services. HCDC is supporting the Davie United Way in their effort to address senior health needs.

Suicide was also mentioned in the 2007 CHA, as were mental health needs for the community. Notice also (see left) the rate of suicide in Davie is 31% higher than NC. For the 2001-2005 year range used in the 2007 CHA, Davie was 14% higher. In fact, during 2002-

Unmet Community Needs

- **Mental health services**
- Too few services
- Too difficult to get an appointment
- Lack of treatment for substance-abusing children
- People going out of county for services

2006, suicide was the 3rd most common cause of death in 20-39 year olds in Davie County; and the 4th largest cause of death in 40-59 year olds—equal to stroke deaths. The Suicide Prevention Team is looking at suicides in youth and at key "life transitions", where loss of

mobility, diagnosis of a life-threatening disease or a change in employment status may play a role. Many of the members of the Mental Health/ Sexually Transmitted Diseases/ Substance Abuse Subcommittee have joined the new Suicide Prevention Team and have brought together regional resources specifically to work on suicide prevention.