

Wilkes County
State of the County Health
(SOTCH) Report

December 2007

Josh Swift, MPH, CHES



WilkesHealth.com

Wilkes County Health Department. We Make a Difference!

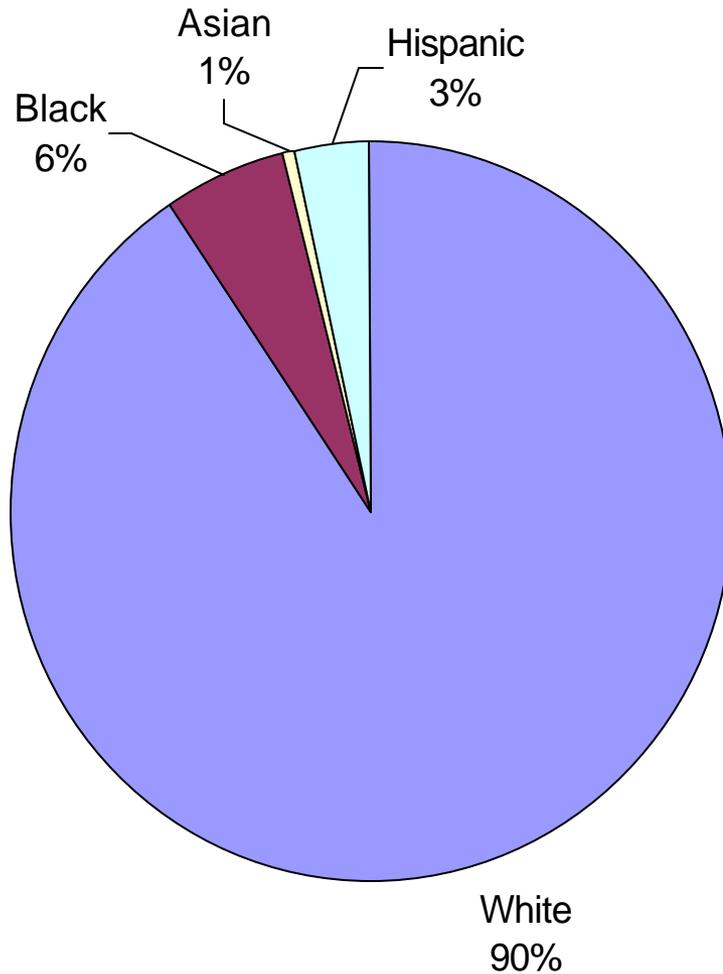
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- Current Activities

Demographics

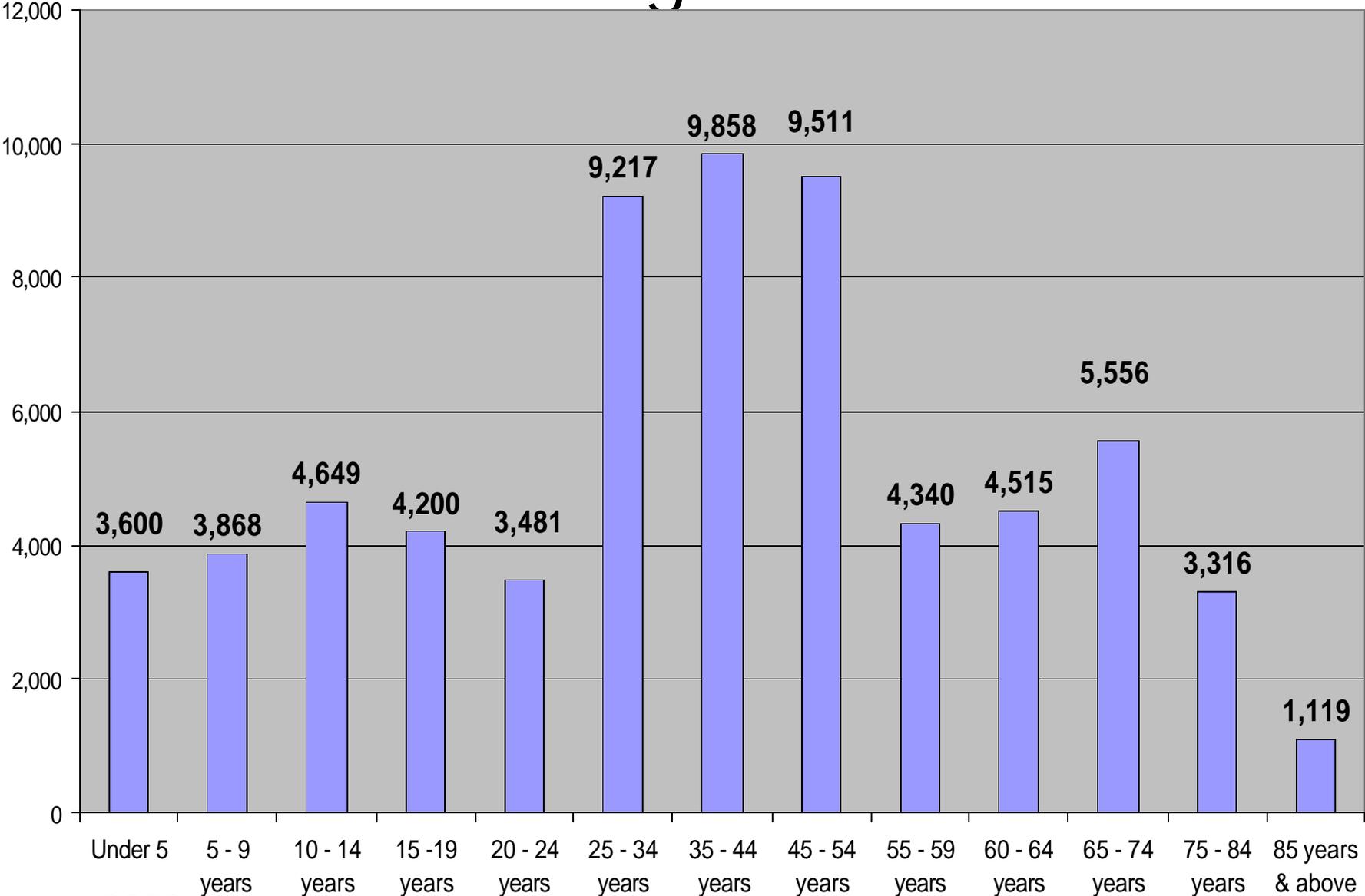
- 754 square miles
 - 13th largest county in NC (land area)
 - 74 miles across (widest point)
 - 223 miles of unpaved road (2nd in NC) – 2005 NCDOT
- 15% of residents over 65 years old
 - NC – 12%
 - 9,246 persons in Wilkes over 65 years
 - 1 million NC residents over 65 years

Wilkes County Racial Make-Up



Census, 2006

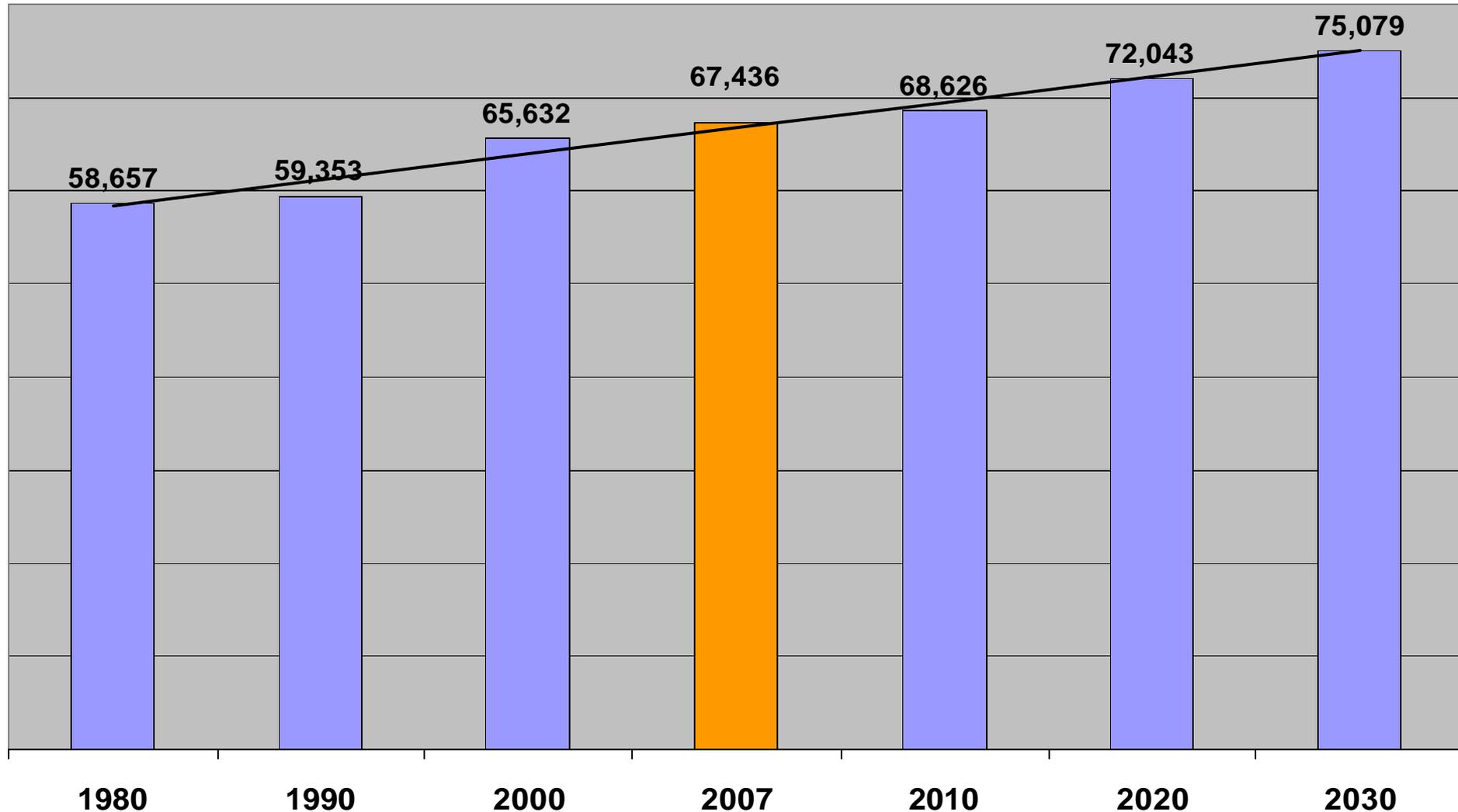
Wilkes Co. Age Distribution



Census, 2006

Wilkes County Population

(current population 67,436) 37th largest county in NC



1980

1990

2000

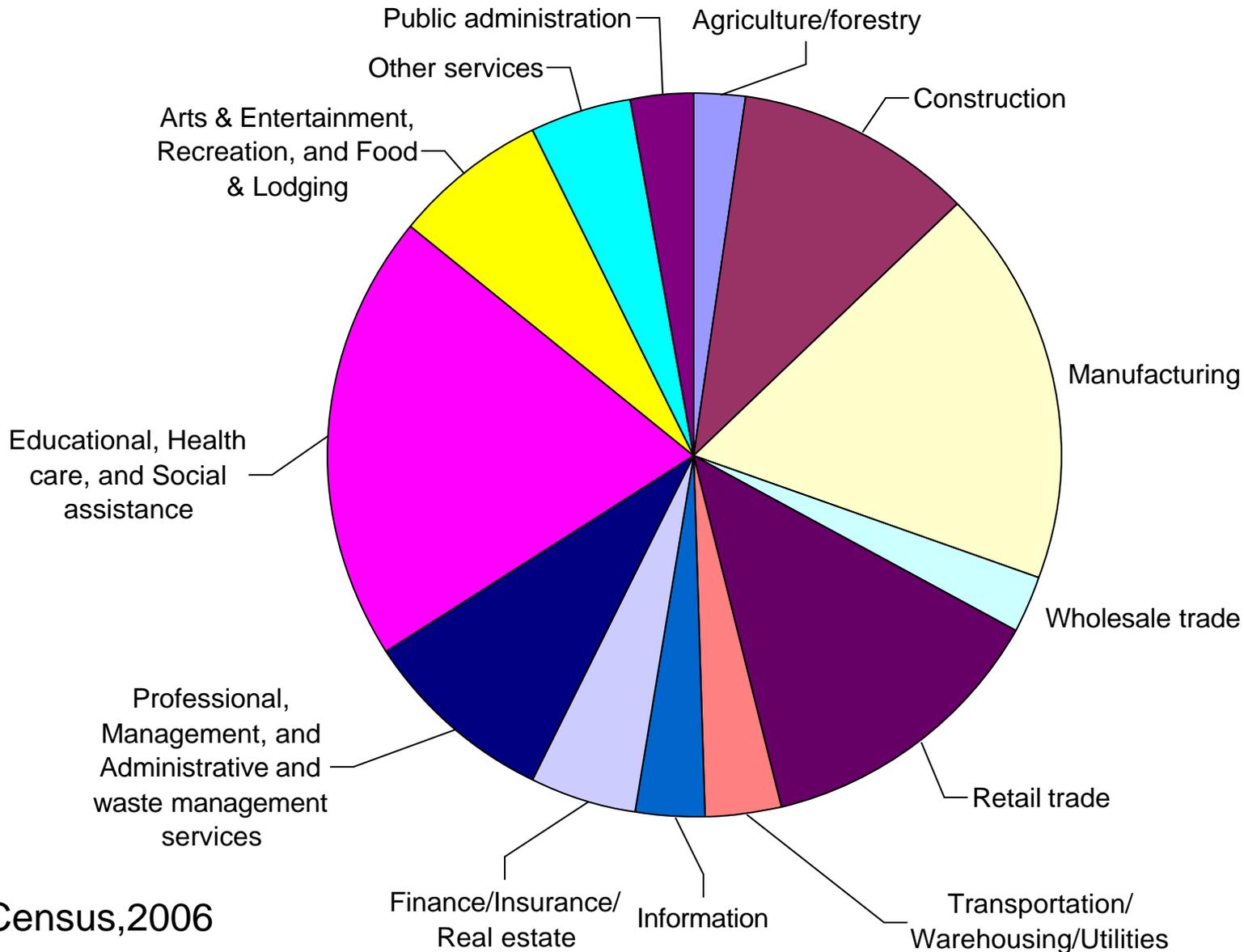
2007

2010

2020

2030

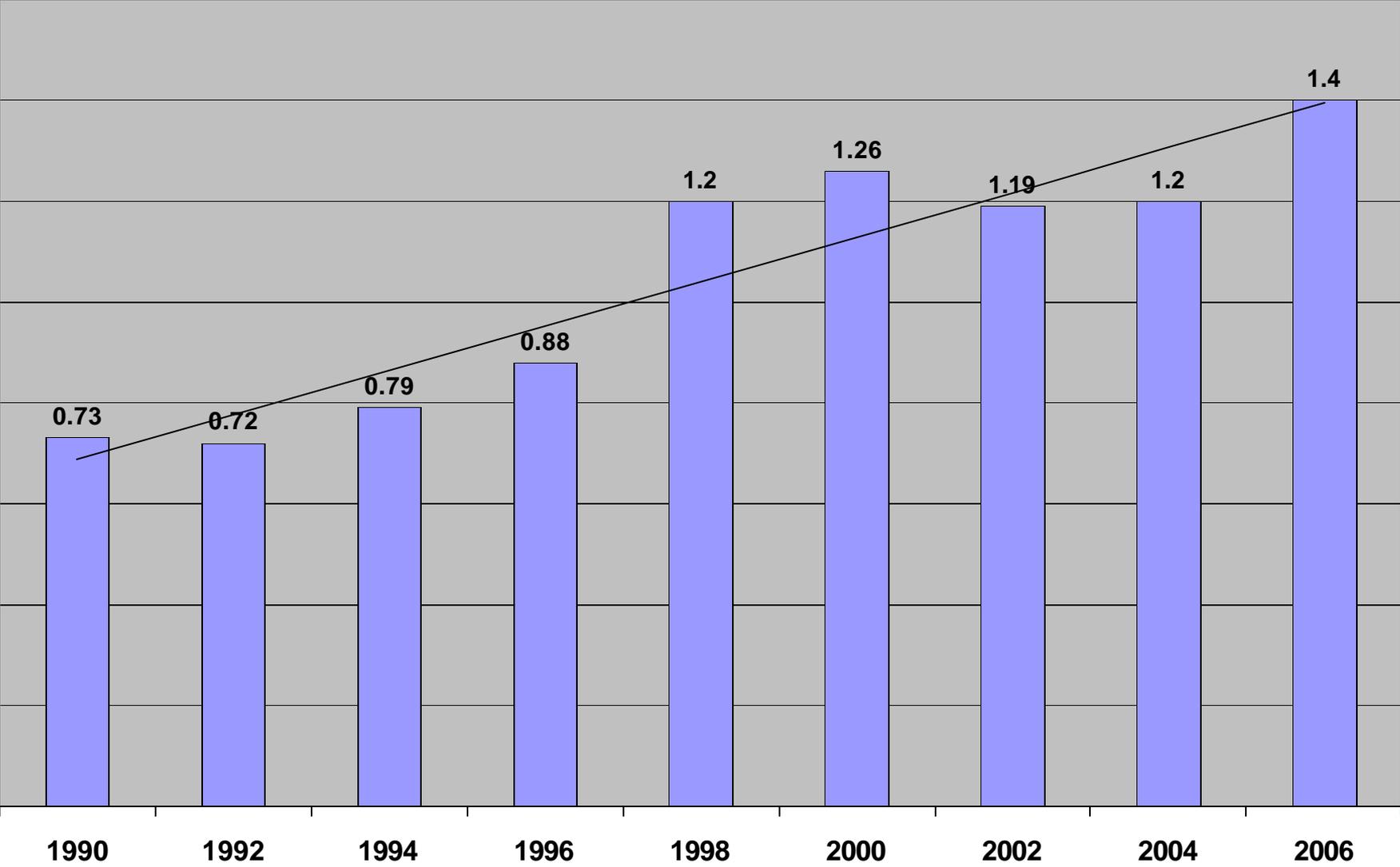
Wilkes County Employment Distribution -LINC



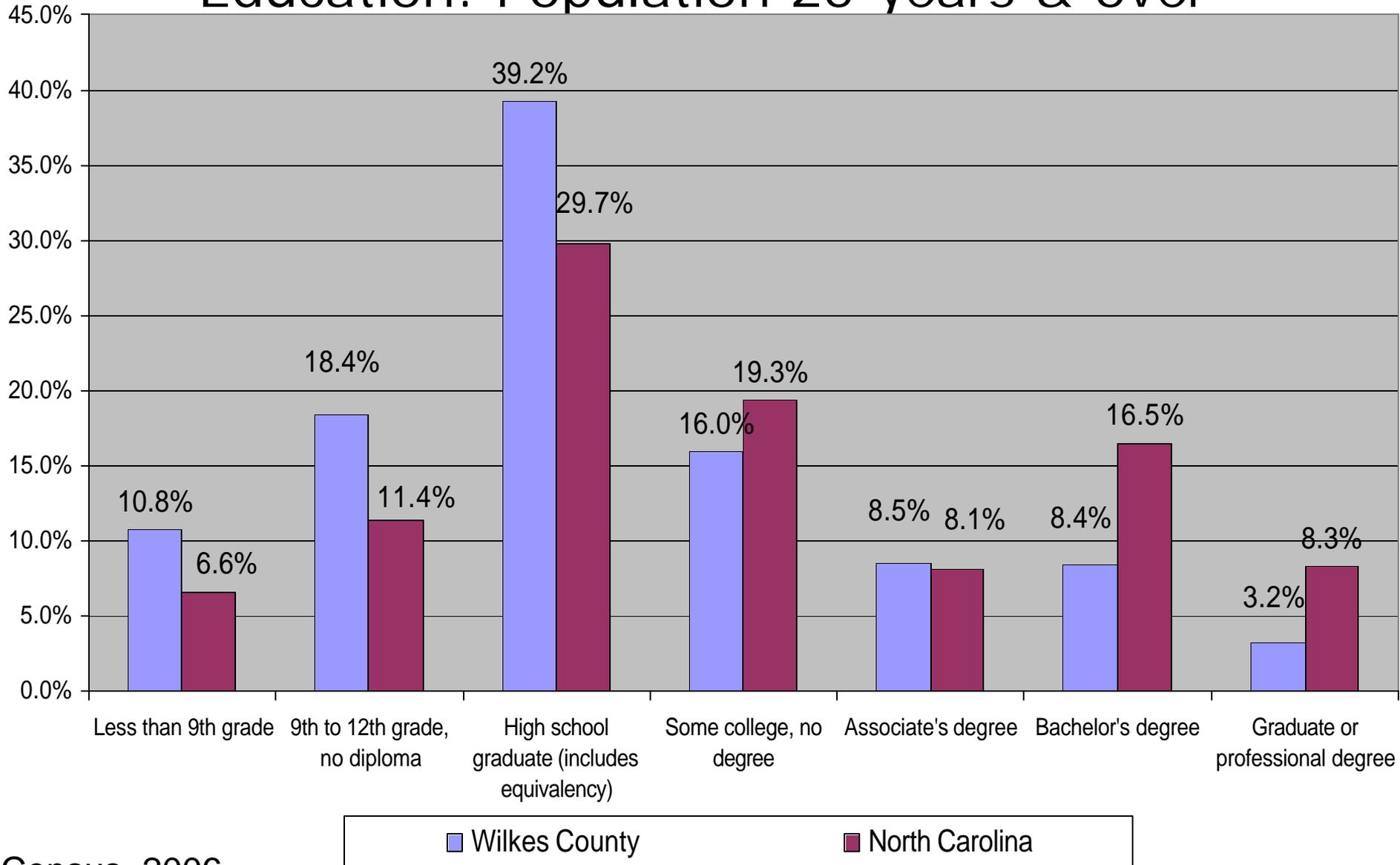
Census, 2006

Wilkes Co. Tax Revenue from Tourism

(millions of dollars)

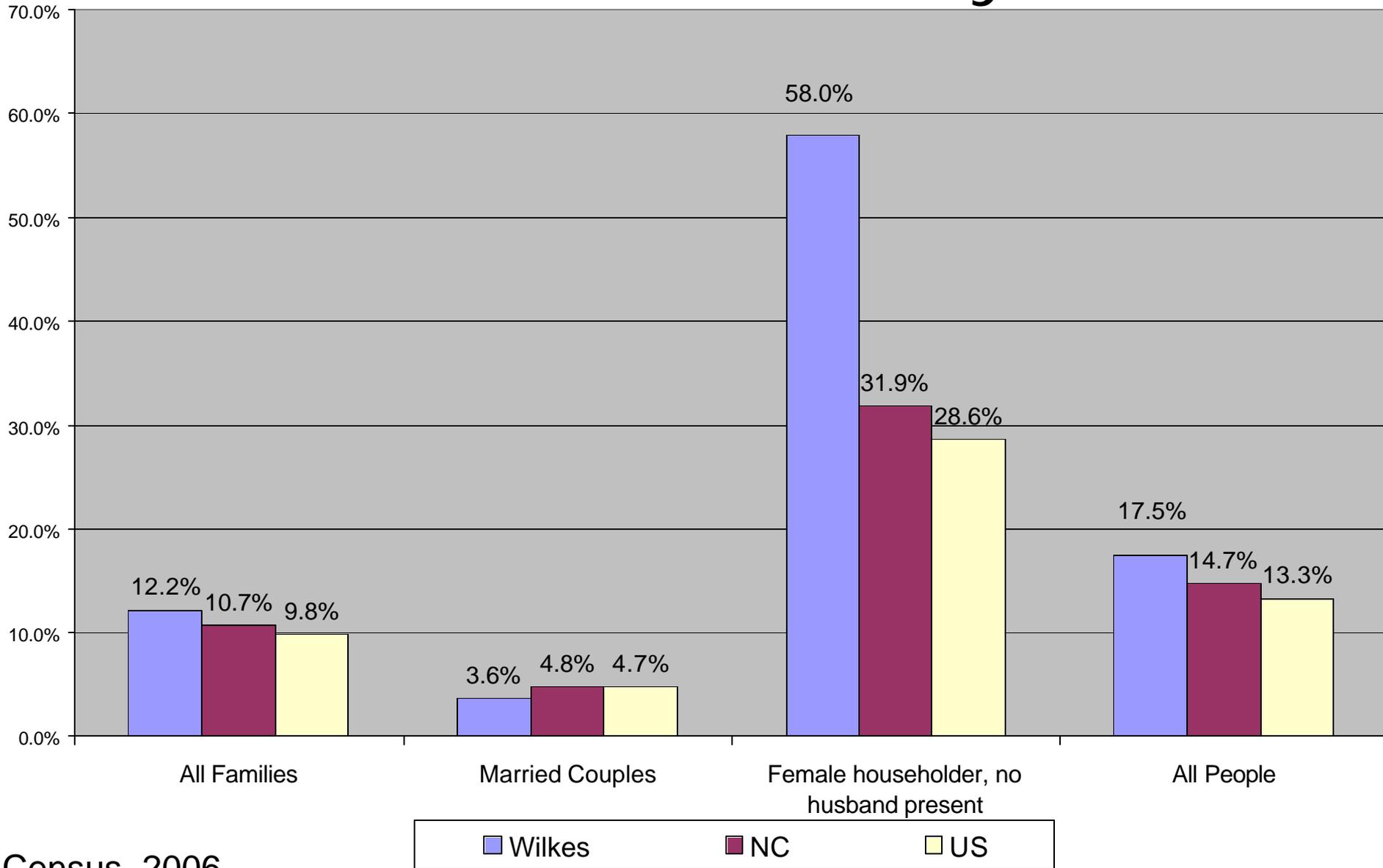


Education: Population 25 years & over

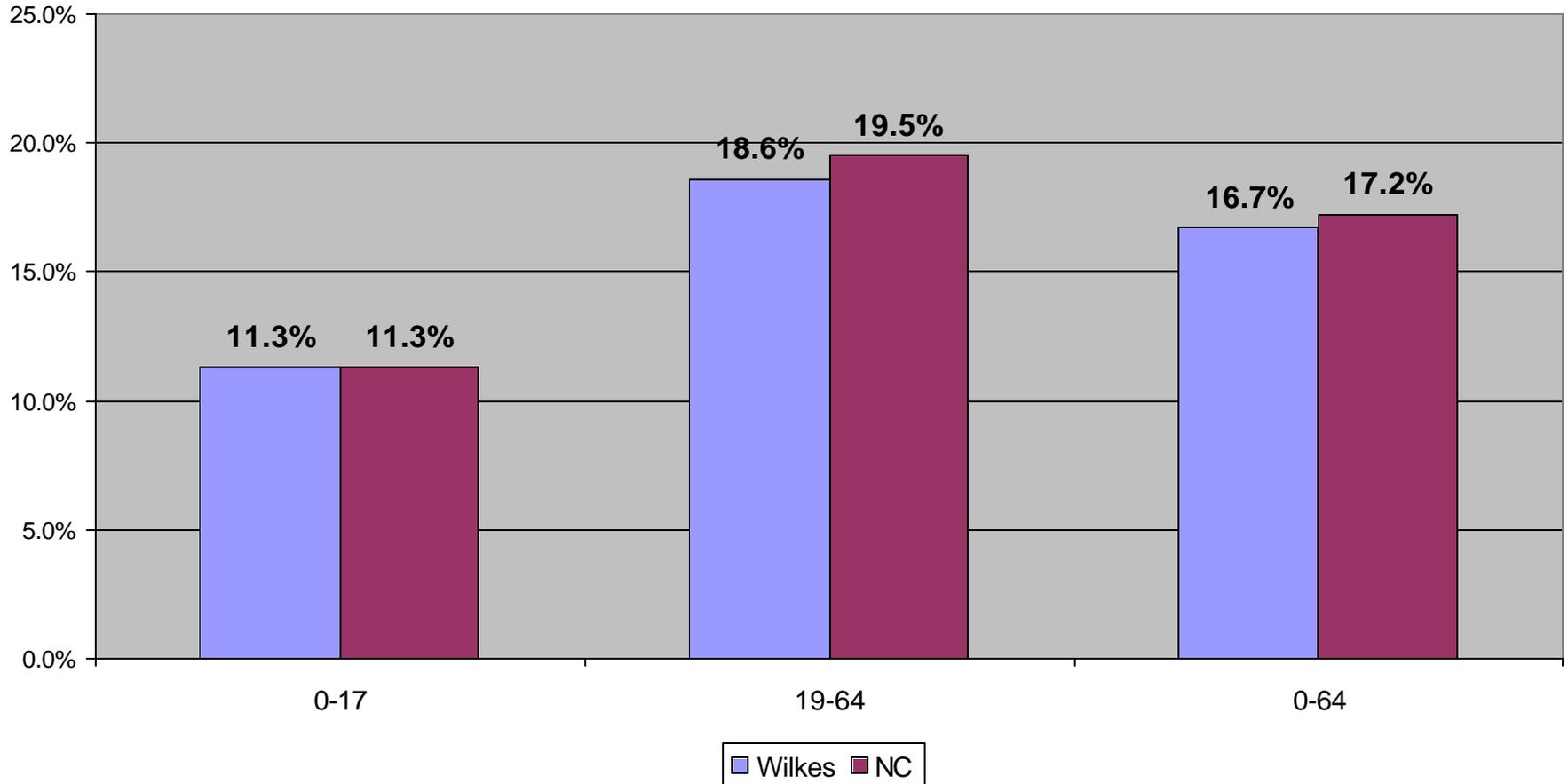


Census, 2006

Faces of Poverty

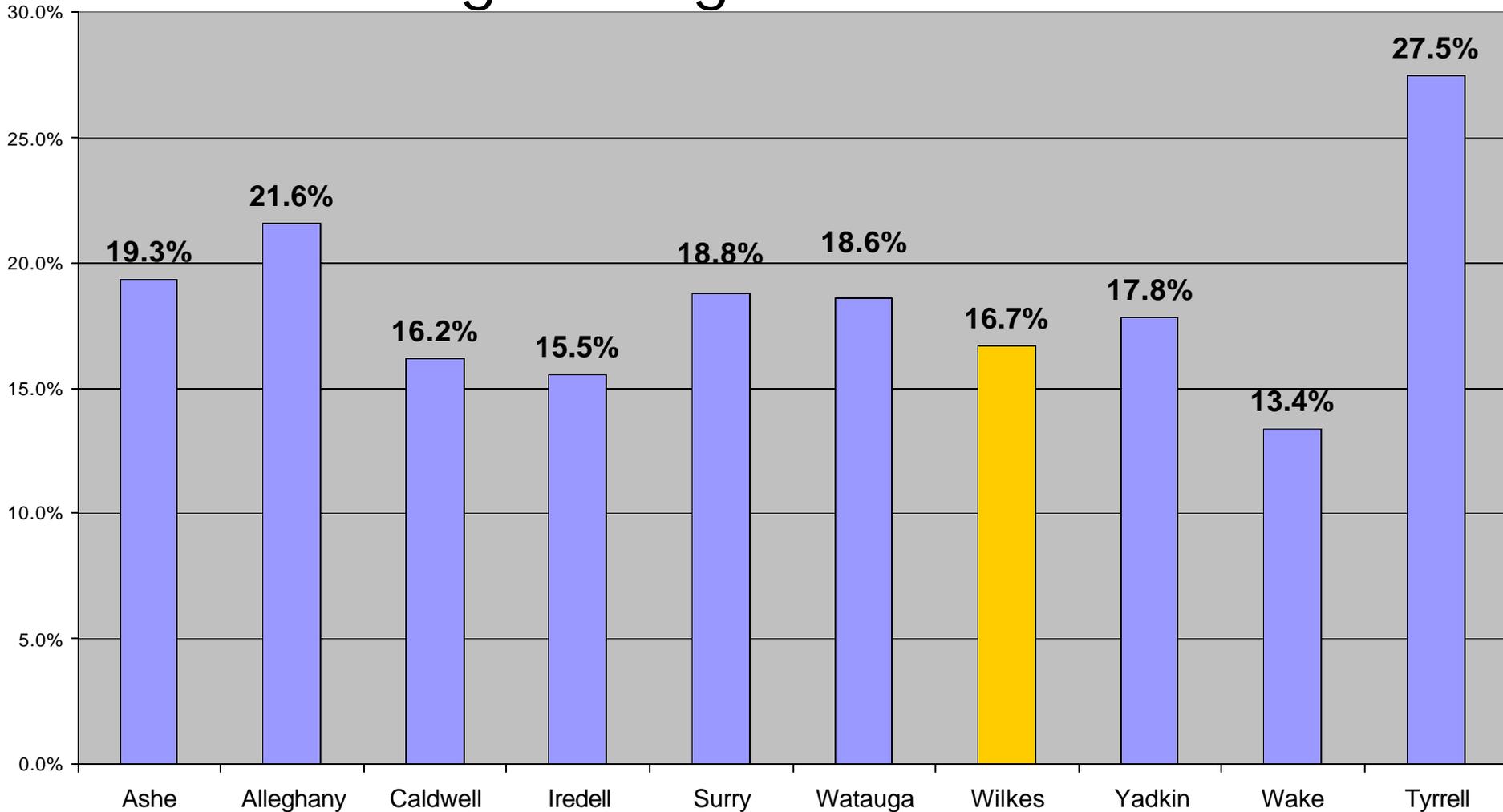


Percentage of Uninsured Persons



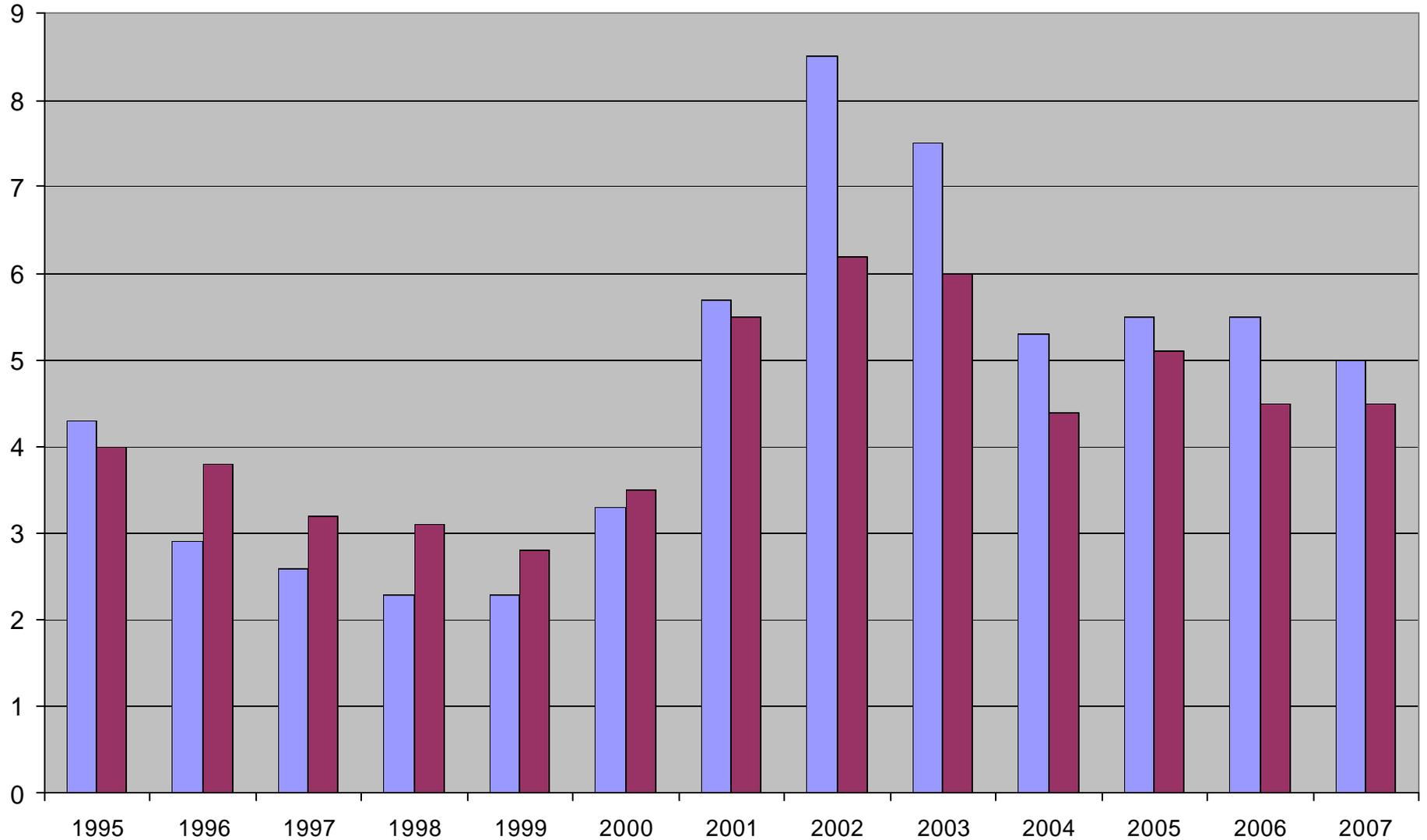
Shep Center, 2005

Uninsured 0-64 years: Wilkes vs. Neighboring Counties



Shep Center, 2005

Unemployment Rate



Census, 2006

Unemployment Rate Wilkes Unemployment Rate NC



Focus Areas



Top 6 Diseases/ Conditions

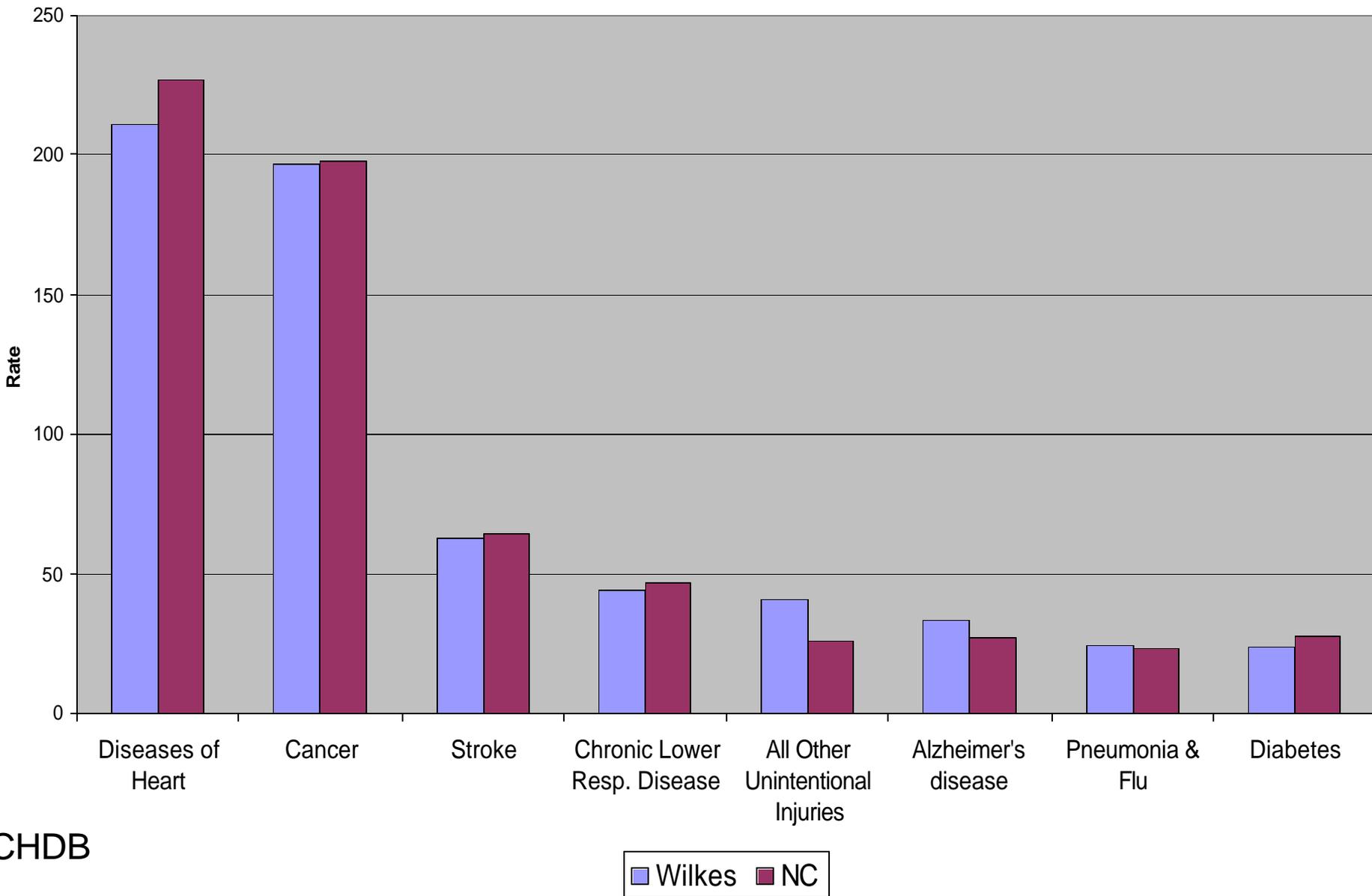
1. Heart Disease
2. Diabetes
3. Lung Cancer
4. Breast Cancer
5. Stroke
6. Obesity/Overweight

Top 6 Unhealthy Behaviors /Life Circumstances

1. Drug Abuse
2. Smoking/Tobacco Use
3. Alcohol Abuse
4. Poor Eating Habits
5. Obesity/Overweight
6. Lack of Exercise
/Sedentary Lifestyle

Leading Causes of Death 2001-2005

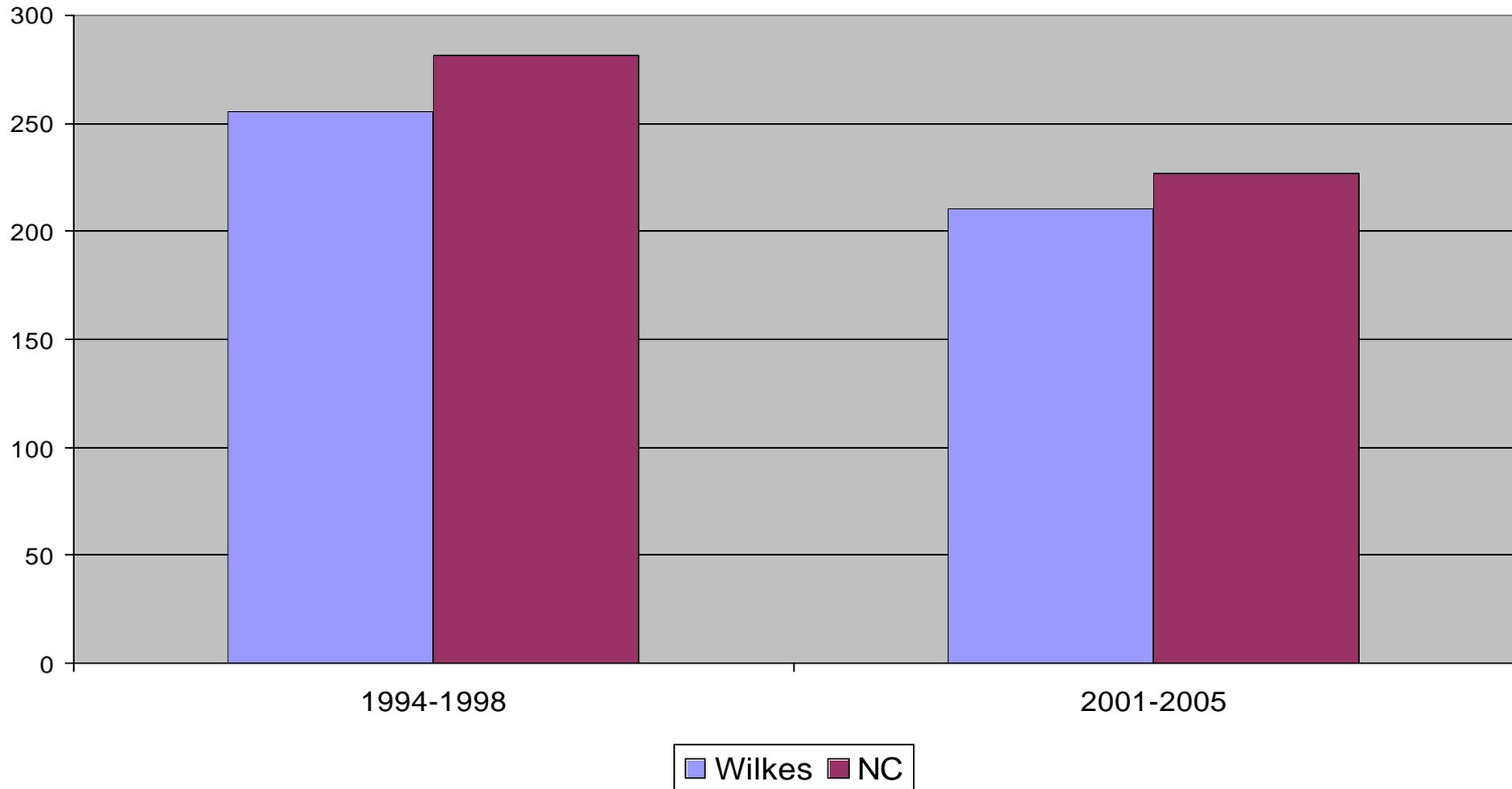
(per 100,000)



CHDB

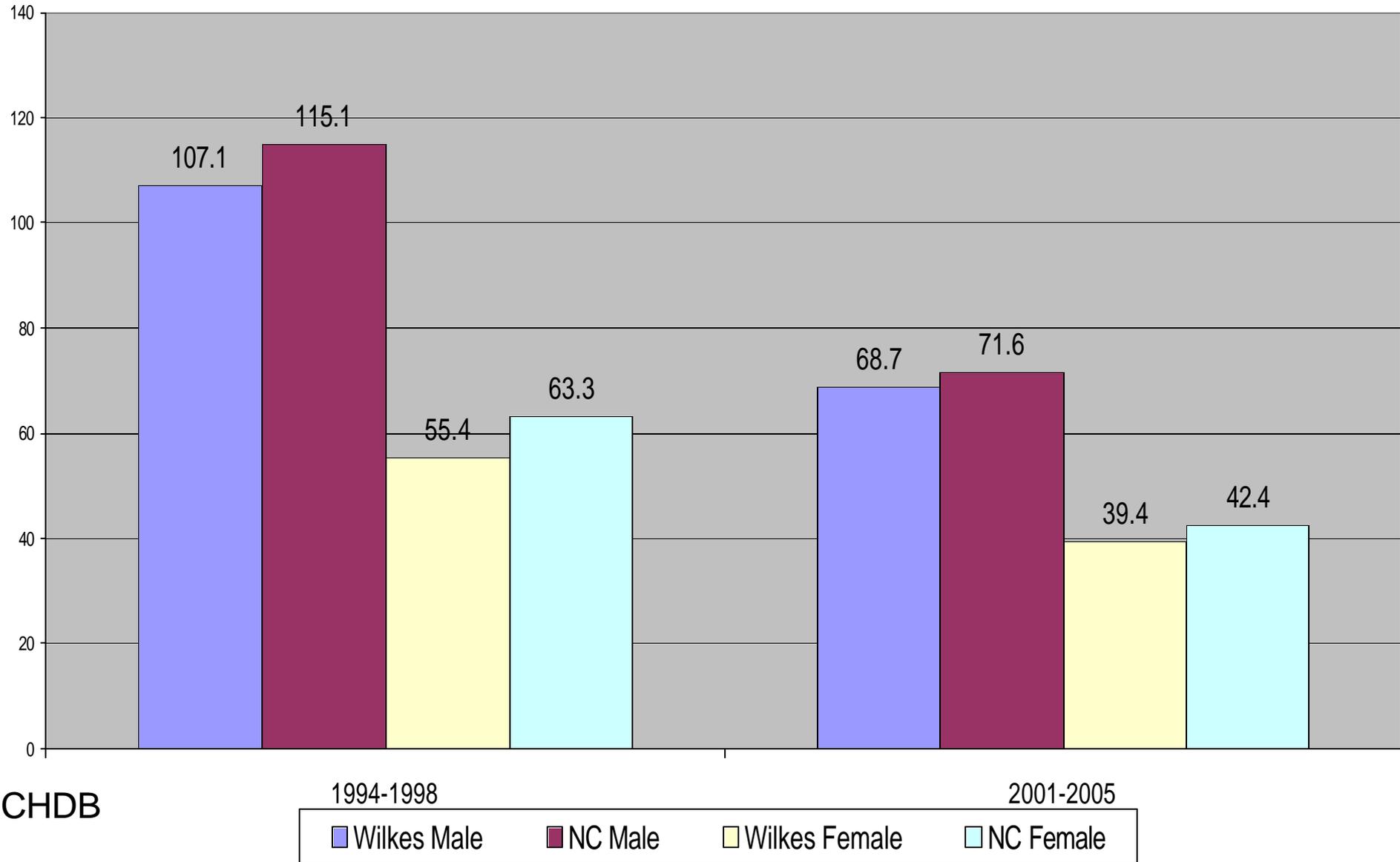
#1 - Mortality: Heart Disease

(per 100,000)



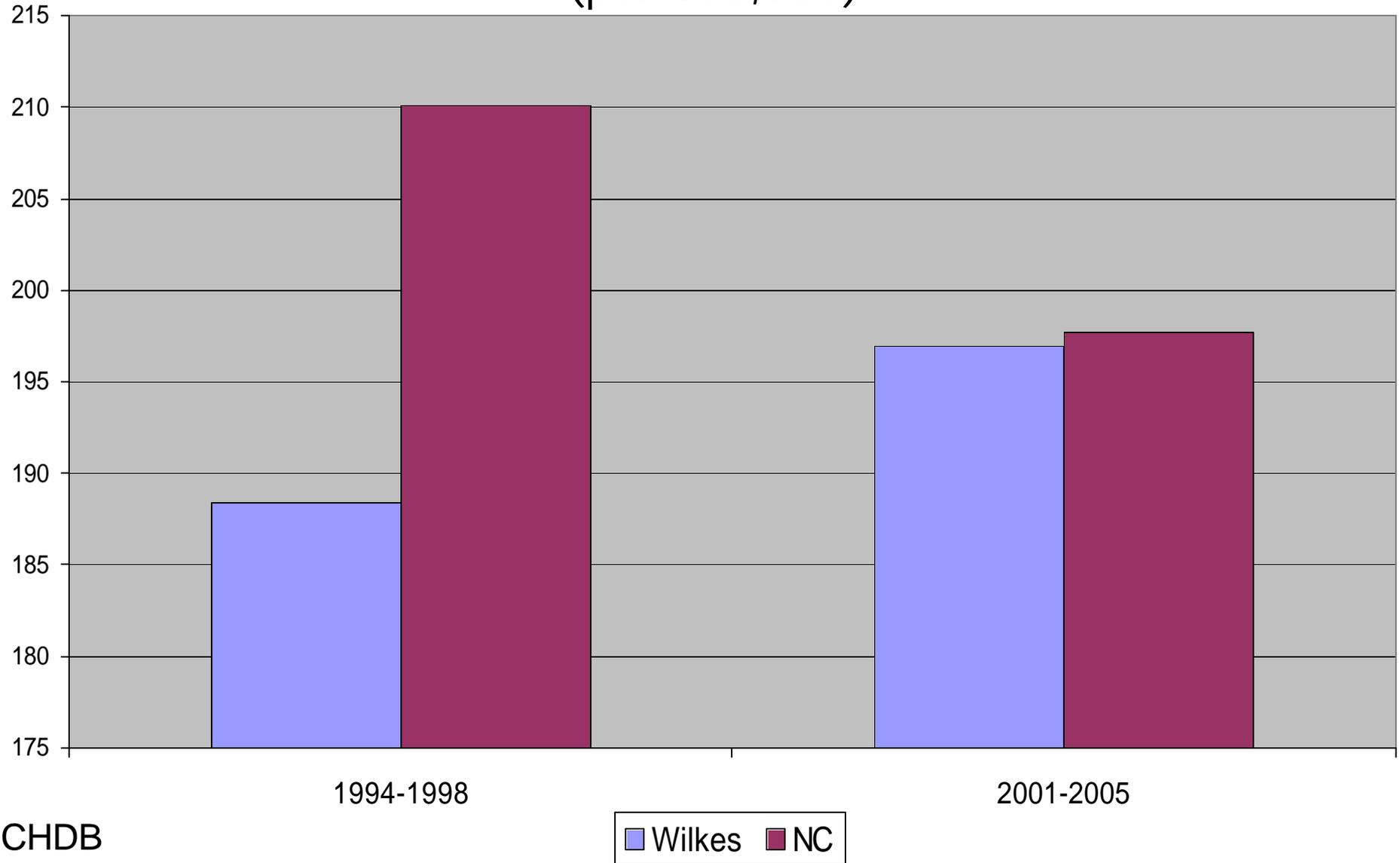
Mortality: Heart Attack

(per 100,000)



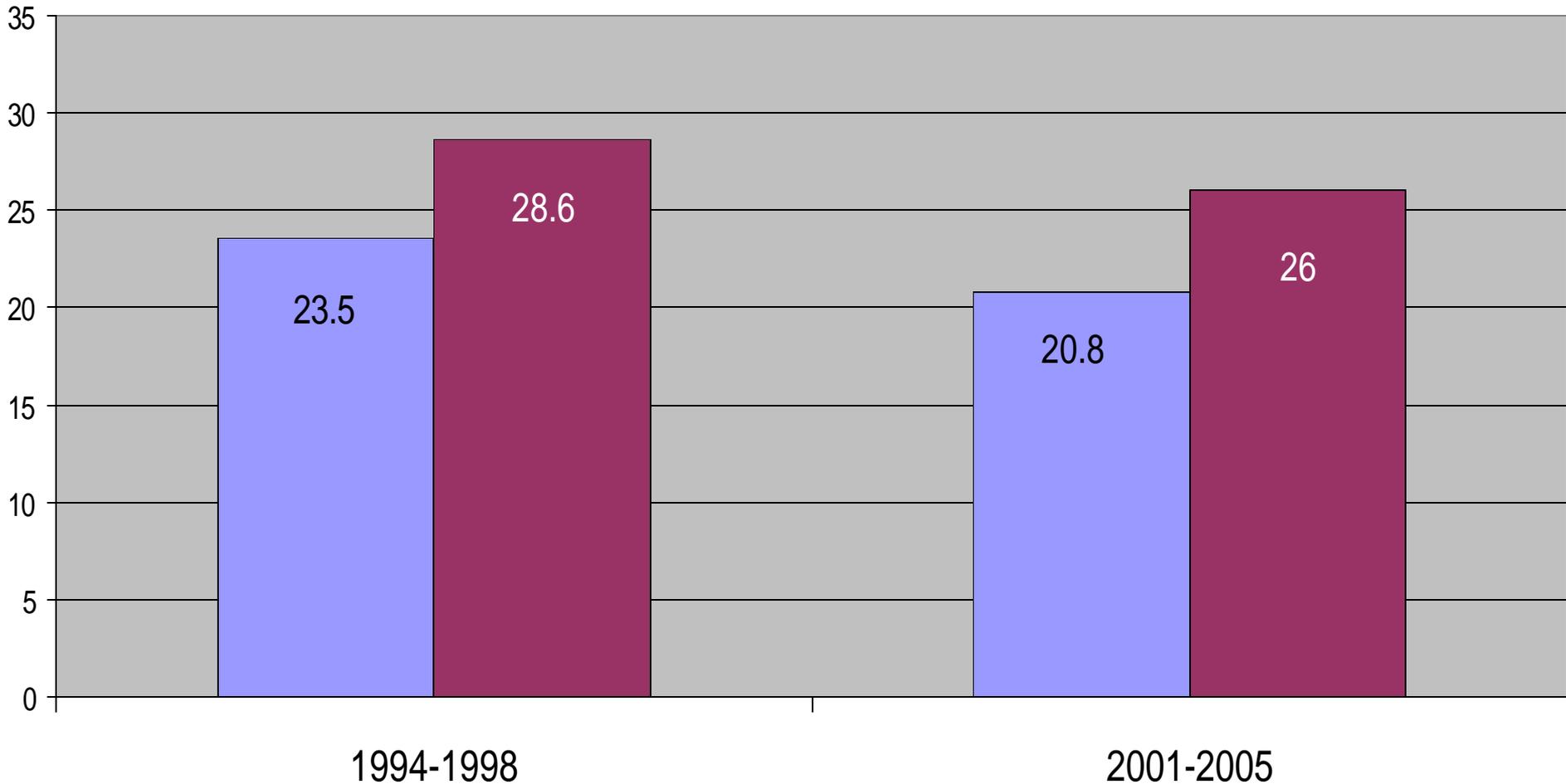
#2 – Mortality: Cancer

(per 100,000)

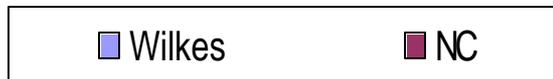


Mortality: Breast Cancer

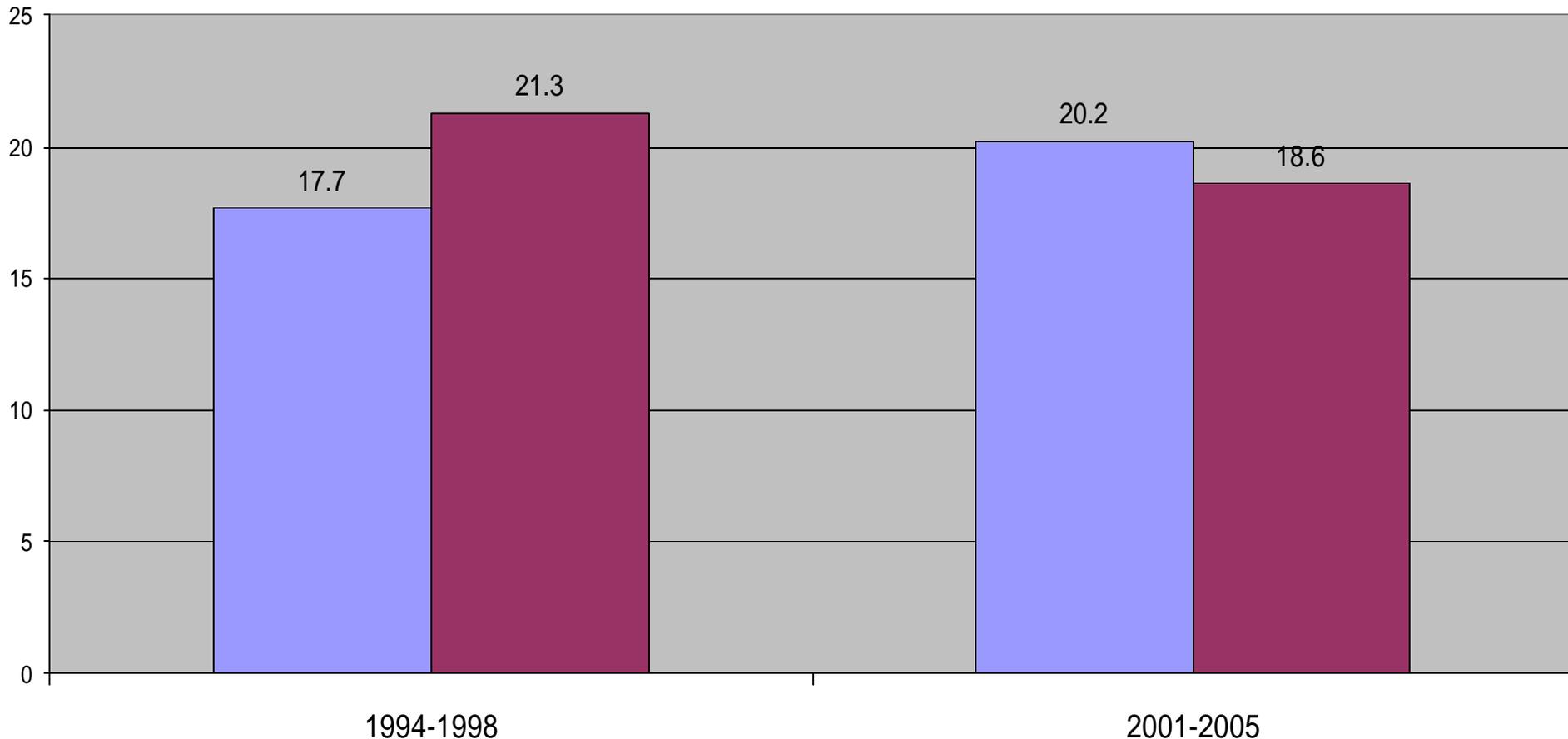
(per 100,000)



CHDB

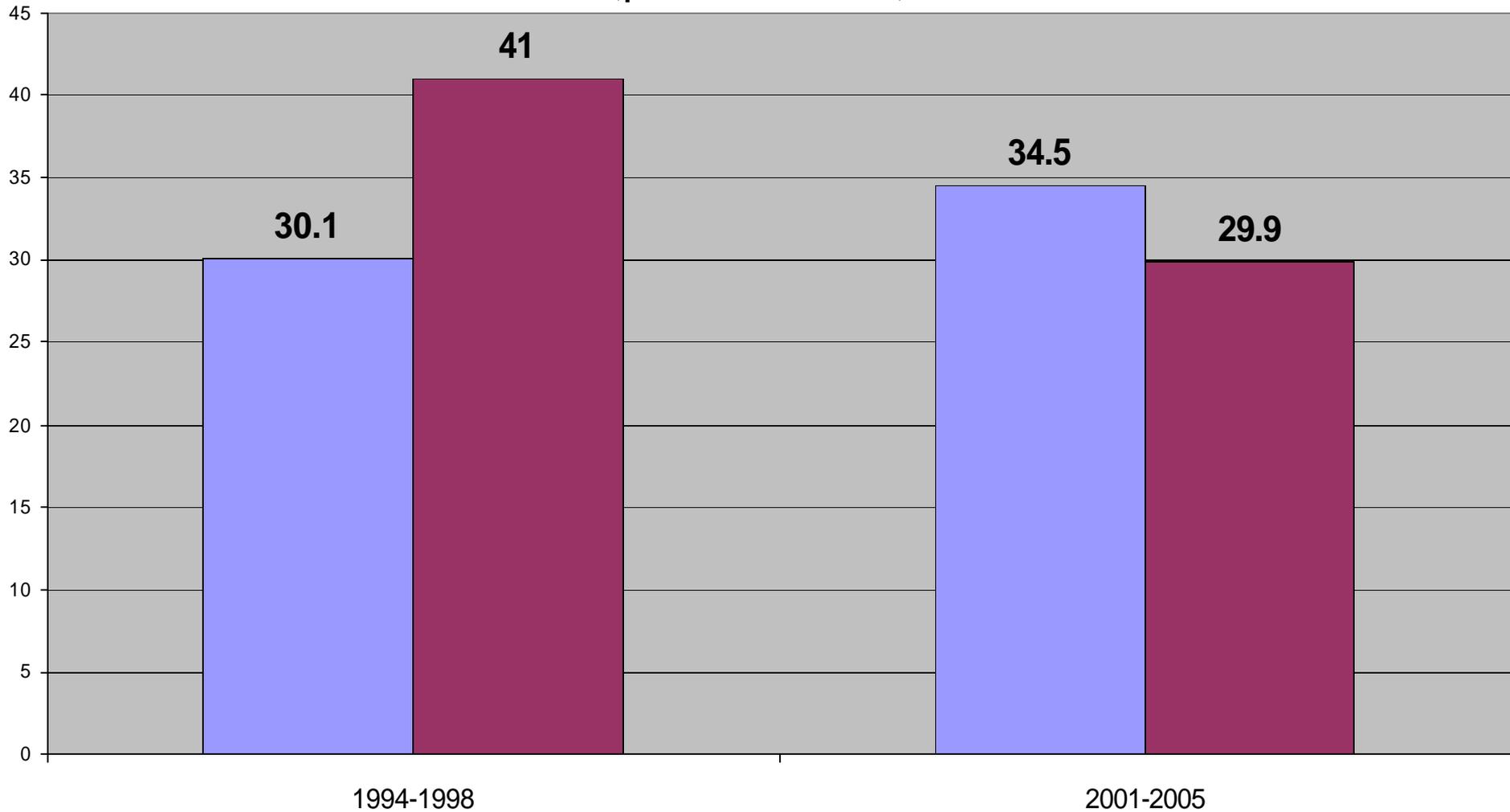


Mortality: Trachea, Bronchus & Lung Cancers (per 100,000)

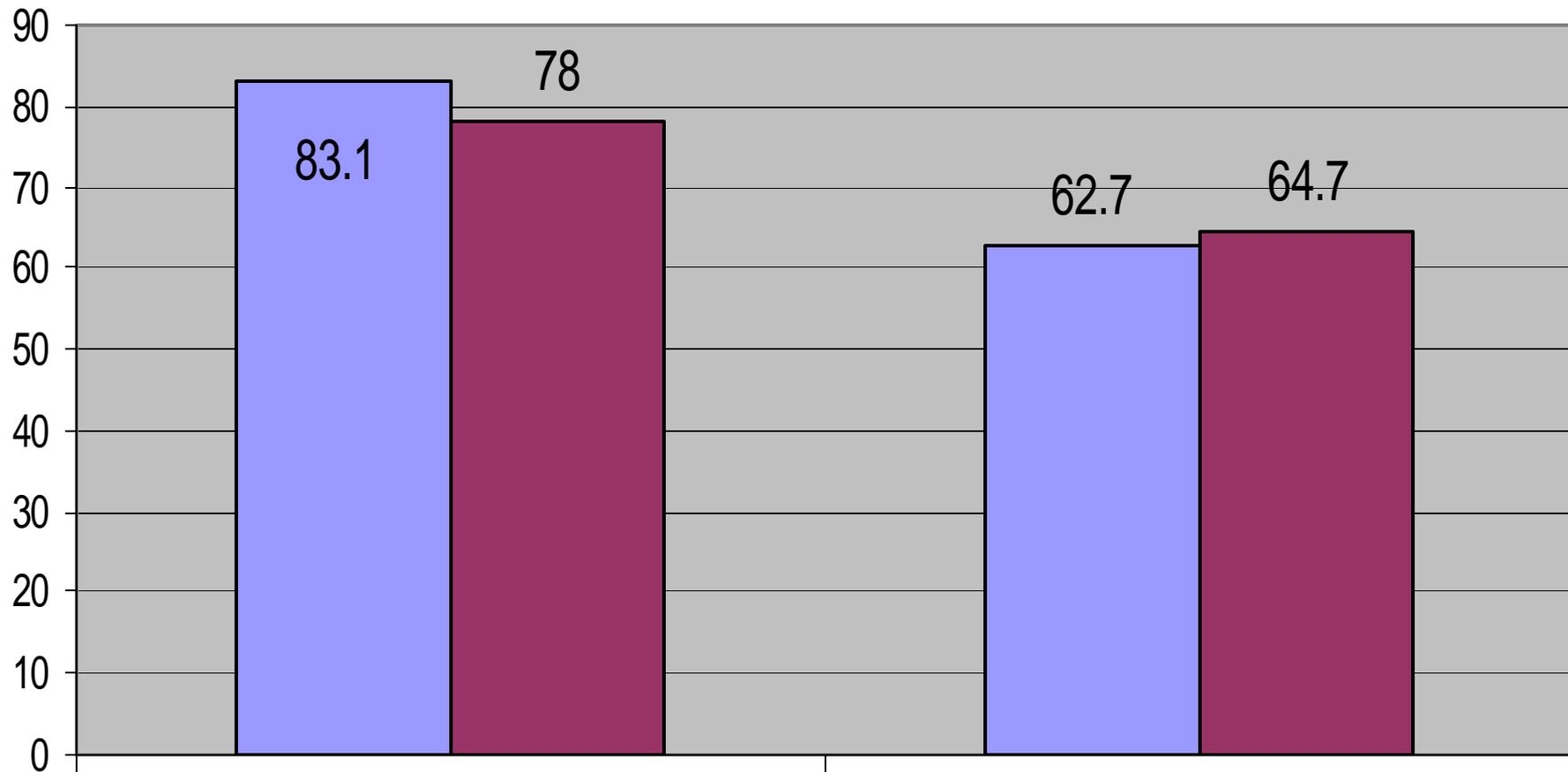


Mortality: Prostate Cancer

(per 100,000)



#3- Mortality: Stroke (per 100,000)

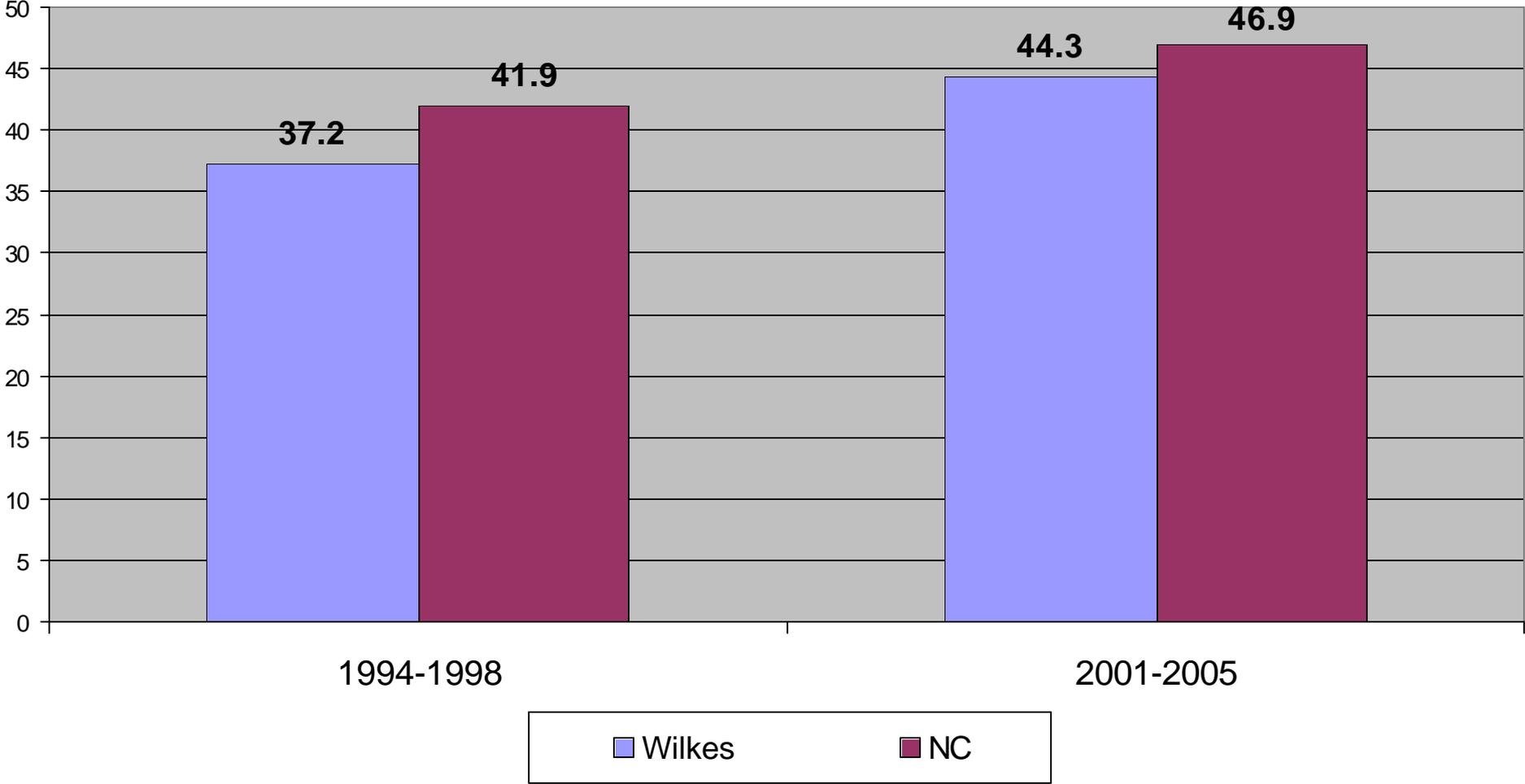


1994-1998

2001-2005

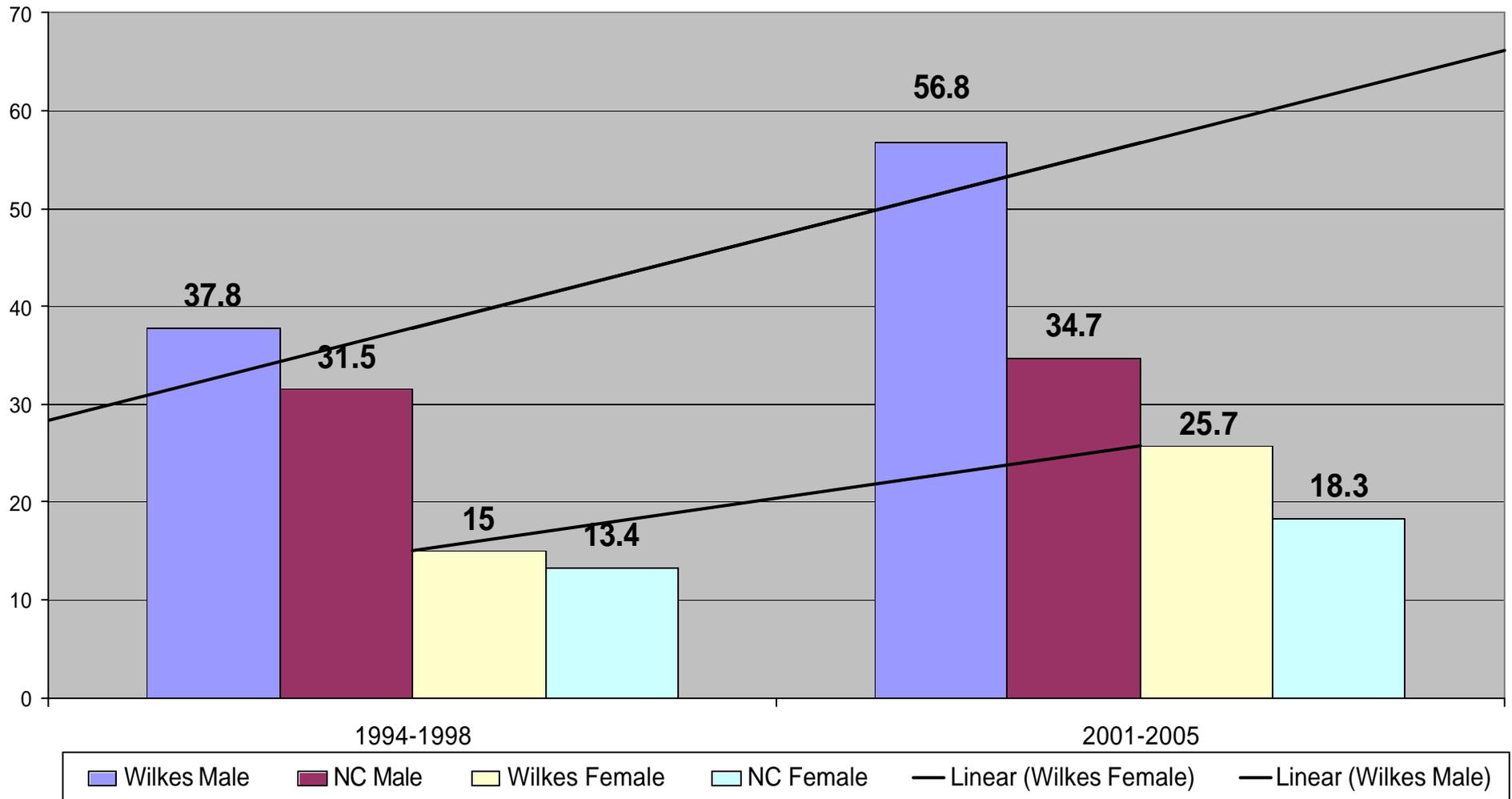


#4 – Mortality: Chronic Lower Respiratory Disease (per 100,000)



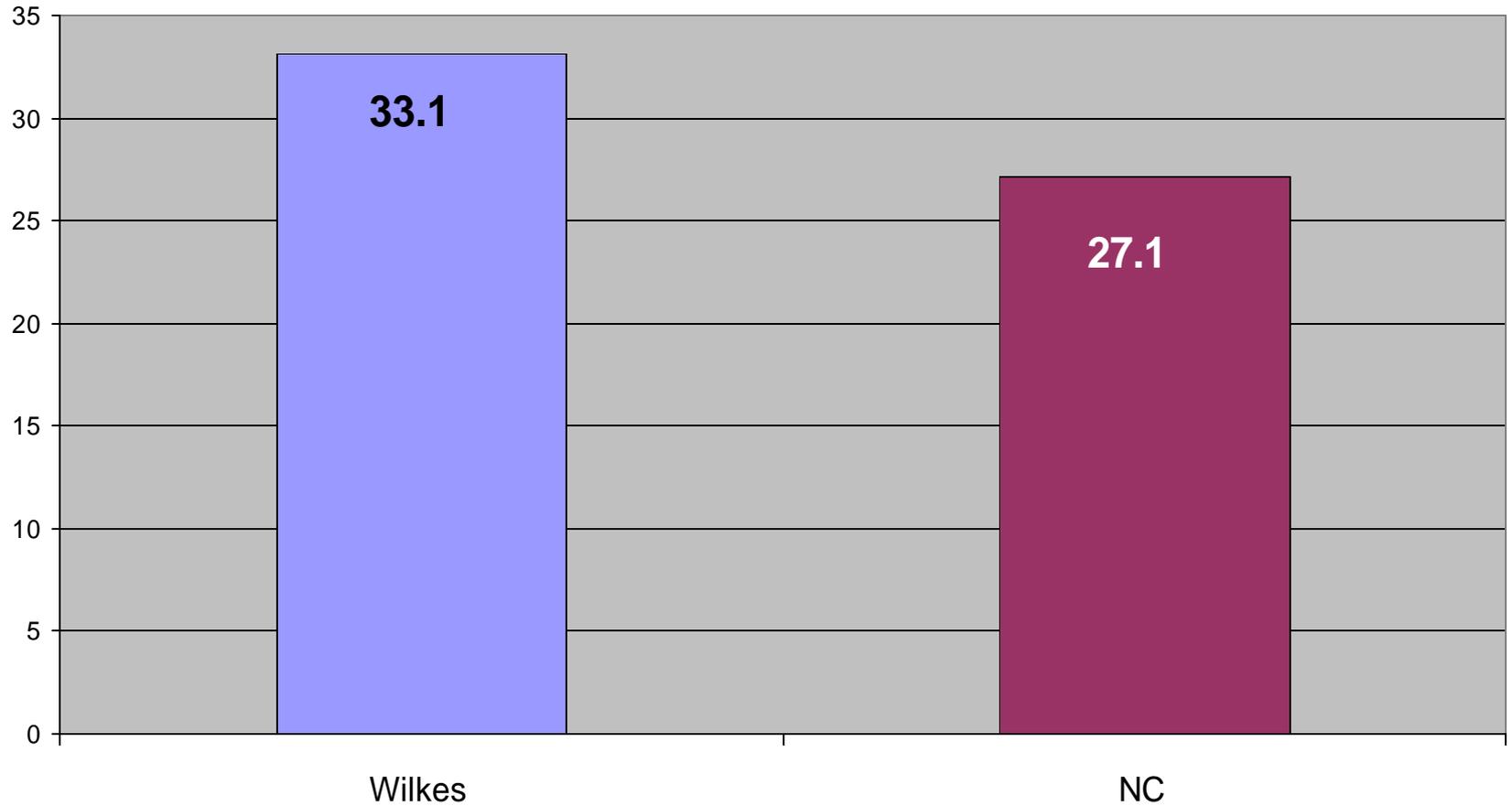
#5 - Mortality: Unintentional Injuries

(does not include motor vehicle – per 100,000)



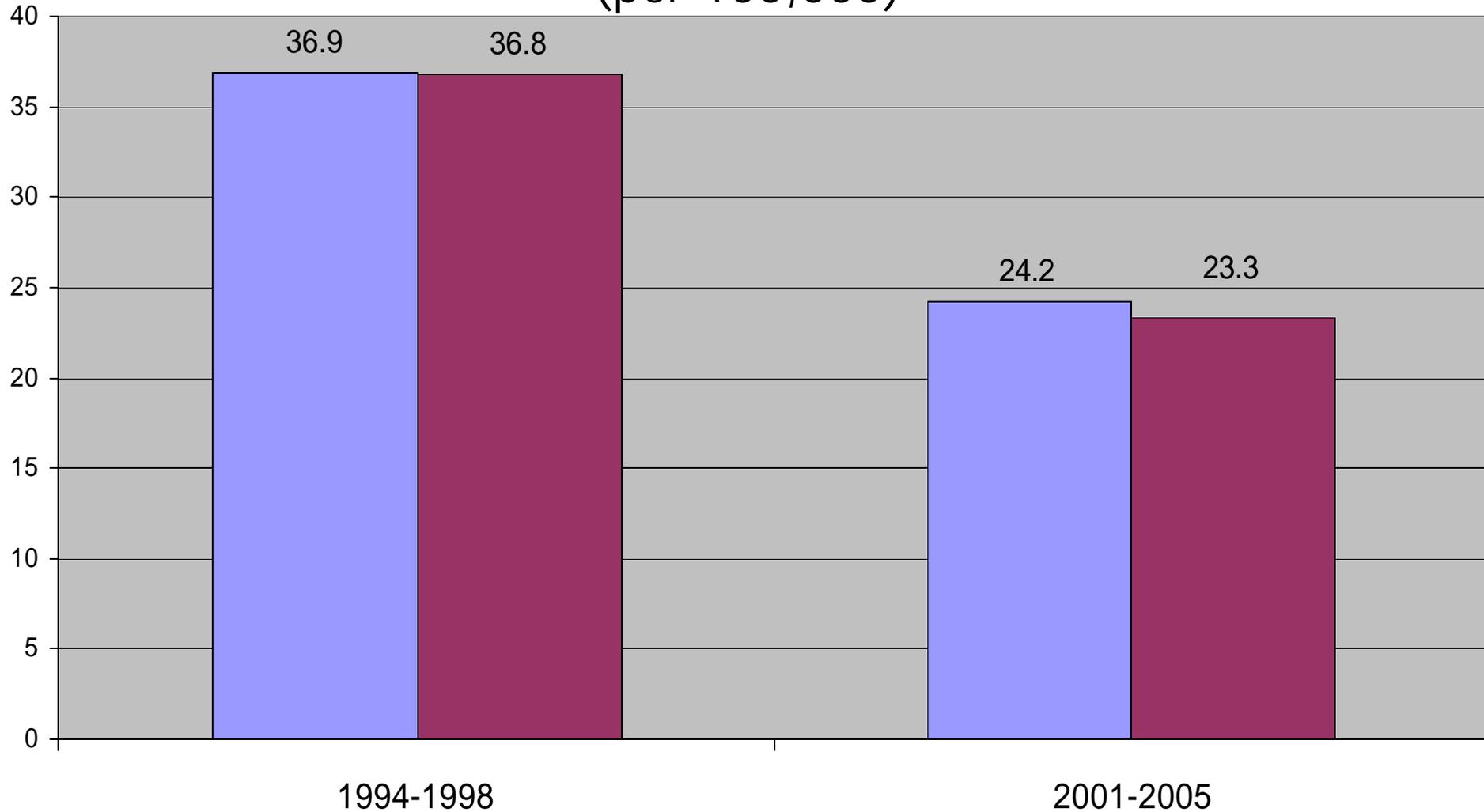
#6 – Mortality: Alzheimer's Disease

(per 100,000)



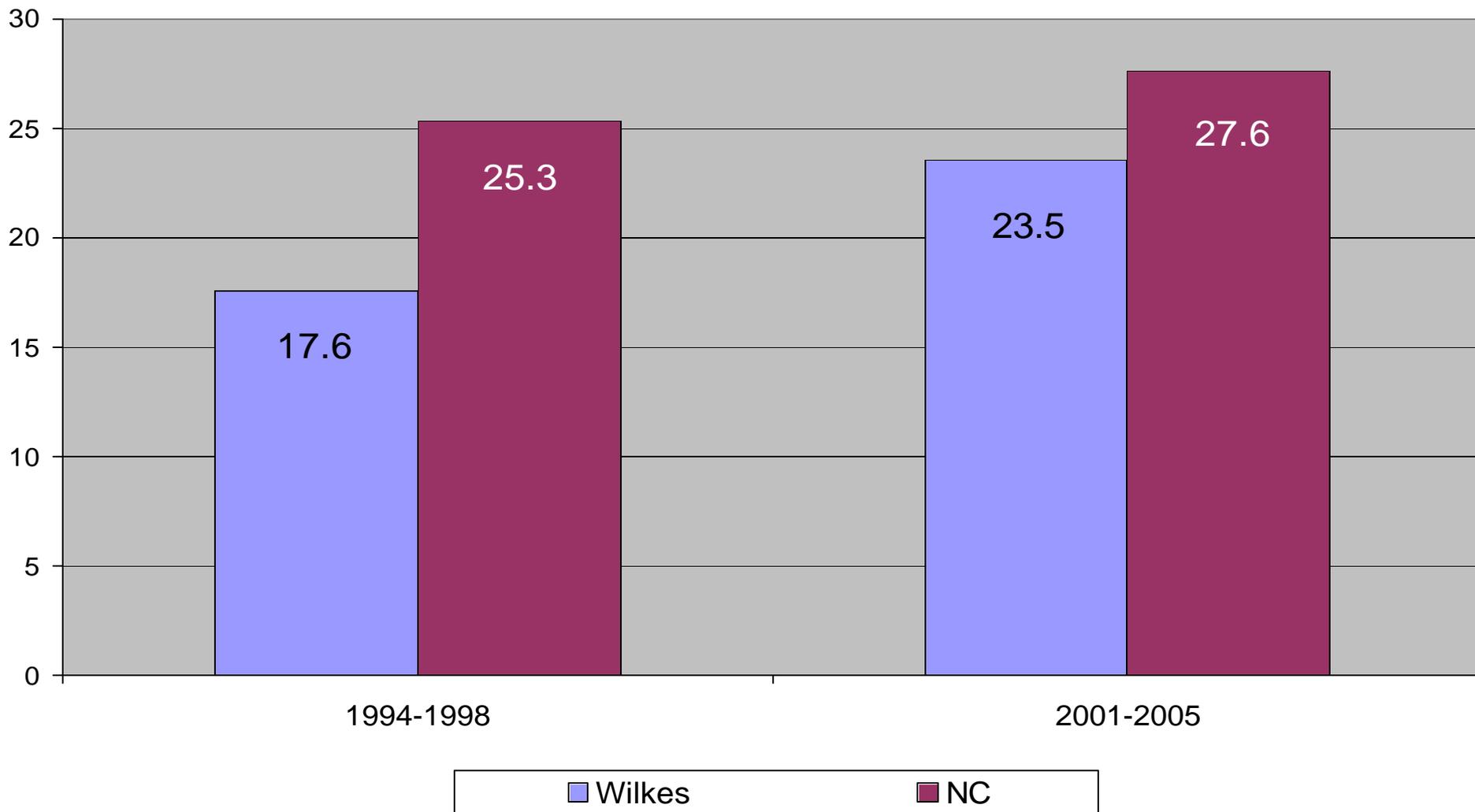
#7 – Mortality: Pneumonia & Flu

(per 100,000)



#8 - Mortality: Diabetes

(per 100,000)



Risk Factors

1. Weight Status - Body Mass Index
 - Adult
 - Youth
2. Physical Activity
3. Diet - Fruit & Vegetable Consumption
4. Smoking



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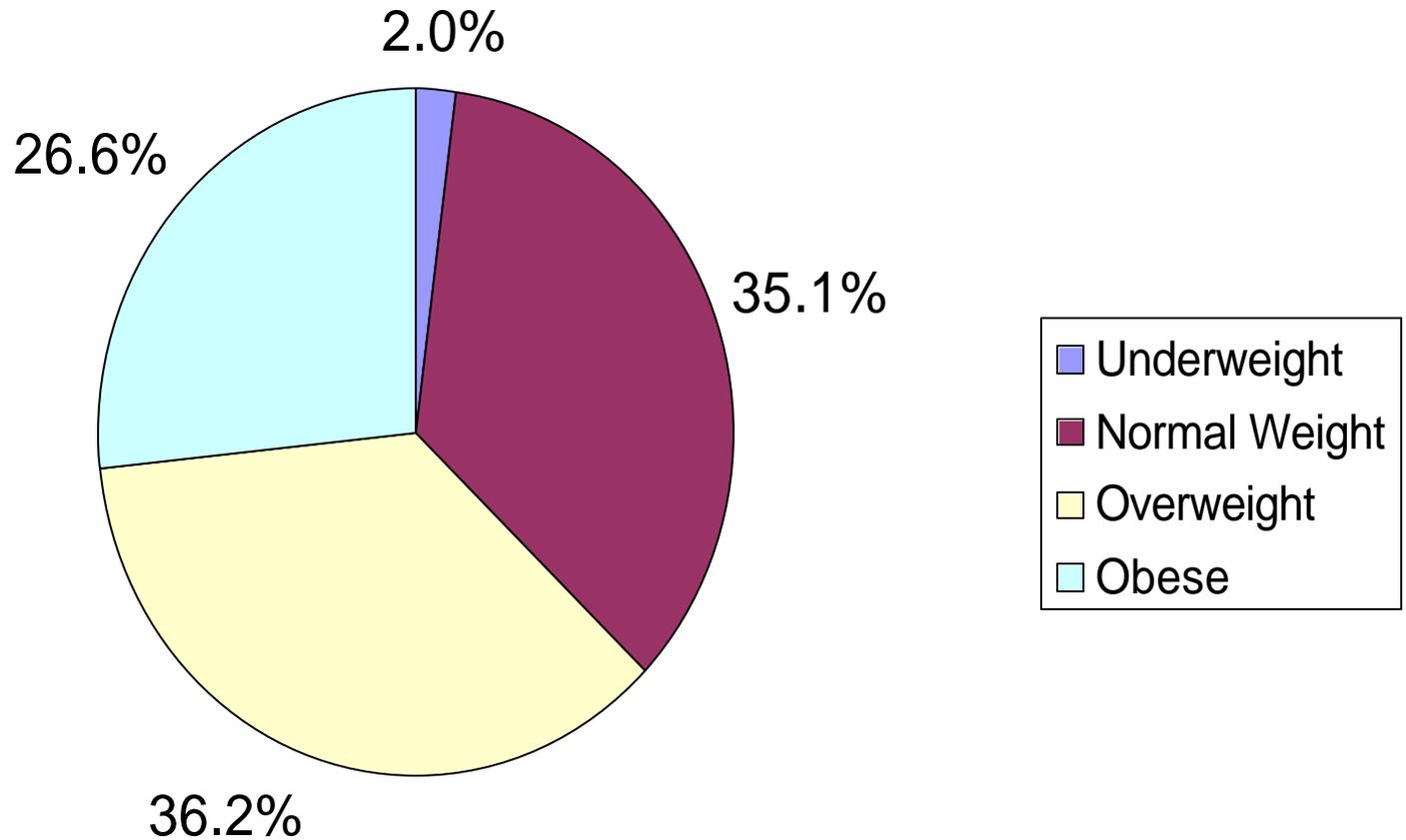
It's Not Such A Small World After All



(CC) SOLGRUNDY/Flickr

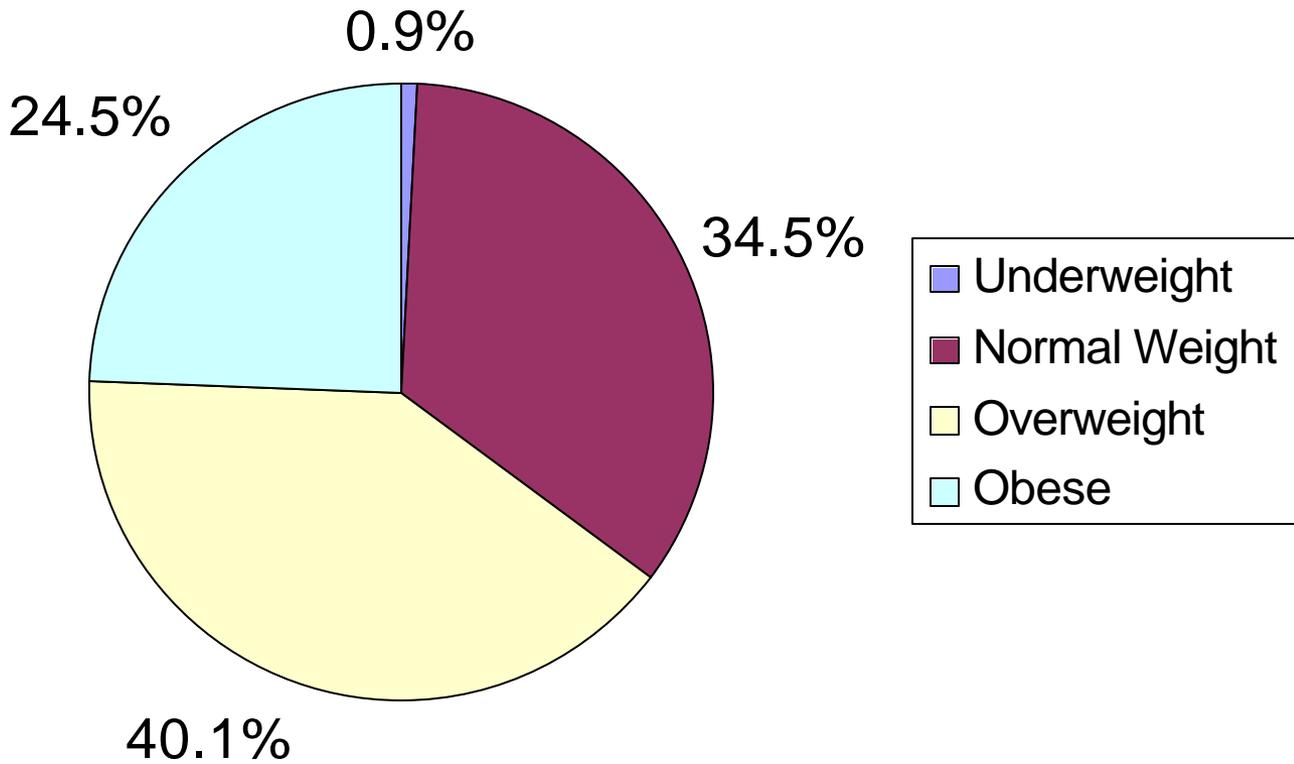
- 1963 – Ride opens
 - Average male 175 lbs.
 - Average female 135 lbs.
- 2007 – Ride being remodeled because ride is getting stuck due to overweight riders
 - Average male 200 lbs.
 - Average female 165 lbs.

Body Mass Index: North Carolina



6 out of 10 NC Adults are overweight or obese

Body Mass Index: Wilkes Area

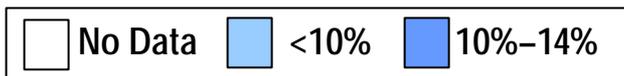
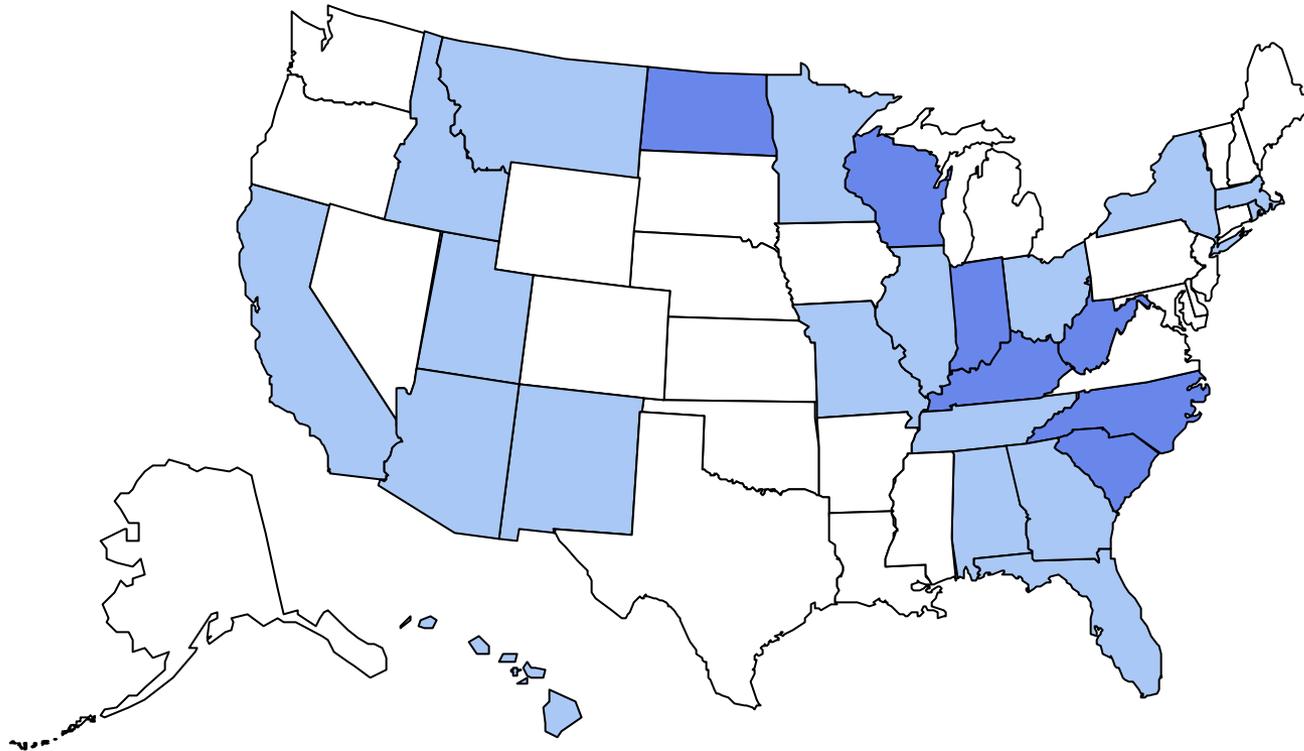


6 out of 10 Wilkes Area residents are overweight or obese

Obesity Trends* Among U.S. Adults

BRFSS, 1986

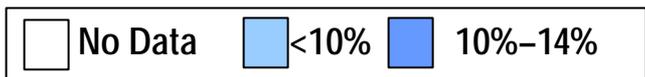
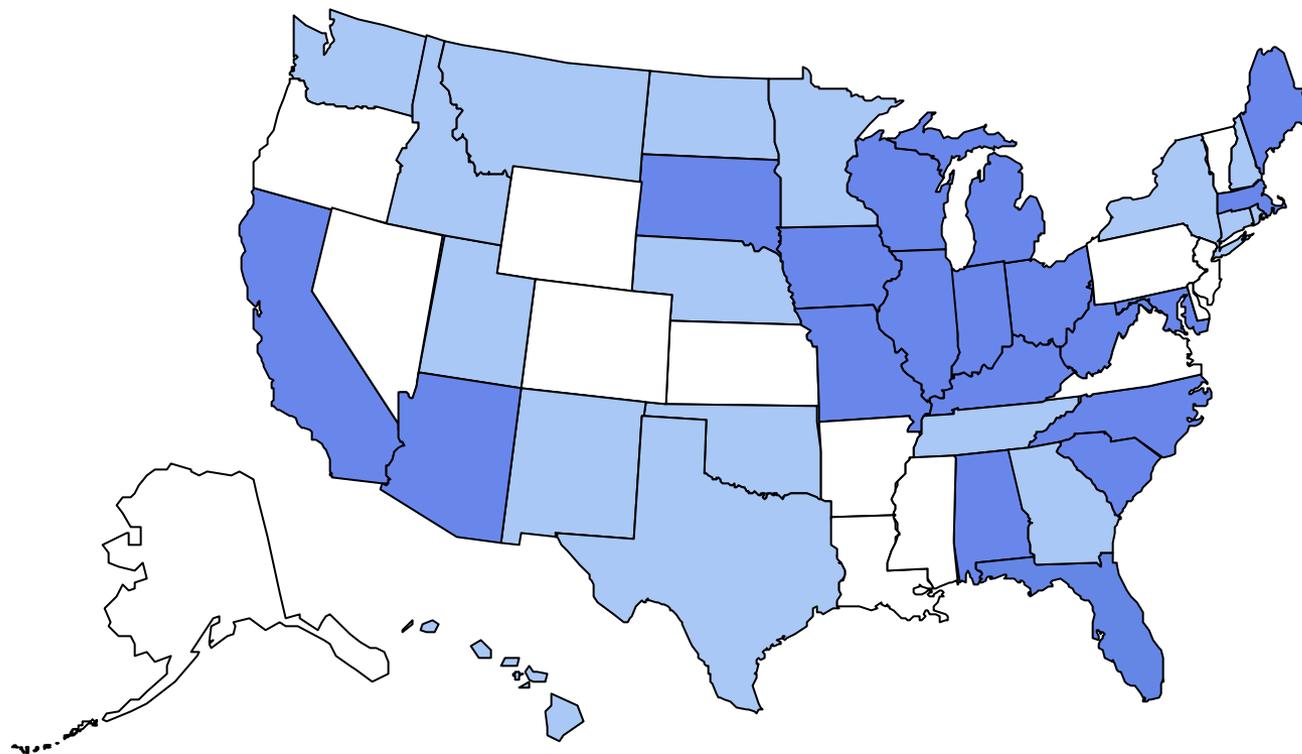
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1988

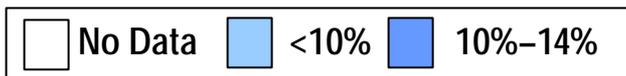
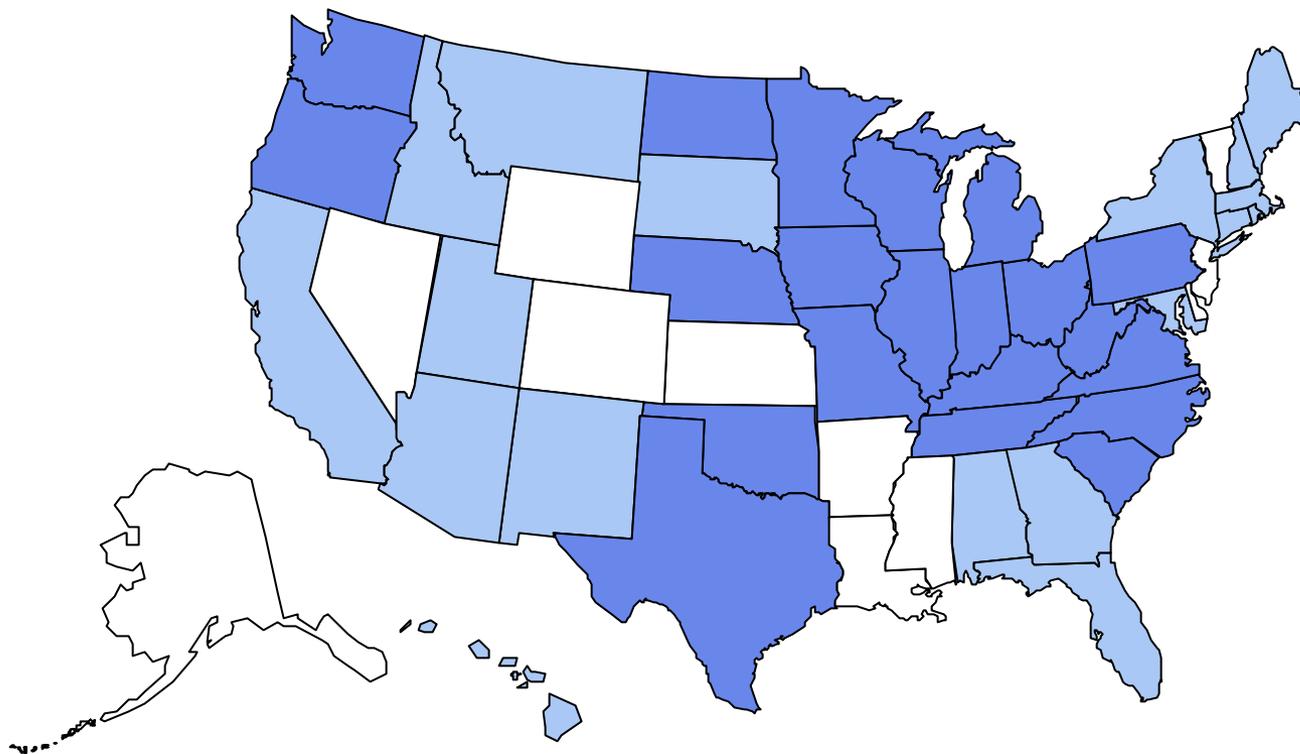
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1989

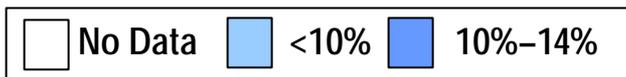
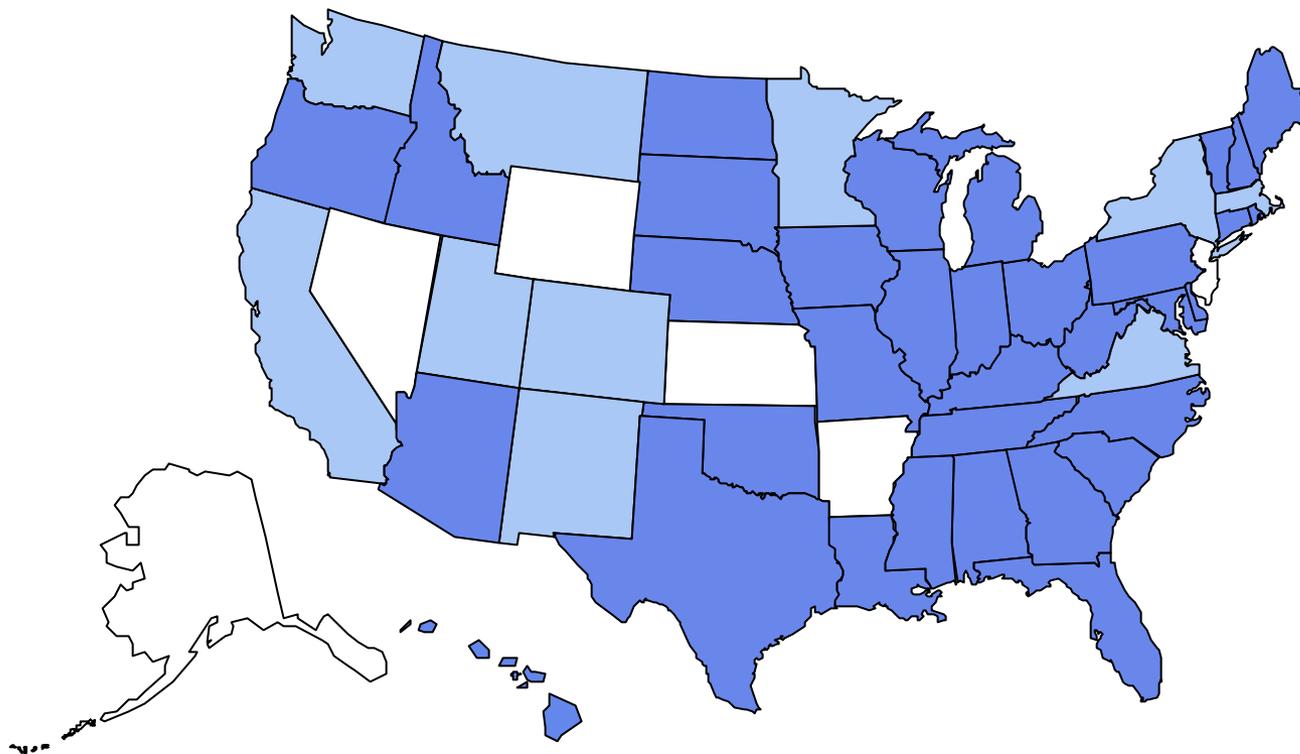
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1990

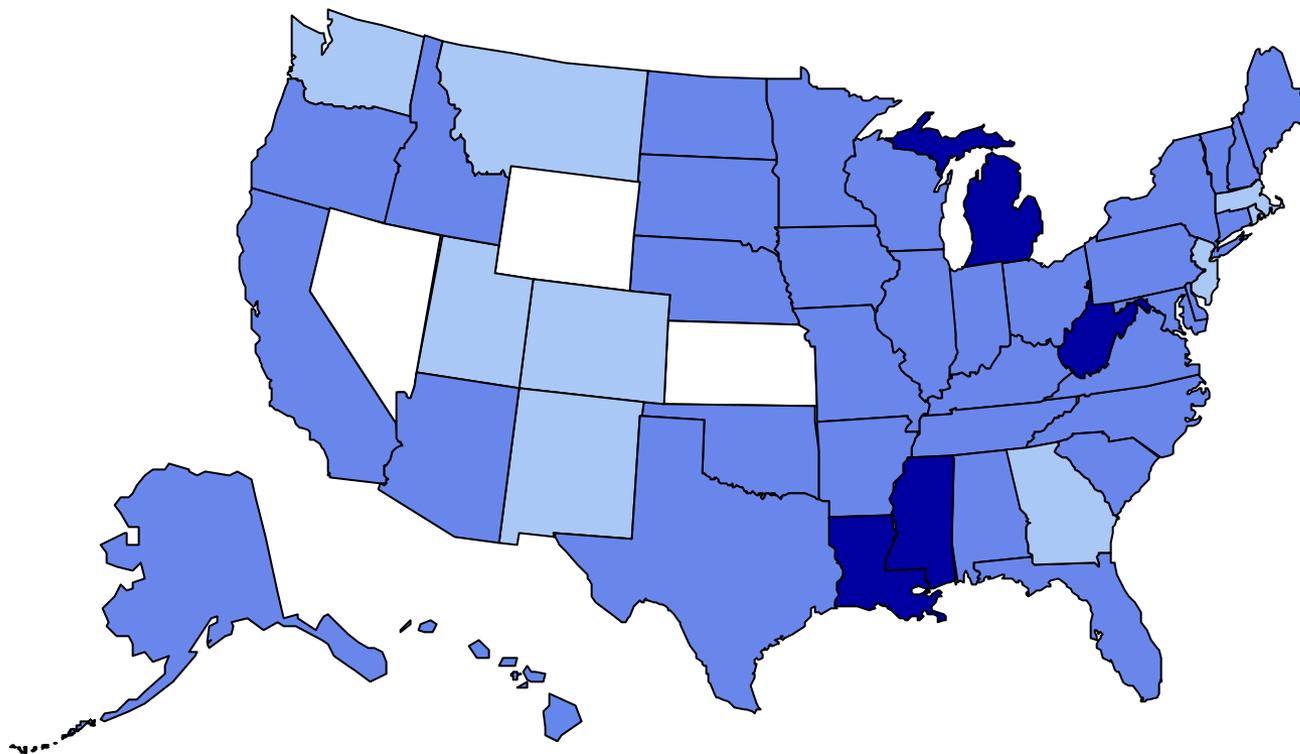
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1991

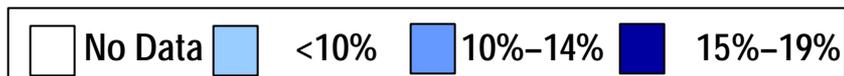
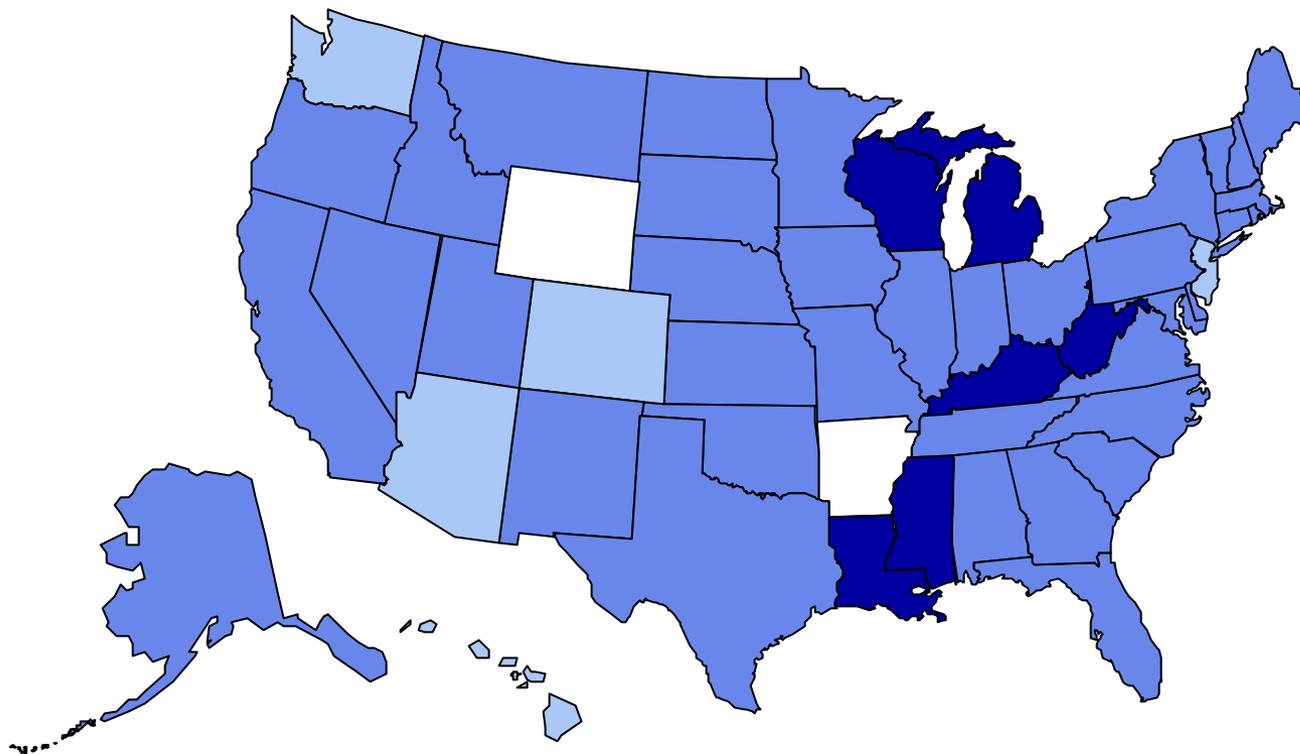
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1992

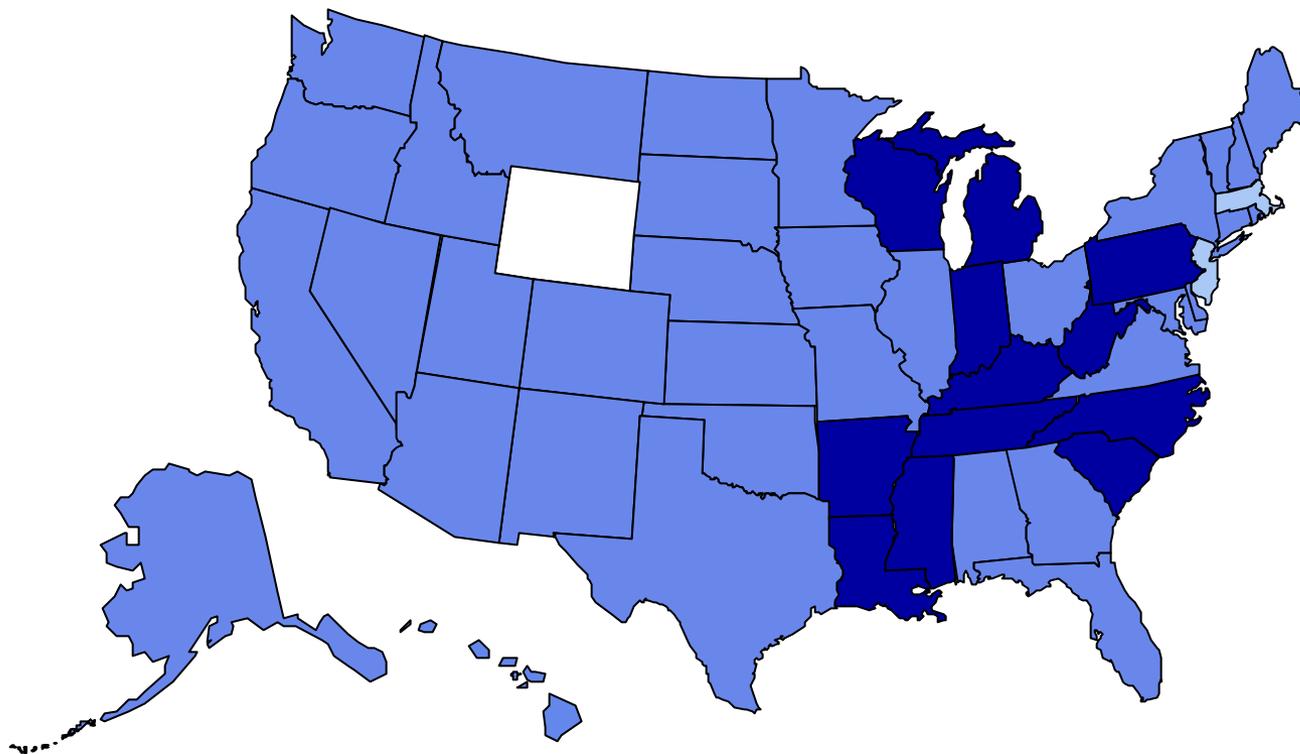
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1993

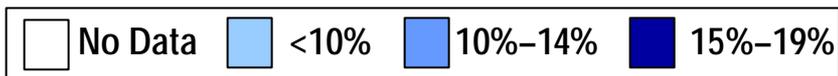
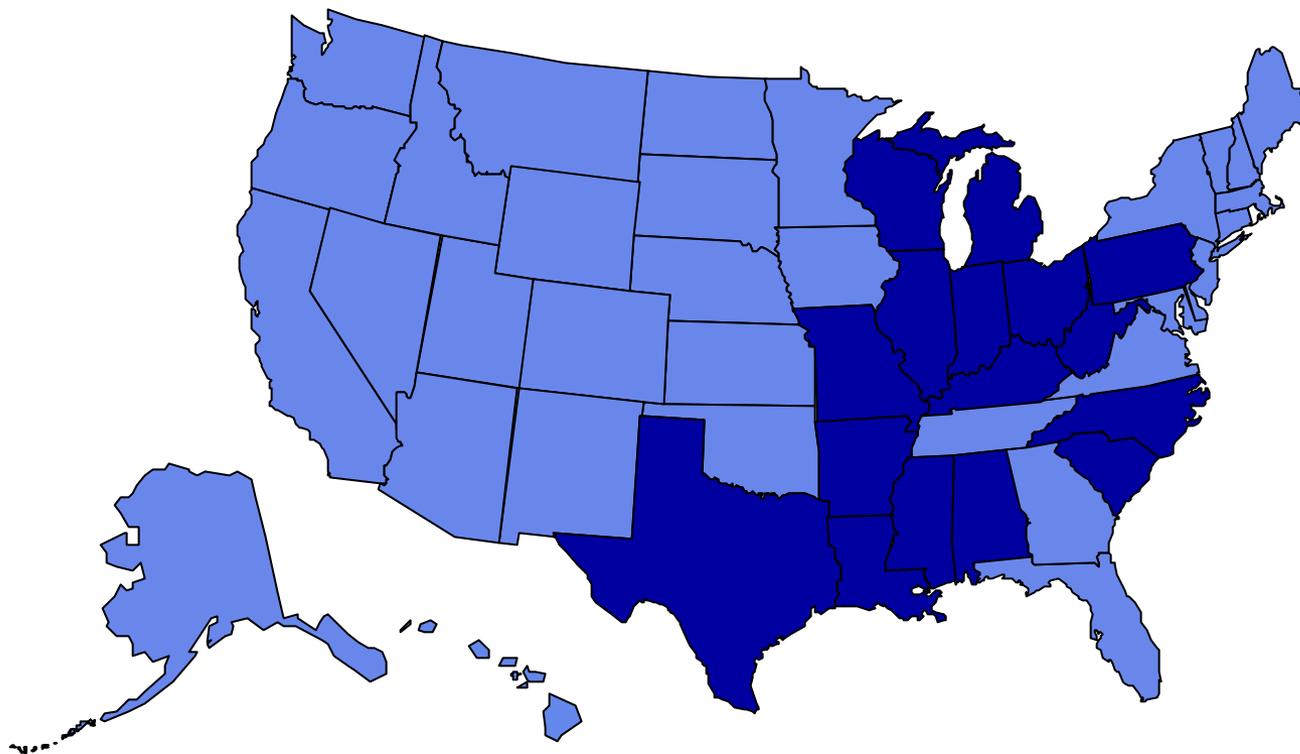
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1994

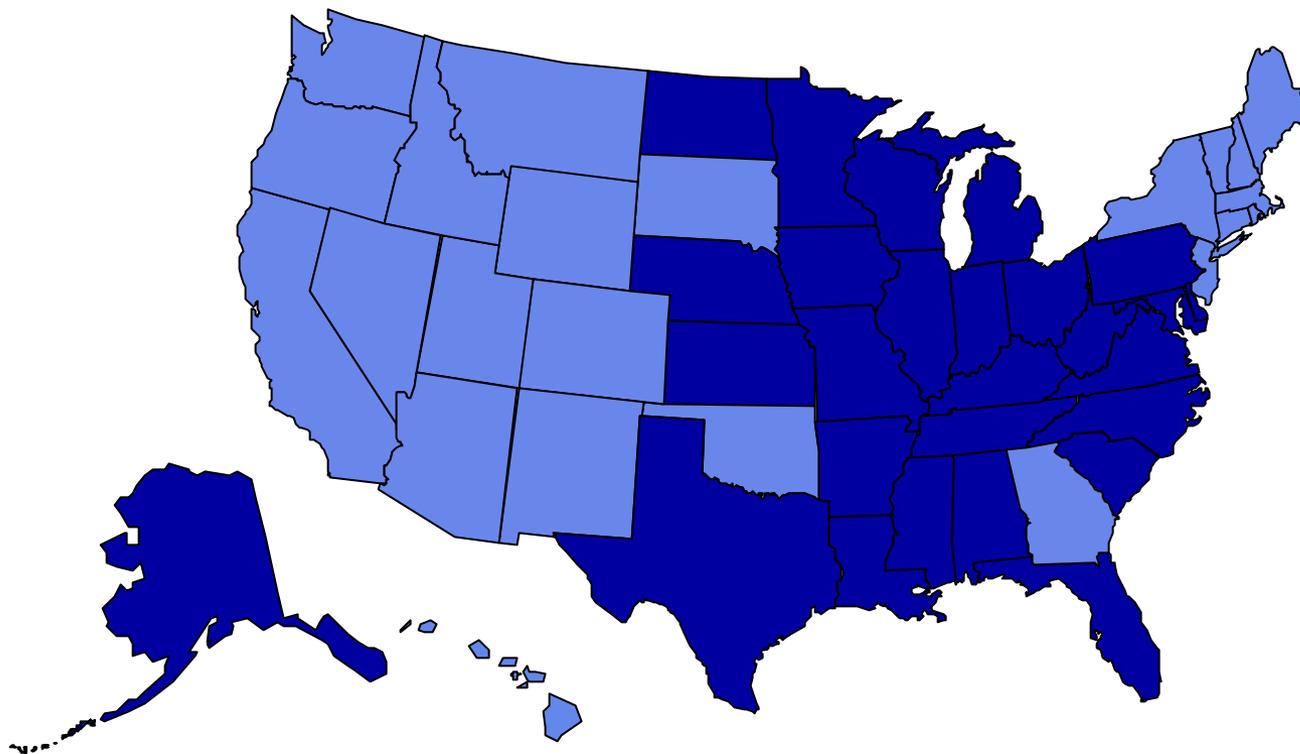
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1995

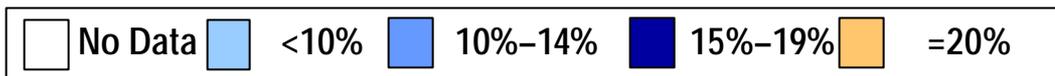
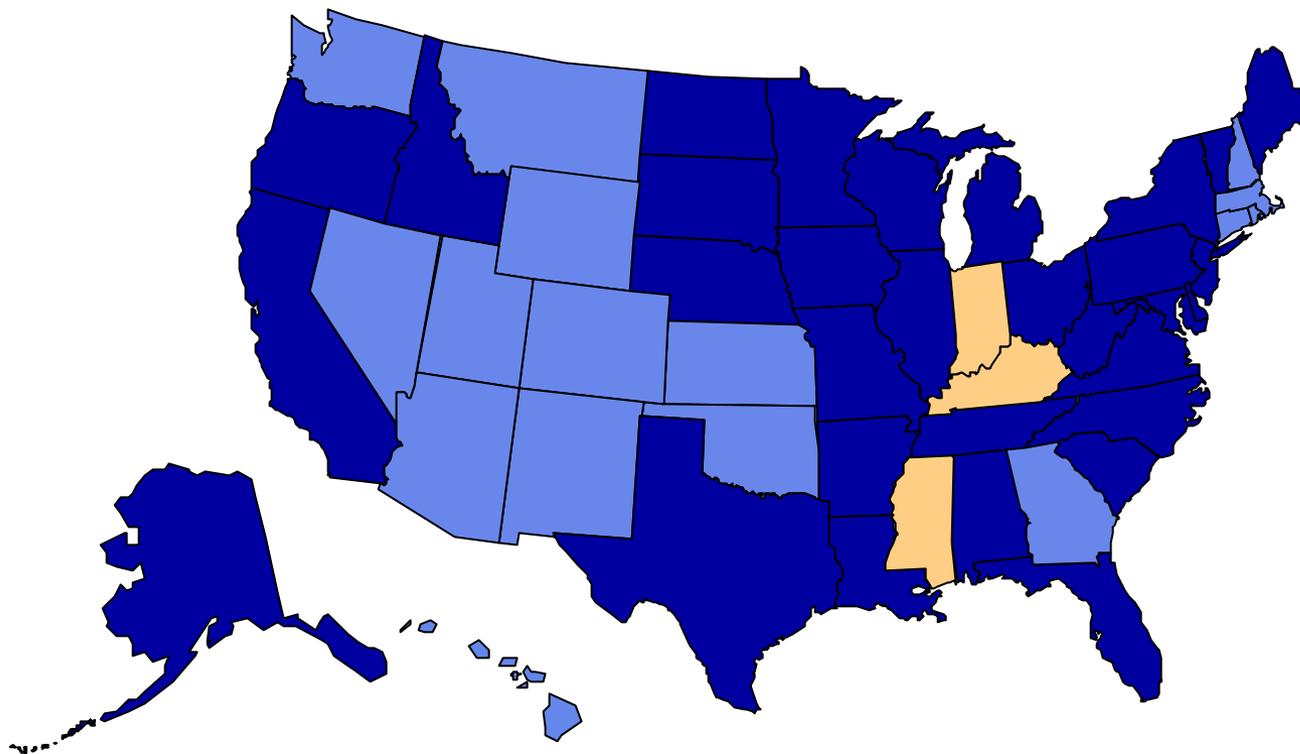
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1997

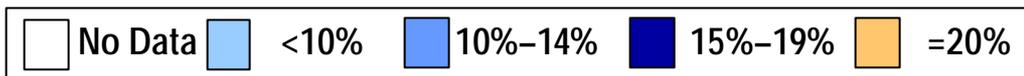
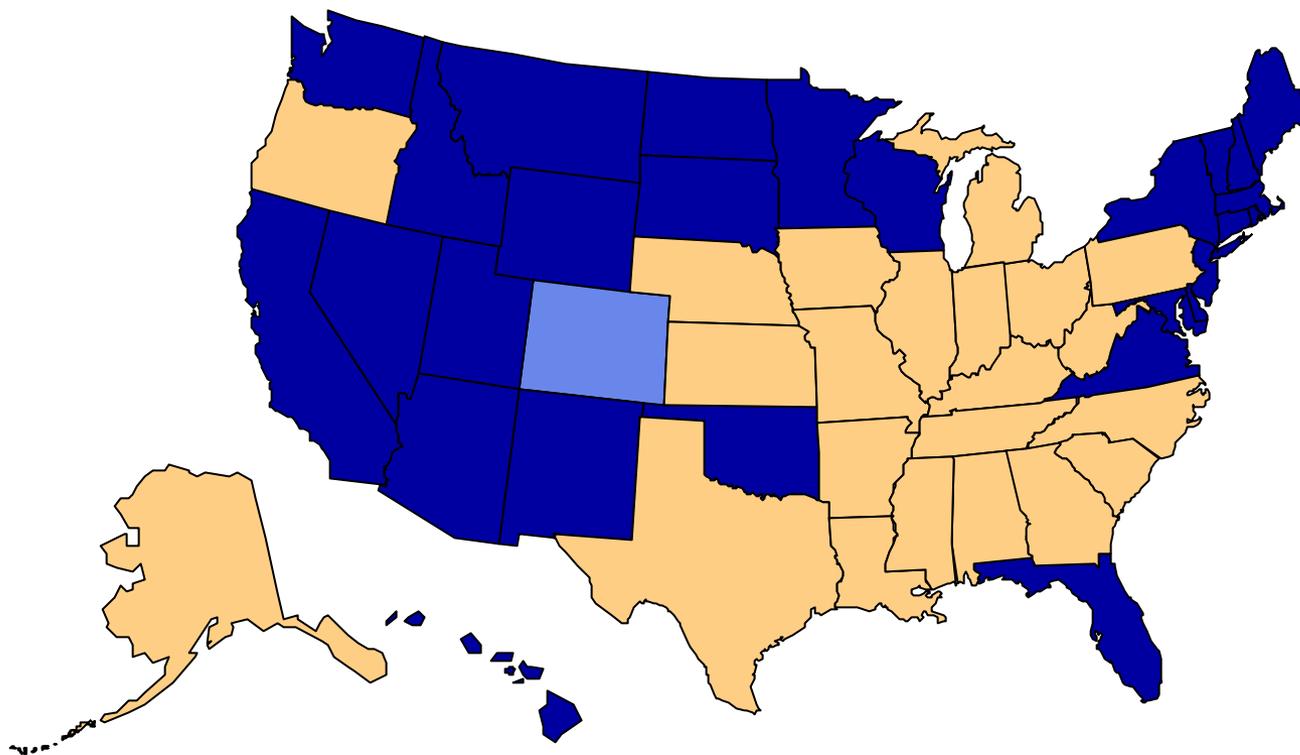
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2000

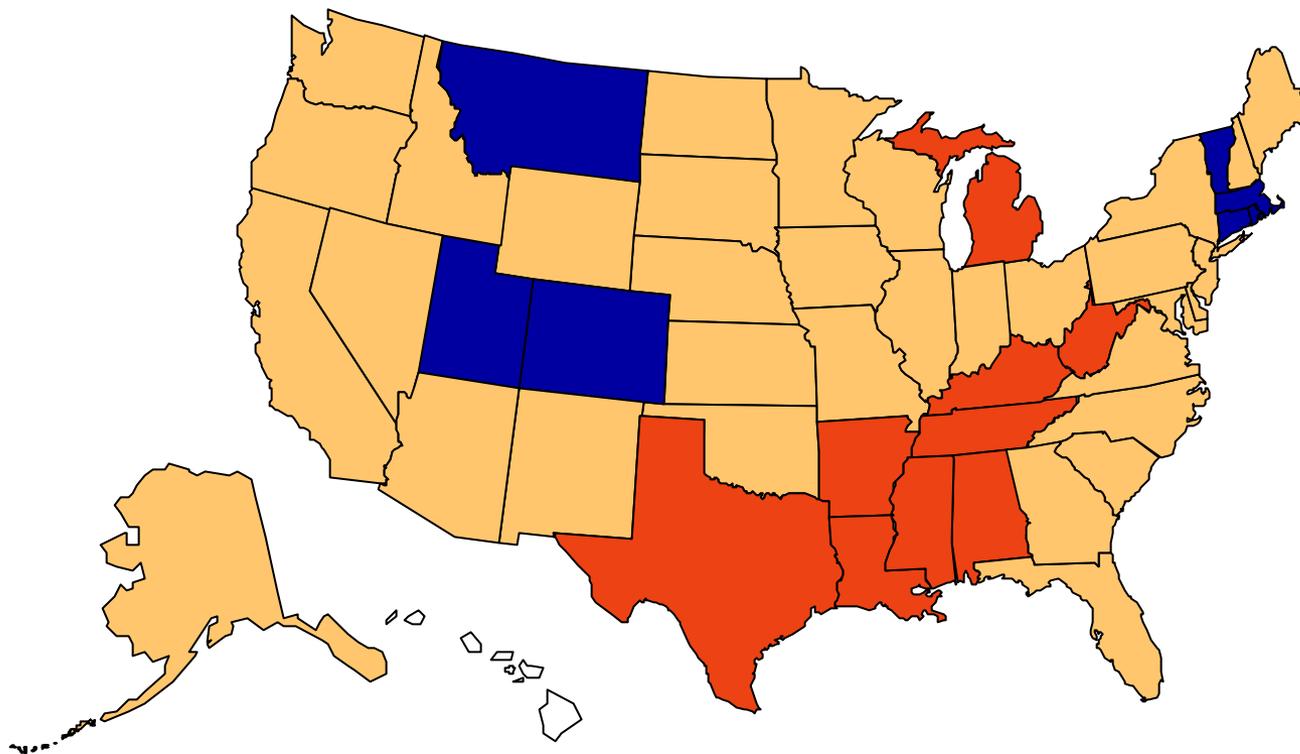
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2004

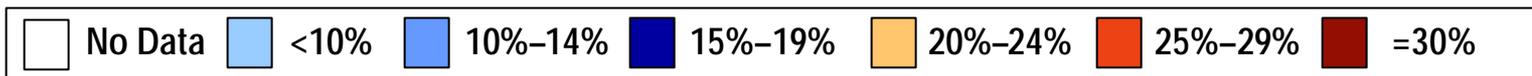
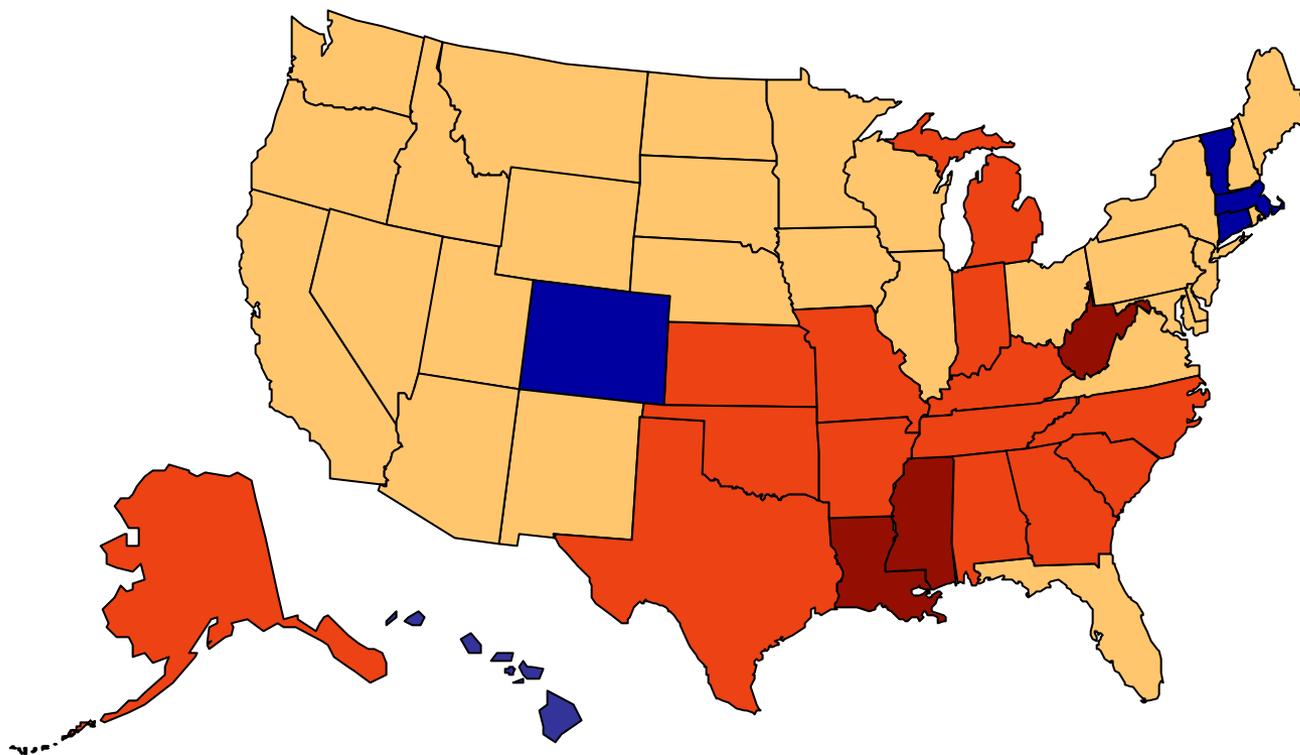
(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



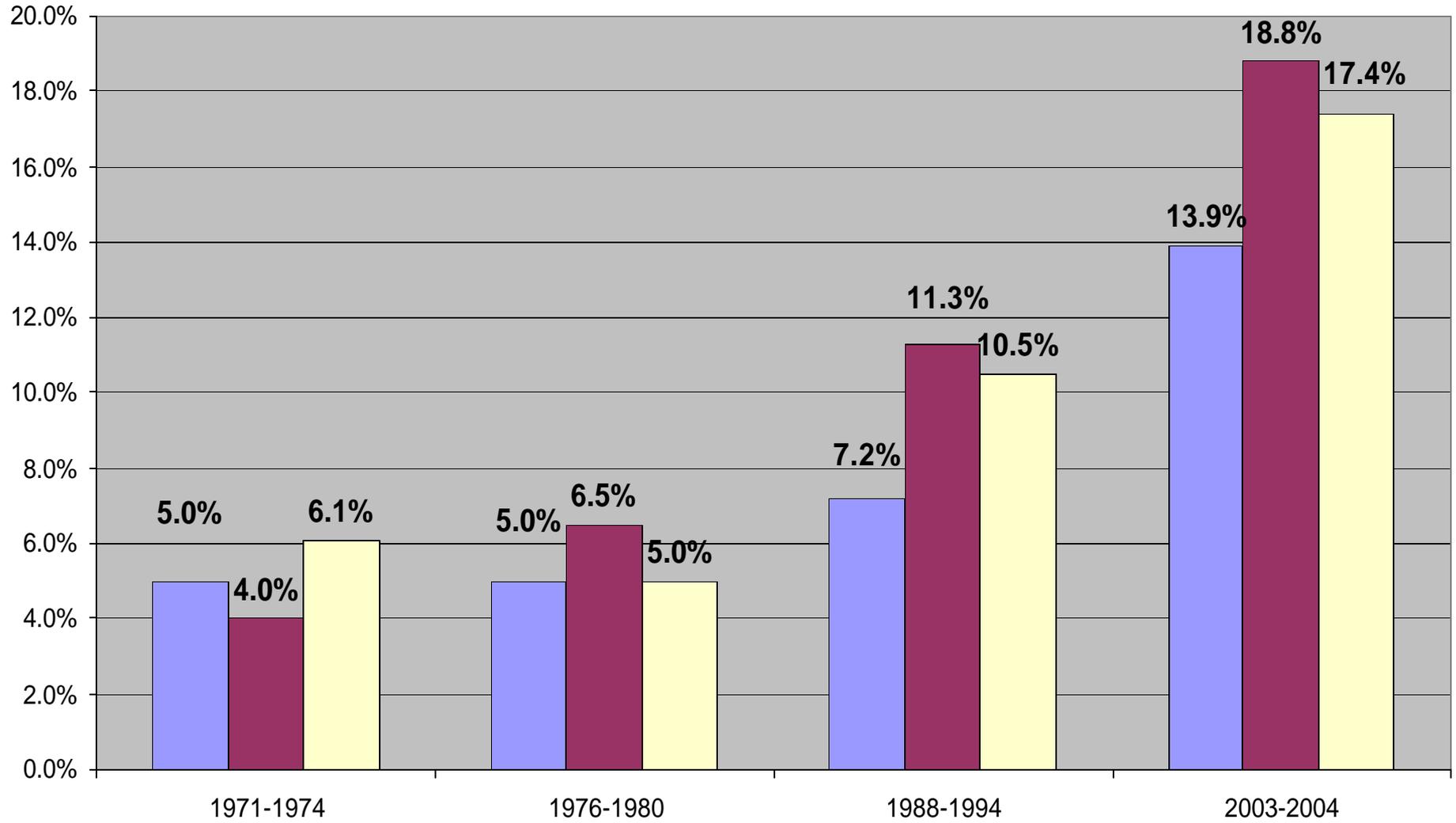
Obesity Trends* Among U.S. Adults

BRFSS, 2005

(*BMI =30, or ~ 30 lbs. overweight for 5' 4" person)



Childhood Obesity-US



CDC

■ Aged 2-5 years ■ Aged 6-11 years ■ Aged 12-19 years

CHILDHOOD OBESITY

“A Growing Problem”

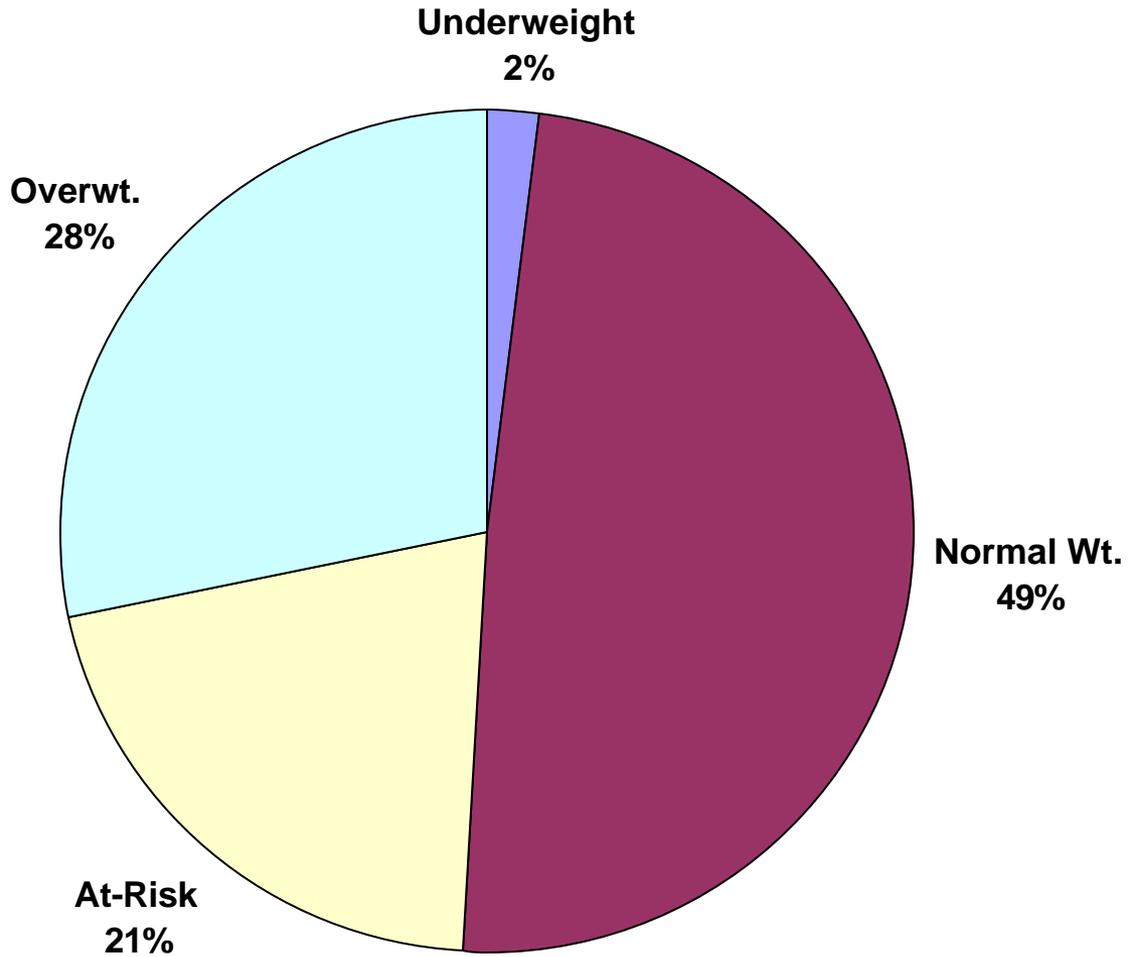


Childhood Obesity May Lead to:

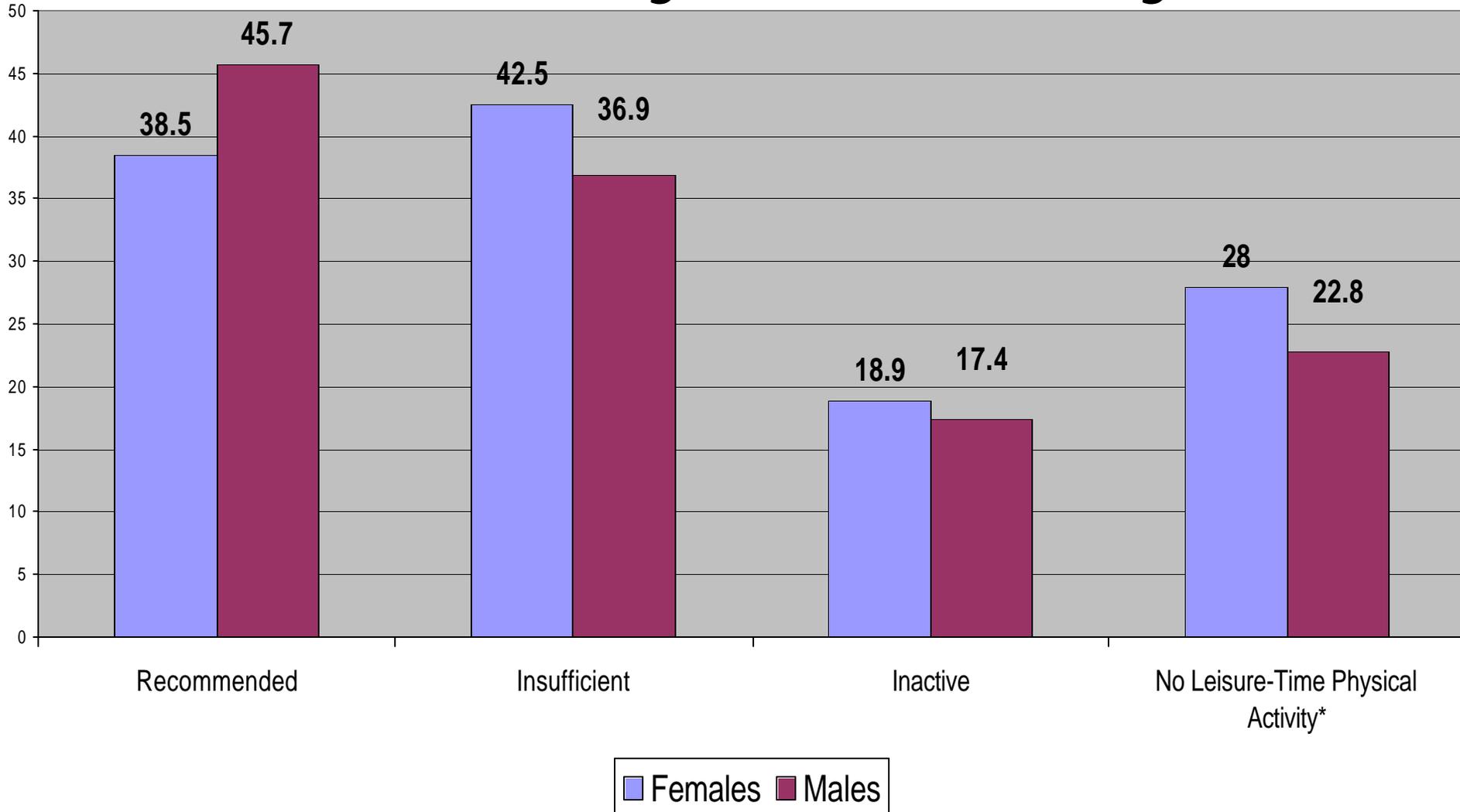
- Heart disease, caused by:
 - high cholesterol and/or
 - high blood pressure
- Type 2 diabetes
- Asthma
- Sleep apnea
- Social discrimination



WCS 6th Grade BMI Status – Fall 2006



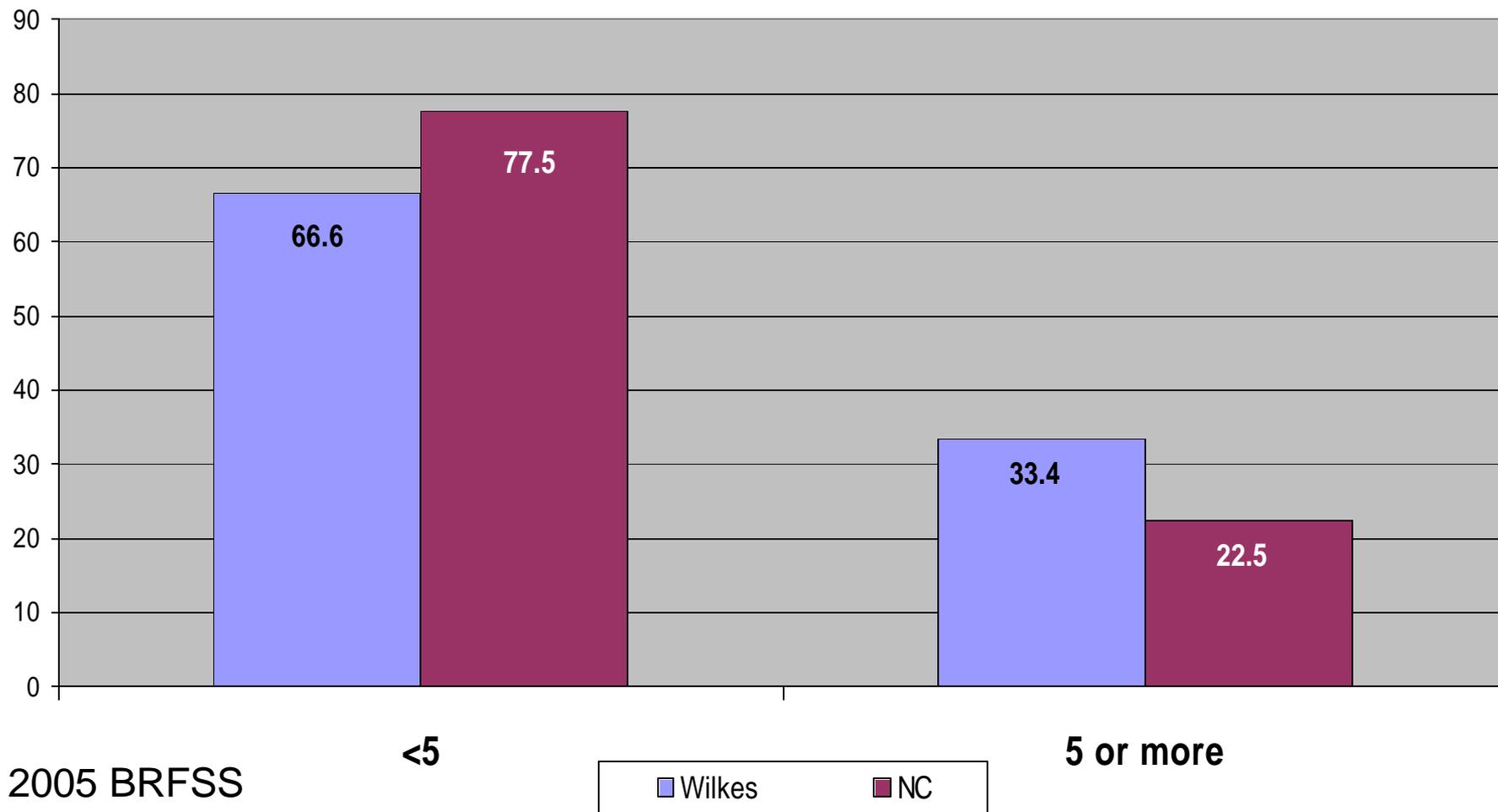
Moderate Physical Activity-NC



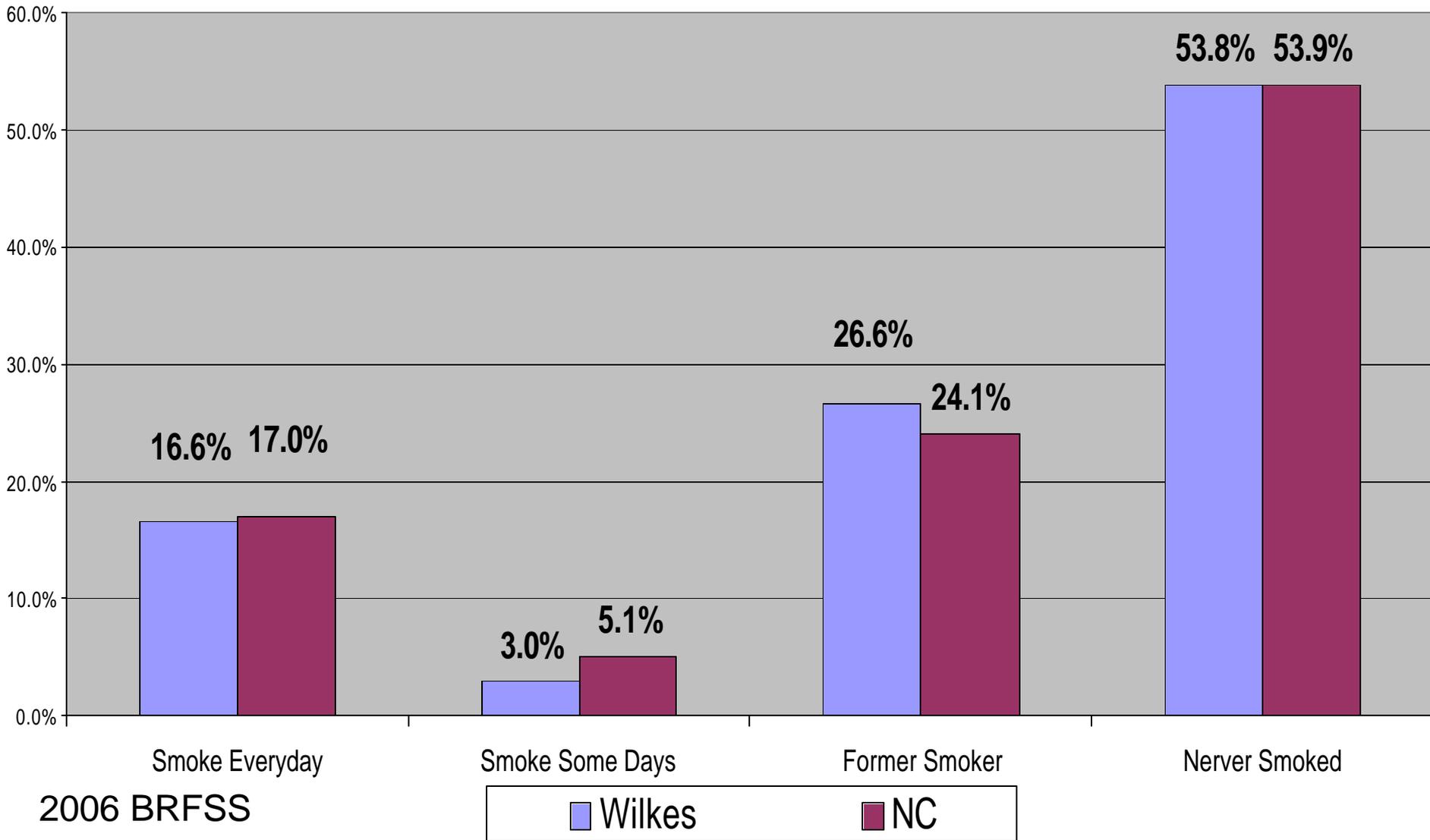
BRFSS

30 minutes of moderate PA / 5days / week

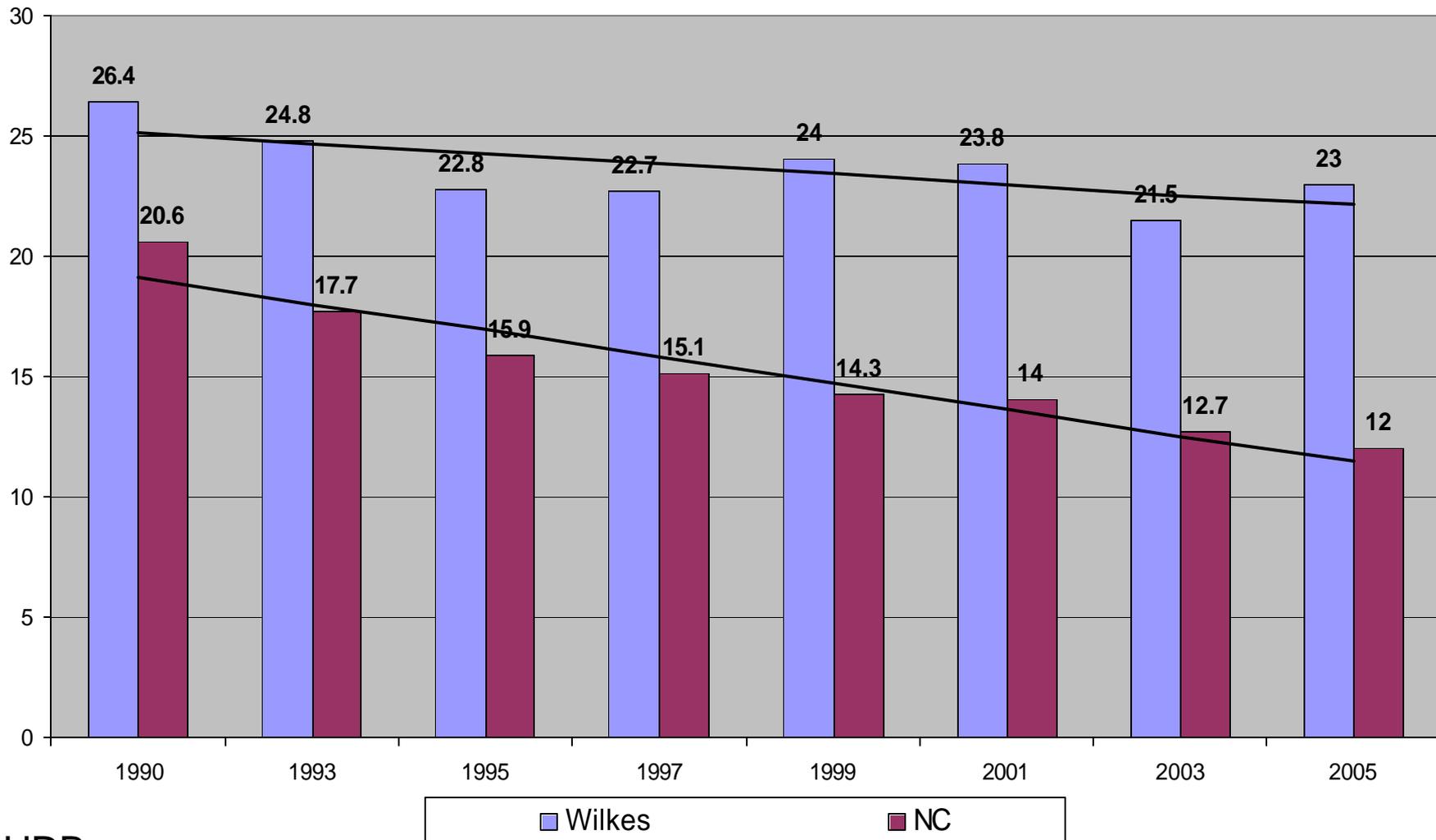
Fruit & Vegetable Consumption 5-A-Day



Smoking Status



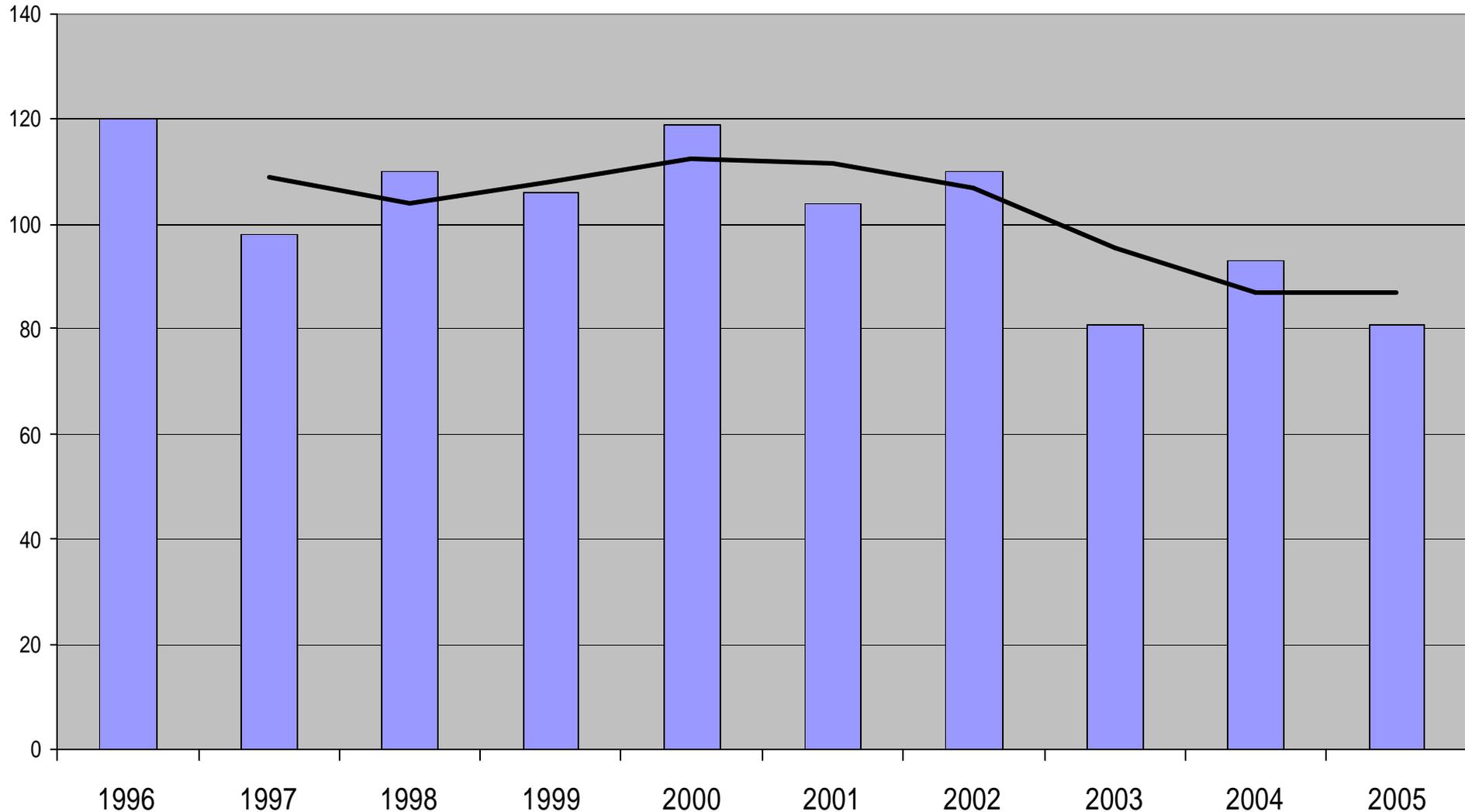
Percentage of Mothers Smoking During Pregnancy



Other Issues

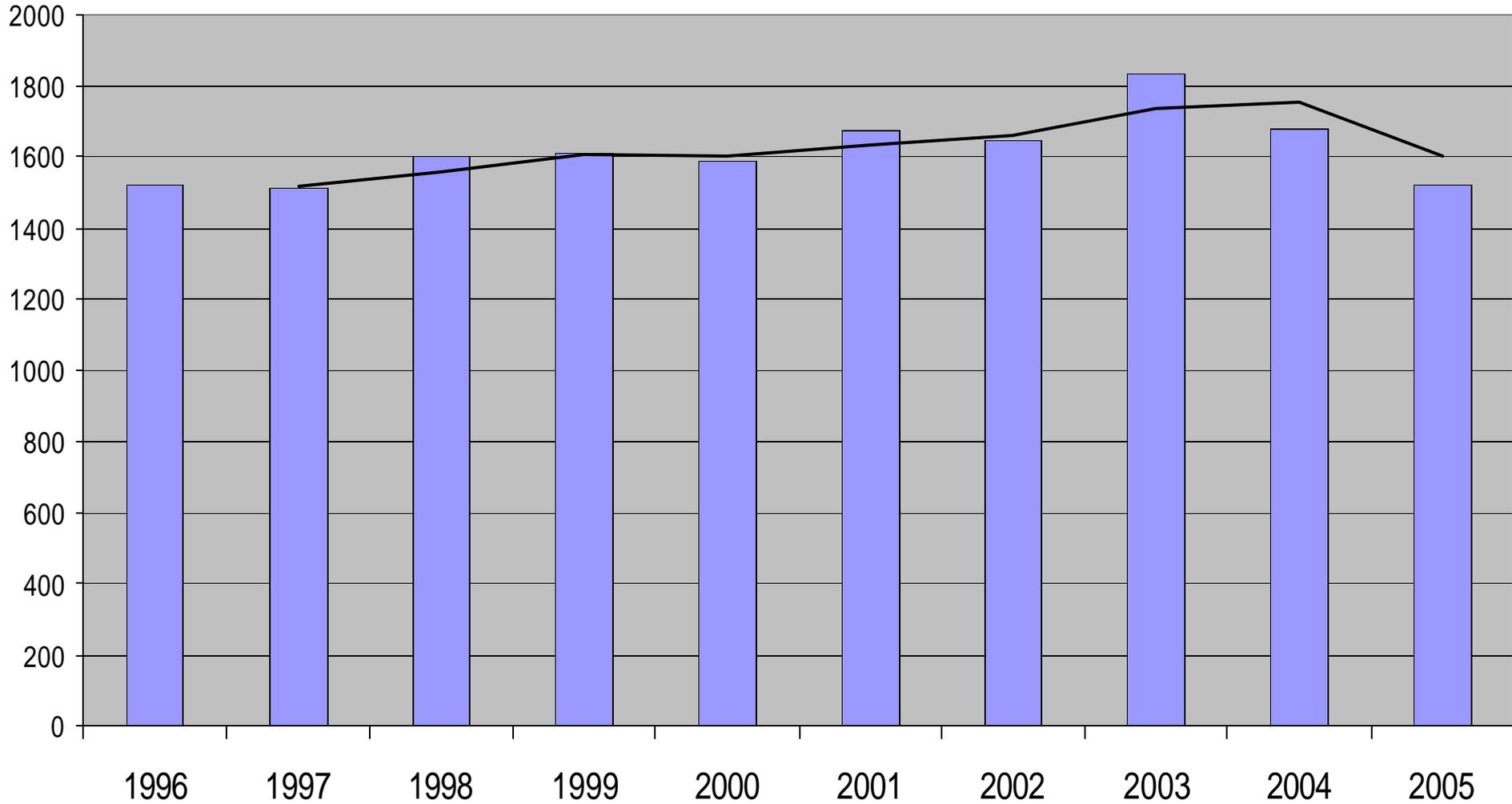
- Vehicle Crashes
- Suicide
- Teen Pregnancy
- Accidental Poisoning
- Rabies

Alcohol or Drug-Related Motor Vehicle Crashes in Wilkes

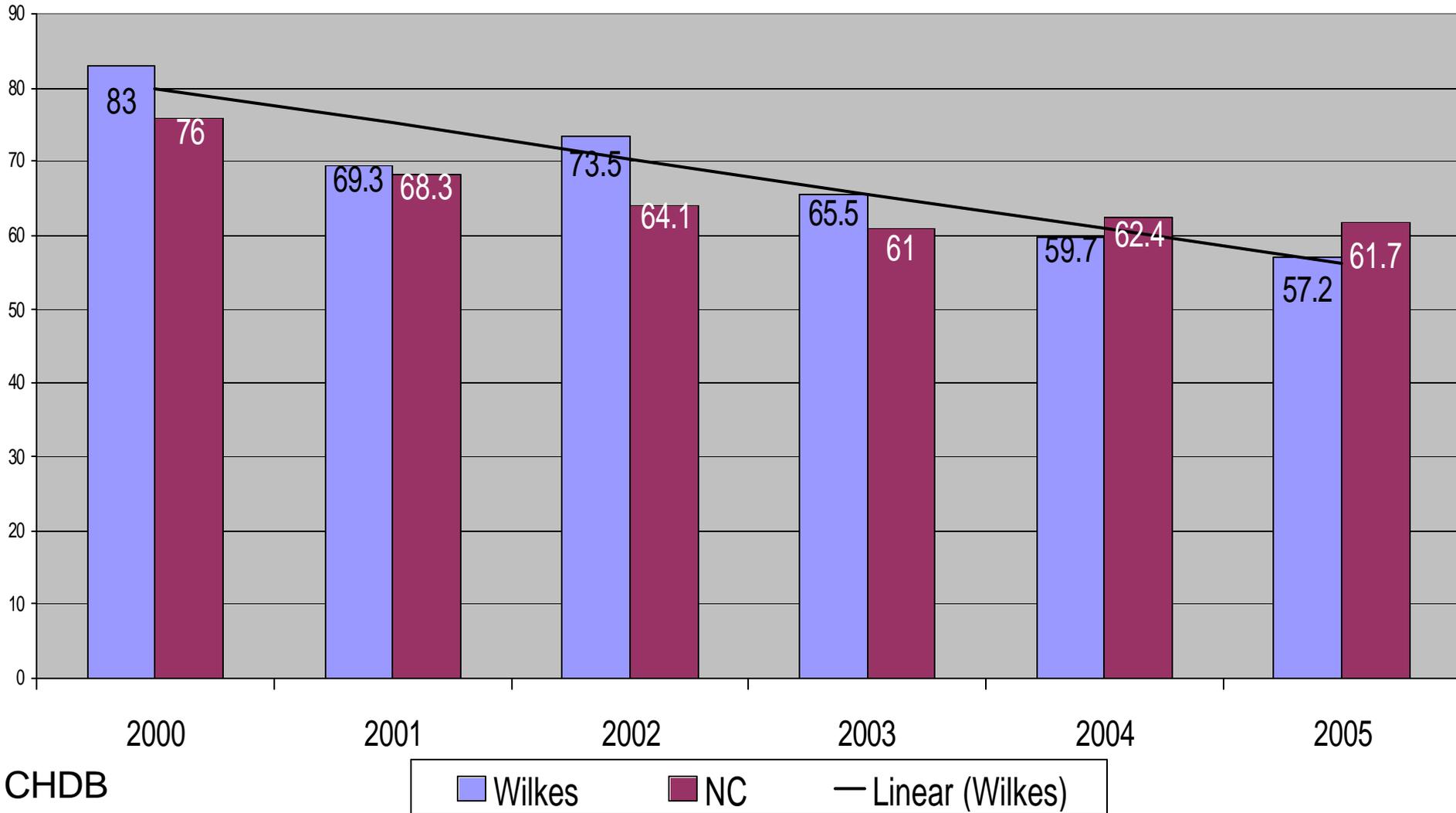


LINC

Non-Fatal Motor Vehicle Crashes in Wilkes

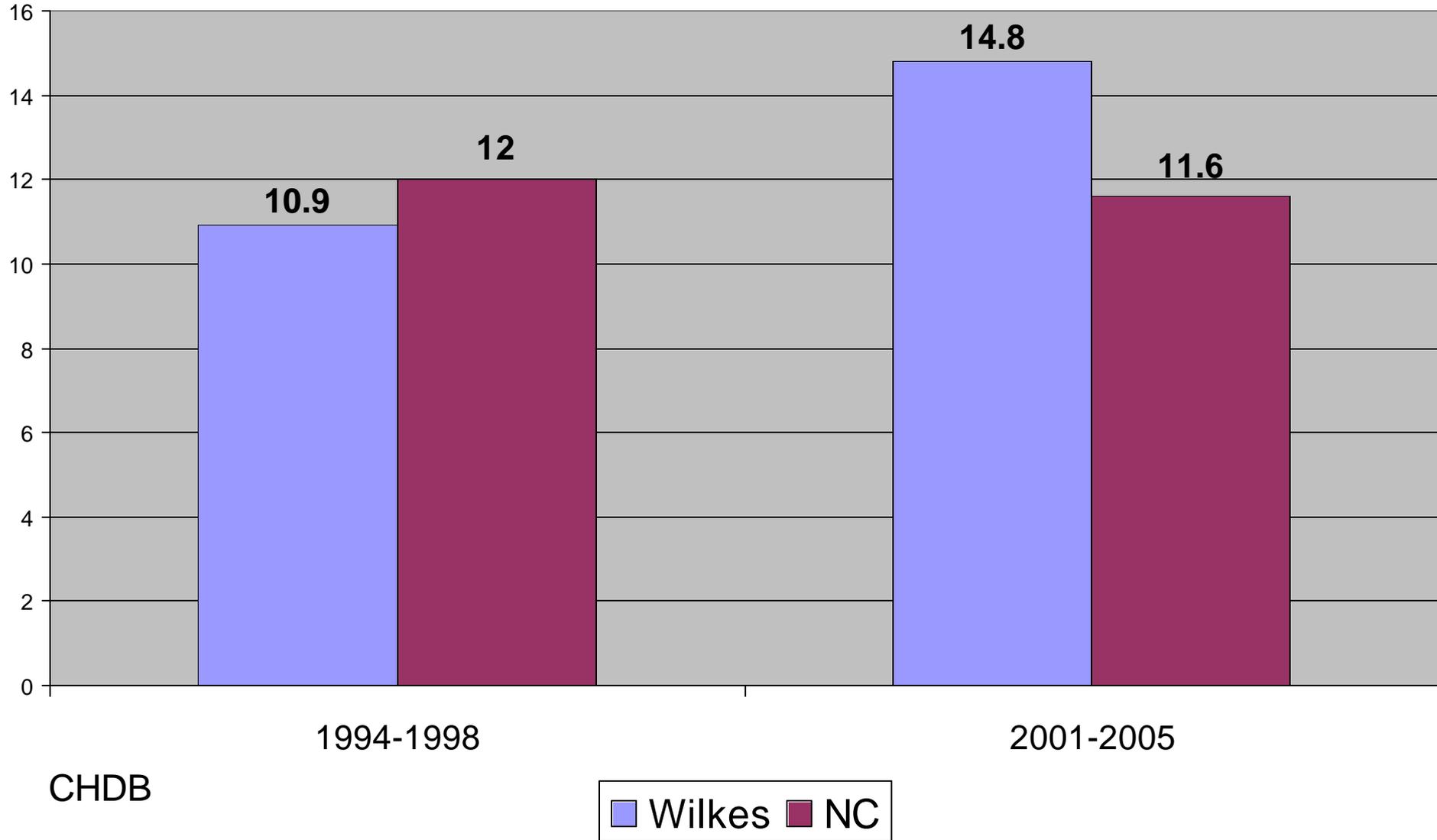


Teen Pregnancy Rates 15-19 yr. old



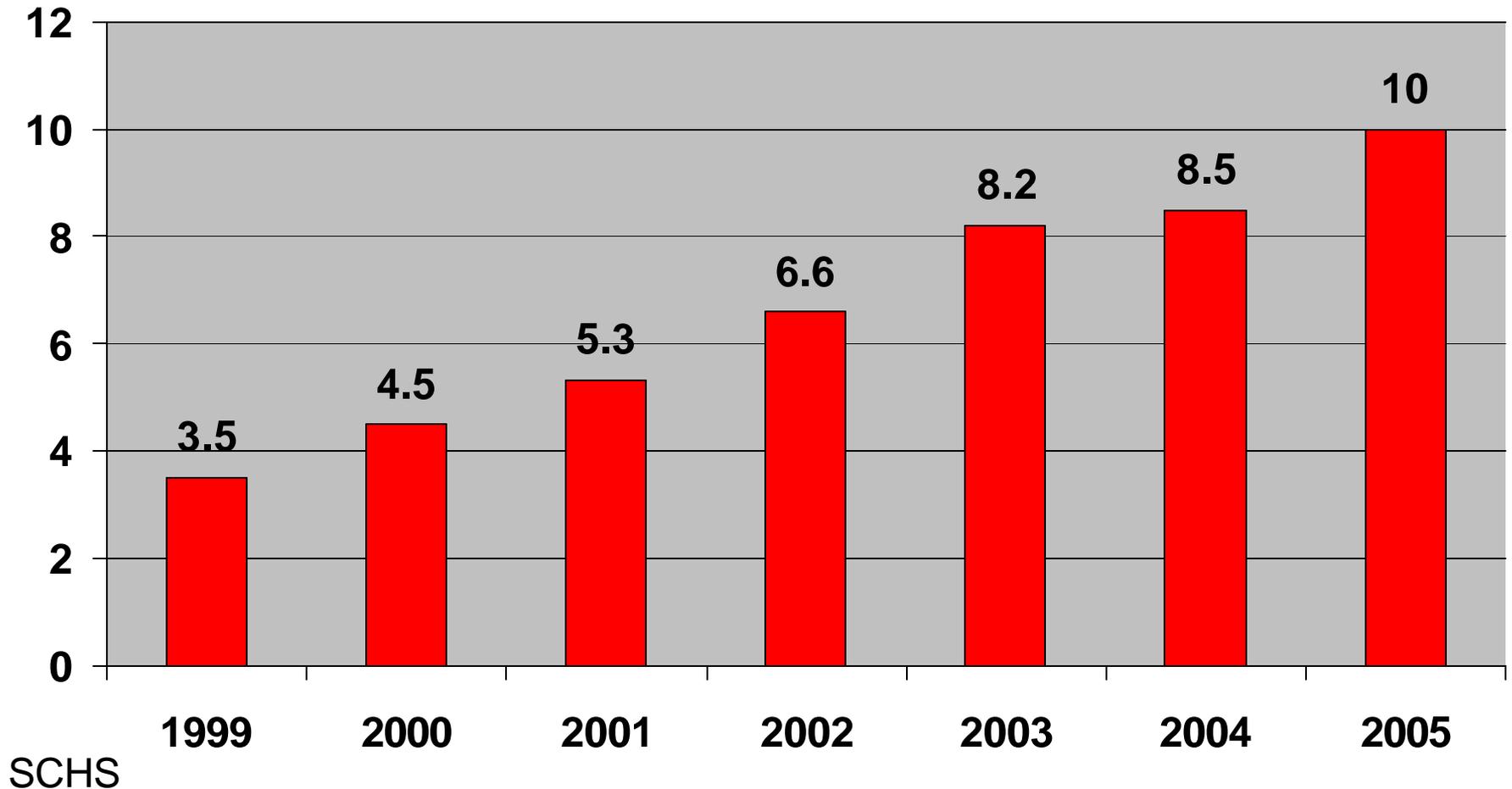
Mortality: Suicide

(per 100,000)

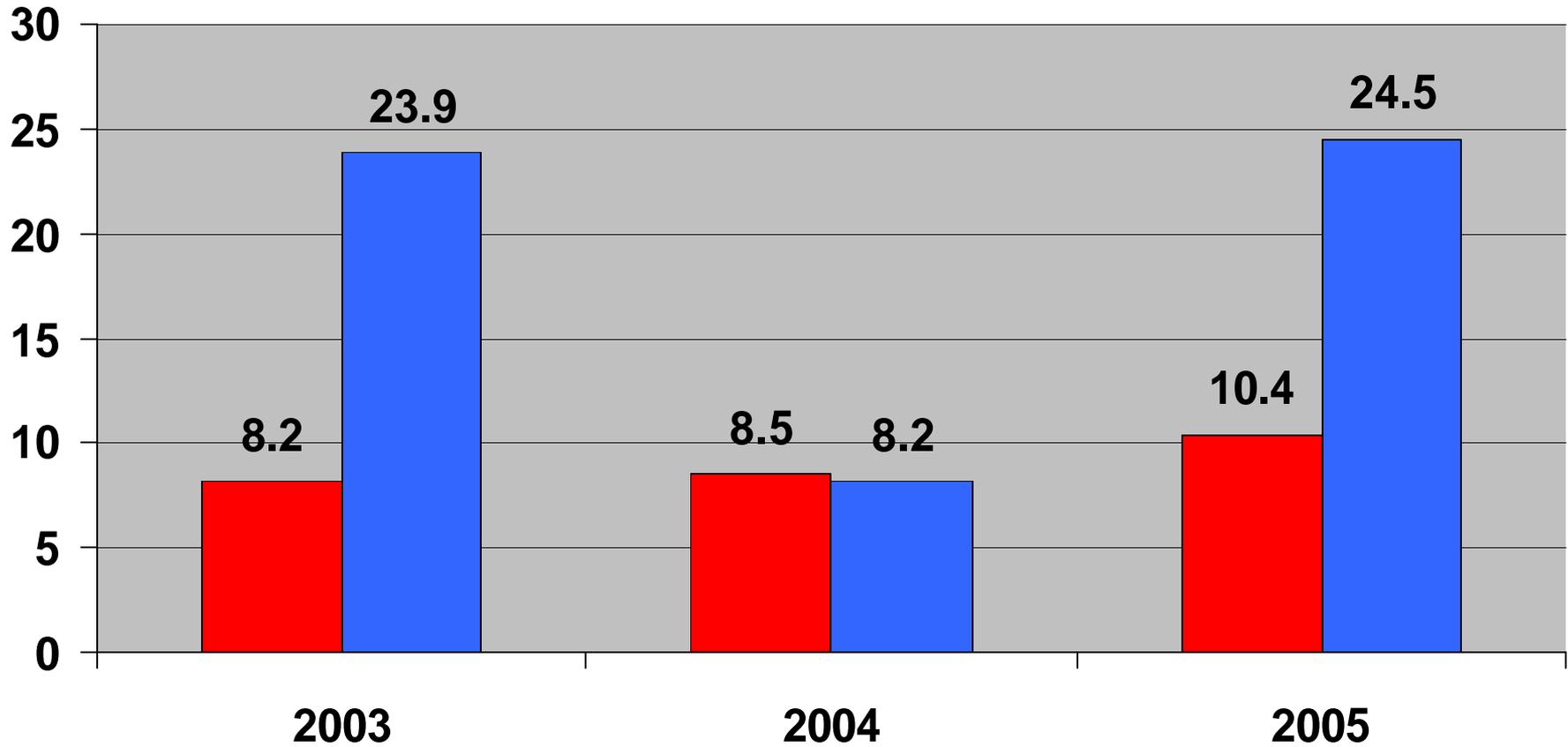


Resident Deaths Rates for Unintentional Poisonings: North Carolina 1997 – 2005

Deaths per 100,000

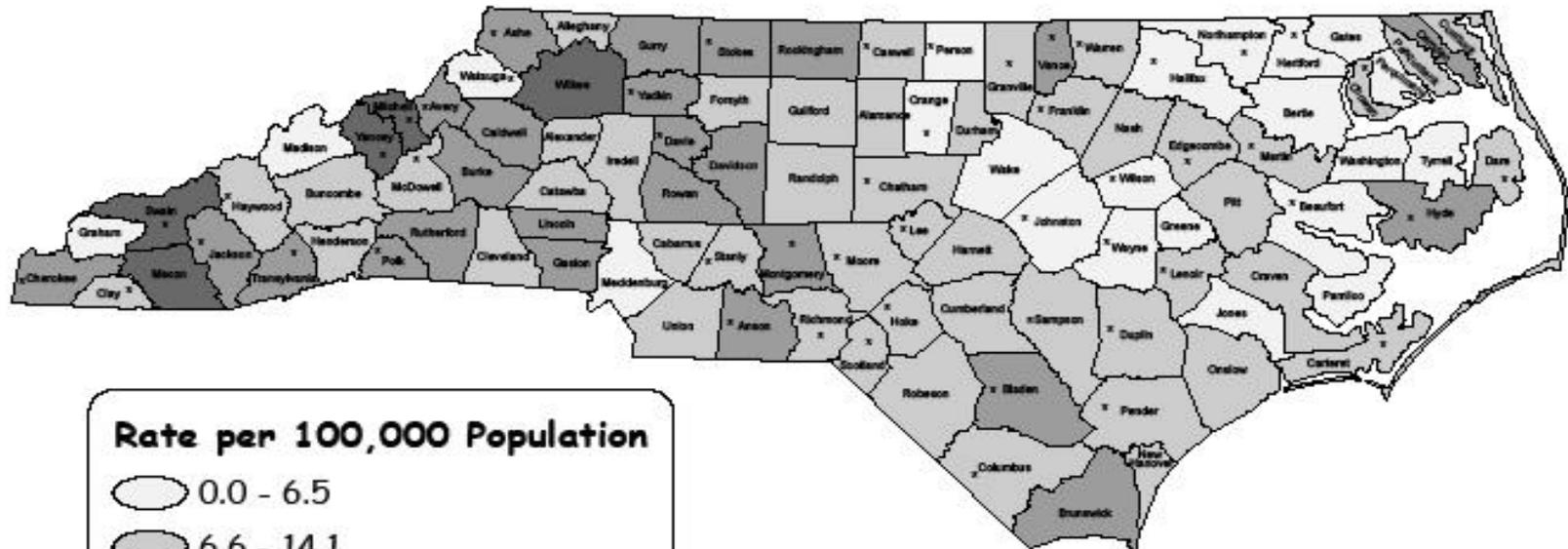


Resident Deaths Rates for Unintentional Poisonings: North Carolina and Wilkes County, 2003-2005



■ North Carolina ■ Wilkes

Figure 4. North Carolina Resident Unintentional Poisoning Death Rates, 2006



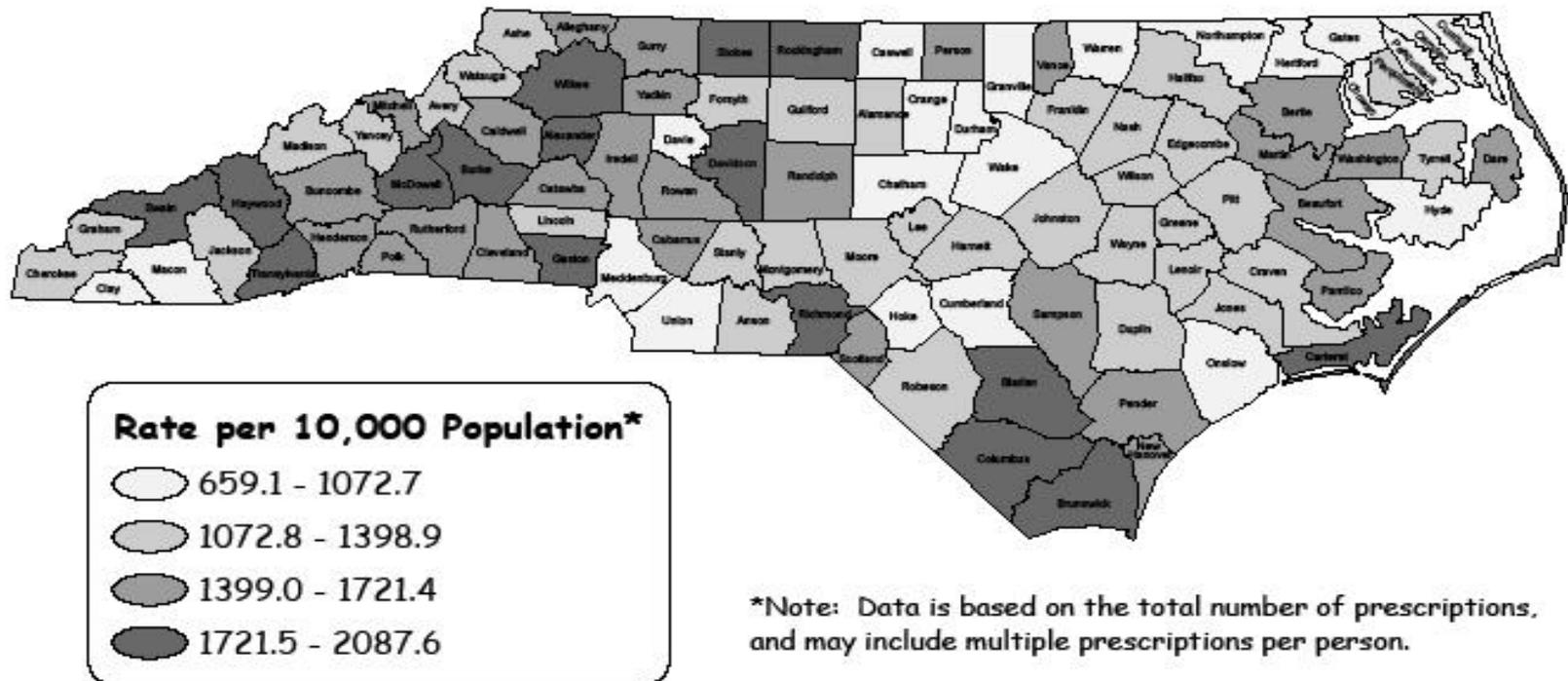
Rate per 100,000 Population

- 0.0 - 6.5
- 6.6 - 14.1
- 14.2 - 25.3
- 25.4 - 44.0

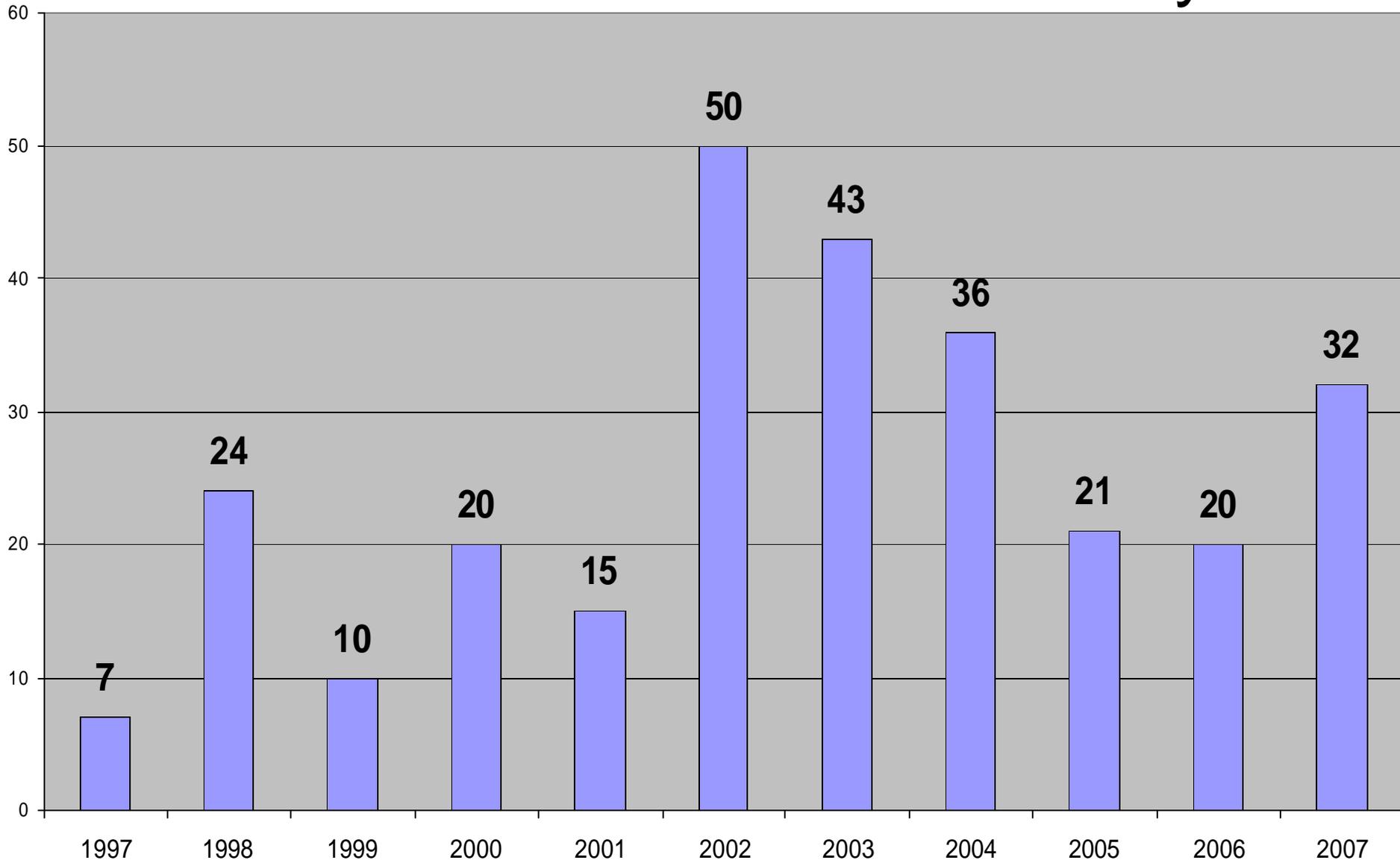
*Note rates based on less than 10 deaths are unreliable and should be interpreted with caution.

North Carolina is in the upper third of rural states with the highest percentage increase in unintentional poisoning mortality rates in the United States between the years 1999 through 2004 - CDC

Figure 5. North Carolina
Rates of Resident Prescriptions of Controlled Substances, July 2007



Rabies Cases in Wilkes County



Wilkes County vs. NC



- Unintentional Poisoning
 - 145% higher than state rate
- Mothers Smoke During Pregnancy
 - 48% higher than state rate
- Unintentional Injuries
 - 58% higher than state rate
- Alzheimer's Disease
 - 22% higher than state rate
- Suicide
 - 27% higher than state rate
- Prostate Cancer
 - 15% higher than state rate

Wilkes Healthy Carolinians Council (WHCC)

- The WHCC is the Healthy Carolinians partnership for Wilkes County.
- This WHCC has 3 sub-committees
 1. Fitness & Nutrition for Disease Prevention Task Force (FNDFP)
 - Childhood Obesity – 6 & 7th grade BMI assessment
 - Families Eating Smart Move More
 - Promote fitness opportunities in Wilkes County
 2. Access to Care
 - Persons in poverty in need of adequate healthcare
 3. Substance Abuse Task Force
 - Prescription Drug Abuse

Community Action Plans (CAP)

- 6th & 7th Grade Body Mass Index Screening
 - Introduce Dance Dance Revolution game into middle school PE departments
- Increase access to & awareness of physical activity opportunities.
 - Promote increased sidewalks, parks, bike lanes.
 - Participate on North Wilkesboro Pedestrian Plan Steering Committee
- Promote policies that foster healthy behaviors:
 - Smoke-free policies in restaurants
 - Healthy foods policy Middle School concession stands and at churches.
 - Physical activity policy for Middle School faculty and staff



- 50's Snack Bar
- Adams Family Restaurant
- Amalfi's Italian Restaurant
- Applewood Bistro
- Arby's
- Banjo's
- Blimpie's
- Bojangles-Wilkesboro
- Bojangles-N. Wilkesboro
- Branciforte Italian Restaurant
- Brushy Mountain Smokehouse
- Burger King – 268 East
- Burger King—268 West
- Buen Amigo
- Carousel Cafe
- China Wok
- Coffee House & Waffle Shop-Millers Creek
- Don's Char-Grill
- Don's Seafood & Steakhouse
- Ed's Hometown Café
- E & J's Restaurant
- Elkin Creek Vineyard
- Fine Friends Café
- Golden Wok
- Great China Restaurant
- Green Street Grill
- Hardee's
- Harold's Restaurant
- I Can't Believe It's Yogurt

- Java Hills Coffee Shop
- KFC—West D Street
- KFC-Hwy 421
- Key City Grille
- La Fortuna
- Little Dipper
- Long John Silvers
- Mike's Snack Bar-W. Hwy 268
- McDonald's-Wilkesboro
- McDonald's-N.Wilkesboro
- Nana San
- Old Tyme Country Café
- Pat's Place
- Santa Lucia
- Shanghai Express
- Stone Mtn. Country Store
- Subway-Clingman
- Subway-Wal-Mart
- Subway-Winkler Mill
- Subway-Hwy 18 North
- Subway-Hwy 16/18 South
- Sunny Italy
- Taco Bell
- Talia Espresso
- Tipton's BBQ
- Village Inn Pizza
- WCC Café
- Wendy's—2nd Street
- Wendy's—Wilkesboro
- Wilkes Lanes



59 RESTAURANTS ARE SMOKE-FREE



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WilkesHealth.com

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