

# Cabarrus County

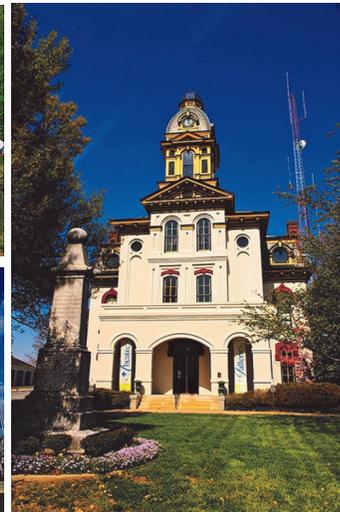
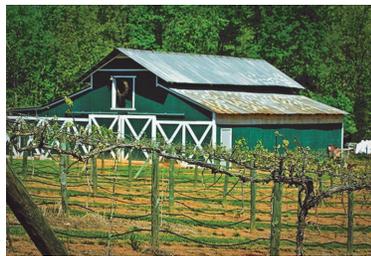
## 2011 State of the County Health Report

### *in this report >>>*

#### **County Morbidity & Mortality Data**

- Cabarrus County Demographics
- Access to Healthcare
- Infant Mortality
- Health Risks and Behaviors
- Leading Causes of Death
- Mental Health
- Preventive Screenings

#### **Progress on Needs Assessment Priorities**



Community assessment of health and human services is an ongoing process that engages multiple agencies, providers, and individuals in identifying community assets and strengths as well as unmet needs. A formal assessment process is undertaken every four years. Leadership for this collaborative process is provided by Cabarrus Health Alliance and Healthy Cabarrus.

#### **Community issues and unmet needs as identified by the most recent community assessment in 2008:**

- **Workforce Development and Jobs Creation**
- **Education Across the Spectrum**
- **Mental Health Services - Accessibility and Affordability**
- **Housing - Safe and Sustainable**
- **Healthy Living - Weight, Nutrition, and Environmental Supports**
- **Healthcare Affordability - Including Screening and Prevention**

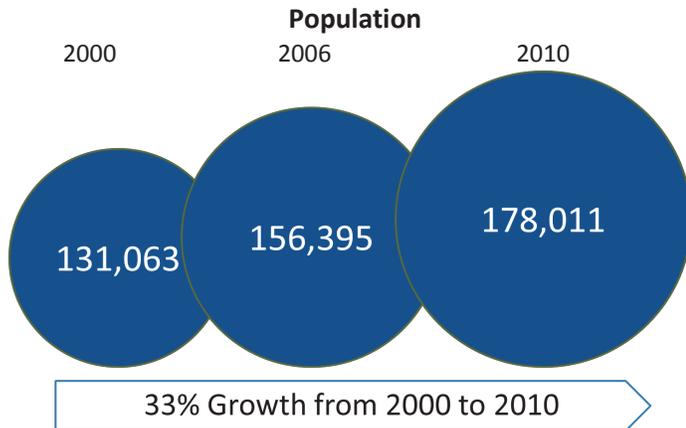
For the complete community assessment report and supporting documentation visit [www.HealthyCabarrus.org](http://www.HealthyCabarrus.org). If you would like to get involved in community efforts related to these issues, call 704-920-1216.



**Healthy Cabarrus** is a community health initiative with the mission of uniting and mobilizing community partners to address health needs. More than 30 community partners comprise the advisory board and over 75 participate in the collaborative work of the partnership. Administrative and operational support for Healthy Cabarrus is provided by Cabarrus Health Alliance, CMC—NorthEast, the NC Legislature, and other grant funds.

The Governor's Task Force for Healthy Carolinians awarded **Healthy Cabarrus** the **William G. Anlyan Distinguished Partnership Award** for having demonstrated outstanding community participation and achievements as well as the **Charles Blackmon Leadership Award** for the Elimination of Health Disparities.

# Cabarrus County Demographics



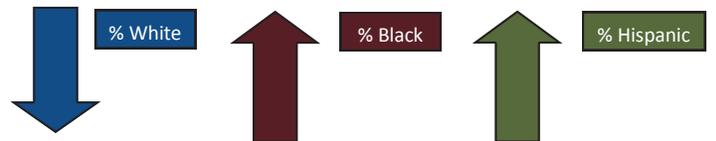
Source: US Census Bureau

Between 2000 and 2010, Cabarrus County's population increased by 33% compared to 18.4% for North Carolina. The fastest growing segment of the local population is Hispanic/Latino residents. The significant rise in population, and increase in Hispanic/Latino population in particular, was an emerging issue/need identified in 2008.

## Racial and Ethnic Diversity

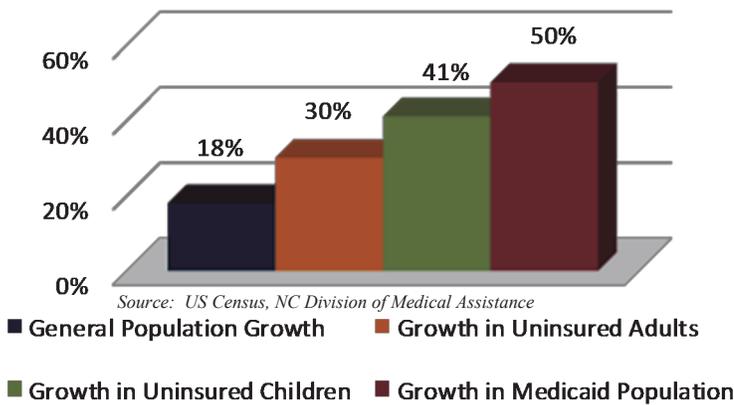
	2000	2006	2010
<b>Race</b>			
White persons	83%	81%	75%
Black persons	12%	15%	15%
Asian persons	1%	2%	2%
Some other race	2%	2%	---
Persons reporting two or more races	1%	1%	2%
<b>Ethnicity</b>			
Persons of Hispanic or Latino origin	5%	8%	9%
White persons not Hispanic	---	75%	72%

Source: US Census Bureau



## Access to Healthcare

**Cabarrus County General Population Growth Compared with Growth in the Uninsured and Medicaid Populations 2004-2009**

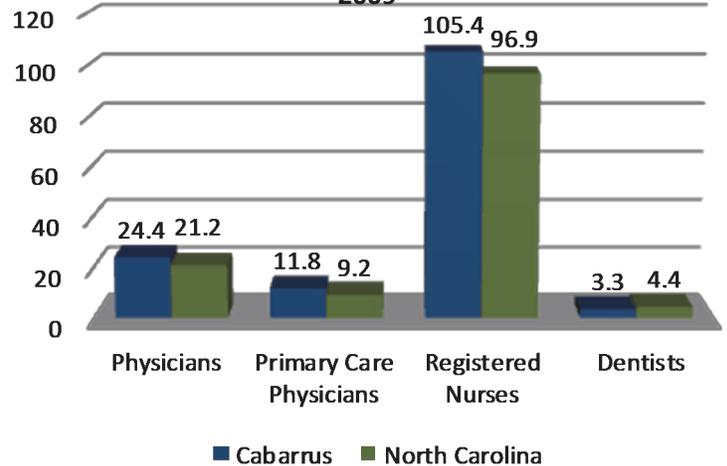


Between 2004 and 2009, growth in the number of uninsured children and residents who receive Medicaid benefits outpaced the growth in the general population.

\* 2010 uninsured data will be available in December 2010.

Cabarrus fares better than the state in its ratio of physicians and Registered Nurses to population but fares worse in number of practicing dentists.

**Number of Providers per 10,000 Population 2009**



Source: Cecil G. Sheps Center for Health Services Research

## Infant Mortality

**2005-2009 Infant (<1 Year) Death Rates per 1,000 Live Births**

	Total Infant Death Rate	White	Minority
Cabarrus County	5.2	4.4	8.6
North Carolina	8.3	6	14

Although the total infant mortality rate in Cabarrus is lower than North Carolina, significant disparities still exist between white and minority populations.

Source: NC State Center for Health Statistics, County Data Book

## Health Risks and Behaviors

Tobacco Use	Percent of Adult Smokers	2005	2010	Percentage Change
	Cabarrus County	16.3	12.4	-23.9%
	North Carolina	17.1	15.2	-11.1%

Source: Behavioral Risk Factor Surveillance System

Overweight & Obese	Percent Overweight & Obese Children (Public Health WIC and Child Health Clinics)		2005	2010	Percentage Change
	Ages 2-4	Cabarrus County	33.2	34	2.4%
		North Carolina	30.0	31.7	5.6%
	Ages 5-11 *	Cabarrus County	39.1	47.4	21.2%
		North Carolina	30.7	42.9	39.7%
	Ages 12-18 *	Cabarrus County	48.1	47.8	-0.6%
		North Carolina	45.4	46.1	1.5%
	Ages 18+	Cabarrus County	62.7	66.5	6.1%
North Carolina		62.6	66.5	6.2%	

Source: NC Nutrition and Physical Activity Surveillance System; Behavioral Risk Factor Surveillance System  
 \* 2010 data for ages 5-18 not available due to small Cabarrus County sample size. Data is from 2009.

Nutrition, weight, and tobacco use continue to be major contributors to our risks for developing heart disease, stroke, diabetes, and cancer.

Adult smoking rates continue to improve in Cabarrus County.

The percentage of overweight/obese children and adults in Cabarrus has increased considerably since 2005.

## Preventive Screenings

### Breast Screening of Women

Have you ever had a mammogram?

	Yes	
	2006 %	2010 %
Cabarrus County	61.0	71.6
North Carolina	66.2	68.2

Source: Behavioral Risk Factor Surveillance System

The local breast cancer screening rate has markedly improved since 2006.

### Prostate Screening of Men Age 40+

Have you ever had a PSA test?

	Yes	
	2006 %	2010 %
Cabarrus County	62.6	60.2
North Carolina	63.2	67.6

Source: Behavioral Risk Factor Surveillance System

Fewer men were screened for prostate cancer in 2010 than in 2006 in Cabarrus County.

## Leading Causes of Death

### 2005-2009 Top Three Causes of Death in Cabarrus County by Age Group: Death Rates per 100,000 Population

		Cabarrus	NC
All Ages	Cancer - All Sites	173.5	190.7
	Diseases of the heart	167.5	192.2
	Chronic lower respiratory diseases	47.8	46.9
0-19 yrs	Other Unintentional injuries	21.9	5.9
	Motor vehicle injuries	15.2	9.7
	Suicide	13.4	2.1
20-39	Other Unintentional injuries	21.9	20.7
	Motor vehicle injuries	15.2	23.4
	Suicide	13.4	13.8
40-64	Cancer - All Sites	161.2	182.1
	Diseases of the heart	105.6	124.6
	Other Unintentional injuries	36.9	28.9
65-84	Cancer - All Sites	993.1	962.4
	Diseases of the heart	791.7	804.5
	Chronic lower respiratory diseases	325.4	276.1
85+	Diseases of the heart	3965.7	4121
	Cancer - All Sites	1770.6	1649.6
	Alzheimer's disease	1300.8	1066.2

Source: NC State Center for Health Statistics, County Data Book

# Mental Health

## Number of days in the past 30 days with poor mental health\* in Cabarrus County (%)

	Across All Demographic Groups	Age		Household Income	
		18-44	45+	< \$50,000	> \$50,000
<b>0 days</b>	72.4	68.8	75.9	58.1	83.8
<b>1-7 days</b>	16.7	19.2	14.3	25.4	12.2
<b>8-29 days</b>	5.1	4.7	5.4	7.5	2.7
<b>30 days</b>	5.8	7.3	4.3	9.0	1.3

Lower income households experience poorer mental health than higher income households.

\* Mental Health includes stress, depression, and problems with emotions.  
Source: Behavioral Risk Factor Surveillance System

# Community Progress on Health Priorities 2010-2011

## Obesity

- Cabarrus County Commissioner’s adopted policy requiring 50% of all vending/concessions food and beverages be considered healthy in Cabarrus County Parks.
- Held a free community screening of the documentary, FRESH, which educated citizens on importance of local foods. Reached 500 community members.
- Provided a ‘smarter lunchroom/behavioral economics’ training for 150 cafeteria workers in both school systems.
- Held advocacy training for 30 healthcare and education professionals.
- Received grant funding from CDC for ACHIEVE initiative. A total of 23 policies and environmental changes have been adopted to improve nutrition and encourage Concord citizens to be physically active.
- Created two school gardens through NICHQ mini-grant funds.
- Adopted Kannapolis City School policy that incoming ninth graders will create an individual health plan.
- Establishment of Kannapolis City Schools School-Based Health Center.
- Bi-monthly newsletter distributed to community members.

## Tobacco

- Cabarrus County Commissioners voted unanimously to adopt 100% tobacco free parks policy. Teen Task Force Youth were instrumental in educating commissioners on the importance of the policy adoption for our community.
- Tobacco free school ads placed in all high school fall media guides (football guides) featuring local youth promoting policy.
- School Nurses from all schools were trained on Smokeless Tobacco. Educational kits were provided to the nurses for use in the schools.
- 24 local gas stations received refresher packets containing information regarding Red Flag.
- The Teen Task Force had 23 active members this year representing eight local high schools. Youth received tobacco 101.

## Access to Dental Care

- Coordinated 8th annual Give Kids A Smile Day, serving 156 children, with \$62,147 of donated care from local dentists.
- Developing a Dental Reference Guide for Cabarrus County for use in provider offices. This guide will help providers direct residents to dental programs in the community.

## Prostate Cancer

- CHA POPS provided 100 clinic hours to men for prostate health.
- A referral system was implemented whereby CHA POPS could serve low-income uninsured Community Health Centers’ patients by providing a free PSA blood test to CHC patients.
- POPS Ambassadors, a lead group of community outreach volunteers, was formed of which the majority are prostate cancer survivors. These men received training that included mentoring and education provided by the NC Minority Prostate Cancer Awareness Team.

