

ALAMANCE COUNTY

STATE OF THE COUNTY HEALTH REPORT



DECEMBER 2009



ALAMANCE COUNTY DEMOGRAPHICS-AT A GLANCE

Below you will find the demographics for Alamance County and the state of North Carolina, according to the US Census, The Annie E. Casey Foundation-Kids Count Data Center, and the Employment Security Commission of North Carolina. Alamance County consists of nine municipalities. Burlington is the most populated city in the County, and Graham is the County's second most populated.

Demographics	Alamance County	North Carolina
Population (2008 est.)	148,053	9,222,414
White	67.88%	67.21%
African American	18.42%	21.20%
Hispanic/Latino	11.26 %	7.43%
Asian	1.21%	1.88%
American Indian	0.30%	1.13%
Other Ethnicity	0.93%	1.15%
Median Household Income (2008)	\$42,822	\$46,549
Mean Household Income (2008)	\$55,239	\$63,005
Per Capita Income (2008)	\$23,012	\$25,215
Persons Below Poverty (2008)	18%	15%
Persons without Health Insurance (2008)	17%	16%
Children Living in Poverty (under 18yrs old) (2007)	18%	20%
Households that Received Food Stamps (2008)	5,243	344,069
Unemployed (Sept. 2009)	12%	10%
Students Eligible for Free & Reduced School Lunch (2007)	54%	55%

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This SOTCH Report will be disseminated directly to the Alamance County Board of Health, Healthy Alamance Board of Directors, Alamance County United Way, Alamance County Community Council Members, Alamance County Libraries, Alamance-Burlington Schools, and Alamance Regional Medical Center. The information compiled in this report will be posted on the Alamance County website, www.alamance-nc.com, and the Health Alamance website, www.healthyalamance.com. A press release will be issued to all local media summarizing the contents of this report. To obtain more information about this SOTCH please contact Alamance County Health Department (336) 227-0101. To become more involved with the local initiatives please contact Healthy Alamance (336) 513-5590. Your time in reading this report is appreciated.

MORBIDITY-COMMUNICABLE DISEASE

Since the 2008 State of the County Health Report many of Alamance County's communicable disease rates have not significantly changed according to the latest trend data from the North Carolina State Center for Health Statistics.

Disparities

- Incidence rates for syphilis, gonorrhea, and AIDs are higher among minorities compared to the total rate for Alamance County.
- The minority gonorrhea rate, although higher than the total rate, continues to decline; from 630.0 in 2001-2005 to 581.3 in 2003-2007.
- The minority syphilis rate, though it remains higher than the total Alamance County rate and higher than the state rate, has continued to decrease from 9.8 in 2001-2005 to 8.2 in 2003-2007.

Communicable Disease Rates per 100,000 population (2003-2007)	North Carolina	Alamance County Rate
AIDS Rates	12	8.6
Gonorrhea	181.9	160.7
Primary & Secondary Syphilis	2.9	2.2

Strengths

- Alamance County's five year AIDS rates have slightly decreased from 9.1 per 100,000 in 2001-2005 to 8.6 per 100,000 in 2003-2007.
- Alamance County's gonorrhea rate remains steady at 160.7 per 100,000 compared to 161.6 per 100,000 in 2002-2006 and is significantly lower than the state rate of 181.9 per 100,000.

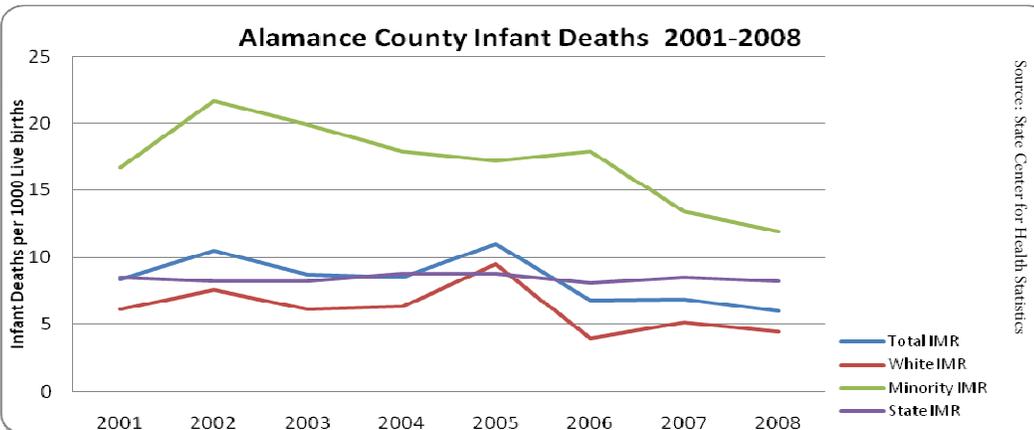
MORTALITY

Rank	ALAMANCE / Total Deaths
1	Cancer – All sites / 313
2	Heart Disease / 296
3	Cerebrovascular disease (stroke) / 100
4	Chronic lower respiratory disease / 73
5	Alzheimer's disease / 53
6	Other Unintentional injuries / 40
6 (t)	Diabetes mellitus / 40
8	Nephritis, nephrotic syndrome, & nephrosis / 37
9	Pneumonia & influenza / 22
10	Motor vehicle injuries / 21

The most recent data available from the North Carolina State Center for Health Statistics (2006) reveals that the leading causes of death in Alamance County are similar to those in counties across the state and nation. Cancer is the leading cause of deaths, heart disease accounted for 22% of deaths and stroke accounted for 7.4%. More than half of the deaths in the county were from one of these three causes. The rates for 2007 and 2008 should be available in January 2010 and can be accessed <http://www.schc.state.nc.us/SCHS/>.

INFANT MORTALITY

Infant mortality is defined as a death that occurs before an infant's first birthday. Alamance County's infant mortality rate for 2008 was 6.0 infant deaths per 1,000 live births. This marks the third year that Alamance County has achieved an infant mortality rate significantly lower than the previous five years. In addition, this is the third consecutive year that the county rate is lower than the state rate of 8.2 infant deaths per 1,000 live births. In 2008, the county reported 12 infant deaths. The state of North Carolina reported a total of 1,066 infant deaths in 2008. The white infant mortality rate for Alamance County decreased from 5.1 deaths per 1,000 live births in 2007 to 4.4 deaths per 1,000 live births in 2008. The infant mortality rate among minorities decreased from 13.4 deaths per 1,000 live births in 2007 to 11.9 deaths per 1,000 live births in 2008. The minority infant mortality rate has seen a downward trend for the last six years. However, the minority infant mortality rate in Alamance County is more than two times greater than the white infant mortality rate.



CenteringPregnancy®: In August 2009, Alamance County Health Department (ACHD) began offering CenteringPregnancy® prenatal care to maternity clients in an effort to improve birth outcomes. CenteringPregnancy® alters routine prenatal care by bringing women out of exam rooms and into groups for their care. Women have their initial OB visit in a traditional setting at which time they are invited to join 10-12 other women with similar due dates in meeting together regularly for prenatal care and health education. The groups form between 12 and 16 weeks of pregnancy and continue through the early postpartum period meeting every month for the first four months and then bi-weekly. Women learn not only from the facilitator but, more importantly, from one another and their own experiences. The inaugural ACHD group consists of nine maternity patients with varying backgrounds. Studies involving other sites have found that participants were less likely to experience preterm birth, maintained preterm pregnancies longer, had better birth weight outcomes, and initiated breastfeeding at a higher rate compared to traditional prenatal care participants (Ickovics, 2003 & 2007). In addition, participants have shown an improvement in prenatal knowledge and readiness in baby care compared to traditional care (Ickovics, 2007).

In 2007, the HEY Ladies program was created using targeted Infant Mortality Reduction Grant funds. HEY Ladies is a preconception health education program utilizing motivational interviewing to help individuals with behavior change.

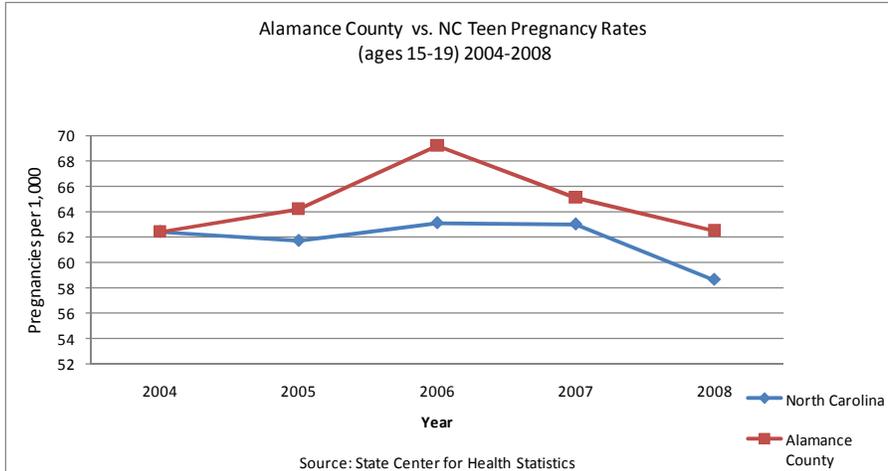
Since 2007, the HEY Ladies program has conducted over 1000 health education counseling sessions. Over 740 Multivitamins with folic acid and 560 wellness prescriptions have been distributed.

In 2008, using grant funds, the Healthy Beginnings Program began. This program works to improve social networks and social capital among African American women of childbearing age in an impoverished zip code.

Over 50 women have been served by the Healthy Beginning Program with ages ranging from 16-48 years. Services and classes offered include Financial Literacy, Self Esteem, Anger Management, Nutrition, Physical Activity, and SIDS prevention.

TEEN PREGNANCY

The Alamance County teen pregnancy rate decreased again in 2008 to 62.5 pregnancies per 1,000 girls aged 15-19 compared to 65.1 in 2007. Though the rate keeps decreasing in Alamance County, it still remains higher than the state rate of 58.6 in 2008 and 63.0 in 2007. In 2008, among girls ages 10-14, six pregnancies were reported compared to 14 pregnancies in 2007. There were 349 pregnancies among girls ages 15-19 in 2008 compared to 356 pregnancies in 2007. Strides are continuously being made to reduce the teen pregnancy rate in Alamance County.



In addition to the ongoing Teen Outreach Program (TOP) that has been implemented in Alamance County since 2003, progress is being made to increase parent-child communication. TOP, in collaboration with the Adolescent Health Partnership and Healthy Mothers, Healthy Babies Coalition of Alamance County (HMHB), hosted a Mother N' Daughter Walk-A-Thon. Participants walked a half mile trail and participated in a fact

finding scavenger hunt along the trail. They were given a set of questions regarding at-risk behaviors they had to answer using information posted on signs around the trail. The information included state and county statistics, pregnancy and STD information, abstinence, alcohol and drug information, self-esteem tips, and resources for teens. One of the community partner members translated the scavenger hunt questions and answers in Spanish to better serve the Hispanic community. Teens and parents also had an opportunity to visit booths representing agencies and organizations offering services for youth across Alamance County. The Mother N' Daughter Walk-A-Thon event was a strong and positive step towards preventing teen pregnancies and other health concerns for mothers and daughters in Alamance County.

To coincide with this event, TOP worked with community partners to purchase billboards to be posted throughout Alamance County which focused on parent-child communication with their children and served to kick off teen pregnancy prevention month. The billboards posted throughout the county featured this message "Every Morning an Alamance County Teen Wakes up Pregnant, Talk to Your Kids before it's Too Late". This message was launched to raise awareness about teen pregnancy and to encourage dialogue between parents and teens as a prevention tactic. The Alamance News featured an article about how the billboard draws attention to the county's teen pregnancies. The article presented information based on the 2007 reported pregnancy data. This article and the billboards made the community aware of the current teen pregnancy state in Alamance County and how much remains to be done.



AIR QUALITY

According to the 2007 Community Health Assessment (CHA), Alamance County has high levels of fine particle pollution, which is formed when gases from fuel react with sunlight and water vapor. This pollution has important health consequences for asthmatic children and the community at large. The EPA's acceptable cancer level due to pollution is one case in a million. The risk in Alamance County is 226 times greater than the acceptable level. While our proximity to the interstate is surely one cause of this problem, our own actions, such as idling, can exacerbate the issue.

According to the Alamance Burlington School System, there were a total of 1539 students with parent-reported asthma for the 2008-2009 school year, and the school system's medication survey showed 464 students taking asthma medications. Alamance County's hospitalization rate for childhood asthma was 5% higher than the state rate in 2005. According to Alamance Regional Medical Center, there were 238 children under the age of 18 that visited the hospital between October 2008 and September 2009 with asthma related symptoms, 173 of those had gone to the emergency department.

Because of the above facts, Alamance County community partners formed the Healthy Alamance Child Asthma Coalition. The Coalition continues to keep the community informed about the quality of air they breathe by seeking to reduce the burden of asthma in Alamance County through public awareness, education, and administration of asthma related activities. In October 2009, the Coalition was awarded the Enhancing Local Asthma Efforts grant to raise awareness on air quality. The current Air Quality Awareness Flag program will expand to include 26 additional community sites and place Air Quality Awareness magnets on all 16 Environmental Health vehicles. Anti-idling signs will be purchased and displayed at prominent drop-off and pick-up locations throughout the county. These signs will serve as a reminder to bus drivers, parents and caregivers the importance of turning off their car when waiting for their child.



Substance Abuse

Tobacco Prevention

Healthy Alamance Substance Abuse Task Force (SATF)



North Carolina, now serving smoke-free air!

On May 19th 2009, Governor Perdue signed House Bill 2, Prohibiting Smoking in certain public places into law. HB2 will go into effect on January 2nd, 2010 and provide protection from secondhand smoke in restaurants and bars across the state. HB 2 also authorizes some expansion of local control so that local governments can pass local ordinances restricting smoking in some other public places, including some worksites. The General Statute 130A-497, otherwise known as North Carolina's Smoke-Free Restaurants and Bars Law, was put into place because the NC General Assembly reviewed the finding that secondhand smoke has been proven to cause cancer, heart disease, and asthma attacks in both smokers and non-smokers. In 2006, the United States Surgeon General reported that "there is no risk-free level of exposure to secondhand smoke." This means that breathing in even a small amount of smoke from someone else's cigarette, cigar, or pipe could be harmful to you. The new law will protect people from the harm caused by secondhand smoke. The Alamance County Health Department will be working closely with business owners in regards to HB 2 legislation. To learn more, the state has developed a new website dedicated to educating the public on this issue, please visit: <http://www.smokefree.nc.gov> . The Healthy Alamance Chronic Disease Coalition, Child Asthma Coalition, and Substance Abuse Task Force have all been working hard to educate and advocate for smoke free workplaces and restaurants. On behalf of these committed volunteers and health professionals we would like to thank the representatives in Raleigh who supported HB 2.

The SATF acts as an advisory board for the administration of the Alamance-Caswell-Rockingham LME's NC Health and Wellness Trust Fund Teen Tobacco Use Prevention and Cessation Initiative grant. Phase III concluded in June 2009, and Phase IV of this grant runs from July 2009 through June 2012. A variety of tobacco prevention activities are conducted through this grant and the SATF, including youth empowerment, support for the Tobacco-Free Schools policy in the Alamance-Burlington School System, merchant education, the award-winning smoke-free restaurant campaign, community education, and parent education.

ActUp, is Alamance County's TRU group. TRU – Tobacco.Reality.Unfiltered – is a statewide youth movement promoting tobacco use prevention and cessation among young people. ActUp is composed of teens from ABSS high schools and continues to expand its membership. The teens are trained in tobacco-related topics, from Tobacco 101 to Advocacy 101, and are actively involved in the planning and implementation of tobacco prevention programming in ABSS and across the county.

The SATF and ActUp continue to promote public knowledge of the ABSS 100% Tobacco-Free Schools Policy and also work with ABSS to promote best practices to increase compliance with the policy. The LME promotes cessation resources available to students and staff from Quitline NC, in-school through Not-On-Tobacco classes for teens, and cessation classes for adults through Alamance Regional Medical Center (ARMC) and the Alamance County Health Department (ACHD).

Tobacco Prevention

The LME continues to work with the local Alcohol Law Enforcement (ALE) to ensure that tobacco and alcohol merchants are educated on the laws surrounding the sale of age-restricted products. In the summer of 2009, ActUp visited 22 local tobacco retailers to promote the Red Flag campaign, which encourages the careful checking of ID for age-restricted products, and to conduct StoreAlert surveys, in which tobacco ads are identified and counted within stores. Half of the stores surveyed received failing grades for StoreAlert because they had too many ads or ads that were too accessible to youth (i.e. child eye level, or near candy).

To get involved with ActUp, contact AlamanceTRU@gmail.com. For more information on the SATF, please contact Healthy Alamance.

For resources to help you quit please contact, NC Tobacco Use Quitline.



Substance Abuse

Alcohol Prevention

Underage Drinking Prevention

Healthy Alamance Substance Abuse Task Force

Elon Community Coalition to Prevent Underage Drinking

Last year The Healthy Alamance Substance Abuse Task Force was awarded one of eight North Carolina Coalition Initiative (NCCI) grants that would build capacity of community coalitions to develop a strategic prevention framework leading to the development of environmental strategies to reduce substance abuse.

As a result of this funding, the Elon Community Coalition to Prevent Underage Drinking formed to narrow the geographic focus and to serve as a prototype of underage drinking initiatives that could be replicated in other parts of the county. This community was identified based on the unique needs of the area, support from local law enforcement, the school system and local university. This community includes both urban and rural areas including the Town of Elon, west Burlington and the northwestern parts of Alamance County.

The Elon Community Coalition to Prevent Underage Drinking partners with the Healthy Alamance Substance Abuse Task Force in addressing many issues related to substance abuse as well as other health and social issues that that impact the well being of all citizens in Alamance County

Below is a snapshot of recent projects:

- Working closely with Alamance Burlington School System, Elon University, and various other youth groups such as : Alamance County Youth Advisory Council, ABSS DREAM Team, and Elon's Peer Educators.
- Implemented several Community Awareness campaigns including the 0-1-2 Campaign. This is defined as 0 drinks for those under 21, those who are driving, are pregnant or in recovery. For those over 21, who choose to drink alcohol, the recommended daily use is 1 standard drink per day for women and 2 standard drinks for men (a standard drink is 12oz. beer, 5oz. Wine and 1.5oz. 80 proof spirits).
- Talk It Up-Lock It Up is part of the SAFE HOMES program where parents pledge to provide adult supervision and not serve alcohol to underage youth in their homes or property, secure alcohol,, prescription drugs, firearms and other hazardous items and to encourage communication with other parents. Talk It Up-Lock It Up encourages parents to lock up their alcohol, to monitor the alcohol in their homes and of purchase large quantities of alcohol that is not secured.
- Conducted alcohol purchase surveys where a person over age 21 attempts to purchase alcohol in local retail establishments. The goal is to determine stores that would sell to a youthful appearing person without checking for proper identification and refusing to sell without proper identification. The coalition is noting an improvement with those establishments who comply with the law since the surveys began in 2006.

Alcohol Prevention



Members of the *Alamance County Youth Advisory Council* receiving United Way's Outstanding Volunteer Award for their work in addressing underage drinking in the community!

- Currently conducting community conversations with a range of citizens regarding their views and behavior around alcohol. The goal is to identify issues and trends of community members' concerns to be used for strategic planning purposes as well as increase the awareness about the issue of alcohol and underage drinking in the community.
- The coalition has also been active in policy advocacy providing educational efforts to support increasing the beer tax, a proven method to reduce the use of alcohol by underage, price sensitive youth and advocate keeping the legal drinking age at 21, to counter a national movement from the Amethyst Initiative to lower the legal drinking age.
- Red Ribbon Week activities received media attention via 4-TV spots including: History of the Movement, K-9 Demonstration, Plant the Promise, Community Resources & Pray for the Children.

To get involved with the Elon Coalition, please email kwebb7@bellsouth.net

CHRONIC DISEASE

The Healthy Alamance Chronic Disease Coalition continues to be active since established because chronic disease remains a top priority. It was formed to encourage disease prevention and reduce health disparities related to Heart Disease/Stroke, Cancer, and Diabetes. The group works in three subgroups: programs, policy, and media. Educational sessions for coalition members have been conducted bi-monthly on topics such as cancer, diabetes, physical activity, tobacco and participatory research.

Below are some accomplishments from 2009.

- Alamance & Graham Downtown Walking programs have been ongoing for 6-weeks both in the fall and spring, resulting in over 100 participants.
- Healthy Alamance was recertified as a Healthy Carolinian Partnership.
- Hillcrest Elementary School received the Fruit and Vegetable grant from the USDA. The Alamance County Health Department and Healthy Alamance have partnered with the school system on this initiative.
- Healthy Alamance is now on Facebook.
- The Health Department continues to promote wellness through programming at child care centers and industries.
- Implemented an annual Winter Moving Fest to engage the community in physical activity in the wintertime in partnership with the City of Graham. (Photos from the event are below.)



CHRONIC DISEASE

Healthy Alamance was recognized by the state for work done in the faith community surrounding diabetes prevention with the Charles Blackmon Leadership Award for Eliminating Health Disparities in October 2009. The Being Healthy Counts to HIM program and Faith Based Initiative continue to be dynamic in the county. A Faith Forum is being planning for 2010 in which church leaders can come together and receive education on how to start a health ministry. This program was also recognized by NC State University and was presented at the Annual Southeast Chapter of the American College of Sports Medicine (SEACSM) in February 2009.

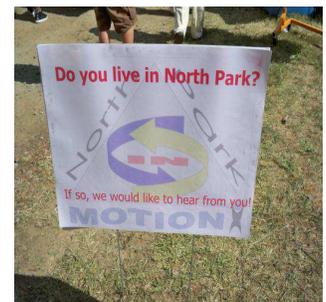


The Alamance County Health Department, Healthy Alamance, along with Elon University and Alamance Burlington School System have been working with the City of Burlington on the second year of funding through the FIT Community Grant, funded by the NC Health & Wellness Trust Fund and managed by Active Living by Design. The program, called North Park in MOTION, has truly taken shape in East Burlington where the year two activities are taking place. Opportunities for dance, walking, biking, and leadership are underway.

The Alamance County Health Department in partnership with Cooperative Extension had their first on-site Community Garden Program this spring and continued the weekly Farmers Market.



To get involved with the Chronic Disease Coalition please contact Healthy Alamance at 336-513-5590.



TRANSPORTATION

Study deems public transit possible for Alamance County in 2011



[By Michael D. Abernethy / Times-News](#)

August 16, 2009

Results of a privately funded study show the possibility of fixed-route public transit in Alamance County by July 2011.

The 50-page report, which includes guidance for funding and routes, will be presented to the Burlington-Graham Transportation Advisory Committee, a board of local officials that works with the state on transportation issues. The report gives a timeline for three phases of bus service, beginning with park-and-ride service in October 2010 and expanding to fixed-route service by 2011.

The report was created using a 2006 feasibility study and input from residents in Burlington, Graham, Mebane, Elon, Gibsonville and Haw River, as well as the Piedmont Authority for Regional Transit — which runs bus service in Triad counties. PART is currently in talks with Burlington and Alamance County officials to start a commuter park-and-ride service here.

The city of Burlington has earmarked federal grants and stimulus money that would pay for buses and build three park-and-ride lots in Alamance County near Interstate 85/40, said City Manager Harold Owen. The City Council has endorsed a park-and-ride system, which hinges on action and additional taxes enacted by the Alamance County commissioners. The council has not endorsed a fixed-route transit system.

The study was funded by the Hayden-Harman Foundation, a private, nonprofit organization that supports large-scale projects in and around Alamance County. Kurt Neufang, with Charlotte-based planning firm URS Corporation, completed the report.

Patrick Harman, Executive Director of the Hayden-Harman Foundation, says the report is meant as a guide for local governments to move forward with planning and paying for public transit.

Bus fare would be \$1.25, with seniors and the disabled paying 60 cents per trip. The 2006 study estimated 150,000 passengers within the first year of service, growing to about 185,000 passengers in the second year.

Fares would only cover about 12 percent of the cost needed to pay for busses, fuel and maintenance. Most of the funding would come from a \$1 addition to local vehicle taxes. That measure has been discussed but not yet approved by the Alamance County commissioners.

It will take about \$3.8 million to pay for buses and park-and-ride lots for startup. A longer-range outlook shows a \$700,000 to \$800,000 annual financial commitment that would be shared between the county and municipalities.

A public transportation implementation study funded by the Hayden-Harman Foundation shows the possibility for fixed-route bus service as soon as July 2011. The study will be presented to local officials this week and includes the following steps:

TRANSPORTATION

- Phase IA — Park and Ride, October 2010
Shuttles to and from three park-and-ride lots, provided by Piedmont Authority for Regional Transportation, would begin bus service in Alamance County. The lots would be close to Interstate 85/40, near Alamance Regional Medical Center in Burlington, between N.C. 87 and N.C. 54 in Graham and near the Mebane Oaks Road exit in Mebane. The park and ride service would connect commuters to bus services in Greensboro and Winston-Salem and to Chapel Hill and the Triangle.
- Phase IB — Local feeder service, January 2011
Three feeder routes would take people to and from the park-and-ride lots to downtowns, shopping areas and the hospital.
University Drive, Huffman Mill Road, Webb Avenue, and North Church Street to U.S. 70 East would be the major routes for picking up passengers at Elon University, ARMC, Alamance Crossing, downtown Burlington and Graham, Haw River and Mebane.
- Phase II — Fixed-route service, July 2011
Seven fixed-route shuttles would run hourly and half-hourly service. They are: Burlington-Gibsonville; Burlington-Graham-Mebane; West Church; East Burlington; Feeder Service Route 3, from east Burlington to Mebane; Burlington-Elon; and Elon-Alamance Crossing.

The Transportation Task Force that was formed after the 2007 Community Assessment has worked hard to educate and advocate for the development of public transportation in Alamance County. As a result, over 1,000 people signed a petition in 2009 in support of public transportation for Alamance County.

Public Petition

In support of Public Transportation in Alamance County

To: All governing councils within Alamance County, NC

- Alamance County Commissioners
- Burlington City Council
- Graham City Council
- Town of Elon Board of Aldermen
- Town of Gibsonville Board of Aldermen
- Mebane City Council
- Town of Haw River Council

We, the undersigned petitioners, support the recent efforts of our local officials to learn about and discuss the development of a public transportation system within Alamance County.

We, the undersigned petitioners, support the effort of the Burlington City Council and Alamance County Commissioners to partner with the Piedmont Authority for Regional Transportation (PART) to develop a park-and-ride service for Alamance County.

We, the undersigned petitioners, request that our local governing councils support the development of a fixed-route service within Alamance County through capital investment, collaboration among municipalities, grant funds, and dedicated revenues.

We, the undersigned petitioners, believe a fixed-route service would be of the greatest benefit for us and our neighbors. A fixed-route service would allow us and our neighbors to access services, commute to work, maintain our independence, and meet everyday household needs while saving money.

We, the undersigned petitioners, commit to using a fixed-route service when implemented in Alamance County.

H1N1

In April 2009, a new flu virus was first detected in people in the United States. First called “swine flu”, the virus is now identified as 2009 H1N1 flu. This virus is spread from person-to-person worldwide and was declared a pandemic on June 11. This was the first pandemic flu virus in more than 30 years, but no surprise to the Health Department, who has had a pandemic flu plan for several years.

Right away, the ACHD Epidemiology team stood up a response that coordinated efforts to reduce death, disease, and social disruption from this illness. The Health Department was the lead agency in a unified command with many local agencies. In a rapid pace of information and briefings, local public health and local emergency response partners gathered information about the unfolding situation and began an on-going public information campaign. Activities included delivering isolation and quarantine orders, and when those were no longer useful, establishing criteria for increased vigilance and recommendations for schools, child care centers, businesses, and area providers.

Human infections with 2009 H1N1 are ongoing in Alamance County. Unlike seasonal flu, most cases are children and young adults. In most cases, the virus is causing mild to moderate illness. In the beginning, the Health Department activated isolation and quarantine plans to contain the disease and coordinated testing and reporting of suspect and probable cases. By June, person-to-person transmission was established locally, so our strategy shifted away from testing to enhanced surveillance in schools and childcare centers, along with providing education and recommendations in a variety of settings about community mitigation and social distancing measures that will limit the spread of disease.

Most people who have become ill with this new virus have recovered without requiring medical treatment. In May and October, the Division of the Strategic National Stockpile (SNS) released assets, including antivirals and personal protective equipment, in case of local shortages.

When the H1N1 flu vaccine became available in mid-October, the Health Department hosted clinics and facilitated distribution in a blended campaign with more than 80 partners, ranging from private practice doctors’ offices and pharmacies to worksites and schools.

To date the Health Department has administered over 2200 vaccines to the community, staffed the flu call line, answered hundreds of flu calls in house and kept our clinics going here at the health department, too.

For more information about H1N1 in Alamance County, please visit www.alamanceflu.com