



## District 2 Public Health

David N. Westfall, M.D., MPH, CPE, Health Director  
1280 Athens Street • Gainesville, Georgia 30507  
PH: 770-535-5743 • FAX: 770-535-5958 • [www.phdistrict2.org](http://www.phdistrict2.org)

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Banks, Dawson, Forsyth, Franklin, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union and White Counties

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**FOR IMMEDIATE RELEASE**

CONTACT: Dave Palmer, Public Information Officer

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PH: 770-531-5679 • FAX: 770-535-5958  
[dbpalmer@dhr.state.ga.us](mailto:dbpalmer@dhr.state.ga.us)

### **Banks County Health Statistics**

GAINESVILLE, GA -- Most of us have read, heard or watched news stories about obesity, heart disease, diabetes, or other conditions that affect the health status of our communities. Often these articles are based on national or state statistics and rarely focus on local communities. However, you might be surprised to see how your county stacks up against the rest of the state.

Health statistics for 2011 in Banks County show that some risk factors for infants and youth are greater than the Georgia rates.

	Banks	Georgia
Teen Pregnancy (2009, per 1000)	40.1	31.5
Infant Mortality (2008, per 1000)	4.8	8.0
Low Birth Weight (2009)	10.9%	9.5%
Mothers Smoked (2009)	8.1%	6.5%
Premature Births (2009)	11.4%	12.0%
High School Dropout Rate	4.1	3.6
Juveniles Served by DJJ (2009, per 1000)	17.3	16.6
Child Abuse and Neglect (2010, per 1000)	12.6	8.0

The possibility for health complications for low birth weight and premature babies later in life is significant. Low birth weight and premature babies are at higher risk for inhibited growth, slower mental development, and are more likely to develop chronic illnesses. Statistics also show that students who drop out of high school are less likely to be employed and are more likely to be involved in crime. Often they also experience poorer health, including mental health, than high school graduates.

Diet, lack of physical activity, and genetically transmitted conditions can also contribute to an individual's health status. The leading cause of death in Banks County is heart disease. Below is a snapshot of how Banks County compares to Georgia in general health risks.

	Banks	Georgia
Blocked Coronary Arteries	136.5	55.8
Other Heart Disease	101.6	84.4
Lung Cancer	59.7	50.7
Motor Vehicle Accidents	58.3	15.3
Stroke	45.9	46.8
Suicide Rate (2004-08, per 100,000)	17.2	10.1
Overweight (Body Mass Index over 25)	15.0%	12.9%
At Risk for Overweight	15.7%	12.1%
Persons per physician	2400	516

The risks for many health conditions can be lowered by a healthy diet, getting the proper amount of physical activity and having regular checkups. It is important to eat a healthy balance of protein (lean meats or other sources), vegetables, fruits, grains and dairy products.

Alcohol, tobacco and drugs can harm your body. If you consume alcohol, you should do so in moderation. Prescription drugs should only be taken by the person the drugs are prescribed for and only as directed by their physician. Abusing or misusing prescription drugs is as dangerous as illegal (street) drug use and should be avoided. Smoking, chewing, or dipping tobacco products can cause cancer and should be avoided. If an individual is a current tobacco user, they can call the Georgia Quit Line at 1-877-270-7867 (English) or 1-877-266-3863 (Spanish) to learn how to quit.

	Banks	Georgia	Average age onset
Alcohol Use *	24%	13.4%	13.4
Tobacco Use *	24%	12.6%	12.6
Marijuana Use *	13%	13.6%	13.6
Other Drugs *	10%	11.3%	11.3

*\* Statistics are from the Georgia Student Health Survey (2010-2011) and indicates self-reported use in the last 30 days by students in grades 6, 8, 10 and 12 completing the survey.*

The Banks County Health Department offers a variety of services that address the health issues mentioned above. For instance, the Women's Health program offers education for women about

nutrition, pregnancy and breast feeding. The immunization program provides vaccination schedules for children and adults to make sure all residents are properly vaccinated. The Child Health program offers hearing and vision screenings as well as examinations to keep your child on the road to better health. The dental program is available to eligible children up to 21 years of age.

The environmental health section keeps our community healthy by inspecting food service establishments, tourist accommodations, and permitting septic systems. For more information call or visit your local health department or visit [www.phdistrict2.org](http://www.phdistrict2.org) to learn more.

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Sources for information taken from:

**2010 Kids Count Survey** (Georgia),

<http://datacenter.kidscount.org/data/bystate/stateprofile.aspx?state=GA&group=DataBook&loc=12>

**OASIS** (Online Analytical Statistical Information System)

<http://oasis.state.ga.us/>

**U.S Census Bureau**

<http://2010.census.gov/2010census/>

**Georgia Department of Juvenile Justice (DJJ)** Fostering Court Improvement

[http://children.georgia.gov/00/channel\\_modifieddate/0,2096,113927404\\_114432226,00.html](http://children.georgia.gov/00/channel_modifieddate/0,2096,113927404_114432226,00.html)

**Georgia WIC Program**

<http://wic.ga.gov/>

**Georgia Board for Physician Workforce**

<http://gbpw.georgia.gov/portal/site/GBPW/>

**Georgia DOE and Student Health Survey II**

<http://admin.doe.k12.ga.us/gadoe/sla/gshs.nsf/SurveyMS-v9a?OpenForm&suid=706-2050>