

# Study shows Carroll health concerns

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A recent study shows that although people are beginning to eat healthier in Carroll County, the adulthood obesity rate is at a steady increase.

The study comes from The Partnership for a Healthier Carroll County, a nonprofit that works to improve the health and quality of life in the county. It has created an updated Healthy Carroll Vital Signs Dashboard to give a snapshot of Carroll's most current health issues.

The 2010 dashboard shows which health risk factors are improving and which ones are worsening in the county.

Rebecca Herman, a spokeswoman for the Partnership, said the main study, Healthy Carroll Vital Signs II 2008, has about 70 items of data.

She said they check for updated information each year, which is how they cre-

## ONLINE

■ **Carroll County Vital Signs II 2008 Study:**  
[http://www.healthycarroll.org/02\\_2010/Healthy-CarrollVitalSignsII\\_2008.pdf](http://www.healthycarroll.org/02_2010/Healthy-CarrollVitalSignsII_2008.pdf)

■ **2010 Healthy Carroll Vital Signs Dashboard:** [http://www.HealthyCarroll.org/04\\_2010/HCVS%20Dashboard%202010\\_FINAL\\_19-APR-10.pdf](http://www.HealthyCarroll.org/04_2010/HCVS%20Dashboard%202010_FINAL_19-APR-10.pdf)

ated the new dashboard.

Herman said the Partnership compiles the data from about 30 different sources, but The Behavioral Risk Factor Surveillance System is the main source of information.

The Behavioral Risk Factor Surveillance System is the world's largest, on-going telephone health survey system, tracking health conditions and risky behaviors in the United States yearly since 1984, according to the Centers for Disease Control and Prevention's website. Data are collected monthly in all 50 states, Washington, D.C., Puerto Rico, the U.S. Virgin Islands and Guam.

Information collected includes subjects ranging from crime statistics to cancer death rates.

"It's a broad cross-section of different indicators to get an idea of the health of the community," Herman said.

Herman said the data help individuals and organizations in the community look at the most critical health problems and anticipate emerging concerns.

"It really does help us be more efficient with our resources," Herman said.

Karen Koenigsberg, spokeswoman for Get Connected Family Resource Center, said the study helps them assist the families

the group works with.

"For us, it's a way to give them information," Koenigsberg said.

With the information, the organization gives the families a direct source to go to for help with issues like addiction and physical and mental health.

Koenigsberg said this takes a lot of pressure off the family to find the resources for itself.

"If they are looking for ways to be a healthier family, we can refer them to the Health Department," Koenigsberg said.

Herman said the information is useful to anyone in Carroll County.

"We would really like people to find an area that means something to them [in the study]," Herman said. "If you see an area that you think help is needed, jump in and give what you have to give."

Herman said the study helps to educate the community and to evaluate the effectiveness of current programs.