

Stokes County 2016 Community Health Assessment



Compiled by:

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Public Health
Prevent. Promote. Protect.

Table of Contents

| TOPIC | PAGE # |
|---|---------------|
| <u>Acknowledgements</u> | 5 |
| <u>Introduction</u> | 6 |
| <u>Executive Summary</u> | 8 |
| The value of the Community Health Assessment | |
| What is a Community Health Assessment? | |
| Health Data Collection Process | |
| <u>History and Geography</u> | 13 |
| <u>Demographics and Social Economic Issues of Stokes County</u> | 15 |
| <u>Demographics</u> | 18 |
| Gender Differences | |
| Racial Composition | |
| Population Growth | |
| Population by Age and Sex | |
| <u>Education</u> | 21 |
| SAT Education Scores | |
| Educational Attainment | |
| Dropout Rates | |
| School Enrollment | |
| List of Schools in Stokes County | |
| List of Childcare Facilities in Stokes County | |
| Head Start Centers | |
| Pre-K Locations | |
| <u>Socioeconomics</u> | 28 |
| 25 Largest Employers in Stokes County | |
| Household Income & Benefits | |
| Poverty | |
| Median Household Income | |
| Unemployment rates | |
| Uninsured | |
| 2015 Active Health Professionals | |
| <u>Environmental Health</u> | 35 |
| Stokes County Environmental Health Data | |
| Elevated Blood Lead Levels | |
| Quick Facts | |

Table of Contents (continued)

| TOPIC | PAGE # |
|--|---------------|
| <u>Adult Health</u> | 39 |
| Leading Causes of Death | |
| Cardiovascular Disease | |
| Stroke | |
| Diabetes | |
| Colorectal Cancer | |
| Lung Cancer | |
| Traffic Crashes that are Alcohol-Related | |
| Driving Under the Influence (DUI) | |
| Suicide | |
| Unintentional Death Rates | |
| <u>Pregnancy</u> | 50 |
| Conception \leq 6 mos. After Last Delivery | |
| Cesarean Section | |
| Births Delivered by Gestation | |
| Smoking during Pregnancy | |
| Low Birth Rate by Race | |
| Infant Deaths | |
| Child Deaths | |
| <u>Stokes County Communicable Disease Reports</u> | 55 |
| Gonorrhea Rates | |
| Chlamydia Rates | |
| <u>Child Health</u> | 58 |
| Overweight & Obese Ages 2-18 Years | |
| <u>Stokes County Health Resources Inventory</u> | 58 |

Table of Contents (continued)

| TOPIC | PAGE # |
|--|---------------|
| <u>Selected Priorities</u> | 63 |
| Substance Abuse | |
| Mental Health | |
| Chronic Conditions | |
| <u>Stokes County 2016 Community Health Assessment Survey</u> | 64 |
| 2016 Stokes County Community Health Assessment- Adult Survey | |
| 2016 Stokes County Community Health Assessment- Youth Survey | |

The mission of the Stokes County Health Department/Family Health Center is to promote health and safe living, prevent disease, care for the sick, protect the environment and provide essential services to meet community needs.

The vision of Stokes County Health Department/Family Health Center is to work together to improve health in our community.

Stokes County does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.

Acknowledgements

The 2016 Stokes County Community Health Assessment Report was prepared by the Stokes County Health Alliance Committee and the Stokes County Health Department.

Special thanks to the Community Health Assessment Team for helping to develop the survey, distribution of the survey and selecting health priorities.

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Active Routes to Schools

Stokes County Comprehensive Transportation Planning Committee

Stokes County Health Services Alliance

Stokes County Human Services Advisory Committee

Introduction

Local public health agencies in North Carolina (NC) are required to conduct a Comprehensive Community Health Assessment once every four years. This community health assessment, which describes both a process and a document, is intended to describe the current health status of the community, what has changed since the past assessment, and what still needs to change to improve the health of the community. The process involves the collection and analysis of a large range of data, including demographic, socioeconomic and health statistics, environmental data, and public and professional opinion. The document is a summary of all the available evidence and serves as a resource until the next assessment. Together they serve as the basis for prioritizing the community's health needs, and culminate in planning to meet those needs.

The primary source of health data for this report was the North Carolina State Center for Health Statistics (NC-SCHS), County Health Data, Behavioral Risk Factor Surveillance System, Vital Statistics and Cancer Registry. Other health data sources included: National Center for Health Statistics and local (e.g., hospital, health department and department of social services) data has been included where appropriate.

Primary data was collected via youth and community surveys and focus groups among individuals within various communities throughout Stokes County. The youth survey was conducted among teens attending the three high schools in the county. The teenage participants, each of whom filled out a specially designed pen- and-paper survey instrument, were asked to provide demographic information about themselves such as zip code, gender, age and race. Other survey questions sought information about their opinions of county health and health behavior problems, how they accessed health care, and what they did to take care of themselves

and keep themselves safe. The adult survey was conducted via two different methodologies. The first involved convenience sampling at various community sites and events to collect a large number of responses to a pen-and-paper survey; the second involved gathering information through Survey Monkey. The same adult survey instrument was used in each methodology. The primary data was collected using an electronic web survey (SurveyMonkey).

The purpose of the health survey is to provide updates on key health indicators and to identify emerging public health issues among adults and children residing in the county. Importantly, the survey allows professionals at the SCHD to track health issues over time. To properly address the root causes of poor health, the survey looks beyond risk factors for individual diseases to factors in the physical and social environment that influence health, such as safety, poverty, and educational attainment.

Survey participants were asked to provide demographic information about themselves by selecting appropriate responses from lists describing categories of age, gender, race and ethnicity, education level, and household income level. This demographic information was collected in order to assess how well the survey participants represented the general population of the county. Other survey items sought participants' opinions on health problems and behaviors. Participants also were asked questions about their personal health and health behaviors. All responses were kept in confidence and not linked directly to the respondents in anyway. Copies of the survey instruments appear in the Appendix to this report.

Executive Summary

Ongoing assessment of the health status of the population is a core function of local health departments, and improving the availability of high quality health information and services remains a major priority for the Stokes County Health Department (SCHD). The SCHD Health Education/Promotion Section is charged with carrying out this assessment function by collecting, assessing and disseminating population-based health information to plan, evaluate, and develop policies, programs and services by collaborating with individuals and agency partners within the county. The SCHD functions as a primary vehicle for gathering information about access to health care, health care utilization, health behaviors, health status, and knowledge and perceptions of health-related issues among the Stokes County population. The respondents' geographical breakdown of the primary data consists of the following areas and percentages: Danbury population 187 or (0.4%), Walnut Cove population 1,409, or (3%), and the City of King population 6,887 or (14.7%), Unincorporated parts of Stokes County and remaining parts of the county with a population of 38,280 or (81.9%).

Also, a modified Delphi method (comparative analysis) was used. Delphi is based on the principle that forecasts from structured groups of individuals are more accurate than those from unstructured groups. Form this survey and focus groups the primary and secondary data was completed with the Community Health Assessment Team Members to identify similar trends and health issues within Stokes County.

The Value of the Community Health Assessment:

- Compile community health related data and data interpretation promote collaboration and partnership among community members and groups.
- Fulfill society's interest in assuring conditions in which people can be healthy.

- Share the assessment process and findings with the county residents and educate local partners, residents, health care providers, and students regarding pressing health problems.
- Create collaborative interventions to promote better health, while empowering community members to act on issues of concern.
- Advocate for lasting community change with politicians and other local decision makers.
- Create a safe environment for persons living healthy lives to employ good health practices.
- Identify emerging issues.
- Generate baseline data by which to monitor performance to plan public health organizational and programmatic changes.
- Provide performance measures for strategic public health planning.
- Serve as a reference point and historical perspective for future county assessments.
- Provide a resource for activities such as writing grant applications. Maintain local public health accreditation status.
- Comply with the North Carolina Public Health Consolidated Agreement.
- Learn about the level of emergency preparedness of Stokes County residents and the community.

What is a Community Health Assessment?

A community health assessment (CHA) is the foundation for improving and promoting the health of community members. The role of the community health assessment is to identify factors that affect the health of a population and determine the availability of resources within the community to adequately address these factors.

In a community based assessment, the community members take the primary responsibility for determining the focus of the assessment activities at every level, including collection and interpretation of data, evaluation of health resources, identification of health problems, and development of strategies for addressing these problems. In this view, the community assessment is done by the community rather than simply an assessment conducted on a community.

The community health assessment process begins with the development of the community based team. Once the team is established they work to collect data from the community and other resources, analyze this data, establish health priorities based on this data and conclude the process by creating a report based on what they have learned about the health of the county and disseminating it to community partners and members. After the report is developed and shared with the community, the CHA team, along with Stokes County Healthy Carolinians members and the Stokes County Health Advisory Committee, works to develop action plans to address the health priorities determined through this process.

Per the NC Public Health Consolidated Agreement, local health departments are required to conduct a comprehensive CHA once every four years. The CHA is intended to study the current health status of the community, what has changed since the last assessment, and what still needs to change to improve the health of the community.

The CHA is also a vital component of the North Carolina Public Health Accreditation process. The CHA report accounts for seven accreditation benchmarks and numerous activities required for those benchmarks. The completion of the CHA process and document is essential for the Stokes County Health Department to remain an accredited health department.

While the CHA is required of the health department it is also considered good public health practice. Assessment is one of the three core functions of public health and a major part of the ten essential public health services because the outcome report helps drive strategic plans for public health activities, programs and services.

The CHA is a combination of primary and secondary data. The primary data was collected using an electronic web survey (SurveyMonkey). The purpose of the health survey is to provide updates on key health indicators and to identify emerging public health issues among adults and children residing in the county. Importantly, the survey allows professionals at the Stokes Public Health Department to track health issues over time. To properly address the root causes of poor health, the survey looks beyond risk factors for individual diseases to factors in the physical and social environment that influence health, such as safety, poverty, and educational attainment.

Questions for the survey were developed by a community-based Stokes Health Alliance Committee. When the committee first formed, members were asked to bring questions that would be used to collect necessary health information from the community, in addition past assessments tools were also considered. Once these questions were developed, committee members then decided which ones should be included on the survey and how each should be worded. Once the survey was completed it was piloted to roughly 40 community residents to gauge the surveys understandability. Once the pilot was completed and improvements were made, based on the feedback received, the survey was made available for the public to complete from June 1, 2016– September 2016. There 259 responses to our adult survey and 1,006 youth completed the survey through our school system. The results of the 2016 CHA survey were then analyzed by the online SurveyMonkey software. The CHA survey data is the primary data

collected for the health assessment process. This large sample size enabled the survey to provide estimates not only of the health of the county population overall, but of people residing in the county's many different geographic regions. The survey also provides valuable information about the health of the county's major racial/ethnic sub-groups and numerous other demographic groups. Data are collected from households of all educational and income levels, including the most vulnerable residents and those living below the federal poverty level.

The secondary data collected for the health assessment process came from the North Carolina State Center for State Health Statistics' Community Health Data Book 2017, the U.S. Census Bureau American Community Survey, the Kids County Data Center, the NC Employment Security Commission and other published data as noted within this document.

The CHA Committee members from various constituents and agencies identified, analyzed and prioritized community health problems using the primary and secondary data that were both qualitative and quantitative. The following were just a few issues that were considered when choosing top health priorities: 1) the county's growing substance abuse (drugs and alcohol) issues, 2) mental health services/issues that might influence the community's ability to address the health priorities, 3) the growing number of chronic health conditions related to obesity or lack of physical activity 4) the access of care to individual within very rural parts of Stokes County, and 4) lack of community transportation.

History and Geography

Stokes County was founded in 1789 and is a member of the regional Northwest Piedmont Council of Governments. County government is made up of 5 Elected County Commissioners with an appointed County Manager and appointed Tax Administrator. Other elected officials are the Sheriff, Clerk of Court, and Register of Deeds. School Board Members are elected to a 5 member board that appoints a Superintendent and presents the budget to County Commissioners for approval. The Health Department is a department within the County Government System. There are nine major divisions (Executive, Clinical Services, Environmental Health, Health Administration, Home Health, CC4C/PCM, WIC, Health Education and Emergency Preparedness) within the department and those together employ personnel totaling 48 full time employees who deliver multiple public health programs and services to the citizens of Stokes County. There are three facilities from where team members work to serve the public.

According to the U. S. Census Bureau the county has a total area of 456 square miles (1,181 km²), of which, 452 square miles (1,170 km²) of it is land and 4 square miles (10 km²) of it (0.89%) is water. The county lies within the Piedmont region of western North Carolina, and most of the terrain consists of gently rolling countryside. However, the Sauratown Mountains run across the center of the county. The Sauras are named after the Saura Native American tribe which lived in the county before European settlement. A chain of jagged ridges, the Sauratown Mountains are an isolated remnant of the Blue Ridge Mountains far to the west. Although the Sauratown Mountains occupy only 5% of Stokes County, they dominate the scenery from almost any direction, abruptly rising from 800 to 1,700 feet (520 m) above the surrounding terrain. Moore's Knob, the highest point in the chain, rises to 2,579 feet (786 m). Most of the county is less than 1,000 feet (300 m) above sea level. The Dan River runs from the Northwest Corner to

the Southeastern section of Stokes County (Covering over 56 Miles of River Recreation). Stokes County is home to Hanging Rock State Park and also has the mass majority of Belews Lake (located in the southeast corner).

Demographics and Social economic issues of Stokes County

Stokes County is made up of several incorporated towns and many unincorporated towns. The incorporated towns include the City of King which is the largest municipality in the county with a population of 6,906, and Walnut Cove with a population of 1,402 and Danbury with a population of 188. Stokes County Demographics shows the county population standing at 46,351 which is a 2% decrease since the last Community Health Assessment in 2012.

As for race breakdown, Caucasian make up 94% of the population, African American 4%, Hispanic of any race 1%, and races of two or more 1%. The breakdown of population by age; under the age of five stands at 4.5%, persons under the age of 18 is 19.7%, person 65 years of age or older is 19.7% of the population. The majority of the population 56.1% is between the ages of 18-64 years of age. Per Capita money income in the last 12 months (2015) was \$20,950 and the median household income range from 2011-2015 was \$40,696 compared to \$46,860 for North Carolina. In Stokes County 15.3% of individuals live below the poverty level compared to North Carolina's rate of 16.4%.

One of the biggest issues here in Stokes County is the significant number of drug overdoses (Opioid/Heroin) that are becoming more prevalent. There has been a statistically significant increase in drug overdose death rates from 2014 to 2016. Heroin use has been increasing in recent years among men and women, most age groups, and all income levels. Some of the greatest increases have occurred in demographic groups with historically low rates of heroin use: women, the privately insured, and people with higher incomes. In particular, heroin use has more than doubled in the past decade among young adults aged 18 to 25 years. The majority of drug overdose deaths (more than six out of ten) involve an opioid.

Most people who abuse prescription opioids get them for free from a friend or relative. However, those who are at highest risk of overdose (using prescription opioids non-medically 200 or more days a year) get them in ways that are different from those who use them less frequently. These people get opioids using their own prescriptions (27 percent), from friends or relatives for free (26 percent), buying from friends or relatives (23 percent), or buying from a drug dealer (15 percent). Those at highest risk of overdose are about four times more likely than the average user to buy the drugs from a dealer or other stranger.

The second issue that Stokes County is faced with is the lack of mental health resources. The individuals with mental health issues cycle through county services: hospital emergency departments and, social services. Even if there is access to care, there are cultural stigmas to mental illness that are particularly acute in rural areas and may keep people from seeking care. In a small community where everyone knows everyone, many don't want their car seen in the parking lot of a behavioral health specialist. Despite all of the obstacles, a movement toward changing the balance of access and care in rural regions is showing signs of life.

We have found that those individuals with mental health problems that do not seek help or treatment will often become involved in the aforementioned substance abuse problem in our county. These individuals may turn to prescription drugs or illegal drugs to help the mental conditions that they have (self-medicate) instead of seeking help with a professional.

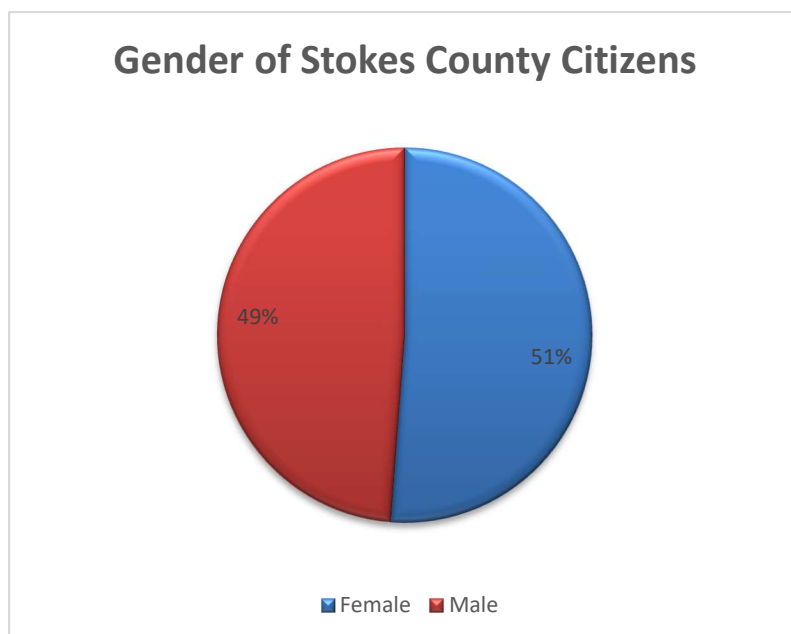
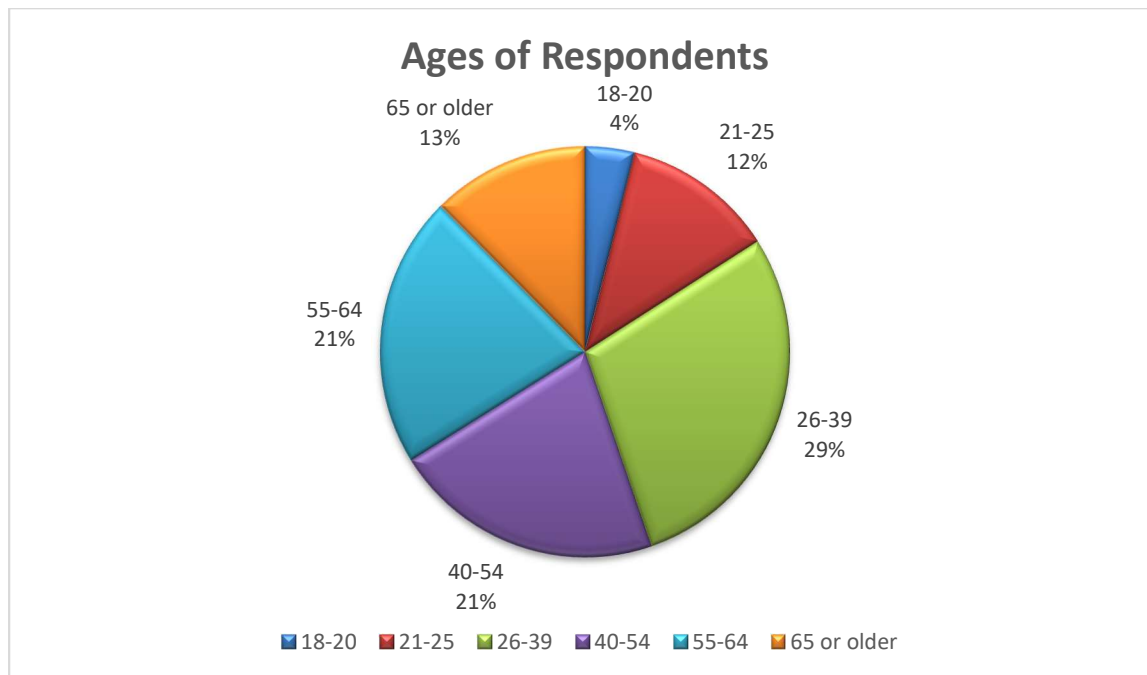
There is a lack of medical providers for this county along with longevity of professional staff for the health department. The area north of the mountain range is considered medically underserved. Access to care for primary care physicians and dentists are still very low compared to the state averages. In 2014, for every 10,000 individuals there are only 5 primary care

physicians in Stokes County compared to NC averages of 9 primary care physicians per 10,000 individuals. For dentists, Stokes County has 1 dentist for every 10,000 individuals.

Stokes County being a rural county our population tends to show higher incidence of disease in a number of areas including heart disease, respiratory disease, and disability associated with chronic health conditions, and obesity. Rural populations disproportionately suffer from chronic disease relative to the general public. Access to quality health care in rural areas is restricted by poor infrastructure and a smaller health care workforce, hindering the utilization of preventative health services and compromising the implementation of wellness and healthy lifestyle programs.

This area also has the only county hospital, which just recently went from non-profit to profit with the change of management. In addition, there is only one medical provider in this area. Stokes County Health Department also sees a number of individuals in their primary care clinic. Often, many of these patients need referrals to other medical providers in other counties due to their complicated medical needs that our practitioners cannot treat to the standard of practice as needed. With the low number of medical providers, lack of services at the county hospital and ease of access to care, it makes it hard for individuals to receive medical care in Stokes County. Add individuals for being uninsured and underinsured, lack of county funds, along with the Department of Social Services assigning individuals to the health department as their primary care providers, makes it a very unique situation in trying to provide care for the citizens of Stokes County and still address all the public health mandates.

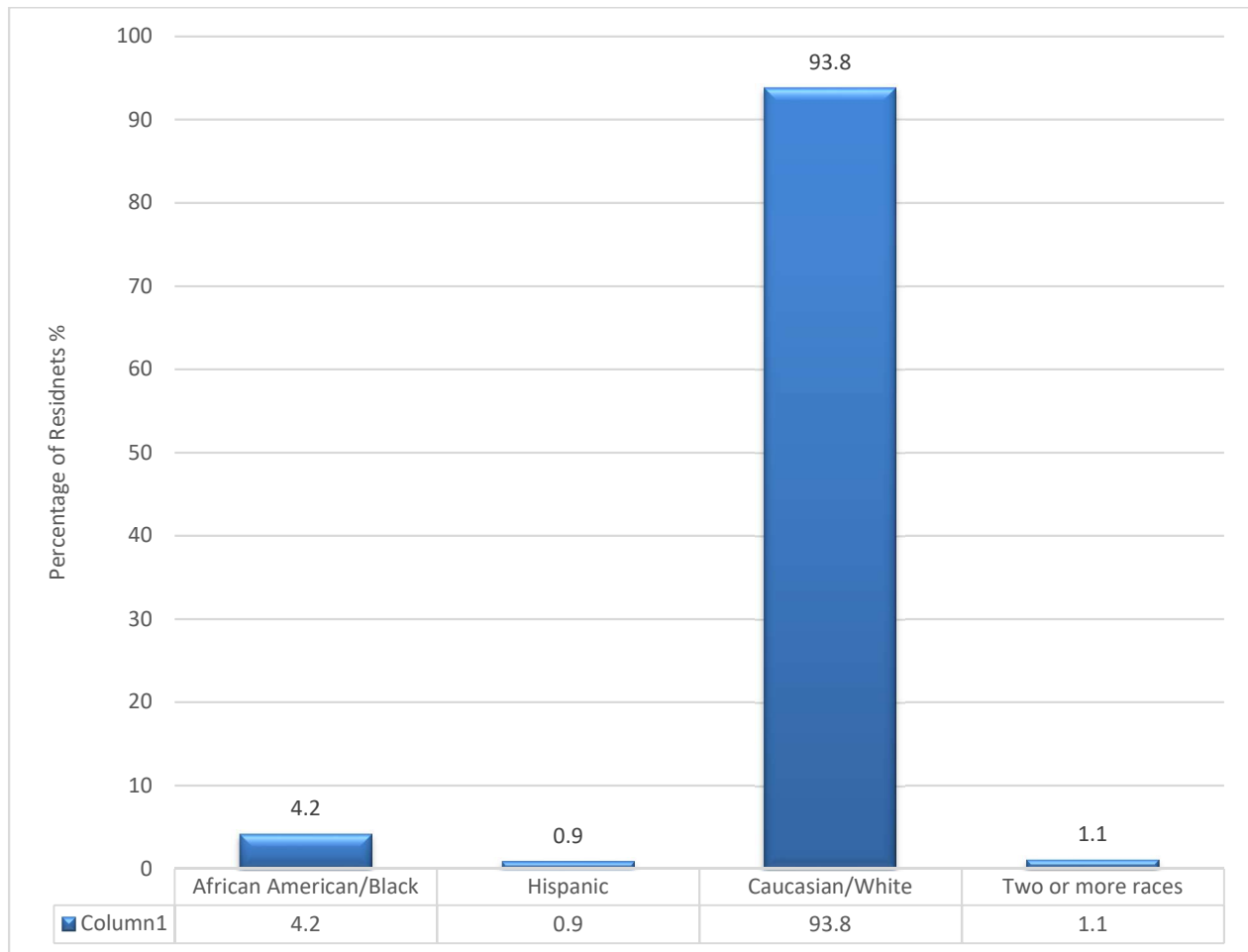
Demographics



Within the Stokes County Population, the female population is 51%, while the male population stands at 49%.

Racial Composition

Stokes County is predominately white, with minorities making up approximately 6.2% of the population. In Stokes County, 93.8% of the population consider themselves to be of one race.



Source: U.S. Census.gov 2015

Demographics-Population

- Stokes County has experienced a -2.2% growth in population from 2010 to 2016.
- The city of King has the highest population at 6,906 people, the city of Walnut Cove has a population of 1,402 and the city of Danbury has a population of 188.

Population Growth

| <u>Location</u> | <u>2010</u> | <u>2016</u> | <u>Growth %</u> |
|------------------------|--------------------|--------------------|------------------------|
| Stokes County | 47,401 | 47,401 | -2.2% |
| North Carolina | 9,535,483 | 10,146,788 | 6% |

Source: State Center for Health Statistics, North Carolina

Population Data for Stokes County 2012-2015

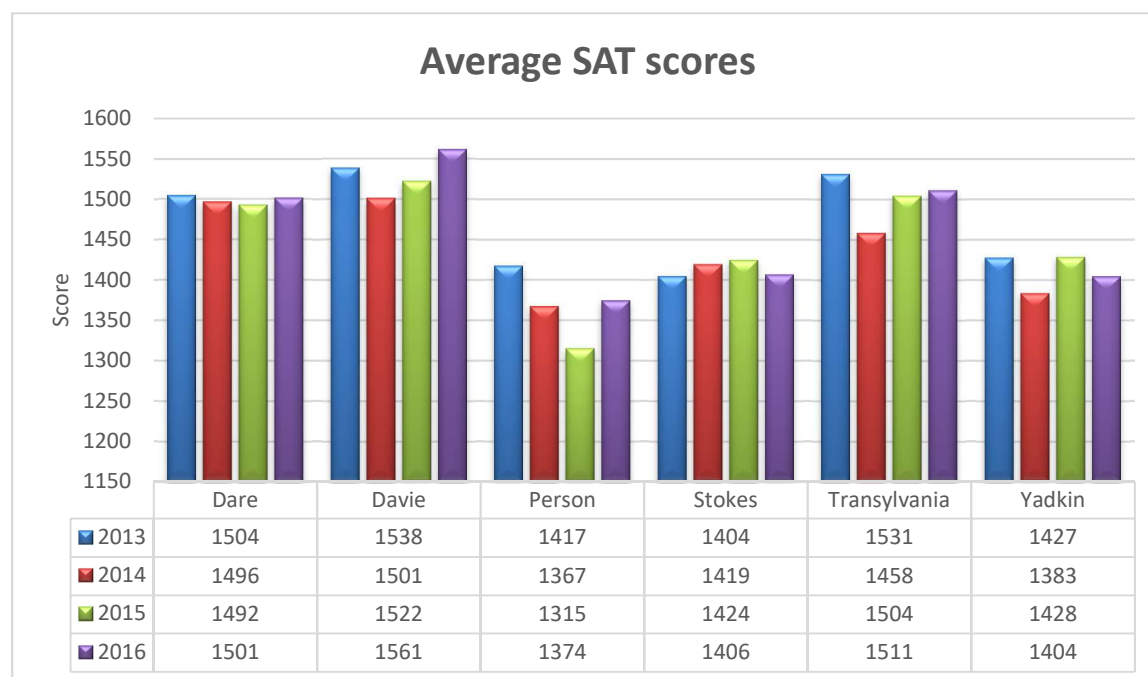
| | Year | | | |
|--------|--------|--------|--------|--------|
| Gender | 2012 | 2013 | 2014 | 2015 |
| Female | 23,900 | 23,776 | 23,605 | 23,527 |
| Male | 22,861 | 22,812 | 22,810 | 22,824 |
| Total | 46,761 | 46,588 | 46,415 | 46,351 |

Source: State Center for Health Statistics, North Carolina

Education

Stokes County has eleven elementary schools, three middle schools, three high schools, one early college and one academy.

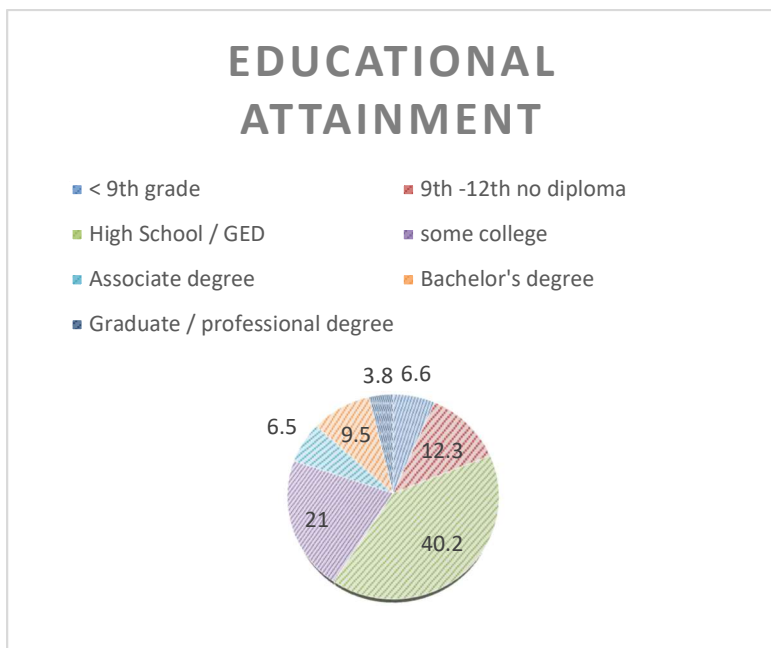
In 2016, Stokes County student who had taken the SAT had an average score of 1404.



Source: U.S. Census Bureau

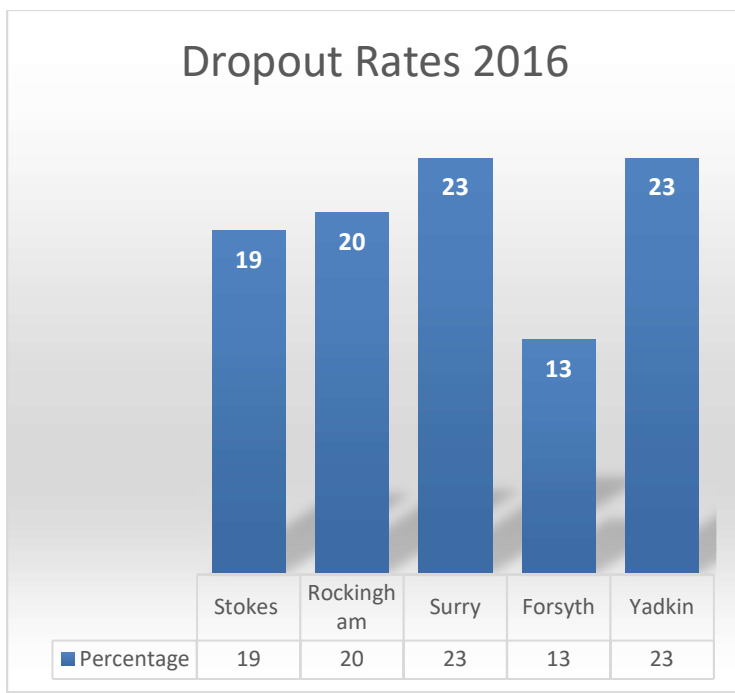
Stokes County compared to our peer counties has lower SAT scores on average all of the years 2013-2016. When averaging together the SAT scores for the 2013-2016 timeframe with our peer counties the results are:

1. Davie 1538
2. Transylvania 1501
3. Dare 1498
4. Stokes 1413
5. Yadkin 1410
6. Person 1368



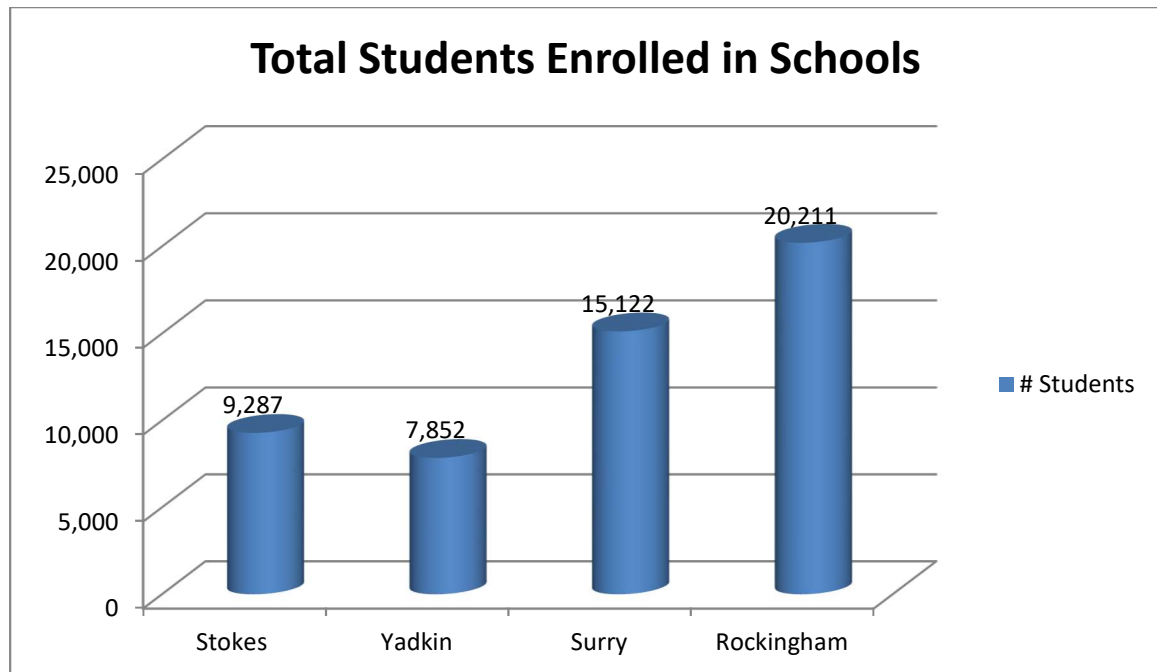
Educational Attainment for Stokes County residents is highest for high school graduation /GED at 40.2%. 21% have some college experience while only 9.5% receive a Bachelor's degree.

Source: U.S. Census Bureau



For 2016, the school dropout rate was 19% in Stokes which is slightly below the average for most of our surrounding counties.

Source: North Carolina Department of Public Instruction, Annual Dropout Reports



Source: North Carolina Department of Public Instruction

The enrollment for Stokes County Schools for 2016 was 9,287 students which is lower than most of our neighboring counties. This is to be expected as our neighboring counties are larger and have more residents than Stokes.



Elementary Schools:

Francisco Elementary School
Germanton Elementary School
King Elementary School
Lawsonville Elementary School
London Elementary School
Mount Olive Elementary School
Nancy Reynolds Elementary School
Pine Hall Elementary School
Pinnacle Elementary School
Poplar Springs Elementary School
Sandy Ridge Elementary School
Walnut Cove Elementary School

Middle Schools:

Chestnut Grove Middle School
Piney Grove Middle School
Southeastern Middle School

High Schools:

| | |
|--------------------------|-------------------------|
| Meadowbrook Academy | Stokes Early College |
| North Stokes High School | West Stokes High School |
| South Stokes High School | |

Child Care Programs in Stokes County

| Program Name | Owner or Director | Star Rating | Telephone # | Location/Mailing Address |
|--------------------------------------|-------------------|-------------|------------------------------|---|
| First Step Child Care | Nicole Barnett | 3 | 336-591-9151 | 7384 Hwy 8 South Germanton, NC 27019 |
| Hope Child Care Center | Shirley Sturgill | 4 | 336-591-1716 | 1075 Stevens Acers Rd Walnut Cove, NC 27052 |
| Kidz Community Childcare | Linda Smith | 4 | 336-983-8393 336-413-2290 | 995 Brown Rd PO Box 1706 King, NC 27021 |
| King First Baptist Child Development | Collen Rabenold | 4 | 336-983-9332 | 108 School Street PO BOX 1257 King, NC 27021 |
| Mud Pies Child Development Center | Brittani Williams | 4 | 336-983-9698 | 621 East King Street King, NC 27021 |
| New Life Center | Donna Cable | 4 | 336-591-3109 | 415 Summit Street PO Box 855 Walnut Cove, NC 27052 |

| | | | | |
|--------------------------------|------------------------------------|-------|--------------|---|
| Rainbow Child Care Center King | Natasha Thompson | 3 | 336-983-2024 | 109 Village Way King, NC 27021 |
| Learn and Grow Academy | Danielle Motley Michelle Motley | Prov. | 336-591-9351 | 4547 Pine Hall Road Walnut Cove, NC 27052 |

Head Start Centers

| | | | | |
|------------------------|-------------|---|------------------------------|---|
| Danbury Head Start | Megan Owens | 5 | 336-593-8113 | 1070 Hospice Drive Danbury, NC 27016 |
| Mt. Olive Head Start | | 5 | 336-985-5260 336-367-4993 | PO Box 309 Booneville, NC 27011 |
| Sandy Ridge Head Start | | 5 | 336-871-2551 | 1308 Amostown Rd. Sandy Ridge, NC 27046 |

Stokes County Schools Pre-K

| | | | | |
|-----------------|---|---|--------------|---|
| King Elementary | Cameron Rogatsios/Marsh Saunders/Lisa Scott | 5 | 336-983-5824 | 152 East School Street PO Box 1839 King, NC 27021 |
|-----------------|---|---|--------------|---|

| | | | | |
|---------------------------|--------------------------------|---|--------------|---|
| London Pre-K | Mia Flowers | 5 | 336-414-9829 | 609 School Street Walnut Cove, NC 27052 |
| Pine Hall Pre-K | Deborah Flippin | 5 | 336-427-3689 | 1400 Pine Hall Rd Pine Hall, NC 27042 |
| Pinnacle Elementary Pre-K | Shannon Warren | 5 | 336-368-2990 | 1095 Surry Line Rd Pinnacle, NC 27043 |
| WC Elementary Pre-K | Penny Linville/ Anna Jessup | 5 | 336-591-4408 | 1211 Walnut Cove School Rd Walnut Cove, NC27052 |

Socioeconomics

Socioeconomic status as measured either by income or level of education is strongly correlated with health status. In general, population groups that suffer the worst health status also are those that have the highest poverty rates and lower levels of education. Disparities in income and education levels are associated with differences in the occurrence of illness and death, including heart disease, diabetes, obesity, elevated blood level, and low birth weight. Higher incomes permit increased access to medical care, enable people to afford better housing and live in safer neighborhoods, and increase the opportunity to engage in health-promoting behaviors. The economy has certainly changed since the last Stokes County Community Health Assessment which was completed in 2012. The North Carolina unemployment rate as of 2016 was 4.9% with the rate for Stokes County being 4.5%.



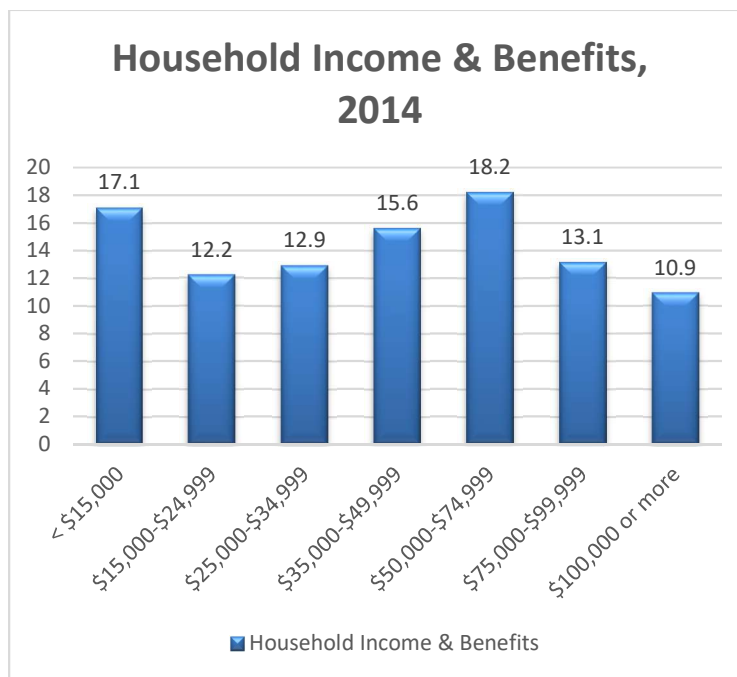
25 Top Employers in Stokes County

| | | | |
|----|-------------------------------------|----------------------------------|---------|
| 1 | Stokes County Board of Education | Education & Health Services | 1000 + |
| 2 | Wieland Copper Products Llc | Manufacturing | 250-499 |
| 3 | County of Stokes | Public Administration | 250-499 |
| 4 | Pioneer Community Hospital | Education & Health Services | 250-499 |
| 5 | Food Lion | Trade, Transportation, Utilities | 100-249 |
| 6 | Autumn Corporation | Education & Health Services | 100-249 |
| 7 | YMCA of Northwest of NC | Other Services | 100-249 |
| 8 | Forsyth Technical College | Education & Health Services | 50-99 |
| 9 | Universal Health Care/ King Inc. | Education & Health Services | 50-99 |
| 10 | Shoreline Healthcare Management Llc | Information | 50-99 |
| 11 | City of King | Public Administration | 50-99 |
| 12 | Lowes Food Stores Inc. | Trade, Transportation, Utilities | 50-99 |
| 13 | Priddy Manor Assisted Living | Education & Health Services | 50-99 |
| 14 | Bill Hanks Lumber Co. | Manufacturing | 50-99 |
| 15 | US Postal Service | Trade, Transportation, Utilities | 50-99 |

Stokes County Community Health Assessment 2016

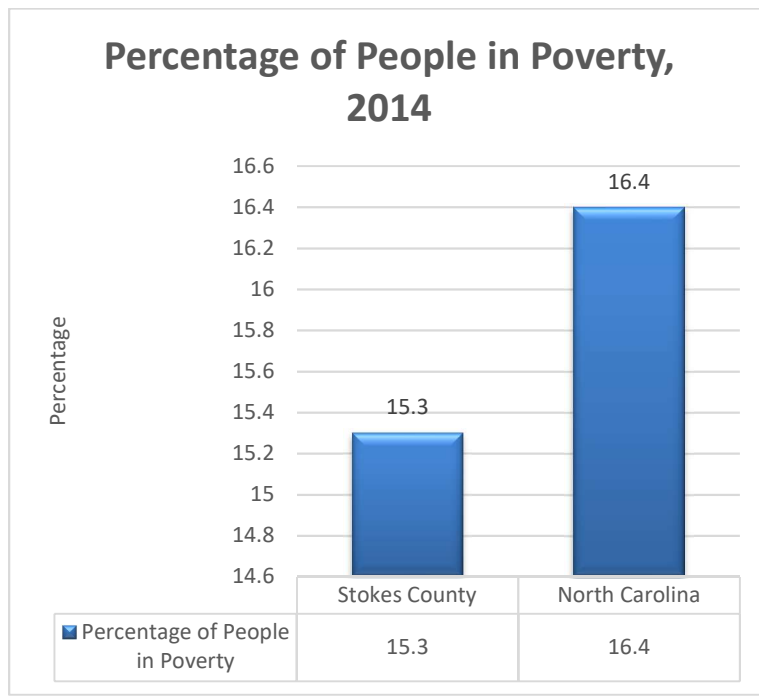
| | | | |
|----|---------------------------|----------------------------------|-------|
| 16 | Hiring Line Inc. | Professional & Business Services | 50-99 |
| 17 | Dairi-O | Leisure & Hospitality | 50-99 |
| 18 | Dollar General | Trade, Transportation, Utilities | 50-99 |
| 19 | NC DOT | Public Administration | <50 |
| 20 | Ingles Markets Inc. | Trade, Transportation, Utilities | <50 |
| 21 | Parkdale America Llc | Manufacturing | <50 |
| 22 | Town & Country Restaurant | Leisure & Hospitality | <50 |
| 23 | McDonalds Restaurant | Leisure & Hospitality | <50 |
| 24 | SpeedWay Llc | Trade, Transportation, Utilities | <50 |
| 25 | Rose Tara Plantation | Education & Health Services | <50 |

Source: NC Commerce, Labor and Economic Analysis Division, Top 25 Employers by NC County.



In 2014, Stokes County had 18.2% of household incomes between \$50,000-\$74,999.

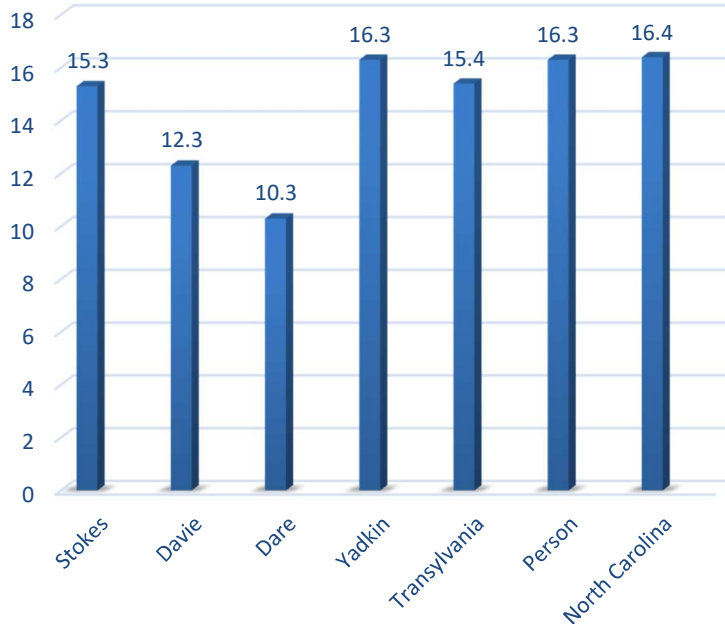
U.S. Census Bureau, 2014



In 2014, Stokes County had 15.3% population living in poverty. North Carolina had 16.4% overall population living in poverty. Stokes County had a slightly lower percentage of its population living in poverty compared to North Carolina.

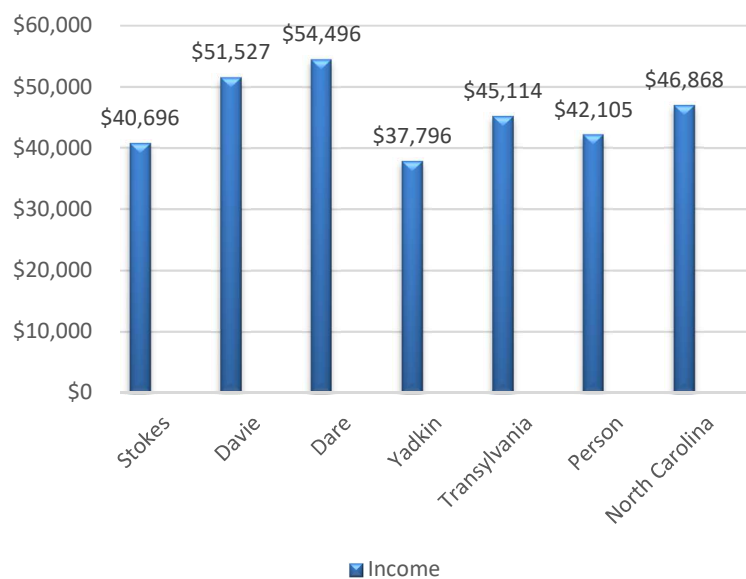
U.S. Census Bureau, 2014

2015 Poverty Percentage

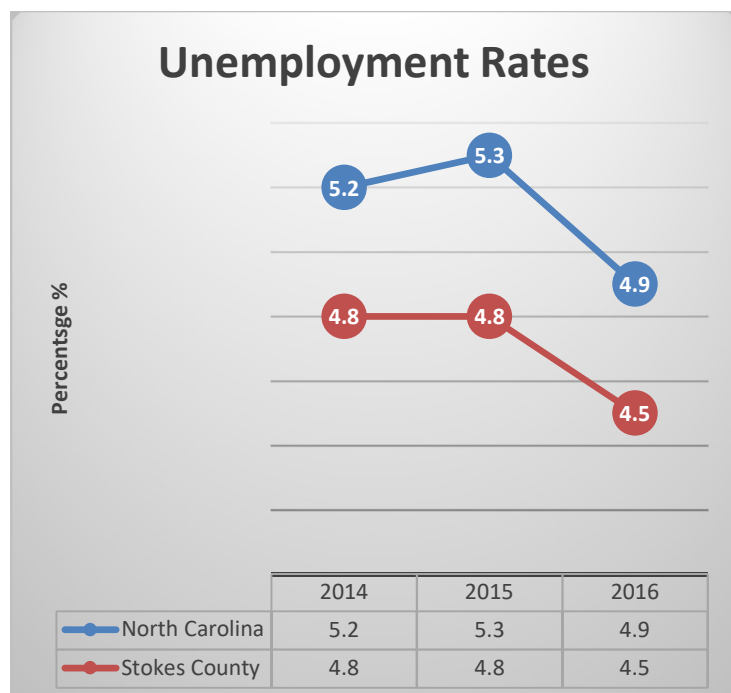


In 2015, Stokes County had 15.3% population living in poverty. North Carolina had 16.4% overall population living in poverty. Stokes County had a slightly lower percentage of its population living in poverty compared to North Carolina

2015 Median Household Income



Stokes County came in fifth when ranked with peer counties for median household income in 2015. The median for Stokes County was \$40,696.



Stokes County's unemployment rate was slightly less by .4% than North Carolina's rate in 2016. Although in 2014, Stokes County's rate was .6% less than North Carolina's rate. Stokes County still has a slightly less percentage of unemployment rate than North Carolina.

U.S. Census Bureau, 2014

Percent Uninsured by Income Level 2014

| Income | Stokes County |
|----------------------------------|---------------|
| All income levels | 17.70% |
| At or below 138% of poverty | 34.90% |
| At or below 200% of poverty | 31.80% |
| At or below 250% of poverty | 28.90% |
| At or below 400% of poverty | 22.60% |
| Between 138% and 400% of poverty | 17.40% |

Source: OpenNetwork2016

The percent without health insurance of Stokes County, NC was 17.70% for 18 to 64, all races, both sexes and all income levels in 2014. The last measured percent without health insurance for

Stokes County, NC was 17.70% in 2014. Stokes County, NC experienced an average growth rate of -1.62% from our first statistic recorded in 2008.

2012 ACTIVE HEALTH PROFESSIONALS

Physicians

| | |
|---|-----|
| Non-Federal Physicians | 19 |
| Primary Care Physicians | 9 |
| Family Practice | 7 |
| General Practice | 0 |
| Internal Medicine | 0 |
| Obstetrics/Gynecology | 0 |
| Pediatrics | 2 |
| Other Specialties | 10 |
| Federal Physicians | 0 |
| Physicians per 10,000 Population | 4.0 |
| Primary Care Physicians per 10,000 Population | 1.9 |

Nurses

| | |
|--------------------------|-----|
| Registered Nurses | 151 |
| Nurse Practitioners | 16 |
| Certified Nurse Midwives | 1 |

| | |
|--|----|
| Licensed Practical Nurses | 83 |
| <u>Other Health Professionals</u> | |
| Chiropractors | 1 |
| Occupational Therapists | 11 |
| Occupational Therapy Assistants | 8 |
| Optometrists | 3 |
| Pharmacists | 20 |
| Physical Therapists | 14 |
| Physical Therapist Assistants | 11 |
| Physician Assistants | 5 |
| Podiatrists | 1 |
| Practicing Psychologists | 0 |
| Psychological Associates | 0 |
| Respiratory Therapists | 5 |
| <u>Dentists and Dental Hygienists</u> | |
| Dentists | 7 |
| Dental Hygienists | 17 |

Source: 2012 UNC Sheps Center for Health Services Research

Environmental Health

Stokes County Environmental Health Division enforces state laws, rules and local ordinances pertaining to food sanitation, waste water disposal, private drinking water wells and other correlated issues. The number of inspections includes restaurants, tattoo artists, day care centers, school cafeterias, schools, and public swimming pools. The number of new permits issued includes restaurants, tattoo artists, day care centers, schools, public swimming pools, and food vendors that choose to set up at festivals.

According to the NC Division of Public Health, childhood lead poisoning is one of the most common pediatric health problems in the U.S. even though it is entirely preventable. As a result of industrialization, lead is common in the environment. Children are particularly at risk to its toxic effects and it is essential that they be screened for lead poisoning.



| Food Handling Activity | FY 14/15 | FY 15/16 |
|------------------------------------|-----------------|-----------------|
| Inspections | 446 | 445 |
| Visits | 155 | 159 |
| Permits Issued | 58 | 65 |
| Complaint Investigations | 1 | 2 |
| Complaint Investigations Follow-up | 18 | 12 |

| Well Activities | FY 14/15 | FY 15/16 |
|------------------------|-----------------|-----------------|
| Well Site Evaluated | 63 | 64 |
| Grouting Inspection | 70 | 81 |
| Well Head Inspected | 91 | 103 |
| Well Head Approved | 59 | 65 |

| | | |
|--|-----|-----|
| Well Head Disapproved | 33 | 38 |
| Well Construction Permit Issued – New | 72 | 82 |
| Well Construction Permit Issued – Repair | 6 | 8 |
| Well Certificate of Completion Issued – New | 58 | 65 |
| Well Certificate of Completion Denied – New | 33 | 38 |
| Well Certificate of Completion Issued – Repair | 2 | 0 |
| Bacteriological Sample Collected | 169 | 149 |
| Other Sample Collected | 137 | 153 |
| Well Camera or Geophysical Inspection | 1 | 1 |
| Legal Remedies Taken | 0 | 1 |

Elevated blood lead levels

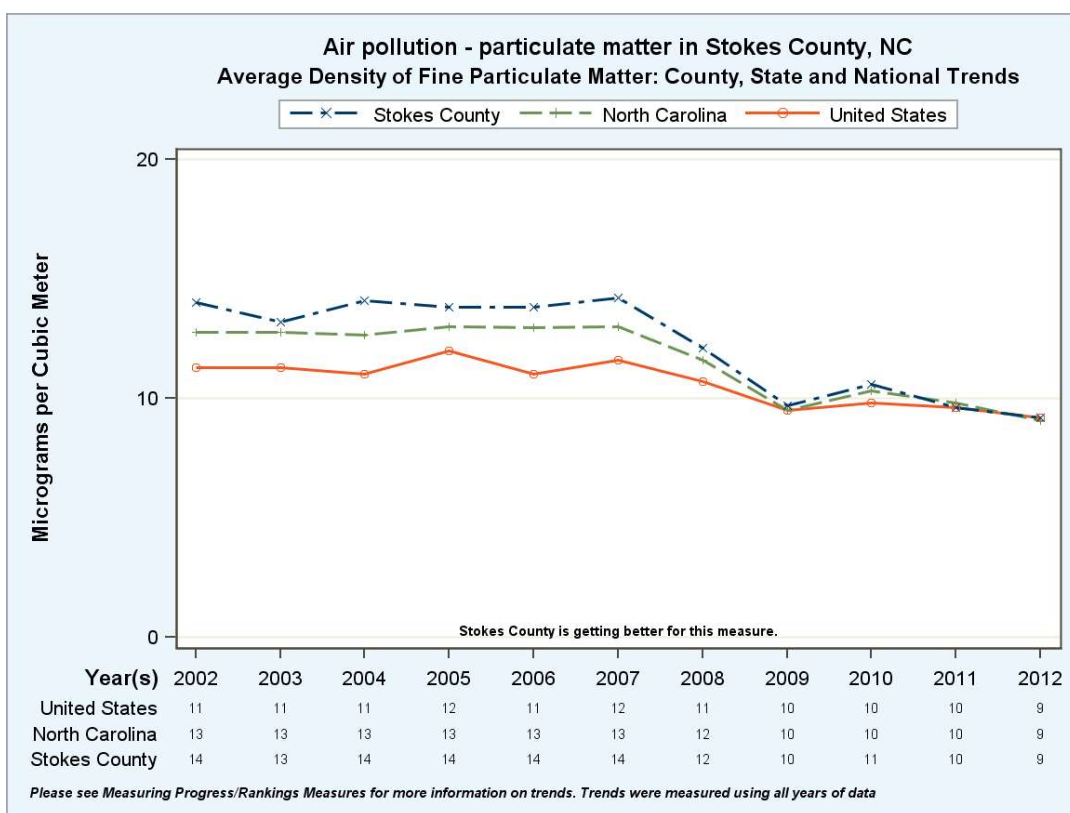
Lead is a common environmental contaminant, and exposure to lead is a preventable risk that exists in all areas of the United States. Lead is associated with negative outcomes in children, including impaired cognitive, motor, behavioral, and physical abilities.

- Until 2012, children were identified as having a blood lead “level of concern” if the test result is 10 or more micrograms per deciliter of lead in blood. CDC is no longer using the term “level of concern” and is instead using the reference value to identify children who have been exposed to lead and who require case management.
- In the past, blood lead level tests below 10 micrograms per deciliter of lead in blood may, or may not, have been reported to parents. The new lower value means that more children will

likely be identified as having lead exposure allowing parents, doctors, public health officials, and communities to take action earlier to reduce the child's future exposure to lead.

- What has *not changed* is the recommendation for when medical treatment is advised for children with high blood lead levels. The new recommendation does not change the guidance that chelation therapy be considered when a child has a blood lead test result greater than or equal to 45 micrograms per deciliter.

Children can be given a blood test to measure the level of lead in their blood. These tests are covered by Medicaid and most private health insurance.



https://www.cdc.gov/nceh/lead/acclpp/blood_lead_levels.htm Source: County Health Rankings & Roadmaps

Environmental Health-Quick Facts

- Conducting soil/site evaluations to determine soil suitability for septic system installation.
- Issuing/denying septic system permits for new construction and for the repair of malfunctioning systems
- Inspecting septic system installation and water supply well construction
- Water sampling
- Providing education and consultation to the public
- Conducting inspections for food service establishments, institutions, child cares temporary food events, migrant housing, tattoo artists, public swimming pools, summer camps, plus many other establishments.
- Plan review for new construction and/or renovations of food service establishments
- Enforcement of state and local rules related to the above areas.
- Responding to complaints related to the above areas.



Adult Health

When it comes to adult health, we think of different ways to keep our bodies healthy from washing our hands and vaccines to cancer prevention. We should be aware that it is just as important to pay attention to our bodies signs and symptoms to know which adult health warnings we should report to our doctor at a regular check-up. Some medical attention signs we should be cautious of includes unexplained weight loss, changes in bowel habits, chest pains, shortness of breath and sudden headaches. For preventative adult health care, regular physical exams and health screens are essential. By knowing which screening test you would need and how often to have the test completed is key to early detection to support successful treatment.

Regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. Your age, health and family history, lifestyle choices (i.e. what you eat, how active you are, whether you smoke), and other important factors impact what and how often you need healthcare.

To learn more about your health and check-up visits please visit:

<http://www.cdc.gov/family/checkup/>



Leading Causes of Death

The charts below lists the top ten leading causes of death for all ages in Stokes County from 2012-2015. The leading cause of death is cancer, followed by heart disease.

Leading Causes of Death in Stokes County 2012

| Rank | Cause | Number | % |
|------|---|--------|------|
| 1 | Cancer | 125 | 26.4 |
| 2 | Diseases of heart | 92 | 19.5 |
| 3 | Cerebrovascular diseases | 36 | 7.6 |
| 4 | Chronic lower respiratory diseases | 34 | 7.2 |
| 5 | Diabetes mellitus | 15 | 3.2 |
| 6 | All other unintentional injuries | 14 | 3.0 |
| 7 | Influenza and pneumonia | 11 | 2.3 |
| 8 | Nephritis, nephrotic syndrome and nephrosis | 11 | 2.3 |

| | | | |
|----|----------------------------------|-----|-------|
| 9 | Intentional self-harm (suicide) | 10 | 2.1 |
| 10 | Motor vehicle injuries | 9 | 1.9 |
| 11 | Septicemia | 9 | 1.9 |
| | All other causes (Residual) | 107 | 22.6 |
| | Total Deaths – All Causes | 473 | 100.0 |

Source: State Center for Health Statistics, North Carolina

Leading Causes of Death in Stokes County 2013

| Rank | Cause | Number | % |
|------|---|--------|------|
| 1 | Cancer | 110 | 22.2 |
| 2 | Diseases of heart | 97 | 19.6 |
| 3 | Cerebrovascular respiratory diseases | 37 | 7.5 |
| 4 | Chronic lower respiratory diseases | 34 | 6.9 |
| 5 | All other unintentional injuries | 15 | 3.0 |
| 6 | Diabetes mellitus | 15 | 3.0 |
| 7 | Chronic liver disease and cirrhosis | 13 | 2.6 |
| 8 | Influenza and pneumonia | 13 | 2.6 |
| 9 | Motor vehicle injuries | 12 | 2.4 |
| 10 | Nephritis, nephrotic syndrome and nephrosis | 11 | 2.2 |

| | | | |
|--|----------------------------------|-----|-------|
| | All other causes (Residual) | 138 | 28.0 |
| | Total Deaths – All Causes | 495 | 100.0 |

Source: State Center for Health Statistics, North Carolina

Leading Causes of Death in Stokes County 2014

| Rank | Cause | Number | % |
|------|---|--------|------|
| 1 | Cancer | 99 | 19.5 |
| 2 | Diseases of heart | 96 | 18.9 |
| 3 | Chronic lower respiratory diseases | 43 | 8.5 |
| 4 | Cerebrovascular diseases | 38 | 7.5 |
| 5 | Atherosclerosis | 18 | 3.5 |
| 6 | Influenza and pneumonia | 17 | 3.3 |
| 7 | All other unintentional injuries | 16 | 3.1 |
| 8 | Alzheimer's disease | 11 | 2.2 |
| 9 | Diabetes mellitus | 11 | 2.2 |
| 10 | Nephritis, nephrotic syndrome and nephrosis | 10 | 2.0 |

| | | | |
|--|----------------------------------|-----|-------|
| | All other causes (Residual) | 149 | 29.3 |
| | Total Deaths – All Causes | 508 | 100.0 |

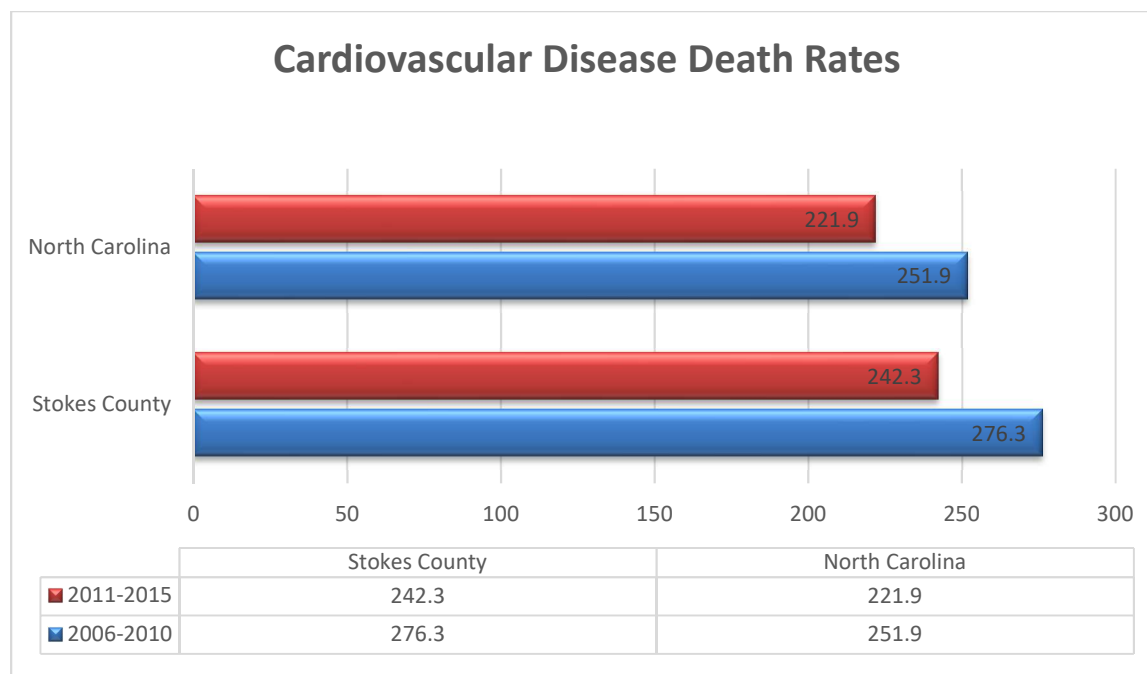
Source: State Center for Health Statistics, North Carolina

Leading Causes of Death in Stokes County 2015

| Rank | Cause | Number | % |
|------|------------------------------------|--------|-------|
| 1 | Cancer | 115 | 21.1 |
| 2 | Diseases of heart | 103 | 18.9 |
| 3 | Cerebrovascular diseases | 47 | 8.6 |
| 4 | Chronic lower respiratory diseases | 39 | 7.2 |
| 5 | All other unintentional injuries | 27 | 5.0 |
| 6 | Alzheimer's disease | 19 | 3.5 |
| 7 | Influenza/pneumonia | 18 | 3.3 |
| 8 | Intentional self-harm (suicide) | 15 | 2.8 |
| 9 | Diabetes mellitus | 12 | 2.2 |
| 10 | Motor vehicle injuries | 11 | 2.0 |
| | All other causes (Residual) | 138 | 25.4 |
| | Total Deaths – All Causes | 544 | 100.0 |

Source: State Center for Health Statistics, North Carolina

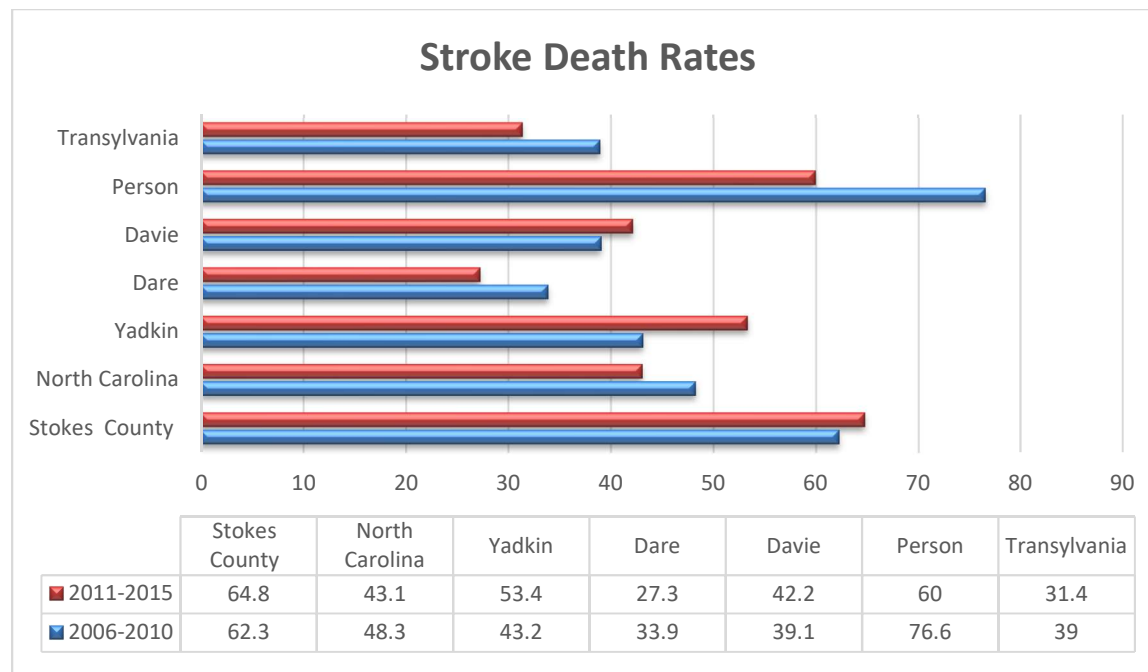




Source: North Carolina State Center for Health Statistics

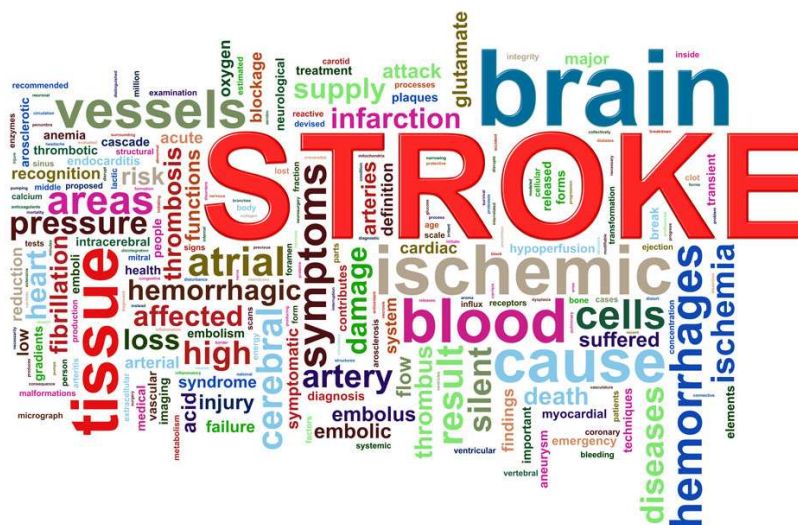
This chart displays the number of Cardiovascular Disease related deaths from 2006-2015 in Stokes County versus the number of Cardiovascular Disease related deaths during this time period in North Carolina. From 2006-2010, Stokes County had 276.3 heart disease related deaths while North Carolina had 251.9 related deaths. From 2011-2015, Stokes County had 242.3 cardiovascular disease related deaths while NC had 221.9 related deaths. Stokes County has decreased the number of deaths related to cardiovascular disease during this time period, however our death rate is more than the rate for the state. Cardiovascular disease risk factors that contribute to heart disease mortality include tobacco use, diet, physical inactivity, obesity, and alcohol. The Healthy NC 2020 Target = 161.5.

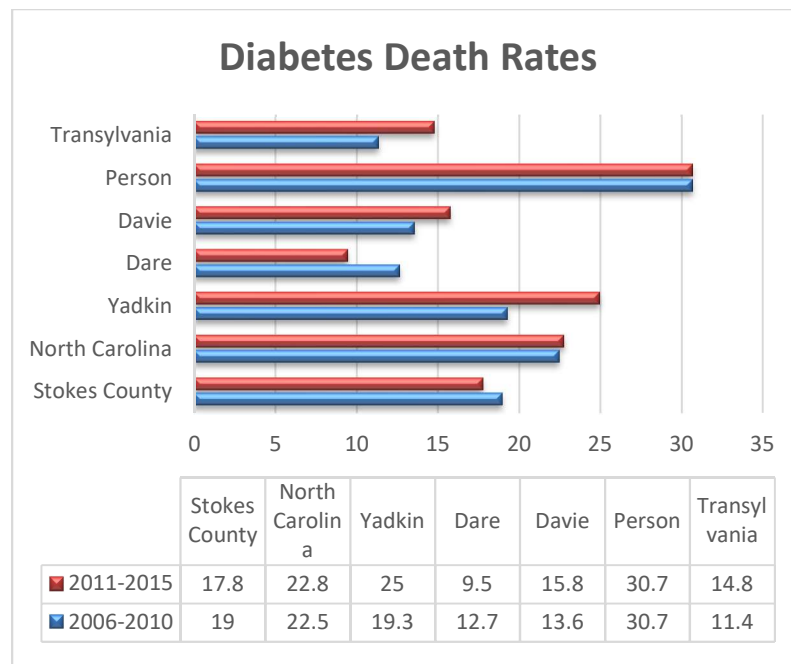




Source: North Carolina State Center for Health Statistics

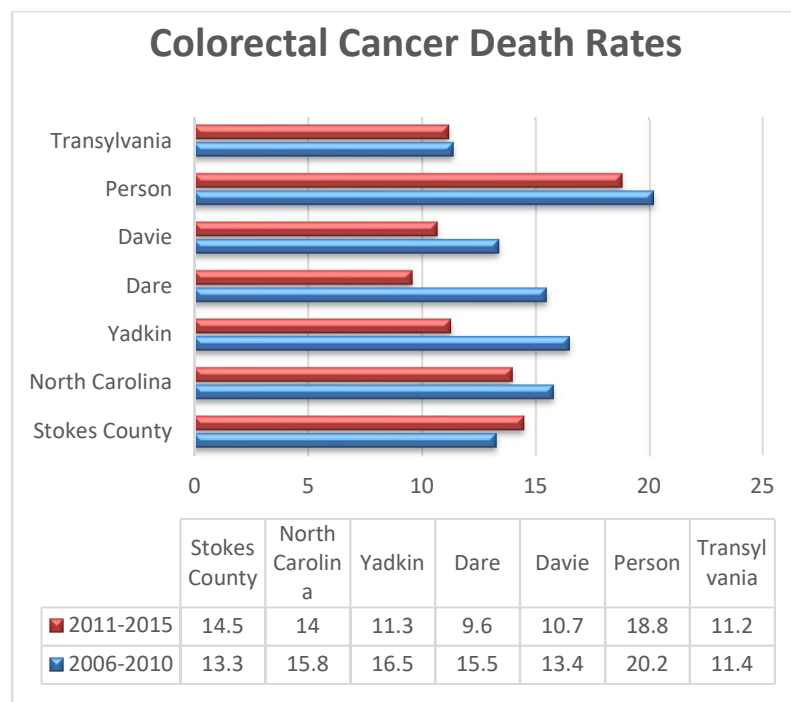
The chart to the left compares Stokes County and North Carolina's age-adjusted death rates that are stroke related from 2006-2010 and 2011-2015 per 100,000 people. Stokes County has a higher rate of 64.8 deaths related to stroke for every 100,000 people compared to North Carolina 43.1 deaths related to stroke for every 100,000 people. Stokes County has a higher rate compared to North Carolina for 2011-2015. In relation to our peer counties and the state, Stokes County has the most stroke related deaths.





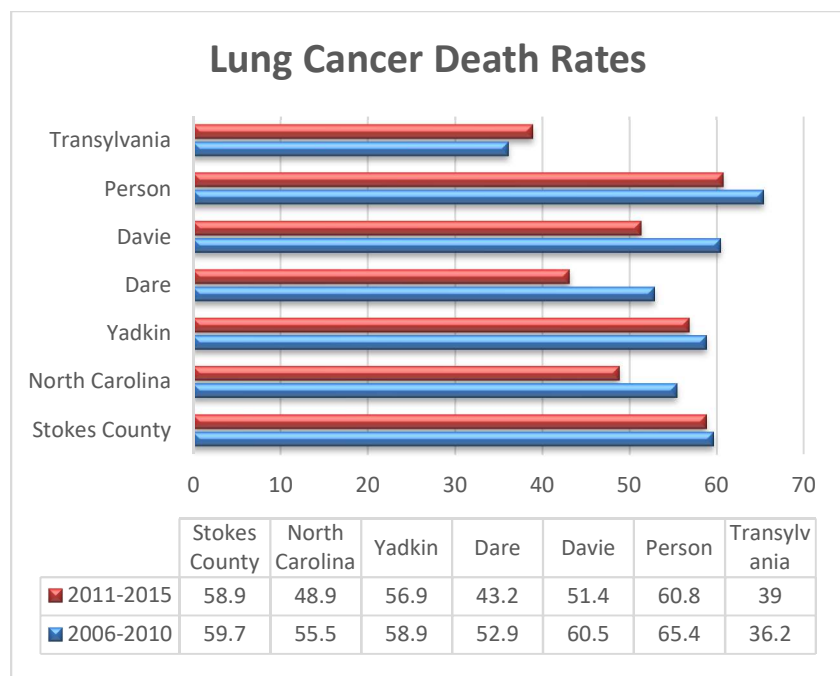
This chart displays the trends in diabetes death rate for Stokes County and its peer counties as well as the state too from 2006-2015. Stokes County has experienced a decrease in diabetes related mortality, compared to the 2012 Community Health Assessment.

Source: North Carolina State Center for Health Statistics



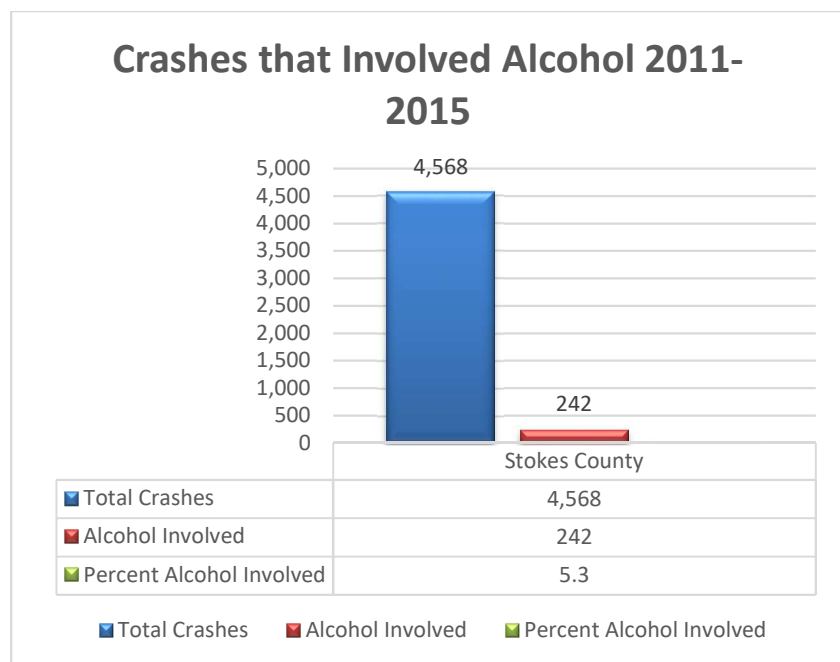
Stokes County has the second highest rate for Colorectal Cancer at 14.5%. Person County has an 18.8% rate which is the highest of all our peer counties. When compared to the state rate of 14% we are only .5% higher.

Source: North Carolina State Center for Health Statistics



This graph displays the 2011-2015 lung cancer rates for Stokes County and its peer counties as well as North Carolina per 100,000 population. Stokes County has a higher rate of 58.9 compared to North Carolina's rate of 48.9 lung cancer deaths per 100,000 population. Stokes County has a higher rate compared to all peer counties except Person.

Source: North Carolina State Center for Health Statistics



Stokes County had 242 traffic crashes where alcohol was involved between 2011-2015. Stokes County's has a 5.3 percent alcohol involved crash rate.

Source: North Carolina Alcohol Facts

Stokes County Impaired Driving Cases Closed

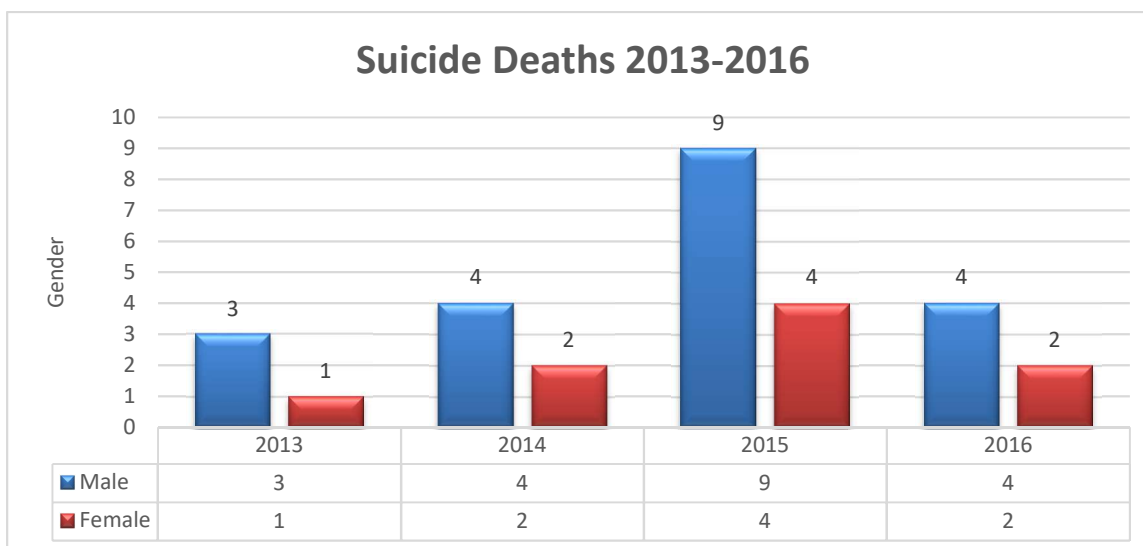
| Original Charge | 2015 | Statewide 2015 |
|-------------------------------|-------------|-----------------------|
| Total Disposed | 234 | 60,751 |
| Habitual Impaired Driving | 2 | 359 |
| Aid and Abet Impaired Driving | 8 | 1,272 |
| Drive After Consuming | 40 | 7,185 |
| Driving While Impaired | 184 | 51,839 |
| DWI Commercial Vehicle | 0 | 96 |

Stokes County Community Health Assessment 2016

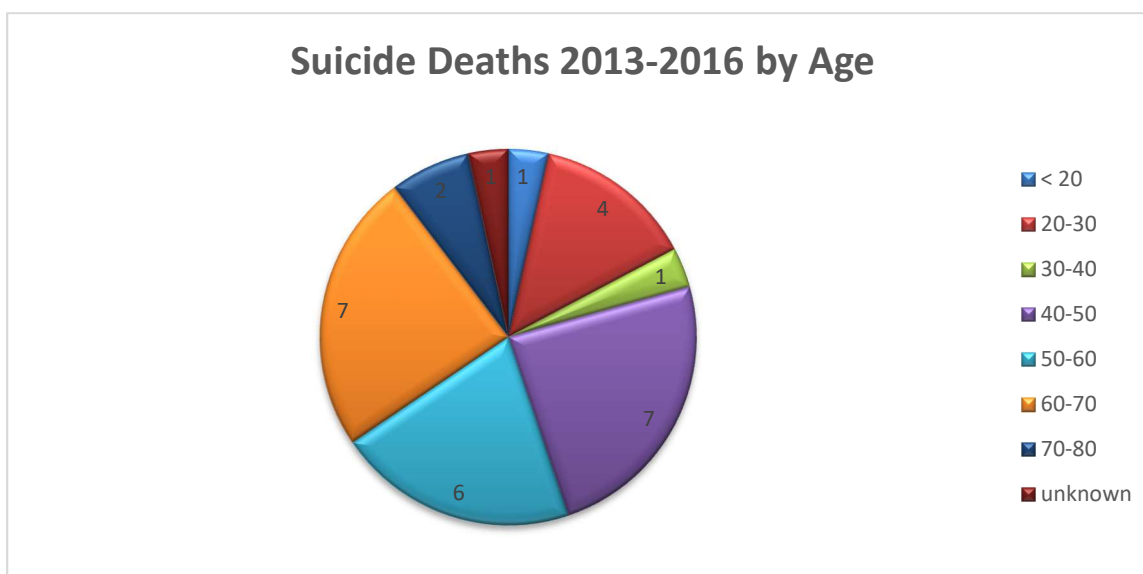
| Charge Convicted | 2015 | Statewide 2015 |
|---|------|----------------|
| Total Disposed | 234 | 60,751 |
| Not Guilty | 14 | 3,921 |
| No Probable Cause | 13 | 2,488 |
| Voluntary Dismissal by Prosecutor | 67 | 12,614 |
| Voluntary Dismissal with Leave to Reopen When Defendant Available | 10 | 5,384 |
| Guilty of Charge Other Than Impaired Driving | 2 | 452 |
| Habitual Impaired Driving | 1 | 261 |
| Aid and Abet Impaired Driving | 0 | 10 |
| Drive After Consuming | 5 | 2,205 |
| DWI Level 1 | 18 | 3,621 |
| DWI Level 2 | 20 | 4,838 |
| DWI Level 3 | 4 | 1,935 |
| DWI Level 4 | 25 | 3,862 |
| DWI Level 5 | 55 | 19,134 |
| DWI Commercial Vehicle | 0 | 26 |

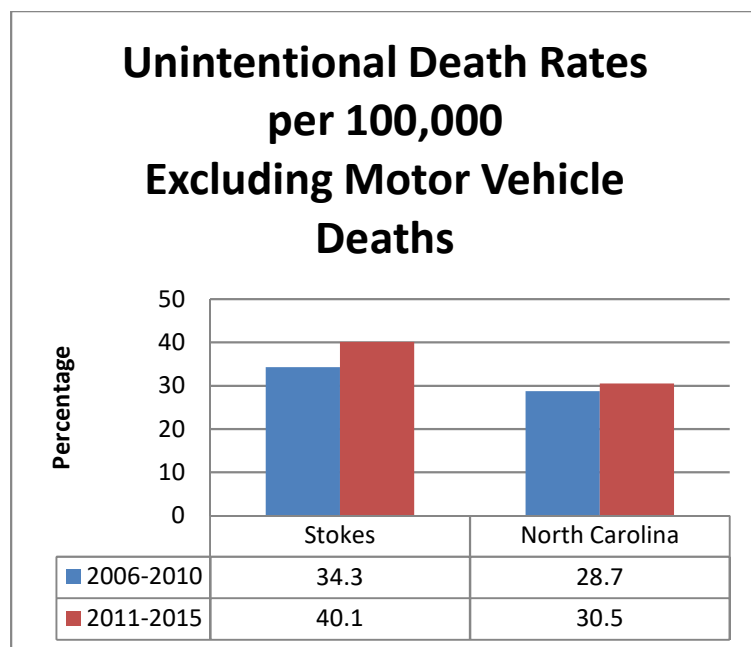
Source: North Carolina Alcohol Facts





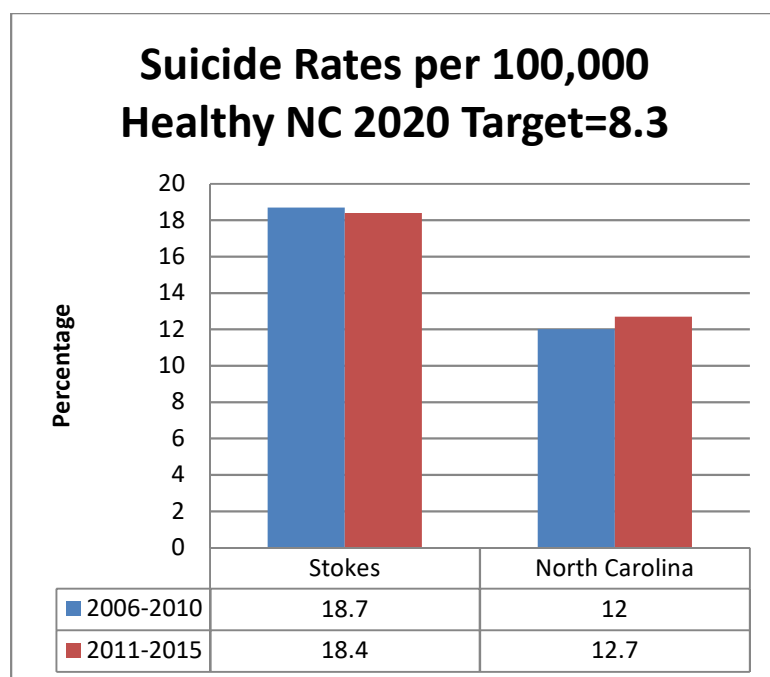
According to the Vital Records for Stokes County between 2013-2016 there have been a total of 29 deaths that were ruled as suicide. These numbers are always high for Stokes and we feel are related to lack of knowledge about mental health treatment that is available in the county. Also, there is always the issue of our residents not having the transportation to get help. Most of the suicide deaths were for the age ranges of 40-70. Out of the 29 deaths 20 were in this age range.





The unintentional death rates per 100,000 population for Stokes County and North Carolina are shown in this chart. Stokes County has a higher rate of 40.1% than the state which has a rate of 30.5%.

Source: North Carolina State Center for Health Statistics



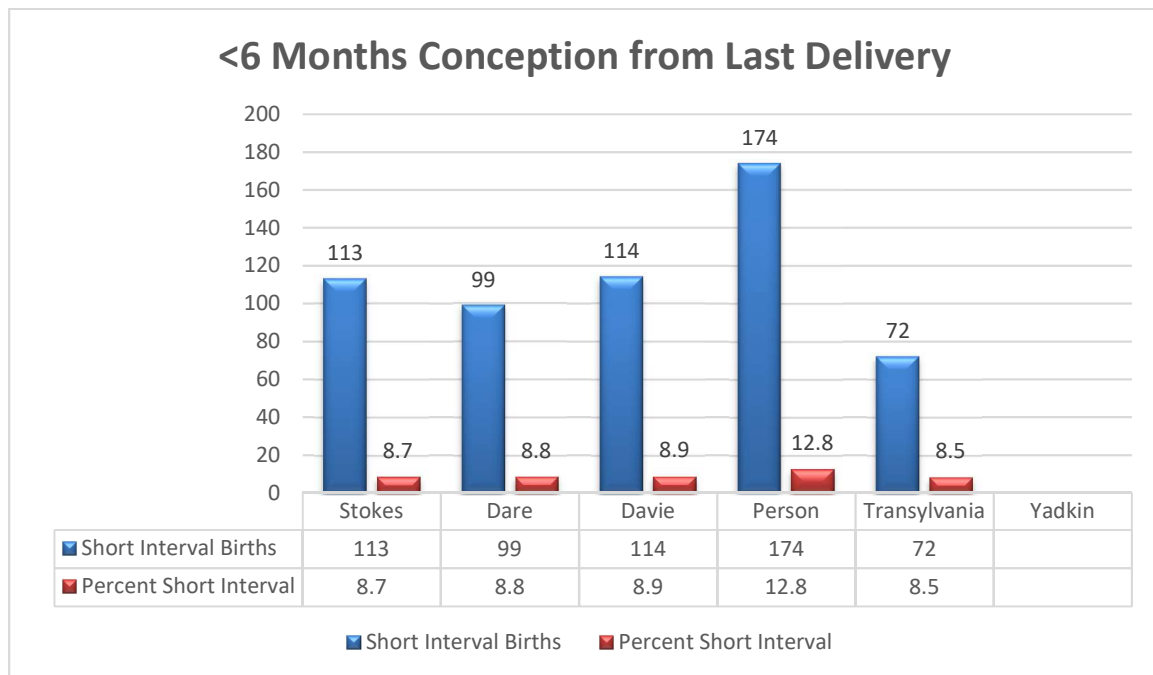
The chart to the left displays age-adjusted suicide death rate per 100,000 population for Stokes County and North Carolina. Stokes County has a higher rate of 18.4 deaths related to suicide per 100,000 population compared to North Carolina that has 12.7 related suicide deaths per 100,000. Stokes County has a higher rate compared to North Carolina and the surrounding counties

Source: North Carolina State Center for Health Statistics

Pregnancy

- Stokes County had 1,994 reported pregnancies in 2011-2015.
- Stokes County has a rate of 18.4% of women who smoked during pregnancy. This rate is higher than our peer counties as well as North Carolina's rate of 10.2%. Women who smoke during pregnancy put themselves and their child at a greater risk for health problems. Smoking during pregnancy can cause premature birth, birth defects, and infant death.

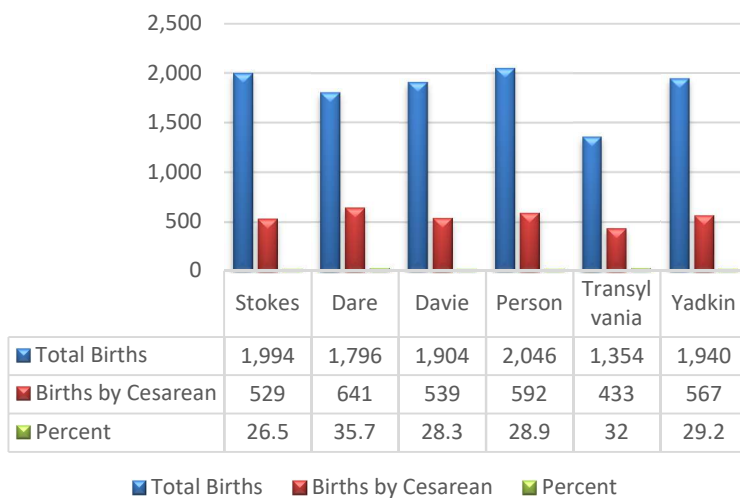
2011-2015 N.C Live Births



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



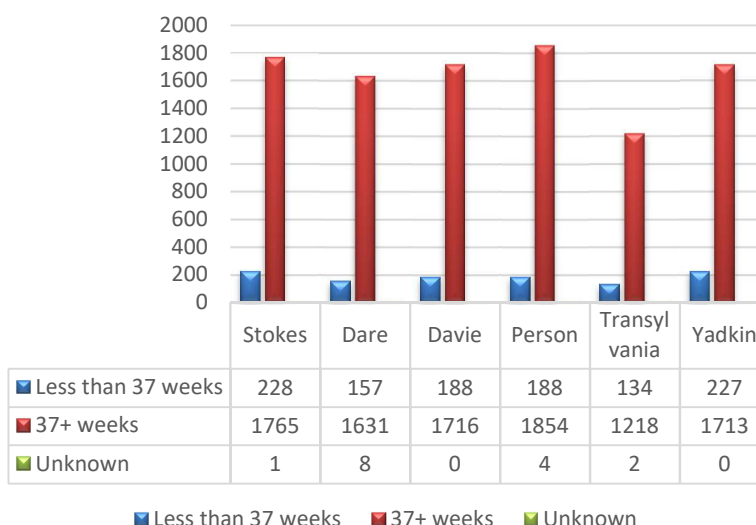
2011-2015 Births Delivered by Cesarean Section



The chart to the left shows the percentage of births delivered by Cesarean section from 2011-2015. North Carolina has a slightly higher percentage compared to Stokes County. Compared to surrounding counties, Stokes County has a low percentage of cesarean births. Davie County has 1.8% higher in cesarean births compared to Stokes County. Dare County has the highest percentage with 35.7% of cesarean births.

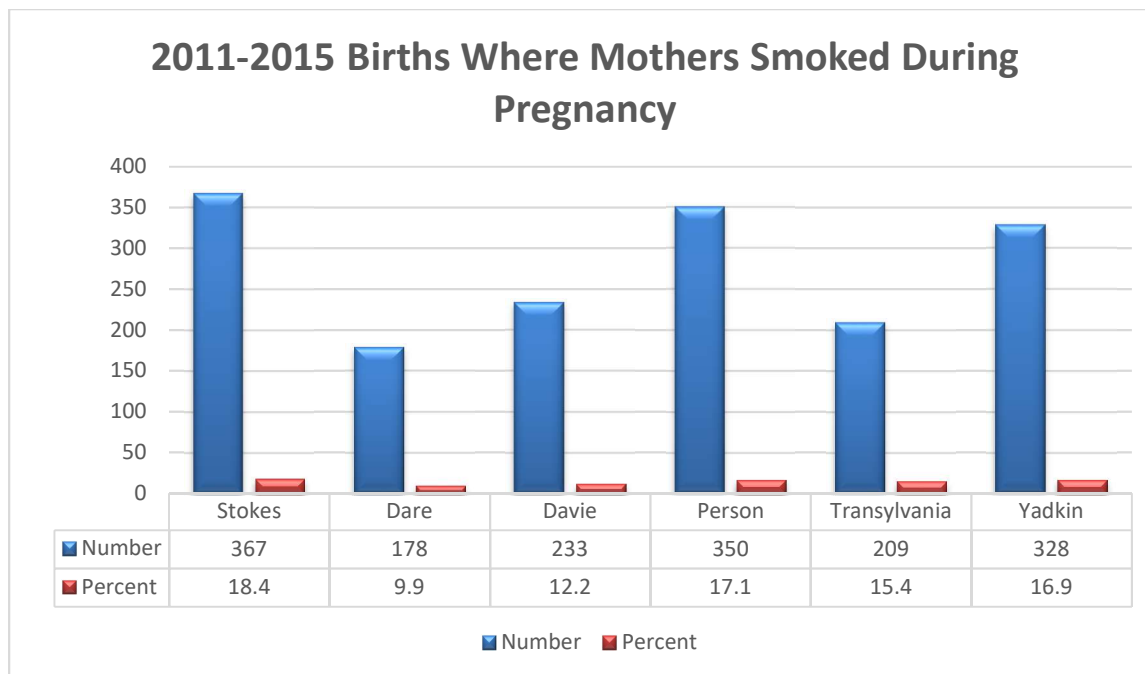
Source: County Health Data Book, NC State Center for Health Statistics

2011-2015 Births Delivered by Gestation



Stokes County in relation to our peer counties has the most births that were carried 37+ weeks; = 1,765. In relation to that we also have the most births that are premature <37 weeks.

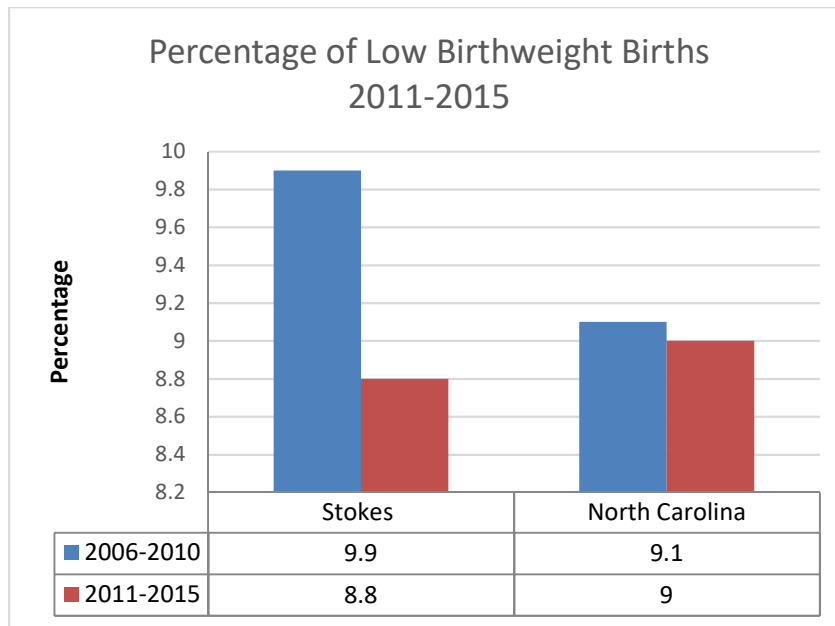
Source: County Health Data Book, NC State Center for Health Statistics



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

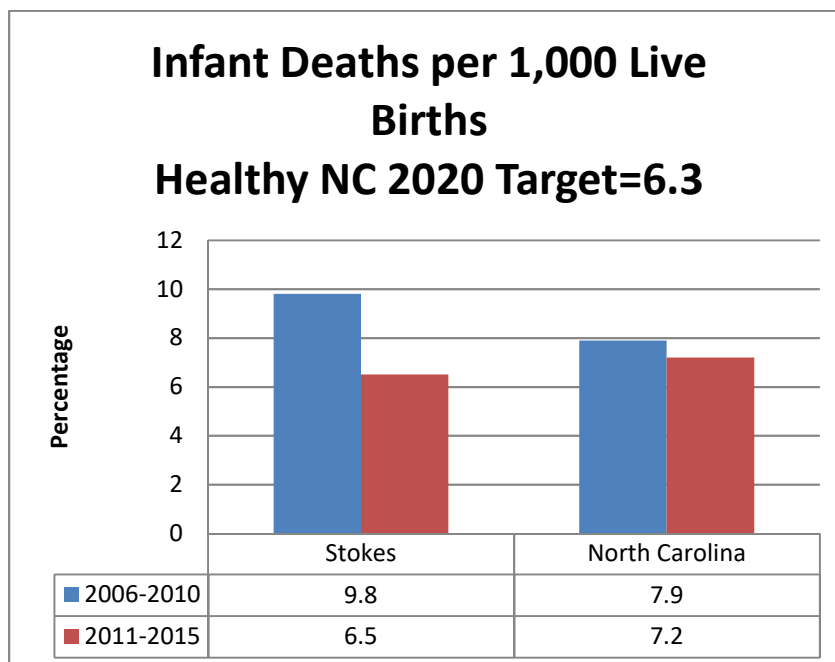
From 2011-2015 Stokes County has the highest rate of mothers that smoke while pregnant when compared to other counties similar to ours. The rate for Stokes County women is 18.4% and this harms the baby as well as the mother. Smoking can contribute to lower birth rates, increases chances of the child having asthma and the chance of the infant dying from SIDs is increased.





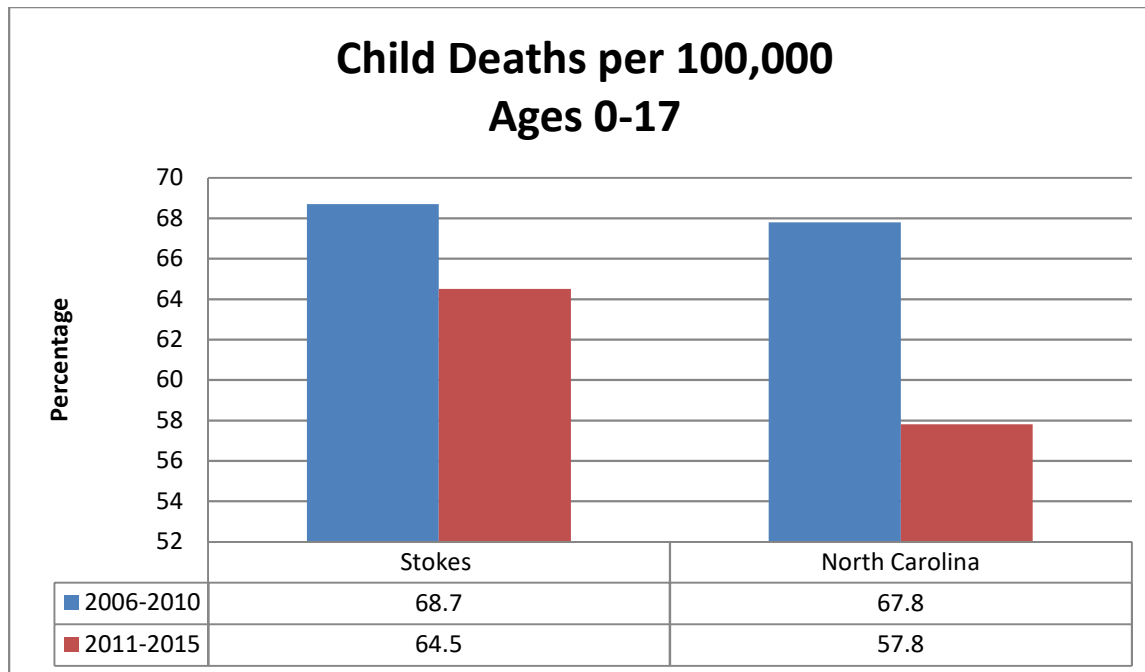
In 2011-2015, Stokes County's percentages of low birth rates are slightly lower than those of North Carolina. In 2011-2015, Stokes County has 8.8% while the rate for North Carolina was 9%. Stokes County has improved since 2006-2010 when the rate was 9.9%.

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



The chart shows the rate of live births from Stokes County and North Carolina per 1,000 population. Stokes County has a lower rate compared to North Carolina during 2011 till 2015.

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



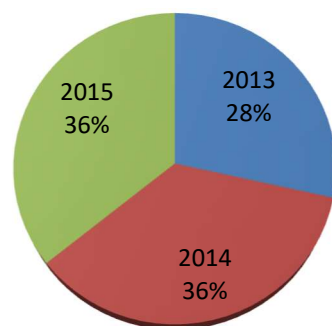
Source: County Health Data Book, NC State Center for Health Statistics

From 2011-2015 the child death rate per 100,000 population for Stokes County was 64.5% while the rate for North Carolina was 57.8%. Stokes County's rate was 6.7% higher than the state's rate. However, we have improved by 4.2% since 2006-2010.

Stokes County Communicable Disease Report

Communicable disease refers to diseases that can be passed or spread from person to person. Stokes County Health Department helps the citizens of our community in reaching their fullest health potential possible. This is accomplished through constant surveillance and investigation of communicable disease incidents reported to our health department. Public Health laws mandate the reporting of certain communicable diseases to local health departments. As we receive notices of reportable communicable disease cases, our department's public health professionals will begin an investigation. While investigating we determine if a potential public health threat exists, and if so what measures will be required to address the issues to protect the individual and others in the community. Public health professionals from our health department work closely with epidemiology specialists and other local and state level health professionals to help decrease the spread of communicable disease and to improve the health outcomes of the ones who have a communicable disease.

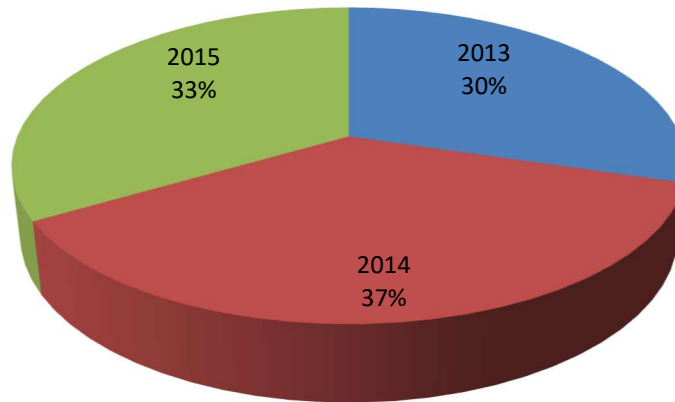
Stokes County Annual Gonorrhea Rates 2013-2015



The graph to the left displays gonorrhea rates per 100,000 population for Stokes County and North Carolina from 2013-2015. Stokes County had a lower rate of 36% per 100,000 population to have gonorrhea compared to North Carolina.

Source: 2015 HIV/STD Surveillance Report

Stokes County Chlamydia Annual Rates 2013-2015



Source: 2015 HIV/STD Surveillance Report

This graph displays the chlamydia rate per 100,000 population for Stokes County from 2013-2015. Stokes County had a lower rate of 30% per 100,000 population in 2013 with a slight rise in 2014 to 37% and in 2015 has come back down to 33%.

Communicable Disease Totals for Fiscal Year 2015/2016

| Disease Classification | Total Confirmed Cases |
|----------------------------------|------------------------------|
| Haemophilus Influenza | 3 |
| Pertussis | 2 |
| Hepatitis B (Chronic) | 2 |
| Ehrlichia | 1 |
| Rocky Mountain Spotted Fever | 0 |
| Shigellosis | 1 |
| Lyme Disease | 2 |
| Streptococcal Group A (invasive) | 1 |
| Legionellosis | 4 |
| Lyme Disease | 2 |
| Salmonellosis | 2 |
| Campylobacter Infection | 3 |
| Listeriosis | 1 |
| E Coli | 1 |
| Chlamydia | 135 |
| Gonorrhea | 31 |
| Vibro Infection, other | 1 |



Child Health

The early years of a child's life are very important for his or her health and development. Parents, health professionals, educators, and others can work together as partners to help children grow up to reach their full potential. Stokes County Health Department/Family Health Center offers a wide range of services to help your child reach their full potential.

For more information on Child Development, visit the CDC: What Should You Know about Child Development website at www.cdc.gov/ncbddd/childdevelopment/



Stokes County BMI-for-Age Status in Children 2 through 4 years of age (2014)

| UNDERWEIGHT | | HEALTHY WEIGHT | | OVERWEIGHT | | OBESE | | TOTAL |
|-----------------------------|------|---|-------|--|-------|-------------------------------|-------|-------|
| <5 TH Percentile | | >=5 th to <85 th Percentile | | >=85 th to >95 th Percentile | | >=95 th Percentile | | |
| # | % | # | % | # | % | # | % | # |
| 8 | 1.8% | 304 | 67.3% | 83 | 18.4% | 57 | 12.6% | 452 |

Source: NC-PedNESS 2014

Stokes County BMI-for-Age Status in Children 5 through 11 years of age (2014)

| UNDERWEIGHT | | HEALTHY WEIGHT | | OVERWEIGHT | | OBESE | | TOTAL |
|-----------------------------|------|---|-------|--|-------|-------------------------------|-------|-------|
| <5 TH Percentile | | >=5 th to <85 th Percentile | | >=85 th to >95 th Percentile | | >=95 th Percentile | | |
| # | % | # | % | # | % | # | % | # |
| 2 | 2.9% | 48 | 70.6% | 9 | 13.2% | 9 | 13.2% | 68 |

Source: NC-PedNESS 2014

Stokes County BMI-for-Age Status in Children 12 through 19 years of age (2014)

| UNDERWEIGHT | | HEALTHY WEIGHT | | OVERWEIGHT | | OBESE | | TOTAL |
|-----------------------------|------|---|-------|--|-------|-------------------------------|-------|-------|
| <5 TH Percentile | | >=5 th to <85 th Percentile | | >=85 th to >95 th Percentile | | >=95 th Percentile | | |
| # | % | # | % | # | % | # | % | # |
| 10 | 8.7% | 74 | 64.3% | 14 | 12.2% | 17 | 14.8% | 115 |

Source: NC-PedNESS 2014

Stokes County Health Resources Inventory



Knowledge of a community's health resources is necessary to bring people and services together in order to meet vital needs. This Health Resource Inventory is used primarily to link people with needed services by finding the most appropriate services to meet their needs while at the same time connecting them to the most appropriate service providers.

The following pages contain a list of important health related agencies that residents may need to know about to help them gain access to the assistance they require. However, a more comprehensive list of Health and Human Service agencies can be found by going to the following website: <http://co.stokes.nc.us/news/ResourceGuide10-12.pdf>

Mental Health resources are very limited and those that exist are not well known. The Mental Health Committee, a subcommittee of Stokes County Healthy Carolinians, is working to increase mental health access for residents and increase the number of local health care providers who understand how to access mental health services for their patients.

The Stokes County Health Department/Family Health Center continues to partner with many local agencies to foster relationships within the community to provide clients with the most up to date resources possible.

ADOPTION

Bennett and West, Attorneys at Law

PO Box 775
607-D South Main Street
King, NC 27021
Phone: (336) 983-317

Family Services, Inc.

1200 South Broad Street
Winston Salem, NC 270101
Phone: (336) 722-8173

Website: www.fsifamily.org

Coordinates adoption process for families and assists families after adoption; working with local agencies as well as international agencies; foster care for our babies awaiting placement.

**Accepts Medicaid, Bilingual Services available for some services.*

Hope Pregnancy Care Center

PO Box 604
117 Charles Rd
King, NC 27021
Phone: (336) 983-3990
Website: www.hopepcc.org

R. Michael Bruce, Attorney at Law

PO Box 280
404 North Main Street
Danbury, NC 27016
Phone: (336) 593-9240

Stokes County Department of Social Services

PO Box 30
1010 Hwy 8 & 89
Danbury, NC 27016
Phone: (336) 593-2861
Website: www.co.stokes.nc.us

**Bilingual services available, will provide interpreter when needed.*

ADULT HEATH PROGRAMS

The Children's Home

1001 Reynolda Road
Winston Salem, NC 27104
Phone: (336) 721-7600
Website: www.tchome.org
**Accepts Medicaid*

Ty Browder, Attorney at Law

PO Box 550
404 North Main Street
Danbury, NC 27016
Phone: (336) 593-9240

American Cancer Society

4-A Oak Branch Drive
Greensboro, NC 27407
Phone: (336) 834-0844
Fax: (336) 834-8777
Website: www.cancer.org

American Red Cross- NWNC Chapter

690 Coliseum Drive
Winston Salem, NC 27106
Phone: (336) 724-0511
Fax: (336) 724-0541
Website: www.nwnc-redcross.org

Cancer Services, Inc.

3175 Maplewood Avenue
Winston Salem, NC 27103
Phone: (336) 760-9983
Fax: (336) 760-1282
Website: www.cancerservicesonline.org

**Bi-Lingual Services Available: Leave a message on the Spanish Line and a Spanish speaking person will return your call. Provides free educational programs to the community about cancer prevention and early detection. Also provides educational opportunities to cancer survivors to learn more about coping, health concerns, and treatment issues.*

Digestive Health Specialists

JR Jones Medical Center
402 West King Street
King, NC 27021
Phone: (336) 983-9617
Fax: (336) 983-9791
Website: <http://www.pchstokes.com/facilities.html>

ADULT HEATH PROGRAMS (continued)

Forsyth Medical Center

3333 Silas Creek Parkway

Winston Salem, NC 27103

Phone: (336) 718-8233

Website: www.forsythmedicalcenter.org

**Accepts Medicaid*

Stokes County Recreation Department Facilitated by the Stokes Family YMCA

PO Box 39

1070 Hospice Drive

Danbury, NC 27016

Phone: (336) 593-8165

Fax: (336) 593-2112

Join the Stokes Recreation Department for our fitness classes. We offer low impact and step aerobics classes also.

Stokes County Health Department/Family Health Center

PO Box 187

1009 Main Street

Danbury, NC 27016

Phone: (336) 593-2400

Website: <http://www.co.stokes.nc.us/health/> **Accepts Medicaid*

CHILD HEATH PROGRAMS

Stokes County Health Department/Family Health Center

PO Box 187

1009 Main Street

Danbury, NC 27016

Phone: (336) 593-2400

Website: <http://www.co.stokes.nc.us/health/>

**Accepts Medicaid*

Stokes Partnership for Children

151 Jefferson Church Rd

King, NC 27021

Phone: (336) 985-2676

Website: www.stokespfc.com/

The Stokes County Community Health Assessment Committee reviewed the results from the 2016 Community Health Assessment Community Survey; discussed focus group questions along with the secondary data collected and developed a list of health priorities for the county. All members from these two committees represent various groups of individuals with diverse experience and knowledge. The top three health priorities chosen to focus on are:

1. Substance Abuse
2. Mental Health
3. Chronic Disease

The committee selected these three health priorities for Stokes County in hopes to improve mental health care being offered and increasing access to care. These areas are to be addressed by the various county agencies and committees including Stokes Health Alliance, Healthy Carolinians, and through health promotion within Stokes County.



STOKES COUNTY COMMUNITY ASSESSMENT SURVEY

WE NEED YOUR HELP!

Please complete the following survey to help identify the major health issues facing Stokes County residents.

This survey is being conducted by Stokes County Health Department. The purpose of this survey is to learn more about a variety of issues that affect our county. Survey results will be used to complete our Community Health Assessment. We appreciate your feedback and welcome comments as well. Please note that your responses will be kept anonymous and confidential.

Part 1: Demographics

Please complete the following questions that will be used for statistical purposes only. Remember that your answers cannot be linked personally to you.

1. Do you live in Stokes County?

___ Yes ___ No

If no, please stop survey now. Thank you.

2. What is your zip code? _____

3. How old are you?

| | | |
|-----------|-----------|-----------------|
| ___ 18-20 | ___ 26-39 | ___ 55-64 |
| ___ 21-25 | ___ 40-54 | ___ 65 or older |

4. Are you Male or Female?

___ Male ___ Female

5. What is your race or ethnicity?

| | |
|----------------------------|---------------------|
| ___ African American/Black | ___ Native American |
| ___ Asian/Pacific Islander | ___ White/Caucasian |

_____Hispanic/Latino

Other: _____

6. What is your highest level of school, college or training that you have finished?
- | | |
|--|--|
| <input type="checkbox"/> Less than high school | <input type="checkbox"/> Graduate degree or higher |
| <input type="checkbox"/> High school diploma or GED | <input type="checkbox"/> College degree |
| <input type="checkbox"/> Associate's Degree or Vocational Training | <input type="checkbox"/> Other: _____ |
7. What was your total household income last year, before taxes?
- | | |
|---|---|
| <input type="checkbox"/> Less than \$20,000 | <input type="checkbox"/> \$40,000 to \$59,999 |
| <input type="checkbox"/> \$20,000 to \$39,000 | <input type="checkbox"/> \$60,000 or more |
8. What is your employment status?
- | | | |
|---|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Employed full-time | <input type="checkbox"/> Disabled | <input type="checkbox"/> Unemployed |
| <input type="checkbox"/> Employed part-time | <input type="checkbox"/> Student | |
| <input type="checkbox"/> Retired | <input type="checkbox"/> Homemaker | |
9. Do you have access to the Internet?
- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

If you answered yes, where do you usually access the Internet?

At home

At the public library

At work

Other:

At school

Part 2: Community Problems and Issues

Health Problems

Put a check mark beside the five (5) health problems that you think are having the biggest impact in Stokes County. Remember this is your opinion and your choices will not be linked to you in any way. If you do not see a health problem you consider one of the five most important, please check “other” and write it in.

___ Accidental injuries
(home or work-related
falls, drowning, choking,
poisoning, etc.)

— Aging problems
(dementia, Alzheimer's,
arthritis, hearing or vision
loss, etc.)

Alcohol Abuse

Asthma

Birth defects

— Cancer: What kind?

Dental health

Diabetes

Drug Abuse

Gun-related injuries

___ Heart disease/heart attack

HIV/AIDS

Infant death

___ Infectious/contagious diseases (TB, pneumonia, flu, salmonella, etc.)

Kidney disease

Liver disease

Lung disease

(emphysema, chronic
bronchitis, etc.)

___ Mental health
(depression,

schizophrenia, etc.)

Motor vehicle accidents

— Neurological disorders
(multiple sclerosis, ALS,
muscular dystrophy, etc.)

Obesity/overweight

Sexually transmitted diseases (STDs)

Stroke

Stokes County Community Health Assessment 2016

☐ Suicide, suicide attempts, self injury

☐ Teenage pregnancy
☐ Other: _____

Unhealthy Behaviors

Put a check mark beside the five (5) unhealthy behaviors that you think are having the biggest impact in Stokes County. Remember this is your opinion and your choices will not be linked to you in any way. If you do not see an unhealthy behavior you consider one of the five most important, please check “other” and write it in.

☐ Alcohol Abuse

☐ Drug Abuse

☐ Domestic Violence

☐ Drinking and Driving

☐ Elder Abuse

☐ Lack of exercise

☐ Not getting immunizations (“shots”) to prevent disease

☐ Not using child safety seats

☐ Not using seat belts

☐ Not going to a dentist for preventive checkups and care

☐ Not going to the doctor for yearly checkups and screenings

☐ Not getting prenatal (pregnancy) care

☐ Poor eating habits

☐ Rape/sexual assault

☐ Reckless/drunk driving

☐ Smoking/Tobacco use

☐ Unsafe sex

☐ Violent Behavior

☐ Other: _____

Community Issues

Please look at this list of community issues and **put a check mark beside the five (5) that have the greatest effect on quality of life in Stokes County.** Remember this is your opinion and your choices will not be linked to you in any way. If you do not see a community issue you consider one of the five most important, please check “other” and write it in.

☐ Animal control issues

☐ Availability of child care

☐ Affordability of health services

☐ Availability of healthy food choices

☐ Bioterrorism

☐ Crime

☐ Dropping out of school

☐ Homelessness

☐ Inadequate/unaffordable housing

☐ Lack of/inadequate health insurance

☐ Lack of culturally appropriate services for minorities

☐ Lack of health care providers. What kind: _____

☐ Lack of recreational facilities (parks, trails, community centers, etc.)

☐ Healthy family activities

☐ Positive activities for teens

☐ Neglect and Abuse (please specify type)

☐ Elder Abuse

☐ Child Abuse

☐ Domestic

violence

☐ Pollution (air, water, land)

☐ Low income/poverty

☐ Racism

☐ Transportation options

Stokes County Community Health Assessment 2016

___ Unemployment

___ Unsafe, un-maintained
roads

___ Violent crime (murder,
assault, etc.)

___ Other:

Part 3: Personal Health

The following set of questions is about your own personal health. Remember, the answers you give for this survey will not be linked to you in any way.

1. What kind of health insurance or coverage do you have at the present time?
☐ Private health insurance I bought myself (ACA, BCBS, United Healthcare, Etc.)
☐ Private health insurance my employer provides
☐ Private health insurance my spouse's employer provides
☐ Medicaid
☐ Medicare
☐ Veterans' Administration benefits
☐ Other: _____
☐ I do not have health insurance or coverage at the present time
2. Where do you get most of your health-related information? Please choose only one.

| | | |
|---|-------------------------------------|--|
| <input type="checkbox"/> Friends and family | <input type="checkbox"/> Hospital | <input type="checkbox"/> School |
| <input type="checkbox"/> Doctor/nurse | <input type="checkbox"/> Help lines | <input type="checkbox"/> Church |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Pharmacist | <input type="checkbox"/> Books/magazines |
3. Where do you go most often when you are sick or need advice about your health?
☐ Doctor's office in Stokes County
☐ Doctor's office in another county
☐ Pioneer Medical Center of King
☐ Pioneer Community Hospital of Stokes
☐ Hospital emergency room in another county
☐ Health Department
☐ Free clinic
☐ Urgent Care Center
☐ Other: _____
4. About how long has it been since you last visited a doctor for a routine checkup? This does not include any times you visited the doctor because you were sick or pregnant.

| | |
|---|---|
| <input type="checkbox"/> Within the past year | <input type="checkbox"/> 5 or more years ago |
| <input type="checkbox"/> 1-2 years ago | <input type="checkbox"/> I have never had a routine medical checkup |
| <input type="checkbox"/> 3-4 years ago | |
5. Have you had your blood pressure checked in the last 12 months?
☐ Yes ☐ No
6. Have you had your cholesterol checked in the last 12 months?
☐ Yes ☐ No

7. Do you receive an annual flu shot?

___ Yes ___ No

If yes, where?

- ___ Doctor's office
___ VA
___ Home health
___ Local pharmacy (CVS, Rite-Aid, etc.)
___ Health Department

8. In the past 12 months, did you have a problem getting the medical care you needed?

___ Yes ___ No

If yes, which of these problems did you have? You can choose as many of these as you need to.

- ___ I didn't have health insurance
___ My insurance didn't cover what I needed.
___ My deductible/co-pay was too high.
___ Doctor wouldn't take my insurance or Medicaid
___ Hospital wouldn't take my insurance
___ I didn't have a way to get there.
___ I didn't know where to go.
___ Other: _____

9. In the past 12 months, did you have a problem filling a medically necessary prescription?

___ Yes ___ No

If yes, which of these problems did you have? You can choose as many of these as you need to.

- ___ I didn't have health insurance
___ My insurance didn't cover what I needed.
___ My deductible/co-pay was too high.
___ Pharmacy wouldn't take my insurance or Medicaid
___ I didn't have a way to get there.
___ I didn't know where to go.
___ I couldn't get an appointment.
___ Other: _____

10. About how long has it been since you last visited a dentist for a **routine checkup**? Do **not** include times you visited the dentist because of an emergency.

☐ Within the past year ☐ 5 or more years ago
☐ 1-2 years ago ☐ I have never had a routine dental checkup
☐ 3-4 years ago

11. Was there a time during the past 12 months when you needed to get dental care but could not?

☐ Yes ☐ No

If yes, why could you not get dental care? You can choose as many of these as you need to.

☐ I didn't have health insurance
☐ My insurance didn't cover what I needed.
☐ My deductible/co-pay was too high.
☐ Dentist wouldn't take my insurance or Medicaid
☐ I didn't have a way to get there.
☐ I didn't know where to go.
☐ I couldn't get an appointment.
☐ Other: _____

12. If a friend or family member needed counseling for a mental health or drug or alcohol abuse problem, would you tell them to talk to someone?

☐ Yes ☐ No

If yes, where or who would you suggest they go? _____

13. In the past 12 months have you or a member of your family needed any of the following services? Please put a check in the box or boxes that most accurately describe what problem(s), if any, you had with the service?

| SERVICE | LACK OF INFORMATION | COST | SERVICE NOT AVAILABLE | NO PROBLEM | DID NOT NEED THE SERVICE |
|--|------------------------|------|-----------------------------|---------------|--------------------------------|
| Health | | | | | |
| Education | | | | | |
| Programs | | | | | |
| Neglect & Abuse (elder, child, domestic violence) | | | | | |
| Enrolling in Medicaid or Medicare | | | | | |
| Mental health care or counseling | | | | | |
| Drug or alcohol treatment program | | | | | |
| Hospice and palliative care (end-of-life care) | | | | | |
| Long-term care (e.g. nursing home) | | | | | |
| Senior citizen nutrition service (e.g. Meals on Wheels, nutrition sites, etc.) | | | | | |

| SERVICE | LACK OF INFORMATION | COST | SERVICE NOT AVAILABLE | NO PROBLEM | DID NOT NEED THE SERVICE |
|----------------------------------|------------------------|------|-----------------------------|---------------|--------------------------------|
| Veterans' medical services | | | | | |

14. How often do you do the following? Check which apply.

| | Every Day | Most Days | Some Days | Once In Awhile | Never | Unsure |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Exercise for at least for 30 minutes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Smoke Cigarettes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chew or Dip Tobacco | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Drink Alcohol | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Wear Your Seatbelt | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Wear Sunscreen | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Floss Your Teeth | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

15. If you currently smoke, where would you go for help in order to quit?

- | | |
|---|---|
| <input type="checkbox"/> I don't smoke or use smokeless tobacco | <input type="checkbox"/> NC Quit Line |
| <input type="checkbox"/> Doctor | <input type="checkbox"/> Health Department |
| <input type="checkbox"/> Church | <input type="checkbox"/> I don't know |
| <input type="checkbox"/> Pharmacy | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Private counselor/therapist | <input type="checkbox"/> Not applicable; I don't want to quit |

16. Where do you go to engage in exercise/physical activities? Check all that apply.

☐ Stokes Family YMCA

☐ Danbury YMCA

☐ Local park

☐ At home

☐ Electronic media (Wii Fit, Internet, DVDs)

Which one: _____

Part 4: Emergency Preparedness

1. Does your family household have the following?

| | Yes | No | Unsure |
|---|-----------------------|-----------------------|-----------------------|
| A disaster supply kit | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3-day supply of water for each person | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3-day supply of food for each person | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3-day supply of medication for each person | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Evacuation plan | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fire escape plan | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A local emergency contact (family or friend) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A weather radio | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| At least one member of household is CPR certified | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| At least one member of household is first-aid certified | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| | Yes | No | Unsure |
|---|-----------------------|-----------------------|-----------------------|
| Knowledge of where to receive updates for disasters | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A generator or alternative heat source and knowledge to operate it safely | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A working radio with batteries | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A working flashlight with batteries | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

2. How prepared are you and your household for the following emergencies or disasters?

| | Not Prepared At All | Somewhat Prepared | Very Prepared |
|------------------------------------|-----------------------|-----------------------|-----------------------|
| Winter Storm | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Ice Storm | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Flood | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Tornado | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hurricane | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Widespread Power Outages | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Disease Outbreak | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Radiological/Nuclear Emergencies | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| House Fire | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other manmade or natural disasters | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

3. In a large scale disaster or emergency, what would be your main method or way of communicating with relatives and friends?

☐ Regular home telephone

☐ Cell phone

☐ Email

☐ Pager

☐ 2-way radio

☐ Other: _____

4. What would be your main method or way of getting information from authorities in a large scale disaster or emergency?

- | | |
|------------------------------------|--|
| <input type="checkbox"/> TV | <input type="checkbox"/> Radio |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Print Media (newspaper, etc.) |
| <input type="checkbox"/> Neighbors | <input type="checkbox"/> Other: _____ |

5. In a community disaster or emergency, how many days could you take care of yourself at home?

- | | | |
|---------------------------------|--|-------------------------------------|
| <input type="checkbox"/> 1 Day | <input type="checkbox"/> 1 Week | <input type="checkbox"/> Zero Days |
| <input type="checkbox"/> 2 Days | <input type="checkbox"/> 2 Weeks | <input type="checkbox"/> Don't Know |
| <input type="checkbox"/> 3 Days | <input type="checkbox"/> More than 2 weeks | |

6. If there was an emergency, do you have transportation to get to someplace safe?

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

7. If public authorities announced that you had to evacuate your home and/or community due to a large scale disaster or emergency, would you evacuate or not?

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

If no, specify why you wouldn't evacuate.

- | | |
|--|--|
| <input type="checkbox"/> Lack of transportation | <input type="checkbox"/> Concern about leaving pets or livestock |
| <input type="checkbox"/> Lack of trust in public officials | <input type="checkbox"/> Concern about traffic jams or not being able to get out |
| <input type="checkbox"/> Concern about leaving property behind | <input type="checkbox"/> Health problems |
| <input type="checkbox"/> Concern about personal safety | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Concern about family safety | |
| <input type="checkbox"/> Unsure | |

8. If you couldn't remain in your house, where would you go in a community-wide emergency?

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Relative/friend | <input type="checkbox"/> Don't know |
| <input type="checkbox"/> Emergency Shelter | <input type="checkbox"/> School |
| <input type="checkbox"/> Church | <input type="checkbox"/> Hospital |
| <input type="checkbox"/> Red Cross | <input type="checkbox"/> Motel/Hotel |
| <input type="checkbox"/> Camping | <input type="checkbox"/> Other: _____ |

9. Are you a caregiver for someone? (Select all that apply.)

- | | |
|---|---------------------------------|
| <input type="checkbox"/> Yes, child | <input type="checkbox"/> No |
| <input type="checkbox"/> Yes, another adult | <input type="checkbox"/> Unsure |

10. Is there a member of your household that would need special assistance during an emergency or disaster?

☐ Yes, there is someone in my household that needs long-term care (more than 90 days)

☐ Yes, there is someone in my household that needs short-term care (less than 90 days)

☐ No

☐ Unsure

11. Is there a person in your household who is dependent on others or in need of others for routine care (eating, walking, toileting, etc)?

☐ Yes

☐ No

12. Do you have a person living in your home who requires a lot of medical care (IV, chemotherapy, ventilator, dialysis, life support equipment, hospital bed and/or total care, or who is morbidly obese and non-mobile)?

☐ Yes

☐ No

13. In your household, do you have a person who needs help with their medical care, for example, monitoring by a nurse, dependent upon medical equipment, assistance with medication, or mental health disorders?

☐ Yes

☐ No

14. In your household, do you have anyone who is blind, hearing impaired, deaf, or has an amputation, that might need help in an emergency or disaster?

☐ Yes

☐ No

Part 5: Gender Specific

If you are **female**, answer the following questions.

| |
|---------------------|
| FEMALES ONLY |
|---------------------|

1. If you are age **40 or older**, do you have an annual mammogram?
_____ Yes _____ No _____ Not applicable (I'm under age 40.)
2. If you are age **21 or older**, do you have a pap smear at least every other year?
_____ Yes _____ No _____ Not applicable (I'm under age 21.)
3. If you are age **50 or older**, have you ever had a colon cancer screening?
_____ Yes _____ No _____ Not applicable (I'm under age 50.)

If you are **male**, answer the following questions.

MALES ONLY

1. If you are age **40 or older**, do you have an annual prostate exam?
_____ Yes _____ No _____ Not applicable (I'm under age 40.)
2. If you are age **50 or older**, have you ever had a colon cancer screening?
_____ Yes _____ No _____ Not applicable (I'm under age 50.)

Part 6: Physical Activity

1. On a typical day how much total time does your child spend in physically active play?
 - A. None
 - B. Less than 20 minutes
 - C. 20 minutes to 1 hour
 - D. 1 hour to 2 hours
 - E. 2 hours to 3 hours
 - F. 3 hours or more
 - G. Don't know/not sure
2. How far does your child live from school?
 - A. Less than ¼ mile
 - B. ½ mile up to 1 mile
 - C. More than 2 miles
 - D. ¼ mile up to ½ mile
 - E. 1 mile up to 2 miles
 - F. Don't know

3. During the past 7 days, on how many days was your child or were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

4. Do you know of any school/churches that allow the public to use their recreational facilities after hours?

- A. Yes
 - a. If yes, what school/ church?
 - b. If yes, how often do you use these facilities for physical activity?
Is the use:
 - c. Daily __
 - d. Weekly __
 - e. Monthly __
 - f. Occasionally __
 - g. Rarely __

B. No

5. Which of the following would increase how often your child walks/bikes to school?

- A. Sidewalks
- B. Crosswalks
- C. Crossing guard
- D. Adult supervision
- E. Bike lane
- F. Reduced speed limit
- G. Remote drop off location
- H. My child already walks/bikes to school regularly
- I. We live too far to walk/bike to school

1. How Important are the following Transportation Goals?(please use a “☒ ” Mark) :

| | Not Important | Important | Very Important |
|--|-----------------------|-----------------------|-----------------------|
| Preserve Community and Rural Character | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Protect the Environment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Support Economic Growth | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Public Transportation Options | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| More opportunities for safe biking and walking to destinations instead of driving. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

2. Please select which of the following methods you agree with, for increasing a road’s efficiency (please use a “☒ ” Mark):

| | Agree | Disagree |
|--|-----------------------|-----------------------|
| Building additional travel lanes | <input type="radio"/> | <input type="radio"/> |
| Making improvements to intersection such as better signal timing, adding guard rails, creating roundabouts | <input type="radio"/> | <input type="radio"/> |
| Controlling the frequency and locations of driveways and cross streets that access the road | <input type="radio"/> | <input type="radio"/> |

3. Are you concerned with vehicle accident problems at any specific locations?

☐ Yes ☐ No

If yes, please list specific locations: _____

4. Is commercial truck traffic negatively affecting your area?

☐ Yes ☐ No

If yes, please list specific routes and locations: _____

5. To what areas would you like to have improved access (please check all that apply)?

☐ Winston Salem, NC ☐ Virginia
☐ Greensboro, NC ☐ Other _____

6. What Roads would you like to have improved access to (please check all that apply)?

I-40 US 52 US 311 NC 8
 NC 66 Other: _____

7. Would you use park-and-ride lots? (A park-and-ride lot is a parking area where you can leave your car and take public transportation or carpool to your destination)

☐ Yes ☐ No

If yes, what is your preferred location for park-and-ride lot

☐ Walnut Cove ☐ Danbury
☐ King ☐ Other:

8. Would you use bus service listed below?

☐ Bus service to Winston Salem, NC ☐ Bus service within Stokes County
☐ Bus service to Greensboro, NC ☐ Other:

9. Are you concerned with bicycle and pedestrian safety at any specific locations?

☐ Yes ☐ No

If yes, please list specific locations: _____

10. Are there areas where you would like to see sidewalks or multi-use paths (for bicycling or walking) constructed or improved?

☐ Yes ☐ No

If yes, please list desired locations: _____

11. Would you use on-road bicycle facilities such as bicycle lanes and wider road shoulders?

☐ Yes ☐ No

If yes, please list desired locations: _____

12. Would you like more information about bicycling and pedestrian safety such as a brochure about safe bicycling practices?

☐ Yes ☐ No

We would like to know a little bit about you for analysis purposes only. Your answers will be kept strictly confidential. Please answer the following questions.

13. What is your age?

☐ Under 18 ☐ 18-24 ☐ 25-34 ☐ 35-44 ☐ 45-54 ☐ 55-64 ☐ Over 65

14. How would you classify your race?

☐ White ☐ Black ☐ Native American ☐ Hispanic ☐ Asian ☐ Other

15. How many people, including yourself, live in your household?

- ☐ 1 ☐ 2 ☐ 3 ☐ 4
☐ 5 ☐ 6 ☐ 7 ☐ 8 and
more

16. Where do you live? (Please check only one box.)

- ☐ Danbury ☐ King ☐ Walnut Cove
☐ Stokes County

17. Where do you work? (Please check only one box.)

- ☐ Danbury ☐ King ☐ Walnut Cove
☐ Stokes County ☐ Outside of Stokes County ☐ Unemployed

18. Do you use any of the three medication drop boxes in Stokes County to dispose of old or unwanted medication?

Yes ____

No ____

If yes, please check the disposal boxes you use:

- ____ Sheriff's Department Danbury
____ Sheriff's Department Walnut Cove
____ King Police Department

19. Are you aware of the Good Samaritan Law, which offers certain protections for the caller if they report a possible alcohol or drug overdose?

____ Yes

____ No

Stokes County Community Health Assessment 2016 – Youth Edition

20. Please check the appropriate box:

| Used the following: | In the last 30 days | In the last 6 months | In the last year |
|--|---------------------|----------------------|------------------|
| Consumed beer | | | |
| Consumed alcohol | | | |
| Smoked marijuana | | | |
| Used an opiate (pain medication) for other than the prescribed reason | | | |
| Used an illegal drug | | | |
| Smoked a cigarette | | | |
| Used an e cigarette or vape device | | | |

That's the end! Thank you very much for completing the 2016 Community Health Survey!

Unless otherwise instructed, please return this survey to:

Stokes Health Department
Attn: Tammy Martin
P.O. Box 187
Danbury, NC 27016



WE NEED YOUR HELP!

Please complete the following survey to help identify the major health issues facing Stokes County teens today. This survey is anonymous. **DO NOT** put your name on the survey. Your answers will not be connected to you in any way.

Zip Code: _____
I am: ___ Male ___ Female
Race: ___ American Indian or Alaska Native ___ Black or African American
 ___ Asian ___ Hispanic or Latino
 ___ Native Hawaiian or Pacific Islander ___ White
 ___ Bi-racial
Age: _____

HEALTH CONCERNS

1. Listed below are health concerns in Stokes County. Please check the five that you are most concerned about in Stokes County.

- | | |
|--|---|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Suicide, suicide attempts, self-injury |
| <input type="checkbox"/> Bioterrorism | <input type="checkbox"/> Teen pregnancy |
| <input type="checkbox"/> Cancer (Type : _____) | <input type="checkbox"/> Unintentional Injuries (drowning, burns) |
| <input type="checkbox"/> Dental Health Problems | |
| <input type="checkbox"/> Diabetes | |
| <input type="checkbox"/> Domestic Violence | |
| <input type="checkbox"/> Heart Disease | |
| <input type="checkbox"/> High Blood Pressure | |
| <input type="checkbox"/> HIV/AIDS | |
| <input type="checkbox"/> Lack of basic needs (food, water, home) | |
| <input type="checkbox"/> School Violence | |
| <input type="checkbox"/> Mental Illness | |
| <input type="checkbox"/> Depression | |
| <input type="checkbox"/> Motor Vehicle Injuries | |
| <input type="checkbox"/> Obesity/Overweight | |
| <input type="checkbox"/> Pollution (air, water) | |
| <input type="checkbox"/> Respiratory Disease (Bronchitis) | |
| <input type="checkbox"/> Sexual assault/rape | |

___ Other: _____

UNHEALTHY BEHAVIORS

2. Listed below are some behaviors that may cause poor health. Please check the top five behaviors you think keep people in Stokes County from being healthy.

| | | |
|-------------------------|---------------------------------|--------------------|
| ___ Alcohol abuse | ___ not asking for help for | ___ Tobacco use |
| ___ Child abuse/neglect | ___ personal problems | ___ Unsafe sex |
| ___ Domestic violence | ___ Not getting doctor checkups | ___ Youth violence |
| ___ Drinking & driving | ___ Not using seatbelts | ___ Other: _____ |
| ___ Drug use | ___ Poor eating habits | _____ |
| ___ Lack of exercise | ___ Reckless driving | |

HEALTH CARE ACCESS

3. Was there a time during the last 12 months when you needed to see a doctor but did not?

___ Yes ___ No

If yes, what was the main reason you did not?

| | |
|---|----------------------------------|
| ___ I could not afford to go to the doctor | ___ The office was not open when |
| ___ I had no transportation | I could get there. |
| ___ I was afraid/I don't like to go to the doctor | ___ Other: _____ |
| ___ Did not know where to go or who to call | |

4. Was there a time during the last 12 months when you needed to see a dentist but did not?

If yes, what was the main reason you did not?

| | |
|---|----------------------------------|
| ___ I could not afford to go to the doctor | ___ The office was not open when |
| ___ I had no transportation | I could get there. |
| ___ I was afraid/I don't like to go to the doctor | ___ Other: _____ |
| ___ Did not know where to go or who to call | |

5. Where do you go most often when you are sick or need advice about your health?

___ Doctor's office in Stokes County
___ Doctor's office in another county
___ Pioneer Medical Center of King (JR Jones Medical Center)
___ Pioneer Community Hospital of Stokes
___ Hospital emergency room in another county
___ Health Department
___ Free clinic
___ Urgent Care Center
___ Other: _____

PERSONAL HEALTH

1. How would you rate your own personal health?

___ Excellent ___ Good ___ Fair ___ Poor

2. How many days a week do you usually get at least 20-30 minutes of exercise?

___ None ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 or more

3. Are there enough opportunities for physical activity near your home?

☐ Yes ☐ No

If **no**, what would you like to see?

☐ Aerobics classes ☐ Sports leagues ☐ Gym/Fitness center
☐ Bike paths ☐ Public swimming pool ☐ Walking trails
☐ Sidewalks ☐ YMCA

4. How many servings of fruits and vegetables do you usually eat per day?

☐ None ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more

5. On average, how many times per week do you eat at a fast food restaurant?

☐ None ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more

6. What type of milk do you usually use?

☐ Whole ☐ 2% ☐ 1% ☐ Skim/Fat free ☐ None

7. How many soft drinks or “high sugar” fruit drinks do you drink per day? (ex. Soda, Tea, Fruitopia, Snapple, Hi-C, Sobe, Sunny Delight)

☐ None ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more

8. Do you eat lunch at school?

☐ Yes ☐ No

If **yes**, what do you usually eat?

☐ School lunch ☐ Snack food ☐ Fruits and/or raw vegetables
☐ Ala carte menu items ☐ Salad bar
(French fries, pizza, hot dog)
☐ Other: _____

If **no**, why not?

☐ No money ☐ Not enough time ☐ Dieting
☐ Socializing with friends during lunch period
☐ Other: _____

9. How often do you feel stress in your life?

☐ Never ☐ Sometimes ☐ Most of the time ☐ All the time

10. How do you cope with everyday life stresses? (Check all that apply)

☐ Attend church ☐ Pray ☐ Talk to family member ☐ Talk to doctor
☐ Exercise ☐ Hobbies ☐ Take medicines ☐ Talk to friends
☐ Talk to school counselor ☐ Talk to minister ☐ Talk to no one ☐ Do nothing
☐ Meditate ☐ Other: _____

PERSONAL SAFETY

1. How often do you use seat belts when you drive or ride in a car?

☐ Always ☐ Sometimes ☐ Never

2. Do you wear a helmet when riding bikes, skates, skateboards, etc.?

☐ Always ☐ Sometimes ☐ Never

3. Do you have a gun in your home?

☐ Yes ☐ No

If yes, is the gun and ammunition locked up?

☐ Yes ☐ No

4. Do you smoke cigarettes, cigars or use smokeless tobacco?

☐ Yes ☐ No

If yes, would you like to quit?

☐ Yes ☐ No

5. Do you drink alcoholic beverages?

☐ Yes ☐ No

6. If yes, how many drinks do you have per day?

☐ <1 per day ☐ 1 – 2 per day
☐ 3 – 5 per week ☐ 6 or more per week

7. What types of alcohol do you drink?

☐ Beer
☐ Wine
☐ Hard liquor
☐ Combination of two or more

8. What age did you start drinking

☐ 12 – 13
☐ 13 – 14
☐ 14 – 15
☐ 16 – 19
☐ < 12 years of age

9. Do you ever drive after drinking alcoholic beverages, or ride with a driver that has been Drinking?

☐ Yes ☐ No

10. Have you ever seriously thought about or made a plan to kill yourself?

☐ Yes ☐ No

11. Have you ever attempted suicide?

☐ Yes ☐ No

12. What specific things do you think can be done to improve health in Stokes County?

13. Do you have any other concerns about the health of teens in Stokes County?

Have you been bullied by other students ...(Bullying meaning, a repeated act, or continuous act of one of the following?)

(Circle one answer for each question.)

1. Physically?

Examples: hit, pushed, shoved, slapped, kicked, spit at, or beaten up, had property stolen

☐ Not once

☐ Once or twice

☐ Every week

☐ Many times

☐ Don't know

2. Verbally?

Examples: called names, teased hurtfully, insulted, humiliated, threatened

☐ Not once

☐ Once or twice

☐ Every week

☐ Many times

☐ Don't know

3. Socially?

Examples: excluded from a group, made to look dumb by someone, gossiped about; rumors spread

☐ Not once

☐ Once or twice

☐ Every week

☐ Many times

☐ Don't know

4. Electronically?

Examples: threatened, embarrassed, singled out, had your feelings hurt, been gossiped about, or had secrets about you revealed through e-mail or phone text messages or pictures

☐ Not once

- ☐ Once or twice
- ☐ Every week
- ☐ Many times
- ☐ Don't know

5. Do you use any of the three medication drop boxes in Stokes County to dispose of old or unwanted medication?

- Yes ☐
- No ☐

If yes, please check the disposal boxes you use:

- ☐ Sheriff's Department Danbury
- ☐ Sheriff's Department Walnut Cove
- ☐ King Police Department

6. Are you aware of the Good Samaritan Law, which offers certain protections for the caller if they reports a possible alcohol or drug overdose?

- ☐ Yes
- ☐ No

7. Please check the appropriate box:

| Used the following: | In the last 30 days | In the last 6 months | In the last year |
|--|---------------------|----------------------|------------------|
| Consumed beer | | | |
| Consumed alcohol | | | |
| Smoked marijuana | | | |
| Used an opiate (pain medication) for other than the prescribed reason | | | |
| Used an illegal drug | | | |
| Smoked a cigarette | | | |
| Used an e cigarette or vape device | | | |

Thank you for completing this survey!

