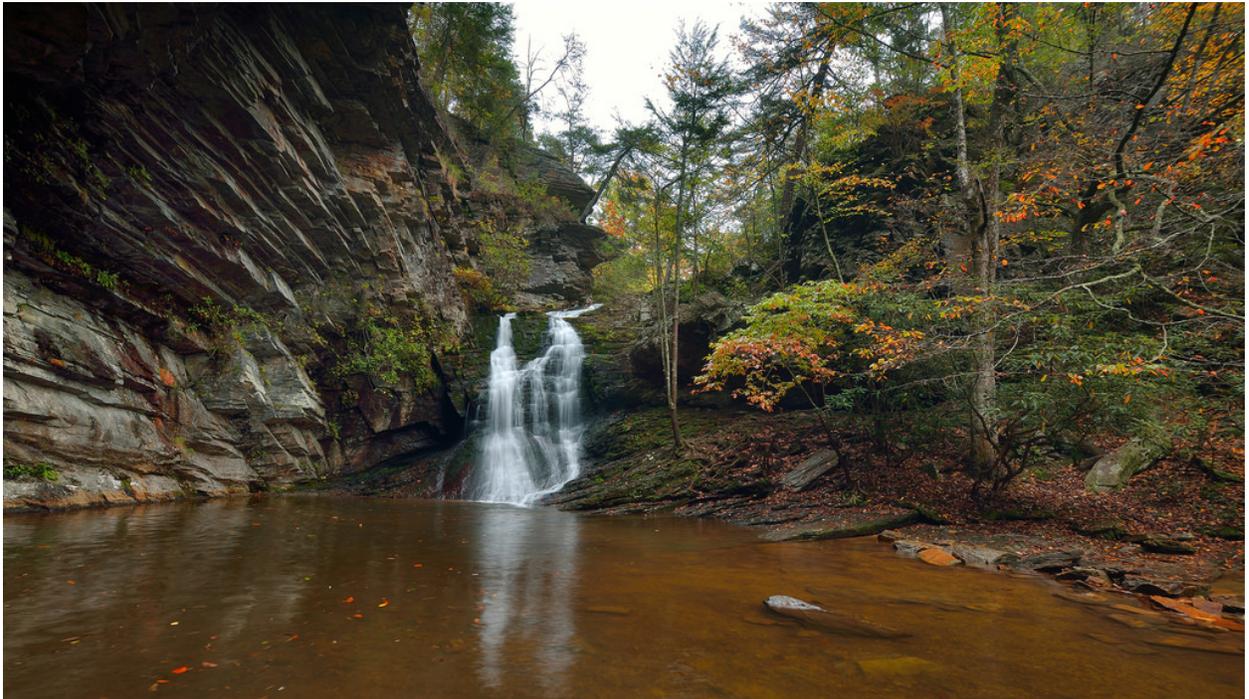


2018 Stokes County State of the County Health Report



**Stokes County Health Department
1009 Main Street
Danbury, NC 27016
(336) 593-2400
<http://www.co.stokes.nc.us/index.htm>**

Overview: Stokes County SOTCH Report

During the years between county Community Health Assessments (CHA), county health departments conduct and provide an abbreviated State of the County Health report (SOTCH report). The SOTCH report is intended as a quick overview of community health data rather than a comprehensive review of the priority.

Health issues identified during the 2016 CHA, can be found in this document. The priority areas identified in this report are guided by findings from the 2016 CHA, SOTCH reports, community surveys, and state and local data. This report provides an annual review of the health of the community, tracks progress regarding health priorities and compares statistics. It also identifies new programs and partnerships in the community, as well as emerging issues that affect the health status of county residents.



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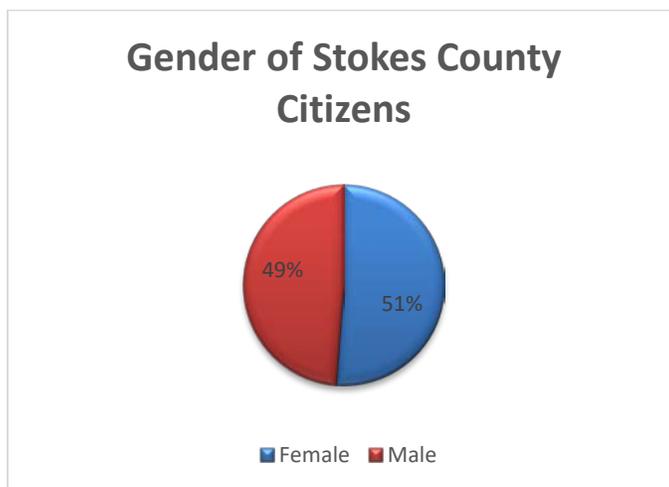
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Demographics and Social Economic Issues of Stokes County

Stokes County located in northwestern North Carolina consists of both incorporated and unincorporated towns. The incorporated towns include the City of King, the largest municipality in the county with a population of 6,904 residents; Walnut Cove with a population of 1,363 residents; and Danbury with a population of 183 residents. Stokes County demographics show the overall county population of 45,717. This is a 1% decrease since the last Community Health Assessment in 2016.

As for race analysis, the population consists of 93 % Caucasian, 4% African American, Hispanic of any race 2%, and races of two or more 1%. The breakdown of population by age is as follows: 4.5 % are under the age of five years old, 19% are under the age of 18, 21% are 65 years of age or older. The majority of the population, 55.5% is between the ages of 18-64 years of age. The per capita income for 2017 was \$23,500 and the median household income range from 2013-2017 was \$44,490 compared to \$57,652 for North Carolina. In Stokes County, 14.1% of individuals live below the poverty level compared to North Carolina's overall average of 12.3%.



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

Leading Causes of Death in Stokes County 2016

Rank	Cause	Number	%
1	Cancer	139	23.2
2	Diseases of heart	120	21.1
3	Cerebrovascular diseases	47	7.8
4	Chronic lower respiratory diseases	41	6.8
5	All other unintentional injuries	35	5.8
6	Alzheimer's disease	26	4.3
7	Influenza/pneumonia	20	3.3
8	Motor vehicle injuries	13	2.1
9	Intentional self-harm (suicide)	10	1.6
10	Diabetes Mellitus	6	1
	All other causes (Residual)	140	23.4
	Total Deaths – All Causes	597	100.0

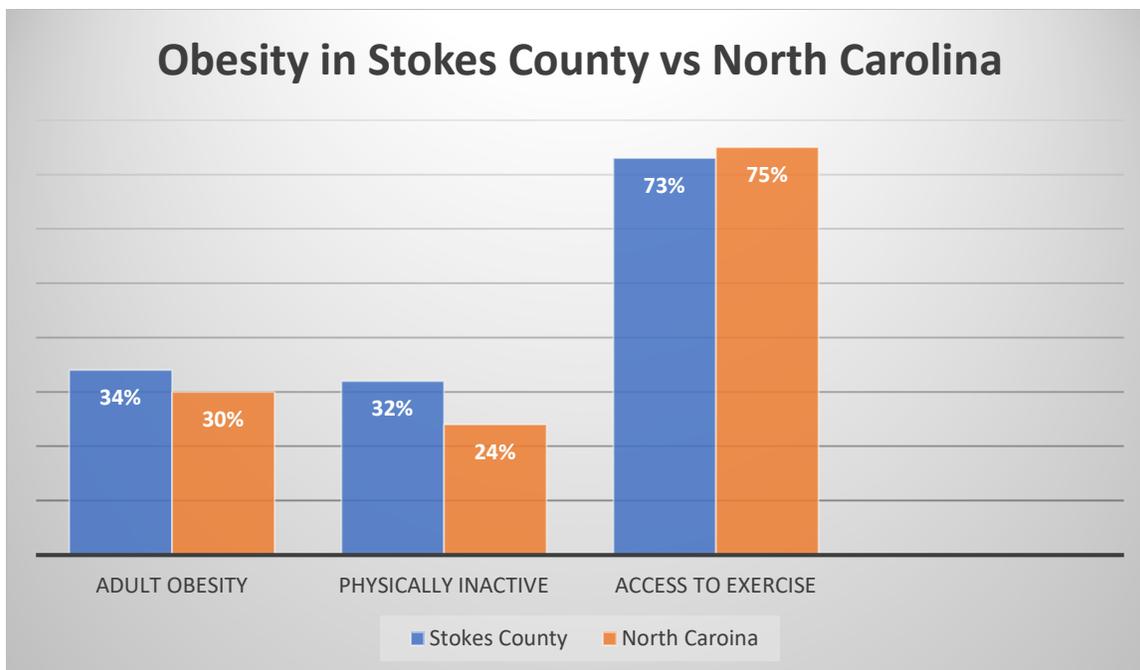
Source: State Center for Health Statistics, North Carolina

Priority Health Concerns

Stokes County Community Health Assessment was completed in 2016. At this time surveys were distributed within our health department as well made available on line for everyone in Stokes County.

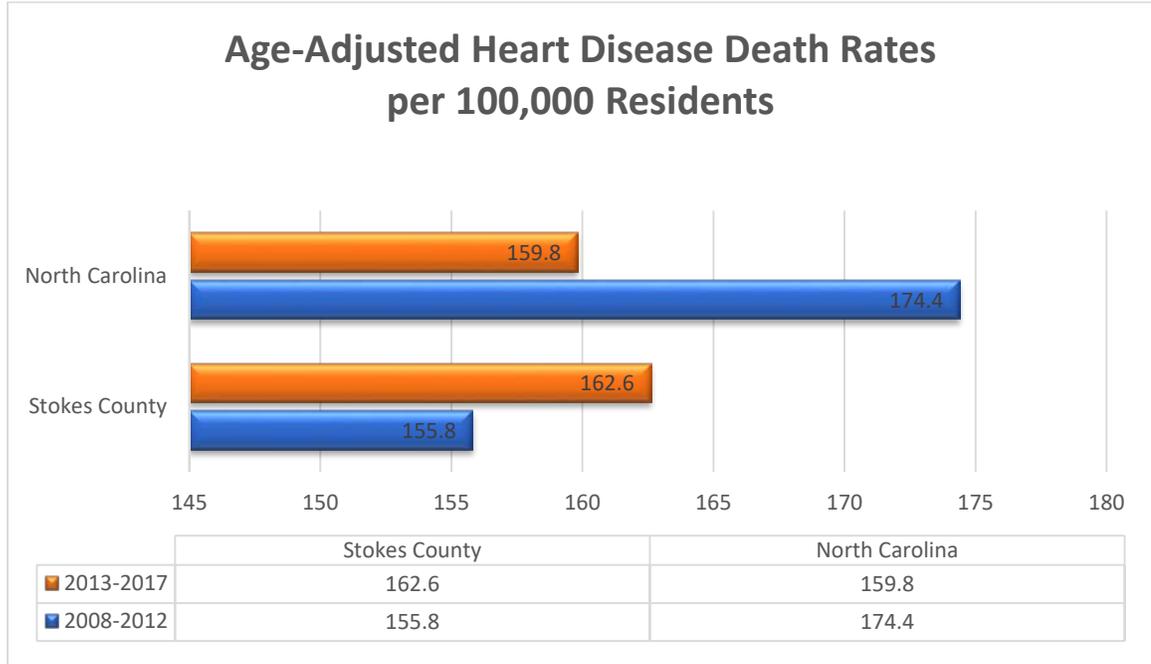
The report concluded that the top three biggest issues in our county were:

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



Source: State Center for Health Statistics, North Carolina

Stokes County is a rural county located in northwestern North Carolina. The population of Stokes County exhibits a 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 thus hindering the utilization of preventative health services and compromising the implementation of wellness and healthy lifestyle programs.

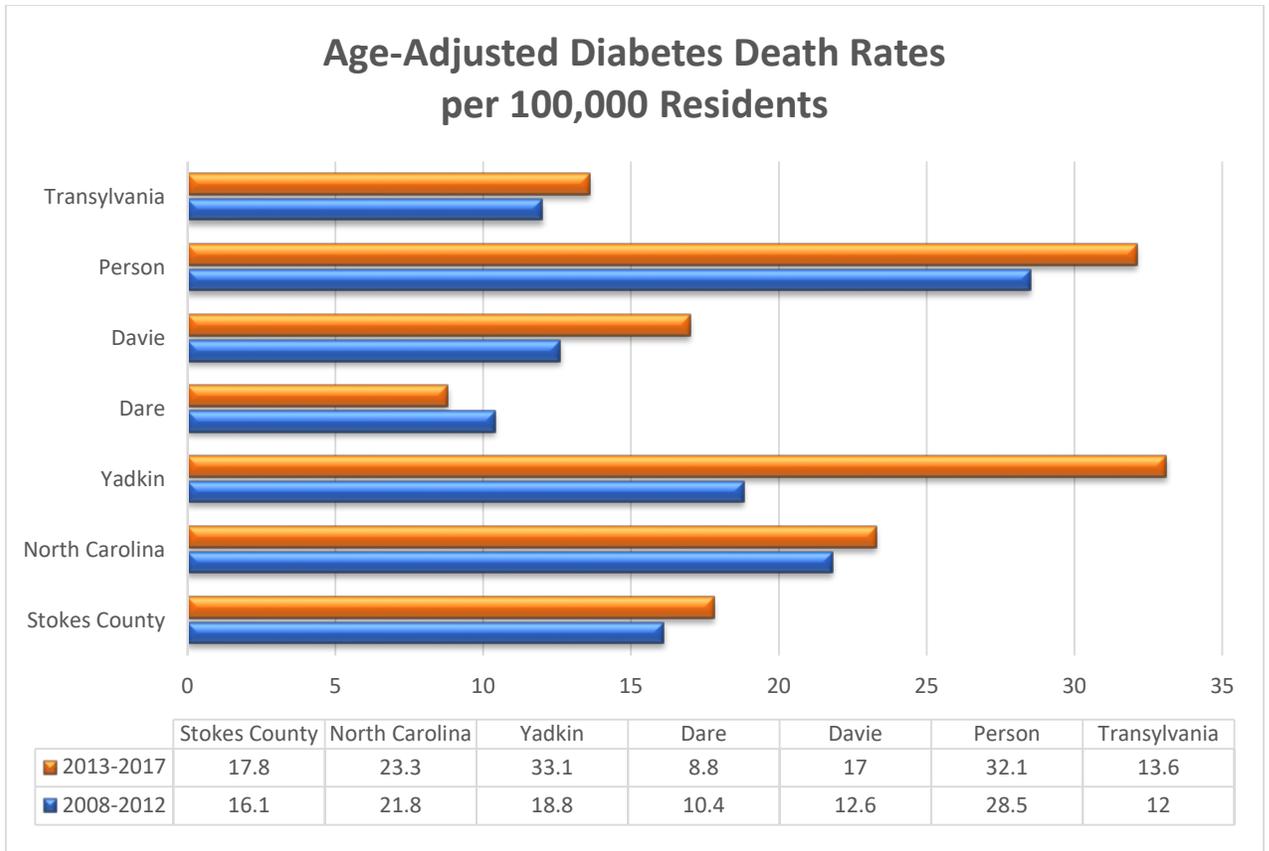


Source: North Carolina State Center for Health Statistics

This chart compares the number of age-adjusted Heart Disease related deaths between Stokes County and the state of North Carolina during the time periods of 2008-2012 and 2013-2017. During the period of 2008-2012, Stokes County had a lower death rate from Heart Disease than the North Carolina average. However, during the time span of 2013-2017, Stokes County had an increase in Heart Disease related deaths as well as having a higher death rate than the state of North Carolina average. Heart Disease mortality contributors include but are not limited to tobacco use, physical inactivity, obesity, and alcohol consumption.

The Healthy NC 2020 Target = 161.5



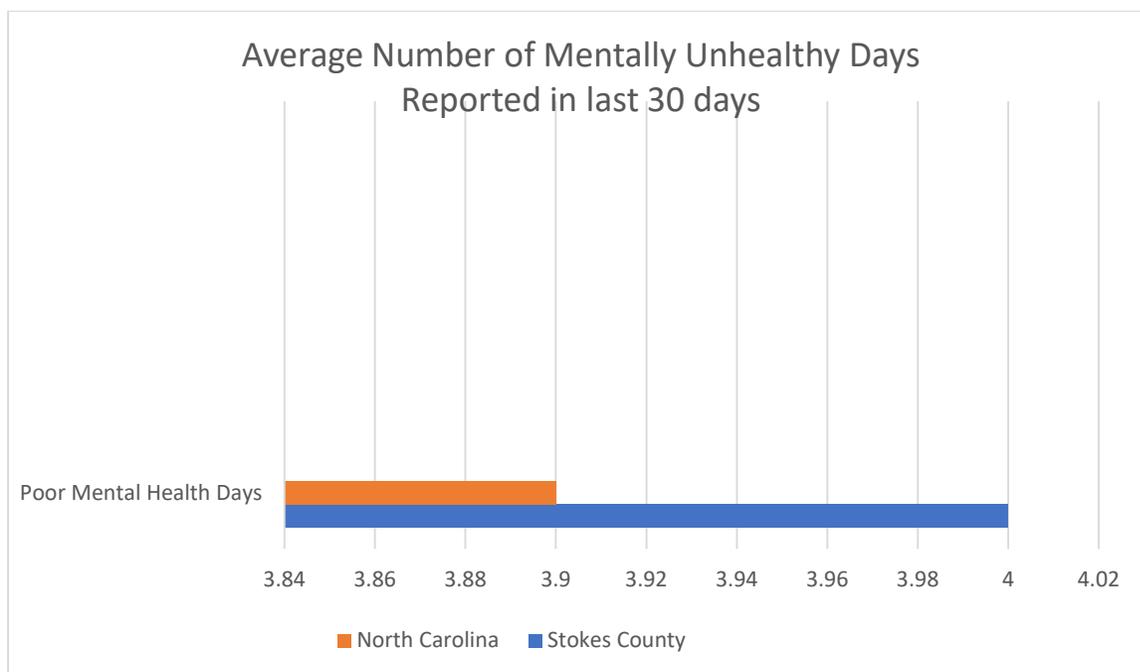


Source: North Carolina State Center for Health Statistics

This chart displays the trends in Age-Adjusted Diabetes Death Rates for Stokes County related to several peer counties along with the state of North Carolina during two time periods, 2008-2012 and 2013-2017. When compared to the peer counties, Stokes County is the third highest in diabetes deaths; however, it has a lower death rate than the state average. This trend indicates that Stokes County has increased in deaths due to diabetes since the 2008-2012 period.

Stokes County is confronted with a deficiency of mental health resources. The individuals that experience mental health issues typically cycle through county services such as hospital emergency departments and social services. Even with access to care, there are cultural stigmas to mental illness that are particularly acute in rural areas and may keep people from seeking care. For example, in a small community where each individual is well known, most do not want others knowing they are seeking help with a behavioral health specialist. Despite all of the obstacles, a movement toward changing the balance of access and care in rural regions is showing improvement.

Research shows that individuals with mental health issues that do not seek help or treatment will often become involved in a substance abuse problem. These individuals may turn to prescription (opioids, depressants, stimulants, etc.) or illicit drugs in order to combat the mental health conditions from which they suffer instead of seeking help from a professional.



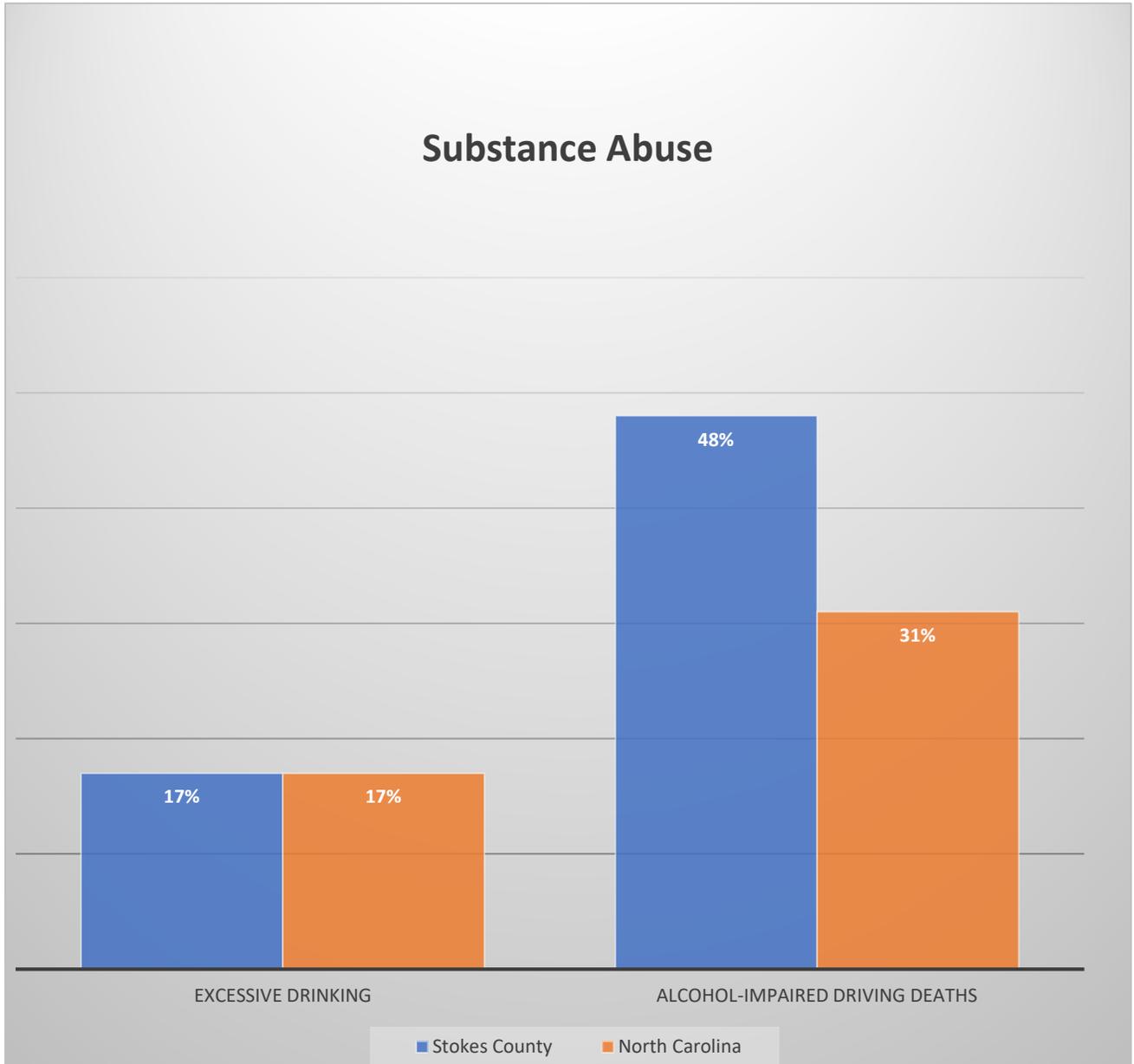
Source: County Health Rankings and Roadmaps



One of the biggest issues in Stokes County is the significant number of drug overdoses (opioids, heroin, etc.) that have become more prevalent in recent years. In addition, there has been a statistically substantial increase in drug overdose death rates. In North Carolina, the death from heroin overdose increased 22.3% from 2016 to 2017. Heroin use has increased in recent years among both men and women, with almost all age groups, and all income levels. Many of the highest increases have occurred in demographic groups with historically low rates of heroin use: women, the privately insured, and those individuals 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 individuals that abuse prescription opioids obtain them from a friend or relative. However, those at highest risk of overdose (using prescription opioids non-medically for two hundred or more days a year) acquire them in ways that are different from those who use them less frequently. These individuals obtain opioids using their own prescriptions (27 percent), from friends or relatives at no cost (26 percent), buying from friends or relatives (23 percent), or purchasing from a drug dealer (15 percent). Those at the highest risk of overdose are about four times more likely than the average user to buy the drugs from a dealer or stranger.

Source: Center for Disease Control (CDC)



Source: County Health Rankings and Roadmaps

Chronic Disease Prevention/Intervention

Women, Infants, and Children

Women, Infants, and Children (WIC), is a federal program that helps provide high quality, nutritious foods to low-income pregnant women, post-partum and breastfeeding women, as well as infants and children until they reach the age of five. WIC provides education on proper nutrition, supplemental foods, and breastfeeding support. Stokes County Health Department's WIC program reaches out to the community through our Little Folks Festival, Pre-K screenings and continuous contact with Smart Start programs in the county.

Brenner's Fit Program

Stokes County Health Department has partnered with Wake Forest Baptist Health Brenner Children's Hospital to begin offering the Brenner F.I.T. Program to our rural families for free. During these hands-on cooking classes, families will prepare a quick meal and learn how it meets Brenner FIT recommendations. Each meal follows the Balanced Plate concept and will include a protein, grain, fruit and vegetable.

National Walk to School Day

The Stokes County Health Department has continued to partner with Active Routes to School along with other organizations within the county such as the local sheriff's department and Stokes County Schools. Our goal is to promote walking and biking as exercise that could lead to a healthier lifestyle. Active Routes to School is an organized effort to increase safety for children who walk and bike for exercise not only at school but at home as well. The overall goal of the event is to educate students as well as parents on how important it is for kids to become more active and how to do so safely.

For the 2017 and 2018 school years we had two schools in Stokes County participate in the National Walk to School day which takes place in October. These schools consisted of one elementary and one middle school. During this event students and teachers took time during the school day to walk on the school grounds or other walkways around the school. This was a successful event that both the students and teachers enjoyed while learning at the same time.



Youth Tobacco Fund

The Stokes County Health Department received the Youth Tobacco Grant through the Appalachian Health District for the years of 2017-2018 and 2018-2019. Stokes County was able to purchase “No Tobacco Permitted” signage in both English and Spanish for the 11 elementary schools, 3 middle schools and 5 high schools in the county. The grant was also used to purchase anti-tobacco educational models for the 3 middle schools in the county. The models will be incorporated into the Health Class curriculum.



Mr. Gross education model shows the effects of smokeless tobacco use.



This educational model cast from real specimens graphically illustrates the effects of smoking on the lungs.



Simulated Smoker's Lung - This hands-on demonstration of how lungs work and the effects of prolonged smoking by using real swine lungs.

Mental Health / Substance Abuse Intervention

Stokes County Community Partners

This group of community partners meet monthly to discuss and find ways to help provide mental health services to the citizens of Stokes County as well as assist with the substance abuse epidemic. There are several organizations that are members of this group including Stokes County Emergency Medical Services (EMS), Stokes County Sheriff's Department, Stokes County Health Department, Cardinal Innovations, DayMark Recovery, Youth Haven, and Yveddi. In addition, several other individuals from Stokes County participate in the meetings. The Stokes County Health Department offers mental health services through DayMark two days a month with hopes of adding additional dates in the future. This group has also helped to create the Stokes Connector Public Transportation Route with the assistance of YVEDDI. This route has helped to address the problem with patients being unable to obtain transportation for an appointment.

Stokes Citizens for Safe and Healthy Communities

Lock Your Meds Program

Stokes County Health Department has collaborated with STOP and Insight to conduct several prescription drug take back events as well as educate students in the Stokes County School system of the dangers of prescription and illegal drugs. Since 2017, this partnership has disseminated educational information to schools for distribution to students in hopes of reaching their parents or guardians with the help of the Lock Your Meds program. Lock Your Meds is a national multi-media campaign designed to reduce prescription drug abuse by making adults aware they are the "unwilling suppliers" of prescription medications being used in unintended ways, especially by the youth of today. Produced by National Family Partnership (NFP), the campaign includes a wide array of high-quality advertisements, posters, educational materials, publicity opportunities, interactive games and slide show presentations, along with a website where visitors can obtain more information and ask questions.

The target audience for Lock Your Meds is 20 to 80 year old adults with the primary focus on keeping prescription and over-the-counter pharmaceuticals away from drug abusers. Many adults may be unwilling suppliers and by making them aware of this problem, drug abuse can be greatly reduced. This information will also be available in several locations within Stokes County along with being distributed at health fairs within the area.

NC 211

Stokes County is providing and promoting information regarding the United Way of North Carolina's 2-1-1 initiative through county resources such as the Health Department and the Department of Social Services. NC 211 is a bilingual information and referral service in which families and individuals can call to obtain free and confidential information regarding resources within their community.



Need Assistance?

No matter where you are in NC, dial 2-1-1, and talk 24/7/365, with a trained call specialist, to find local health and human service resources.

Mental Health

Physical Health

Aging & Disability Services

Homelessness Prevention

Food & Utilities

Dial 2-1-1 or 888-992-1162 or go to www.NC211.org

Calls are FREE & confidential -- in any language

NC211 is a United Way program

Community Events

On December 18, 2018, an Opioid Discussion Panel was held at North Stokes Senior High School in Danbury, North Carolina. The purpose of this event was to discuss and educate parents as well as the community on opioid abuse by teens. This event was a collaborative effort with Insight, STOP Coalition, Stokes County Health Department, Youth Haven, Daymark and Cardinal Innovation.

New Initiatives

Opioid Community Education

On May 18, 2018, Stokes County Community Partners provided opioid education and lock boxes at the NC MedAssist event in Walnut Cove, North Carolina. Currently, Stokes County Community Partners is helping to plan the 2019 NC MedAssist, which will take place on April 26 in King, North Carolina. The event will once again offer opioid education and lock boxes to the community. NC MedAssist is a nonprofit pharmacy program providing access to lifesaving prescription medications, patient support, advocacy and related services to poor, vulnerable, and uninsured North Carolina residents

Drug Identification Initiative

The Stokes County Health Department collaborates with the Stokes County Department of Social Services to provide Comprehensive Drug Identification Displays for all three middle schools in Stokes County. The display identifies many dangerous drugs and lists short- and long-term effects of drug abuse. This resource raises awareness of the many drugs of abuse, what they look like, how they are taken, and their damaging effects. It covers a variety of drugs, including narcotics (opioid pain relievers) such as hydrocodone (Vicodin), depressants such as Xanax and Ativan, hallucinogens, stimulants, marijuana, cocaine, alcohol and inhalants. The display will be incorporated into the Health Class curriculum.



Stokes County Health Department

1009 Main Street
Danbury, NC 27016
(336) 593-2400

Hours:

Monday-Thursday 8:00 am-5:30 pm

Friday

8:00 am- 5:00pm

Mailing Address:

PO BOX 187
Danbury, NC 27016

Telephone

(336) 593-2400
Fax: (336) 593-9361

Health Dept. Director: Tammy Martin (336)593-2435
Health Educator: Wendy Tucker (336)593-2400 ext.1229
Environmental Health: (336)593-2403
Child Health: (336)593-2412
Family Planning: (336)593-2420
WIC: (336)593-2402

King Office-WIC Services Only:

Monday, Tuesdays and Wednesdays 8:00-5:00

Address:

102 Hartgrove Rd.
King, NC 27021

Telephone:

(336)985-2727
Fax: (336)985-2654

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