

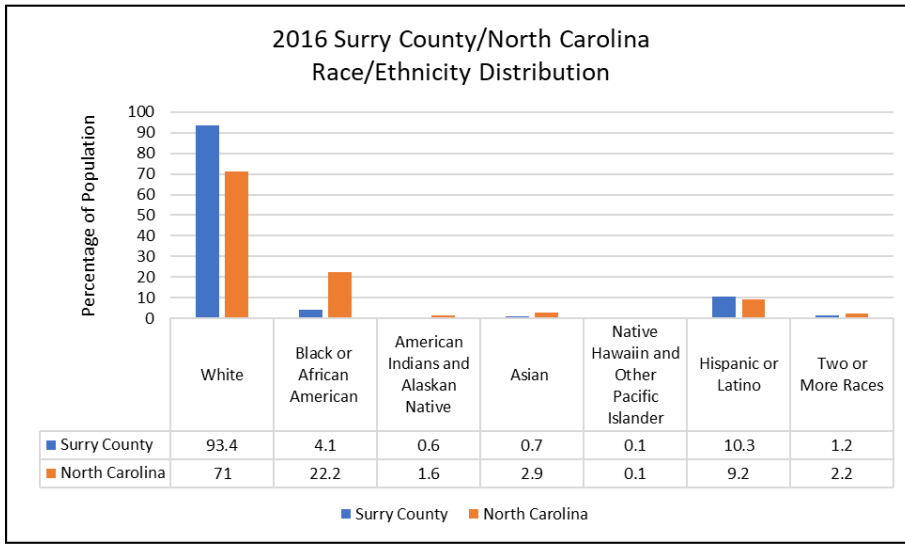
# 2017 Surry County State of the County Health Report



## Surry County Health and Nutrition Center



# Residents of Surry County



U.S. Census Bureau. Surry County Quick Facts

Surry County is made up of diverse ethnicities, rural and urban populations, education levels and economic opportunities that all play a role in the overall health of the community.

**Demographics:** According to the U.S. Census Bureau, from 2015 to 2016, there was a 9.2% increase in the number of Caucasian residents living in Surry County and a 9.4% increase of Caucasians in North Carolina.

**Origin and Language:** Looking at years 2012-2016 approximately 5.3% of the total population in Surry County is foreign born and 9.1% of individuals, age 5 years and older, speak a language other than English at home.

**Education:** The County Health Rankings and Roadmaps states that in 2017, it was predicted that 91% of current ninth grade students will graduate in four years, and that 51% of adults ages 25-44 will have some form of post-secondary education.

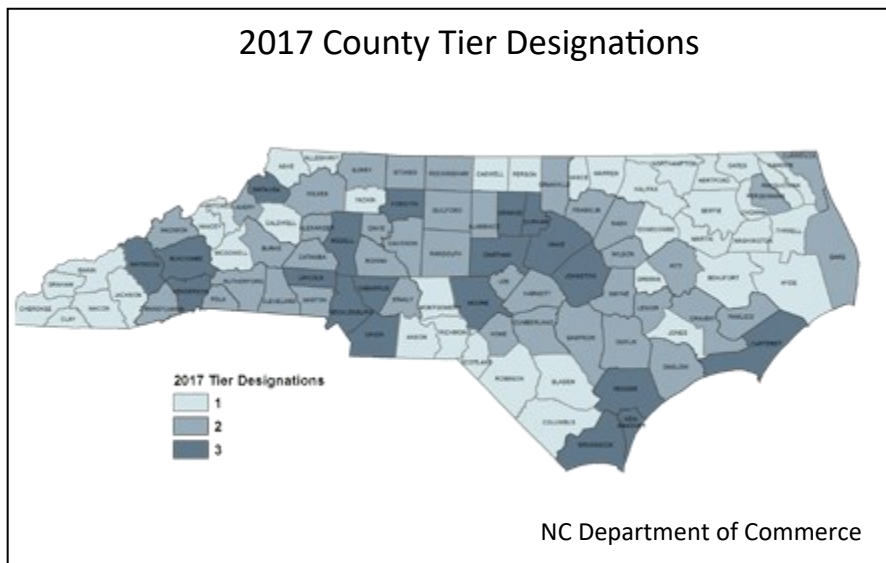
**Work:** According to the U.S. Bureau of Labor Statistics, the unemployment rate continues to steadily decline. In January 2010, the unemployment rate was 13.4%, whereas the most recent report, completed in November 2017, stated that the unemployment rate is now at 4.2%.

**Population:** According to the U.S. Census Bureau, the 2016 Population Estimate for Surry County was 72,113. This is a 2.2% decrease in population since 2010.

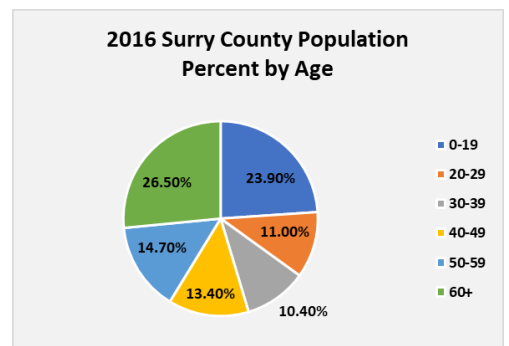
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The median age of a Surry County resident is 43 years.

NC Department of Commerce



In 2017, Surry County was designated as a Tier 2 county and will continue to be ranked in the Tier 2 category throughout 2018. According to the N.C. Department of Commerce, County Tiers are calculated using four factors: average unemployment rate, median household income, percentage growth in population, and adjusted property tax base per capita.



NC County Health Data Book 2018

# Priority Selection and Data Review

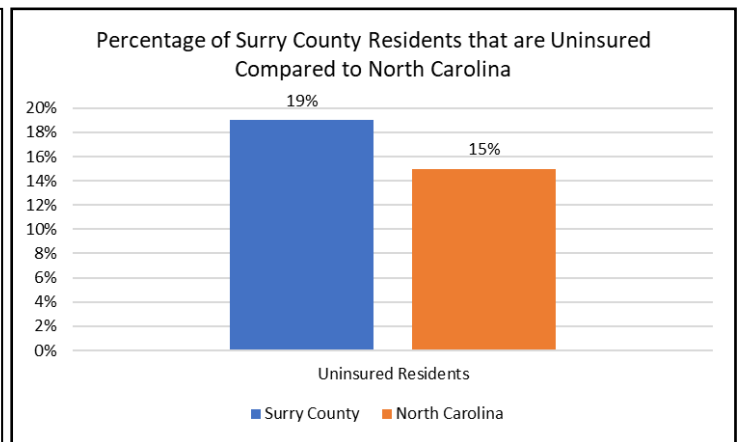
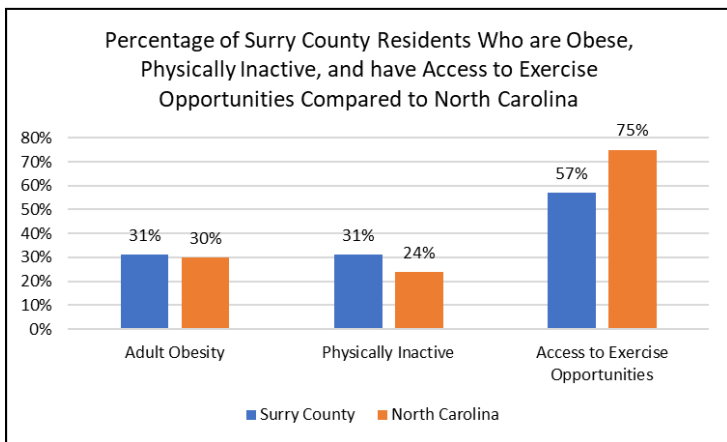
## Priority Health Concerns

Surry County's Community Health Assessment was completed in 2014. At this time surveys were distributed throughout the county asking residents what they felt the biggest health issues are that the community faces.

The report concluded that the top three biggest issues were:

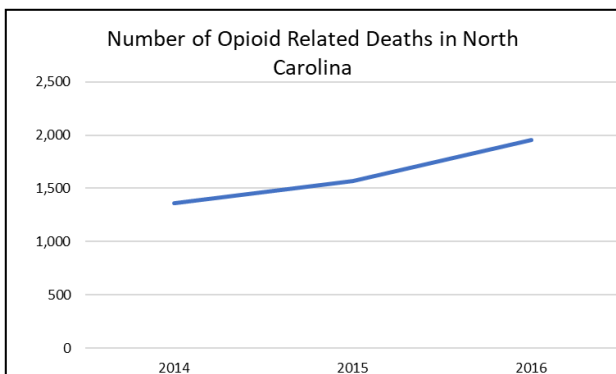
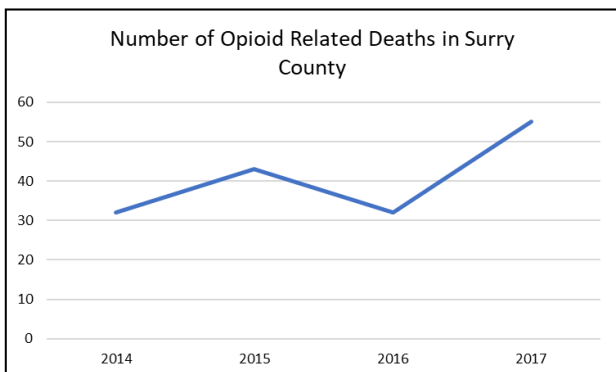
1. Obesity/Weight
2. Substance Abuse
3. Lack of Insurance/Affordable Healthcare

The top 3 Priority Issues that were selected in the 2014 Community Health Assessment continue to be the top perceived issues within Surry County. These issues are being addressed through the development of new and ongoing health department initiatives as well as other programs in place through community organizations and partnerships.



County Health Rankings and Roadmaps

County Health Rankings and Roadmaps



NC Department of Health and Human Services

### Data Review

**Obesity:** The percentage of Adult Obesity and Physical Inactivity in Surry County rose by 2% from 2016 to 2017 putting us at 31% for each. Less people are participating in physical activity which we see has a direct correlation to the increase of adult obesity in the county. Although the percentage of residents who have access to exercise opportunities has not changed, it seems they are not taking advantage of those opportunities. Given the data shown here, a closer look needs to be taken into what percentage of the population is utilizing the services, classes and recreational activities available to the community.

**Uninsured Residents:** The percentage of Uninsured Adults in Surry County dropped from 20% in 2016 to 19% in 2017.

**Substance Abuse:** Although the graph is not shown, the percentage of Adult Smokers and Alcohol Related Deaths from 2016 to 2017 in the county have stayed the same. What is shocking, is that the number of Opioid Related Deaths in Surry County significantly increased from 2016 to 2017. In 2016 there were 32 opioid deaths and 55 opioid deaths in 2017. The number of opioid deaths has also increased every year in North Carolina since approximately 1999 and is now becoming a growing epidemic.

# Morbidity and Mortality

## Leading Causes of Death, Surry County vs. North Carolina

2016 data

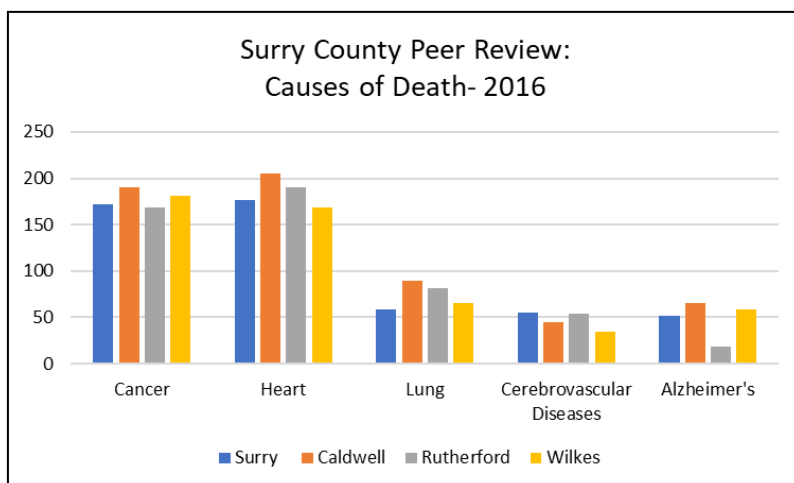
Rank	Surry County Leading Causes	Number	%
1	Diseases of the heart	177	19.6
2	Cancer	172	19
3	Chronic lower respiratory diseases	59	6.5
4	Cerebrovascular diseases	55	6.1
5	Alzheimer's disease	52	5.7
6	All other unintentional injuries	37	4.1
7	Influenza and pneumonia	28	3.1
8	Diabetes mellitus	24	2.7
9	Nephritis, nephrotic syndrome and nephrosis	22	2.4
10	Motor vehicle injuries	18	2.0

Source: State Center for Health Statistics, NC

Rank	North Carolina Leading Causes
1	Cancer
2	Diseases of the heart
3	Chronic lower respiratory diseases
4	Cerebrovascular diseases
5	Alzheimer's disease
6	All other unintentional injuries
7	Diabetes mellitus
8	Nephritis, nephrotic syndrome, nephrosis
9	Influenza and pneumonia
10	Septicemia

Source: State Center for Health Statistics, NC

**The top six leading causes of death for Surry County and North Carolina are the same for 2016 as they were for 2015. When looking at the top ten as a whole there have been some changes in ranking for Surry County. Septicemia was replaced by motor vehicle injuries on the list of top 10. Cancer is no longer ranked #1 in the county. The percentage of cancer related deaths actually decreased by 1.3% over a years time. Alzheimer's disease still ranks at #5 but a 1.9% increase of Alzheimer's deaths was seen from 2015 to 2016.**



### Peer County Comparison:

The NC State Center for Health Statistics indicates that in 2016 the top five causes of death in Surry County were diseases of the heart, cancer, chronic lower respiratory disease, cerebrovascular diseases, and Alzheimer's disease. To better understand county health it's important to compare Surry with its peer counties that are similar in demographics, socioeconomics, and total population. Based on the chart, Surry has the lowest number of deaths due to chronic lower respiratory diseases compared to its peer counties. Shockingly, the number of Alzheimer's deaths jumped significantly from 2015 to 2016 in Surry and Wilkes which are border counties. Surry went from 35 to 52 deaths in a years time and Wilkes went from 27 to 58 deaths.

# New & Emerging Issues Affecting Health

## FLU

The Centers for Disease Control has declared that the 2017/2018 flu epidemic is the worst they have seen in nearly a decade. Not only has the flu hit the United States hard but North Carolina has also felt its growing impact, watching the number of positive Influenza cases steadily rise since November 2017.

Surry County is also feeling the effects of this epidemic. We are starting to see multiple flu cases in long term care facilities. Public health nurses are working with these facilities to implement control measures to reduce the number of sick residents and staff. We have also learned that there are a good number of positive influenza cases where the patient had no symptoms but still tested positive for the flu, therefore, the individual does not realize that they are spreading the virus. Prevention strategies have been put in place at the day cares and schools within the county as well as control measures for once flu cases begin to rise. SCHNC's school health educator has been working with schools on the importance of hand washing and how to properly wash their hands and dry them.

Public health nurses are out in the community providing guidance and treatment recommendations to medical providers as needed. The Surry County Health Foundation has made it possible for the health department to offer a limited supply of free flu vaccines to uninsured members of the community. A large thanks to our Health Foundation for helping expand this service to the community.

Through community efforts and services that are in place we hope to prevent another spike in influenza cases or in the best case scenario see a decline in the number of new cases.

**Flu Vaccine Facts & Myths**

**MYTH** "The flu isn't a serious disease."  
**FACTS** Influenza (flu) is a serious disease of the nose, throat, and lungs, and it can lead to pneumonia. Each year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years and older. But small children less than 2 years old are as likely as those over 65 to have to go to the hospital because of the flu.

**MYTH** "The flu shot can cause the flu."  
**FACTS** The flu shot cannot cause the flu. Some people get a little soreness or redness where they get the shot. It goes away in a day or two. Serious problems from the flu shot are very rare.

**MYTH** "The flu shot does not work."  
**FACTS** Most of the time the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70% to 90% when there is a good match between circulating viruses and those in the vaccine. **Getting the vaccine is your best protection against this disease.**

**MYTH** "The side effects are worse than the flu."  
**FACTS** The worst side effect you're likely to get from a shot is a sore arm. The nasal mist flu vaccine might cause nasal congestion, runny nose, sore throat and cough. The risk of a severe allergic reaction is less than 1 in 4 million.

**MYTH** "Only older people need a flu vaccine."  
**FACTS** Adults and children with conditions like asthma, diabetes, heart disease, and kidney disease need to get a flu shot. Doctors also recommend children 6 months and older get a flu shot every year until their 5th birthday.

**MYTH** "You must get the flu vaccine before December."  
**FACTS** Flu vaccine can be given before or during the flu season. The best time to get vaccinated is October or November. **But you can get vaccinated in December or later.**

For more information, ask your healthcare provider or call 800-CDC-INFO (800-232-4636) Website [www.cdc.gov/flu](http://www.cdc.gov/flu)

**SYMPTOMS OF FLU**

- Fever\*
- Cough
- Sore throat
- Runny or stuffy nose
- Feeling feverish/chills
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

\*Not everyone with flu will have a fever.

#FIGHT FLU  
[www.cdc.gov/flu](http://www.cdc.gov/flu)

**FLU PREVENTION TIPS**

Up to **20%** of the U.S. will get the flu.

- GET VACCINATED** Influenza is the only respiratory virus preventable by vaccination.
- WASH YOUR HANDS** Wash them often with soap and water.
- KEEP SANITIZER CLOSE** Use it often and tell children and those around you to do the same.
- DON'T TOUCH YOUR FACE** This is the easiest way for germs to get into your body.
- SMILE** Studies show that smiling can help boost your immune system.
- EAT RIGHT** Eating healthy, balanced meals can strengthen your immune system.
- EXERCISE** It boosts your immune system and speeds recovery from illness.
- STAY HOME** Stay home for a full 24 hours after your fever goes away.

# Substance Abuse Prevention/Interventions

## Drugs Uncovered

In the Spring of 2017, the Surry County Health and Nutrition Center worked with the Poe Health Center in Raleigh to bring the *Drugs Uncovered: What Parents Need to Know* program to all three school systems within the county. The program took place for 4 consecutive nights in different areas of the county for parents to attend.

*Drugs Uncovered* is an interactive program that targets parents of upper elementary, middle school and high school students. *Drugs Uncovered* introduces parents to the current trends regarding alcohol, tobacco and other drugs; health risks associated with adolescent use/abuse; the North Carolina alcohol laws and parental responsibility; and techniques for open communication and dialog with adolescents.

Overall, the program was well attended and two of the school systems have asked for the Poe Health Center to come back and present the *Drugs Uncovered* program again in the Spring of 2018 for parents who could not attend last year.

## Worksite Tobacco Cessation Programs

Over the course of 2017 a Surry County Health and Nutrition Center Health Educator provided Tobacco Cessation to four worksites in the community. In addition to worksites, Tobacco Cessation Classes have been taught at the local Medical Ministries Outreach Center to those who are uninsured and financially disadvantaged and at the local hospital. The School Health Educator has carried out Tobacco Prevention Presentations in the schools as well.



## Candy vs. Medicine Board Initiative

Health Educators have continued to implement the Candy vs. Medicine Board Initiative in 2017. The purpose of this multi-generational initiative is to educate the community and students as to how similar candy looks to medicine, and how almost all medicines now have candy coating or are candy flavored. By talking with grandparents/parents we are getting their attention and telling them how important it is to securely store their medicines. A large intent of this initiative is to open up the dialogue within the family setting about how medicine is serious business, even at a young age.

Working with a local pharmacist we added 50% candy and 50% medications to the board that resemble candy. These boards were presented in a multitude of settings, ranging from Pre-K to 5th grade classrooms, Health Fairs, Festivals, and Civic Organizations.



## Tobacco, Alcohol and Drugs at Camp Raven Knob

Throughout the Summer of 2017, Health Educators presented for 7 weeks on Tobacco, Alcohol and Drugs to the boy scouts at Camp Raven Knob. There was a total of approximately 650 students that were reached during these presentations.

Campers learned about the harmful effects of different tobacco products, the various types of drugs, what drugs and alcohol do to the body and brain, how people become addicted, legal consequences when participating in these risky behaviors, and how to just say no when offered harmful substances whether it is legal or illegal.

Raven Knob has asked the Surry County Health and Nutrition Center to come back again during the Summer of 2018 to present on Tobacco, Alcohol and Drugs.

## The Alphabet of Anti-Bullying

The Poe Health Center also came and did *The Alphabet of Anti-Bullying* with one of the middle schools in the county. Although this isn't necessarily Substance Abuse, it is believed that there is a correlation between bullying and the use of alcohol/drugs.

This program focuses on Diversity: students are introduced to the real meaning of diversity; Bullying: students learn the facts about bullying, the roles of the "bullying circle" and what to do from each role's perspective; Relationships: students learn how to recognize and nourish healthy relationships and how to avoid negative ones; Change: students wrestle with video clips and role plays to exercise the role of acting as a HERO through empowerment to make a change in their school.



# Obesity Prevention/Interventions

## 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, postpartum and breastfeeding women, as well as infants and children until they reach age five. WIC provides education on proper nutrition, supplemental foods, and breastfeeding support.

Surry County Health and Nutrition Center's WIC program continues to be a steady service in the community. On average, WIC serves approximately 1,670 participants per month and continues to strive to reach out to the community in efforts to increase and maximize accessibility for participants.

Since October of 2015, Surry County Health and Nutrition Center's nutritionists continue to provide nutrition education through the Smart Start program for daycare staff.

## My Plate Presentations

In honor of National Nutrition Month in March of 2017, the Health Education Team went to four elementary schools within the county to educate students about MyPlate food guidelines and healthy eating. MyPlate recommends creating balanced meals that are comprised of fruits, vegetables, lean protein, whole grains and low-fat dairy products.

The MyPlate food guidelines were discussed in each class and then were put into practice through an activity with the students. The activity included comparing the students' usual dietary intake to the MyPlate recommendations. As a part of the activity, the Health Educators coached the students on making healthier choices when filling up their plate to ensure a balanced meal. Using food models and hands-on activities, the students were able to practice what they learned about making healthy food choices.

## Breastfeeding

Breastfeeding is a wonderful way for women to bond with their new babies and give them proper nutrition for growth and development. One of the many benefits of breastfeeding includes a decreased risk for childhood obesity. The Surry County Health and Nutrition Center's Breastfeeding Program strives to promote breastfeeding, inspire discussion, and provide support to breastfeeding mothers and infants within the community. The WIC Program continues to offer breastfeeding classes each month on the third Thursday for those individuals who are interested in breastfeeding. The breastfeeding classes take place at the Surry County Health and Nutrition Center from 5:45 pm until 7:00 pm during late clinic for the WIC Program.

In addition to the ongoing breastfeeding promotion and support provided within the WIC clinic, the Breastfeeding Program has held the annual Stroll for Breastfeeding at Riverside Park in Mount Airy since 2015. This stroll is sponsored by the Perfect Start Breastfeeding Coalition as well as local businesses and community members that donate supplies, time, and prizes for the stroll. This event is held in an effort to promote breastfeeding and provide information on other available community resources.

## Walking School Bus

In the Spring of 2017, Tharrington Elementary School partnered with the Surry County Health and Nutrition Center and Active Routes to School to start a Walking School Bus Program before school on Friday mornings for 6 weeks. All those who participated would meet at a local restaurant and walk the greenway to school, accompanied by teachers, parents, health educators and local police officers. The children walked for approximately 15-20 minutes, which was a perfect way for students to start out their day; energized and ready to learn, plus having already completed part of the daily recommendation of physical activity for children their age!

Every child that participated received a free t-shirt. The program was very successful, students and teachers had a great time socializing in the mornings all while practicing an important healthy behavior. It was such a big hit that the principal decided to hold the program again in the Fall of 2017.

Other schools within the county are currently looking into a Walking School Bus Program or a Walk at School Program that fits the need of their school for students as well.



# Obesity Prevention/Interventions

## Teens Into Fitness

Since January of 2017, SCH&NC has partnered with Reeves Community Center to lead nutrition classes as a part of their Teens Into Fitness Program, an afterschool health and wellness program developed for 5<sup>th</sup> to 8<sup>th</sup> grade students. The program runs on six-week cycles and is held several times throughout the year. Activities have included education on food labels and meal planning as well as cooking demonstrations and taste testing.

## Diabetes & You

The Surry County Health & Nutrition Center's (SCHNC) Diabetes Self-Management Education Program has partnered with the NC Cooperative Extension Surry County Center to provide community diabetes education. The monthly classes are free to anyone in the community eager to learn how to either manage or prevent type 2 diabetes. The classes are held at both Reeves Community Center in Mt Airy and the NC Cooperative Extension office in Dobson. By partnering with our local Extension Family & Consumer Sciences Agent, healthy recipes are demonstrated during each class. Participants can taste each dish, receive a copy of the recipes, and learn healthy recipe modifications. Education on various diabetes topics are also presented by SCHNC's Diabetes Educators. We also appreciate our partnership with Reeves Community Center who provides the funding for the recipes at their location.

# New Initiatives

## Go, Slow, Whoa! Nutrition Program

In preparation for National Nutrition Month in March 2018, the SCH&NC Nutrition and Health Education Departments have been working together to create a nutrition and physical activity program that will be administered in interested elementary schools throughout the county. The program will be conducted through the Physical Education classes at each school by a Health Educator. Also, a Nutritionist will incorporate the Go, Slow, Whoa! method of nutrition education. The Go, Slow, Whoa! Program was created by the CATCH (Coordinated Approach to Child Health) Team and was designed to teach children how to make healthy food choices through a simple model of Go foods, Slow foods, and Whoa foods. This program not only provides an easy way for children to make healthier food choices, but also provides information about the nutritional value of different foods by encouraging children to limit foods that are high in added sugar, sodium, and unhealthy fats. In addition to educating students on making nutritional food choices by using the Go, Slow, Whoa! Program, a Health Educator will integrate physical activity into the school program by conducting an exercise lesson during each class. The program will be held over the course of two classes and will help students expand their knowledge of basic nutrition concepts. The overall goal of this school program is to encourage children to build a healthy lifestyle by exercising and healthy eating.

# New Initiatives

## Farmworkers Diabetes Program

The Surry County Health & Nutrition Center's (SCH&NC) Diabetes Self-Management Education Program has recently partnered with the Surry County Farmworker Program and NC Cooperative Extension to provide free Diabetes and Hypertension Cooking Classes to local Spanish-speaking farmworkers and their families. A farmworker grant provided by the state of North Carolina is assisting in funding of the classes. The program started in January of 2018, and will be held once a month through March with plans to continue more classes throughout the year.

Farmworkers and their families are invited to attend the class series consisting of three classes on either diabetes or hypertension. The discussions are led by SCH&NC's Certified Diabetes Educators, assisted by Spanish-speaking interpreters, on improving health and adhering to primary care provider treatment recommendations for their diabetes and/or hypertension. Visual aids along with participant input creates an engaging environment. Fun is added to the classes by NC Cooperative Extension's Family & Consumer Science Agent who provides recipe demonstrations while including budget friendly and healthy recipe modification tips. During each class, participants are encouraged to taste the prepared recipes. As participants enjoy the meal, the education continues as a discussion on how food affects blood glucose and blood pressure is conducted.

## SOTCH Dissemination

The State of the County Health Report is presented to the Board of Health and County Commissioners. A link to the document is placed on the Surry County Health and Nutrition Center website and a hard copy is placed at the local libraries, chamber of commerce and visitor centers for the public to view electronically or to manually read.

For more information about any of our programs or services,  
please contact Surry County Health and Nutrition Center:

118 Hamby Rd,  
Dobson, NC 27017  
(336) 401-8410

***Our mission is to protect and promote personal, family and community health; ensure a safe and healthy environment; and prevent or control the incidence and spread of disease.***

