



HEALTH FOR ALL: PROMOTE. PREVENT. EMPOWER.



Appalachian District Health Department

ANNUAL REPORT 2013 –2014

It has been my pleasure to serve Alleghany, Ashe and Watauga Counties as Chair of the Appalachian District Board of Health. Our District Health Department is one of six multi-county health departments in North Carolina that take advantage of the cost savings that can be achieved through sharing staff and resources across county lines. A recent study showed that district health departments, on average, receive larger proportions of funding from sources other than your county tax dollars. (Comparing North Carolina's Local Public Health Agencies: The Legal Landscape, the Perspectives, and the Numbers; UNC School of Government, May 2012.) Appalachian District Health Department currently receives 14% of total funding from county allocations to the District health budget.

Each county appoints one county commissioner to the Board of Health and those three commissioners appoint the other board members as outlined in NC General Statutes. Many thanks to Commissioner Karen Leys, Alleghany; Commissioner Judy Poe, Ashe; and Commissioner Perry Yates, Watauga for their dedication to the health of the counties they serve. A complete Board of Health member listing, meeting schedules, and minutes can be found at <http://www.apphealth.com/about-us/board-of-health/>.

*Sincerely,
Ken Richardson, Chairman
Appalachian District Board of Health*

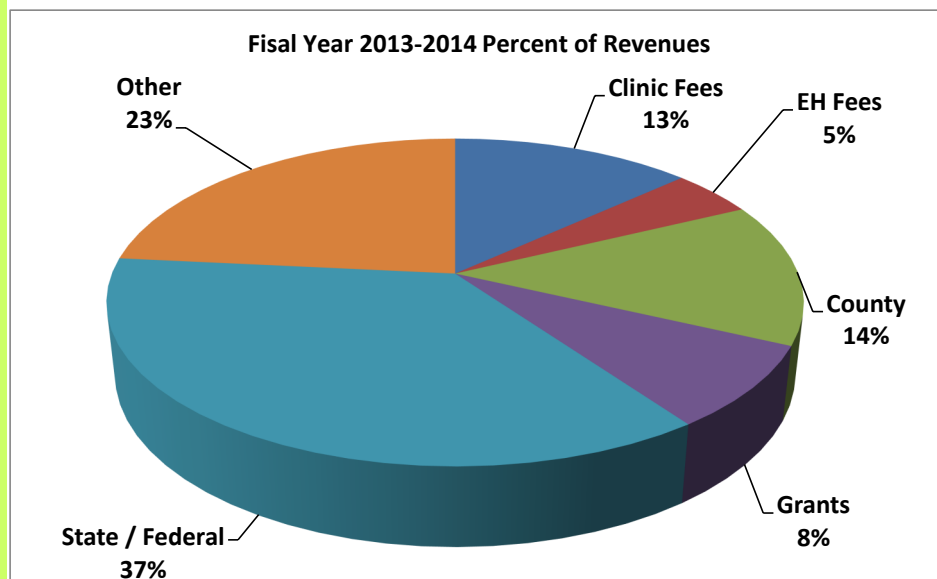
Greetings,

Thank you for your support of the Appalachian District Board of Health in allowing me to serve as your Local Health Director with the Appalachian District Health Department for three years. It is a privilege to work with a great team to improve the public's health in Alleghany, Ashe and Watauga Counties. We strive to promote safe and healthy living, prevent disease and protect the environment through education and the provision of the essential services of public health. We provide full service health departments in each county – including health care services for all ages, women's health services, communicable disease tracking, trending and treatment, immunizations, environmental health inspections and permitting and emergency preparedness. We are also pleased to work within each county to provide health promotion/prevention activities that help all of our citizens improve their health. If you have a question about public health or public health services, please don't hesitate to call any one of our health departments for assistance.

This space is too small for me to share all of our local public health initiatives with you. Please take just a moment to visit and bookmark www.apphealth.com. Our website offers "breaking news" public health updates, links to restaurant inspections and septic/well permits, information about our services/programs and easy links to offer patient or customer feedback or general feedback and an easy way to contact us for questions.

Yours in good health,

Beth





ACHIEVING TARGETED IMPROVEMENTS IN HEALTH OUTCOMES

The Appalachian District community led efforts with the Community Transformation Grant (CTG) Project, funded by the Centers for Disease Control and Prevention, in partnership with the NC Region 3 health departments and Appalachian Partners in Public Health. This initiative serves the Appalachian District plus Wilkes, Yadkin, Stokes, Surry, Forsyth, Davie, and Davidson Counties. For more information on the CTG Project, visit www.NWTransformationProject.org. The CTG Project FY 13-14 accomplishments include:

#1 TOBACCO FREE LIVING

In Region 3 Northwestern Regional Housing Authority (NWRHA) passed a smoke-free housing policy in all 13 properties (385 units) in 7 counties, 3 of which include Appalachian District (Alleghany, Ashe, Watauga).



Photo Left: Advertisement developed by App District that received recognition by CDC for creative messaging. Billboards were created and placed through-

out the region to educate and inform residents of the harmful effects of tobacco smoking and secondhand smoke exposure in multi-unit housing.

In July 2014, the Appalachian District Health Department held a Smoke-Free Multi-Unit Housing (SF MUH) Lunch & Learn for property managers and owners within the Appalachian District and surrounding counties.

The workshop was well attended by the housing sector and the results from the event indicated momentum for potential additional SF MUH opportunities.



Photo Above: Speaker panel of experts including representation from NC DPH, and various housing authorities throughout the state.

For more information, visit www.smokefreehousingnc.com

Tobacco prevention and control

Tobacco use is still the leading cause of preventable death in the United States. To be most effective in reversing diseases caused by tobacco use, Appalachian District has partnered with Wilkes and Caldwell Counties with the Northwest Tobacco Prevention Coalition to help prevent youth from initiating smoking, protect individuals from harmful secondhand smoke, and provide resources to individuals, clinicians, business owners, and others interested in supporting those who want to quit. Learn more at www.quitlinenc.com

#2 OBESITY PREVENTION

HEALTHY EATING

CTG Project focused on enhancing existing farmers' markets and working with small food retail stores like neighborhood corner stores to incorporate fresh produce and healthier beverages. The region worked with 18 farmers' markets to provide structural improvements like tents, tables, and other materials needed to operate a successful market. In addition to structural improvements and technical assistance, the region was able to provide media opportunities that included print and digital advertising, direct mailers, and signage.

The Healthy Corner Store Initiative focuses on providing technical assistance, scales, shelving, produce containers and other necessary materials to foster the healthy improvements in each unique store setting. A regional assessment of 1,187 sites to identify the variety and quality of nutritious foods in grocery and small store outlets was conducted. Following the assessment, mini-grant awards were given to 7 stores, each store representing a county within Region 3.

The Food Trust, a nonprofit located in Philadelphia, PA with a mission to make healthy food available to all, recognized Region 3, for our cutting edge work in healthy corner stores in rural settings for others to follow suit. One example comes from downtown Sparta, NC where Backwoods Bean (pictured below) provides healthy, local produce which is easily accessible to the surrounding community. CTG Project was able to provide Backwoods Bean, a local coffee shop and café in Sparta, NC with various materials and signage to assist in making the easy choice for



achieving their goals healthy choice the Sparta, NC.

#3 ACTIVE LIVING

In FY 13-14, Region 3 CTG Project continues to partner with Appalachian Partners in Public Health to contract with Destination by Design to continue to create a 15-year master plan, identifying key projects that both improve the built environment and positively impact public health. Through this process, the regional collaborative and community partners identified projects for each individual county. Alleghany County identified the Alleghany Wellness Center to create a site Master Plan. Ashe County identified Lansing Park Master Plan and Watauga County identified Middle Fork Greenway as top priorities. To see the *Health by Design Region 3 Master Plan*, go to <http://www.dbdplanning.com/gallery/health-by-design/>

#4 HEALTHY EATING

- Supported small retail stores to increase availability and promotion of healthy eating.
- Provided tables, tents, and signage for the Lansing Farmers' Market.
- Provided Alleghany Farmers' Market with supplies.
- Conducted cooking demos at local markets with Blue Ridge Seeds of Change, Blue Ridge Women in Agriculture and the Children's Playhouse in Watauga County.
- Conducted classroom presentations to Elementary Schools in Ashe and Alleghany.

#5 OVERALL

Development of a regional collaborative. To date, the collaborative meets bi-annually, bringing in community partners from various sectors such as: planning, parks and recreation, school nurses, farmers and multi-unit housing property owners to discuss CTG strategies and broad public health issues. At each event, community partners are recognized for their efforts to advance public health. Dissemination of a regional media campaign highlighting local farmer's markets, smoke-free housing, and Community Transformation Grant Project efforts at www.nwtransformationproject.org

FIND IT ONLINE!



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department programs

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HEALTHY YOUTH

Positive Parenting Program:

Supporting positive outcomes for youth with Triple P

In 2012, Appalachian District began working toward community supports for positive parenting in recognition of data received in the 2011 Community Health Assessment. As a recipient of a NC Division of Public Health grant, Appalachian District has continued to offer the Triple P program, an evidence-based program that has been shown to decrease substantiated cases of child maltreatment and abuse. The program provides easy to use information and tips that everyone working with families can use to help parents respond to challenging parenting situations and build positive relationships with their children. Together with trained providers in healthcare, social services, behavioral healthcare, school, and community settings, this project aims to provide parenting support in online, in person, or seminar format. Additional providers were trained to offer Triple P and the kickoff to the Stay Positive media campaign was launched in 2013-14 year. During 2014, partnership opportunities were extended to include a strategic partnership with High Country United Way to equip community based organizations in serving parents using the Triple P program in the upcoming year while continuing partnerships with the Alleghany Partnership for Children, Ashe Partnership for Children, and The Children's Council of Watauga County. Learn more about Triple P and how to get connected at www.triplep-parenting.net/nc-en/home/.

"Triple P helped me with my daughter's night-terrors. By developing a soothing bed-time routine, I was able to send her to bed feeling less anxious...Resulting in less stress for everyone. She no longer wakes up in the night screaming which leads to better rest, better mornings and less tantrums."

-Ashe County Parent

Health Department Upgrades Technology

Fiscal year 2013-14 brought many technology upgrades to Appalachian District Health Department.

- ⇒ Continued work on the Electronic Health Record with wireless connectivity in all clinic areas to allow the clinical team to document patient information and follow-up from tablet computers. We are no longer creating a paper chart for patients! This next year promises even more enhancements as we connect to the North Carolina Health Information Exchange. This connection will allow our hospitals, private physician offices and specialty referrals to have access to the complete medical record which will enhance quality of care and eliminate duplicate diagnostic testing.
- ⇒ The Environmental Health staff made the transition to Custom Data Processing (CDP) for restaurant/lodging inspections as well as for septic/well permitting. Again, another challenging but worthwhile transition.
- ⇒ Our small Business Office began training for an upgrade to the District's financial software. This will allow us to automate many processes.

Many thanks go to Tommy Havelos, ADHD's Information Systems Administrator and all staff and customers for patience with the planning, execution and continued efforts with all of these system improvements.





COMMUNICABLE DISEASE REPORT 13-14

This report shows the number of probable and confirmed disease cases in the Appalachian District Health Department counties for the calendar year 2013. Reportable communicable diseases with NO reported cases in this period were not included in this report. Because cases are routinely updated, case numbers may change. The arrows in the 2013 columns show an increase or decrease in cases from the previous year.

Emergency Preparedness Update

The Appalachian District Health Department had the State Review for our Strategic National Stockpile (SNS) Plan in April of 2014. We scored a 99.5 out of a possible 100 points. These Plan requirements are going to change and our plan we need to be completely re-written by April 2015. Our District Epidemiology Team meets quarterly. These meetings allow opportunity to identify trends in disease and to complete after-action reviews for outbreaks of food-borne or other illnesses or environmental risks. We work regularly with our hospitals and with County Emergency Management to plan for potential emergencies.

FOOD & LODGING INSPECTIONS

COUNTY	Inspections	Compliance Visits	Food, Lodging, Pool Permits	Consultative Site Visits
Ashe	250	32	76	423
Alleghany	166	8	55	138
Watauga	582	139	177	503
District Totals	998	179	308	1064

Trend compared to prior year noted :

WATER PROTECTION UPDATE

COUNTY	Permits Issued	Avg days to first visit	Avg days to issuance
Ashe	889	9	17
Alleghany	504	10	17
Watauga	1079	7	16
District Totals	2412	10	17

DISEASE	ADHD Cases 2013	ADHD Cases 2012
Campylobacter infection	9 ↓	35
Chlamydia	148 ↓	149
Cryptosporidiosis	1 ↑	0
E. coli – shiga toxin producing	3 ↑	1
Gonorrhea	4 ↓	9
Haemophilus Influenza	2 ↑	1
Hepatitis A	0 ↓	1
Hepatitis B – Acute	5 ↑	0
Hepatitis B – Chronic	5 ↑	3
Legionellosis	0 ↓	2
Listeriosis	1 ↑	0
Lyme Disease	3 ↓	6
Meningitis, invasive disease	1 -	1
Non-gonococcal urethritis	1 -	1
Pertussis	1 ↓	8
PID	0 ↓	1
Rocky Mountain Spotted Fever	1 ↓	3
Salmonellosis	16 ↑	11
Staph aureus, reduced	1 ↑	0
Tuberculosis	0 ↓	1
Vibrio not cholera or vulnificus	0 ↓	1
Totals per Year	206 ↓	234

Each county Communicable Disease nurse works closely with county Animal Control to quickly identify potential rabies exposures and to recommend the appropriate course of treatment. The Communicable Disease nurse investigates each report of an animal bite or bat expo-

Rabies Statistics 2013	Alleg	Ashe	Watauga	District
# of bite/exposure reports	15	52	153	220
# of animals that tested + from those reported	0	2	3	5
# of Post Exposure Rabies Therapy recommend	2	10	19	31



ASHE COUNTY HEALTH DEPARTMENT

Clinic Phone: 336-246-9449

Environmental Health Phone: 336-246-3356

TopDog

School-Based Health Clinic: Serving Ashe Middle School

- 489 (96%) of the students registered for services.
- 389 (81%) of those registered students received care.
- Provided 1957 visits last year.
- Offers Medical Visits (974 visits)
- Offers Counseling to students and families (375 visits)
- Offers Nutritional Counseling to students and families (48 visits)
- Supported by a dedicated Advisory Committee with a cross-section of representation, including students!

ASHE COUNTY STAFFING:

- 26 Employees work in the Ashe County Health Department and TopDog Clinic
- 23 Additional employees serve Ashe as District (work in all 3 county) employees.
- 2 Environmental Health Specialists for Water Protection are now based in Ashe.

3 Ashe locations:

- ⇒ Health Department: McConnell Street, Jefferson
- ⇒ Environmental Health Office: Cherry Street, Jefferson
- ⇒ School Based Health Center: Ashe Middle School

Pediatric Dentistry: Dr. Dean Stacy, DDS, every Monday in Ashe

Dr. Danielle Darter, Melinda Bogardus, FNP and Terrie Clark, FNP provide primary care and women's' health programs.

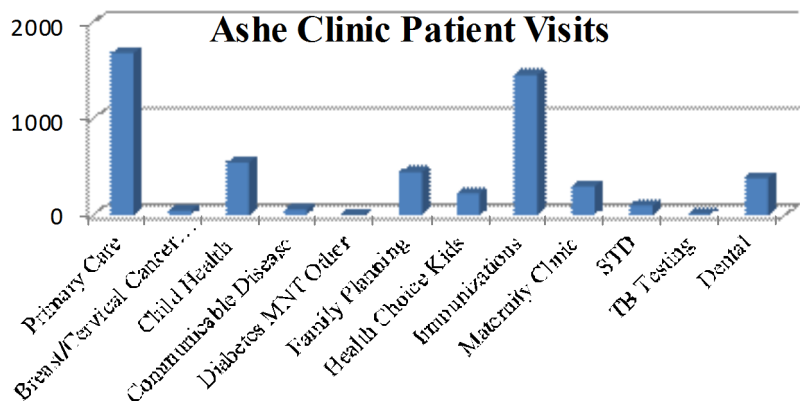
Environmental Health Goes Electronic!

ADHD has adopted Custom Data Processing to streamline inspections/permitting and to improve customer services for our Food and Lodging Inspections as well as for Water Protection such as Well and Septic Permits.

A visit to our website: www.apphealth.com allows the user to select Quick Links from the task bar and then click either **Septic System Permit Search** or **Restaurant or Facility Grades**. Follow the instructions on each search engine from there. You will need to allow "pop-ups" to view the septic documents.

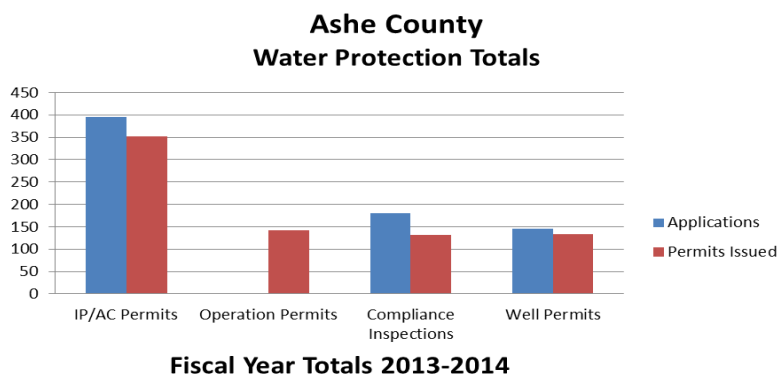
Thanks to a grant provided by High Country Realtors, Soon archived septic/well permits will be available through the search as well as ADHD completes a large digital scanning project of our paper septic/well documents.

Please call us for any questions.



Total visits=5,227 compared to 6,162 prior year. Decreases noted related to provider turnover. Now fully staffed.

11 women Breast/Cervical Cancers were diagnosed through the Cancer Program this year !!



NOTE FY 2012-13 to FY 2013-14 permitting activities have decreased slightly.

Service programs provided by the health department with programs that are mandated by the State in **bold**:

- ◇ **Family Planning**
- ◇ Pediatric Dental
- ◇ **Tuberculosis Control**
- ◇ Primary Care/Child Health
- ◇ Primary Care/Adult Health
- ◇ **AIDS/HIV**
- ◇ Diabetes Self Management
- ◇ Nutrition Consultation
- ◇ **Immunizations**
- ◇ **Pregnancy Care Management**
- ◇ Alleghany Community Alternatives Program for Disabled Adults
- ◇ Care Coordination for Children
- ◇ Youth Tobacco Prevention
- ◇ Positive Parenting Program (Triple P)
- ◇ **Community Health Promotion and Wellness**
- ◇ Northwest Tobacco Prevention
- ◇ Community Transformation Grant
- ◇ **Water Protection (Septic and Well permitting)**
- ◇ **Food and Lodging (Permitting and Inspections)**
- ◇ General Administration
- ◇ **Emergency Preparedness**
- ◇ Alleghany/Ashe Health Alliance
- ◇ School Nurse Initiative
- ◇ Various Regional Projects
- ◇ Women, Infants, Children Nutrition Program

HOW CAN YOUR HEALTH DEPARTMENT HELP YOU?

- Need a doctor? Call us. We accept almost all insurance plans, including Medicaid, Medicare, BCBS and private patient pay on a sliding fee scale.
- Need a dentist for your child? Call us to schedule an appointment. We see kids with Medicaid or private pay on a sliding fee scale.
- Health screenings
- Flu shots or most other immunizations.
- Keeps food served to the public safe.
- Protects your drinking/ground water.
- Breastfeeding support
- Diabetes support
- Nutrition counseling
- Speakers on health topics for small or large groups
- Broad range of Health Statistics
- Annual community health assessment update

**Get your flu shot today.
No appointment necessary.**

Ashe County Health Department Contact Information

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Sandy Shumate, Director of Nursing	sandy.shumate@apphealth.com	336-372-5641
Candy Graham, Clinical Supervisor	cgraham@apphealth.com	336-246-9449
Andrew Blethen, EH Supervisor	andrew.blethen@apphealth.com	828-264-4995

