

# **2017 Stokes County State of the County Health Report**



**Stokes County Health Department  
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<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). While 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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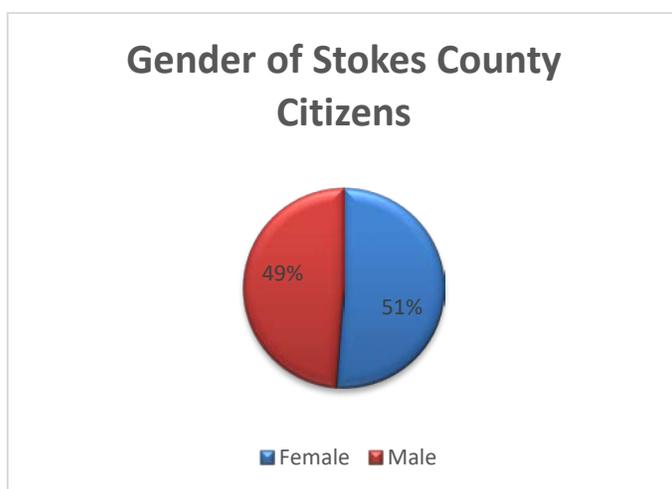
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## **Demographics and Social economic issues of Stokes County**

Stokes County 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 2016.

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%.



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	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
	<b>Total Deaths – All Causes</b>	544	100.0

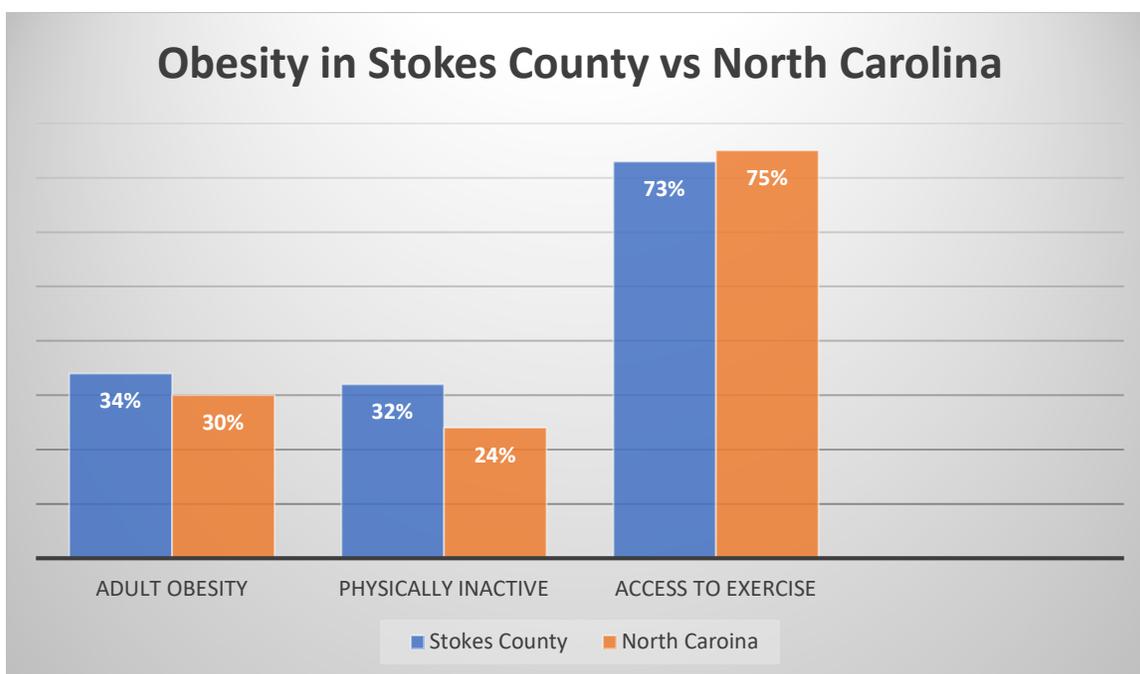
Source: State Center for Health Statistics, North Carolina

## Priority Health Concerns

Stokes County's 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:

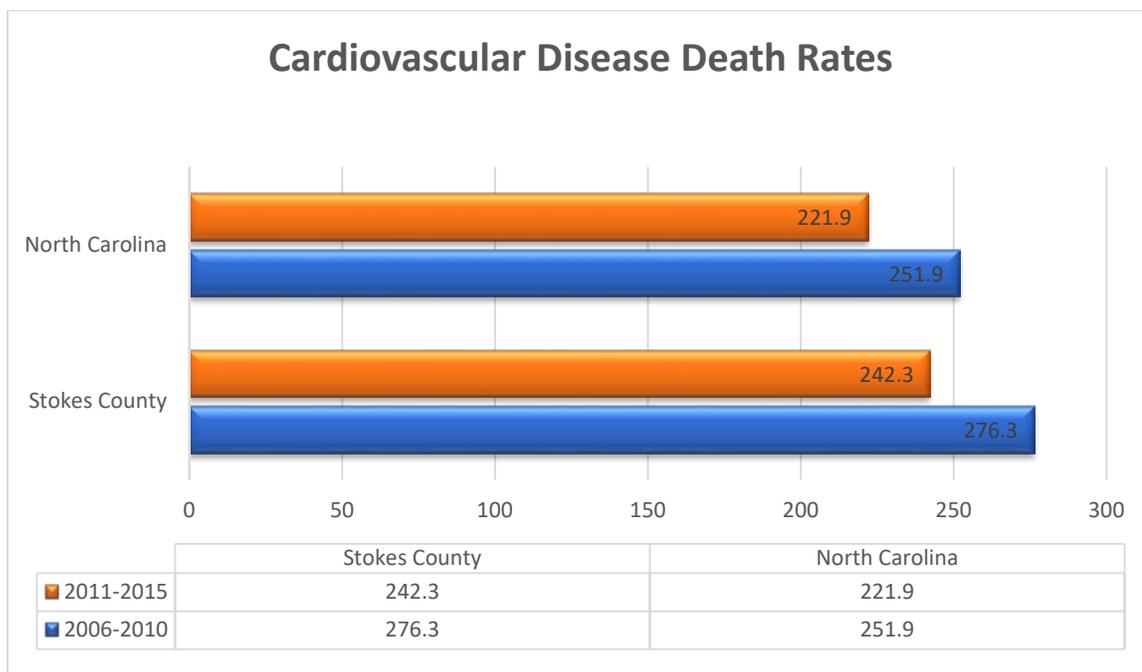
1. Substance Abuse
2. Mental Health
3. Chronic Disease



Source: State Center for Health Statistics, North Carolina

Stokes County 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.

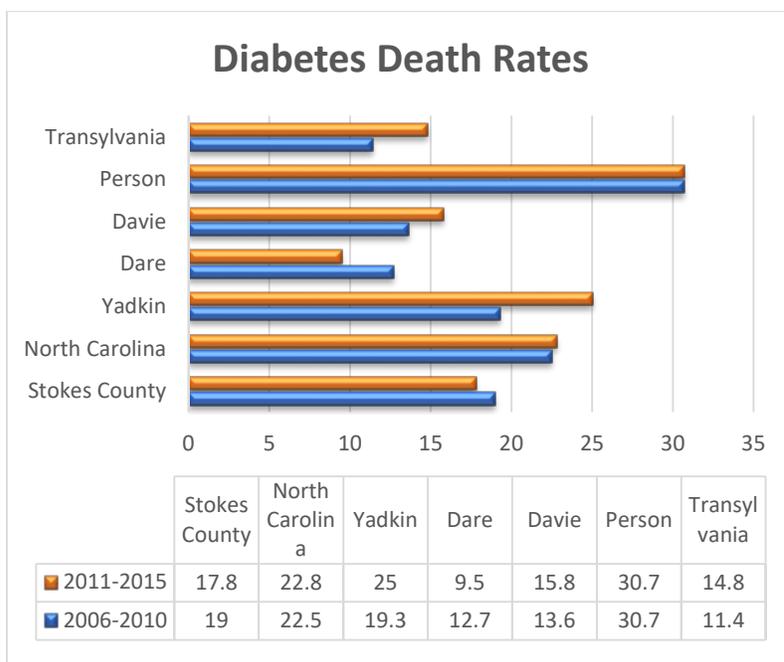


Source: North Carolina State Center for Health Statistics

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.





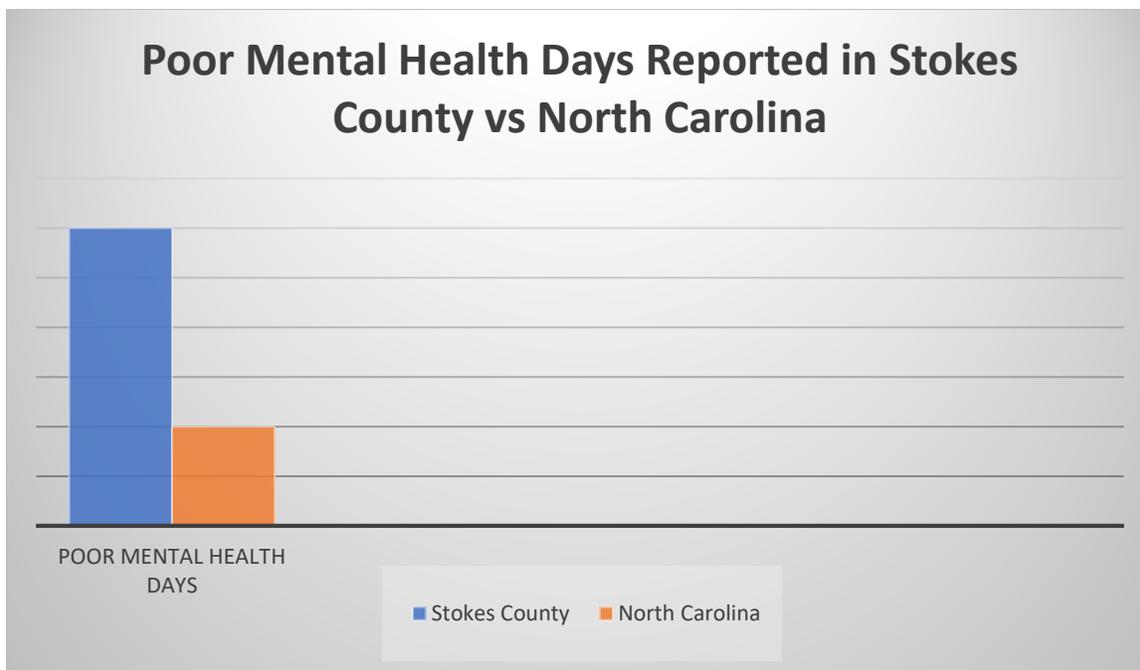


This chart displays the trends in diabetes death rate for Stokes County and its peer counties as well as the state too from 2006-2015. Stokes County has experienced a decrease in diabetes related mortality, since 2006-2010.

Source: North Carolina State Center for Health Statistics

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.



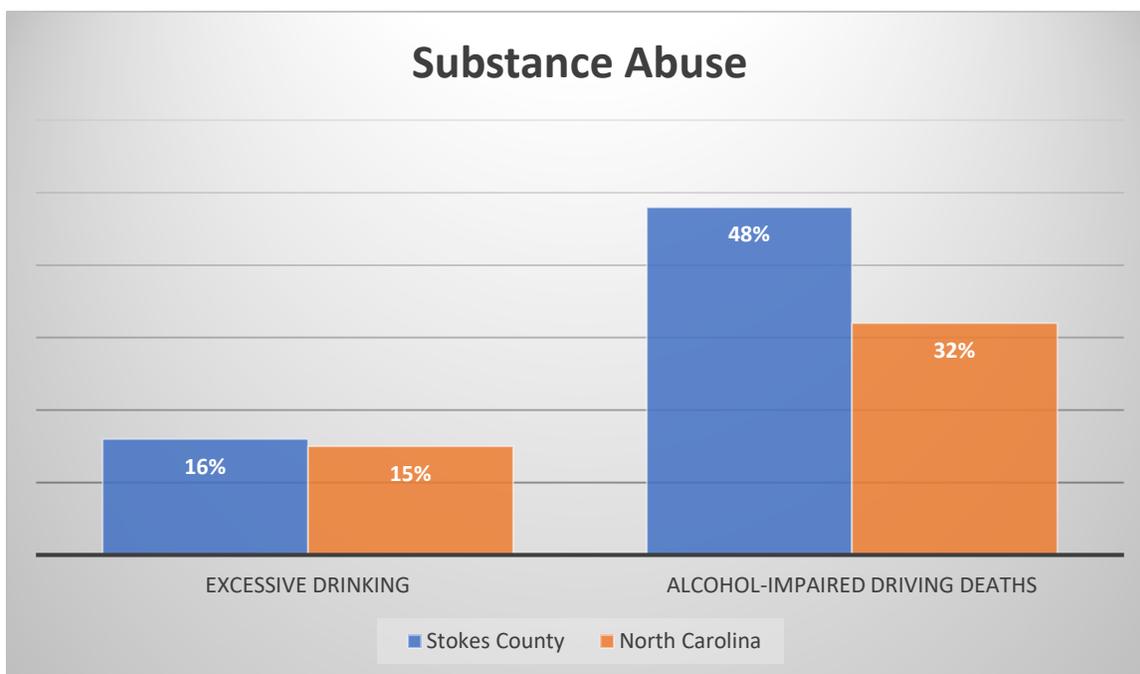
Source: State Center for Health Statistics, North Carolina



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.



Source: State Center for Health Statistics, North Carolina

# 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 school year 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.



# **Mental Health / Substance Abuse Intervention**

## **Stokes County Suicide Stakeholders**

This group of stakeholders meet monthly to discuss and find ways to help provide mental health services to the citizens of Stokes County as well as help with the substance abuse problem as well. There are several organizations that make this group up EMS, Sheriff's Department, Health Department, Cardinal Innovations, DayMark Recovery, Youth Haven, Yveddi and many other individuals from Stokes County. The Stokes County Health Department now offers mental health services through DayMark at our location two days a month with hopes of adding more days in the future. This group has also helped to create the Stokes Connector Public Transportation Route with the help of YVEDDI. This route has helped to address the problem that we have where patients are sometimes unable to obtain transportation to an appointment.

## **Stokes Citizens for Safe and Healthy Communities**

Stokes County Health Department has partnered with STOP and Insight to conduct prescription drug take back events and well as educate students in the Stokes County School system on the dangers of prescription drugs as well as illegal substances. In 2017 we will be spreading this information to the schools to be distributed to the 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 that they are the "unwitting suppliers" of prescription medications being used in unintended ways, especially by young people. 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, and this website, where visitors can learn more and ask questions.

The target audience for Lock Your Meds is 20-80-year-old adults, with the primary focus on keeping prescription and over-the-counter pharmaceuticals away from drug abusers. Many adults may be unwitting suppliers and by making adults aware of the problem we can curb the abuse by others. This information will also be available in several locations within our county as well as given out at health fairs in the county.

## **New Initiatives**

### Opioid Community Education

In April of 2018 the Stokes County Health Department will begin providing education to the community with the help of the Lock Your Meds Campaign materials. With the help of Stokes County DSS and the STOP Coalition we will provide education at community health fairs as well as be providing lock boxes to patients and citizens that are in need of them. In May of 2018 the health department will be partnering with other stakeholders to have a MedAssit event where opioid education will be provided as well as lock boxes made available.

### Remote Drop Off-Walk To School Program

With the help of Active Routes to School and the Stokes County School system we will begin talking to elementary and middle schools about the possibility of being a school that implements this program. Parents, teachers and the health educator from the health department will be responsible for leading and supervising the children as they walk to school in the mornings. A drop off location is in the process of being selected for several of our schools. An evaluation will be completed at the end of this programs first year to determine if we will continue it the following school year.

# Stokes County Health Department

## Stokes Family Health Center

P.O. Box 187

Danbury, NC 27016

(336) 593-2400

Hours:

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

*Friday*

8:00 am- 5:00pm

Our address:

1009 Main Street

PO Box 187

Danbury, NC 27016

Telephone:

(336)593-2400

Fax: (336)593-9361

Health Dept. Director: Emily Naylor (336)593-2435

Health Educator: Tammy Martin (336)593-1229

Environmental Health: (336)593-2403

Child Health: (336)593-2412

Family Planning: (336)593-2420

WIC: (336)593-2402

Home Health: (336)593-2401

King Office:

102 Hartgrove Rd.

King, NC 27021

Telephone: (336)985-2727

Fax: (336)985-2654

WIC available Tuesdays and Wednesdays 8:30-5:00

To make an appointment for either clinic please call:

(336)593-2400

**To report a communicable disease outbreak, an environmental health emergency or a public health threat after hours, weekends or holidays please call 1-877-514-9259 or dial 9-1-1.**

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