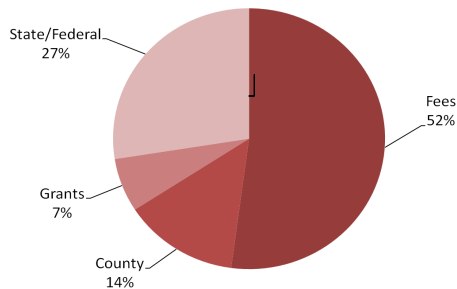


Promote. Prevent. Empower.

- ★ 4,660 Child Immunizations given. Debilitating or death causing childhood diseases can be avoided by having children immunized.
- ★ 10,360 Adult Immunizations given. Diseases such as Hepatitis B, tetanus, flu and pneumonia are being prevented. Flu takes the lives of over 30,000 in the U.S. each year.
- ★ 1,224 Clients Tested and Counseled for HIV in an effort to increase awareness and peace-of-mind.
- ★ 1,909 Maternity Check-ups performed. Future mothers are ensured of having a healthy baby.
- ★ 1,957 Child Care Check-ups performed. Our children are prepared for healthy learning, healthy play and a healthy life.
- ★ 6,728 Primary Care Visits performed. Helping our community have better access to care.
- ★ 453 Contacts during the year for Health Promotion to include Partnership Meetings, Partnership/Community Meetings Conducted, Health Promotion Programs/Presentations, Environmental & Policy Outcomes, Staff Development & Continuing Education, Media Programs/Media Coverage and more.
- ★ 810 Dental Clinic Visits performed. Children are receiving dental care today for a bright smile tomorrow.
- ★ 9,722 WIC Nutrition, Registered Dietitian and Breastfeeding Contacts made helping families have better nutritional and dietary practices.
- ★ 32,728 Environmental Health Contacts and Inspections were made with 5964 Food, Lodging and Institutional contacts, 23485 On Site Waste Water contacts, 3931 Well Contacts, and 478 Water Testing contacts.
- ★ 80 Possible Rabies contacts with 36 animals being tested; 7 which were positive, with 34 people receiving treatment. It is important to have your animals vaccinated against rabies and avoid contact with animals out in the wild.

Appalachian District Health Department
Fiscal Year 2009 - 2010
Percent of Revenues



ANNUAL REPORT 2009-2010

COMMUNITY HEALTH CONCERNS ALLEGHANY, ASHE, AND WATAUGA COUNTIES

Daniel Staley, MS, Health Director
Kenneth Richardson, Chairman, District Board of Health

APPALACHIAN DISTRICT HEALTH DEPARTMENT

Health for All: Promote. Prevent. Empower.



Proudly serving Alleghany, Ashe,
and Watauga Counties

Appalachian District Phone: 828-264-4995
Finance Office Phone: 336-372-8813

Alleghany Health Department
157 Health Services Road, Sparta, NC 28675
Phone: 336-372-5641

Ashe Health Department
413 McConnell Street, Jefferson, NC 28640
Phone: 336-246-9449

Watauga Health Department
126 Poplar Grove Connector, Boone, NC 28607
Phone: 828-264-6635
www.apphealth.com

Flu Season Came and Went



Flu Season was unusual this year with the onset of the H1N1 influenza, along with seasonal influenza. Our District team worked diligently to visit area elementary schools to provide seasonal flu vaccine in addition to holding after hours flu clinics to provide vaccine for other school children and employees.

Suicide Prevention

Suicide is often uncomfortable and complicated to discuss. During the Alleghany, Ashe, and Watauga County Community Health Assessment Forums, citizens were asked to identify priority health concerns. As a result, suicide was recognized as a top priority in all 3 counties.

Suicide continues to be at the forefront of health concerns and has brought about grassroots efforts to provide education, information, and support for the community and survivors of suicide. Each county has established a collaborative working group of professionals and community volunteers aspiring to change the stigmas relating to suicide and mental health. Each group operates as a part of their County Healthy Carolinians Partnership.

To get involved, contact Alleghany, Ashe, or Watauga County Healthy Carolinians or contact our District Health Promotion Staff.

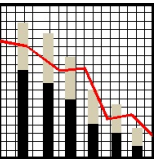
Alleghany Lives
Ashe Suicide Prevention Taskforce (ASAP)
Watauga Suicide Prevention Committee

PREPAREDNESS FOR APPALACHIAN DISTRICT HEALTH DEPARTMENT

Appalachian District Health Department's Preparedness Coordinator, the District Nursing Director, our Alleghany, Ashe and Watauga lead nurses, as well as other key staff, have completed necessary Preparedness training to ensure the health of our citizens is protected in the event of a disaster or emergency. We are working closely with Alleghany, Ashe and Watauga Emergency Management to establish enhanced lines of communication between county agencies to better equip county and public health staff to provide for the needs of the public.

The Economic Crunch

The economic downturn has affected everyone, both private citizens and businesses. Appalachian District Health Department has also been affected. Funding for our services has been drastically cut by the state. As employees resign or retire, their positions have not been filled. Despite reduced funding and staff, we are working hard to provide the high quality care and services the Alleghany, Ashe and Watauga communities depend on. As united communities, we will weather the economic storm and become stronger as individuals and as a District.



RABIES INCREASE

There were a total of eighty (80) reports of rabies exposure across the Alleghany, Ashe and Watauga counties. Thirty-six (36) animals were tested, with seven of those animals showing positive for rabies. Twenty-six were negative and three were unable to be tested. The Health Department recommended post exposure treatment for thirty-eight (38) of the eighty reports. Our primary defense from the spread of rabies is the vaccination of domestic animals through special clinic offerings by participating local veterinarians.

ENVIRONMENTAL HEALTH CORNER

The Environmental Health Section of the Appalachian District Health Department continues to protect the health and safety of the public and the environment we all enjoy across our three county district. Along with continued enforcement activities, the environmental health staff continues to devote a lot of time educating the public as to the various programs and services we provide and sponsoring educational training courses.

During the 2009/2010 year, our food/lodging/institution section conducted 4 ServSafe Classes. These classes are designed to give food service owners, managers, and staff the basic science behind food safety, preparation, handling, hygiene and why it is important to operate a safe food service establishment. Attendees who successfully completed classes and tests received certification. All our district food and lodging staff are ServSafe Certified Instructors. Classes were taught in all three counties throughout the year and certified 62 food service owners, operators, and staff.

The On Site Waste Water Section offers free seminars (4 last year) to local realtor groups across the District. These seminars are designed to educate them to health department services and procedures that relate to septic systems and wells. Topics range from outlining the application process to how site evaluations are conducted.

May 2010 also saw the adoption of new State rules for public swimming pools. The major changes centered on incorporating the Federal Virginia Graeme Baker Pool and Spa Safety Act into State rules, thus giving the authority to enforce the Federal legislation to local health departments. The legislation is designed to keep swimmers from being entrapped by suction lines which can lead to serious bodily injury and death. District staff conducted several educational workshops across the District to help inform pool owners and operators of the changes and what they would need to do to get their pools into compliance.

APPALACHIAN DISTRICT PUBLIC HEALTH ITEMS OF INTEREST

DANNY STALEY APP DISTRICT HEALTH DIRECTOR RECEIVES CITATION OF MERIT AWARD BY NC PUBLIC HEALTH ASSOCIATION



IMPROVING NUTRITION

As of October 2009 the Women, Infants and Children (WIC) Program has enhanced their theme to *Healthy Habits, Health Families*, through revised objectives, and implemented a food package to include foods that support the new program as summarized below:



- ★ Breastfeeding moms and babies get more food
- ★ All cereal is whole grain, fruits & veggies were added
- ★ Everyone over 2 years gets reduced fat milk
- ★ Juice amounts reduced to promote less sweetened drinks



Breastfeeding promotion as the normal way to feed infants has been stepped up even more. The changes further reinforce prevention of nutrient deficiencies and incorporate more foods that recognize cultural diversity.

The changes have been well received by both staff and clients. One client's recent phone call summed it up well. "... I was thinking while I cooked dinner using fresh vegetables... that the whole 5 years we've been married, we've never been able to afford fresh fruits & vegetables until we got WIC — I just want to say thank you ..."

Access to Care for Low-Income & Uninsured

In the past year, Ashe & Alleghany counties began the collaborative effort in the community to begin a *network of care to improve the health of the low-income, uninsured in our counties*. Working with the Care Share Health Alliance and Health Net, this event is becoming reality. This partnership, "Ashe Health Alliance," has a new coordinator, Jennifer Swinny, and is developing a community-wide plan and collaborative agreement. Once the Ashe Health Alliance strategies have been established, plans will be made to bridge into Alleghany County.

WEIGH LESS PROGRAM A SUCCESS!

ADHD'S HEALTH PROMOTION STAFF RECEIVED ONE OF THE 2009-2010 EAT SMART, MOVE MORE... NC COMMUNITY GRANTS AND PROVIDED STAFF, FACULTY AND STUDENT WELLNESS PROGRAMS FOR ALLEGHANY COUNTY SCHOOLS. EAT SMART, MOVE MORE: WEIGH LESS (ESMM:WL) WAS OFFERED TO ALL INTERESTED FACULTY AND STAFF—OUT OF 46 PARTICIPANTS, 11 COMPLETED THE 12-WEEK PROGRAM, AND RECORDED A TOTAL LOSS OF 170.4 POUNDS! PARTICIPANTS WERE COMPETING TO BE ONE OF THE TOP TWO WEIGHT LOSERS—EACH COULD WIN A CASH PRIZE OF \$500. SCARLETT BALDWIN, SPEECH THERAPIST, ALLEGHANY COUNTY SCHOOL DISTRICT—WEIGHT LOSS = 26 POUNDS AND LARRY COLE, EARTH SCIENCE TEACHER, ALLEGHANY HIGH SCHOOL—WEIGHT LOSS = 54.8 POUNDS WERE THE WINNERS.



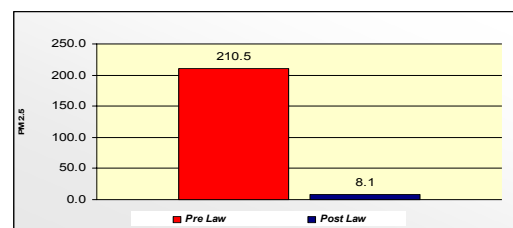
Creating Public Health Problem Solvers in North Carolina

The North Carolina Center for Public Health Quality hosted its first Public Health Quality Improvement (QI) Workshop in May of this year. This workshop session trained eight local health departments from across NC on using QI tools and methods to improve the efficiency and effectiveness of services, with the overall goal of improving the health of their community. Our overall goal was to increase the number of patients scheduled for Primary Care Clinic, in order to increase services to Ashe County citizens. We achieved this by reviewing our current Primary Care Clinic flow. Each QI team member has the knowledge and ability to use the QI tools and methods and is now able to share those techniques with others in order to support continuous quality care improvement within Ashe County Health Department.

AIR QUALITY IMPROVED SINCE HOUSE BILL 2 PASSED

The passage of House Bill 2 (no smoking in restaurants and bars) has been an *overwhelming success in North Carolina*. Complaints have dramatically decreased, from 537 in January to 42 in May. Shortly after the law went into effect, health department employees and volunteers with the Northwest Tobacco Prevention Coalition conducted an air quality monitoring in 10 Watauga County restaurants. These restaurants previously allowed smoking and were originally monitored in 2007. The results were striking, as evidenced by the charts below (35 is the maximum limit for health air quality):

Comparison of Overall Air Quality
Pre-HB2 vs. Post-HB2 Levels – Watauga County Restaurants



ASBHC FUNDING CAME THROUGH FOR 2010-2011

The Ashe School Based Health Center, which opened in 1999, was scheduled to be closed for the 2010-2011 school year due to lack of funding. However, the Center received a Rural Health grant and Health Net funding that is enabling the clinic to remain open and continue to serve the children of the Ashe County Middle school for another year. The clinic provides acute care & management of chronic illnesses, physicals for well child and sports, immunizations, nutritional consultation and mental health counseling. These services are provided during the school day, which improves attendance and allows the parents to remain at work.

RETIRED EMPLOYEES FY 2009-10

The following employees retired from the Appalachian District. We thank them for the many years of service.

- Peggy Mackler - 10 yrs. - Public Health Nurse
- Patsy Stewart - 20 yrs. - WIC interviewer
- Debbie Edwards - 32 yrs. - Nursing Supervisor