

CARING FOR YOUR HEALTH IS THE HEART OF OUR BUSINESS



3,183 Child Immunizations given to protect the children of Alleghany, Ashe and Watauga against debilitating childhood diseases.

8,988 Adult Immunization given. Diseases such as Hepatitis B, tetanus, flu and pneumonia are being prevented.

566 Clients Tested and Counseled for HIV in an effort to increase awareness and peace-of-mind.

2,173 Maternity Check-ups performed. Future mothers are ensured of having a healthy baby.

2,257 Child Care Check-ups performed. Our children are prepared for healthy learning, healthy play and a healthy life.

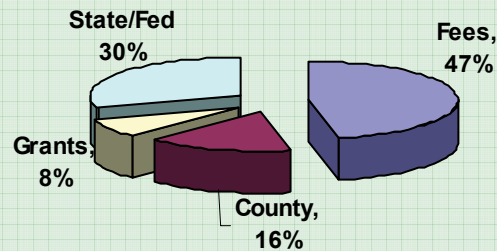
7,703 Primary Care Visits performed. Our communities have improved access to health care.

2,297 Dental Clinic Visits performed. Our clinics provide dental care for our children.

10,563 WIC Nutrition Contacts made. Women, infants and children have better nutritional and dietary practices.

31,960 Environmental Health Contacts and Inspections were made concerning wastewater, food & lodging, institutional inspections, water samples, water supply

**FY 2005-06 Source of Revenues**



**APPALACHIAN DISTRICT HEALTH DEPARTMENT**



**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

**ANNUAL REPORT 2005-2006**

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

**RED FLAGS—COMMUNITY HEALTH CONCERNS**

**AVIAN INFLUENZA (FLU)**

Avian influenza virus usually refers to Influenza A viruses found chiefly in birds, but infections can occur in humans. The risk is generally low to most people, because the viruses do not usually infect humans. However, confirmed cases of human infection have been reported since 1997. This virus strain is referred to as the H5N1 virus strain. **While there has been concern about human-to-human spread of H5N1, or "Avian Flu," it has been limited, inefficient and un-sustained.**

**SEASONAL INFLUENZA OR FLU**

**Our concern remains the seasonal influenza or flu which currently affects our population.** The best way to prevent this illness is by getting a **flu vaccination** each fall.

Every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications, and;
- about 36,000 people die each year from seasonal flu.

**25 YEARS OF HIV-AIDS**

Nearly 25 years after the first report of a nameless deadly disease, there are still over one (1) million persons living with HIV in the United States. In North Carolina, the average rate of new cases of HIV infection per 100,000 is 7.6 (For whites-our predominate demographic) and unfortunately, the latest HIV testing results in the Appalachian District are seeing rates approaching the NC State average after many years of zero cases.

As our society continues to accept persons with HIV/AIDS and more treatment options are available to patients resulting in increased longevity, we cannot foster a sense of complacency with this deadly disease for which there is no cure. Grant applications for a health educator to work with ASU and our HIV/AIDS population were not funded in 2004 and 2005.



Photo by Thomas Reid—Edutopia

**INACTIVITY & OBESITY**

During the past 20 years, obesity among adults has risen significantly in the United States. The latest data from the National Center for Health Statistics show that 30 percent of U.S. adults 20 years of age and older—over 60 million people—are obese. This increase is not limited to adults. The percentage of young people who are overweight has more than tripled since 1980. **In North Carolina, the largest rise in Overweight and/or Obese children is among school age children, ages 5-11 years old (23.8%) and ages 12-18 (27.2%) or approximately 1 child in 4.**<sup>1</sup>

These increasing rates raise concern because of their implications for Americans' health. The ADHD Health Promotion Department is working cooperatively with many other agencies and implementing programs such as HIP (Health is Power) Wellness Program for school teachers and staff, introducing "Energizers" into the classroom and the department continues to write and obtain grants in support of school programs across the District.

Local Cost of Obesity by Medicaid Dollars spent <sup>2</sup>			
Medicaid \$	Alleghany	Ashe	Watauga
<b>County</b>	<b>\$60,000</b>	<b>\$128,000</b>	<b>\$95,000</b>
<b>State</b>	<b>\$728,000</b>	<b>\$347,000</b>	<b>\$543,000</b>

Sources: 1: North Carolina 2010 Health Objectives, Healthy Carolinians 2005 Midcourse Review, p.5. 2: NC Dept. of Medical Assistance. Finkelstein EA, Fiebelkorn IC, Wang G, National Medical spending, Health Affairs, May 2003.

## ★ TOBACCO FREE WORKPLACE

For the health, safety and well-being of our clients, visitors and employees, the use of tobacco products was prohibited on the campuses of the **Appalachian District Health Department** effective **January 1, 2006**. This included buildings, grounds, parking areas, walkways and personal vehicles.

## ★ TOBACCO FREE SCHOOLS

**Alleghany, Ashe, and Watauga County Schools** are now **100% Tobacco Free** (new adoption for Alleghany and Watauga in January, 2006.)

## ★ NEW WELL RULES ★ EFFECTIVE: JANUARY 2007

Over the past years, our area has seen several flooding events. These storms have exposed a problem in lack of construction standards for private water supplies. A well that has not been properly constructed is at risk for contamination by ground water.

In January of this year, following our strategic planning effort, ADHD started developing rules to cover the construction, repair and abandonment of wells. This set of rules outlines the location, construction and general provisions necessary to protect water supplies. The new well rules were adopted June 27th by the Board of Health.

## ★ PUBLIC HEALTH PREPAREDNESS

Appalachian District Health Department received a special grant through *NC Public Health Preparedness and Response* to develop a "**Public Health Command Center**" in the Watauga County's conference room.

## RETIRED EMPLOYEES-FY 2006

The following employees retired from the Appalachian District. Thank you for your many years of service.

**Willa Dean Church**, LPN, Ashe County Clinic  
**Barry Irwin**, Environmental Health, Alleghany  
**Katherine Holder**, RN, Watauga County  
**Judy South**, CHA, Watauga County



*"Schools could do more than perhaps any other single institution in society to help young people, and the adults they will become, to live healthier, longer, more satisfying, and more productive lives."*  
-Carnegie Council on Adolescent Development

## ★ SCHOOL BOARDS ADOPT WELLNESS POLICY

**Ashe, Alleghany and Watauga County Schools** passed a local school wellness policy in each District. These policies ensure that healthy food and beverage options are always available on campus. They also mandate 30 minutes of daily physical activity for students in Kindergarten through Eighth grade. The Appalachian District Board of Health passed this resolution at the March, 2006 meeting. The active support and involvement of **School Health Advisory Councils** to protect and promote student healthy habits resulted in this important policy change.

## ★ TRAIN-THE-TRAINER

**Eva Wooten, Chris Brantley, Brenda Abbott and Debbie Garrett** attended **Epi-Ready Train-the-Trainer Program** sponsored by the National Environmental Health Association. These Epi-Ready Trainers have provided two community training sessions for nursing and environmental health staff in surrounding health departments in the field of epidemiology.

## ★ SHINING STARS™ PUBLIC HEALTH ASSETS

NC Winner's Circle

IN SUPPORT OF EAT SMART, MOVE MORE...NORTH CAROLINA



## ★ ASHE COUNTY SCHOOLS "WINNER'S CIRCLE"

In March 2006, Ashe County Schools, with the assistance of ADHD Health Promotion staff, began the Winner's Circle Healthy Dining Program and labeled the cafeteria's healthy food choices with the program's insignia. The Winner's Circle Healthy Dining program uses one consistent logo—a purple star with a gold fork—to identify healthy foods anywhere people eat away from home. Winner's Circle qualified items encourage consumption of fruits, vegetables, grains, beans and calcium-rich foods while limiting the intake of fat, sodium and sugars.

## ★ NC IMMUNIZATION REGISTRY

The ADHD joined the new state immunization record-keeping process last summer. The new automated system provides many benefits. Immunization providers may access all recorded childhood immunizations administered in North Carolina, regardless of where the immunizations were given. The system will evaluate the child's immunization record, identify children who need (or are past due for) immunizations and make recommendations. Copies of the immunization records may be printed and given to parents.

## ★ WWW.APPHEALTH.COM

The Appalachian District's website premiered early this summer. The website features environmental health restaurant grades, fees and eligibility information, links to other agencies and much more. It also allows a user to look up a previously issued septic permit. Join us in finding our history, what we do and other valuable information at <http://www.apphealth.com>

# Appalachian District Health Department

About Us | Board of Health | What We Do | Accreditation | Back Office | App Health | Press | Search

# NORTHWEST

TOBACCO PREVENTION COALITION



## LOOK FOR THE SMOKE-FREE DINING LOGO!

The **Smoke Free Dining Campaign** was conducted in Alleghany, Ashe and Watauga Counties with the Partnership of the NTPC Coalition, the local School Tobacco Prevention Coordinators and their Health Promotion Clubs. The Campaigns have been very successful. Each year at the close of the

campaigns, a county-specific smoke free dining list is printed in the local newspapers to let the public know where it can enjoy a smoke free dining environment. Since 2004, the percentage of smoke free dining establishments has increased substantially in the three AppDistrict counties. Currently the percentage of smoke free dining establishments is as follows:

**Alleghany County: 42% of Restaurants are Smoke Free**  
**Ashe County: 55% of Restaurants are Smoke Free**  
**Watauga County: 70% of Restaurants are Smoke Free**

Clearly, we must celebrate our success and plan for more work in the future to see these numbers continue to steadily increase steadily over time. The smoke free dining guides may also be printed from the website: Go to your county's health department and click on the Health Promotion navigation tab, and then, Northwest Tobacco Prevention Coalition.