

CARING FOR YOUR HEALTH IS THE HEART OF OUR BUSINESS



4,639 Child Immunizations given to protect the children of Alleghany, Ashe and Watauga against debilitating childhood diseases.

6,369 Adult Immunizations given. Diseases such as Hepatitis B, tetanus, flu and pneumonia are being prevented.

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

2,268 Maternity Check-ups performed. Future mothers are ensured of having a healthy baby.

2,563 Child Care Check-ups performed. Our children are prepared for healthy learning, healthy play and a healthy life.

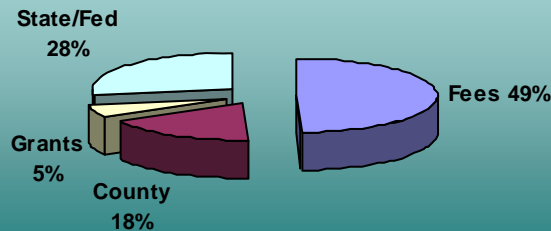
6,711 Primary Care Visits performed. Our communities have improved access to health care.

1,480 Dental Clinic Visits performed. Our clinics provide dental care for our children.

8,618 WIC Nutrition, Registered Dietitian and Breast-feeding Contacts made to help families have better nutritional and dietary practices.

33,303 Environmental Health Contacts and Inspections were made concerning wastewater, food & lodging, institutional inspections, water samples, water supply checks, rabies and other environmental health issues.

Fiscal Year 2006-07 Source of Revenues



**ANNUAL REPORT
2006-2007**



RED FLAGS—COMMUNITY HEALTH CONCERNS

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

**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



MOSQUITOES IN THE MOUNTAINS

There are no mosquitoes in the mountains, right? It would be nice if this was true; however, mosquitoes are seemingly everywhere. Diseases such as WNV and Lacrosse encephalitis are carried by these pests, and in turn these diseases are transmitted to humans. In an effort to combat the threat of disease posed by mosquitoes and other vectors, the Appalachian District Health Department will be implementing a vector control program for the 2008 calendar year. This program will cover common vectors of disease found in this area such as rats, mosquitoes, ticks, etc. The focus of the program will be on educating the public in prevention and protection methods, rodent control, and mosquito surveillance. Rodent control will be facilitated primarily through public request. Mosquito surveillance will be conducted by setting CDC light traps in high mosquito population areas, studying the trends in population growth and decline, and implementing control methods as needed.



RABIES ALERT

There were 520 positive animal rabies cases in North Carolina in 2006. Through vaccination of pets and other public health measures, we can help control the spread of rabies and limit our potential exposure. Once an animal is exposed to rabies and becomes ill, the disease is fatal. Therefore, it is imperative that our pets' vaccinations be kept up to date. All dogs and cats in North Carolina are required to be vaccinated by 4 months of age. All animal bites should be reported to your health care provider and the local health department to ensure timely rabies treatment if it is warranted.



Exposure to bats is also very serious. This may be due to several factors: Bat bites may not be obvious when the patient is examined. Some people may recognize the bite but not understand how serious it is. Other people such as young children or those with disabilities may be unable to give an accurate history of the bite. There are things that you can do to "Bat Proof" your home. Make sure the doors to attics and basements are sealed with draft guards. Also, repair holes in any interior wall or ceiling so that bats cannot mistakenly enter the main parts of your house.

Contacts and treatments for the Appalachian District Health Dept. are as follows:

	<u>Animals Tested</u>	<u>Animals Positive</u>	<u>People Treated</u>
Alleghany	15	7	39
Ashe	18	5	3
Watauga	31	2	2



PANDEMIC FLU REPARATION

Danny Staley, Health Director, and Debbie Garrett, Nursing Supervisor for Watauga County Health Department, attended Pandemic Flu Planning meetings at ASU and participated in a Pandemic Flu Community Response exercise.



CAMPYLOBACTER WARNINGS



Campylobacter is a bacterial infection that produces diarrhea, abdominal pain that can be severe, fever, nausea and vomiting.



The most common way to catch this bacteria is to eat or drink food or water contaminated by this bacteria. Examples are raw or under-cooked chicken or pork and raw milk or raw milk products. Even one drop of juice from raw chicken left on a countertop or on your hands can make someone very sick. Also farm animals and pets such as puppies with diarrhea can be sources of infection.

Things you can do to prevent campylobacter infection:

1. Wrap fresh meat in plastic bags to prevent blood from dripping on other foods.
2. Minimize the time foods are left at room temperature.
3. Thoroughly cook all meats, especially chicken. Be sure the correct internal cooking temp is reached (check meats with an internal meat thermometer).
4. When preparing raw chicken, turkey or waterfowl wash counter tops, cutting boards and utensils with soap and water before they touch other foods, and wash your hands with soap and water before touching other foods, utensils, or appliances.
5. Avoid eating raw or undercooked meats and eggs.
6. Use only pasteurized milk.
7. Make sure children wash their hands after handling pets.
8. See your health care provider if you develop the symptoms of campylobacter infection.

ENVIRONMENTAL HEALTH CORNER

The Environmental Health Section of the Appalachian District Health Department has seen many changes over the past year. We have added five new environmental health specialist's positions across the district; 1 in Alleghany, 2 in Ashe and 2 in Watauga, plus a part time clerical staff member in Alleghany. This additional staff has helped to ensure that the district can continue to provide the best service possible to the public we serve.

January 1, 2007 saw the inception of the new Well Program. Although this new program has brought many challenges and an increased workload, the environmental health staff has responded admirably and continues to make strides towards streamlining the application permitting and inspection procedures associated with this program. In addition, the food and lodging program has made incredible progress in improving the quality and consistency of inspections across the district, which will further protect the health and safety of our local residents and visitors.

Finally, the on-site wastewater program completed its state mandated program review. The results of the evaluation were most favorable. Overall, the evaluation team found that our on-site staff is conducting site evaluations and issuing permits in accordance with state mandated procedures and policies consistently across the district. A majority of their recommendations involve making minor changes in the permit application as well as minor adjustments in procedure while conducting evaluations. We have already begun to address these recommendations in anticipation of the implementation follow-up to be conducted by the state within the next year.

"SHINING STARS" PUBLIC HEALTH ASSETS

TOP DOG CLINIC PASSES RECREDENTIALING

Top Dog School Based Health Clinic, located at Ashe Middle School, passed the re-credentialing Process in May, with positive comments from the reviewers. This clinic provides preventive and medical care, mental health counseling, nutrition counseling and health education to students attending the Middle School who have been enrolled to receive services at the School Based Health Center. During the past year 1135 medical visits, 426 preventive, 244 mental health visits, and 163 nutrition visits were provided to the 422 total users of the clinic.

BE ACTIVE KIDS

In 2006-07, our health promotion staff partnered with the Be Active North Carolina Appalachian Partnership, to provide training for all Watauga County Pre-K programs to implement Be Active Kids. Be Active Kids is a food safety nutrition and physical activity curriculum. In addition, each Pre-K program was encouraged to adopt Be Active Kids or other health eating and physical activity programs as a permanent curriculum for their preschool children.

Eat Smart Move More NC Grant

As a part of our support of the statewide initiative, Eat Smart Move More North Carolina, Appalachian District Health Department health promotion staff partnered with Alleghany County Schools and the Glade Creek community to construct a community walking track at Glade Creek Elementary School. Additionally, in Ashe County, many community agencies, including Ashe Healthy Carolinians, partnered to complete the Downtown West Jefferson Locomotion Trail featuring a walking art gallery. Both projects were a result of strong collaboration and the \$24,960 funding provided by the Eat Smart Move More North Carolina Community Grant.



SMOKE FREE DINING & BUSINESS CAMPAIGNS

For over a year, the NTPC Coalition conducted campaigns in the three district counties to increase the number of smokefree restaurants and businesses. Those facilities that are currently smokefree and those that adopt a smokefree policy receive a Certificate of Appreciation and a "Go-Light" sticker (see picture above) to place at their entrance. Increases in percentages of smokefree restaurants were seen in all counties, with Watauga going from 60% to 74%. Alleghany County now has 43% smokefree restaurants, and Ashe County has 59% smokefree restaurants. The NTPC partnered with the three counties' school tobacco prevention coordinators to conduct this campaign.



In Collaboration with Ashe Partnership for Children and the Ashe County School System, 105 children were provided physicals and immunizations if indicated for children during DIAL screening in April.

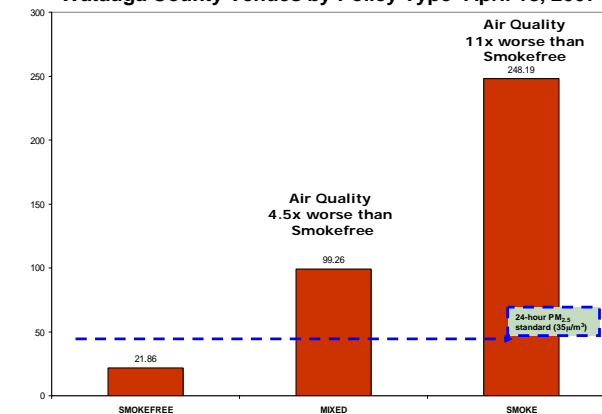
Watauga County Health Department clinic partnered with CDSA to provide time and clinic space for a children's orthopedic clinic.

INDOOR AIR QUALITY MONITORING PROJECT

This project is an ongoing statewide effort to study and quantify the difference in indoor air pollution in smoking and non-smoking restaurants/bars, as measured by the levels of fine particulate air pollution. Selected restaurants and bars, chosen by the NTPC Coalition, were a combination of those that do not allow smoking, those that allow smoking anywhere and those that have designated smoking areas. After training from a representative of the NC Tobacco Prevention and Control Branch, four teams of coalition members/volunteers visited four designated venues as paying customers and spent 30-45 minutes with an unobtrusive air monitoring machine provided by the TPCB. Upon arrival and every 15 minutes thereafter, teams collected data on number of patrons, approximate room volume and number of lit cigarettes.

The purpose of this project is to provide data anchored in science, giving more credibility to the study and allowing decision-makers/elected officials to review objective, scientific data instead of relying on anecdotal evidence. Only compiled results were released; no individual restaurant was named in any of the publicity. A summary graph of the results is below.

Watauga County Venues by Policy Type- April 13, 2007



RETIRED EMPLOYEES—FY 2007

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

Mert Burgess, PHN III, Ashe County

Mary Carlson, WIC, Clerical, Watauga County

Lawrence Caviness, Environmental Health Supervisor for District