



Surry County Health & Nutrition Center 2014 Community Health Assessment

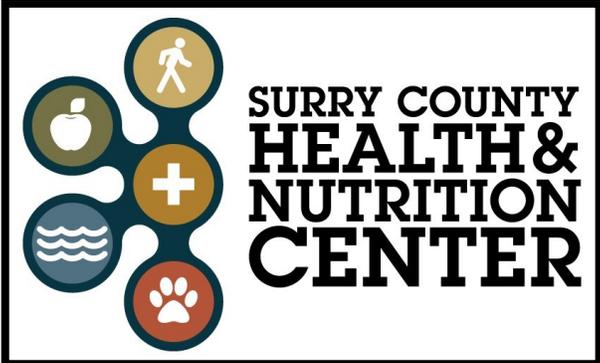


Table of Contents

Introduction3

County Profile4

Demographic Profile5-8

 Population

 Age/Gender

 Race

Socioeconomic Factors9-15

 Household Income

 Employment

 Poverty

 Education

 Educational Attainment

 Graduation Rates/SAT Scores

Environmental Health Factors17

 Water/Air Quality

 Lead Hazards

Socioeconomic/Environmental Narratives18

Community Health Status19-25

 Births

 Infant Mortality

 Leading Causes of Death

 Unintentional Injuries

 Asthma, Diabetes, Obesity

 Communicable Disease

Community Health Survey and Results26-36

Selected Priorities37

Appendix38-50

 2014 Community Health Assessment Survey

 Child Care Centers

 Medical Providers and Facilities

 Resources

Acknowledgments

Thank you to all individuals who assisted in the data collection, compilation, and analysis required to complete the 2014 Surry County Community Health Assessment.

Introduction

The Community Health Assessment is a document compiled to identify factors affecting the health of a population and the availability of resources to address these health needs. In Surry County, the assessment is a collaborative effort led by the Surry County Health and Nutrition Center. The assessment is completed every four years, as required by the North Carolina Department of Health and Human Services. The goal of the Community Health Assessment is to build capacity to address the health care needs in Surry County; therefore, improving the quality of life for residents.

Community Health Assessment Team

The Surry County Community Health Assessment team was comprised of Surry County Health and Nutrition Center staff as well as members of the local SafeKids coalition. The SafeKids coalition seemed to encompass various sector groups from within the community. This allowed for surveys to be distributed widely across the county and represent a suitable sampling of the county's demographic profile.

<u>Name</u>	<u>Title</u>	<u>Organization</u>	<u>Committee</u>
Samantha Ange	Health Director	Surry County Health & Nutrition Center	Advisory Group
Maggie Simmons	Health Education Director	Surry County Health & Nutrition Center	Project Facilitator
Sharie Hall	Health Educator	Surry County Health & Nutrition Center	Work Group
Jeanna Read	Assistant Health Director	Surry County Health & Nutrition Center	Advisory Group
Myron Waddell	Assistant Emergency Services Director	Surry County Emergency Services	Advisory Group
Lynn Kennedy	Nursing Supervisor	Hugh Chatham Memorial Hospital	Work Group
Anna Wilson	School Social Worker	Surry County Schools	Work Group
Ray Arnder	Police Officer	Mt. Airy Police Department	Work Group
Kevin Hall	Police Officer	Elkin Police Department	Advisory Group
Mindy Peles	Police Officer	Elkin Police Department	Work Group
Theresa Knopps	Training Coordinator	Elkin Fire Department	Work Group
Karen Eberdt	Project Lazarus Surry Coordinator	Surry County Health and Nutrition Center	Work Group
Bristol Mitchem	Health Supervisor	Head Start	Work Group
Debbie Bowman	Supervisor	Surry County Department of Social Services	Advisory Group

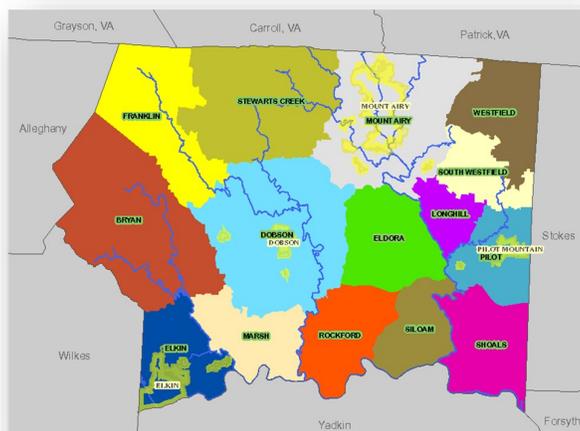
The CHA team randomly surveyed approximately 400 county residents to obtain data for the assessment. Surveys were widely distributed, either in hard copy format or electronically with the assistance of Survey Monkey. Once all data was received, all hard copy surveys were manually entered into the Survey Monkey software to be analyzed.

County Profile

Location and Geography—

Surry County is located in northwest North Carolina, and is a part of the region known as the Piedmont Triad. The county is unique in that its topography includes portions of the Piedmont, Foothills, and the Blue Ridge Mountains. Surry County has twelve townships and four municipalities. Each area has its own features, attractions and activities with distinguishable history, culture, and hospitality. The four municipalities are Dobson (County Seat), Elkin, Mt. Airy, and Pilot Mountain.

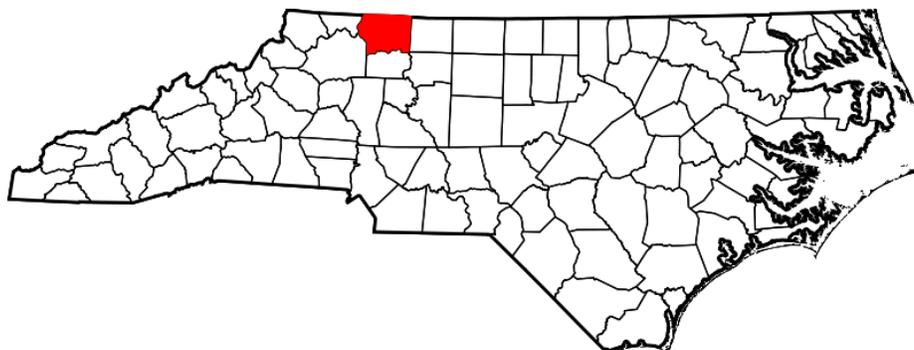
According to the United States Census Bureau, Surry County has a total area of 536 square miles, of which 4.1 square miles is water. There are many creeks and streams in the county, but there are three major rivers; the Ararat, Fisher, and the Mitchell. All three of these rivers flow southward and are tributaries of the Yadkin River, which forms the southern border of the county.



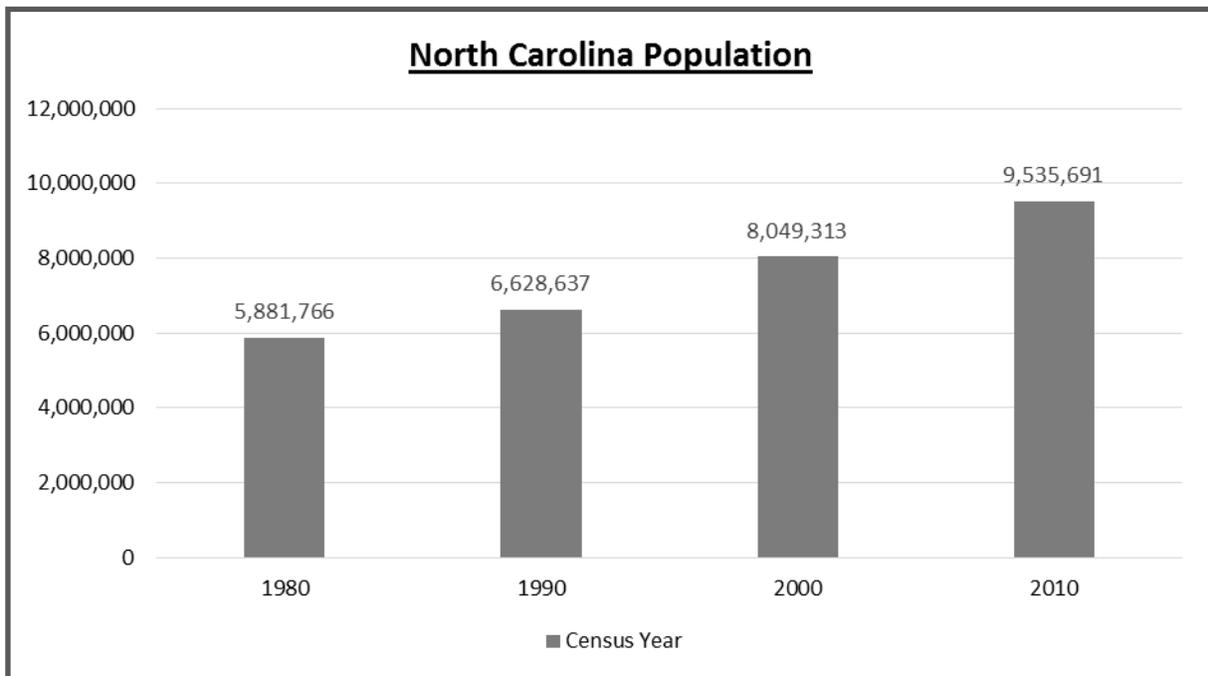
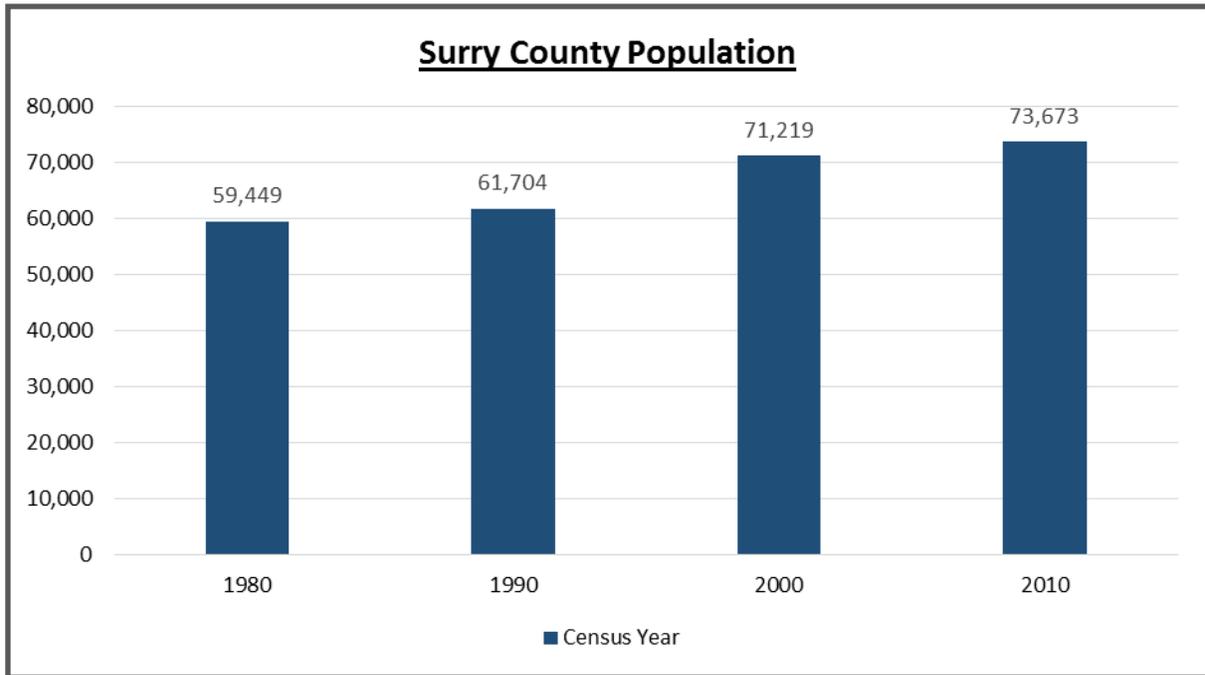
History—

Surry County is located in the Piedmont and Mountain divide in North Carolina. The county received its name from one of two sources—a county in England, or from the Saura Indians who inhabited the region.

The Saura Indians were the first natives to reside in present-day Surry County. The Cherokee Indian tribe had claim in the mountain region of the state, and consequently, tribal rivalry was a constant issue. Many of the paths and trails created by the Saura hunters served as a rough outline for the present rail systems and highways in the county. Virginian settlers were the first white men to inhabit the area, followed by settlers from England and Germany. The settlers were attracted by the natural beauty and abundant resources in the region. Most built houses and farms along the Yadkin River. As more frontiersman colonized the region, a petition was filed with hopes of establishing a new courthouse. The proposal was adopted and Surry County was finally established in 1771.

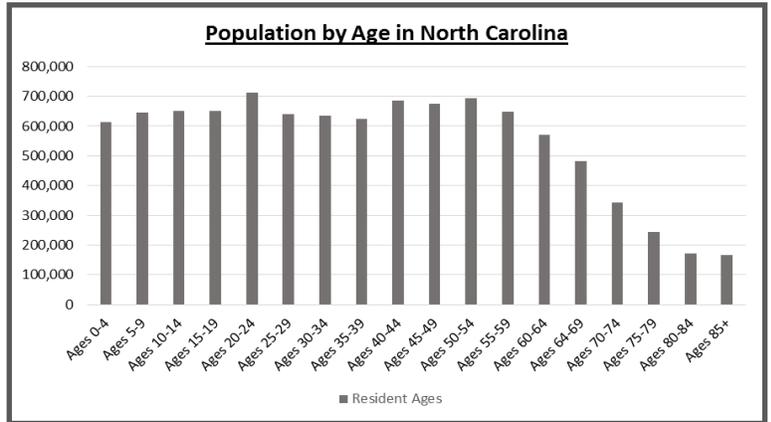
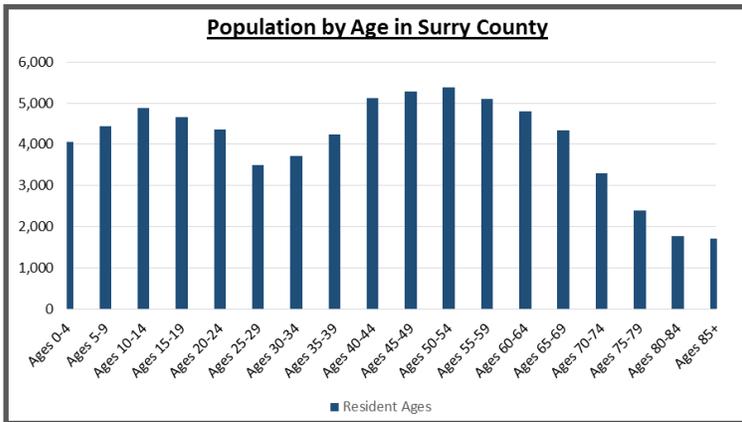


Population Demographics



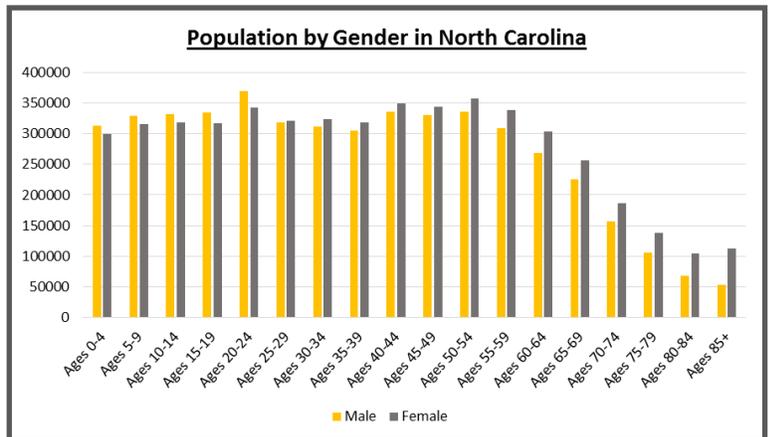
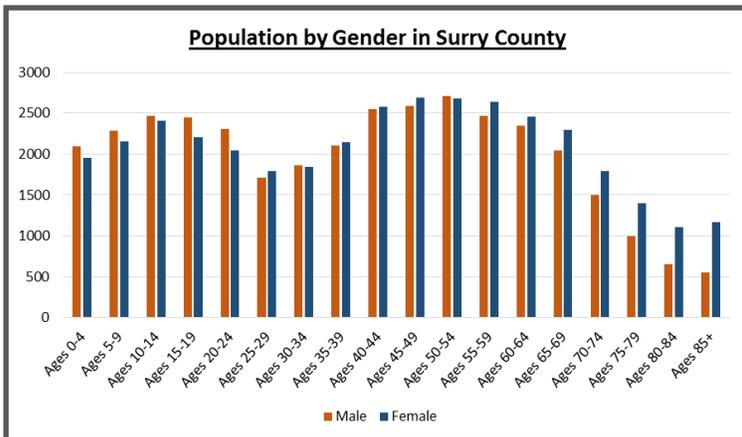
Population: The populations of both Surry County and North Carolina are following an increasing trend; however, with the most recent US Census estimates, Surry County's population estimate reflects a decrease from 73,637 residents, as of the last census, to 73,050 for the year 2013. It is estimated that North Carolina will follow the current trend and increase to 9,943,946 residents for the year 2014.

Age Demographics



Age of Population: In Surry County, there are more persons between the ages of 50-54 than any other age category. North Carolina has the largest representation between the ages of 20-24.

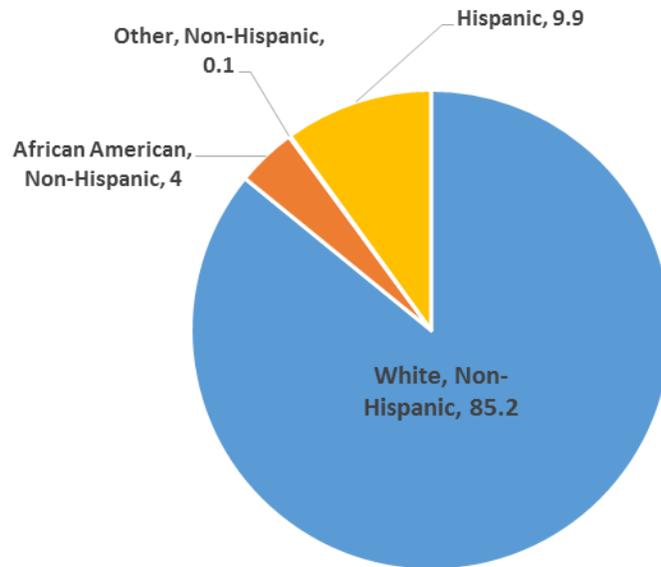
Gender Demographics



Gender of Population: In 2013, Surry County was 51.1% female, and 48.9% male and North Carolina was 51.3% female and 48.7% male.

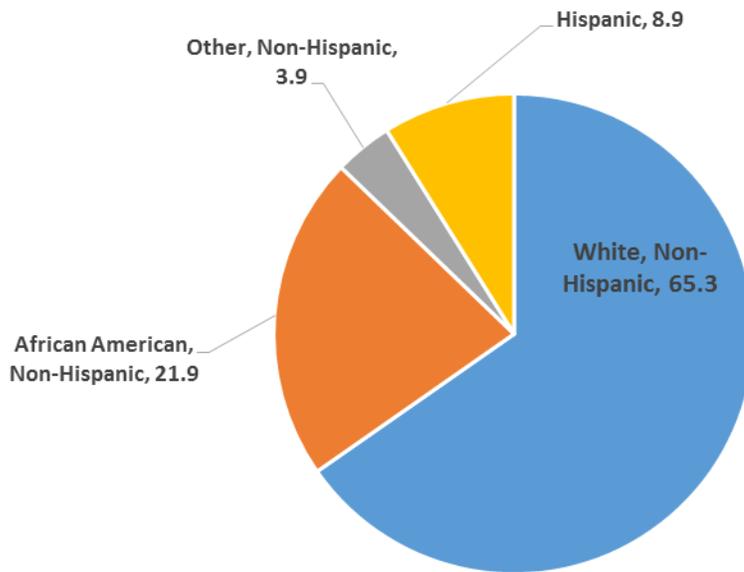
Race Demographics

Population by Race in Surry County



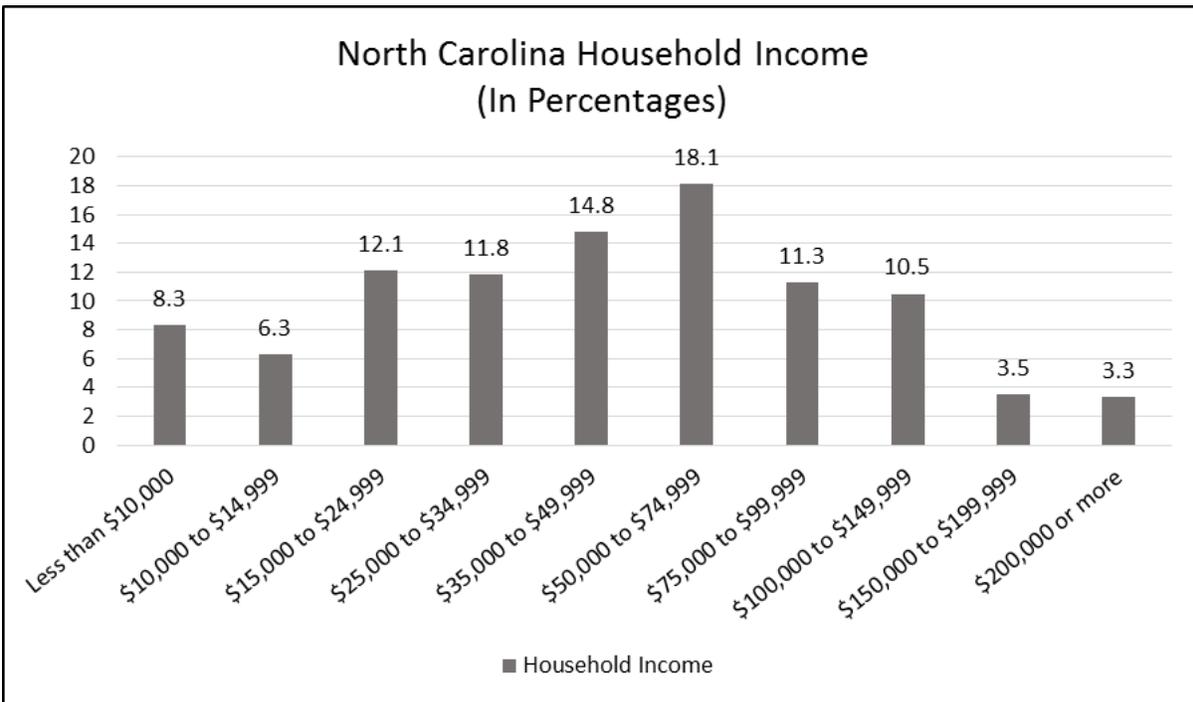
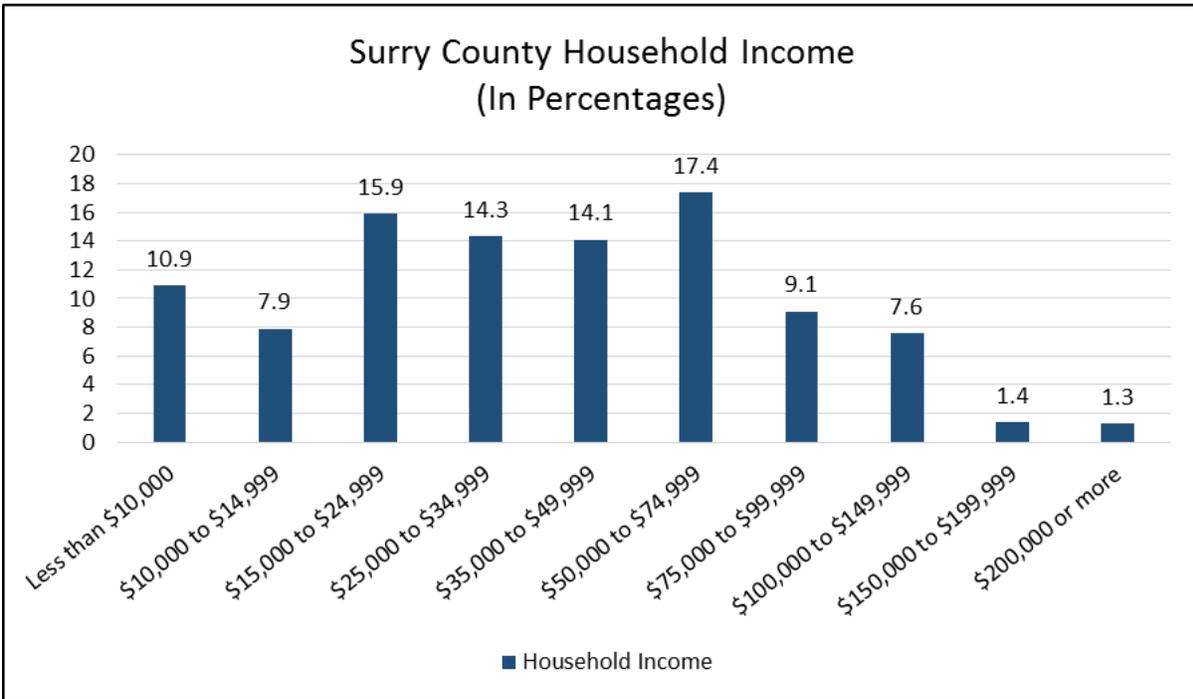
■ White, Non-Hispanic ■ African American, Non-Hispanic ■ Other, Non-Hispanic ■ Hispanic

Population by Race in North Carolina



■ White, Non-Hispanic ■ African American, Non-Hispanic ■ Other, Non-Hispanic ■ Hispanic

Household Income



The 2013 median household incomes are:

Surry County: \$35,361

North Carolina: \$46,334

Employment Statistics

Unemployment Rates

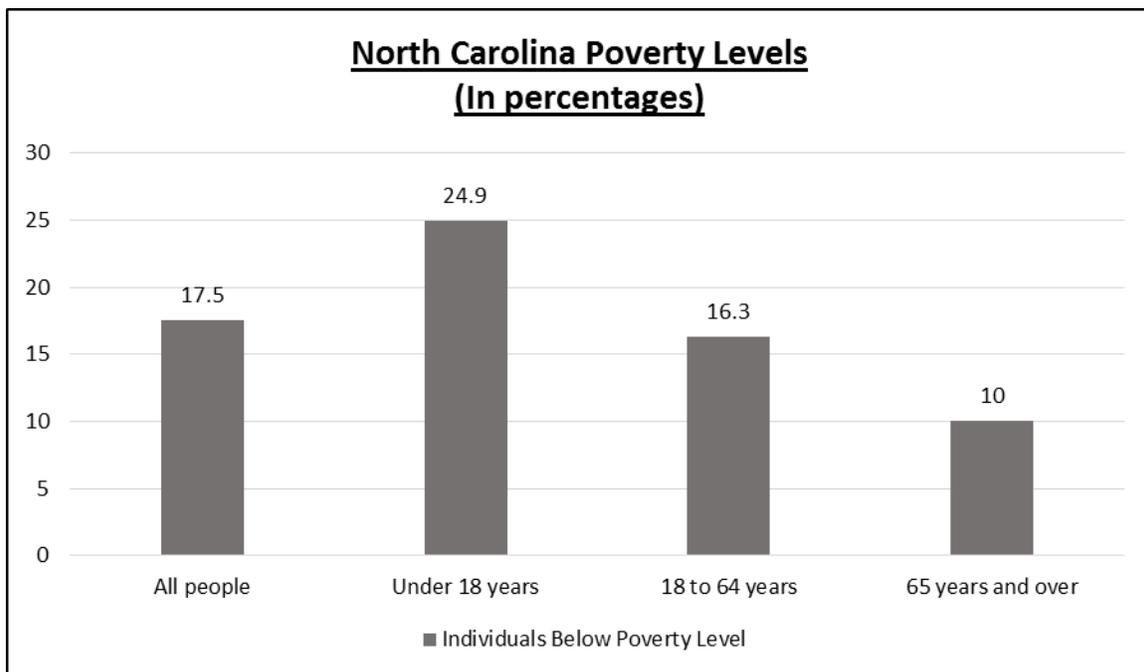
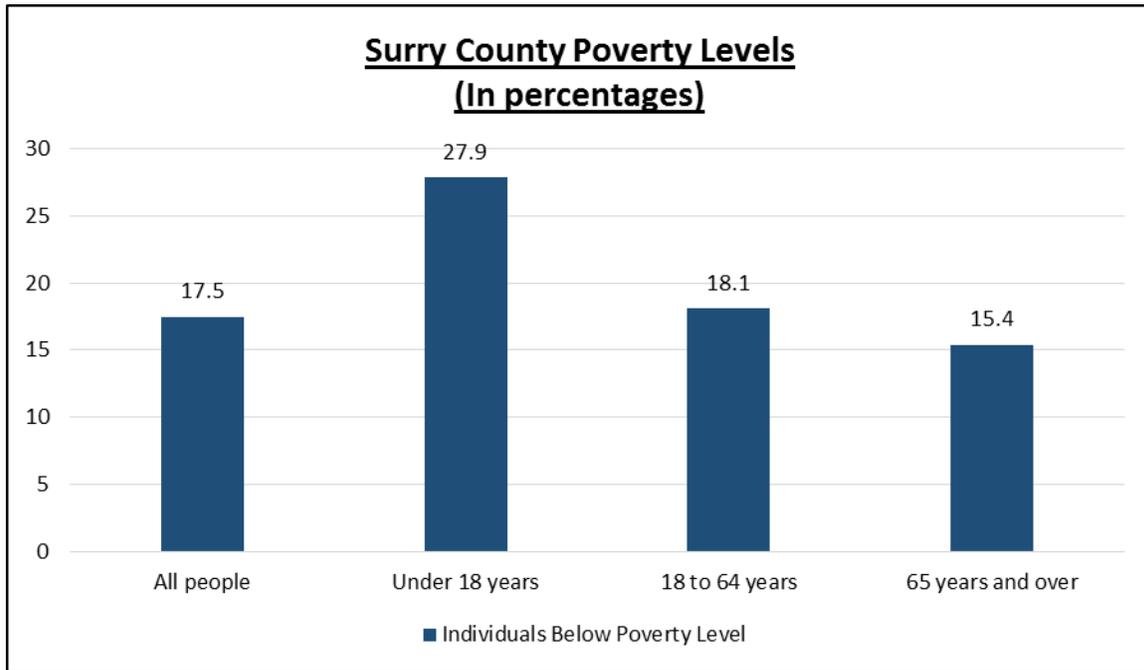
<u>Year</u>	<u>Surry County Unemployment Rate</u>	<u>North Carolina Unemployment Rate</u>	<u>Caldwell County Unemployment Rate</u> <u>(Peer County)</u>
2008	7.3%	5.1%	7.3%
2010	13.5%	11.3%	16.9%
2012	10.5%	9.5%	12.3%
2014	7.5%	6.7%	7.6%

10 Largest Employers in Surry County in 2013

<u>Rank</u>	<u>Company Name</u>	<u>Industry</u>	<u>Employment Range</u>
1	Surry County Board of Education	Education	1,000+
2	Pike Electric Inc.	Construction	1,000+
3	Wayne Farms, LLC	Manufacturing	500-999
4	Hugh Chatham Memorial Hospital	Health Services	500-999
5	Northern Hospital of Surry	Health Services	500-999
6	Wal-Mart Associates Inc.	Trade, Transportation, & Utilities	500-999
7	County of Surry	Public Administration	500-999
8	Surry Community College	Education	500-999
9	Renfro Corporation	Manufacturing	250-499
10	Mount Airy City Schools	Education	250-499

Employment— Surry County, Caldwell County (Peer County), and North Carolina experienced sharp increases in the unemployment rates from 2010-2012 followed by a significant decline in 2014.

Poverty Statistics



Surry County's and North Carolina's percentage of persons whose income was below the poverty level in the past 12 months was very similar. The age group with the highest percentage living in poverty is under the age of 18.

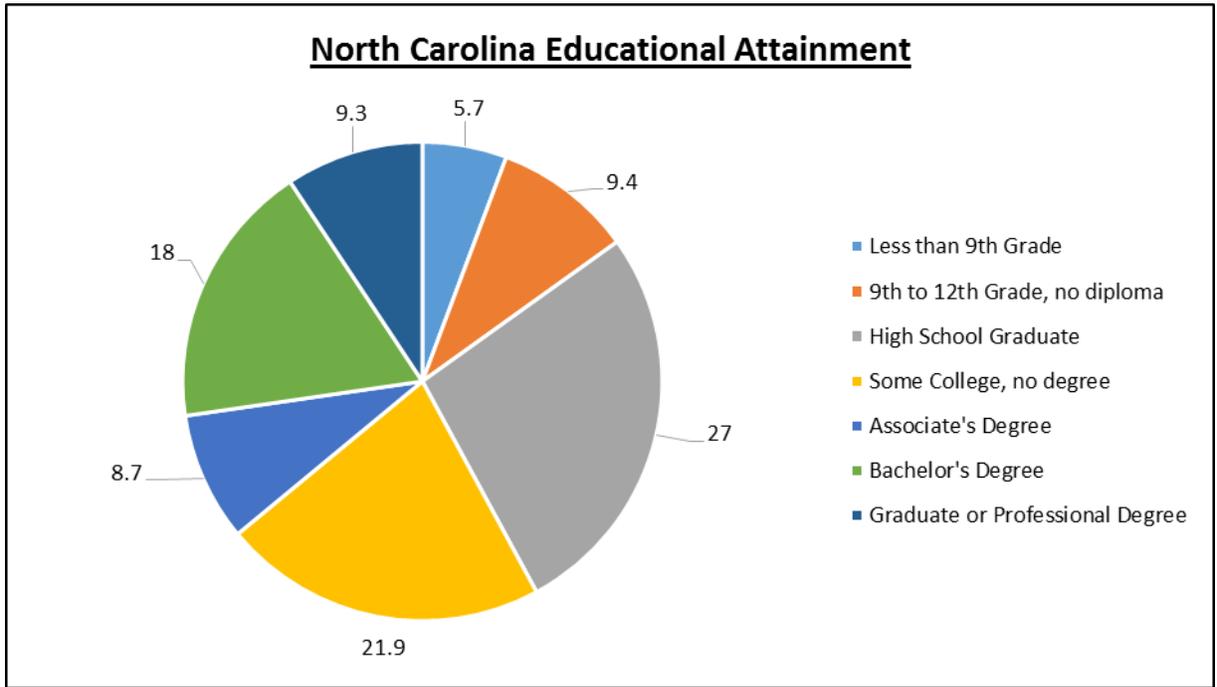
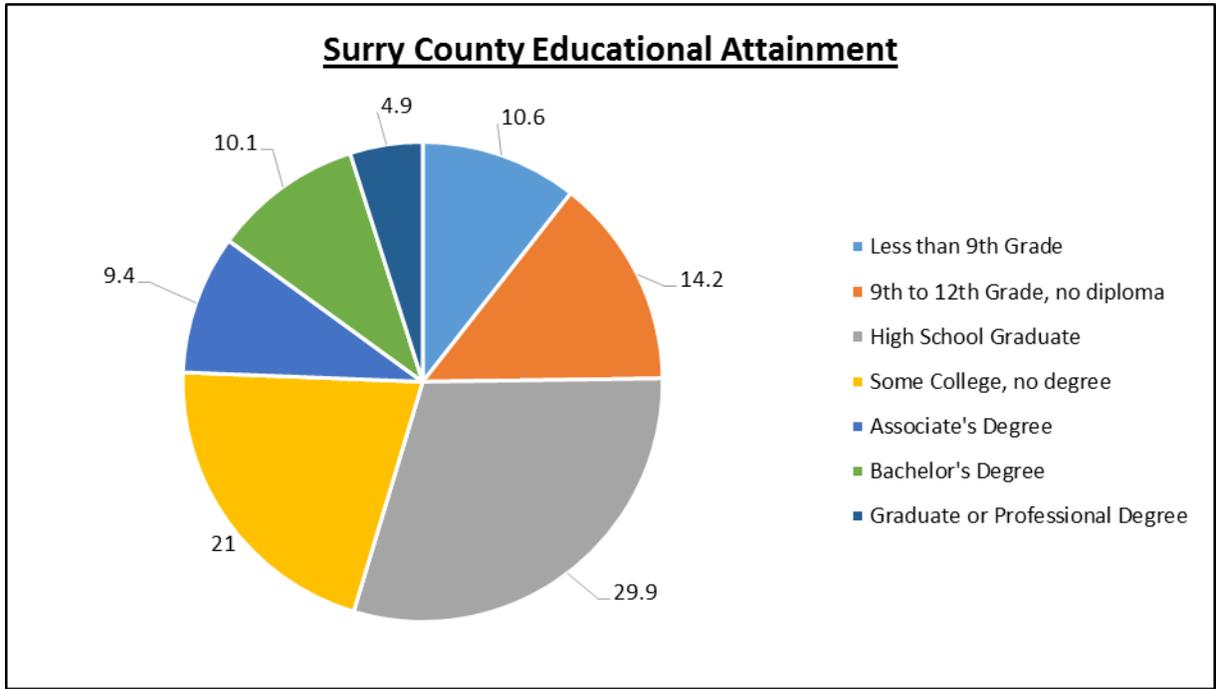
Education in Surry County

Educational opportunities are abundant in Surry County, beginning with Pre-Kindergarten and continuing to post-secondary levels. There are three, kindergarten through 12th grade school systems within the county, and one charter academy; Surry County Schools, Mt. Airy City Schools, Elkin City Schools, and Millennium Charter Academy.

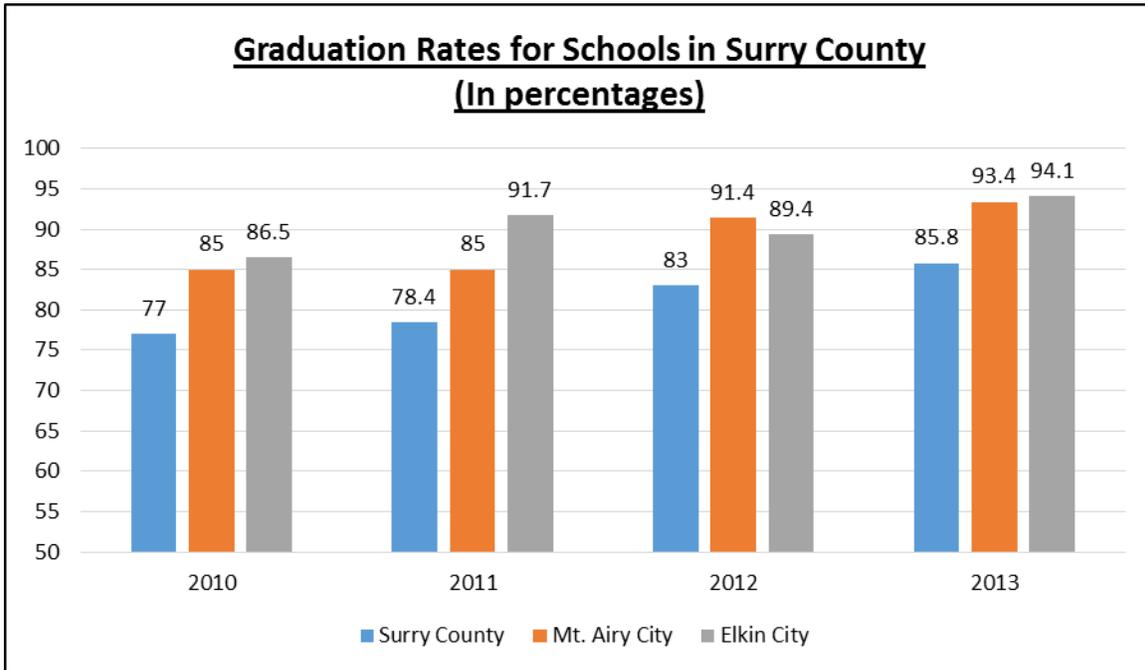
Surry County is also home to Surry Community College that offers 36 areas of study which have options for associate's degrees, diplomas or certificates, and online bachelor's degree programs.

<u>System</u>	<u>Elementary School</u>	<u>Number of Students</u>	<u>Notes</u>
Surry County	Cedar Ridge	418	
	Copeland	390	
	Dobson	390	
	Flat Rock	318	
	Franklin	521	
	Mountain Park	187	
	Pilot Mountain	390	
	Rockford	360	
	Shoals	2872	
	Westfield	299	
White Plains	366		
Elkin City	Elkin	690	Pre-K - 6th grade
Mt. Airy City	Tharrington Primary	400	K-2nd grade
Mt. Airy City	Jones Intermediate	360	3rd-5th grade
	Millennium Charter Academy	458	Charter K-8th grade
<u>System</u>	<u>Middle School</u>	<u>Number of Students</u>	<u>Notes</u>
Surry County	Central Middle	700	6th-8th grade
	Gentry Middle	420	6th-8th grade
	Meadowview Middle	377	6th-8th grade
	Pilot Mountain Middle	536	6th-8th grade
	Elkin Middle	184	6th-8th grade
	Mt. Airy Middle	419	6th-8th grade
<u>System</u>	<u>High School</u>	<u>Number of Students</u>	<u>Notes</u>
Surry County	North Surry	866	
	East Surry	596	
	Surry Central	765	
	Surry Early College High School	359	
	Elkin High	358	
	Mt. Airy High	528	

Educational Attainment



Graduation Rates



SAT Scores

2014 Average SAT Scores:

Surry County Schools	1453
Elkin City Schools	1482
Mt. Airy City Schools	1496
North Carolina	1483
United States	1497

The average Scholastic Aptitude Test (SAT) scores for the three school systems in Surry County are within 50 points of one another; however, all three systems rank slightly below the national average.

Water/Air Quality

In North Carolina, local county health departments administer well testing programs in their respective jurisdictions for private drinking water wells. Surry County Health & Nutrition Center's Environmental Health Division obtains well water samples and takes necessary steps to remediate any problems that may arise.

2012 Surry County Air Quality Summary

<u>Air Quality Index Range</u>	<u>Classification</u>	<u>Number of Days within Each Range</u>
0-50	Good	207
51-100	Moderate	153
101-150	Unhealthy for Sensitive Groups	6
151-200	Unhealthy	0
201-300	Very Unhealthy	0
> 301	Hazardous	0

Air quality is not tested in every county; therefore, the values above are from Winston-Salem, NC, which is the closest point where actual values are determined.

Lead Hazards

- 2 % of houses in Surry County have a high risk of lead hazards.

Prevent Childhood Lead Poisoning

Exposure to lead can seriously harm a child's health.



Damage to the brain and nervous system



Slowed growth and development



Learning and behavior problems



Hearing and speech problems

This can cause:

- Lower IQ
- Decreased ability to pay attention
- Underperformance at school



Socioeconomic Factors Affecting Health

Surry County was given a Tier 1 county designation by the North Carolina Department of Commerce indicating it is one of the 40 most distressed counties in the state. Tier calculations are based on average unemployment rate, median household income, growth percentage in population, and adjusted property tax base per capita.

The median household income in Surry County is nearly \$10,000 less than that of the North Carolina rate, and has continued on a downward trend since the 2010 US Census data was released. Nearly 20% of the total population of Surry County reported an income that was below the poverty level in 2014, with the largest age group living in poverty being those under the age of 18.

Surry County offers a variety of employment options, with the largest employer in the county being the school systems. Over the last 5 years there has been a fluctuation with unemployment rates, but since 2010, the trend is heading down. The employment rate for the county as of January 2014 is 7.5%. There are 30,633 in the labor force as of November 2014, and the average weekly wage is \$601.00.

Surry County is fortunate to have three school systems within its borders; Elkin City Schools, Mt. Airy City Schools, and Surry County Schools. Not only do the school systems provide employment for residents, but each of the school systems boast about the quality of education it can provide. The graduation rates and test scores are comparable to the state and national averages. 61% of the students in Surry County Schools are eligible for free or reduced price lunch.

Environmental Factors Affecting Health

Surry County has an Environmental Health Division of the Health Department, and their primary function is to safeguard lives by promoting health and protecting the environment with the use of rules, technology, public education, and dedication. Environmental health encompasses food protection, facilities inspection, children's environmental health, and on-site water protection.

In 2014, the Environmental Health division completed 1,417 inspections, visits, and investigations for the food and lodging program to enact and enforce standards for food handling to reduce the risk of food-borne illness and other communicable diseases. There were also 1,641 visits and investigations for the on-site waste water program which provides oversight of wastewater treatment and the testing of private drinking water wells.

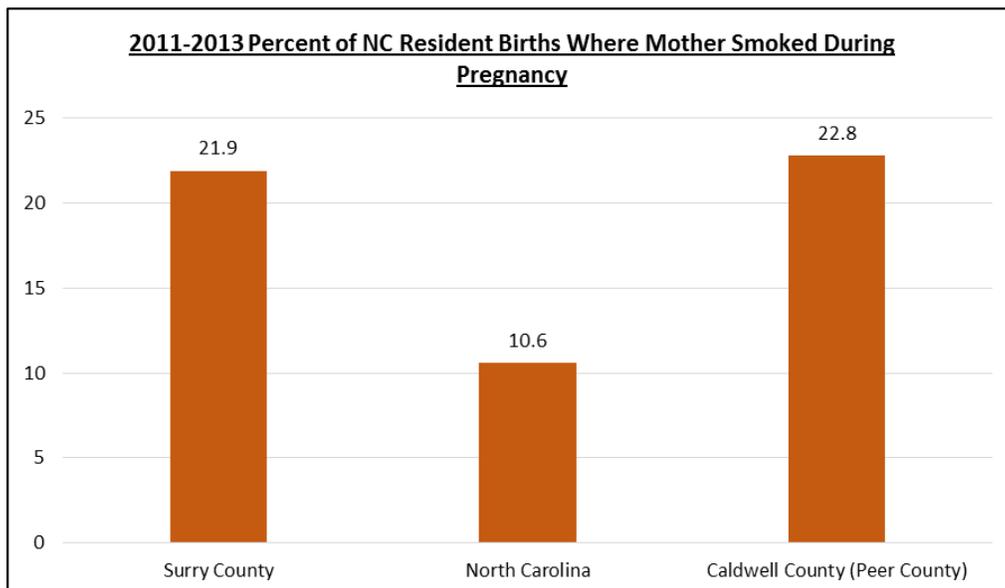
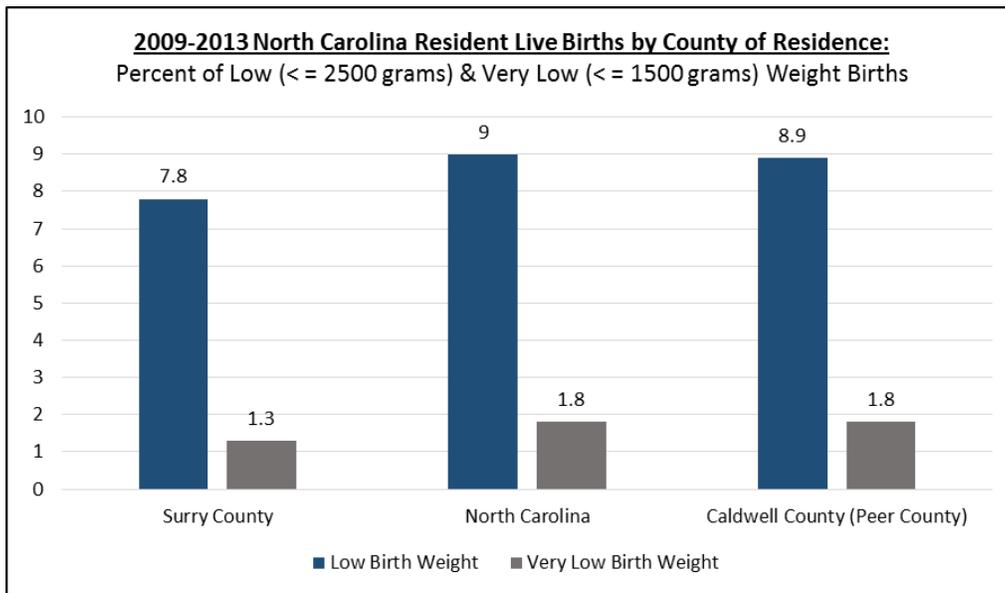
In addition to ensuring the safety of our food and water, environmental health also encompasses children's health through the inspection of licensed child care facilities and schools, and coordinates services to eliminate childhood lead poisonings.

The overall water and air quality measurements are acquired through the North Carolina Department of Environment and Natural Resources and are monitored at the local division offices throughout the state.

Births

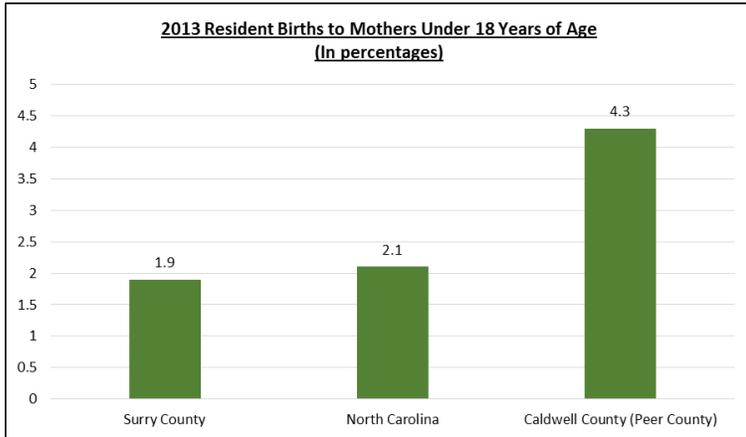
North Carolina Resident Live Birth Rates per 1,000 Population 2009-2013

<u>County of Residence</u>	<u>Total Births</u>	<u>Rate</u>
Surry County	3,957	10.8
North Carolina	608,240	12.6
Caldwell County (Peer County)	4,036	9.8

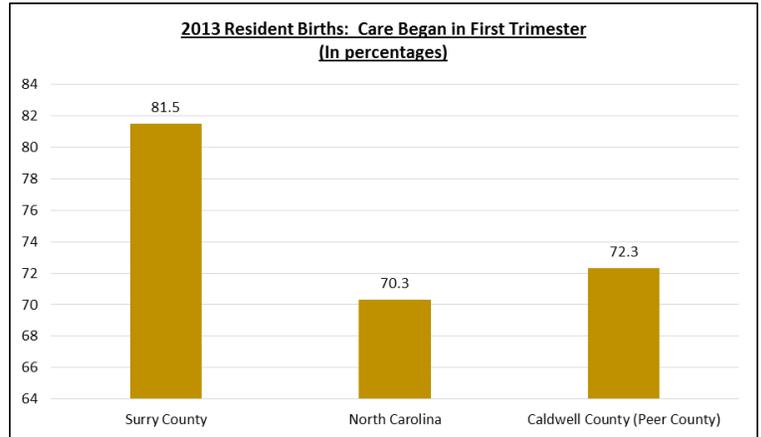


Births

Teen Pregnancies:

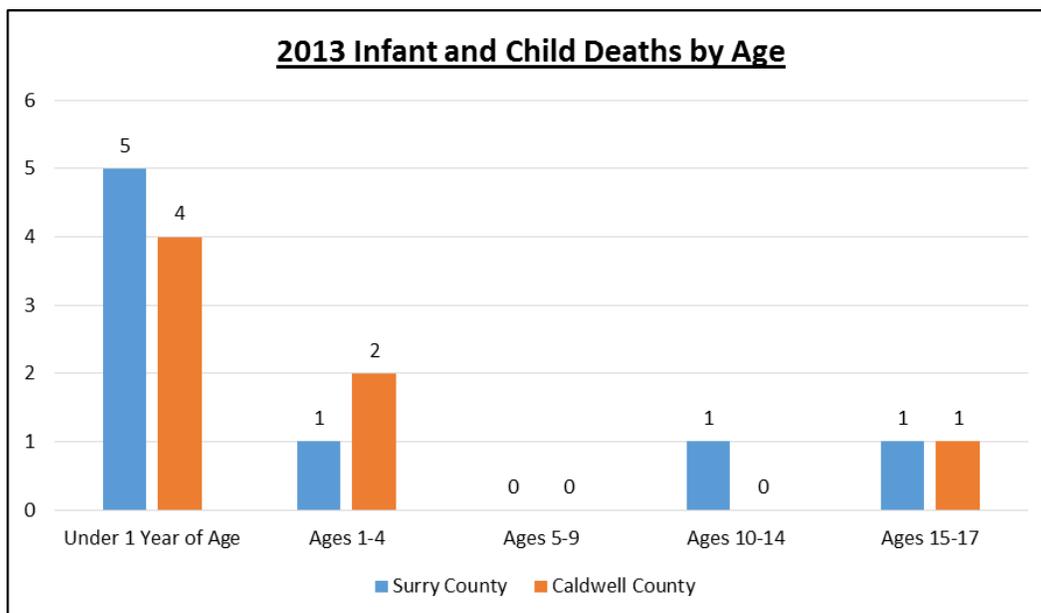


Began Care in First Trimester of Pregnancy:



Infant Mortality

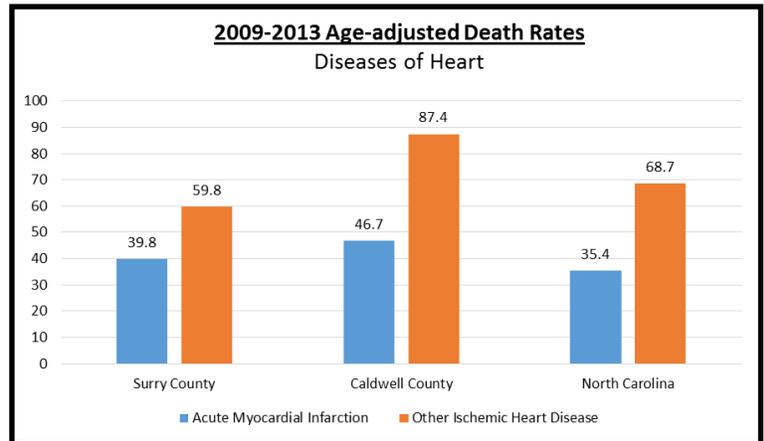
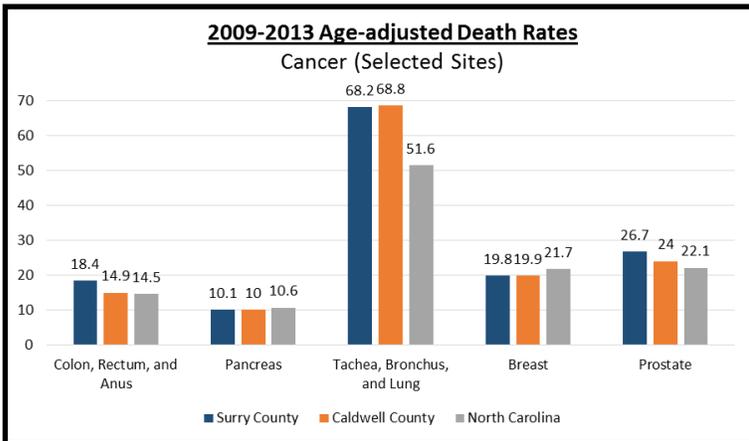
<u>County of Residence</u>	<u>2013 Infant Mortality Rates</u>
Surry County	6.9
North Carolina	7.0
Caldwell County (Peer County)	5.0



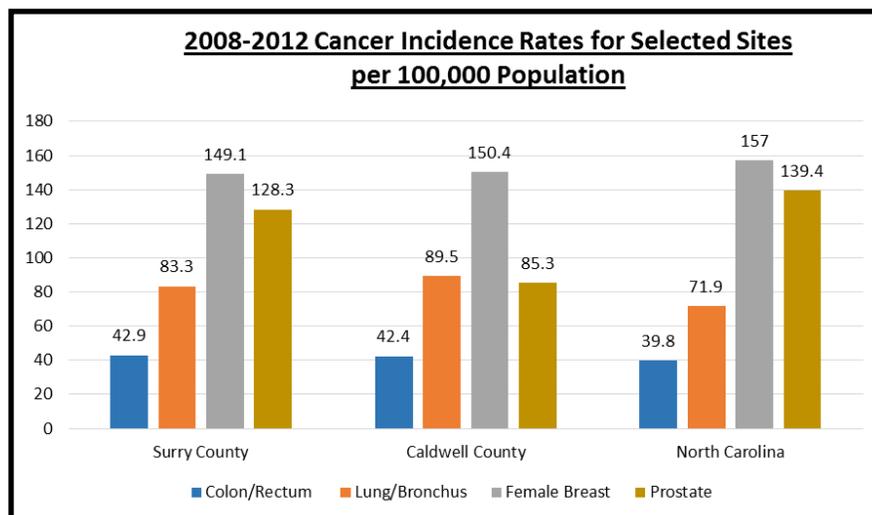
Leading Causes of Death

2013 Leading Causes of Death in Surry County

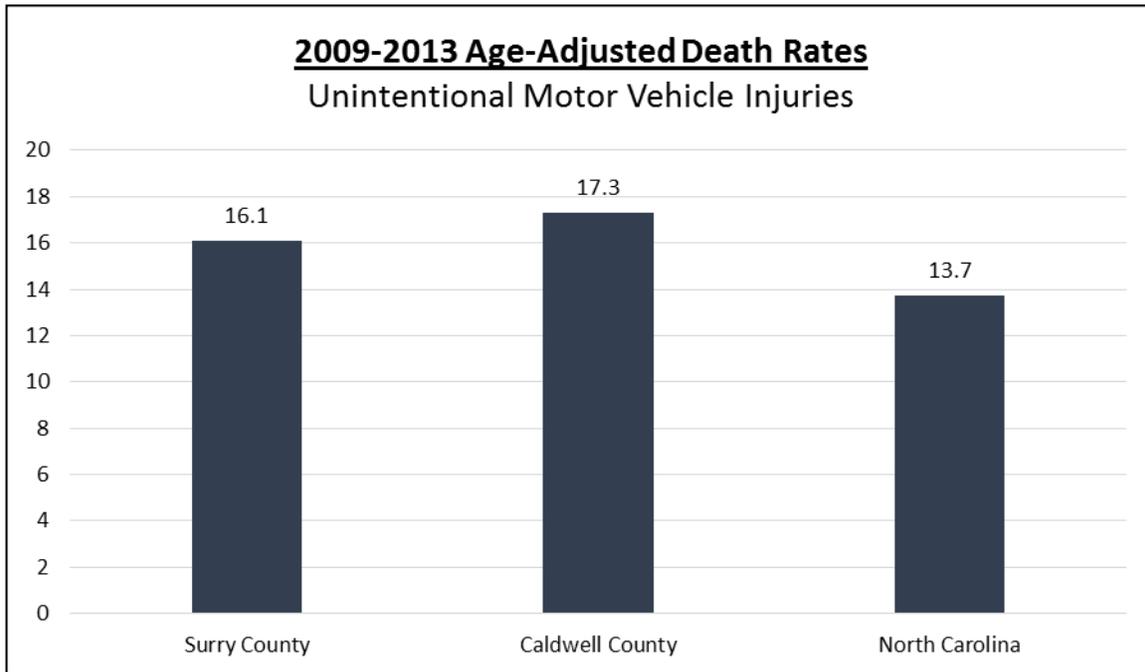
<u>Rank</u>	<u>Cause</u>	<u>Number</u>	<u>%</u>
1	Cancer	204	25.2
2	Disease of the heart	172	21.3
3	Chronic lower respiratory diseases	60	7.4
4	Cerebrovascular diseases	42	5.2
5	Alzheimer's Disease	22	2.7
6	Diabetes mellitus	21	2.6
7	Influenza and pneumonia	21	2.6
8	Septicemia	20	2.5
9	Nephritis, nephrotic syndrome and nephrosis	18	2.2
10	All other unintentional injuries	16	2.0



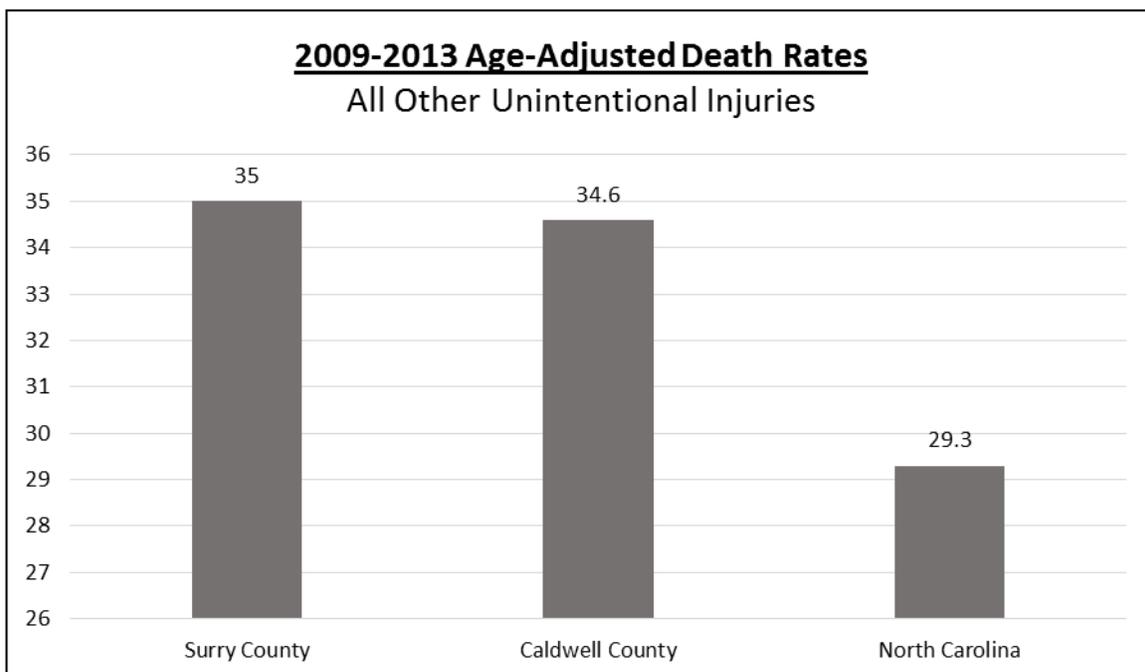
**Standard = Year 2000 U.S. Population; *Rates per 100,000 Population **



Unintentional Injury Deaths



**Standard = Year 2000 U.S. Population; *Rates per 100,000 Population **



**Standard = Year 2000 U.S. Population; *Rates per 100,000 Population **

Asthma

2013 Hospital Discharges with a primary diagnosis of Asthma, per 100,000

<u>Residence</u>	<u>Total Number</u>	<u>Total Rate</u>
Surry County	66	90.3
Caldwell County (Peer County)	59	72.0
North Carolina	9,021	91.6

Diabetes Prevalence

2012 Diagnosed Diabetes Prevalence

<u>Residence</u>	<u>Total Number</u>	<u>%</u>
Surry County	7,193	13.1
Caldwell County (Peer County)	8,692	13.9
North Carolina	778,716	9.7

Obesity

2014 Adult Obesity

<u>Residence</u>	<u>% of Adults who are Obese</u>
Surry County	31.0
Caldwell County (Peer County)	30.0
North Carolina	29.0

Communicable Disease

HIV/AIDS

<u>Residence</u>	<u>Persons Living with HIV Infection as of 2013</u>
Surry County	62
Caldwell County (Peer County)	49
North Carolina	28,101

North Carolina HIV Infection (HIV/AIDS) Cases Living as of 12/31/13. Includes all living cases, regardless of status (HIV or AIDS)

Chlamydia

<u>Residence</u>	<u>Cases in 2013</u>	<u>Cases in 2012</u>	<u>Cases in 2011</u>
Surry County	152	160	169
Caldwell County (Peer County)	177	195	266
North Carolina	48,417	50,621	53,854

Gonorrhea

<u>Residence</u>	<u>Cases in 2013</u>	<u>Cases in 2012</u>	<u>Cases in 2011</u>
Surry County	15	19	19
Caldwell County (Peer County)	44	44	62
North Carolina	13,665	14,324	17,158

Early Syphilis (Primary, Secondary, Early Latent)

<u>Residence</u>	<u>Cases in 2013</u>	<u>Cases in 2012</u>	<u>Cases in 2011</u>
Surry County	0	0	1
Caldwell County (Peer County)	0	1	1
North Carolina	667	561	708

Survey and Results

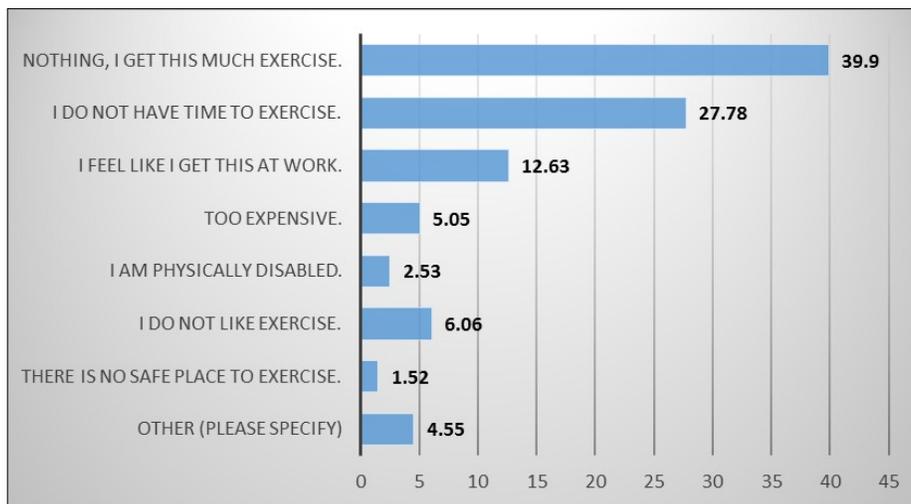
1. In your opinion, what is/are the biggest health issue(s) facing your community today?

Top 3:

1. Obesity/Weight
2. Substance Abuse
3. Lack of Insurance/Affordable Healthcare

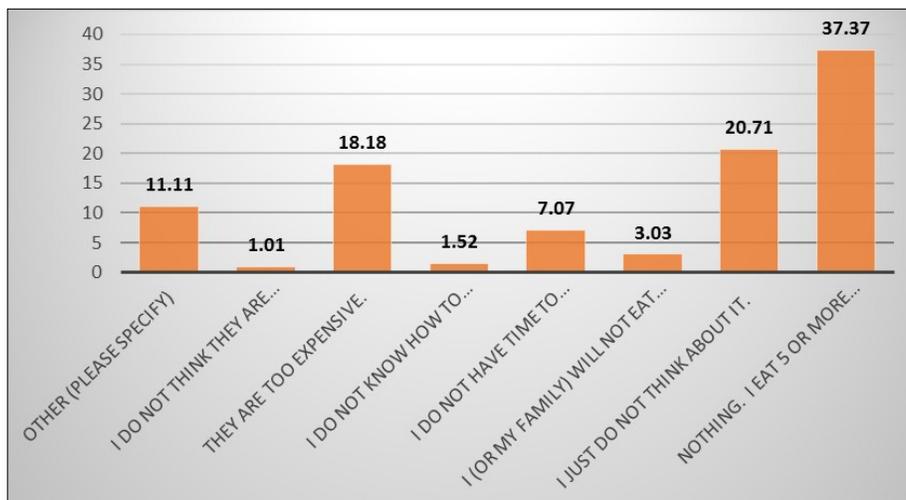
Question 1 identifies the top health concerns as seen by the citizens of Surry County.

2. The recommendation for physical activity is 30 minutes a day, 5 days a week (2.5 hours per week). Please choose the main reason keeping you from getting this much physical activity.



Question 2 shows that the majority of survey participants are getting the recommended 30 minutes a day of physical activity.

3. One recommendation for healthy eating is to eat at least 5 servings of fruits and vegetables a day (not French fries or potato chips). Please choose the main reason that keeps you from eating this way. (Choose one.)



Question 3 shows that the majority of survey participants are eating at least 5 servings of fruits and vegetables every day.

Survey and Results

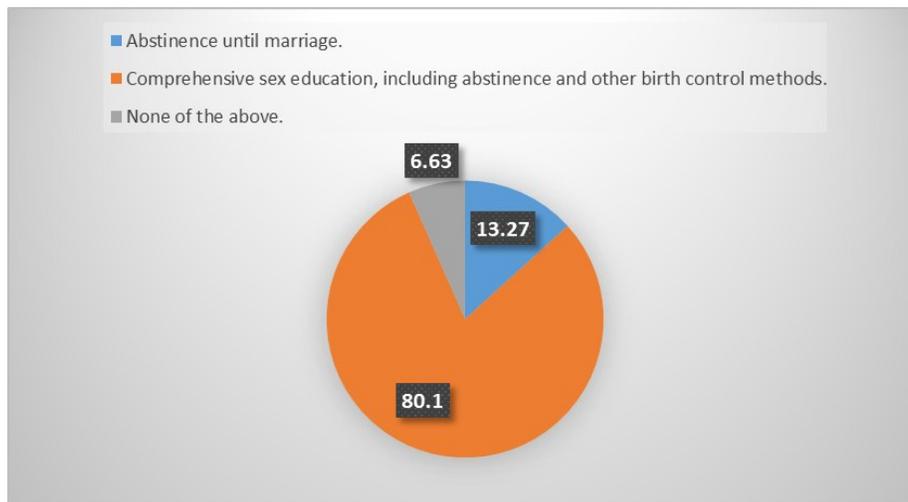
4. What are the top 3 biggest substance abuse problems in this county?

Top 3:

1. Marijuana
2. Alcohol Abuse
3. Methamphetamine (Meth)

Question 4 identifies Marijuana, Alcohol Abuse, and Methamphetamine's as the biggest substance abuse problems. Other identified substance abuse problems include drinking and driving, illegal street drugs, and abuse of prescription medications.

5. To prevent teen pregnancy and sexually transmitted diseases, which of the following should be taught in our local schools?



Question 5 represents relationship education within our school systems. The majority of those surveyed are in favor of comprehensive sex education which promotes abstinence education, but still covers methods of contraception and sexually transmitted diseases.

6. If a friend or family member needed counseling for a mental health issue, who would you tell them to call or talk to?

Top 3:

1. Mental Health/Counseling Services
2. Family Doctor
3. Health Department/Pastor or priest

7. If a friend or family member needed counseling for a mental health issue, who would you tell them to call or talk to?

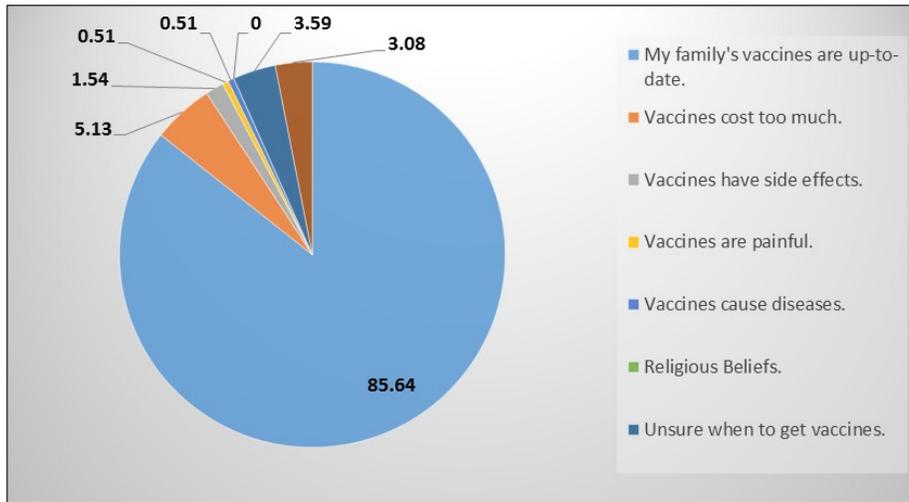
Top 3:

1. Family Doctor
2. Mental Health/Counseling Services
3. Suicide Hotline

Questions 6 & 7 indicate that participants were aware of local resources available to help people with mental health issues and/or people who are thinking of committing suicide.

Survey and Results

8. What is the main reason that you or your family would not be up-to-date on vaccines?



Question 8 shows that most survey participants and their families were up-to-date on recommended vaccines.

9. Do you know that your child can receive free school-required vaccines at the health department up to age 18?

Yes : 65%

No : 35%

Question 9 proves that the majority of the population knows they can take their children to Surry County Health & Nutrition Center for free school-required vaccines.

10. Do you support tobacco-free environments, such as restaurants, workplaces, community colleges, and other public areas?

Yes : 85%

No : 15%

Question 10 shows that 85% of the sampled population is in favor of tobacco free regulations.

11. Do you and your family recycle?

Yes : 74%

No : 26%

Questions 11 indicates a majority of the population now recycles. In 2010, only 69% of survey participants recycled.

Survey and Results

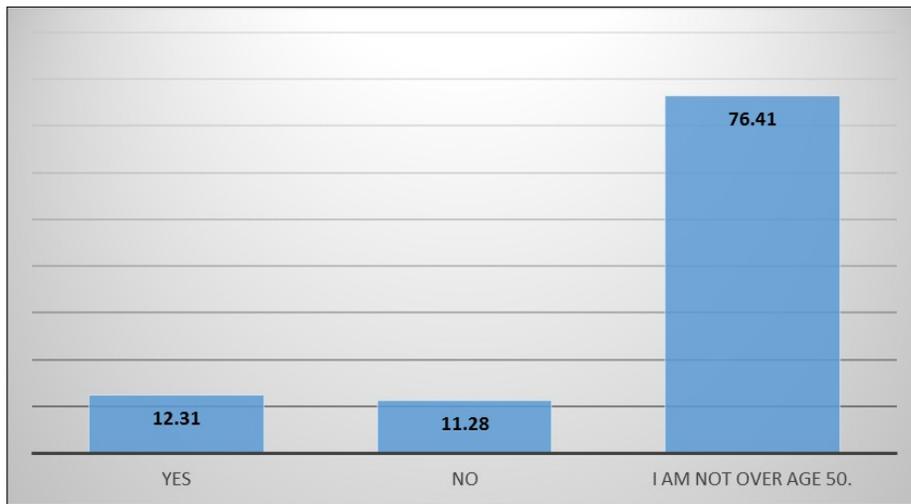
12. Which of the following Surry County Environmental Health concerns do you believe most affects your health?

Top 5:

1. Second Hand Smoke
2. Food Safety
3. Meth Labs
4. Mold
5. Air Quality

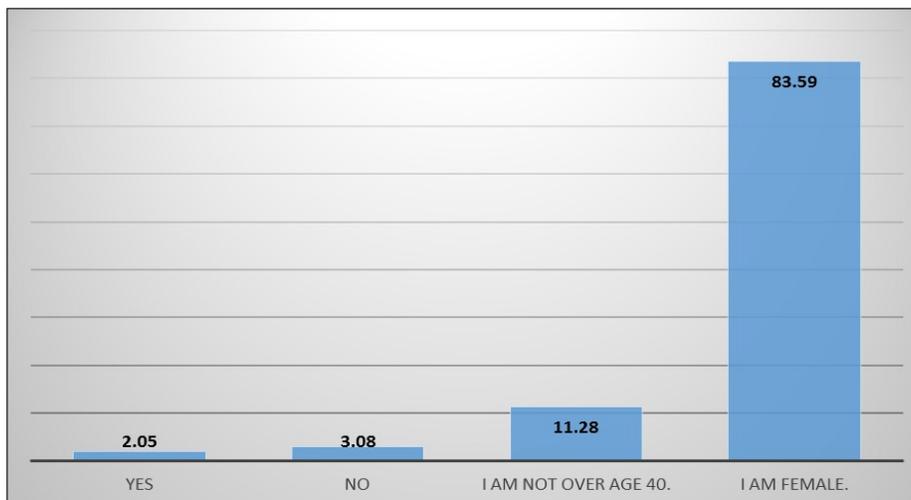
Question 12 identifies the top environmental health concerns as seen by the citizens of Surry County. Second hand smoke seems to be an area of growing concern.

13. If you are over age 50, have you ever had a colonoscopy?



Question 13 shows that the majority of survey participants were not yet of age to receive a preventative colonoscopy.

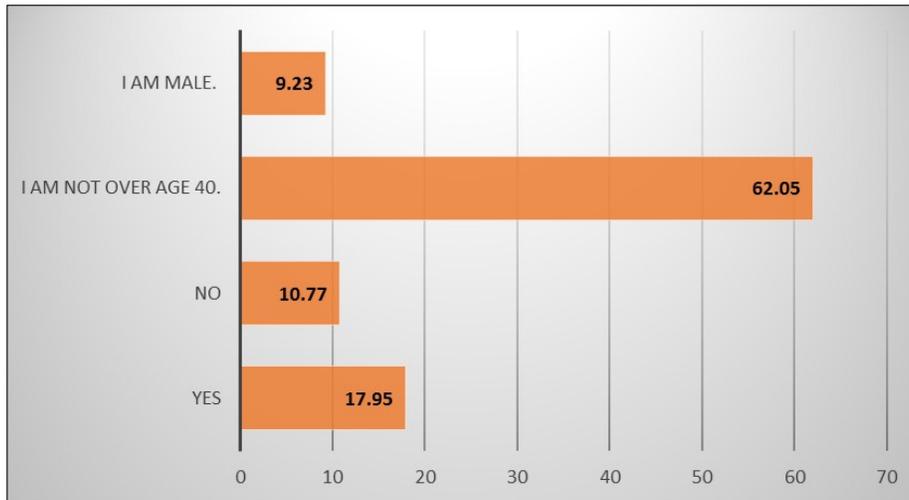
14. If you are a male over age 40, do you have an annual prostate exam?



Question 14 shows that the majority of survey participants are female.

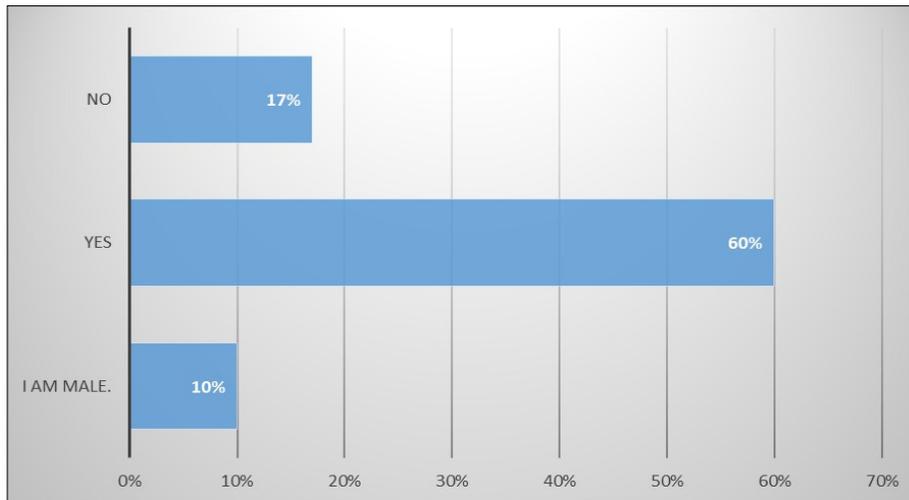
Survey and Results

15. If you are a female over age 40, do you have an annual mammogram?



Question 15 indicates that 17.95% of women over age 40 who participated in this survey receive an annual mammogram. The participants that said no indicated that lack of insurance as their reason.

16. If you are a female, do you have a pap smear at least every other year?



Question 16 shows that the majority of female survey participants were getting a pap smear at least every other year. In 2010, 83% of those sampled said 'Yes', indicating that less women are receiving regular preventative women's health services.

17. Where do you go most often for health care when you are sick?

Top 3:

1. Private Doctor's Office
2. Health Department
3. Hospital

Question 17 shows that the participants who received care when they were sick went to a private doctor's office, followed by the Health Department. The participants who said that did not go anywhere said they had no insurance and could not afford care.

Survey and Results

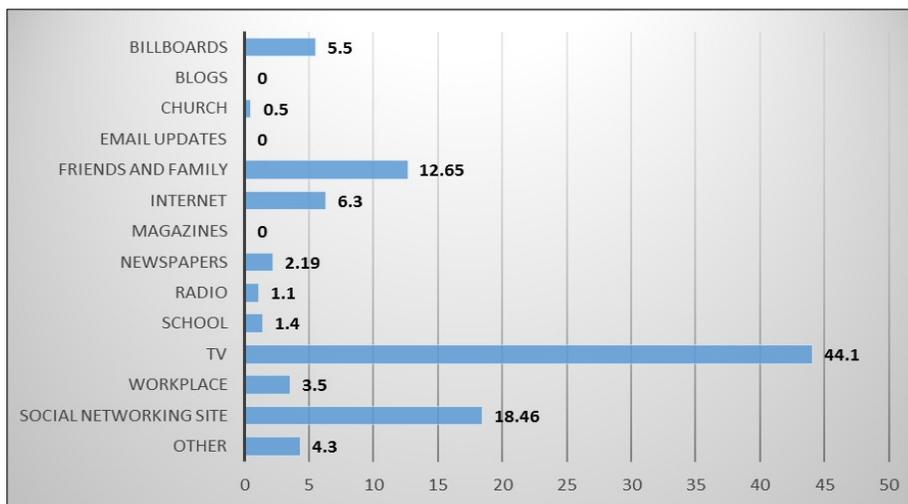
18. Where do you go when you need your yearly check-up or physical?

Top 3:

1. Private Doctor's Office
2. Health Department
3. OB/GYN/Women's Health Provider

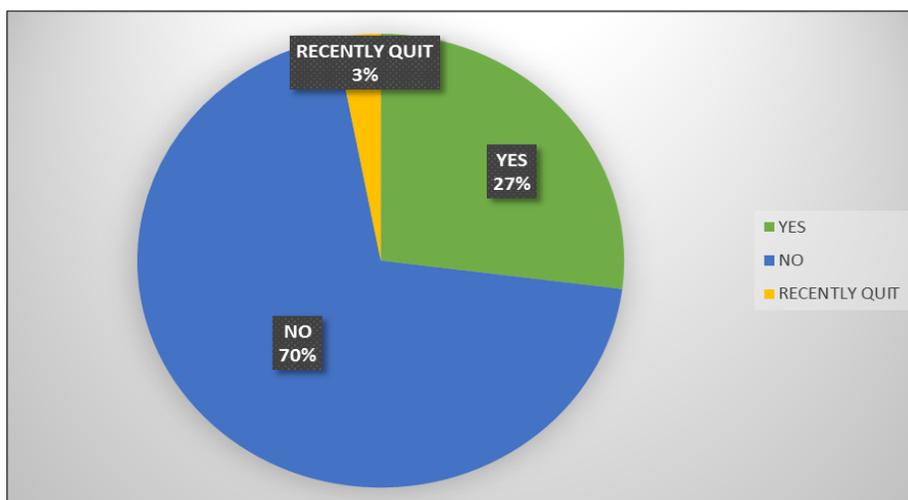
Question 18 indicates that 48.72% of the survey participants visit a private doctor's office to receive a yearly check-up. 17.44% visit Surry County Health & Nutrition Center.

19. Where do you go first to find out about local news or events?



Question 19 shows that the majority of participants receive information about local news and events through television. Social networking is another media outlet that is becoming more popular among Surry County residents.

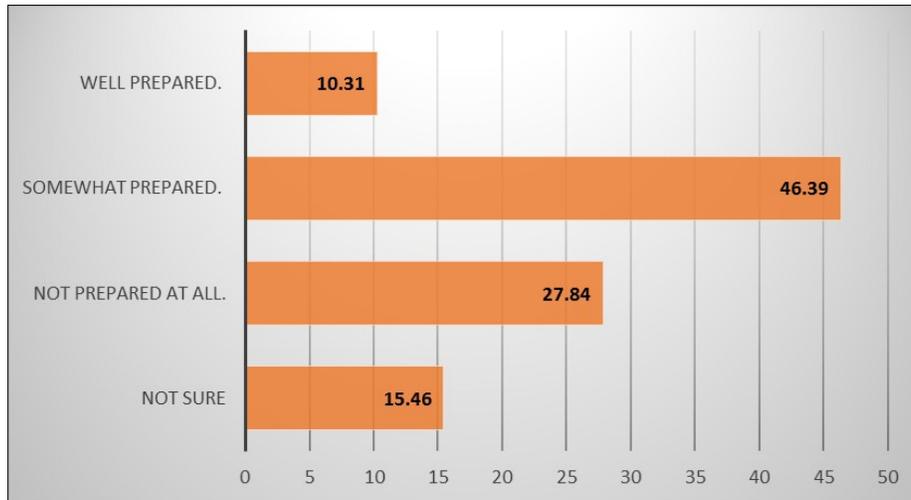
20. Do you use tobacco products?



Question 20 shows that the majority of people surveyed were non-smokers, which hopefully indicates a trend towards a tobacco free society.

Survey and Results

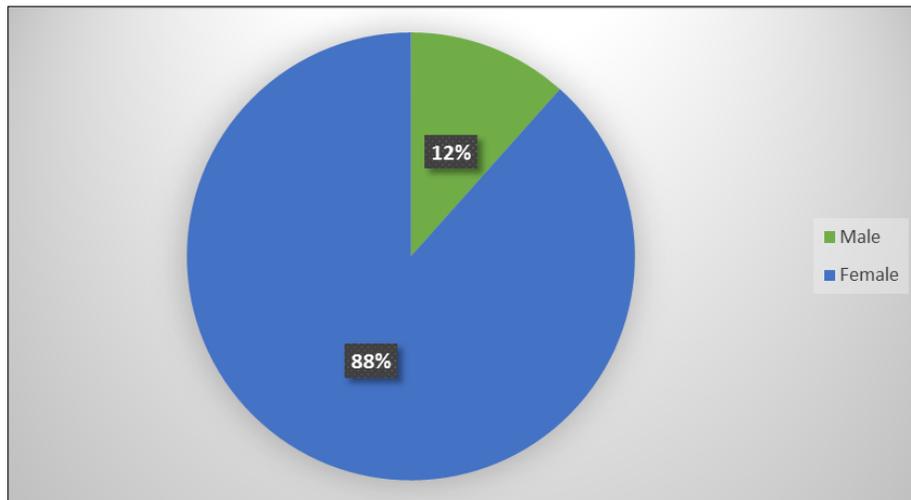
21. How prepared do you feel your household is to handle a large-scale disaster or emergency?



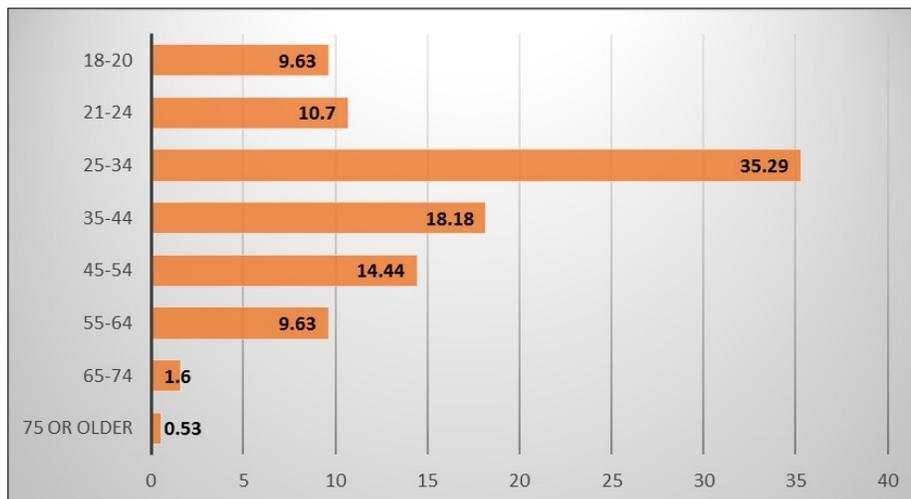
Question 21 indicates that a majority of responses conclude that households are only somewhat prepared, at best, for a large scale disaster or emergency.

The following questions are for statistical purposes only.

22. Gender:

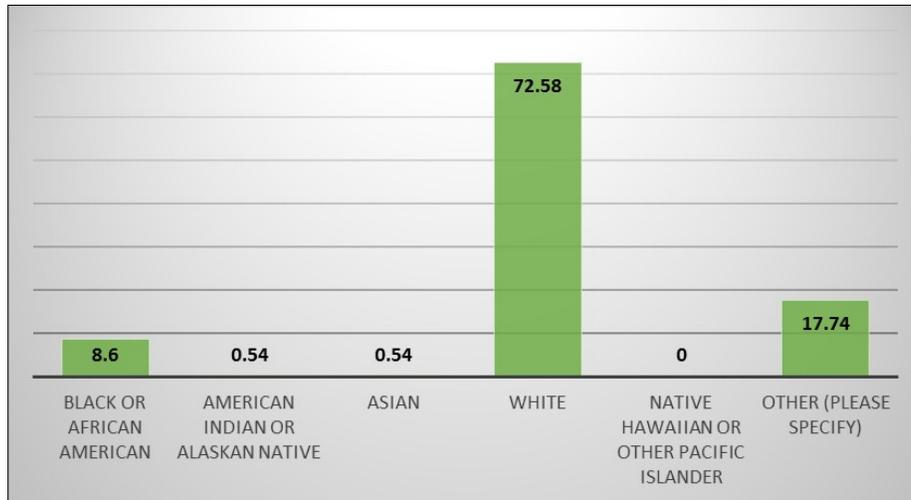


23. Age:

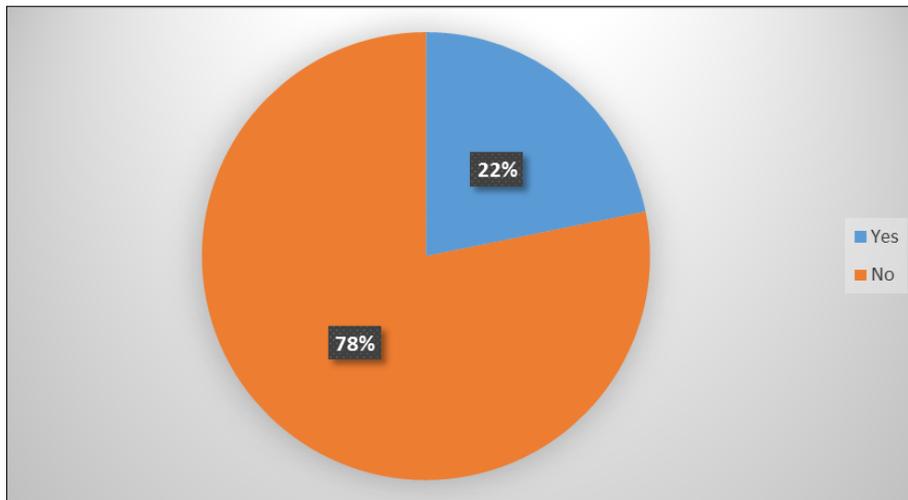


Survey and Results

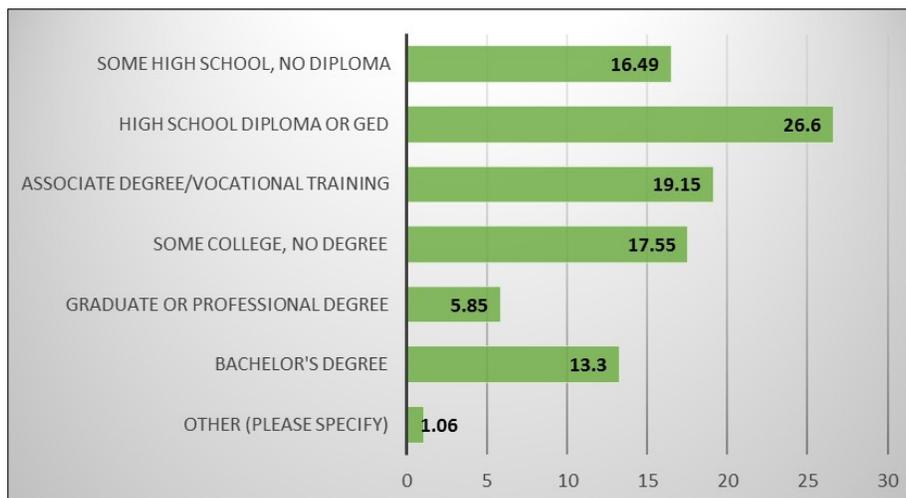
24. Race:



25. Are you of Hispanic or Latino origin?:

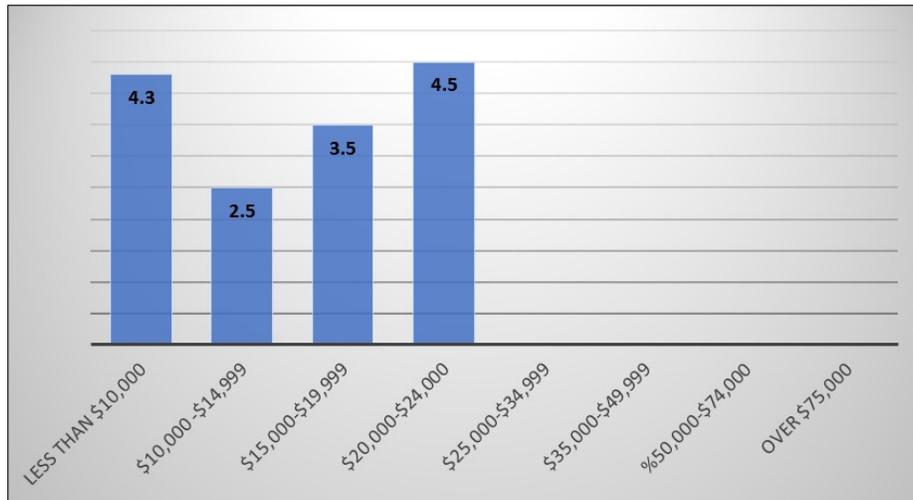


26. What is the highest level of school, college, or vocational training that you have completed?

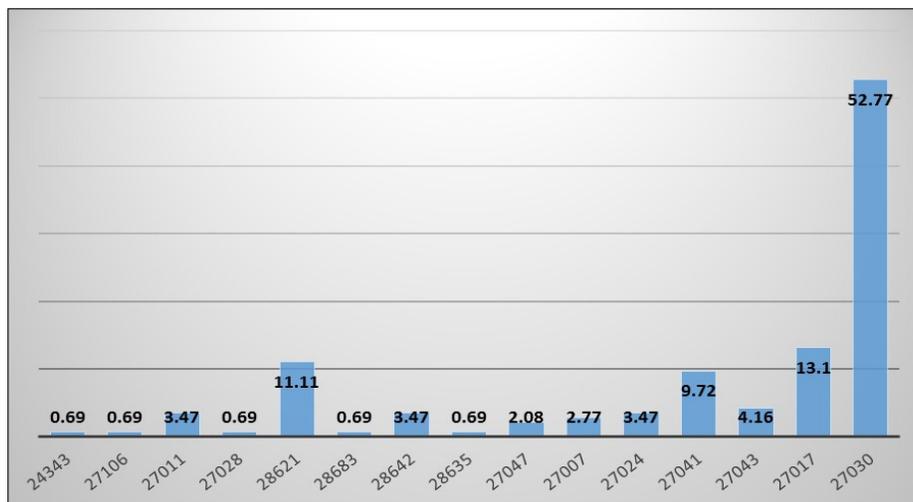


Survey and Results

27. What was your total household income last year, before taxes?



28. What is your zip code?



Question 22– 28 represent statistical data of survey participants. The majority of the participants were white females between the ages of 25 and 34. Most were from Mt. Airy and have a high school diploma/GED. The largest category of reported household income was from \$20,000-\$24,000.

Community Health and Survey Results

In 2014, Surry County ranked 60th out of 100 in Health Outcomes according to the 'County Health Rankings and Roadmaps' data released by the Robert Wood Johnson Foundation. This data is based on the length and quality of life of Surry County residents. According to this data, 26% of adults and 9% of children in Surry County are uninsured, and 18% claimed they could not see a doctor due to high healthcare costs. This information alone is crucial when trying to understand the health of the citizenry of Surry County.

In comparing health behaviors with the overall North Carolina statistics, it becomes apparent that Surry County residents are participating in risky health behaviors with little focus on preventing disease and chronic health problems. 28% of adults in the county are smokers, 31% of adults are obese, 13% are diabetic, and 27% report limited physical activity. The life expectancy for Surry County is 72.8 years old, and 24% of adults report they are in poor or fair health.

The top three leading causes of death in Surry County are: Cancer, disease of the heart, and chronic lower respiratory disease. Each of these causes could potentially be due to poor health decisions such as smoking, leading a sedentary lifestyle, and/or poor nutrition habits.

The data collected from the community health survey reiterated what the statistics show. The community perceived the biggest health issues as obesity, substance abuse, and lack of affordable health care options. Each of these issues have been a concern for quite some time, and will continue to be addressed through various agency efforts and collaborations.

Priority Health Issues

After conducting a meeting with the Community Health Assessment team, including members of the Surry County Health and Nutrition Center Leadership Team, and reviewing the primary and secondary data, three priority areas were selected.

1. Obesity
2. Substance Abuse
3. Access to Affordable Healthcare

Other areas of concern that were not selected as top priorities, but will be address with existing initiatives are:

- Diabetes
- Nutrition
- Healthy Aging
- Heart Disease

Summary

The community health assessment process was an exceptional example of collaboration by the Surry County Health and Nutrition Center, SafeKids Surry County, and many other community partners. The surveys served as a valuable tool in determining health disparities and deficiencies.

Since our last community health assessment in 2010, Surry County has worked diligently to address the priority issues of obesity, substance abuse, healthy aging, and injury prevention through various educational and outreach methods and interventions. In regards to adult obesity, Surry County's rate is on an upward trend, rising from 29% in 2010, to 31% in 2014. This upward trend is alarming, and by making obesity a priority for the next cycle, the goal is to further address obesity with people of all age groups.

Substance abuse was another priority area determined by the 2010 community health assessment that is going to continue to need to be addressed. Many initiatives have begun in Surry County to combat substance abuse; however, it still continues to be a problem. From 2009-2013, there were 62 deaths in Surry County that were attributed to medication overdose. As of December 2014, there were 8 more confirmed with 19 pending. It was also reported in our community survey that residents believe substance abuse to still be problematic, but the focus was on marijuana, alcohol, and methamphetamine.

It is the mission of Surry County Health and Nutrition Center to protect and promote personal, family, and community health in order to create an educated community where families can reach their full potential in a safe and clean environment. Our hopes are to accomplish this mission by addressing the priorities determined by the community health assessment.

Through strong community partnerships and formulating a strategic plan based on the health issues outlined in this document, strong efforts will be made to address each priority area with at least one initiative. The priorities identified in this report will serve as a guide in ensuring the proper path of Surry County Health and Nutrition Center and its community partners.

Appendix



A. CHA Survey

1. In your opinion, what is the biggest health issue(s) facing your community today?

2. The recommendation for physical activity is 30 minutes a day 5 days a week (2 ½ hours per week). Please choose the **main** reason keeping you from getting this much physical activity. (Check one.)

Nothing. I get this much physical activity.

I do not have time to exercise.

I feel like I get this at my work.

Expensive

I am physically disabled.

I do not like exercise.

There is no safe place to exercise.

Other _____

3. One recommendation for healthy eating is to eat at least 5 servings of fruits and vegetables a day (not French fries or potato chips). Please choose the **main** reason that keeps you from eating this way. (Check one.)

Nothing. I eat 5 or more servings a day.

I just do not think about it.

I (or my family) will not eat them.

I do not have time to fix them.

I do not know how to prepare them.

They are too expensive.

They go bad before we eat them.

Other _____

I do not think they are important.

4. What are the top 3 biggest substance abuse problems in this county? (Rank 1 to 3 with 1 being the biggest problem)

Marijuana

Alcohol abuse

Methamphetamine (Meth)

Drinking and driving

Other street drugs (cocaine, crack, heroin)

Huffing (inhaling glue, Dust-off, Whiteout)

Abuse of prescription drugs/pills

I really do not know.

Other _____

5. To prevent teen pregnancy and sexually transmitted diseases, which of the following should be taught in our local schools? (Check one.)

Abstinence until marriage only

Comprehensive sex education (including abstinence and other birth control methods)

None of the above

6. If a friend or family member needed counseling for a mental health issue, who would you tell them to call or talk to? _____

7. If a friend or family member said that they were thinking about suicide, who would you tell them to call or talk to?

8. What is the **main** reason that you or your family would not be up-to-date on vaccines? (Check one)

- | | |
|---|--|
| <input type="checkbox"/> My family's vaccines are up-to-date. | <input type="checkbox"/> Vaccines cost too much. |
| <input type="checkbox"/> Vaccines have side effects. | <input type="checkbox"/> Vaccines are painful. |
| <input type="checkbox"/> Vaccines cause diseases. | <input type="checkbox"/> Religious Beliefs |
| <input type="checkbox"/> Unsure when to get vaccines. | <input type="checkbox"/> Other _____ |

9. Did you know that your child can receive free school-required vaccines at the health department up to age 18?
 Yes No

10. Do you support tobacco-free environments, such as restaurants, workplaces, community colleges and other public areas? Yes No

11. Do you and your family recycle? Yes No
If no, why not? _____

12. Which of the following Surry County Environmental Health concerns do you believe **most** affects your health? (Check one)

- | | | |
|---|--|--|
| <input type="checkbox"/> Drinking water | <input type="checkbox"/> Fluoride-enriched water | <input type="checkbox"/> Food safety |
| <input type="checkbox"/> Mold | <input type="checkbox"/> Ozone | <input type="checkbox"/> Rabies |
| <input type="checkbox"/> Radon | <input type="checkbox"/> Recycling | <input type="checkbox"/> Second hand smoke |
| <input type="checkbox"/> Lead exposure | <input type="checkbox"/> Drought | <input type="checkbox"/> Septic system failure |
| <input type="checkbox"/> Meth labs | <input type="checkbox"/> Air quality | |
| <input type="checkbox"/> Other _____ | | <input type="checkbox"/> None of the above |

13. If you are over age 50, have you ever had a colonoscopy?
 Yes No If no, why not? _____ I am not over age 50.

14. If you are a male over age 40, do you have an annual prostate exam? (Females skip to question 15)
 Yes No If no, why not? _____ I am not over age 40.

15. If you are a female over age 40, do you have an annual mammogram? (Males skip to question 17)
 Yes No If no, why not? _____ I am not over age 40.

16. If you are a female, do you have a pap smear at least every other year?
 Yes No If no, why not? _____

17. Where do you go **most often** for health care when you are sick? (Check one)

- | | | |
|--|---|---|
| <input type="checkbox"/> Private Doctor's office | <input type="checkbox"/> Health department | <input type="checkbox"/> Free Clinic |
| <input type="checkbox"/> Hospital | <input type="checkbox"/> Urgent Care Center | <input type="checkbox"/> Walk-in Clinic |
| <input type="checkbox"/> Pharmacy | <input type="checkbox"/> Other _____ | |

18. Where do you go when you need your yearly check-up or physical?

- | | | |
|---|---|---|
| <input type="checkbox"/> Private Doctor's office | <input type="checkbox"/> Health department | <input type="checkbox"/> Free Clinic |
| <input type="checkbox"/> Hospital | <input type="checkbox"/> Urgent Care Center | <input type="checkbox"/> Walk-in Clinic |
| <input type="checkbox"/> OB/GYN or Women's Health Provider | <input type="checkbox"/> Other _____ | |
| <input type="checkbox"/> I don't go anywhere for a yearly check-up or physical. | | |

19. Where do you go first to find out about local news or events?

- | | | |
|--|---|------------------------------------|
| <input type="checkbox"/> Billboards | <input type="checkbox"/> Blogs | <input type="checkbox"/> Church |
| <input type="checkbox"/> Email updates | <input type="checkbox"/> Friends and family | <input type="checkbox"/> Internet |
| <input type="checkbox"/> Magazines | <input type="checkbox"/> Newspapers | <input type="checkbox"/> Radio |
| <input type="checkbox"/> School | <input type="checkbox"/> TV | <input type="checkbox"/> Workplace |
| <input type="checkbox"/> Social network websites (Facebook, MySpace) | <input type="checkbox"/> Other: _____ | |

20. Do you use tobacco products?

Yes

No

Recently quit.

21. How prepared do you feel your household is to handle a large-scale disaster or emergency?

Well Prepared

Somewhat Prepared

No Prepared at all

Not Sure

Please complete the questions below for statistical purposes only:

22. Gender:

Male

Female

23. How old are you? (Check one.)

18 - 20

21 - 24

25 - 34

35 - 44

45 - 54

55 - 64

65 -74

75 or older

24. Race (Check **all** that apply):

Black or African American

American Indian or Alaskan Native

Asian

White

Native Hawaiian or Other Pacific Islander

Other: _____

25. Are you of Hispanic or Latino origin*?

Yes

No

*The Census Bureau defines "Hispanic or Latino" as "a person of Cuban, Mexican, Puerto Rican, South or Central American or other Spanish culture or origin regardless of race."

26. What is the **highest** level of school, college or vocational training that you have finished? (Check one.)

Some high school, no diploma

Some college (no degree)

High school diploma or GED

Graduate or professional degree

Associate Degree/Vocational Training

Bachelor's degree

Other: _____

27. What was your total household income last year, before taxes? (Check one.)

Less than \$10,000

\$10,000 to \$14,999

\$15,000 to \$19,999

\$20,000 to \$24,999

\$25,000 to \$34,999

\$35,000 to \$49,999

\$50,000 to \$74,999

Over \$75,000

28. What is your zip code? _____

B. Child Care Centers

Facility Name	Contact Information	License
A Grace Academy of Mt. Airy	170 Hartway Lane Mt. Airy, NC 27030 (336) 789-7771	Three Star Center
A Place to Grow Preschool	522 E. Main Street Pilot Mountain, NC 27041 (336) 368-547	Temporary License
BH Tharrington Preschool	315 Culbert Street Mt. Airy, NC 27030 (336) 789-9046	Five Star Center
Balckburn's Nursery and Day Care	142 Pipers Gap Road Mt. Airy, NC 27030 (336) 784-4414	Three Star Center
Cedar Ridge Elementary Pre-K School Ready	734 Flippin Road Lowgap, NC 27024 (336) 352-4320	Five Star Center
Dobson Elementary School Pre-K School Ready	400 West Atkins Street Dobson, NC 27017 (336) 386-8913	Five Star Center
Elkin Elementary Preschool	135 Old Virginia Road Elkin, NC 28621 (336) 835-2756	Five Star Center
Flat Rock Elementary Pre-K School Ready	1539 E. Pine St. Mt. Airy, NC 27030 (336) 786-2910	Five Star Center
Franklin Elementary Pre-K School Ready	519 South Franklin Road Mt. Airy, NC 27030 (336) 786-2459	Five Star Center

Facility Name	Contact Information	License
Jerrie's Day Care, Inc.	1707 South Main St. Mt. Airy, NC 27030 (336) 789-6578	Two Star Center
Jones Head Start	215 Jones School Road Mt. Airy, NC 27030 (336) 786-6155	Five Star Center
Magical Moments Learning Academy	130 Williamson Avenue Mt. Airy, NC 27030	Three Star Center
Mount Pilot Child Enrichment Center	132 Shoals Road Pinnacle, NC 27043 (336) 368-1020	Four Star Center
Mountain Park Pre-K School Ready	505 Mountain Park Road State Road, NC 28676 (336) 874-3933	Five Star Center
Paynetown Head Start	205 Marshall Farm Road Mt. Airy, NC 27030 (336) 786-7628	Five Star Center
Pilot Mountain Elementary School Pre-K School Read	218 Friends Street Pilot Mountain, NC 27041 (336) 444-8200	Five Star Center
Rainbow Child Care Center	412 Junction Street Mt. Airy, NC 27030 (336) 786-5588	Three Star Center
Rainbow Child Care Center in Dobson	720 West Kapp Street Dobson, NC 27017 (336) 386-8883	Three Star Center
Rainbow Child Care Center in Elkin	850 Johnson Ridge Rd. Elkin, NC 28621 (336) 835-7605	Three Star Center

Facility Name	Contact Information	License
Rainbow Child Care Center at Mountain View	203 Piedmont Triad West Drive Mt. Airy, NC 27030 (336) 786-1616	Three Star Center
Rainbow Child Care Center at Riverside	760 Riverside Drive Mt. Airy, NC 27030 (336) 719-0298	Three Star Center
Rainbow Child Care Center at South Street	401 S. South Street Mt. Airy, NC 27030 (336) 719-0500	Three Star Center
Red Hill Creek Head Start	101 McMickles School Road Dobson, NC 27017 (336) 352-4588	Five Star Center
Rockford Elementary School Pre-K School Ready	719 Rockford Road Dobson, NC 27017 (336) 374-6300	Five Star Center
Shema Kids Christian Academy	198 Brookfall Dairy Road Elkin, NC 28621 (336) 835-3801	Three Star Center
Shoals Elementary Pre-K School Ready	1800 Shoals Road Pinnacle, NC 27043 (336) 325-2518	Five Star Center
South Main Children's Center	338 East Pine Street Mt. Airy, NC 27030 (336) 789-7030	Three Star Center
Surry Head Start	389 Jenkinstown Road Dobson, NC 27017 (336) 367-7202	Five Star Center
Tiny Hands Child Care Center	320 Old Westfield Road Pilot Mountain, NC 27041 (336) 368-1348	Three Star Center

Facility Name	Contact Information	License
Tiny Hand Child Care of Dobson	721 South Main Street Dobson, NC 27017 (336) 356-2244	Three Star Center
Westfield Pre-K School Ready	273 Jessup Grove Church Road Pilot Mountain, NC 27041 (336) 386-8211	Five Star Center
White Plains Baptist Child Care	631 Old Highway 601 Mt. Airy, NC 27030 (336) 786-9066	GS 110-106
While Plains Pre-K School Ready	710 Cadle Ford Road Mt. Airy, NC 27030	Five Star Center

C. Family Medical Providers

Facility Name	Contact Information
Surry County Health & Nutrition Center	118 Hamby Rd. Dobson, NC 27017 (336) 401-8410
Mount Airy Family Practice	522 E. Main Street Pilot Mountain, NC 27041 (336) 368-547
Jonesville Family Medical Center	113 Crutchfield Street PO Box 947 Dobson, NC 27017 (336) 386-4452
Elkin Pediatric and Adult Medicine	124 Samaritans Ridge Rd. Elkin, NC 28621 (336) 835-7700
Foothills Primary Care	910 Worth Street Mt. Airy, NC 27030 (336) 786-5108
Foothills Family Medicine	600 Chatham Medical Park Elkin, NC 28621 (336) 835-4819
Northwest Medical Partners	280 N. Pointe Boulevard Mt. Airy, NC 27030 (336) 786-4133
Holly Springs Family Practice	104 Ararat Longhill Road Pilot Mountain, NC 27041 (336) 786-7966
KidsCount Pediatrics	1919 North Bridge Street Elkin, NC 28621 (336) 835-7337

Facility Name	Contact Information
Northern Pediatrics	100 North Pointe Boulevard Mt. Airy, NC 27030 (336) 789-6267
Medical Associates of Surry	865 West Lake Drive Mt. Airy, NC 27030 (336) 719-6100
Medical Associates of Westfield	6740 Westfield Road Westfield, NC 27053 (336) 351-3102

C. Facilities

Facility Name	Contact Information
Northern Hospital of Surry County	830 Rockford Street Mt. Airy, NC 27030 (336) 719-7000
Hugh Chatham Memorial Hospital	180 Parkwood Drive Elkin, NC 28621 (336) 527-7000

D. Resources

- <http://www.verbsurry.com/>
- www.co.surry.nc.us
- <http://www.northcarolinahistory.org/encyclopedia/621/entry/>
- <http://quickfacts.census.gov/qfd/states/37000.html>
- 2014 County Health Data Book, NC State Center for Health Stats
- <http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkmk>
- <http://www.surryedp.com/page/Education>
- <http://www.ncpublicschools.org/docs/graduate/statistics/cohort-report.pdf>
- www.ncpublicschools.org
- <http://www.ncjustice.org/?q=budget-and-tax/btc-brief-high-poverty-levels-resistant-economic-recovery-families-still-reeling>
- <http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkmk>
- U.S.Census Bureau, 2009 -2013 5-Year American Community Survey
- <http://www.surryedp.com/sub/Employers>
- <http://portal.ncdenr.org/web/guest/data-statistics-reports-and-maps>
- <http://portal.ncdenr.org/web/wg/well-water-for-citizens>
- <http://www.ncair.org/monitor/data/files/gws2012.pdf>
- http://scorecard.goodguide.com/env-releases/lead/county.tcl?fips_county_code=37171#rank
- http://blogs.cdc.gov/yourhealthyenvironment/files/2014/10/lpp_infographic.jpg
- <http://www.schs.state.nc.us/data/databook/CD3%20Live%20birth%20rates.html>
- <http://www.schs.state.nc.us/data/databook/CD6A-B%20LBW%20&%20VLBW%20by%20race.html>
- <http://www.schs.state.nc.us/data/databook/CD7C%20Smoking.html>
- <http://www.schs.state.nc.us/data/databook/BirthIndicators/NorthCarolina.pdf>
- <http://www.schs.state.nc.us/data/vital/cd/2013/CFbyCO2013.pdf>
- <http://www.schs.state.nc.us/schs/data/lcd/getleadcauses.cfm>
- <http://www.schs.state.nc.us/schs/CCR/incidence/2012/5yearRates.pdf>
- <http://www.schs.state.nc.us/data/databook/>
- <http://www.schs.state.nc.us/data/databook/CD15%20Asthma%20hospitalizations%20by%20county.html>
- <http://gis.cdc.gov/grasp/diabetes/DiabetesAtlas.html>
- <http://www.countyhealthrankings.org/app/#!/north-carolina/2014/rankings/surry/county/outcomes/overall/snapshot>
- <http://epi.publichealth.nc.gov/cd/stds/figures/std13rpt.pdf>
- <http://www.tagxedo.com/app.html>