

2017 State of the County's Health Report

AVERY COUNTY



The 2015 Community Health Assessment Priorities are:

- 1. Substance Misuse and Abuse**
- 2. Cancer**
- 3. Unhealthy Behaviors and/or Lifestyles**

The 2017 SOTCH will be communicated to stakeholders, community partners, and the general population in the following ways:

- Presented to the Toe River District Board of Health
- Presented to Healthy Carolinians of Avery County Partnership Steering Committee
- Posted on the local WECR radio website: www.wecr1130am.com
- Posted on the Toe River Public Health District website: www.toerverhealth.org
- Placed at the Avery County Public Library

2017 State of the County's Health Report Scorecard - Avery County



The 2015 Community Health Assessment priority areas are:

- Substance Misuse and Abuse
- Cancer
- Unhealthy Behaviors and/or Lifestyles

The following SOTCH Scorecard was created and submitted on **April 30, 2018** in order to meet the requirements for the **Avery County** annual State of the County's Health (SOTCH) Report.

Clear Impact Scorecard™ is a strategy and performance management software that is accessible through a web browser and designed to support collaboration both inside and outside organizations. WNC Healthy Impact is using Clear Impact Scorecard™ to support the development of electronic CHIPs, SOTCH Reports and Hospital Implementation Strategy scorecards in communities across the region.

Scorecard helps communities organize their community health improvement efforts:

- Develop and communicate shared vision
- Define clear measures of progress
- Share data internally or with partners
- Simplify the way you collect, monitor and report data on your results

The following resources were used/reviewed in order to complete the SOTCH:

- [WNC Healthy Impact](#)
- [2017 County Health Data Book](#)

Substance Misuse and Abuse

R	Avery	Residents of Avery County are not misusing or abusing illegal & legal substances	Time Period	Actual Value	Current Trend	Baseline % Change
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Progress Made in 2017

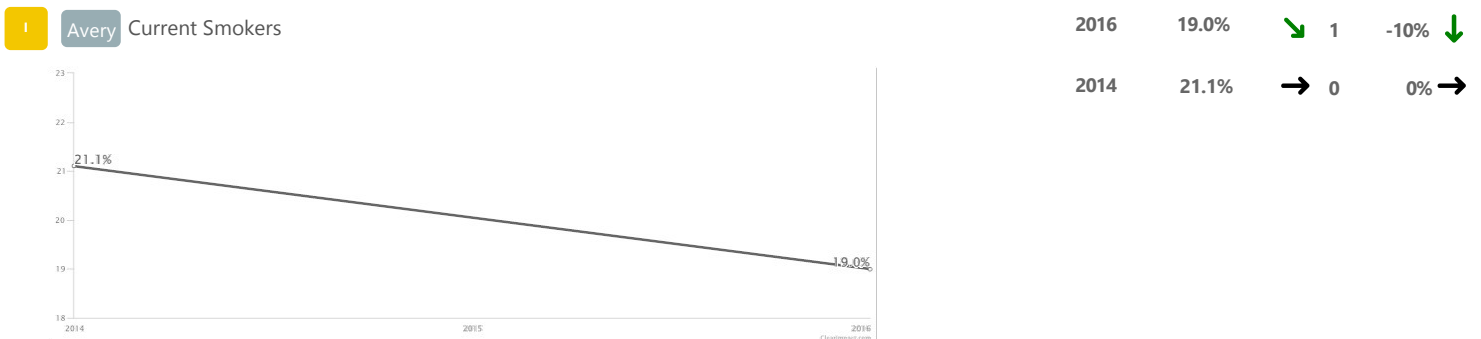
The following progress was made in 2017 on our action plan interventions for Substance Misuse and Abuse in Avery County.

- **Youth Risk Behavior Survey:** The Youth Risk Behavior Survey (YRBS) was implemented throughout the Avery County School System. These surveys targeted risky behaviors of youth so that we, as the local health department, the school system, law enforcement, and other agencies can take preventive measures and quickly respond to the needs of our children. The YRBS was implemented in Avery County School System in October 2017, with approximately 100 middle school students taking this survey and 30 high school students participating; with the middle school rate being satisfactory and the high school rate being extremely low compared to the student body population.
- **Media Detective and Media Ready:** This is a substance use prevention and media literacy curricula that is evidence-based and was conducted by Western Youth Network, in both Avery County middle schools, 5th through 8th grade.
- **Convenience Store Checks:** These checks are held throughout Avery County Gas Stations by Western Youth Network in order to find and educate local alcohol distributors about proper identification. Last year, three convenient stores were found to not have proper education, and were discretely given education, once found by undercover individuals.
- **Celebrate Recovery Program:** No progress made at this time in Avery County; however, the group that has been meeting in Mitchell County since 2017 has invited addicts, alcoholics, and loved ones in the tri-county area to join the weekly meetings hosted by a local church in the Ledger community.
- **Naloxone and Defibrillator Training:** The Avery County Sheriff's Office completed Naloxone and AED Training through Mayland Community College. The overall goal of this program is to reduce opioid overdoses. Progress has been made throughout the county by placing a Naloxone kit and AED in every law enforcement vehicle.

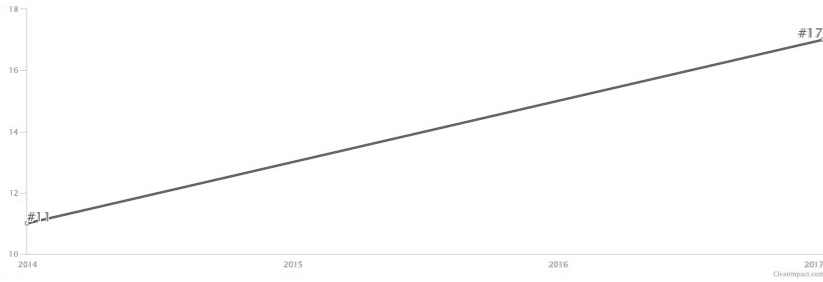
- **Avery County Incarceration Programs:** Law enforcement launched intervention programs for inmates, ranging from parenting, alcohol and drug abuse, to job attainment. The programs allow professionals to intervene into the lives of people who are in need of help. Willing and interested inmates have participated to reduce their stay in jail. These programs aim to increase the quality of life for this specific population.
- **Triple P Positive Parenting Program:** Several professionals across Avery County have been trained; and, they have assisted approximately 40 families using the positive parenting approach that gives parents simple and practical strategies to help them build strong & healthy relationships, manage their children's behavior, and prevent problems from developing.
- **Duke Endowment Care Transitions Project:** Cannon Memorial Hospital receives approximately 5,000 referrals for behavioral health services every year from facilities throughout the region. Of those 5,000 referrals, the hospital can only admit approximately 500 behavioral health patients a year. CMH has been selected to receive a grant award totaling more than \$6.5 million to expand the availability of behavioral health beds in western NC. This announcement was made in May. While CMH currently maintains 10 beds for behavioral health; this grant will allow the hospital to convert its 32-room medical unit into a behavioral health unit. While 27 of those rooms will hold behavioral health beds, the remaining 5 will be used for treatment rooms. CMH estimates that there will be between 52 and 58 new jobs created due to the expansion; including nurses, therapists, social workers, dietary specialists, and psychiatrists. CMH would like to see the unit be active in the Fall of 2019.

Additionally, the following progress was made in 2017 on Substance Misuse and Abuse in Avery County.

- **Lockbox Distribution:** These personal medication lock-boxes were distributed throughout the area through the Project Lazarus grant funding. These lock-boxes allow people to safely put their medications up and out of sight, in their home, so that an array of individuals, ranging from intruders to children, have a harder time finding the medications. More than 50 lock-boxes have been distributed throughout the Avery County community.
- **Creation of a Regional Drug Awareness Workforce:** Avery County Sheriff was a major key component in creating this committee across the tri county area to tackle the epidemic by sharing experiences, challenges, and successes among other law enforcement officers, medical providers, and community agencies.
 - **"A Time to Remember, A Time to Act" Kickoff Event:** This event brought together a diverse group of individuals for the purpose of raising awareness on overdoses and reducing the stigma of drug-related deaths. While some shared powerful stories of recovery, local representatives of the three branches of government were in attendance, from county commissioners and sheriffs to judges, the district attorney, and a state representative. These officials came together from surrounding counties and met at Mitchell High School in August of 2017. This presentation was a time to remember the many lives that had been destroyed by drugs and the overdoses that had shortened the lives of others in Avery, Mitchell, and Yancey Counties.

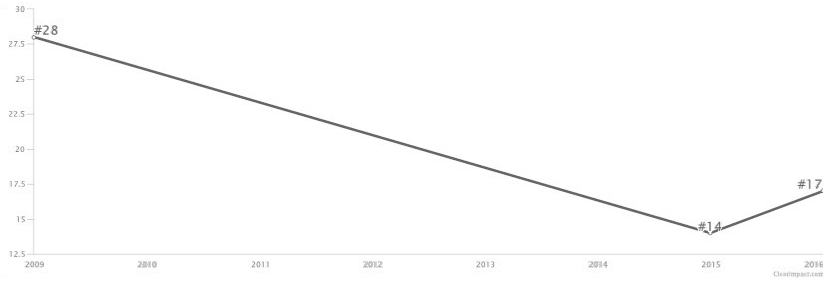


I Avery Meth Labs



2017	#17	↑ 1	55% ↑
2014	#11	→ 0	0% →

I Avery Number unintentional poisonings



2016	#17	↑ 1	-39% ↓
2015	#14	↓ 1	-50% ↓
2009	#28	→ 0	0% →

I Avery % Self-report sharing of prescription medications

2015	7.1%	→ 0	0% →
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P Avery Youth Risk Behavior Survey (YRBS)	Time Period	Actual Value	Current Trend	Baseline % Change
P Avery Convenient Store Checks with Undercover Kids	Time Period	Actual Value	Current Trend	Baseline % Change
P Avery Health Priority 3 - Program/Intervention/Strategy 3	Time Period	Actual Value	Current Trend	Baseline % Change
P Avery Media Ready Curriculum	Time Period	Actual Value	Current Trend	Baseline % Change
P Avery Celebrate Recovery Program	Time Period	Actual Value	Current Trend	Baseline % Change
P Avery Naloxone and Defibrillators Training	Time Period	Actual Value	Current Trend	Baseline % Change
P Avery Law enforcement Intervention Programs while incarcerated	Time Period	Actual Value	Current Trend	Baseline % Change
P Avery Triple P Positive Parenting Program	Time Period	Actual Value	Current Trend	Baseline % Change
P Avery Cannon Memorial Hospital Expanding Behavioral Health Department	Time Period	Actual Value	Current Trend	Baseline % Change

Cancer

R Avery Residents of Avery County adopt healthy behaviors to prevent cancer	Time Period	Actual Value	Current Trend	Baseline % Change
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Progress Made in 2017

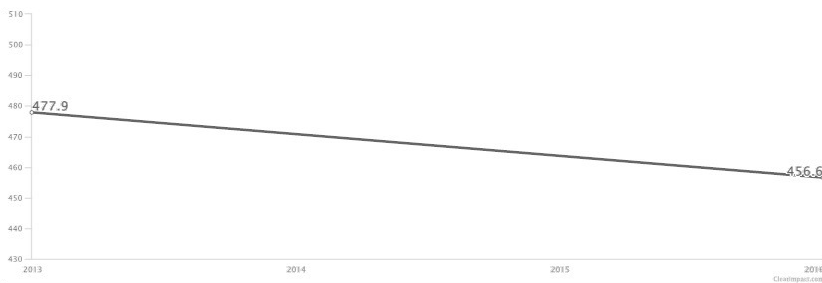
The following progress was made in 2017 on our action plan interventions for Cancer in Avery County:

- **LIVESTRONG Program:** This class, comprised of a small group, was a 12-week evidence-based program, with two 90-minute sessions per week at the local YMCA. This program created a welcoming community in which survivors came weekly to improve their fitness levels, diminish the severity of therapy side effects, and develop relationships to improve their quality of life. Instructors were trained in cancer survivorship, post-rehabilitation exercise, and supportive cancer care. The classes started at the end of 2017 and incorporated about 10 members.
- **Fresh Start Tobacco Cessation Program:** This 4-week program was offered to anyone who was a citizen of Avery County. It was hosted at the Oak Room in the Sloop Medical Office Plaza. However, no one signed-up for the offer in June of 2017. This program targeted anyone who has tried to quit using tobacco or those who wanted to quit. Program will be available in future time frames for the Avery community, free of charge to anyone interested.
- **Comprehensive Cancer Prevention Campaign**
 - **Pink Day at Cannon Memorial Hospital:** Fully supported this annual event, which raised approximately \$2,500 towards cancer prevention. One hundred percent of this money goes towards the Wilma Redmond Mammography Fund. This fund pays for mammograms for patients who cannot otherwise afford to pay. There were around 40 individuals at the hospital in support of Pink Day.
 - **Pretty in Pink 13th Annual Event:** Held on June 16th, 2017 at Linville Ridge Country Club. Nearly 200 women from the surrounding areas gathered for a luncheon and fashion show, in support of providing free, first-time mammograms to uninsured women in Avery County. These funds directly impact the lives of women living in Avery County to help aid early breast cancer detection.
 - **QuitlineNC Avery County:** A free cessation service offered in Avery County to anyone who needs help quitting tobacco use. The program also offered free nicotine replacement therapy. Coaches are available in different forms, which can be used separately or together, to help any tobacco user give up the cravings.
 - **Crossmore Races for a Cure** - This event has been held annually since 2014 to raise awareness of cancer patients and survivors in the community; and to raise money for others in the community who are battling cancer. In 2017, the race was held in October with 52 runners pre-registering and numerous others showing up for the event. This event raised over \$1,500.

Additionally, the following progress was made in 2017 on Cancer in Avery County:

- **Lung Cancer Screening Program:** Appalachian Regional Healthcare System (ARHS) launched a lung cancer screening program for patients who qualify in June 2017. For patients to be considered, they must complete the low dose DCT Lung Screening referral form with their primary care provider, participate in a shared decision-making visit at Appalachian Regional Internal Medicine Specialists, schedule a LDCT scan, and discuss results with ARHS's Pulmonology Navigator.
- **Colon Cancer Coalition:** High Country Community Health partnered with other medical providers to provide their patients with colon cancer screenings and resources for prevention. Individuals between the ages of 50 to 75 years of age have the opportunity to participate in the FLUFIT colon cancer screening program when receiving a flu vaccination this year. If the patients are eligible, they will receive a FIT colon cancer screening test kit to take home.
- **Breast Cancer Program (Wilma Redmond):** The Wilma Redmond Breast Center of ARHS is located in the recently renovated Outpatient Imaging and Lab Center at the local hospital. The Breast Center offers Hologic 3D Mammography for breast cancer screening. 3D mammography produces a three-dimensional view of the breast tissue that helps radiologists identify and characterize individual breast structures without the confusion of overlapping tissue.
- **High Country Community Health Clinic provides Cancer Screenings:** In general, communities across the country are not receiving potentially life-saving cancer screening resources, education, and follow-up care. Some of the barriers include poverty and lack of access to these services, as well as the perception that screening tests are invasive and unpleasant. Together, HCCH and the American Cancer Society are providing high quality, affordable and accessible cancer screening and cancer prevention services to individuals who need them the most. HCCH has worked to improve its colorectal screening practices by implementing the FLU FIT screening program. These efforts have resulted in more people being screened in 2016 and 2017 for colorectal cancer.

 Avery	Total Cases of Cancer	2016	948		1	-1%	
 Avery	Cancer Rate	2016	456.6		1	-4%	



2013 477.9 → 0 0% →

P	Avery LIVESTRONG Program	Time Period	Actual Value	Current Trend	Baseline % Change
P	Avery FreshStart Tobacco Cessation Program	Time Period	Actual Value	Current Trend	Baseline % Change
P	Avery Comprehensive Cancer Prevention Media Campaign	Time Period	Actual Value	Current Trend	Baseline % Change

Unhealthy Living Behaviors and/or Lifestyles

R	Avery Residents of Avery county adopt healthy living behaviors and lifestyle habits	Time Period	Actual Value	Current Trend	Baseline % Change
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Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for Unhealthy Behaviors and/or Lifestyles in Avery County:

- Avery County YMCA Expansion:** Expanded its services to better accommodate the needs of its growing membership base by
 - Expanding the parking lot to include an additional 150 spaces; construction is anticipated to be completed this summer.
 - Renovating the Wellness Center, an area where people have the opportunity to swing a bat, hit golf balls, or even shoot some hoops with friends, lift weights, or kick a soccer ball in a climate-controlled environment. This is the first time in the history of Avery County that kids and families will have recreation for the entire 12 months of the year.
 - Adding new group exercise space and increasing the number of cardio and strength machines available to members.
- YMCA offers free after school care for all:** This opportunity has made a tremendous impact on the lives of Avery County children and youth, and is free of charge to the parents, all because of a \$1.2 million grant from the US Department of Education 21st Century Learning Center Program. The funds will be used for providing educational and recreational opportunities for young people in an after-school environment. There are other priorities that parents have, and should have, before that extra expense. Providing a quality opportunity for these kids, ensuring that they are safe in a learning, nurturing environment is a huge burden taken off parents!
- Newland Public Playground:** Avery County recently constructed a play site that is open to the community, promoting children to engage in physical activity. The playground was finished in the Fall of 2017. It has already been enjoyed by quite a few children so far. In addition to the playground that has already been constructed, this site also has a picnic shelter and restrooms on site.
- Swimming Pool Design Approved:** The plan is for a L-shaped swimming pool with a budget weighing in at \$1.88 million. The site work will, most likely, begin at the Newland location in the Spring of 2018. According to the plan, the pool will feature a zero-entry shallow end, complete with two play contraptions for children. The pool will also support a diving board, a water slide, and lap swimming. The building adjacent to the pool will house a concession room that can be used for parties.
- Senior Wellness Enhanced Fitness Program:** This program was offered seasonally, in partnership with the YMCA and Senior Center. It is a proven senior fitness and arthritis management program. The program focuses on cardiovascular endurance, strength, flexibility, and balance, which can help reduce the severity of arthritis symptoms, in an atmosphere that encourages social interaction. It is nationally recognized by the CDC, Department of Health & Human Services, Department on Aging, and the National Council of Aging.
- Blood Pressure Self - Monitoring Programs:** This program has been implemented by the local YMCA. This program offers personalized support as participants develop the habit of monitoring their blood pressure. This program offers multiple benefits for the people who are a part of the program, including the recording of their blood pressure at least two times per month, attending two consultations a month with a Healthy Heart Ambassador, and attending monthly nutrition education seminars.
- Diabetes Prevention Program:** This program helped adults at high risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. The program consisted of 25 one-hour sessions delivered over the course of 2017.










Additionally, the following progress was made in 2017 on Unhealthy Behaviors and/ or Lifestyles in Avery County.

- **MANNA Backpack Program for Avery County School students:** According to Avery County Schools Child Nutrition Director, almost 60 percent of ACS students received free or reduced lunch last year. Of the school system's 2,000 students, 234 students participated in this program which provides backpacks of food to take home on the weekends. This past summer, the school system provided a significant number of free meals; an average of 145 breakfasts and 230 lunches per day during summer school and an average of 75 breakfasts and 120 lunches throughout the rest of the summer.


Additionally, the following progress was made in 2017 on Cancer in Avery County:

- **Child Fest:** The 17th annual Child Fest event, sponsored by the Blue Ridge Partnership for Children, was a great day filled with activities, such as rides on the Little Blue Choo, a Teddy Bear Clinic, make & take crafts, inflatables, and Mr. Mystery brought his mysterious magic show. Door prizes were given away throughout the day, and while the kiddos enjoyed all the activities, their parents and caregivers had access to information about quality child care, early literacy, health and nutrition, and other services that are available in the area. This year's Child Fest took place on Saturday, April 1st 2017 at Mitchell High School from 10:00am to 2:00pm. A total of 670 people (including parents and children) attended the event from all three counties.
- **YMCA Kid's Day:** This was a free community event to inspire more kids to keep their minds *and* bodies active. The day was celebrated by approximately 200 people across the county, aimed at getting more kids moving and learning, so they can keep up the habit all summer long, a critical out-of-school time for kids' health. Attendees got a free pass to all YMCA facilities for the day. This event was held in April 2017.
- **9th Grade Health Fair:** Avery County Schools host a health fair, specifically for the freshman class, offering services such as the tooth-bus and dental services, influenza vaccine for students and staff, risky behavior presentations by local professionals, etc. Approximately 100 students were reached at Avery County High School.
- **Senior Graduation Bags:** A token of gratitude was assembled and distributed in a form of graduation gift bags for every Avery High School senior, totaling approximately 150 bags given to these graduates. Community partners donated items to fill the graduation bags, including information on college life, tips for a job interview, banking advice, ACHD services, folic acid, college safety plan, vaccines for college, etc.
- **Health and Wellness Presentation:** Agencies gathered at Crossnore School and Children's Home Health Fair to conduct presentations for students. These presentations reached 104 students at Crossnore School and stressed the importance of trying to keep their health and their body in good condition.
- **Partnership of Baker Center Providers and ACHD:** This incorporated a meeting to exchange information on all the services that are available at each location. At least 10 providers spoke on the services and a lot was learned that was not known before having this encounter.
- **4th annual Avery Back to School Bash:** Children were given school supplies that include book bags, crayons, pencils, and notebooks by local agencies. Around 540 kids (2,000 counting family members and siblings) attended the event to receive free school supplies and community resources. Some local charity agencies provided clothes, shoes, haircuts, etc. A great event for the community to come together to support a common cause. In addition to receiving school supplies, students and their parents had the opportunity to meet with a number of community organizations offering information and resources to assist families throughout the school year.
- **Hunger Walk:** Held the latest Hunger Walk on September 30th, raising awareness and providing assistance for those with food insecurity in Avery County. Churches of various denominations and people of all walks of life gathered to support the Hunger Walk by donating money, selling baked goods, and of course, walking in what is considered to be one of the biggest fundraiser events for food. This event brought the community together to give back to those in need, feeding families in Avery County.
- **Healthy Halloween:** This event was centered around sharing health information. Approximately 540 children and family members were reached throughout this event, with more than 30 local agencies/vendors providing an array of goodies for the children, and luring families in for more information that could potentially help them and their children.
- **Car Seat Program:** ACHD offers car seat and booster seat program for infants and children at no cost; serving 178 children over the past year. Most of the car seats that have been replaced were in terrible conditions.
- **Integrated County-wide Care Coordination for Children Program:** Coordination of care has been implemented across the county by working with all agencies that serve this age range, and all children under 5 are now being referred to the program for a Plan of Safe Care.
- **Water Bottle Filling Station:** This new addition is courtesy of a grant from Brita, apparent in the lobby of Avery County High School, located between the office and gymnasium. While this station may be the first at ACHS, it may not be the last. ACHS is striking for a second one to be installed, that will be able to count the number of plastic bottles saved by using the filling station.

- **Community Garden at Elk Park:** The Milford Meadows community in Elk Park has a new community garden sponsored by Habitat for Humanity and WAMY Community Network. This garden is located on three-fourths of an acre with five families taking responsibility for growing the food. While this was the first year for the community garden on the Habitat property, one Mildford Meadows resident has been working the plot for the past four years. While these five families labor and harvest the garden, others benefit from it as well. Part of the garden's gift is sharing its bounty with others, and none of the crops are for sell; it is to give.
- **Avery County Bike Day:** In September, Avery County Schools hosted its first Bike Day and opened it to everyone in the county. The event was held at Riverside School where all the new trails were built for students to have a safe place to ride their bikes. Bike Day included a course, that loops around through the woods on a pre-built course, and a bike rodeo/obstacle course to teach kids how to ride safely. More than 25 kids turned out for the first Bike Day event.
- **Riverside Elementary School has New Playground:** On December 6th, the school unveiled a new, state-of-the-art playground that has been nearly 30 years in the making. The equipment that was there before was not safe enough to play on.
- **Beech Mountain builds new Terrain Park and Bike Trail:** In August, construction started on a winter terrain park and a mountain bike trail. The terrain park features a variety of jumps, rails, hips, and quarter pipes, designed for snowboarding and skiing tricks. The bike trail is a 3,800-foot-long with a mid-level difficulty.
- **Trail Extension and Parking Lot Expansion:** In August, Grandfather Mountain State Park opened the new \$1.8 million trail extension and parking lot improvements to the public. The new parking lot has 100 parking spaces and adds three-quarters of a mile to the existing Profile Trail.

 Avery	Diabetes Prevalence	2015	10.6%	→ 0	0% →
 Avery	Obesity Rate	2015	25.9%	→ 0	0% →
 Avery	Access to Fresh Fruits and Vegetables	2015	37.0%	→ 0	0% →
 Avery	Expansion of YMCA	Time Period	Actual Value	Current Trend	Baseline % Change
 Avery	Playground Project at Old Public Pool Site	Time Period	Actual Value	Current Trend	Baseline % Change
 Avery	Senior Wellness Enhanced Fitness Program	Time Period	Actual Value	Current Trend	Baseline % Change
 Avery	Blood Pressure Self-Monitoring Program	Time Period	Actual Value	Current Trend	Baseline % Change
 Avery	Diabetes Prevention Program (DPP)	Time Period	Actual Value	Current Trend	Baseline % Change
 Avery	MANNA Backpack Program for Students of ACS	Time Period	Actual Value	Current Trend	Baseline % Change

New and Emerging Issues and Initiatives

 Avery	Monitoring New and Emerging Issues	Time Period	Actual Value	Current Trend	Baseline % Change
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Notes

These are the new or emerging issues in our community in 2017 that were not identified as priorities in our CHA.

- **Depression:** This developing highlight came out of the YRBS survey conducted in Avery County Middle and High Schools, as well as through conversations with community stakeholders, who associate with the students. Reasons for depression include *factors* such as life events and genetics, which can influence a *student's* likelihood of experiencing *depression*.
- **Relatives Raising Children:** The number of children being raised by relatives other than their parents is on the rise. There are multiple reasons behind this, but the major problem involves Substance Misuse and Abuse among adults who have these children.

- **Grieving and Coping Skills:** Several young people haven't been taught how to deal with their emotions and the realities of life. There is really no quick fix to learning how to deal with your emotions; it is part of growing up and maturing. In addition, children are having trouble coping with grief when losing an essential person in their life. This problem has become apparent, after conversations with people in the community, who realize that there aren't any resources to help children deal with losing a parent/grandparent/aunt/uncle, and that most children don't have the necessary coping and grieving skills for such a traumatic event.
- **Sexually Transmitted Infections (STIs):** The number of STI cases are on the rise in Avery County. Over the past five years, North Carolina has experienced over a three-fold *increase* in reported acute *hepatitis C* cases, with the highest *rates* of acute *hepatitis C* reported in western *counties*.
- **Food Insecurity:** Empty Bowls event highlights hunger in Avery County. The often invisible problem of hunger is growing daily, and is a reality for many families in Avery County. The event was held in August 2017 in an effort to raise both money and awareness to end hunger. When visitors arrive at an Empty Bowls event, they are typically met by a long table filled with hundreds of ceramic bowls donated by local artists. Each guest chooses a bowl to take home as a reminder of those whose bowls are empty. With that in mind, the patrons then enjoy a meal of soup and bread prepared by members of local churches. Admission is by donation and includes the meal and the bowl to take home.
- **Hepatitis C:** According to the CDC, Avery County is one of the 11 most at-risk counties in NC for Hep C. The suggestion is that people who are born between 1945-1965 get tested for Hep C. Approximately 75% of those who test positive for Hepatitis C are from the baby boomer's generation. According to the CDC, one in 30 baby boomers has Hep C. Hepatitis C is the leading cause for liver transplants and liver cancer in the US. People can live years, even decades, with the virus before they know about it. More than 50% of those affected by Hep C do not know they have it. Free screenings are offered at the health department and local FQHC (High Country Community Health Clinic).

Leading Causes of Death in North Carolina 2016

Location: AVERY

Race: all

Gender: both

Hispanic Origin: all (Hispanic, Non-Hispanic, and Unknown)

Age: 0 - 99 years

Note: Age 99 indicates age 99 years or older.

Rank	Cause	Number	%
1	Diseases of heart	48	24.9
2	Cancer	29	15.0
3	Chronic lower respiratory diseases	15	7.8
4	All other unintentional injuries	13	6.7
5	Alzheimer's disease	12	6.2
6	Influenza and pneumonia	9	4.7
7	Cerebrovascular diseases	6	3.1
8	Diabetes mellitus	5	2.6
	Parkinson's disease	5	2.6
10	Septicemia	4	2.1
	All other causes (Residual)	47	24.3
Total Deaths -- All Causes		193	100.0

Source: State Center for Health Statistics, North Carolina

R Avery Keep Track of New Initiatives, Current Initiatives & Community Changes

Time Period Actual Value Current Trend Baseline % Change

Notes

The following are new initiatives or changes in our community in 2017:

- **State of the Child Forum:** The goal of this forum is to promote a better quality of life for children and families through a trauma informed and resilient community. It includes local police officers, public health experts, school system administrators and employees, etc. The group is planning a county-wide trauma-informed and resiliency-focused education event for August 2018.
- **Chronic Disease Grant:** YMCA is seeking funding, in partnership with TRHD and local hospitals, to target individuals fighting chronic disease and other health problems on a daily basis.

- **Partnership with ACHD and Crossnore School and Children's Home:** ACHD is becoming Crossnore School's Health Care Provider. Children that are in Foster Care and have been exposed to toxic stress need more frequent and in depth care. Children 2 and up are seen for well-child care visits every 6 months. Children under 2 are seen more frequently. ACHD offers a Friday afternoon clinic at Crossnore School's Clinic.
- **Tdap and Meningitis Immunization Clinics:** ACHD attended open house at Avery Middle School and Cranberry Middle School to provide information, as well as immunizations, to upcoming 7th graders. A total of 458 students received information on immunizations.
- **Avery County School Influenza Clinics:** LHD went into all the county schools and provided over 400 flu shots to students, and around 50 to staff. This is over 3 times higher than were given last year. This saved many families from having to take time off from work in order to take their child to get a flu shot.
- **Crossnore School Influenza Clinic:** 100% of the children at Crossnore School were vaccinated for the flu. The student body is 104.
- **Grandfather Home for Children Influenza Clinic:** Provided flu shots to approximately 20 children on-site at their homes.
- **Elk Park School Apartments Influenza Clinic:** Provided flu shots to approximately 20 residents.
- **Avery County Employee Health Fair:** ACHD provided flu shots, lab work, blood pressure checks, vision screening, and Chick-Fil-A chicken nuggets for all county employees. TRHD was able to count this as POD exercise (Point of Dispensing) in the event of a pandemic or bio-terrorism.
- **AMY Wee Trade Fundraiser for Imagination Library:** The 3-day event raised over \$5,000 at one of the two sales they host annually, setting a new record. (A "Win Win Win" for bringing money in for books for Imagination Library, paying parents for donating clothing, while other parents/children get new to gently used clothing at cheap prices. A small percentage goes to the consignor and the rest of the proceeds go directly to the Imagination Library Book program for the tri-county area.)
- **CURES Grant Funding:** In late 2017, this grant funding was awarded to 13 counties, including Avery County, to implement evidence-based strategies to prevent and reduce opioid misuse. A CURES Coordinator is currently working part-time in the county. Utilizing the Strategic Prevention Framework, the CURES Coordinator has collected data, assessed local community conditions, and met with community sectors, in order to implement interventions planned for 2018.
- **Cannon Memorial Hospital offers access to doctors with TeleHealth:** The local hospital has partnered with Charlotte-based telemedicine company, TeleHealth Solution, to provide area patients with TeleHospitalist coverage 24/7 for immediate medical care. With a nurse assisting, an on-screen physician will conduct a virtual, face-to-face examination with a TeleMedicine cart and continue to manage that patient during their stay. This allows patients to be appropriately managed at Cannon, avoiding transfer to a larger, further hospital. This was launched in August.
- **Cops for Kids:** On December 8th, deputies and staff from Avery County Sheriff's Office embarked on a special assignment. Their objective was simple: Help 14 children in Avery County have a Merry Christmas. A group of kids are selected each year to go shopping at Walmart and enjoy dinner with Avery County's finest. This event is made possible through fundraisers and donations. The ultimate goal is to give children a positive impression of police officers. While officers might seem intimidating to some children, this program helps kids see police officers as people they can turn to if they have a problem.
- **Teens experience dangers of texting and driving:** In September, Sophomores and Juniors of Avery County High School received a firsthand glimpse of what it is like to drive under the influence of alcohol or technology. These 10th and 11th graders took turns navigating golf carts through two separate courses of orange cones, as deputies from Avery County Sheriff's Office rode gunshot. Some students experienced simulated drunkenness by wearing a pair of "beer goggles". Others were told to text on their phones as they navigated the course. As students finished their respective courses, most left a pile of knocked-over cones in their wake. The goal was to show them the very real dangers of such behavior in a real situation.