



2015
State-of-the-County Health Report:
Davie County, NC
Davie County Health Department

Overview

It has been determined that the top leading causes of death in Davie County are:

- Cancer
- Diseases of heart
- Cerebrovascular diseases
- Chronic lower respiratory disease
- Alzheimer Disease
- Influenza and pneumonia
- All other unintentional injuries
- Suicide and septicemia (3-way tie)
- Diabetes, motor vehicle injuries, nephritis (3-way tie)

The Community Health Assessment Team determined the top 3 priorities areas for Davie County are; **Cancer, heart disease, and physical activity**. Cancer and obesity have been priority focus areas for the past 9 years; rates for both remain high and continue to plague Davie residents.

This report describes the background and progress Davie County Health Department has made on these priorities. If you have questions or suggestions for addressing these priorities, please call Brandi Patti, Health Educator, at 336-753-6750.

Priority Issues

Cancer, Heart Disease and Physical Activity

Cancer and heart disease are the top two causes of death across NC and in Davie County. The Davie County Health Department and Cooperative Extension have partnered on several occasions to conduct an Eat Smart Move More Weigh Less class for men and women in the county and plan to continue this program at least twice a year. Many elementary schools within the county have a running program called Go Far. Curricula focus on teaching children how to set goals, reach goals and successfully and safely complete a 5K run or walk/run.

Healthy Carolinians of Davie County (HCDC) has worked to reduce risk factors associated with these diseases starting at the youngest ages. Childhood obesity is a serious problem in the United States. According to the Centers for Disease Control; despite recent declines in the prevalence among preschool-aged children, obesity among children is still too high. For children and adolescents aged 2-19 years, the prevalence of obesity has remained fairly stable at about 17% and affects about 12.7 million children and adolescents for the past decade. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death. One of the best methods to screen for obesity or being overweight is by calculating Body Mass Index.

Body Mass Index (BMI) Project

In 2008, the Davie County School System started a Body Mass Index (BMI) Project testing BMI's for all 1st, 3rd, 5th, and 7th graders. BMI by grade level shows a slight decline in BMI rates over a period of eight (8) years. Davie County has a School Health Advisory Council (SHAC) that meets on a regular basis to discuss child health with a huge focus on physical activity and nutrition.

Steps to Health is a program that serves 3rd graders across North Carolina. The program consists of 9 sessions designed to educate and inspire young children to eat smart. Hands-on activities, games, and physical activity are incorporated into each lesson. Each 30 minute lesson includes a taste test of either a snack the student can make after-school on their own. All participants are awarded a certificate of participation at the completion of the program. Recipes and nutrition and physical activity handouts are sent home to the parents.

New & Emerging Issues

Access to Healthcare

On October 14, 2013 the new Wake Forest Baptist Health-Davie Medical Center opened at their new location.

Wake Forest Baptist Health Davie Medical Center provides access to world-class physician specialists at its Advance location, 313 NC Hwy. 801 North:

- Cardiac Rehabilitation
- Corporate Health Services
- Diagnostic Cardiology
- Diagnostic Neurology
- Emergency Department
- Eye Center (**Ophthalmology**)
- Facial Plastic and Reconstructive Surgery (**Surgical procedures**)
- Heart Services / Cardiology
- Gastroenterology
- Imaging Services
- Lab Collection
- Neurology
- Occupational Therapy
- Outpatient Surgery
- Orthopaedic Services
- Pharmacy - Outpatient
- Pharmacy Care Clinic
- Physical Therapy - Outpatient
- **Pre-operative Assessment**
- Podiatry
- Pulmonary Function Lab
- Pulmonology
- Sleep Lab
- Spine

Wake Forest Baptist Health Davie Medical Center provides the following services at its Mocksville location, 223 Hospital Street:

- Inpatient Hospital Services
- Pain Management
- Transitional Care Unit
- **Ventilator Rehabilitation Unit**

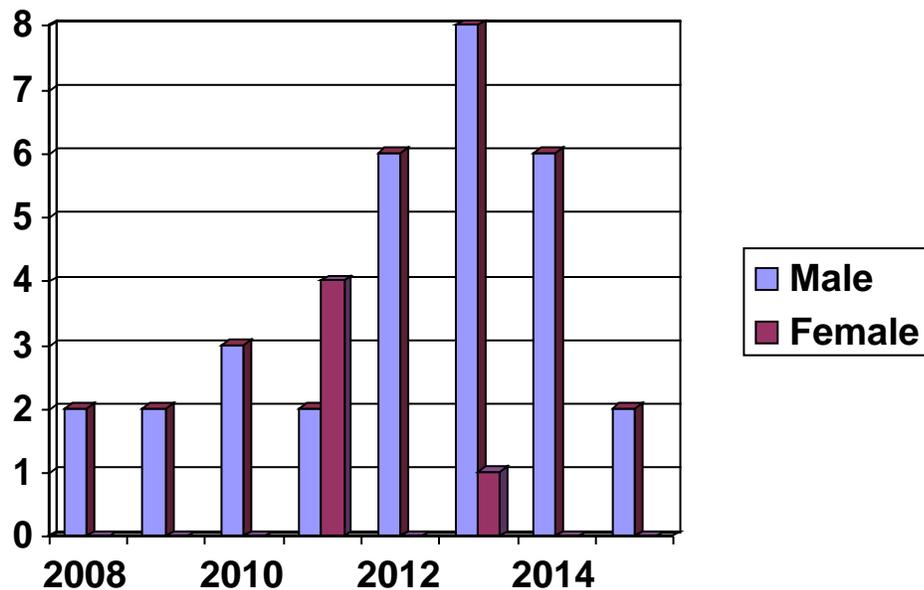
Wake Forest Baptist Health also provides urgent care services at Medical Pavillion - Mocksville, 1188 Yadkinville Road (Hwy. 601).

Phase two is scheduled to be completed in 2017. It will transform Medical Plaza 2 into a full-service hospital with inpatient beds.

Suicide

In the 2007 and 2011 Community Health Assessments (CHA), suicide was mentioned as an alarming new trend. Unfortunately, this trend continued in the 2014 Community Health Assessment. Community leaders are concerned about suicide and decided to act on this issue by trying to raise awareness on this topic.

The Suicide Prevention Team has met several times to discuss this urgent issue among our county residents. Presentations have been made to Women’s clubs, Rotary Clubs, School employees, etc. Below is an example of completed suicides differentiated by gender. Davie County has routinely had a higher suicide rate than the state. The health department implemented education and awareness campaigns focused on suicide prevention.



Healthy Davie

Healthy Davie is a group of individuals from different agencies who have been coming together on a regular basis to focus on making Davie County safe, happy and healthy! We have 3 sub-groups; poverty, health, and education. Meetings are held on a regular basis. The group's current short-term and long-range goals are:

Health:

- Implement Kid Smart (or similar program) in all elementary schools within Davie, 5th grade
- Create annual family night calendar (community collaborative / 2-3 programs a month) focused on healthy living education - open to all families within Davie County
- Create incentive based program (similar to the "Mile Club" at Shady Grove) in all elementary schools and all grades to enhance physical activity within recess
- Partner with Pre-Schools, Smart Start, etc. to improve healthy living education for pre-school age kids and their families

Education:

- Offer an Early Childhood Summer Camp to preschool - 3 & 4 yr. olds. Parents as Teachers (Smart Start) coordinates identification of children. 4 hrs/ 4 days/wk x 3wks. Breakfast and Lunch included. Transportation through YVEDDI.
- Kinder camps for Pinebrook and Shady Grove as other schools are funded through the Davie Community Foundation.
 - Screenings are key to identifying Kinder Camp participants
- Read to Achieve Summer Camp aimed at 15 - 2nd graders and 170- 3rd graders. Will be 6 hr/day x 4 days x 3 wks.

Poverty:

- Group's overall focus will be "Rehabilitation" and they plan to look at childcare subsidies to help working families.

People in poverty find themselves in one of three phases:

- Relief – Needs extensive services to survive
- Rehabilitation – Teetering on Poverty
- Development- Helping Build Personal Assets

Housing is also an issue - affordable housing is difficult to procure as many single parents are only making \$7.50-\$10.00/hr.

Transportation remains an issue. United Way is looking at a program to assist in this area.

Morbidity and Mortality

According to the State Center for Health Statistics, Davie County had a total of 440 deaths for the year 2014. The majority of deaths were due to cancer, heart disease and diseases of the respiratory system. According to the State Center for Health Statistics, there were 361 births to mothers who live in Davie County.

Current Programs

Juvenile Crime Prevention Council

The Davie County Health Director and the health educator are involved in the local Juvenile Crime Prevention Council. This council is composed of judges, school social workers, school nurses, county commissioner, sheriff's department and many more local agencies. This council is kept up to date by reviewing each Youth Risk Behavior Survey, sheriff's department update on gangs and crime, and information provided by local juvenile court counselors. The purpose of this council focuses on giving children every opportunity to be successful in life by making them aware of criminal activity and helping them avoid crime, criminals and criminal situations. Offenses in Davie County have gone up and down.

School Health Advisory Council

The Davie County School Health Advisory Council (SHAC) meets quarterly to share information and to increase awareness of Davie County programs and policies that address the health and wellbeing of students, staff, and families. Its members include school administrators, county employees, as well as parents and other community representatives.

Buckle Up Davie Program

The Davie County Emergency Medical Services serves as our Permanent checking station for child passenger safety seats. This service is available to the entire community. The first and most important goal of the program is to have every child who arrives at the station leave safer than when he or she came. The program ensures that the child have an appropriate seat for their age, height, and weight. The child passenger safety technicians properly install the child passenger safety seat and educate the parents/guardians who will be transporting the child. We demonstrate the proper way to secure the child and check for any recalls or defect issues. This program sees approximately 15-20 children per month.

Nutritional Therapy and Diabetes Self-Management Education

In 2009 the Davie County Health Department (DCHD) secured close to \$275,000 to begin a medical nutritional therapy and diabetes self management education program. This program has helped hundreds of people in Davie County with diabetes by providing education on how to regulate blood sugar levels, incorporate proper diet and physical activity, and the importance of maintaining regular check-ups to reduce damaging effects on the extremities and eyes. The goal was to provide an affordable and accessible diabetes education program for residents in Davie County. All patients receive individual and/or group education.

New Initiatives

Project Lazarus

Project Lazarus is a state-wide initiative that Davie County has adopted. We have built a coalition and have done many presentations across the county including the Board of Commissioners. Project Lazarus encourages people to take medications correctly, store securely, dispose properly and never share! We have 3 permanent medication drop boxes in the county and have collected over 60,000 pills! Also, all of our local law enforcement has been trained on Naloxone. Naloxone is a medication used to counter the effects of an opioid overdose. Law enforcement has already saved one life!

Active Routes to School

The main objective of ARTS is to increase the number of elementary and middle school students who safely walk and/or bike to or at school. North Davie Middle School has implemented a program before school where students and teachers can walk before class starts. This program helps to get kids moving instead of sitting around waiting for the bell to ring.

Breastfeeding Peer Counselor Program

Women, Infants, and Children's (WIC) Breastfeeding Peer Counselor Program, after hiring and training of new staff, was reinstated in 2013 and currently serves a caseload of 25 breastfeeding dyads.

Dental

Through limited grant funds, the health department is going to be able to give children toothbrushes and toothpaste in year 2016.

Davie County schools have been fortunate to get to participate in a school dental sealant project. The project will target 2nd and 4th grade **children**. This project is free of charge to any student in 2nd and 4th grade that have their parents' permission to participate. During the process children will get an exam, cleaning, fillings, sealant, whatever is needed.

“Progress Made Since Last Year”

All of our current programs and New Initiates are examples of the “progress we have made since last year.” These programs are constantly changing and evolving as the needs are made aware throughout the year.