

ANNUAL REPORT

Wilkes County Health Department

FY: 2018-2019

From the Public Health Director, Rachel Willard...

Wilkes County Health Department has experienced lots of change this past fiscal year. Our past Health Director, Ann Absher, retired in January. We have had several seasoned staff retire, as well. In April, we hired a new Chief Operating Officer to help us ensure compliance and reach new patients.

This past year we also received several new grants to help address mental health and substance use disorders in our community. The Mobile Expanded School Health (MESH) Unit, also started offering mental health counseling to middle school students.

Without our community partners we could not offer the level of programs and services to Wilkes County. Wake Forest Baptist Health—Wilkes Medical Center is our partner in providing access to care through Duke Endowment grant and Care Connection Pharmacy. The Health Foundation leads several community prevention efforts to address social determinants of health including Market Bucks for access to healthy fruits and vegetables for families. The Wilkes Public Library, Wilkes County Schools, SAFE kids, Samaritan's Kitchen, BROCC, Wilkes Community College to name just a few of many who supported our work this year. We thank you for making Wilkes County a better place to live, work, play and worship.

The staff of the Wilkes County Health Department appreciates the opportunity to serve our community in efforts to promote health and prevent disease. This annual report is our opportunity to remind you of the types of services that we provide, but also to make you aware of the fact that public health impacts everybody, every day and everywhere.

*“Promoting
Health and
Preventing
Disease in
Our
Community”*



NORTH CAROLINA
Local Health Department
Accreditation



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Mental Health Update

Mental Health Task Force has been meeting since early 2010. The task force is focused on prevention and access to services. Goals include: community education, integration of physical and mental health, training in preventive mental health interventions, access to care, and drug overdose prevention. The Task Force works to identify gaps in service in mental health care in Wilkes County.

Project Lazarus and Community partners recently conducted focus groups around substance abuse. The focus groups included members from the faith community, medical professional's community, public, and Latino community. The intent was to better understand barrier to treatment and care for substance use disorders within the communities. Project Lazarus is also looking at establishing Telehealth within Wake Forest Baptist Health Wilkes Center Emergency Department to assist with substance use disorder.

Additionally, Wilkes Community Health Center continues to receive additional funding to tackle Mental Health and Substance Abuse. The center has a Licensed Professional Counselor to work with our patients and community.

Dental Health Update

The Wilkes Public Dental Clinic is there to serve the underserved and underserved children and adults of Wilkes (and the surrounding region on a space available basis) in need of dental care. We will accept Medicaid, Health Choice, Vocational Rehab, BROCC Head Start, private insurance, and self-pay patients. A sliding fee scale will be applied for self-pay patients.

The goal of the Wilkes Public Health Dental Clinic is to provide a private practice setting that makes our patients feel special and well cared for in a clinical environment. We want our children and adults to be pleased with the public health choice they have in Wilkes. The dental clinic saw over 6,000 unduplicated patients and had over 17,000 visits.

For more information please visit:
<http://www.wilkespublicdentalclinic.com/>

Access to Care Update

The access to care task force continues to work with local healthcare entities to ensure access to comprehensive quality health care services. Through this collaboration, uninsured residents can continue to have established pathways to seek primary and specialty care services, outpatient services, care management services and prescriptions drug services. Mental health and dental health services are now available services to Community Health Center patients. The uninsured residents of Wilkes County have received over 7 million dollars in donated healthcare services.

Preparedness

This past year Wilkes Health Preparedness has been focusing on relationship building with community partners. During emergencies isn't the time to become acquainted with people you will be working alongside to ensure the health and safety of the public. In Wilkes, we have many agencies that work together to plan and prepare for the benefit of our community.

In the coming year, Wilkes Health will be completing its Full Scale Exercise that is exercised every five years.

This is a good way to prepare should there be an urgent need in our community to respond.

This past year there has been an increase in concern for measles across the United states due to the rise in the amount of unvaccinated individuals. There have been no confirmed cases in North Carolina, however we have been preparing. Wilkes Health has sent out updated state guidance to physician practices in Wilkes as a reminder to be on the lookout for specific symptoms and what to do if you suspect a possible case.

Environmental Health

Water Protection: Residents and businesses receive permits and evaluations for proposed, existing, or repaired wastewater systems.

Septic Permits: 485

Well Permits: 78

Complaints: 91

Water Samples: 360

Methamphetamine Lab Notification: 0



Food & Lodging: Unannounced inspections are conducted on facilities at a risk base frequency. Complaints are investigated to ensure compliance and promote public health. Foodservice employees are educated in safe food handling practices.

Restaurants: 189

Temporary Food Establishments: 36

Meat Markets: 10

School Lunchrooms: 22

Lodging Facilities: 9

Public Pool Facilities: 23

Child & Adult Care Centers: 34

Nursing/Rest/Group Home: 46

Tattoo Permits: 9



...You can now search online for Well and Septic Permits?

Visit www.wilkeshealth.com and click the [Environmental Health tab](#)

Want to View Restaurant Grades On-Line? Go to wilkeshealth.com and click the Restaurant Inspections box.

Chronic Disease and Prevention

With the help of a grant through the Health Foundation, Wilkes Health was able to expand our Market Vouchers program this year. New sites included the summer feeding program at Wilkesboro Commons and Lincoln Heights summer feeding program. In total we assisted 55 children from North Wilkesboro Elementary, 31 children at Wilkesboro Elementary, 75 children at Mulberry Elementary, 18 families in Brenner FIT, 80 children through the Summer Feeding Program at the Wilkes County Library, 15 families at Lincoln Heights, and 15 families through St. Paul's Episcopal Church. Each family received at least \$4.00/week throughout the market season to be spent on fresh fruits, vegetables, and plants.

We are still offering Brenner FIT classes. The last cohort was held at Millers Creek Elementary school. It ended in April and graduated 5 families. Of the families that completed, 72% of the participants maintained or reduced their BMI. 60% of the families who completed Brenner FIT Academy increased (or maintained a high intake) the number of fruits and vegetables that they ate per week. 100% of families reported being active with their children in the past 30 days Our current cohort began June 18th and is being held at East Wilkes Middle School. We have 15 families totaling 45 participants. This is the first class using the revamped Brenner Fit curriculum.

Care Coordination for Children

CC4C is a population management program that maximizes children's health ages birth up to 5 years old. The program is offered at no charge to children who have long term medical conditions, dealing with social issues, referred by the physician or has had a recent hospital visit. The goal is to improve the healthcare of children.

Wilkes County has approximately **2,786** Medicaid children ages 0-5.

Pregnancy Care Management

OB Care Management is a population management program for prenatal patients in Wilkes County. Nurses and Social workers work with prenatal women and the OB physician to ensure the best possible care during the pregnancy and after delivery. The goal is to help have a healthy pregnancy and a healthy baby.

Wilkes County has approximately **2,545** Medicaid women age 14-44.

Health Check

Wilkes County families are contacted to ensure their children receiving Medicaid benefits get a complete physical each year.

Number of children eligible for Health Check: **8,381**

Number of children eligible receiving an annual physical: **4,161**

Participation Rate: **49.6%**

Newborn/ Postpartum Services

A registered nurse with experience in postpartum and newborn care makes a one-time visit to new mothers and their babies in their homes following discharge from the hospital. Visits have been proven to play an integral part in providing continuity of care from the hospital to the home. Our goal is to ensure that our families in Wilkes County receive the best start possible to begin a healthy life for their newborns and a smooth transition for the family.

Newborn Visits: **6**
Postpartum Services: **5**



Breast & Cervical Cancer Screenings- Women are checked for breast and cervical cancers and further medical care is available for abnormal results.

Cancer Screenings: 75

Abnormal Results: 2

Cancer Identified: 0



Through other funding opportunities the health department was able to provide screenings for women who met certain criteria.

Cancer Screenings: 0

Abnormal Results: 0

Cancer Identified: 0

There were no Susan G. Komen funds received for FY 2018-2019

How We Served the Community

Adult Health- Adults age 21 and older receive well and sick care.

Patients: 2,259

Patient Visits: 7,433

Child Health- Children age 20 years and below receive well and sick care.

Patients: 1,380

Patient Visits: 2,608

Physicals: 694

Lead Screening: 57

Dental Screenings: 45

Diabetes and Nutrition Center- Registered Dietitians offer individual and group classes for Diabetes education. Medical Nutrition Therapy assists patients with Weight Management, Eating Disorders, Hypertension, Hyperlipidemia, Renal Disease, Celiac Disease, Food Allergies, Sports Nutrition and Other Diagnoses.

Diabetes Education/Medical Nutrition Patients: 536

Diabetes Education Visits/Medical Nutrition Visits: 579

After the three month follow-up:

31.4% of our patients are checking their feet daily

48.8% of our patients have a hemoglobin A1c of less than 7%

Average decrease of Hemoglobin A1c of 0.91points

Laboratory- Wilkes Health patients receive lab work to assist with prevention, diagnosis, and treatment.

Lab Tests Performed: 9,962

Family Planning- Teens and adults receive complete medical care and are provided with information and options about birth control choices including abstinence.

Patients Served: 544

Patient Visits: 1,028

Vasectomies: 1

Pharmacy- Wilkes Health patients may receive medications at reduced cost; or arrangements may be made through an agreement with Care Connection Pharmacy.

Total Medications Filled: 1,541

Prescription Medications Filled: 1,004

Over the Counter Medications Filled: 537

Vital Records- Birth and death records are registered and analyzed to discover local health issues, and possible prevention activities.

Live Births Recorded: 328

Deaths Recorded: 580

Women, Infants & Children (WIC)- Eligible women and children are provided nutrition education and coupons for supplemental foods. (Numbers reflect average totals from July 2018- June 2019)

Clients: 1,546



Board of Health Members:

- Joseph Fesperman, MD, Chair
- Carl Page P.E., Vice Chair
- Susan Bachmeier, RN
- Robert Ricketts, DDS
- Robbins Miller, DVM
- Gary Nash, OD
- Marcia Reynolds– RPh
- David Gambill, Jr., County Commissioner
- Teana Compeau, Public Member
- Deborah Britton, Public Member
- Sylvia Robinson, Public Member

Mobile Expanded School Health (MESH)

High school students receive immunizations, sports physicals, sick and injury care, counseling and support. Teen parents also receive pre- and post-natal health information, support and referrals for other services.

Total Student Visits: 2,616
 Behavioral Health Visits: 1,661 (includes middle school and high school students)
 Medical Visits: 955
 Sports Physicals: 415

Communicable & Sexually Transmitted Diseases

Screening, monitoring, and treatment for certain communicable diseases is available. Coordination with health care providers and public education is provided.

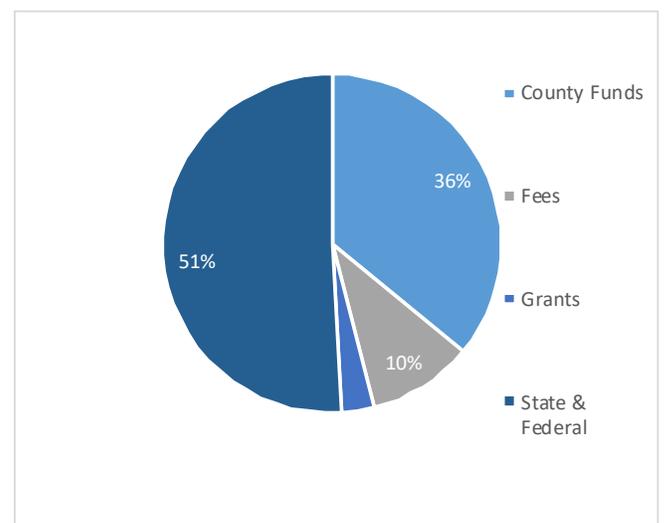
HIV Tests: 693
 TB Patients: 0
 Rabies Investigations: 55
 Reportable Diseases: 327

Immunizations (Shots/Vaccines)

Children receive vaccine management, monitoring, and administration. Boosters for employment, vaccines for international travelers, and flu and pneumococcal vaccines are also available.

Total vaccines administered: 2,137
 Total Hepatitis A vaccines: 188
 Total T-Dap vaccines: 364
 Flu vaccines administered: 846

Health Department Revenue



For More Information Please Visit Us On the Web at
www.wilkeshealth.com
 or
www.facebook.com/WilkesCountyHealth/