2018 Community Health Assessment

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Acknowledgments

Thank you to all the individuals who assisted in the data collection, compilation, and analysis required to complete the 2018 Surry County Community Health Assessment.

Introduction

The Community Health Assessment is a report documenting identified 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. It 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 develop strategies to address the community’s health needs and identified issues.

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 Healthy Surry Task Force. Healthy Surry members are individuals from local agencies/organizations that work closely with the Health and Nutrition Center. Through these partnerships, surveys were more easily distributed across the county.

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Organization</th>
<th>Committee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samantha Ange</td>
<td>Health Director</td>
<td>Surry County Health &amp; Nutrition Center</td>
<td>Advisory Group</td>
</tr>
<tr>
<td>Maggie Simmons</td>
<td>Assistant Health Director</td>
<td>Surry County Health &amp; Nutrition Center</td>
<td>Advisory Group</td>
</tr>
<tr>
<td>Sarah Welch</td>
<td>Nutrition/Health Education Director</td>
<td>Surry County Health &amp; Nutrition Center</td>
<td>Work Group</td>
</tr>
<tr>
<td>Allie Willard</td>
<td>Health Education</td>
<td>Surry County Health &amp; Nutrition Center</td>
<td>Work Group</td>
</tr>
<tr>
<td>Victoria Cox</td>
<td>Health Education</td>
<td>Surry County Health &amp; Nutrition Center</td>
<td>Work Group</td>
</tr>
<tr>
<td>Amanda Clark</td>
<td>Health Education</td>
<td>Surry County Health &amp; Nutrition Center</td>
<td>Work Group</td>
</tr>
<tr>
<td>Carmen Long</td>
<td>Area Agent, Family &amp; Consumer Education</td>
<td>Cooperative Extension</td>
<td>Work Group</td>
</tr>
<tr>
<td>Whitney Collins</td>
<td>4-H Coordinator</td>
<td>Cooperative Extension</td>
<td>Work Group</td>
</tr>
<tr>
<td>Kasey Summers</td>
<td>Health &amp; Wellness Program Supervisor</td>
<td>Reeves Community Center</td>
<td>Work Group</td>
</tr>
<tr>
<td>Dr. Travis Reeves</td>
<td>Surry County Schools Superintendent</td>
<td>Surry County Schools</td>
<td>Work Group</td>
</tr>
<tr>
<td>Dr. Myra Cox</td>
<td>Elkin City Schools Superintendent</td>
<td>Elkin City Schools</td>
<td>Work Group</td>
</tr>
<tr>
<td>Dr. Kim Morrison</td>
<td>Mount Airy City Schools Superintendent</td>
<td>Mount Airy City Schools</td>
<td>Work Group</td>
</tr>
<tr>
<td>Jesse Hiatt</td>
<td>Director of Accountability &amp; Student Services</td>
<td>Mount Airy City Schools</td>
<td>Work Group</td>
</tr>
<tr>
<td>Myron Waddell</td>
<td>Assistant Emergency Services Director</td>
<td>Surry County Emergency Services</td>
<td>Work Group</td>
</tr>
<tr>
<td>Daniel White</td>
<td>Surry County Parks and Recreation Director</td>
<td>Surry County Parks and Recreation</td>
<td>Work Group</td>
</tr>
<tr>
<td>Bradley Key</td>
<td>Program and Event Coordinator</td>
<td>Surry County Parks and Recreation</td>
<td>Work Group</td>
</tr>
<tr>
<td>Rochelle Mason</td>
<td>Public Transportation Mobility Manager</td>
<td>YVEDDI</td>
<td>Work Group</td>
</tr>
<tr>
<td>Ashly Lancaster</td>
<td>Director of Marketing and Communications</td>
<td>Northern Hospital of Surry</td>
<td>Work Group</td>
</tr>
<tr>
<td>Mark Tucker</td>
<td>Instructor/Athletic Director</td>
<td>Surry Community College</td>
<td>Work Group</td>
</tr>
</tbody>
</table>

The CHA team randomly surveyed approximately 200 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 both within the Piedmont region of central North Carolina and in the Appalachian Mountains region of western North Carolina. Most of the eastern two-thirds of the county lies within the Piedmont, a region of gently rolling hills and valleys. However, the Piedmont of Surry County also contains a small portion of the Sauratown Mountains; Surry County marks the western end of the Sauratown Mountain range. The western third lies within the Blue Ridge Mountains. Surry County has twelve townships and four municipalities. Each have their own unique history, features, attractions, culture, and hospitality. The four municipalities are Dobson (County Seat), Elkin, Mt. Airy, and Pilot Mountain.

According to the United States Census Bureau, the county has a total of 536 square miles, of which 532 square miles is land and 4.1 square miles is water. There are three recognized major rivers located in the county; the Ararat, Fisher, and the Mitchell. All three rivers flow southward and are tributaries of the Yadkin River, which forms the southern border of the county.

History

Surry County, established in 1771 from part of Rowan County, borders Virginia and is also 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 were the first natives to live and reside in present-day Surry County. The Cherokee Indians had claims in the mountain region of the state, and consequently, there were constant issues of tribal rivalry. Many of the paths and trails made by Indian hunters served as a rough outline for the present railways and highways in Surry. Virginian settlers were the first white men to inhabit the area, and subsequent immigrants from England and Germany came to the region. Attracted by the natural beauty and resources of the region, most built houses and farms along the Yadkin River while others resided on the edge of the Dan River. As more families and frontiersmen colonized the region, a petition was filed with the hope to establish a new courthouse. In 1771 the proposal was adopted and Surry County was finally established.
Population Demographics

**Surry County Population**

<table>
<thead>
<tr>
<th>Year</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980</td>
<td>59,449</td>
</tr>
<tr>
<td>1990</td>
<td>61,704</td>
</tr>
<tr>
<td>2000</td>
<td>71,219</td>
</tr>
<tr>
<td>2010</td>
<td>73,873</td>
</tr>
</tbody>
</table>

**North Carolina Population**

<table>
<thead>
<tr>
<th>Year</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980</td>
<td>5,881,766</td>
</tr>
<tr>
<td>1990</td>
<td>6,628,637</td>
</tr>
<tr>
<td>2000</td>
<td>8,049,313</td>
</tr>
<tr>
<td>2010</td>
<td>9,535,691</td>
</tr>
</tbody>
</table>

**Population**: The population of both Surry County and North Carolina have been steadily increasing over the past few years. According to the 2019 County Health Data Book, it was estimated that in 2017, Surry County’s population grew to 72,224 and North Carolina's population grew to 10,273,419.
**Age Demographics**

**Age of Population:** In Surry County, there are more persons between the ages of 45-49 than any other age category. North Carolina also has the largest representation between the ages of 45-49.

**Gender Demographics**

**Gender of Population:** In 2017, Surry County was 51.2% female, and 48.8% male and North Carolina was 51.3% female and 48.7% male. There has not been a significant change in the number of female and male residents in both Surry County and North Carolina over the past 5 years.
Race Demographics

Population by Race in Surry County

Surry County's population is 83.9% Caucasian, 10.6% Hispanic, 4.1% African American, and 1.4% Other, Non-Hispanic.

Population by Race in North Carolina

The population demographics of North Carolina are: 63.1% White, Non-Hispanic, 22.2% African American, Non-Hispanic, 4.8% Other, Non-Hispanic, and 9.5% Hispanic.
Socioeconomic Factors Affecting Health

Household Income

The 2017 median household incomes are:

Surry County: $39,071
North Carolina: $50,320
## Employment Statistics

### Unemployment Rates

<table>
<thead>
<tr>
<th>Year</th>
<th>Surry County Unemployment Rate</th>
<th>North Carolina Unemployment Rate</th>
<th>Rutherford County Unemployment Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>8.6%</td>
<td>8%</td>
<td>11.1%</td>
</tr>
<tr>
<td>2016</td>
<td>6.1%</td>
<td>6.1%</td>
<td>8.4%</td>
</tr>
<tr>
<td>2017</td>
<td>5.5%</td>
<td>5.7%</td>
<td>7.8%</td>
</tr>
<tr>
<td>2018</td>
<td>4.8%</td>
<td>5.1%</td>
<td>6.7%</td>
</tr>
</tbody>
</table>

### 10 Largest Employers in Surry County in 2018

<table>
<thead>
<tr>
<th>Rank</th>
<th>Company Name</th>
<th>Industry</th>
<th>Employment Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Surry County Board of Education</td>
<td>Education</td>
<td>1,000+</td>
</tr>
<tr>
<td>2</td>
<td>Wayne Farms, LLC</td>
<td>Manufacturing</td>
<td>500-999</td>
</tr>
<tr>
<td>3</td>
<td>County of Surry</td>
<td>Public Administration</td>
<td>500-999</td>
</tr>
<tr>
<td>4</td>
<td>Northern Hospital of Surry</td>
<td>Health Services</td>
<td>500-999</td>
</tr>
<tr>
<td>5</td>
<td>Hugh Chatham Memorial Hospital</td>
<td>Health Services</td>
<td>500-999</td>
</tr>
<tr>
<td>6</td>
<td>Wal-mart Associates Inc.</td>
<td>Trade, Transportation, &amp; Utilities</td>
<td>500-999</td>
</tr>
<tr>
<td>7</td>
<td>Surry Community College</td>
<td>Education</td>
<td>250-499</td>
</tr>
<tr>
<td>8</td>
<td>Smith Rowe LLC</td>
<td>Construction</td>
<td>250-499</td>
</tr>
<tr>
<td>9</td>
<td>Pike Electric Inc.</td>
<td>Construction</td>
<td>250-499</td>
</tr>
<tr>
<td>10</td>
<td>Renfro Corporation</td>
<td>Manufacturing</td>
<td>250-499</td>
</tr>
</tbody>
</table>

**Employment**— Surry County, Rutherford County (Peer County), and North Carolina have all experienced a steady decrease in the unemployment rate from 2015 to 2018.
Surry County 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**

Surry County has an ample amount of educational opportunities. There are three school systems and one charter academy within the county that run Pre-Kindergarten through High School; 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 80 programs which consist of associate’s degrees, diplomas or certificates, and online bachelor’s degree programs.

<table>
<thead>
<tr>
<th>System</th>
<th>Elementary School</th>
<th>Number of Students</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>Cedar Ridge</td>
<td>389</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Copeland</td>
<td>345</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dobson</td>
<td>400</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flat Rock</td>
<td>274</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Franklin</td>
<td>572</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mountain Park</td>
<td>190</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pilot Mountain</td>
<td>440</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rockford</td>
<td>383</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shoals</td>
<td>275</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Westfield</td>
<td>237</td>
<td></td>
</tr>
<tr>
<td></td>
<td>White Plains</td>
<td>337</td>
<td></td>
</tr>
<tr>
<td>Elkin City</td>
<td>Elkin</td>
<td>641</td>
<td>Pre-K - 6th grade</td>
</tr>
<tr>
<td>Mt. Airy City</td>
<td>Tharrington Primary</td>
<td>372</td>
<td>K-2nd grade</td>
</tr>
<tr>
<td>Mt. Airy City</td>
<td>Jones Intermediate</td>
<td>361</td>
<td>3rd-5th grade</td>
</tr>
<tr>
<td>Millennium Charter Academy</td>
<td>675</td>
<td></td>
<td>Charter K-12th grade</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>System</th>
<th>Middle School</th>
<th>Number of Students</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>Central Middle</td>
<td>602</td>
<td>6th-8th grade</td>
</tr>
<tr>
<td></td>
<td>Gentry Middle</td>
<td>367</td>
<td>6th-8th grade</td>
</tr>
<tr>
<td></td>
<td>Meadowview Middle</td>
<td>428</td>
<td>6th-8th grade</td>
</tr>
<tr>
<td></td>
<td>Pilot Mountain Middle</td>
<td>463</td>
<td>6th-8th grade</td>
</tr>
<tr>
<td></td>
<td>Elkin Middle</td>
<td>188</td>
<td>6th-8th grade</td>
</tr>
<tr>
<td></td>
<td>Mt. Airy Middle</td>
<td>358</td>
<td>6th-8th grade</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>System</th>
<th>High School</th>
<th>Number of Students</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>North Surry</td>
<td>861</td>
<td></td>
</tr>
<tr>
<td></td>
<td>East Surry</td>
<td>628</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Surry Central</td>
<td>801</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Surry Early College High School</td>
<td>383</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Elkin High</td>
<td>392</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mt. Airy High</td>
<td>542</td>
<td></td>
</tr>
</tbody>
</table>
Educational Attainment

77.6% of individuals in Surry County have a high school diploma or higher.

North Carolina Educational Attainment
Graduation Rates

SAT Scores

2018 Average SAT Scores:

<table>
<thead>
<tr>
<th>Region</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County Schools</td>
<td>1084</td>
</tr>
<tr>
<td>Elkin City Schools</td>
<td>1050</td>
</tr>
<tr>
<td>Mt. Airy City Schools</td>
<td>1133</td>
</tr>
<tr>
<td>North Carolina</td>
<td>1090</td>
</tr>
<tr>
<td>United States</td>
<td>1049</td>
</tr>
</tbody>
</table>

The average Scholastic Aptitude Test (SAT) scores for the three school systems vary as much as 84 points from one another; however, all three school systems rank above the national average.
Environmental Factors Affecting Health

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 the necessary steps to remediate any problems that may arise.

2018 Surry County Air Quality Summary

<table>
<thead>
<tr>
<th>Air Quality Index Range</th>
<th>Classification</th>
<th>Number of Days within Each Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-50</td>
<td>Good</td>
<td>241</td>
</tr>
<tr>
<td>51-100</td>
<td>Moderate</td>
<td>122</td>
</tr>
<tr>
<td>101-150</td>
<td>Unhealthy for Sensitive Groups</td>
<td>3</td>
</tr>
<tr>
<td>151-200</td>
<td>Unhealthy</td>
<td>0</td>
</tr>
<tr>
<td>201-300</td>
<td>Very Unhealthy</td>
<td>0</td>
</tr>
<tr>
<td>&gt; 301</td>
<td>Hazardous</td>
<td>0</td>
</tr>
</tbody>
</table>

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

Lead Hazards

Lead exposure is a public health problem in adults and children across North Carolina and the U.S. Children can be poisoned at much lower levels and have more serious health effects. Surry County Environmental Health is a part of the Childhood Lead Poisoning Prevention Program. When contacted with a confirmed elevated/poisoned blood level in a child less than six years old, they will conduct an investigation to try to identify the possible source.

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

Source: Centers for Disease Control
Socioeconomic Factors Affecting Health

Surry County was designated as a Tier 2 county in 2017 and 2018. However, according to the NC Department of Commerce, Surry County has now dropped to a Tier 1 county for 2019, indicating it is one of the 40 most distressed counties in the state. County tiers are calculated using four factors: average unemployment rate, median household income, percentage growth in population, and adjusted property tax base per capita.

The 2013-2017 American Community Survey states that the median household income in Surry County is slightly over $11,000 less than that of North Carolina, which is a greater deficit than what is shown in the 2009-2013 American Community Survey. Nearly 18% of the total population of Surry County reported an income that was below the poverty level in 2017, with the largest age group living in poverty being those under the age of 18.

Surry County offers multiple employment opportunities, with the largest employer in the county being the Surry County School System. Over the last 4 years there has been a steady decline in the unemployment rates, both in Surry County and North Carolina. The unemployment rate for Surry County as of 2018 is 4.8%. There are 32,246 individuals in the labor force as of 2017, and the average weekly wage is $677.00.

Surry County is made up of three school systems: Elkin City Schools, Mt. Airy City Schools, and Surry County Schools. These school systems provide an abundance of employment opportunities for residents and a quality education for students. Surry County’s graduation rate is higher than the state and national average. The SAT scores are comparable to the state and national averages. As of 2018, 56% of students in the county are eligible for free or reduced lunch prices.

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 used of rules, technology, public education and dedication. Environmental health encompasses food protection, facilities inspection, children’s environmental health and on-site water protection.

In 2018, the Environmental Health division completed 1,788 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 2,140 visits and investigations for the on-site wastewater program which provides oversight of wastewater treatment and testing of private drinking water wells.

In addition to ensuring the safety of food and water, they also inspect and provide sanitation ratings for daycare facilities and school buildings, conducts investigations of homes and facilities associated with elevated blood levels in children through the childhood lead poisoning prevention program, permits and inspects public swimming pools and spas, and permits and inspects tattoo establishments and tattoo artists.

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.
Community Health Status

Births

North Carolina Resident Live Birth Rates per 1,000 Population 2013-2017

<table>
<thead>
<tr>
<th>County of Residence</th>
<th>Total Births</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>3,692</td>
<td>10.2</td>
</tr>
<tr>
<td>North Carolina</td>
<td>601,621</td>
<td>12</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>3,364</td>
<td>10.1</td>
</tr>
</tbody>
</table>

### 2013-2017 North Carolina Resident Live Births by County of Residence

<table>
<thead>
<tr>
<th>County of Residence</th>
<th>Low Birth Weight</th>
<th>Very Low Birth Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>8.6</td>
<td>1.7</td>
</tr>
<tr>
<td>North Carolina</td>
<td>9.1</td>
<td>1.7</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>8.7</td>
<td>1.7</td>
</tr>
</tbody>
</table>

### 2013-2017 Percent of North Carolina Resident Births Where Mother Smoked During Pregnancy

<table>
<thead>
<tr>
<th>County of Residence</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>20.9</td>
</tr>
<tr>
<td>North Carolina</td>
<td>9.4</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>21.6</td>
</tr>
</tbody>
</table>

**Note:** Percentages reflect the proportion of births where the mother smoked during pregnancy, calculated per 1,000 births.
Births

Teen Pregnancies:

<table>
<thead>
<tr>
<th>County of Residence</th>
<th>2017 Resident Births to Mothers Under 18 Years of Age (In percentages)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>1.6</td>
</tr>
<tr>
<td>North Carolina</td>
<td>1.5</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>1.6</td>
</tr>
</tbody>
</table>

Began Care in First Trimester of Pregnancy:

<table>
<thead>
<tr>
<th>County of Residence</th>
<th>2017 Resident Births: Care Began in First Trimester (In percentages)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>76</td>
</tr>
<tr>
<td>North Carolina</td>
<td>68.6</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>70.4</td>
</tr>
</tbody>
</table>

In 2017, Surry County and Rutherford County had the same rate of births to mothers under 18 years of age. Slightly, more women began prenatal care in the first trimester of pregnancy in Surry County compared to Rutherford County and North Carolina.

Infant Mortality

<table>
<thead>
<tr>
<th>County of Residence</th>
<th>2017 Infant Mortality Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>6.0</td>
</tr>
<tr>
<td>North Carolina</td>
<td>7.1</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>7.4</td>
</tr>
</tbody>
</table>

2016 Infant and Child Deaths by Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Surry County</th>
<th>Rutherford County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 1 Year of Age</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Ages 1-4</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Ages 5-9</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Ages 10-14</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Ages 15-17</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
## Leading Causes of Death

### 2017 Leading Causes of Death in Surry County

<table>
<thead>
<tr>
<th>Rank</th>
<th>Cause</th>
<th>Number</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cancer</td>
<td>207</td>
<td>21.2</td>
</tr>
<tr>
<td>2</td>
<td>Disease of the heart</td>
<td>182</td>
<td>18.6</td>
</tr>
<tr>
<td>3</td>
<td>Chronic lower respiratory diseases</td>
<td>61</td>
<td>6.2</td>
</tr>
<tr>
<td>4</td>
<td>Cerebrovascular diseases</td>
<td>51</td>
<td>5.2</td>
</tr>
<tr>
<td>5</td>
<td>All other unintentional injuries</td>
<td>48</td>
<td>4.9</td>
</tr>
<tr>
<td>6</td>
<td>Alzheimer's disease</td>
<td>37</td>
<td>3.8</td>
</tr>
<tr>
<td>7</td>
<td>Diabetes mellitus</td>
<td>32</td>
<td>3.3</td>
</tr>
<tr>
<td>8</td>
<td>Intentional self-harm (suicide)</td>
<td>30</td>
<td>3.1</td>
</tr>
<tr>
<td>9</td>
<td>Influenza and pneumonia</td>
<td>29</td>
<td>3.0</td>
</tr>
<tr>
<td>10</td>
<td>Chronic liver disease and cirrhosis</td>
<td>19</td>
<td>1.9</td>
</tr>
<tr>
<td>11</td>
<td>Septicemia</td>
<td>19</td>
<td>1.9</td>
</tr>
</tbody>
</table>

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

Throughout the years 2013-2017, Trachea, Bronchus, and Lung Cancer was the leading cause of cancer related deaths for Surry County, Rutherford County, and North Carolina. Deaths related to diseases of the heart was slightly higher in Surry County than North Carolina but still significantly less than Rutherford County. The rate of Chronic Lower Respiratory Disease related deaths were higher in Surry County than North Carolina but less than Rutherford County.

---

**2013-2017 Age-Adjusted Death Rates**

- **Cancer (Selected Sites)**
  - Colon, Rectum and Anus: Surry County 20, Rutherford County 20, North Carolina 20
  - Trachea, Bronchus and Lung: Surry County 58, Rutherford County 59, North Carolina 49
  - Breast: Surry County 19, Rutherford County 20, North Carolina 19
  - Prostate: Surry County 19, Rutherford County 16, North Carolina 19

- **Diseases of the Heart**
  - North Carolina: 159
  - Rutherford County: 202
  - Surry County: 169

**2013-2017 Age-Adjusted Death Rates**

- **Chronic Lower Respiratory Diseases**
  - Surry County: 58
  - Rutherford County: 45.5
  - North Carolina: 69.7

---

**Surr County** | **Rutherford County** | **North Carolina**
---|---|---
Col, Rectum and Anus | 20 | 20 | 20
Tr, Bron And Lung | 58 | 59 | 49
Breast | 19 | 20 | 19
Prostate | 19 | 16 | 19

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

2013-2017 Age-Adjusted Death Rate
Unintentional Motor Vehicle Injuries

<table>
<thead>
<tr>
<th></th>
<th>Surry County</th>
<th>Rutherford County</th>
<th>North Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rate</td>
<td>17.7</td>
<td>17.2</td>
<td>14.2</td>
</tr>
</tbody>
</table>

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

2013-2017 Age-Adjusted Death Rates
All Other Unintentional Injuries

<table>
<thead>
<tr>
<th></th>
<th>Surry County</th>
<th>Rutherford County</th>
<th>North Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rate</td>
<td>38.3</td>
<td>46.7</td>
<td>34.6</td>
</tr>
</tbody>
</table>

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

Surry County experienced a decline in Overdose Fatalities in 2018 compared to 2017, due to having Narcan readily available for use, but there was a drastic increase in the number of Overdose Cases. This shows that many forms of substance abuse are still a big problem.

Suicide

Surry County had a high rate of suicide related deaths from 2013-2017. Surry was among the top 5 counties in North Carolina from 2013-2017 for the greatest number of suicide deaths.
## Asthma

**2014 Hospital Discharges with a primary diagnosis of Asthma, per 100,000**

<table>
<thead>
<tr>
<th>Residence</th>
<th>Total Number</th>
<th>Total Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>48</td>
<td>65.8</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>51</td>
<td>76.6</td>
</tr>
<tr>
<td>North Carolina</td>
<td>9,035</td>
<td>90.9</td>
</tr>
</tbody>
</table>

## Diabetes Prevalence

**2018 Diagnosed Diabetes Prevalence**

<table>
<thead>
<tr>
<th>Residence</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>12</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>14</td>
</tr>
<tr>
<td>North Carolina</td>
<td>11</td>
</tr>
</tbody>
</table>

## Obesity

**2018 Adult Obesity**

<table>
<thead>
<tr>
<th>Residence</th>
<th>% of Adults who are Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>30.0</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>31.0</td>
</tr>
<tr>
<td>North Carolina</td>
<td>30.0</td>
</tr>
</tbody>
</table>
## Communicable Disease

### HIV/AIDS

<table>
<thead>
<tr>
<th>Residence</th>
<th>Persons Living with HIV Infection as of 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>84</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>86</td>
</tr>
<tr>
<td>North Carolina</td>
<td>35,045</td>
</tr>
</tbody>
</table>

### Chlamydia

<table>
<thead>
<tr>
<th>Residence</th>
<th>Cases in 2017</th>
<th>Cases in 2016</th>
<th>Cases in 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>213</td>
<td>185</td>
<td>169</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>244</td>
<td>223</td>
<td>188</td>
</tr>
<tr>
<td>North Carolina</td>
<td>62,893</td>
<td>58,078</td>
<td>54,384</td>
</tr>
</tbody>
</table>

### Gonorrhea

<table>
<thead>
<tr>
<th>Residence</th>
<th>Cases in 2017</th>
<th>Cases in 2016</th>
<th>Cases in 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>46</td>
<td>34</td>
<td>15</td>
</tr>
<tr>
<td>Rutherford County (Peer County)</td>
<td>152</td>
<td>83</td>
<td>44</td>
</tr>
<tr>
<td>North Carolina</td>
<td>22,694</td>
<td>19,726</td>
<td>17,049</td>
</tr>
</tbody>
</table>

### Early Syphilis (Primary, Secondary, Early Latent)

<table>
<thead>
<tr>
<th>Residence</th>
<th>Cases in 2017</th>
<th>Cases in 2016</th>
<th>Cases in 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surry County</td>
<td>4</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Rutherford County (Peer)</td>
<td>4</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>North Carolina</td>
<td>1,844</td>
<td>1,823</td>
<td>1,870</td>
</tr>
</tbody>
</table>
1. In your opinion, what is the biggest health issue(s) facing your community today?

   **Top 3**
   1. Substance Abuse
   2. Obesity
   3. Mental Health

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

2. In your opinion, what are the top 3 services that need the most improvement in your community? (Please check your top three)

   Question 2 shows that more affordable health services and positive teen activities need the most improvement in the community.

3. Where do you get most of your health-related information? (Please check one)

   Question 3 shows that over half of the survey participants get most of their health-related information from a doctor or nurse.
Survey and Results

4. Would you say that, in general, your health is: (Please check one)

<table>
<thead>
<tr>
<th>Health Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>9.83%</td>
</tr>
<tr>
<td>Very Good</td>
<td>34.68%</td>
</tr>
<tr>
<td>Good</td>
<td>39.31%</td>
</tr>
<tr>
<td>Fair</td>
<td>15.03%</td>
</tr>
<tr>
<td>Poor</td>
<td>2.31%</td>
</tr>
<tr>
<td>Not Sure</td>
<td>0%</td>
</tr>
</tbody>
</table>

Question 4 shows that the majority of survey participants think they are in good or very good health.

5. Have you ever been told by a doctor, nurse, or other health professional that you have any of the following health conditions? (Please check all that apply)

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>7.52%</td>
</tr>
<tr>
<td>Angina/Heart Disease</td>
<td>9.77%</td>
</tr>
<tr>
<td>Overweight/Obesity</td>
<td>46.62%</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>8.27%</td>
</tr>
<tr>
<td>Diabetes (Not During Pregnancy)</td>
<td>17.29%</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>34.59%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>39.85%</td>
</tr>
<tr>
<td>Depression or Anxiety</td>
<td>51.13%</td>
</tr>
<tr>
<td>Asthma</td>
<td>19.55%</td>
</tr>
</tbody>
</table>

Question 5 shows that Depression/Anxiety was diagnosed more than any other health condition among survey participants.
Survey and Results

6. Which of the following health topics do you think your child(ren) need(s) more information about? (Please check your top three)

- Drug Prevention: 56.79%
- Bullying: 38.27%
- Depression/Anxiety: 35.19%
- Anger Management: 22.84%
- Suicide Prevention: 22.84%
- Alcohol: 16.67%
- Reckless Driving/Speeding: 16.67%
- Nutrition: 16.67%
- Asthma Management: 10.09%
- Abstinence/Safe Sex: 8.98%
- Dental Hygiene: 7.80%
- Tobacco Cessation: 6.67%
- Other: 3.09%
- None of These Topics: 0.62%

Question 6 identifies Drug Prevention, Bullying and Depression/Anxiety as the top three topics that children need more information about.

7. In your opinion, which top 3 health behaviors do people in your community need more information about? (Please check your top 3)

- Substance Abuse: 47.27%
- Eating Well/Nutrition: 41.21%
- Exercising/Fitness: 25.45%
- Suicidal Ideation: 24.85%
- Preventing Pregnancy and Sexually Transmitted Infections (Safe Sex): 17.58%
- Child Care/Parenting: 18.79%
- Quitting Smoking/Tobacco Use Prevention: 18.79%
- Driving Safely: 15.52%
- Using Seat Belts: 15.52%
- Using Child Safety Seats: 12.12%
- Preparing for an Emergency/Disaster: 10.67%
- Getting Flu Shots and Other Vaccines: 10.83%
- Getting Prenatal Care During Pregnancy: 10.83%
- Going to a Doctor for Yearly Check-Ups and Screenings: 10.83%
- Going to a Dentist for Check-Ups/Preventative Care: 8.98%
- Managing Weight: 7.80%
- Exercising/Fitness: 6.67%
- Other: 6.67%

Question 7 identifies Substance Abuse, Eating Well/Nutrition and Exercising/Fitness as the top three health behaviors that the community needs more information about.
8. What are the top 3 biggest substance abuse problems in Surry County? (Rank 1 to 3, with 1 being the biggest problem)

Question 8 shows the top 3 substance abuse problems in the county according to the survey population. These are Abuse of Prescription Drugs/Pills, Methamphetamine (Meth), and Street Drugs (Cocaine, Crack, Heroin).

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

Question 9 shows that well over half of the survey participants think Comprehensive Sex Education should be taught in the local schools.
10. 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. (Please check one)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>I do not like exercise</td>
<td>9.26%</td>
</tr>
<tr>
<td>Expensive</td>
<td>6.79%</td>
</tr>
<tr>
<td>I do not have time to exercise</td>
<td>32.1%</td>
</tr>
<tr>
<td>There is no safe place to exercise</td>
<td>14.2%</td>
</tr>
<tr>
<td>I am physically disabled</td>
<td>4.94%</td>
</tr>
<tr>
<td>I feel like I get this at work</td>
<td>27.78%</td>
</tr>
<tr>
<td>Nothing. I get this much physical activity</td>
<td>0%</td>
</tr>
</tbody>
</table>

Question 10 shows that 32% of survey participants feel they do not have time to exercise, while 28% of participants think they get the recommended amount of physical activity in a week's time.

11. Where do you go to exercise or engage in physical activity? (Please check all that apply)

<table>
<thead>
<tr>
<th>Location</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parks or trails</td>
<td>45.4%</td>
</tr>
<tr>
<td>Public recreation center</td>
<td>23.31%</td>
</tr>
<tr>
<td>Private gym or pool</td>
<td>14.72%</td>
</tr>
<tr>
<td>Home/neighborhood</td>
<td>19.63%</td>
</tr>
<tr>
<td>Work</td>
<td>3.07%</td>
</tr>
</tbody>
</table>

Question 11 shows that over half of survey participants engage in physical activity at home or in their neighborhood.

12. Do you currently smoke?

Yes: 18.13%
No: 81.87%

Question 12 indicates that a large majority of the survey participants are non-smokers.
### Survey and Results

13. Where would you go for help if you wanted to quit smoking? (Please check all that apply)

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>DOCTOR</td>
<td>23.4%</td>
</tr>
<tr>
<td>QUIT LINE NC</td>
<td>7.09%</td>
</tr>
<tr>
<td>HEALTH DEPARTMENT</td>
<td>5.67%</td>
</tr>
<tr>
<td>PRIVATE COUNSELOR/ THERAPIST</td>
<td>2.13%</td>
</tr>
<tr>
<td>CHURCH</td>
<td>1.42%</td>
</tr>
<tr>
<td>I DON'T KNOW</td>
<td>21.99%</td>
</tr>
<tr>
<td>PHARMACY</td>
<td>4.96%</td>
</tr>
<tr>
<td>OTHER</td>
<td>2.13%</td>
</tr>
</tbody>
</table>

Question 13 shows that most of the survey participants don’t smoke. For those that do smoke, most would get help from a doctor, while others aren’t sure where they would seek help.

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

Yes: 91.76%

No: 8.24%

Question 14 shows that the majority of survey participants support tobacco-free environments.

15. Do you and your family recycle?

Yes: 67.06%

No: 32.94%

Question 14 shows that the majority of survey participants recycle.

16. Which of the following Surry County environmental health concerns do you believe most affects your health? (Please choose one)

<table>
<thead>
<tr>
<th>Concern</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>SECOND HAND SMOKE</td>
<td>15.95%</td>
</tr>
<tr>
<td>RABIES</td>
<td>20.25%</td>
</tr>
<tr>
<td>AIR QUALITY</td>
<td>14.11%</td>
</tr>
<tr>
<td>METH LABS</td>
<td>12.88%</td>
</tr>
<tr>
<td>FOOD SAFETY</td>
<td>11.04%</td>
</tr>
<tr>
<td>SEPTIC SYSTEM FAILURE</td>
<td>1.84%</td>
</tr>
<tr>
<td>NONE OF THE ABOVE</td>
<td>1.23%</td>
</tr>
<tr>
<td>LEAD EXPOSURE</td>
<td>1.84%</td>
</tr>
<tr>
<td>DRUG E Drought</td>
<td>0%</td>
</tr>
<tr>
<td>MOLD</td>
<td>17.79%</td>
</tr>
<tr>
<td>RECYCLING</td>
<td>1.23%</td>
</tr>
<tr>
<td>RADON</td>
<td>1.23%</td>
</tr>
<tr>
<td>FLOURIDE-ENRICHED WATER</td>
<td>3.07%</td>
</tr>
<tr>
<td>DRINKING WATER</td>
<td>19.02%</td>
</tr>
</tbody>
</table>

Question 16 indicates that the majority of survey participants believe Second Hand Smoke most affects their health in Surry County.
Survey and Results

17. If you are over age 50, have you ever had a colonoscopy?
   Yes: 29.75%
   No:  6.96%
   I am not over age 50: 63.29%

   Question 17 indicates that the majority of participants are not over the age of 50.

18. If you are a male over age 40, do you have an annual prostate exam?
   Yes: 8.59%
   No:  7.81%
   I am not a male over age 40: 83.59%

   Question 18 indicates that the majority of participants are not male or over the age of 40.

19. If you are a female over age 40, do you have an annual mammogram?
   Yes: 33.77%
   No:  5.84%
   I am not a female over the age of 40: 60.39%

   Question 19 indicates that the majority of participants are not female or over the age 40.

20. If you are a female, do you have a pap smear at least every other year?
   Yes: 74.83%
   No:  17.22%
   I am not a female: 7.95%

   Question 20 indicates that the majority of female participants get a pap smear at least every other year.

21. Where do you go most often for health care when you are sick? (Please check one)

   ![Chart showing health care choices]

   **Top 3**
   1. Private Doctor’s Office
   2. Urgent Care Clinic
   3. Health Department

   Question 21 shows that the majority go to a Private Doctor’s Office when they are sick.
Survey and Results

22. Where do you go when you need your yearly check-up or physical? (Please check one)

<table>
<thead>
<tr>
<th>Location</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Doctor’s Office</td>
<td>65.68%</td>
</tr>
<tr>
<td>OB/GYN/Women’s Health Provider</td>
<td>17.75%</td>
</tr>
<tr>
<td>Health Department</td>
<td>9.47%</td>
</tr>
<tr>
<td>Urgent Care Center</td>
<td>2.37%</td>
</tr>
<tr>
<td>Free Clinic</td>
<td>1.78%</td>
</tr>
<tr>
<td>Hospital</td>
<td>0%</td>
</tr>
<tr>
<td>Walk-in Clinic</td>
<td>0%</td>
</tr>
<tr>
<td>Health Department (other)</td>
<td>8.28%</td>
</tr>
<tr>
<td>I don’t go anywhere for a yearly check-up or physical</td>
<td>0.59%</td>
</tr>
</tbody>
</table>

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

Question 22 shows that the majority of participants go to a Private Doctor’s Office for their yearly check-up or physical.

23. Where do you go first to find out about local news or events? (Please check one)

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Network Website (Ex. Facebook)</td>
<td>25.44%</td>
</tr>
<tr>
<td>Internet</td>
<td>39.64%</td>
</tr>
<tr>
<td>Church</td>
<td>2.96%</td>
</tr>
<tr>
<td>Workplace</td>
<td>2.96%</td>
</tr>
<tr>
<td>School</td>
<td>0.59%</td>
</tr>
<tr>
<td>TV</td>
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<tr>
<td>Newspapers</td>
<td>14.2%</td>
</tr>
<tr>
<td>Magazines</td>
<td>1.78%</td>
</tr>
<tr>
<td>Friends and Family</td>
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<tr>
<td>Other</td>
<td>1.18%</td>
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</tbody>
</table>

Question 23 shows that the majority of participants go to the internet to find out about local events.

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

Question 24 shows that over half of the participants feel somewhat prepared for a large-scale disaster or emergency.
Survey and Results

25. Where do you buy most of your food? (Please check one)

Question 25 shows that nearly 100% of participants buy most of their food from a grocery store.

26. How often do you eat fresh fruits and vegetables? (Please check one)

Question 26 shows that the majority of participants eat fresh fruits and vegetables everyday or a few times per week.

27. 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 27 shows the majority of participants eat 5 or more servings of fruits and vegetables a day.
Survey and Results

28. Which of the following makes it hard for you to buy food? (Please check all that apply)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other</td>
<td>24.82%</td>
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<tr>
<td>Unemployment</td>
<td>3.55%</td>
</tr>
<tr>
<td>Distance to Grocery Store</td>
<td>3.55%</td>
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<tr>
<td>Cost of Food</td>
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<tr>
<td>Transportation</td>
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Question 28 shows that the cost of food is what makes it hard for participants to buy food.

The following questions are for statistical purposes only.

29. What is your gender?

30. How old are you? (Please check one)
31. What is your race? (Please check all that apply)

32. Are you of Hispanic or Latino origin? (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.”)

33. What is the highest level of school, college, or vocational training that you have finished? (Please check one)
34. What was your total household income last year before taxes? (Please check one)

- OVER $75,000: 21.21%
- $50,000 TO $74,999: 19.39%
- $35,000 TO $49,999: 11.52%
- $25,000 TO $34,999: 10.91%
- $20,000 TO $24,999: 8.48%
- $15,000 TO $19,999: 3.64%
- $10,000 TO $14,999: 5.45%
- LESS THAN $10,000: 10.39%

35. What is your zip code?

<table>
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<td>27621</td>
<td>.61</td>
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</table>

Question 29–35 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 bachelor’s degree. The largest category of reported household income was over $75,000 but the second largest category right after that was $50,000-$74,999 and less than $10,000, therefore, many survey participants fell on opposite ends of the spectrum.
Community Health and Survey Results

In 2018, Surry County ranked 55th 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 recent data, 20% of adults and 6% of children in Surry County are uninsured. The number of uninsured adults and children has steadily declined in recent years which is good for the health of the county’s citizens.

Surry County’s Health Behaviors are comparable to North Carolina’s overall statistics in several areas. According to the County Health Rankings, 19% of adults in the county are smokers, 30% of adults are obese, 12% are diabetic, and 29% reported being physically inactive. The life expectancy for Surry County is 75.5 years old, and 20% of adults reported they are in poor or fair health. In four years time, the number of adults that smoke have dropped by nearly 10%. This has also reduced the amount of secondhand smoke that residents are exposed to. Surry County has become healthier in many ways and continues to work towards providing a healthy and safe environment for community members.

The top three leading causes of death in Surry County are: Cancer, disease of the heart and chronic lower respiratory disease. These leading causes could potentially be caused by poor health decisions such as smoking, physical inactivity, obesity, drug use, environmental hazards and many other factors.

The data collected from the community health survey shows how residents perceive Surry County and the community they live in. The biggest health issues perceived are substance abuse, obesity, and mental health. These issues have been of concern for several years now, but the substance abuse and mental health issues continue to become increasingly worse over time. Various agencies continue collaborating and working together to address these areas of concern through community programs and efforts. The county is in the process of putting together plans for addressing the opioid and substance abuse issues.
Priority Health Issues

After 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. Substance Abuse
2. Obesity
3. Mental Health

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

- Diabetes
- Nutrition
- Healthy Aging
- Heart Disease
- Injury Prevention

Summary

The community health assessment process was a great example of collaboration between the Surry County Health and Nutrition Center, the Healthy Surry Task Force, and other community partners. The surveys served as a valuable tool in determining health disparities, deficiencies, needs and concerns of community members.

Since the previous community health assessment in 2014, Surry County has persistently worked to address the priority issues of obesity, substance abuse, and access to affordable health care through various educational programs, interventions and outreach methods. Surry County’s adult obesity rate dropped from 31% in 2014 to 30% in 2018. Although, that is not a significant decrease, it does show that some progress is being made in areas such as nutrition and physical activity. Obesity will continue to be addressed to people of all age groups over the next cycle.

Substance abuse was seen as a top priority, as determined by the 2014 community health assessment. This is now the number one issue in the county. In 2017, there were 237 overdose cases and 55 overdose fatalities in Surry County. Due to Narcan being more readily available and increased use, there were 32 overdose fatalities in the county for 2018, but overall there were 371 overdose cases. Looking at these statistics, there may have been less overdose deaths in 2018 but there was also a significant increase in the number of overdose calls ran by EMS. Substance abuse is a very problematic issue in Surry County. It was reported in the most recent community survey that the focus should be on prescription drugs, street drugs (cocaine, crack, heroin), and methamphetamine.

It is the mission of the Surry County Health and Nutrition Center to protect and promote personal, family, and community health in order to create an education 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 the development of an action plan focusing on the issues outlined in this document, vigorous efforts will be made to address each priority area. The priorities identified in this report will serve as a guide in ensuring the Surry County Health and Nutrition Center, along with community partners, are working towards a healthier community through programs and initiatives as seen fit.
A. CHA Survey

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

2. In your opinion what are the top 3 services that need the most improvement in your community?
   _____ Animal Control
   _____ Child Care Options
   _____ Elder Care Options
   _____ Services for disabled people
   _____ More affordable health services
   _____ Better/More healthy food choices
   _____ More affordable/Better housing
   _____ Number of health care providers
   _____ Healthy family activities
   _____ Positive teen activities
   _____ Transportation options
   _____ Availability of employment
   _____ Road maintenance
   _____ Road safety
   _____ Other __________________________
   _____ None
   What kind? _________________
   _____ Culturally appropriate health services
   _____ Counseling/mental health/support groups
   _____ Better/More recreational facilities (parks, trails, community centers)

3. Where do you get most of your health-related information?
   _____ Friends and family
   _____ Doctor/Nurse
   _____ Pharmacist
   _____ Internet
   _____ My child’s school
   _____ Hospital
   _____ Health Department
   _____ Books/Magazines
   _____ Other ______________________

4. Would you say that, in general, your health is:
   _____ Excellent
   _____ Very good
   _____ Good
   _____ Fair
   _____ Poor
   _____ Don’t know/Not sure
5. Have you ever been told by a doctor, nurse, or other health professional that you have any of the following health conditions?

- **Asthma**
  - ___ Yes
  - ___ No
  - ___ Don’t know

- **Depression or Anxiety**
  - ___ Yes
  - ___ No
  - ___ Don’t know

- **High Blood Pressure**
  - ___ Yes
  - ___ No
  - ___ Don’t know

- **High Cholesterol**
  - ___ Yes
  - ___ No
  - ___ Don’t know

- **Diabetes (not during pregnancy)**
  - ___ Yes
  - ___ No
  - ___ Don’t know

- **Osteoporosis**
  - ___ Yes
  - ___ No
  - ___ Don’t know

- **Overweight/Obesity**
  - ___ Yes
  - ___ No
  - ___ Don’t know

- **Angina/Heart Disease**
  - ___ Yes
  - ___ No
  - ___ Don’t know

- **Cancer**
  - ___ Yes
  - ___ No
  - ___ Don’t know

6. Which of the following health topics do you think your child/children need more information about. Please check your top 3.

- ___ None of these topics
- ___ Tobacco cessation
- ___ Dental hygiene
- ___ Abstinence/Safe sex
- ___ Nutrition
- ___ Asthma management
- ___ Reckless driving/Speeding
- ___ Diabetes management
- ___ Depression/Anxiety
- ___ Drug prevention
- ___ Suicide prevention
- ___ Alcohol
- ___ Anger management
- ___ Bullying
- ___ Other: _____________________

7. In your opinion, which top 3 health behaviors do people in your community need more information about?

- ___ Eating well/Nutrition
- ___ Exercising/Fitness
- ___ Managing weight
- ___ Going to a dentist for check-ups/Preventative care
- ___ Going to a doctor for yearly check-ups and screenings
- ___ Getting prenatal care during pregnancy
- ___ Getting flu shots and other vaccines
- ___ Preparing for an emergency/disaster
- ___ Using child safety seats
- ___ Using seat belts
- ___ Driving safely
- ___ Quitting smoking/Tobacco use prevention
- ___ Child care/Parenting
- ___ Caring for family members with special needs/disabilities
- ___ Preventing pregnancy and sexually transmitted infections (safe sex)
- ___ Substance abuse (drugs and alcohol)
- ___ Suicide prevention
- ___ Stress management
- ___ Domestic violence
- ___ Crime prevention
- ___ Other: _____________________
8. What are the top 3 biggest substance abuse problems in this county? (Rank 1 to 3 with 1 being the biggest problem)

____ Marijuana
____ Methamphetamine (Meth)
____ Other street drugs (cocaine, crack, heroin)
____ Abuse of prescription drugs/pills
____ Alcohol abuse
____ Drinking and driving
____ Huffing (inhaling glue, dust-off, whiteout)
____ I really do not know
____ Other: ______________________

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

____ Abstinence until marriage
____ Comprehensive sex education (including abstinence and other birth control methods)
____ None of the above

10. The recommendation for physical activity is 30 minutes a day, 5 days a week (2 1/2 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 to exercise
____ There is no safe place to exercise
____ Other: ______________________

11. Where do you go to exercise or engage in physical activity? (Check all that apply)

____ Parks or trails
____ Home/Neighborhood
____ Public Recreation Center
____ Work
____ Private gym or pool
____ Other: ______________________

12. Do you currently smoke?

____ Yes
____ No

13. Where would you go for help if you wanted to quit?

____ Quit Line NC
____ Health Department
____ Doctor
____ Private Counselor/Therapist
____ Church
____ I don’t know
____ Pharmacy
____ Other: ______________________
14. Do you support tobacco-free environments, such as restaurants, workplaces, community colleges and other public areas?

____ Yes
____ No

15. Do you and your family recycle?

____ Yes
____ No

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

____ Drinking water  ____ Fluoride-enriched water
____ Mold  ____ Ozone
____ Radon  ____ Recycling
____ Lead exposure  ____ Drought
____ Meth labs  ____ Air quality
____ Food safety  ____ Rabies
____ Second-hand smoke  ____ Septic system failure
____ Other: ____________________  ____ None of the above

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

____ Yes  ____ No. If not, why not? _______________________
____ I am not over the age 50

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

____ Yes  ____ No. If not, why not? _______________________
____ I am not over age 40

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

____ Yes  ____ No. If not, why not? _______________________
____ I am not over age 40

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

____ Yes  ____ No. If not, why not? _______________________

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

____ Private Doctor’s Office  ____ Urgent Care Center
____ Hospital  ____ Free Clinic
____ Pharmacy  ____ Walk-in Clinic
____ Health Department  ____ Other: _____________________
22. Where do you go when you need your yearly check-up or physical?

- Private Doctor’s Office
- Hospital
- OB/GYN or Women’s Health Provider
- Health Department
- I don’t go anywhere for a yearly check-up or physical
- Urgent Care Center
- Free Clinic
- Walk-in Clinic
- Other: _____________________

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

- Billboards
- Friends and Family
- Email updates
- Newspapers
- Magazines
- TV
- School
- Church
- Internet
- Workplace
- Blogs
- Social Network Website (Facebook)
- Other: _____________________

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

- Well Prepared
- Not Prepared at all
- Somewhat Prepared
- Not Sure

25. Where do you buy most of your food? (Choose one)

- Grocery Store (Food Lion, Lowes Foods)
- Farmer’s Market
- Gas Station/Convenient Store
- Fast Food
- Drug Store (CVS, Walgreens, Rite Aid)
- Other: _____________________

26. How often do you eat fresh fruits and vegetables? (Choose one)

- Everyday
- Once per month
- A few times per week
- Never
- A couple times per month
- I don’t know

27. 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)

- 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
- Other: _____________________

28. Which of the following makes it hard for you to buy food? (Select all that apply)

- Transportation
- Cost of food
- Distance to grocery store
- Unemployment
- Other: _____________________
Please complete the questions below for statistical purposes only:

29. Gender:  ____ Male  ____ Female

30. How old are you? (Check one)

- 18-20
- 21-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75 or older

31. Race (Check all that apply):

- Black or African American
- American Indian or Alaskan Native
- Asian
- White
- Native Hawaiian or Other Pacific Islander
- Other: __________________________

32. 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.”

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

- Some high school, no diploma
- High school diploma or GED
- Associate Degree/Vocational Training
- Some college (no degree)
- Graduate or professional degree
- Bachelor’s degree
- Other: _______________________________________

34. 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 $49,000
- $50,000 to $74,999
- Over $75,000

35. What is your zip code? _____________________
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<th>Facility Name</th>
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</tr>
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<td>A Grace Academy of Mt. Airy</td>
<td>170 Hartway Lane, Mount Airy, NC 27030</td>
<td>Three Star Center</td>
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<td></td>
<td>(336) 789-7771</td>
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<tr>
<td>Amanda’s Angels</td>
<td>140 Saddle Crest Lane, Mount Airy, NC 27030</td>
<td>Two Star Family CC Home</td>
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<td></td>
<td>(336) 648-1308</td>
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<tr>
<td>Angie’s Daycare</td>
<td>222 Snow Hill Church Lane, Dobson, NC 27017</td>
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<tr>
<td></td>
<td>(336) 789-4656</td>
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<tr>
<td>Billie’s Cheeky Monkeys Child Care Center</td>
<td>191 Buckingham Road, Pinnacle, NC 27043</td>
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<td>(336) 444-4060</td>
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<td>734 Flippin Road, Lowgap, NC 27024</td>
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<tr>
<td></td>
<td>(336) 352-4320</td>
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<td>Central Methodist Child Care</td>
<td>1909 N. Main Street, Mount Airy, NC 27030</td>
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<td>(336) 786-4416</td>
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<tr>
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<td>(336) 374-2572</td>
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<td>Dobson Elementary School Pre-K Ready</td>
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<td>(336) 386-8913</td>
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<td>Dorcas Sprinkle’s Day Care Home</td>
<td>2262 White Dirt Road, Dobson, NC 27017</td>
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<td>(336) 366-4384</td>
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<td>(336) 835-2756</td>
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<td>Flat Rock Elementary Pre-K School Ready</td>
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<td>Happy Kids Day Care Home</td>
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<td>Mount Airy, NC 27030</td>
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<td>(336) 648-5805</td>
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<tr>
<td>Jerrie’s Day Care, INC.</td>
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<td>Two Star Center</td>
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<td></td>
<td>Mount Airy, NC 27030</td>
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<td></td>
<td>(336) 789-6578</td>
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<td>Jones Head Start</td>
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<td></td>
<td>(336) 786-6155</td>
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<tr>
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<td>247 West Spring Street</td>
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<tr>
<td></td>
<td>(336) 287-5079</td>
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<td>Lil Love Bugs</td>
<td>181 Clyde Hayes Road</td>
<td>Two Star Family CC Home</td>
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<tr>
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<td>Twinkle Tots Child Care Home</td>
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<td>Vickie’s Day Care Home</td>
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<td>Westfield Pre-K School Ready</td>
<td>273 Jessup Grove Church Road Pilot Mountain, NC 27041 (336) 386-8211</td>
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<td>White Plains Baptist Child Care</td>
<td>631 Old Highway 601 Mount Airy, NC 27030 (336) 786-9066</td>
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<td>White Plains Pre-K School Ready</td>
<td>710 Cadle Ford Road Mount Airy, NC 27030 (336) 320-3434</td>
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## C. Family Medical Providers

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<tr>
<td>Mount Airy Family Practice</td>
<td>522 E. Main Street</td>
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<td>(336) 368-547</td>
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<td>Jonesville Family Medical Center</td>
<td>113 Crutchfield Street</td>
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<td>PO Box 947</td>
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<td>Elkin Pediatric and Adult Medicine</td>
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<td>Foothills Primary Care</td>
<td>910 Worth Street</td>
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<td>Medical Associates of Surry</td>
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<td>Blue Ridge Cardiology and Internal Medicine– Mt. Airy and Elkin</td>
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References


